



Sudbury Manitoulin

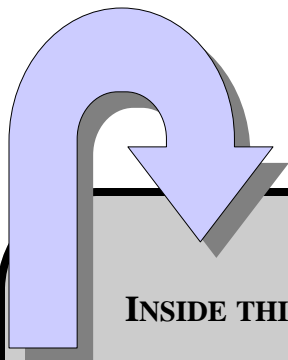
Promoting a new perspective on disability

66 Elm Street • Suite 105 • Sudbury • Ontario • P3C 1R8
 Phone • 705.675.2121 • FAX • 705.675.1283
 Internet • www.ilrcsudbury.ca

- Judy Hyde jhyde@ilrcsudbury.ca
- Rob Dimeglio rdimeglio@ilrcsudbury.ca
- Nicole Blais nblais@ilrcsudbury.ca
- Kevin Hawley khawley@ilrcsudbury.ca
- Jonny Tweed jtweed@ilrcsudbury.ca

October 1st 2009

Volume 7 Issue No. 10



INSIDE THIS ISSUE:

Fundraising Committee Meeting	2
Upcoming Events	2
Christmas Raffle Draw	2
Pop Can Fundraiser	2
Dragon Boat Festival Sponsorship Dinner	2
Membership Committee Meeting	3
Billiards	3
Open House	3
Direct Funding Information	3
Want to try something new?	3
Neil Squire Workshops	4
Computer Training	4
Indoor Adaptive Rowing Program	5
Robbie's Joke Corner	5
Cribbage Tournament	6
The Music Program	6
Bocce Ball	6
Bowling	6
Dinner Club	7
Movie Day	7
October Breakfast & Lunch Menu	7
October Programs Schedule	8

Open Monday to Friday from 9:00 AM to 4:30 PM.



Our small staff team needs help and we are currently looking for **VOLUNTEERS!**

Do you have some time that you can give to the Centre?

We are looking for volunteer help with all of our programs!

- **Recreation & Leisure**
- **Food Program**
- **Sports**
- **Skills Training**
- **Fundraising**
- **Office**

Why should you take time out of your busy schedule to help?

- **Volunteer for a program that you like**
- **Pick your own hours**
- **It's fun (we work hard and play hard)**
- **Learn new things/ Share your skills**
- **Helping someone else makes you feel good**

PLEASE CALL US TODAY AND SAY YES - WE REALLY NEED YOU!

Recreation, Leisure, Sports, Skills training
 Food Program, Office
 Fundraising

Call Rob
 Call Kevin
 Call Nicole

Fundraising Committee Meeting

The fundraising meeting for October has been re-scheduled for Monday, October 26, 2009 at 10:00 a.m. in the lunch-room area of the Center.

Upcoming Events:

International Day of the Disabled, Thursday, December 3, 2009 Breakfast Event

We will be hosting a "Breakfast Event" on Thursday, December 3 from 7:30 a.m. to 9:30 a.m. at the Caruso Club in Sudbury. Our guest of honour will be Jeff Adams three-time Olympian, five-time Paralympian, and six time World Champion.

I'm currently recruiting volunteers to assist us on the day of the event. If you are interested in participating please contact Nicky.

Christmas Raffle Draw

Prizes are being recruited presently in order to host a Christmas Raffle Draw. Once all the prizes have been confirmed we will be able to print tickets. Tickets will be \$1.00 ea. and will give you an opportunity to win one of the three prizes.

ILSM Goes Green Pop Can Fundraiser

Our pop can fundraiser is going full force. Members are collecting pop cans and bringing them into the Centre. Kim Greene as well as other members are working diligently at rinsing all the cans and putting them into our storage area. If you are interested in participating in this fundraiser please collect your pop cans and bring them into the Centre. We are also asking for the support of some local businesses for this campaign. If you would like to ask a business or your landlord to participate please contact Nicky.



