Mon	Tue	Wed	Thu	Fri
				9:30 Stretch/Calendar 10:00 Music with Jeff 10:45 Outdoor walk 11:30 Free Time 12:00 LUNCH BOOK PARABUS TO ARRIVE AT NORTHGATE (tower doors) at 1:15 1:15 Shopping *bring a list if you want help to start your Christmas shopping! Pick up 3pm at Northgate tower doors

DECEMBER 2017					
Mon	Tue	Wed	Thu	Fri	
BOOK PARABUS TO MEET AT NO FRILLS *Lakeshore FOR 9AM *PADDLE staff will be at No Frills at 8:30am *Everyone starts the day at No Frills and is to meet at No Frills. PADDLE doors will not be open until 11am.* 9:00 Coffee/Menu Plan 9:30 Shopping around the Mall 10:15 Grocery Shopping at No Frills BOOK PARABUS TO ARRIVE BACK AT	9:00 Good Morning OR YMCA 9:30 Stretch/Calendar 10:00 Christmas Cookie Baking Club *making muffins for festival of trees volunteers* OR Independent Learning Club 12:00 LUNCH BOOK PARABUS TO ARRIVE AT MEMORIAL GARDENS FOR 1:00 1-2pm Skate with our friends from New Horizons!! *please bring a helmet if you have one* Cost: FREE!			9:00 Good Morning 9:30 Stretch/Calendar 10:00 Music with Kristy 10:45 Outdoor Walk 11:30 Games 12:00 LUNCH 1:15 CAN DO THEATRE with Michelle 2:15 Free Time	
	Pick up 3pm Memorial				
11:15 Free Time	Gardens				
12:00 LUNCH 1:15 New Music Monday 2:00 Cards					

Mon	Tue	Wed	Thu	Fri
9:30 Stretch/Calendar 10:00 New Music Monday 11:00 Art 11:45 LUNCH BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15 1:15 Shopping at Mini Mall Pick up 3pm at Winners	9:00 Good Morning OR YMCA 9:30 Stretch/Calendar 10:00 Christmas Cookie Baking Club OR Independent Learning Club 11:30 Menu Plan 11:45 LUNCH 1:15 Grocery Shopping at Food Basics	9:30 Stretch/Calendar 10:00 Lunch Prep OR Book Club (Children's Classics) 11:00 Karaoke!! 12:00 LUNCH BOOK PARABUS TO ARRIVE AT ONE KIDS PLACE FOR 1:30 1:30 Gym games & Snozelen Room *please bring indoor shoes to wear Pick up 3pm at One Kids Place	9:30 Stretch/Calendar 10:00 Interactive Music OR Outdoor Walk 11:00 Free Time BOOK PARABUS TO ARRIVE AT CAPITOL CENTRE PARKING LOT 12:30 Cost: \$10-20 12:30 Lunch at Cecil's to celebrate Tasha and Allison's Birthdays! Pick up 3pm at Capitol Centre Parking lot	9:30 Stretch/Calendar 10:00 Music with Jeff 11:45 LUNCH BOOK PARABUS TO ARRIVE AT VALUE VILLAGE 1:30 1:30 Shopping at Value Village 2:00 Coffee break and snack at Tim Horton's Pick up 3pm at Value Village
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Mon	Tue	Wed	Thu	Fri
9:30 Stretch/Calendar 10:00 Menu Planning 10:45 Grocery Shopping at Food Basics Basics 12:00 LUNCH 1:15 New Music Monday 2:00 Wii Bowling Tournament/Games	9:30 Good Morning 9:30 Stretch/Calendar 10:00 Christmas Baking Club OR Independent Learning Club 11:45 LUNCH BOOK PARABUS TO ARRIVE AT NORTHGATE (tower doors) at 1:15 1:15 Shopping *bring a list if you want help to start your Christmas shopping! Pick up 3pm at Northgate tower doors	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Book Club (Children's classics) 11:00 Lifeskills: Hosting a Party PADDLE CHRISTMAS TEA AT RORAB SHRINE CLUB (1260 Brookes ST.) 1-3pm *Families please join us for our annual Christmas tea* Pick up 3pm at Shrine Club	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music 11:00 Women's Wellness OR Men's Health 12:00 LUNCH 1:15 Make your own Hot Chocolate 1:45 Music with Serra	9:00 Good Morning *Christmas Movies & PJ Day!! Have a great holiday and we will see you back at PADDLE on Monday January 8 th !!