



Tania's Place
January -
February 2024
Newsletter



Meet the newest members of our team!



Hi everyone, my name is Tamekah. I am 25 years old and an Aquarius. I did my student placement here back in June of 2023, fell in love with Tania's Place and ended up returning to work here full time in August. I love to travel and spend time with my son.

Hello! My name is Jayden, I am 25 years old and going into my third year as a Personal Support Worker. In my free time you can catch me making art, playing video games or listening to music. I am a creative person, so one of the reasons I love working at Tania's Place is that I can utilize my creativity on a daily basis through our various programs. I have been here for about four months, and one of the best things about the job is forming beautiful and meaningful connections with the clients.



My name is Saleena. I am a Personal Support Worker with almost one year of experience. My passion for helping others came from a very young age, and continues to grow as I progress in this career. I really enjoy my role at Tania's Place, I am able to learn and connect with others in a fun and meaningful way.



****Contact us anytime at staff@taniasplace.com****

Upcoming events...



Birthdays!



Valentines Day Dance

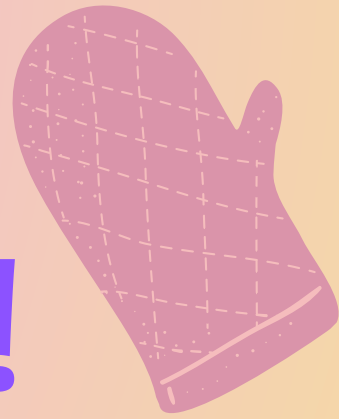
*Tania - February 13th
Amanda - February 19th
Michael M - February 20th
Andrew B - February 20th*

*Wednesday, February
14 at Tania's Place
Games & dancing!*

MARCH BREAK!
March 11th-15th
A week of games and fun
activities!

Leap Year Luau!
*On Thursday, February
29th we will be having a
Luau! There will be pizza
and cake, as well as
games in the morning and
dancing in the afternoon.
Bring some summer
clothes and let's have fun!*

January Activities!



Baking



Our baking program allows our clients to learn about measuring sizes, combining ingredients and creating their own afternoon snack. Pictured above is Oreo brownies that we made this month. Yummy!

Fitness is a great program for our clients to be active and try new sports.

This month we played badminton, pickle ball and basketball. Other days, we do seated exercises for our clients who are in wheelchairs or who have limited mobility. On Mondays we do “Hip Hop Monday” where we like to learn a dance, and it’s a lot of fun to see everyone performing their moves!



Fitness

Amanda, Mishal, and Leanne dancing.

Community Donation



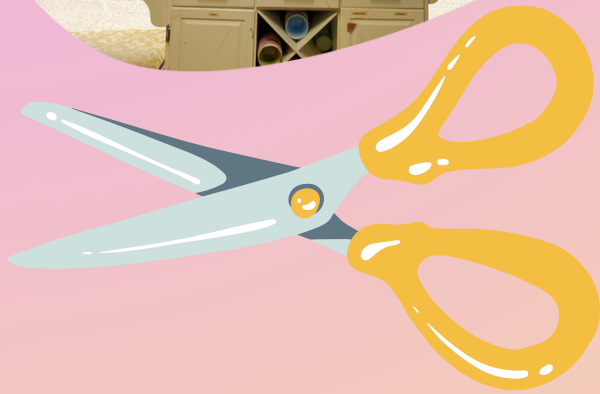
A group of young women decided to give back to the community and kindly donated some healthy snacks such as bananas, clementines, welch's fruit snacks, juice boxes and sandwiches with vegan mayo and fresh veggies.

Thank you Mira, Garthika, Hershey, Thuvasan and Aathavan for putting a smile on their faces! (And for filling their bellies)



January Activities

During Nancy's Tuesday art, we created a large sun catcher to put in the windows. They had a lot of fun coming up with the shape, tracing them and cutting them out.



On Tuesdays and Thursdays, a group goes to the The Cave Boxing, where Kyle teaches them the fundamentals of boxing. This is an activity they really enjoy and look forward to each week.



Other Activities



Here we have Jayden, Jeffery, Steven and Damian shopping.

Grocery shopping is an outing that the clients really love. It allows them independence to shop for themselves or their family. They bring a shopping list and we are there to give them guidance with finding all the items on their list, and at the end they pay on their own at the self checkout.



On Fridays, we do a dance party in the morning followed by bingo which is always a great start to the morning! It gets everybody excited to start the weekend off.



Amanda and Charlene dancing.

Message from our Founder/Executive Director



Hello, for those who do not know me, my name is Francie Trajkovski, Founder/Executive Director of Tania's Place. I am also the mother of Tania, who is the name sake of Tania's Place.

Just like you, I understand the issues of raising someone with special needs. We are honoured that you have chosen Tania's Place to take care of your loved ones.

We pride ourselves in the care we provide and our programs. I'm personally proud of my incredible staff who have built personal relationships with all our clients. My staff are the best in the industry who are eager to provide the best for your son/daughter/sibling. Please feel free to contact them with any concerns, or better yet, drop by and meet them if you haven't already.

I look forward to working with both our new and seasoned family members. I am also looking forward to celebrating our 20th anniversary sometime in the summer. We'll keep you updated on the festivities. Feel free to contact me at francie@taniasplice.com or call (416) 543-4817. Thank you!