

Futureways

May, 2010

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Dear Parents,

We are nearing the end of the school year! This time of year can be stressful for some kids, who may be having some anxiety around what the summer will bring. We will be talking about these feelings in our workshops and discussing some fun activities for our kids to do. We finished up our spring module for April, and it looks like the kids had fun! The seeds they planted have all sprouted and it looks like we

definitely have some green thumbs out there! Our module for May is 'Community Helpers'. We will be exploring who is a safe person to go to outside of the home, and what kinds of jobs these helpers do. It is important to talk to our children and use every day opportunities to discuss these topics.

With more time being spent outside, we will also be talking about some safety tips for our kids.

We have 3 outings booked for May.

May 1st, we will be going swimming at Southland Leisure Centre.

May 15th, we will be going mini golfing at Stonecreek Golf Course. (This is the Harvest Hills Golf Course)

May 29th, we will be going to Bowness Park.

All outings are from 1:30-3:30

Let's hope for nice weather!



Futureways Summer Camp

We continue to receive applications for summer camp. If you are interested, please don't leave it too late! We are only accepting 10 kids for each session, and are filling up.

Please contact Hilda if Hilda_lam@abilitysociety.org you would like to enroll your child.

(403) 262-9445 ext 109

Upcoming Workshops

The Family & Community Resource Centre



How Much is Enough?

May 10, 6:25-8pm

Nosehill Library

Immunization: Myths and Misconceptions

May 20, 10:55-12:30pm

Alberta Children's Hospital-Auditorium

How to Prepare for What Happens Next: The Move from Pediatric to Adult Services

May 27, 10:55-12pm

Alberta Children's Hospital-Auditorium

You May be Parenting in Two Homes, But You're Still a Family

June 2, 6:25-8pm

YWCA-Downtown

For further information on these workshops, please contact CES at (403) 955-7420 or email them at CES@sacyhn.ca

Peanut Butter and Jelly Muffins



Here's what you'll need to make them:

1-3/4 cups flour

- 2/3 cup brown sugar
- 2 1/2 tsp. baking powder
- 1/4 tsp. salt
- 3/4 cup milk
- 2/3 cup peanut butter
- 1/4 cup vegetable oil
- 1 egg
- 1-1/2 tsp. vanilla
- jam or jelly, any flavor

Mix the flour, brown sugar, baking powder and salt together in a bowl

In a mixing bowl, beat together the milk, peanut butter, vegetable oil, egg and vanilla.

Stir the wet ingredients into the dry ingredients with a spoon.

(I needed to add another splash of milk at this point, because the batter was too dry and stiff.)

Grease a muffin tin. Put a tablespoon or two of the batter into each cup.

Add a teaspoon of jam to the top.

Put more batter over the jam to cover it.

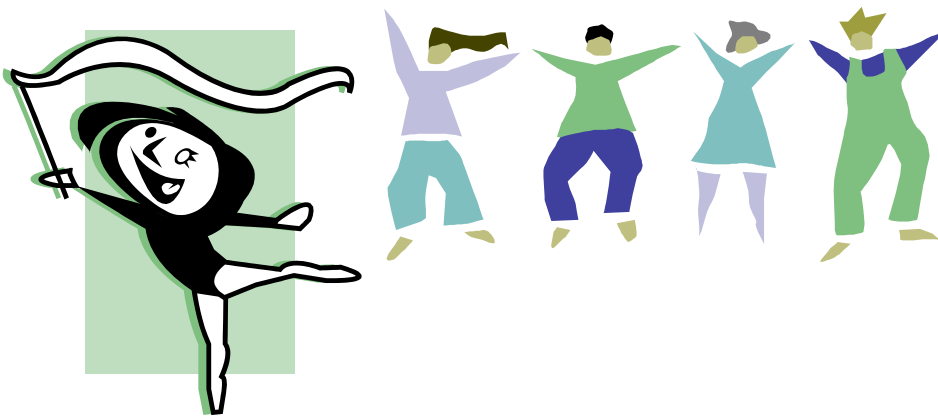
Bake at 350 degrees for 20-25 minutes.

Cool in the pan for 5 minutes before removing.

Did you know?

Ability Society is growing! Twinkle Toes Dance classes are growing and going well. There are always smiling faces arriving for dance class!

Achievability is running adult programs, which are turning out to be quite successful! Kathy and Twyla are running scrapbooking and quilting classes weekly for adults with special needs



Annual General Meeting

On Friday, May 28, Ability Society will be holding an Annual General Meeting. It will be held at our agency, downstairs. We welcome families to attend and are looking for parents who would like to share their experience. This could be through a letter or in person at the event.

If you are interested in attending or sharing your positive experience, please contact us and let us know.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Workshop Southland Leisure Centre 1:30
2	3	4	5	6 Workshops 6:30-8	7	8 Workshop
9	10	11	12	13 Workshops 6:30-8	14	15 Workshop Mini Golf Stone Creek 1:30
16	17	18	19	20 Workshops 6:30-8	21	22 No Workshop
23	24	25	26	27 Workshops 6:30-8	28 AGM meeting 12-2pm	29 Workshop Bowness Park 1:30