We currently have over 30 garbage bags of Pop Cans collected. These cans will be brought to NIM within the next few weeks and we will be able to determine what the return of everyone's efforts are thus far. We are also collecting juice cans as well as Beer Cans.

If anyone has any of these that they would like to donate to the Center but is unable to get them here please contact either Nicky or Kim at the Center and we can make arrangements to have the cans picked up.

Thank you to all of you whom are contributing to this fundraiser in support of the Center.

Funny Quote: Coffee isn't my cup of tea! - Samuel Goldwin

Dragon Boat Festival Sponsorship Dinner

On Wednesday, September 23, the Dragon Boat Festival held a Sponsorship Dinner at the Holiday Inn in Sudbury. Members of the staff and board attended the Dinner and Craig spoke to the audience on behalf of the Center. We were given a "Poster Plaque" as the Charity of Choice for 2008-2009. It is displayed in the Center for all of you to view.



Membership Committee Meeting

Attend the Independent Living Sudbury Manitoulin membership committee and contribute your insight and ideas. We will have meetings on Friday, October nine and Friday October twenty third at our boardroom table here in the Centre starting at 9:30 A.M.

Direct Funding

Adults with physical disabilities who want to take full responsibility for managing a budget and hiring and supervising their own attendants are invited to apply to the Direct Funding Program.

Available province-wide, the Direct Funding Program enables you to receive monthly funds for attendants of your own choosing, to schedule as you please – whether your needs are at home, at work, or in the community. You self-manage your life, making your own choices with greater flexibility and control. For more information Contact Rob .

WANT TO TRY SOMETHING NEW?

The ideas have been flying around the Centre like crazy. We need to know if you want to join in. Please give Rob a call and let him know if you are interested.

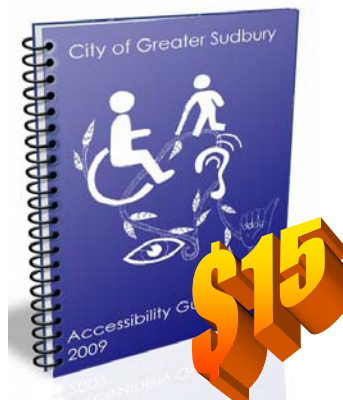
Yoga – It unites body, mind and spirit and promotes peace within you. In yoga you will become more aware of your breath and the inner workings of your body and mind. It helps you become healthier and happier by circulating vital life energy through your body.

Lights! Camera! Action! We are proud to present the Independent Living Theatre Group. By this time next year we want to be performing our own play! But we need Actors, Actresses, Set Designers, Costume Designers. Do you want to be in the spot light or back stage?

Your Centre is all about FUN! Come and Laugh with us! Once we have 10 people interested we will book the date! Contact Rob today and tell him you want to come and play.

ILSM Gear for Sale!!

t-shirt, Accessibility Guide or ballcap



Available at the Centre. Also available on line at www.mysudbury.ca/ilsm. Payment can be made by credit card or interact.



DO YOU HAVE A DISABILITY? ARE YOU LOOKING FOR WORK?

WE CAN HELP MAKE THAT HAPPEN!

Organizational and Interpersonal Skills

- Wednesday October 7th, 2009
- 12:30pm - 3:00pm

Pain Management

- Monday, October 19th, 2009
- 9:30am - 11:30am

Developing Your Skills Portfolio

- Monday, October 19th, 2009 12:30pm - 3:00pm
- Tuesday, October 20th, 2009 9:00am - 11:30am & 12:30pm - 3:00pm
- Thursday, October 22, 2009 9:00am - 11:30am

Team Work

- Wednesday, October 21st, 2009
- 12:30pm - 3:00pm

Stress Management

- Thursday, October 29, 2009
- 12:30pm - 2:30pm

These free workshops are 2.5 hours in length and are offered in the morning or afternoon between Monday and Thursday. To register and for more information please contact Rob.

