

FEBRUARY 2022

ABILITY NETWORK

Newsletter

Fun February!

Welcome to our February Newsletter!

We have been enjoying the warmer weather and the opportunities it gives us to head to our local pool, explore our magnificent parks and gardens and enjoy a delicious icy treat as well.

Our clients creativity is highlighted in this edition. We have been watching our clients express their creative sides through art, photography, woodworking, craft and even impromptu flower arranging. Our buildings are bursting with colour and we hope our families are enjoying all our wonderful creations.

We also finished off a fantastic set of school holidays with our Early Intervention team running programs almost daily and some special one on one time with older children.

Aged care has been busy signing up new clients which also means we have lots of new employees and volunteers to assist with all our new clients. We welcome all new clients as friends to our service.

Thanks for enjoying our latest newsletter!



Paparazzi

Swimming Club

Our swimming club have been jumping and diving into the pool over the last few months. Building water safety skills, strength, co-ordination and increasing our fitness. We can't wait to see everyone's progress at the inaugural swimming carnival later in the season.



Celebrating Creativity

Michael Aston-Brien has been very busy capturing these amazing photographs. Michael also has working on some great artworks to share with family and friends.



School Holiday Fun

School holidays are never boring at Ability Network. We participated in zoo adventures, art and craft and exploring some amazing local sights.



Glamour Girls

The ladies are having lovely time in secret women's business. They are learning self care, social skills and mental wellbeing.

The group looks forward to catching up each week, with a range of fun and engaging group ideas coming up over the next few weeks.

There isn't anything better than taking 5 minutes to pamper your self that's for sure!

SHOUT OUT Kristie Reid

We would like to just take a moment to shout out to one of our amazing staff members. Our clients are grateful for all your hard work Kristie! Kristie works tirelessly to ensure our clients are safe, engaged and most of all happy! Well done Kristie



BOWL-A-RAMA!

Men on a mission headed to the Bowling Club for a friendly game of Lawn Bowls and a cold drink. Great game guys!



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RECIPE OF THE MONTH

This week the recipe was sent through by Sharna.

If you have a great recipe to share send them through to slord@abilitynetwork.com.au

EASY TUNA CASSEROLE

3 cups pasta
1 tablespoon butter
1 small onion diced
2 stalks celery diced
1 cup frozen peas defrosted
1 can tuna 5-6 ounces, drained
1 can condensed mushroom soup
1 cup milk
1 cup cheddar cheese
1 tablespoon parsley

Method:

Preheat oven to 220.
Combine topping ingredients and set aside.
Boil pasta al dente according to package directions.
Drain and rinse under cold water.
Cook onion and celery in butter until tender, about 5-7 minutes.
In a large bowl combine noodles, onion mixture, peas, soup, milk, cheese, tuna and parsley.
Mix well.
Spread into a 2qt casserole dish and top with crumb topping.
Bake 18-20 minutes or until bubbly.



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Super STAR

THIS MONTHS STAR OF THE MONTH IS

Ann Taylor

This months star of the month is Ann Taylor! Nominated by Lisa and Tom, Ann is receiving the Super Star for her dedication to finishing her major project, a large mosaic coffee table! This project took weeks to complete and the finished product is a credit to her.



Diary Dates

Early Intervention

Our afterschool programs are in full swing.

Disability - Monthly Ten Pin Bowling round 1 will be 25.2.22

Currajong Swimming Carnival in Parkes 2.3.22

Live Pro Wrestling 5.3.22 - Batemans Bay 7th - 10th March

Expressions of interest to Panthers vs Knights 26th March

My Time



We are excited to announce that in partnership with Playgroup NSW our MyTime peer group returns.

We introduce our new facilitator, Lana Doorey. This term we kick off with a catch up over coffee and cake.

When: TUESDAY 9:30am

Where: 17 Berowra Street

MyTime is for parents and carers of children with a disability, developmental delay or chronic medical condition. It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy.

It's support for you.

At MyTime, you will find other parents who really understand what it's like to have a child with a disability, as well as skilled guidance from facilitators to help you access information and services in your area.

HAPPY Birthday!

Happy Birthday!

Matthew H, Trevor, Grant C,

Leanne Jarman, Kristie Reid

Kristy Quin