



APRIL 2018

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
<p>NO PADDLE EASTER MONDAY</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Fundraising Club</p> <p>11:15 Menu Planning</p> <p>12:00 LUNCH</p> <p>1:15 Music with Jacob Way-White</p> <p>2:15 Social with Jacob</p> <p>OR</p> <p>Grocery Shopping at Food Basics</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Book Club (children's classics)</p> <div style="text-align: center;">  <p>or</p> </div> <p>*we will be making a bagged lunch for lunch prep today to bring to the tournament</p> <p>BOOK PARABUS TO ARRIVE AT Canadore College Commerce Court Site (60 Commerce Crescent) for 11:30</p> <p>11:45 Seated Volleyball tournament fundraiser put on by Canadore (for our Toronto trip!) + lunch</p> <p>*all welcome to attend for the afternoon and cheer on the teams!</p> <p>Pick up 3pm at Commerce Court (60 Commerce Crescent)</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Interactive Music</p> <div style="text-align: center;">  <p>or</p> </div> <p>11:00 Group Art Project with Jaclyn</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness & Men's Health</p> <p>2:15 Games!</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p> <div style="text-align: center;">  </div> <p>10:45 Outdoor walk</p> <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</p> <p>1:30 Shopping at Winner's Plaza</p> <p>Pick up 3pm at Winners</p>

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Mon	Tue	Wed	Thu	Fri
9	10	11	12	13
9:00 Good Morning 9:30 Stretch/Calendar 10:00 Menu Plan 10:30 Grocery Shopping at Food Basics BOOK PARABUS TO ARRIVE AT PIZZA HUT FOR 1:00 Pizza Hut Buffet Buffet Price Cost: \$16.95 (that price includes a pop and tax in. Does NOT include a tip) Pick up 3pm at Pizza Hut	9:00 Good Morning OR YMCA 9:30 Stretch/Calendar 10:00 Fundraising Club 12:00 LUNCH 1:15 Tai Chi	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep & Healthy Living OR Book Club & Sensory Relaxation (children's classics)  11:45 LUNCH BOOK PARABUS TO ARRIVE AT NORTHGATE MALL (Tower Doors) FOR 1:15 1:30 Shopping at Northgate Square  Pick up 3pm at Tower Doors Northgate Square	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music  11:00 Gentle Fit with Harley 12:00 LUNCH 1:15 Wellness Afternoon with Canadore Students	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Music with Kristy  10:45 Wii Bowling Tournament/Games 11:15 CAN DO Theatre with Michelle  12:00 LUNCH 1:15 No Bake Baking 2:15 Free Time



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Mon	Tue	Wed	Thu	Fri
16	17	18	19	20
<p>BOOK PARABUS TO MEET AT NO FRILLS (lakeshore) for 9AM *PADDLE staff will be there at 8:30am* *All participants please meet at No Frills*</p> <p>9:00 Menu Planning & Coffee at the food court</p> <p>9:30 Shopping at North Bay Mall</p> <p>10:15 Grocery Shopping at No Frills</p>  <p>BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11:00</p> <p>12:00 LUNCH</p> <p>1:15 New Music Monday</p>  <p>2:00 Art</p>	<p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Fundraising Club</p> <p>11:45 LUNCH</p> <p>1:15 Team building exercise</p> <p>1:45 Music with Serra</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep & Healthy Living OR Book Club (Children's Classics) & Sensory relaxation</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT ONE KIDS PLACE FOR 1:30</p> <p>1:30 Gym games & Snozelen Room</p> <p>*please bring indoor shoes to wear</p> <p>Pick up 3pm at One Kids Place</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Interactive Music</p>  <p>11:00 Improv with Amii</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> <p>2:00 Karaoke!</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Bryan</p>  <p>10:45 Outdoor Games & Activities</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE for 1:30</p> <p>1:30 Value Village</p> <p>2:15 Coffee Break at Tim Hortons</p> <p>Pick up 3pm at Value Village</p>

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23	24	25	26	27
<p>9:00 Good Morning</p> <p>9:30 Menu Planning</p> <p>10:15 Grocery Shopping at Food Basics</p>  <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT YMCA FOR 1:00</p> <p>1-2:30 Open Swim</p> <p>*no membership is required for this swim</p> <p>Pick up 3pm at YMCA</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Fundraising Club</p> <p>11:45 LUNCH</p> <p>1:15 Mother's Day craft with Patricia</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Disney Sing-a-long</p> <p>Option 1: BOOK PARABUS TO ARRIVE AT BINGO FOR 11:30</p> <p>11:30-3pm Lunch and Bingo at Bluesky bingo hall Cost: \$3.00 Pick up 3pm at Bluesky Bingo</p> <p>Option 2: In house programming at PADDLE</p> <p>11:00 Lunch Prep 12:00 Lunch 1:15 Music 2:00 Games Pick up 3pm at Chippewa</p> <p>*you are responsible for arranging your own transportation according to what activity you choose. You will need to let Kristy know by Monday what activity you choose otherwise we will assume you are participating in bingo</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Interactive Music</p>  <p>11:00 Games with Carlee</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> <p>2:15 Free Time</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy</p>  <p>10:45 Outdoor walk</p> <p>11:45 LUNCH</p> <p>1:15 Dance workshop</p> <p>2:15 Karaoke!</p>

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Mon	Tue	Wed	Thu	Fri
<p data-bbox="363 436 402 470">30</p> <p data-bbox="164 478 402 512">9:00 Good Morning</p> <p data-bbox="164 541 363 609">9:30 Stretch/Calendar</p> <p data-bbox="164 646 310 714">10:00 Menu Planning</p> <p data-bbox="164 743 375 844">10:45 Grocery Shopping at Food Basics</p>  <p data-bbox="164 1138 342 1171">12:00 LUNCH</p> <p data-bbox="164 1205 358 1272">1:15 Music with James Palmer</p>  <p data-bbox="164 1415 396 1482">2:00 Outdoor Activities & Games</p>				