









# JULY 2018

| Mon  | Tue  | Wed   | Thu   | Fri  |
|--|--|---|---|--|
| 2  | 3  | 4   | 5   | 6  |
| <p>NO PADDLE<br/>*Observing Canada Day</p>  | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gardening Club OR Money Club</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTHGATE SHOPPING SQUARE TOWER DOORS for 1:30</b></p> <p>1:30 Shopping at Northgate</p>  <p><b>Pick up 3pm at Northgate Tower Doors</b></p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Healthy Living Club OR Book Club/Sensory Relaxation</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:30</b></p> <p>1:30-2:00 Farmer's Market</p>  <p>2:00 Walk down the Waterfront</p> <p><b>Pick up 3pm at North Bay Museum</b></p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gardening Club OR Interactive Music</p> <p>11:00 Music with Emily</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> <p>2:15 CAM DO Theatre with Cameron</p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p>  <p>10:45 Drawing Characters for Erik's short animation film</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT KING PUTT ON LAKESHORE FOR 1:30</b></p> <p>1:30 Mini Putt &amp; Ice Cream</p> <p><b>COST: FREE – PADDLE is covering the cost</b></p> |

# JULY 2018

| Mon  | Tue  | Wed  | Thu   | Fri  |
|--|--|--|---|--|
| <b>9</b>   | <b>10</b>  | <b>11</b>  | <b>12</b>   | <b>13</b>  |
| 9:00 Good Morning  | 9:00 Good Morning  | 9:00 Good Morning  | 9:00 Good Morning   | 9:00 Good Morning  |
| 9:30<br>Stretch/Calendar   | 9:30 Stretch/Calendar  | 9:30<br>Stretch/Calendar   | 9:30<br>Stretch/Calendar  | 9:30<br>Stretch/Calendar   |
| 10:00 Learning to<br>Line Dance with<br>Kayla & Carlee &<br>Cam  | 10:00 Gardening<br>Club @ The Crisis<br>Centre OR Money<br>Club  | 10:00 Healthy<br>Living Club OR<br>Book Club &<br>Sensory Relaxation   | 10:00 Garden Club<br>OR Interactive<br>Music  | 10:00 Music with<br>Bryan  |
| <br>Line Dancing                | 10:45 Music with<br>Kristy<br>  | 11:15 Group<br>Picture outside of<br>Chippewa School<br>Sign   | 11:00 Disney Sing-<br>a-long  |   |
| 11:00 New Music<br>Monday<br> | <b>BOOK PARABUS<br/>TO ARRIVE AT<br/>NORTH BAY<br/>MALL *No Frills<br/>FOR 11:45</b><br>  | 11:45 Lunch<br><b>BOOK PARABUS<br/>TO ARRIVE AT<br/>NORTH BAY<br/>MUSEUM FOR<br/>1:15</b>                      | 12:00 LUNCH   | 10:45 Outdoor<br>Walk on the<br>Chippewa Trails  |
| 12:00 LUNCH  | <b>LUNCH: you can<br/>bring a bagged lunch<br/>(please nothing to<br/>microwave) or<br/>purchase your lunch at<br/>the mall</b>  | 1:15 Farmer's<br>Market<br> | 1:15 Women's<br>Wellness OR<br>Men's Health   | 11:45 LUNCH  |
| 1:15 Media Art<br>with Erik  | <b>MOVIE AT<br/>GALAXY<br/>CINEMA!</b><br>Cost: \$6.99 (plus tax)<br>OR \$9.99 (plus tax)<br>for 3D *bring your<br>access pass if you<br>have one<br>*popcorn/snacks<br>extra<br>*a note will be sent<br>home with movie<br>times once day gets<br>closer. Please be<br>advised pick up may<br>be slightly later than<br>3pm at No Frills on<br>Lakeshore* | <b>2:00 Downtown or<br/>waterfront walk</b>  | 2:00 Music with<br>Darius<br> | <b>BOOK PARABUS<br/>TO ARRIVE AT<br/>WINNERS FOR<br/>1:30</b>  |
| 2:15 Free Time   |  | <b>Pick up 3pm at<br/>North Bay Museum</b>   |   | <b>1:30 Shopping at<br/>Winners</b><br> |
|  |  |  |   | <b>Pick up 3pm at<br/>Winners</b>  |

