
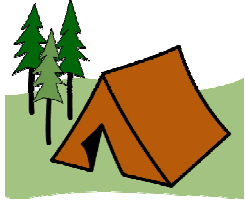




JULY 2017

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>NO PADDLE *observing Canada Day</p>	<p>4</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Creative Mind Club OR Woodworking Club</p> <p>11:30 Menu Planning</p> <p>12:00 LUNCH</p> <p>1:15 Grocery Shopping at Food Basics</p>  <p>2:30 Putting Groceries away: where do they go, why?</p>	<p>5</p> <p>CAMP DAY!</p>  <p>Please meet at Chippewa Parking lot by 8:45!</p> <p>9:00-3:30 Camp day at Samuel De Champlain Park</p> <p>*PADDLE participants please join us for a day of camp activities *lunch provided</p> <p>*please bring sunscreen, bathing suit & towel (if you want to take a dip in the lake)</p> <p>PICK UP 4:30 PM at Chippewa Parking Lot</p>	<p>6</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 Women's Wellness Group OR Men's Health</p> <p>12:00 LUNCH</p> <p>1:15 Independent Living Club OR Sensory Club</p>	<p>7</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p>  <p>10:45 Mov'in with Matt</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT KING PUTT ON LAKESHORE FOR 1:30</p> <p>1:30 Mini Putt & Ice Cream</p> <p>COST: \$5 for 1 game of Mini Putt & ice cream</p>

JULY 2017

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">10</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Menu Planning</p> <p>10:30 Grocery Shopping at Food Basics</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</p> <p>1:30 Shopping at Winners</p> <p>Pick up 3pm at Winners</p>	<p style="text-align: right;">11</p> <p>9:00 Good Morning or YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Creative Minds or Woodworking</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MALL *No Frills FOR 11:45</p>  <p>LUNCH: you can bring a bagged lunch (please nothing to microwave) or purchase your lunch at the mall</p> <p>MOVIE AT GALAXY CINEMA!</p> <p>Cost: \$6.50 OR \$9.50 for 3D</p> <p>*a note will be sent home with movie times once day gets closer. Please be advised pick up may be slightly later than 3pm at No Frills on Lakeshore*</p>	<p style="text-align: right;">12</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> <p>11:00 Music with Esther</p>  <p>11:45 Lunch</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:15</p> <p>1:15 Farmer's Market</p>  <p>2:00 Downtown or waterfront walk</p> <p>Pick up 3pm at North Bay Museum</p>	<p style="text-align: right;">13</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 Women's Wellness OR Men's Health</p> <p>12:00 LUNCH</p> <p>1:15 Music with Patricia Rodi</p>  <p>2:15 Sensory Club/Independent Living Club</p>	<p style="text-align: right;">14</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Outdoor Walk on Chippewa Trails</p> <p>10:45 Drama Games with Cam</p> <p>11:45 LUNCH</p> <p>1:15 PADDLE STAFF TALENT SHOW</p> <p>*all participants who don't come on Fridays are welcome to attend from 12-3pm only*</p>

JULY 2017

Mon	Tue	Wed	Thu	Fri
<p>17</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Stretching and Movement</p> <p>10:30 Art</p> <p>11:15 Menu Planning</p> <p>12:00 LUNCH</p> <p>1:15 Grocery Shopping at Food Basics</p> 	<p>18</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Creative Minds Club OR Woodworking</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE at GATHERING PLACE COMMUNITY GARDEN 1:30 (across from Algonquin highschool)</p> <p>1:30 Gardening at the Gathering place</p>  <p>Pick up 3pm at Community Garden</p>	<p>19</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> <p>10:45 CAN DO with Michelle</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:15</p> <p>1:15 Farmer's Market</p>  <p>2:00 Downtown or waterfront walk</p> <p>Pick up 3pm at North Bay Museum</p>	<p>20</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 Women's Wellness or Men's Health</p> <p>12:00 LUNCH</p> <p>1:15 Independent Living Club OR Sensory Club</p>	<p>21</p> <p>CATELLI FAMILY REUNION AT LEAH WALKERS HOUSE!!</p> <p>Please arrive at Chippewa Parking lot at 8:30am</p> <p>9:00 Leave for Seyn Bridge *1294 Graham Rd Seyn Bridge, ON</p> <p>11:00-3pm Arrive at Leah's home for the big PARTY!! *lunch provided by celebrity chef Cory Vitiello*</p> <p>3:00 Leave Leah's house and return to Chippewa for 5:00pm Pick up!</p>

JULY 2017

Mon	Tue	Wed	Thu	Fri
<p>24</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 New Music Monday</p> <p>10:45 Get Mov'in with Matt</p> <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT SUNSET PARK BEACH (behind Churchills) FOR 1:15</p> <p>BEACH AFTERNOON!</p> <p>*please bring sunscreen, hat, (towel & swimsuit if you want to go swimming)</p> <p>Pick up 3pm at Sunset Beach</p>	<p>25</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Menu Plan</p> <p>10:30 Grocery Shopping at Food Basics</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (tower doors) FOR 1:15</p> <p>1:15 Shopping!</p> <p>Pick up 3pm at Northgate (tower doors)</p>	<p>26</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> <p>11:00 Mov'in with Matt</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:15</p> <p>1:15 Farmer's Market</p>  <p>2:00 Downtown or waterfront walk</p> <p>Pick up 3pm at North Bay Museum</p>	<p>27</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 Women's Wellness OR Men's Health</p> <p>12:00 LUNCH</p> <p>1:15 Independent Living Club OR Sensory Club</p>	<p>28</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Darius</p>  <p>BOOK PARABUS TO ARRIVE AT Waterfront Bandshell FOR 11:30</p> <p>11:45 Lunch at The Boat Resturant</p> <p>Cost: \$10-20</p> <p>1:30 Walk at Waterfront/Carousel Rides</p> <p>Pick up 3pm at Waterfront Bandshell</p>

JULY 2017

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">31</p> <p>The Laaaaassst Daaaayyy (say it like Danny! Haha)</p> <p>*all participants are welcome to attend today*</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Outside walk OR Yearbook Video (for Morning participants)</p> <p>11:00 Free Time</p> <p>11:30 PIZZA LUNCH Cost: FREE!</p> <p>1:30 Yearbook Video Viewing Party!</p> <p>Have a great summer See you September 5th!</p>				