

The G.R.I.T Calgary Society

Volume # 6

Number 3

November 3rd 2009

Welcome to the month of
November.
It is hard to believe that 2 months
have gone by so quickly.
We are hoping for a month of
achieving new goals, exciting
adventures and days filled with lots
of laughter.



Lest We Forget

DATES TO REMEMBER

Tuesday Nov. 3rd
DS Meeting

Wednesday Nov 11th
No Program
(Remembrance Day)

Thursday Nov 19th
GRIT AGM (7:00pm)

Tuesday Dec 1st
DS Meeting

Friday Dec 4th
Children's Christmas Party
at C.N.I.B. 10:00am

A child will make love stronger, days shorter, nights longer, the home happier, the past memorable and the future worth living for.

Anon

Fundraising News

Fundraising for the G.R.I.T Calgary Society is a very important addition to the program.

This year Fundraising will not only focus on raising funds for program enhancement but a large portion of fundraising will be put forward to our building fund.

G.R.I.T. is very excited to be raising money for our own building.

A variety of fundraisers will take place throughout the year and we value the support of these events from our families, friends and staff members. If you are able to help through volunteering at events or seeking donations for these events, please contact Annette Eckel at 403-215-2444 ext 225.

Upcoming Fundraising Events

G.R.I.T. Calgary Casino – November 27th and 28th Deerfoot Inn and Casino. I would like to thank everyone who has offered to help with the Casino. I will be sending out an email closer to the date with all the details.

Winter's Charm Gala Saturday February 21st, 2009

The Winter's Charm Gala will take place on Saturday February 21st, 2009 at the Pinebrook Golf and Country Club. The evening will include a buffet dinner, silent auction and several raffles. Tickets will be \$100.00/person and will be available in December.

We are now looking for volunteers to assist with the planning of this very important event. If you are able to volunteer on the planning committee and help raise some very valuable funds for G.R.I.T. please contact Annette at 403-215-2444. We are looking forward to another successful Gala!

Canadian Tire Money

GRIT Calgary is collecting Canadian Tire Money. If you would like to donate your Canadian Tire Money please pass it on to your Developmental Specialist.

All money collected will be used at Canadian Tire to purchase materials and equipment for the GRIT program throughout the year.

Our fundraising events would not be the success they are without the assistance and support of our amazing volunteers. Thank you for your continued support of the G.R.I.T. Calgary Society.

November Activities



The Hand washing Song

Tops and bottoms
Tops and bottoms
In between (fingers)
In between
This is how we wash our hands
This is how we wash our hands
Get them clean
Get them clean

Rags

I've got a dog and his name is Rags
He eats so much that his tummy sags!
His ears flip-flop and his tale wig-wags.
And when he walks he walks zig-zag.
He goes flip-flop, wig-wag, zig-zag. (2times)
I love Rags and he loves me.
My dog Rags, he loves to play. He rolls
around in the mud all day.
I whistle he doesn't obey he always run the
other way.

The Bear went over the Mountain

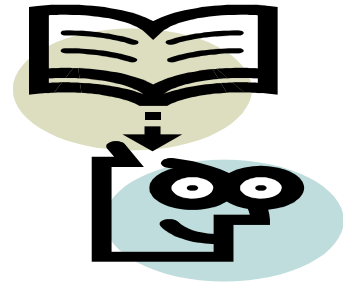
The bear went over the mountain
The bear went over the mountain
The bear went over the mountain,
To see what he could see.
But all that he could see,
But all that he could see,
Was the other side of the mountain
The other side of the mountain
The other side of the mountain,
Was all that he could see.

Squeeze Bottle Glitter: You will need flour, salt, water and squeeze bottles for this activity.

1. Mix one part flour, one part salt and two parts water.
2. Pour into squeeze bottle add liquid tempera or food coloring for colours.
3. Squeeze your design onto a thick piece of paper and let it dry. (This activity takes some time to dry.)

Puffy Snow: Mix shaving cream and glue together to make snow that will be 3 dimensional on paper. Use your fingers to apply to houses, make snowballs or create a puffy polar bear. This dries quickly and forms a hard coat over the top.

Info Board



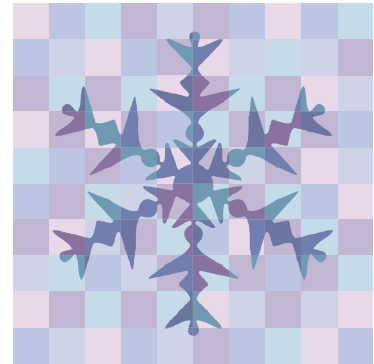
Materials Needed

The Occupational Therapists are looking for old phone books to be used to make assorted sizes of foot rests. Please give them to your Developmental Specialist to bring into the office.

Thank you!

Evenings and Weekend Respite

If you are looking for respite for your children please contact Kim Suvanto (ext 226) or Annette Eckel (ext 225). We will then pass on your information to any Developmental Specialists that are interested in respite hours.



If you have anything you would like to have added to this monthly newsletter please contact Annette Eckel at the office (ext 225). Your ideas and suggestions are greatly appreciated.

Have a great month!

G.R.I.T Calgary Society

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