# JULY 2018

| Mon  | Tue   | Wed  | Thu   | Fri  |
|--|---|--|---|--|
| 16   | 17  | 18   | 19  | 20   |
| 9:00 Good Morning  | 9:00 Good Morning   | 9:00 Good Morning  | 9:00 Good Morning   | 9:00 Good Morning  |
| 9:30<br>Stretch/Calendar   | 9:30<br>Stretch/Calendar  | 9:30<br>Stretch/Calendar   | 9:30<br>Stretch/Calendar  | 9:30<br>Stretch/Calendar   |
| 10:00 Menu<br>Planning for BBQ<br>Lunch  | 10:00 Gardening<br>Club @ The Crisis<br>Centre OR Money<br>Club   | 10:00 Healthy<br>Living Club OR<br>Book Club<br>(Children's<br>Classics)           | 10:00 Lunch Prep<br>OR Interactive<br>Music   | 10:00 Music with<br>Serra  |
| 10:30 Grocery<br>Shopping at Food<br>Basics for BBQ                                | <b>BOOK PARABUS<br/>TO ARRIVE AT<br/>Waterfront<br/>Bandshell FOR<br/>11:30 *parking lot<br/>closest to<br/>bandshell</b> | 10:45 CAN DO<br>with Michelle  | 11:15 BBQ Lunch<br>in the courtyard<br>*free of cost for all<br>supports &<br>participants  | <br>10:45 No Bake<br>Baking-Beach<br>Snack!           |
|  | <b>11:45 Lunch at<br/>The Boat<br/>Restaurant</b>   |  |    | 12:00 LUNCH  |
| 12:00 LUNCH  |                                        | 12:00 LUNCH  | <b>BOOK PARABUS<br/>TO ARRIVE AT<br/>RAMADA<br/>PINWOOD PARK<br/>RESORT FOR 1:30<br/>(201 Pinewood Park<br/>Drive)</b>  | <b>BOOK PARABUS<br/>TO ARRIVE AT<br/>OLMSTEAD<br/>BEACH FOR 1:30</b>   |
| 1:15 New Music<br>Monday   | <b>Cost: \$10-25</b>  | <b>BOOK PARABUS<br/>TO ARRIVE AT<br/>NORTH BAY<br/>MUSEUM FOR<br/>1:15</b>         |   | <b>1:30 BEACH<br/>AFTERNOON at<br/>Olmstead Beach<br/>(trout lake)</b>   |
| 2:00 Games!  | <b>1:30 Walk at<br/>Waterfront/Carou<br/>sel Rides</b>  | 1:15 Farmer's<br>Market  |    |   |
|  |                                        | 2:00 Downtown or<br>waterfront walk  | 1:30 Driving<br>Range!  | 1:15-2:45<br>Swimming and<br>Activities  |
|  | <b>Pick up 3pm at<br/>Waterfront<br/>Bandshell *parking<br/>lot closest to<br/>bandshell</b>                              | <b>Pick up 3pm at<br/>North Bay<br/>Museum</b>                                     | <b>COST: Free<br/>PADDLE is<br/>covering the cost</b><br>*bring money if<br>you would like to<br>purchase a snack<br><b>Pick up 3pm at<br/>Pinewood Park Resort</b> | *feel free to bring a<br>bathing suit. This<br>beach has a<br>lifeguard<br>*bring sunscreen!<br><b>Pick up 3pm at<br/>Olmstead Beach</b> |

# JULY 2018

| Mon  | Tue  | Wed  | Thu   | Fri   |
|--|--|--|---|---|
| <b>23</b>  | <b>24</b>  | <b>25</b>  | <b>26</b>   | <b>27</b>   |
| <p>9:00 Good Morning</p> <p>9:30<br/>Stretch/Calendar</p> <p>10:00 Menu Plan for Wednesday BBQ</p> <p>10:45 Grocery Shopping at Food Basics for BBQ Supplies</p> <p><b>BOOK PARABUS TO ARRIVE AT THE FOX AND THE FIDDLE FOR 1PM *JULY BIRTHDAY CELEBRATIONS *</b></p> <p><b>1:15-3:00 Lunch at the Fox &amp; Fiddle</b></p> <p>Cost: \$12-20</p> <p><b>Pick up 3pm at The Fox &amp; Fiddle</b></p> | <p>9:00 Good Morning</p> <p>9:30<br/>Stretch/Calendar</p> <p>10:00 Garden Club @ The Crisis Centre OR Money Club</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT SUNSET PARK BEACH FOR 1:30</b></p>  <p>1:30- Hanging out at the beach with friends.<br/>*bring sunscreen<br/>*bring a bathing suit if you wish</p> <p><b>Pick up 3:00 at Sunset Beach</b></p> | <p>9:00 Good Morning</p> <p>9:30<br/>Stretch/Calendar</p> <p>10:00 Healthy Living Club OR Book Club (Children's Classics)</p> <p>12:00 BBQ Lunch in the Chippewa Courtyard + Special musical guest+make your own ice cream sundae</p> <p>Cost: FREE!! For Supports and Participates PADDLE is covering the cost of the BBQ</p>  <p>1:45 Music with Patricia</p>  | <p>9:00 Good Morning</p> <p>9:30<br/>Stretch/Calendar</p> <p>10:00 Garden Club OR Interactive Music</p> <p>11:00 Outdoor Games with Carlee &amp; Jeff</p> <p>12:00 LUNCH</p> <p>1:15 CAN DO with Michelle</p>  <p>2:15 Learning to line dance with Kayla &amp; Cam &amp; Carlee</p>  <p><b>Line Dancing</b></p> | <p>9:00 Good Morning</p> <p>9:30<br/>Stretch/Calendar</p> <p>10:00 PADDLE FAMILY JAM BAND!</p>  <p>11:00 Morning Yearbook Viewing</p> <p>12:00 PIZZA LUNCH! FREE! For supports and participants *No need to bring lunch today!</p>  <p>1:15 Yearbook viewing</p> <p><b>*all participants are welcome to attend the last day!!</b></p> |

## Things to look for on the Calendar in July

Birthdays: Chris (July 4) Sharon (July 19) Shawn (July 22)

This month is a jammed packed month full of community exploration and enjoying the beautiful summer weather with our friends! We will be trying out our golf skills at mini putt and the driving range, hanging out at the beach, going to the movies and enjoying a lot of in house musical guests ☺

Special Note:

We will not be having a lunch prep program during the month of July. Please bring your own lunches on Wednesdays and Thursdays. \*If you have already pre-paid for July lunches please notify Kristy and we will carry that payment over to September\*

There will be special lunch events on the calendar free of cost so please pay close attention to the Calendar

Thank you everyone for a wonderful and memorable year! Looking forward to seeing everyone again in September 4<sup>th</sup> 2018! Enjoy your August off! Don't forget to make plans with your friends over August break!

If you have any questions or concerns please feel free to contact Kristy @ 705 493 2401 or email at [info@paddlenorthbay.ca](mailto:info@paddlenorthbay.ca)

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