Computer Training



Independent Living Sudbury Manitoulin is offering **free** computer lessons! The training is primarily one-on-one, and the pace of study is tailored to the needs of each individual student.

Training is available in:

- Computer fundamentals
- Surfing the internet
- E-Mail
- Job searching
- Avoiding online scams
- Writing resumes and cover Letters
- Web programming in HTML, CSS, JavaScript, PHP, and MySQL

Even if you've never used a computer in your entire life we can get you up and running in no time! For more information, please contact Jonny.

Indoor Adaptive Rowing Program

Are you interested in competitive opportunities or are you looking for general fitness and recreation? Come participate in a fun sport that is growing in popularity called Adaptive rowing. Adaptive rowing is safe and is a low impact sport that provides significant therapeutic benefit for individuals with disabilities.

Thomas Merritt, Coordinator and Coach from the Sudbury Rowing Club - Adaptive Program, will be available at the centre on Wednesday, October 7th and 21st at 2:00 PM at the Independent Living Sudbury Manitoulin Centre. For more information contact Rob.



Robbie's Joke Corner

Why did the vampire go to the orthodontist?
To improve his bite...

What do you get when you cross a vampire and a snowman?
Frostbite...

Why do witches use brooms to fly on?
Because vacuum cleaners are too heavy...

How do witches keep their hair in place while flying?
With scare spray...

What do you get when you cross a werewolf and a vampire?
A fur coat that fangs around your neck...

Do zombies eat popcorn with their fingers?
No, they eat the fingers separately...

Why don't skeletons ever go out on the town?
Because they don't have any body to go out with...

What do ghosts add to their morning cereal?
Booberies...

What is a vampire's favorite sport?
Casketball...

What is a vampire's favorite holiday?
Fangsgiving...

Billiards

You are welcome to join the members for a game of pool. On Monday October Twenty Six at 1:30 PM, meet the members at Peddler's Pub (63 Cedar Street Close to the bus depot). A game costs \$2.00.

To participate Contact Rob.



Open House

On Wednesday afternoons we are inviting people to visit the centre and to learn about our programs and events. Talk to your parents, friends and co-workers about this opportunity.

Call Rob DiMeglio at the Centre





CRIBBAGE TOURNAMENT

We are organizing a Cribbage tournament. If you want to play, Contact Rob.



The Music Program

The music program is:

- Fun
- Hard work
- Encouraging
- Member oriented
- Learn at your own pace
- A place to develop teamwork
- A way to use music to serve your community

When: 1:30pm to 2:30pm, Tuesday's and Thursday's

Who: Anyone who is interested in playing an instrument or singing

Training is offered from the very basics, so even if you don't have any musical experience we'd still love to have you join in. All types of instruments are welcome, and there's room for every voice, so come on out. If you've been waiting for a chance to get into music, [it's here!](#)

For more information, please contact Jonny.



BOCCE BALL

Join us for bocce ball. The next games are on every Wednesday in October .On the 7th and the 21st at 11:30 am. and 14th and the 28th at 1:00 pm All members are welcome to come and play.

Don't miss the fun.

BOWLING

Come join the gang at Plaza Bowl (1799 Garden Street, off LaSalle) for a few rounds of bowling on Monday, October 5th at 10:30 am and October 19th at 10:30 am.

The cost will be \$9.00 for the two games (\$4.50 each game). After the game, members have lunch at the King Pin Lounge.



HALLOWEEN PARTY AT THE CENTRE



10:00 – Noon

Noon – 4:30

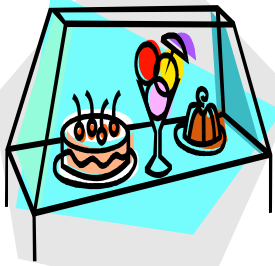
Join us and carve your own pumpkin. Pumpkins and patterns will be available
FREE Halloween Pot Luck Party - Find a costume, bring an item for the potluck lunch and get ready to party.

