

John's Story

My name is John Paglia. I live at home with my mom, dad and Auntie Mary.

I come to Advocates day program Monday through Friday. I have been coming to the Advocates day program since 1993, for over 15 years. I really like to come to the day program. I have learned many things here. I also like coming here because it would be too boarding for me to stay at home all day long.

I have many friends at the day program. I even have a girlfriend that I can spend time with while we do different activities. I like the music groups on Friday afternoon. I also get to hear one of my peers play her keyboard on two or three Thursday afternoon's a month. My girlfriend joins us to listen to the music and we watch a movie together one day a week.

I enjoy many of the activities that we do here at the day program. I really like the reading group so that I can keep some of my reading skills. I enjoy the cooking group each week. I usually go push the cart at the market while we buy the food to cook that week. I also like to watch the movie one day a week. I like to listen to my peer play music one day a week. I enjoy the music group on Friday afternoons. I like to dance. I like the aerobics group each Tuesday and Friday morning. It is good for me to do exercise regularly. I like the monthly birthday parties because they are fun and we get to eat cake. I like the monthly advisory meetings.

I play on a volleyball team, we are the Advocates Hurricanes. We go to the Ashland senior center and we play chair volleyball. We play against the seniors that attend the senior center. We even have a shirt to wear. We play every other Monday. We also have a catered meal once a month. It only cost \$5.00 and we have a catered meal that is very good and we get plenty of food. We have an annual barbeque that the seniors put on for us they supply the food and the beverages. We try to practice one day a week at here at the day program. This is fun, competitive, and very good exercise.

Sometimes I go and do volunteer work at the Worcester food bank. I help by gathering the boxes so that we can make sure that they are not ruined. I also get to tape some of the boxes to make sure that they are closed. This makes me feel as though I am useful and I am helping some people get good and safe food to eat.