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SPRING 2017

PEGASUS—LOOKING BEYOND DISABILITY

Congratulations to Todd!!!

Todd was recently added to the Fresh Co payroll! Todd has been volunteering for many years in the produce section at Fresh Co. but was recently hired on as a part time employee. Hard work does pay off, good work Todd!

Below is Todd with his coworker Andy in the produce section.



The Phoenix program has launched their “Train the Trainer” program. Nick and Shannon have been working hard for the last few months on their topics: Healthy Eating and TTC Safety. They have travelled to SH Armstrong and Matty Eckler to present their work.

Special thanks to Margaret Simmons for helping Nick and Shannon with the power point and with organizing the training



Matty Eckler/Pape

"Spring is beautiful and smells sweet, spring is when you shake the curtains and pound on the rugs, and take off you long underwear, and wash all the corners" Virginia Cary Hudson 1962...

Indeed it's the season that invites possibilities and new beginnings, however in order to spring forward, we need to fall back and reflect on these past couple of months. Matty's team has been working on creating a space that feels exciting, stimulating and supportive. It's all about impacting lives and increasing well-being.

Matty is proud to report Allister learned to use the cash register while on duty at the Pegasus store. Way to go Allister!

Kyla is venturing off to Bloorview every Wednesday swimming one on one with staff. Danielle is also expanding her world by going to Variety Village once a week happily engaging with others and we can't forget two of our participants, Kyla and Angela volunteer twice a week at Winners.

We would like to thank our placement students who made the participant's experience all the more richer. We appreciated their singing, baking and cooking.

As we spring forward to more things to come Matty is gearing up to a new challenge like getting ready for their PIFF presentation in the next couple of months. Stay tuned everyone!!! "

Beaches

The annual Beaches Spring Sprint was April 1st. Beaches group volunteered their time to pack the fantastic Spring Sprint goody bags that each participant gets when they register. Beaches group spent 3 days filling over 535 bags with goodies from local businesses, flyers, yoga coupons and yummy energy bars.

Good luck to all the Race registrants.



Some Beaches participants have decided, after reading an article in the Toronto Star, that they would like to make crochet preemie blankets. To date the group has taught themselves and a few students/staff how to crochet. Over 7 blankets have been completed thus far. The group is hoping to complete over 25 before they donate them to the Hospital for Sick Children's Neonatal Intensive Care Unit. Beaches group is open to donations of wool in any colour. Donations can be dropped off at Beaches Recreation Center or Pegasus

Phoenix

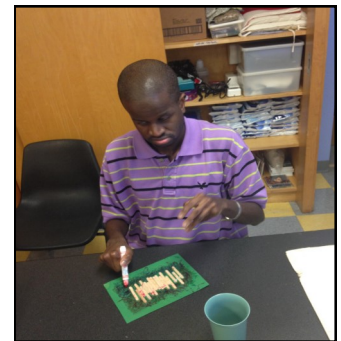
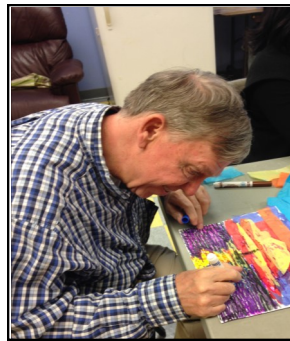
Leo from the Phoenix program decided to try the free haircuts available from one of our FT staff at SHA. Michelle did a wonderful job and Leo loved the cut!



The Phoenix program had a High Tea party where they invited Paula and Rebecca to join. The party was a great success. The tables were decorated with table cloths, old fashion tea pots and cups and beautiful cloth napkins. The participants helped to make mini sandwiches quiche and treats. Fun was had by all!

SH Armstrong

SH loves art and drama! Throughout this winter season SH has been keeping busy exploring different colours and art techniques in our art classes. Not only can we express our artistic skills through images and pictures, we have also let our imagination go wild from traveling around the world in our drama classes. We have gone surfing on the beach, dancing with monkeys in the jungle, squishing grapes in Italy, sunbathing with the lions in Africa, and even visited aliens in outer space. Nothing can stop our imagination now and the sky is the limit. Thanks to our wonderful art and drama teachers Beata and Adam, we have gone around the world and beyond!



Save the Dates!