Call Rob and let him know you will be coming and what you are bringing.



October Dinner Club

Friday Afternoon at the Movies



Enjoy an excellent meal and socialise with great people. On Tuesday, October six at 5:30 PM meet the members at Red Lobster located at 1600 Lasalle Blvd

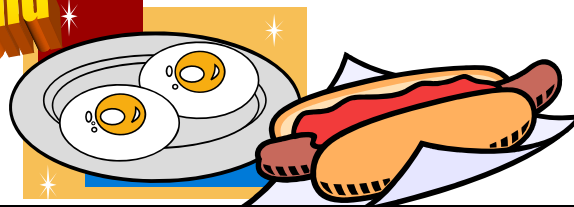
Contact Rob or just show up.

Do you want to get together with the ILSM gang and catch a good flick? If so, you can join us on **Fridays at 1:00p.m..**

Members may bring in any DVDs that they would like to watch on Movie Day.

Free Popcorn to all Movie-goers!

October Breakfast & Lunch Menu



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Lunch Perogies pan Fried w/ Bacon and Onions	2 Breakfast Breakfast Wrap
6 Lunch Taco Salad Bowl	7 Breakfast Fruity Yogurt Crunch	8 Lunch Grilled Vegetable , and Cheese Sandwich	9 Breakfast Mediterranean Scrambled Eggs
13 Lunch Spaghetti w/Meat Sauce	14 Breakfast Veggie & Cheese Omelet	15 Lunch Open Faced Turkey Sandwich	16 Breakfast Eggs Bacon & Home Fries
20 Lunch Cobb Salad	21 Breakfast BLT Sandwich	22 Lunch Sweet & Sour Pork with vegetables and rice	23 Breakfast Eggs Benedict
27 Lunch Porketta, Mashed Potatoes and Vegetables	28 Breakfast Apple Cinnamon Pancakes	29 Lunch Meatball sandwich	30 Breakfast Baked Eggs in Potatoes



October 2009 Program Schedule

Mon	Tue	Wed	Thu	Fri
			1 Member's Lunch 12pm - 1pm Music Program 1:30pm Motion Specialties Open House Howard Johnson 10am-8pm	2 Member's Breakfast 9am - 10am Movie Day 1pm - 3pm
5 Bowling @ Plaza Bowl 10:30am	6 Member's Lunch 12pm - 1pm Music Program 1:30pm Dinner Club @ 5pm	7 Member's Breakfast 9am - 10am Adaptive Rowing 2pm - 4pm Bocce 11:30am	8 Member's Lunch 12pm - 1pm Music Program 1:30pm	9 Member's Breakfast 9am - 10am Movie Day 1pm - 3pm Membership Meeting 10am
12 ILSM CLOSED Thanksgiving Day	13 Member's Lunch 12pm - 1pm Music Program 1:30pm	14 Member's Breakfast 9am - 10am Bocce 1pm	15 Member's Lunch 12pm - 1pm Music Program 1:30pm	16 Member's Breakfast 9am - 10am Movie Day 1pm - 3pm
19 Bowling @ Plaza Bowl 10:30am	20 Member's Lunch 12pm - 1pm Music Program 1:30pm	21 Member's Breakfast 9am - 10am Adaptive Rowing 2pm - 4pm Bocce 11:30am	22 Member's Lunch 12pm - 1pm Music Program 1:30pm	23 Member's Breakfast 9am - 10am Movie Day 1pm - 3pm Membership Meeting 10am
26 Billiard's @ Peddler's Pub 1:30pm Fundraising Committee Meeting 10am	27 Member's Lunch 12pm - 1pm Music Program 1:30pm	28 Member's Breakfast 9am - 10am Bocce 1pm	29 Member's Lunch 12pm - 1pm Music Program 1:30pm	30 Member's Breakfast 9am - 10am Pumpkin Carving & Halloween Dance Movie Day 1pm - 3pm