



Futureways

Futureways Workshop Newsletter

Ability Society Futureways

Dear Parents,

Welcome back to Futureways! We hope you all had a wonderful summer!

With the school year starting and new friendships being made, we will begin our program with a "Making New Friends" module. This will be a fun and interactive module geared toward learning how to make friends and building relationships with others. Please join us in welcoming our new friends to our futureways classroom!

We had a successful summer at Futureways! We enjoyed spending time with the kids during our summer camps. Hilda planned lots of fun activities and it was a great way to have fun with our friends as well as meet new ones from our community! Going swimming, exploring the Science Centre, and walking to the playground were just a few of the fun things we did!

Program Updates:

We have expanded our workshops at Futureways! We will now be offering workshops for 3-5 year olds as well as 6-10 year olds on Saturdays.

Our Futureways Program Coordinator is Hilda Lam. If you have any questions concerning the program, please contact Hilda at 403-262-9445 ext. 109
Hilda_lam@abilitysociety.org

Sophie Strawson is the Futureways Workshop leader and can be reached at 403-262-9445

Or

Sophie_strawson@abilitysociety.org

Hilda will continue to run the Wednesday evening workshop.

We are in the process of starting a workshop for teens age 13-18 to be held Saturdays.

, Issue 1

September 2009

Back to School Breakfast Ideas: A Smart Start for Kids

Jumbo Breakfast Cookies

INGREDIENTS

- 2 cups white sugar
 - 1 cup peanut butter
 - 1 cup butter or margarine
 - 1/2 cup water
 - 2 tablespoons vanilla extract
 - 2 eggs
 - 2 1/4 cups all-purpose flour
 - 1 teaspoon baking soda
 - 1/2 teaspoon salt
 - 1 1/2 cups rolled oats
 - 1 1/2 cups raisins
- 6 cups toasted oat cereal rings

DIRECTIONS

1. Preheat the oven to 375 degrees F (190 degrees C).
2. In a very large bowl, mix together the sugar, peanut butter, butter, water, vanilla and eggs until smooth. Combine the flour, baking soda and salt; stir into the batter. Mix in the oats and raisins, then carefully stir in the cereal. Drop 1/2 cupfuls of dough onto ungreased cookie sheets, spacing cookies about 4 inches apart. Flatten cookies to 1 inch thick. Bake for 12 minutes in the preheated oven, until cookies are lightly browned at the edges. Let stand on the cookie sheets for 5 minutes before removing to wire racks.

Banana Muffins

Ingredients:

- 1 1/2 cups all-purpose flour
 - 1 teaspoon baking powder
 - 1 teaspoon baking soda
 - 1/2 teaspoon salt
 - 3 large bananas, mashed
 - 3/4 cup white sugar
 - 1 egg
- 1/3 cup butter, melted



A good breakfast keeps kids going all day!

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Coat muffin pans with non-stick spray, or use paper liners. Sift together the flour, baking powder, baking soda, and salt; set aside.
 2. Combine bananas, sugar, egg, and melted butter in a large bowl. Fold in flour mixture, and mix until smooth. Scoop into muffin pans.
- Bake in preheated oven. Bake mini muffins for 10 to 15 minutes, and large muffins for 25 to 30 minutes. Muffins will spring back when lightly tapped.

The Uninvited Guest: Family Stress

Sept. 21, 2009

6:25-8:00 pm

Signal Hill Library, SW

Parenting a Child with Mental Health Concerns

Sept. 22, 2009

6:25-8:00 pm

Learning Village Collaborative-Cappy Smart

Peaceful Resolutions: How to Find Peace in Conflict

Sept. 29, 2009

6:25-8:00 pm

St. Brigid School, NW

Nutrition for Families on the Go

Sept. 30, 2009

6:25-8:00 pm

Bowness Library, NW

You Don't Have to Talk to be Heard: The Use of Play and Expressive Arts Therapies

Oct. 1, 2009

11:55am-1:30pm

Alberta Children's Hospital-Auditorium

To register contact
ces@sacyhn.ca or call 403-955-7420

Kathy Burns is our Therapist Assistant at Futureways. If you require materials or resources for your child, feel free to contact Kathy. She is always happy to assist families with strategies and specific materials to help you out! She is available by phone at 403-262-9445 ext. 118 or

Kathy_burns@abilitysociety.org

Ultimate Playdough Recipe!

2 cups flour
2 tsp. cream of tartar
1/2 cup salt



Mix the above ingredients together, and add:

2 cups boiling water
3 tsp. cooking oil

Knead for a few minutes and store in an airtight container. If the playdough is sticky, slowly add more flour into it.

Welcome to Holland

By Emily Perl Kingsley

I am often asked to describe the experience of raising a child with a disability-to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this....

When you're going to have a baby, it's like planning a fabulous vacation trip-to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland." "Holland?!?" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay. The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met. It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around...and you begin to notice that Holland has windmills...and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy...and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned." And the pain of that will never, ever, ever, ever, go away...because the loss of that dream is a very very significant loss

But...if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things...about Holland.



September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 <i>Friendship Week</i>	7	8	9 <i>Futureways begins 6-8 pm</i>	10 <i>Futureways begins 6-8 pm</i>	11	12
13 <i>Friendship Week</i>	14	15	16 <i>Futureways 6-8pm</i> Farharna	17 <i>Futureways 6-8pm</i> Olga	18	19 <i>Futureways begins 10-12 1-3 pm</i>
20 <i>Friendship Week</i>	21	22	23 <i>Futureways 6-8pm</i> Valya	24 <i>Futureways 6-8pm</i> Farhana	25	26 <i>Futureways 10-12 1-3</i> Kim H Fabiola
27 <i>Begin Health and Nutrition</i>	28	29	30 <i>Futureways 6-8pm</i> Albert			

Please note the snack schedule on your child's workshop date. Please bring a snack to share with the group on your designated day!

***Reminder* We are a PEANUT FREE environment!**