Closures

Staff training day—Monday April 17th (Easter Monday)

Victoria Day—Monday May 22nd

Canada Day—Monday July 3rd

Summer vacation—Monday July 31st —Friday August 11th

Events

Moonlight Madness on Queen—May 5th

Spring to The Beach—May 6th

Kingston Road Village Street Fest and Art Walk—Saturday June 3rd

Pegasus Annual Picnic—Tuesday June 20th—***NEW DATE***

Kingston Road Village Fall Fest —Saturday September 30th

Scotia Bank Waterfront Marathon Cheering Section—Sunday October 22nd

Pegasus is proud to announce that we will be hosting the first ever PIFF - Pegasus Inspirational Film Festival in October/November 2017. Each program is making at least one two-minute short film that we will showcase in a glamorous fundraising event. We will be working with film school students from Ryerson and York University to bring the programs' ideas to the big screen. If anyone has connections in the film industry or donations for the planned silent auction, please contact

Andre Gordon—agordon@pegasustoronto.ca or Ciragh Lyons—clyons@pegasustoronto.ca

Team Saturday

In the beginning of this year, a group of TS regulars got together on wintery Saturdays' at Matty Eckler. They started out the winter session with a trip to the Jones Library to participate in the Chinese New Year celebrations. Over the 10 weeks they worked on several art projects using paper and glue (messy but creative work!), baked healthy goods, got some errands done and had a spa day. The group made sure to get some exercise in every day either going for a walk out in the neighbourhood or if the weather was not cooperative, in the gym upstairs.

The group is looking forward to the spring session starting April 15th. We are very pleased to be welcoming 3 new members to the group.

NATIONAL VOLUNTEER WEEK—APRIL 23–29, 2017

April 23—29, 2017 is National Volunteer Week. It is a time to recognize and celebrate all the wonderful things volunteers do. Where would we be without all our fantastic volunteers? From working in the store to assisting with bingo fundraising to helping out at our programs and fund raisers to overseeing our organization, we cannot say thank you enough. We would not be able to do what we do without all of you.

Thrift Store Volunteers

Joe, Elizabeth, Fairah, Gavin, Petra, Hilary, Nick, Athena, David, Linda, Chris S., Dianne, Carol, Kyla, AJ, Sandy, Jen, Andrew, Chloe, Virginia, Marie, Chris E., Heidi, Shannon

Bingo Volunteers

Lynda, Kate, Doug,
Margaret, Megan, Marg,
Sylvia, Fran, Kathy,
Helen

Program Volunteers

Margaret, Ida, Cathy

Picnic Volunteers

John (Kew Beach Lawn Bowling Club), Gene, Debbie

Board of Directors

Scott, Joe, Antonia,
Lindsay, Sarah,
Sharmila, Marg



Thank You!

Is that a supermodel we see? No, it is our very own Jen modelling in a fashion show for her favourite store—Northern Reflections! Way to walk the catwalk Jen!





.....looking beyond disability

Check out our website!

www.pegasustoronto.ca

Visit our Pegasus Thrift Store

Facebook page

Pegasus Community Project is a registered Canadian charity that provides community based day services for adults with developmental disabilities.

Pegasus offers its services within the context of its core belief that:

- All people benefit from opportunities to learn and to grow and to have rich experiences.
- All people can contribute to the common good.
- The health and vitality of a community are enhanced when its members know each other and appreciate each other's differences.

Our programs are centrally located in vital, welcoming Toronto neighbourhoods. Each individual has many opportunities to access community resources and to learn and grow from a wide variety of experiences.

Looking for Volunteers!

Do you have a few hours to spare each week? Are you looking for a positive way to make a difference in the lives of people? Then we have a role for you!

We are looking for enthusiastic people to fulfill our volunteer roles.

1. **Store Volunteers**—come see what life in the Thrift Store is like. Volunteer alongside our participants and help make our social enterprise even more successful than it already is. Minimum commitment is 1 shift a week.
2. **Bingo Volunteers**—The proceeds from the Pegasus involvement, as a charitable organization, with Dolphin Bingo provide valuable funds that help maintain the high level of programming at Pegasus. Each month Pegasus volunteers are responsible for 7 sessions and we provide two volunteers for each session. Each volunteer generally does two or more sessions a month. The larger our team of volunteers, the less required of each one so please consider joining our team.
3. **Program Volunteers**—assist in our day activities alongside our amazing staff. Help out with programming and get to know the fantastic people who spend their day at Pegasus. Minimum commitment is flexible but 2 hours per week is preferred.

If any of these roles interest you, please contact Paula Murphy at 416-691-5651 or pmurphy@pegasustoronto.ca and she will put you in touch with the right person.