

JANUARY 2017

Mon	Tue	Wed	Thu	Fri
No PADDLE 2	No PADDLE 3	No PADDLE 4	No PADDLE 5	No PADDLE 6

JANUARY 2017

Mon	Tue	Wed	Thu	Fri
9	10	11	12	13
<p>Welcome back!</p> <p>9:00 Good Morning!</p> <p>9:30 Stretch/Calendar</p> <p>10:00 New Music Monday! Learning a new song together!</p> <p>10:45 New Years E-mail</p> <p>11:15 New Years Countdown Party!</p> <p>12:00 LUNCH</p> <p>1:15 Menu Planning</p> <p>1:45 Grocery Shopping at Food Basics</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff!</p> <p>10:45 Get Mov'in with Matt</p> <p>11:15 Class Clean up! Packing away the Christmas Decorations</p> <p>12:00 LUNCH</p> <p>1:15 CAN DO Theatre with Michelle</p> <p>2:15 Team Building Exercise</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 Free Time</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT PARTNERS POOL HALL FOR 1:30</p> <p>1:30 Pool At Partners</p> <p>Cost: PADDLE Covers the cost of the pool games, bring \$ if you would like to purchase a snack</p> <p>Pick up 3pm at Partners Pool Hall</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 Men's Health OR Women's Wellness</p> <p>12:00 LUNCH</p> <p>1:15 Lifeskills: Vision Boards: creating your own destiny for the New Year!</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Brainstorming: what is your vision for the program for the year?</p> <p>10:45 Music</p> <p>11:15 Making a social story</p> <p>12:00 LUNCH</p> <p>1:15 Drumming with Justine!</p> <p>2:15 Games!</p>

Lifeskills: New Year, New You!

JANUARY 2017

Mon	Tue	Wed	Thu	Fri
16	17	18	19	20
<p>Book Parabus to arrive at Tim Horton's on Trout Lake (beside Hyundai) for 9am</p> <p>*PADDLE staff will arrive at Tim Hortons at 8:30am *If you do not take PARABUS you are still to be dropped off at Tim Hortons</p> <p>9:00 Coffee at Tim Horton's and Menu Planning</p> <p>10:00 Grocery Shopping at Freshco</p> <p>BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11:00 (*Pick up at Tim Horton's)</p> <p>11:15 Putting groceries away</p> <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Dragon's Den Part 1 (invention series)</p> <p>2:15 New Music Monday's!</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 No Bake Baking</p> <p>10:45 Get Mov'in with Matt</p> <p>11:15 PADDLE Variety</p> <p>12:00 LUNCH</p> <p>1:15 PADDLE Newsletter</p> <p>2:15 Lifeskills: Growth Mindset</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>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT One Kids Place for 1:30</p> <p>1:30-3:00 Gym Activities and/or Sensory Room Time</p> <p>Pick up 3pm at One Kid's 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 Women's Wellness OR Men's Health</p> <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT THE YMCA FOR 12:45</p> <p>1-3 Swim at YMCA</p> <p>COST: Free, you do not need a YMCA membership to attend 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 Music with Jeff</p> <p>10:45 Games!</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY PUBLIC LIBRARY FOR 1:30</p> <p>1:30- Fun and learning at the North Bay Library</p> <p>Pick up 3pm at North Bay Public Library</p>

JANUARY 2017

Mon	Tue	Wed	Thu	Fri
23	24	25	26	27
9:00 Good Morning	9:00 Good Morning OR YMCA	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar
10:00 Get Mov'in with Matt Yoga/Relaxation edition	10:00 No Bake Baking	10:00 Walk OR Games	10:00 Lunch Prep OR Interactive Music	10:00 Music with Jeff
10:30 Email/Journal	10:45 PADDLE Newsletter	BOOK PARABUS TO ARRIVE AT BLUESKY BINGO FOR 11:30	11:00 Women's Wellness OR Men's Health	10:45 Get Mov'in with Matt!
11:15 New Music Monday (learning a new song together)	11:45 LUNCH	11:30-3pm Lunch & Bingo!	11:45 LUNCH	11:15 Mak'in things with Mattingly
12:00 LUNCH	1:15 Team Building Exercise	Pick up 3pm at Blue Sky Bingo	1:00 PADDLE Open Mic (come prepared with a joke, song or trick!)	Book Parabus to arrive at Winner's for 1:30
1:15 Menu Plan	1:45 Music with Serra	Cost: \$3.00 includes lunch and bingo cards	2:00 Lifeskills: choosing a goal to work on in February	1:30 Shopping at Winner's Plaza
1:45 Grocery Shopping at Food Basics		OR		Pick up 3pm at Winners
		11:00 Music with Kristy		
		12:00 Lunch		
		1:15 Baking		
		Pick up 3pm at Chippewa		
		PLEASE ENSURE YOUR RIDES ARE ARRANGED ACCORDING TO YOUR CHOICE FOR THE AFTERNOON		

JANUARY 2017

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">30</p> <p>9:00 Good Morning/Stretch</p> <p>9:30 Current Affairs</p> <p>10:00 Menu Plan</p> <p>10:30 Grocery Shopping at Food Basics</p> <p>11:30 Putting groceries away</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30</p> <p>1:30 Shopping at Value Village</p> <p>2:15 Coffee Break at Tim Horton's</p> <p>Pick up 3pm at Value Village</p>	<p style="text-align: right;">31</p> <p>9:00 Good Morning</p> <p>9:30 Current Affairs</p> <p>10:00 Sensory Craft</p> <p>11:15 PADDLE Variety</p> <p>12:00 LUNCH</p> <p>1:15 CAN DO Theatre with Michelle</p> <p>2:15 Making a social story</p>			