


JANUARY 2019

| Mon | Tue | Wed | Thu | Fri |
|------------------------|------------------------|------------------------|------------------------|------------------------|
| No PADDLE ¹ | No PADDLE ² | No PADDLE ³ | No PADDLE ⁴ | No PADDLE ⁵ |


*Please remember to always look ahead on your calendar for special events

*Please review your calendar daily/weekly to prepare for the day/week (IE: costs associated with programs etc...)

JANUARY 2019

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|--|
| 7 | 8 | 9 | 10 | 11 |
| <p>Welcome back!</p> <p>9:00 Good Morning!</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Social Tea: what did you do over the Christmas holidays</p> <p>11:00 New Music Monday</p> <p>12:00 LUNCH</p> <p>1:15 New Years Vision Boards: setting your intentions for 2019</p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Time OR Wii Bowling</p> <p>11:00 Menu Planning & Ordering groceries online</p> <p>12:00 LUNCH</p> <p>1:15 Music with Darius</p> <p>2:15 Free Time</p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Book Club(Children's classics) & Sensory Relaxation</p> <p>11:00 Real Life Math Club</p> <p>11:45 LUNCH</p> <p>1:15 Making a healthy no bake snack</p> <p>2:15 Games!</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 Fundraising Club OR Art Club</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT GYMTRIX FOR 1:15</p> <p>Gym Time 1:30-2:30</p> <p>Cost: \$5</p> <p>Pick up 3pm at Gymtrix</p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Sports Fan Club OR Button Making</p> <p>10:45 PADDLE Family Jam</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE TOWER DOORS FOR 1:15</p> <p>1:15-2:45 Shopping *please bring a list if you wish to purchase essentials like shampoo etc...</p> <p>Pick up 3pm at Northgate Tower Doors</p> |




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| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|--|
| 14 | 15 | 16 | 17 | 18 |
| 9:00 Good Morning 9:30 Stretch/Calendar 10:00 New Music Monday 10:45 Menu Planning & Online Grocery Shopping 11:30 LUNCH BOOK PARABUS TO ARRIVE AT YMCA FOR 1:00 1-2:45 Open swim at YMCA *you do not need a YMCA membership to attend this swim Pick up 3pm at YMCA | 9:00 Good Morning 9:30 Stretch/Calendar 10:00 Gym Time OR Wii Bowling 10:45 Discovery Club 12:00 LUNCH 1:15 Team Building Exercise 2:00 Music with Serra | 9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Book Club (children's classics) 11:00 Healthy Living 11:45 LUNCH BOOK PARABUS TO ARRIVE AT One Kids Place for 1:30 1:30-3:00 Gym Activities and/or Sensory Room Time Pick up 3pm at One Kid's Place | 9:00 Good Morning 9:30 Stretch/Calendar 10:00 Interactive Music OR Lunch Prep 11:00 Sign Language 101 11:45 LUNCH 1:15 Women's Wellness OR Men's Health 2:00 Connecting in the community | 9:00 Good Morning 9:30 Stretch/Calendar 10:00 Music with Kristy  10:45 Free Time 11:30 CAN DO BOOK PARABUS BIRTHDAY LUNCH Arrive at Sugar Daddy's for 1:00 1-2:45 Lunch at SugarDaddy's Cost: \$10-25 Pick up 3pm at Sugar Daddy's (540 lakeshore drive) |

JANUARY 2019

| Mon | Tue | Wed | Thu | Fri |
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| 21 | 22 | 23 | 24 | 25 |
| <p>BOOK PARABUS TO ARRIVE AT NORTHGATE TOWER DOORS FOR 9AM</p> <p>*PADDLE staff will arrive by 8:30am</p> <p>*NO program at PADDLE</p> <p>9:00 Coffee Break @ Food Court and Menu Planning</p> <p>9:30 Shopping Free Time</p> <p>10:30 Meet at Walmart entrance for grocery shopping</p> <p>BOOK PARABUS TO ARRIVE BACK TO PADDLE FOR 11:30</p> <p>12:00 LUNCH</p> <p>1:15 New Music Monday</p> <p>2:00 Games!</p> | <p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Time OR Wii Bowling</p> <p>10:45 Discovery Club</p> <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT MEMORIAL GARDENS FOR 12:50</p> <p>1:00-1:50 Skating</p> <p>2:00 Social time</p> <p>Pick up 3pm at Memorial Gardens</p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Book Club (children classics)</p> <p>11:00 Real Life Math</p> <p>12:00 LUNCH</p> <p>1:15 YOGA/Meditation</p> <p>2:00 Chat Pack</p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Interactive Music</p> <p>11:15 LUNCH</p> <p>BOOK PARABUS TO DROP OFF CAPITOL CENTRE FOR 12:40</p>  <p>1:00-2:15 Beauty and the Beast performance at the Capitol Centre</p> <p>COST: \$5 per person</p> <p>Pick up 3pm at The Capitol Centre Parking lot</p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Sports Fan Club OR Button Making</p> <p>10:45 Music with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 MOVIE AFTERNOON AT PADDLE</p> <p>*bring in a movie and we'll vote on which one to watch!</p> |

JANUARY 2019

| Mon | Tue | Wed | Thu | Fri |
|--|---|--|--|-----|
| 28 | 29 | 30 | 31 | |
| 9:00 Good Morning/Stretch 9:30 Stretch/Calendar 10:00 New Music Monday 10:45 Menu Planning 11:45 LUNCH BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30  OR  1:30 Shopping at Value Village OR Grocery Shopping at Metro 2:15 Coffee Break at Tim Horton's Pick up 3pm at Value Village | 9:00 Good Morning 9:30 Stretch/Calendar 10:00 Gym Time OR Wii Bowling 10:45 Discovery Club 12:00 LUNCH BOOK PARABUS TO ARRIVE AT WINNERS for 1:30 1:30-3:00 Shopping at Winners  Pick up 3pm at Winners | 9:00 Good Morning 9:30 Stretch/Calendar 10:00 Book Club OR Games BOOK PARABUS TO ARRIVE AT BLUESKY BINGO FOR 12:00 12:00-3pm Lunch & Bingo! Cost: \$6.00 includes lunch and bingo cards Pick up 3pm at Blue Sky Bingo OR 11:00 Lunch Prep 12:00 Lunch 1:15 Music with Kristy 2:15 Free Time Pick up 3pm at PADDLE PLEASE ENSURE YOUR RIDES ARE ARRANGED ACCORDING TO YOUR CHOICE FOR THE AFTERNOON | 9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music 11:00 Sign Language 101 12:00 LUNCH 1:15 Women's Wellness OR Men's Health 2:00 Connecting in the Community | |

**Please note BINGO price has been raised to \$6 per person. This includes lunch and cards.