

JULY 2013

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<p>HAPPY CANADA DAY!</p>  <p>NO PADDLE</p>	<p>9:00 Good Morning OR YMCA</p> <p>9:30 Sensory Program</p> <p>10:00 Menu Planning</p> <p>10:30 Grocery Shopping at Food Basics OR Art Expression!</p> <p>11:30 What's happening in your community in July?</p> <p>12:00 LUNCH</p> <p>1:15 Outdoor Sensory Program OR Sports with Jason</p> <p>2:15 Music with Kristy OR Money Math with Jason</p>	<p>9:00 Good Morning</p> <p>9:30 No Bake Baking OR Nugget News</p> <p>10:30 Stories with Serra OR Email/Journaling</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MALL GALAXY THEATRE DOORS FOR 11:15</p> <p>11:15-3:00 Lunch & Movie at Galaxy Cinema (approx. \$10 for movie ticket)</p> <p>*You can bring a lunch or purchase one at the Mall</p> <p>*Please bring access passes for movie if you have one</p> <p>Pick up 3pm at Galaxy Theatre doors-North Bay Mall</p> 	<p>9:00 Good Morning</p> <p>9:30 Sensory Program OR Nugget News</p> <p>10:15 Outdoor Walk</p> <p>11:00 Life Skills: Lunch Prep & Healthy Living</p> <p>12:00 LUNCH</p> <p>1:15 Lifeskills: Staying cool in the summer heat!</p> <p>1:45 Music with Brigitte</p>	<p>9:00 Good Morning</p> <p>9:30 End of Year Thank You cards</p> <p>10:30 Music with Kristy</p> <p>11:15 Sensory Experiment</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT Partners Pool Hall</p> <p>1:15-3:00 Pool at Partners OR Walk downtown</p> <p>*Please bring money if you would like to purchase a snack or drink</p> <p>Pick up 3pm at Partners Pool Hall</p>

JULY 2013

Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
<p>BOOK PARABUS TO MEET AT NO FRILLS ON LAKESHORE FOR 9:00am</p> <p>9:00 Coffee and Good Morning at North Bay Mall Food Court</p> <p>9:30 Menu Planning with the Grocery Store Flyer!</p> <p>9:45 Shopping</p> <p>10:30 Grocery Shopping at No Frills</p> <p>BOOK PARABUS TO PICK UP at 11:15</p> <p>11:30 Put Groceries away</p> <p>12:00 LUNCH</p> <p>1:15 Music</p> <p>2:15 PADDLE Facebook Update</p>	<p>BOOK PARABUS TO MEET AT NORTH BAY HUMANE SOCIETY FOR 9:00am (For those who are NOT attending the YMCA)</p> <p>9:00-10:30 Group Volunteer at Humane Society *dog walks and visiting cat room* OR YMCA</p> <p>*Please book parabus according to what outing you choose in the morning**</p> <p>Pick up 10:30 at Humane Society</p> <p>11:00 Nugget News</p> <p>12:00 LUNCH</p> <p>1:15 No Bake Baking</p> <p>2:15 Team Building Exercise</p>	<p>Community Garden Volunteer Group *Book Parabus if you are attending to arrive at Garden for 9:30 *Book Pick up for 10:45</p> <p>OR Morning at PADDLE</p> <p>9:00 Good Morning</p> <p>9:30 Sensory Program OR Nugget News</p> <p>10:15 Wii Bowling Tournament/Air Hockey Tournament</p> <p>11:00 Lifeskills Lunch Prep & Healthy Eating</p> <p>12:00 LUNCH</p> <p>1:15 Video Message for Ashlee</p> <p>1:45 Music with Serra</p>	<p>9:00 Good Morning</p> <p>9:30 Walk to Thompson Park (Behind Food Basics) for Outdoor Games and activities</p> <p>11:00 Life Skills: Lunch Prep</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT BANDSHELL WATERFRONT FOR 1:15</p> <p>1:15-3:00 Fishing OR Walks/Carousel Rides</p> <p>*Please remember to wear sunscreen and bring a drink!*</p> <p>Pick up 3pm at Waterfront Bandshell</p>	<p>9:00 Good Morning</p> <p>9:30 Weird News</p> <p>10:15 Music with Kristy</p> <p>11:00 Karaoke</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH GATE TOWER DOORS FOR 1:15</p> <p>1:15-3:00 Shopping at North Gate/Coffee</p> <p>Pick up 3pm at Tower Doors North Gate</p>

JULY 2013

Mon	Tue	Wed	Thu	Fri
15	16	17	18	19
<p>9:00 Meet at Sobey's</p> <p>9:30-10:30 Shopping & Coffee at Target</p> <p>10:30-11:15 Groceries at Sobey's</p> <p>BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11:15</p> <p>11:30 Put away Groceries</p> <p>12:00 LUNCH</p> <p>1:15 Music</p> <p>2:15 PADDLE Facebook Update</p>	<p>9:00 Good Morning OR YMCA</p> <p>9:30 Sensory Program</p> <p>10:30 Songs with Serra and Kristy OR Independent Action Card Items</p> <p>11:15 Nugget News</p> <p>12:00 LUNCH</p> <p>1:15 Random Act of Kindness: Baking for the Janitors</p> <p>2:15 Lifeskills Money Math</p>	<p>Community Garden Volunteer Group</p> <p>*Book Parabus if you are attending to arrive at Garden for 9:30 *Book Pick up for 10:45</p> <p>9:00 Good Morning</p> <p>9:30 Sensory Program OR</p> <p>10:30 Lifeskills Lunch Prep: Getting ready for our picnic lunch</p> <p>BOOK PARABUS TO ARRIVE AT CHAMPLAIN PARK FOR 11:45</p> <p>12:00 PADDLE PICNIC LUNCH</p> <p>1:15-3:00 Families and Friends of PADDLE Program are welcome to attend for Family Fun Park Day at Champlain</p> <p>Pick up 3pm at Champlain Park</p>	<p>9:00 Good Morning</p> <p>9:30 Nugget News</p> <p>10:00 Journal/Emailing OR IPAD Lab</p> <p>11:00 Lifeskills Lunch Prep</p> <p>12:00 LUNCH</p> <p>1:00 PADDLE MOVIE DAY</p> <p>*Bring in your favorite movie and we will vote on which one to watch</p>	<p>9:00 Good Morning</p> <p>9:30 Weird News</p> <p>10:15 Music</p> <p>11:00 Outdoor Games and Activities</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS FOR 1:15 Value Village</p> <p>1:15 Shopping at Value Village & Coffee at Tim Horton's</p> <p>Pick up 3pm at Value Village</p>

JULY 2013

Mon	Tue	Wed	Thu	Fri
22	23	24	25	26
9:00 Good Morning 9:30 Art Expression 10:15 Nugget News and Meal Planning 11:00 Outdoor Activities with Morgan and Kody 12:00 LUNCH 1:15 Music with Leah OR Grocery Shopping at Food Basics 2:15 Social Tea with Casselholme	9:00 Good Morning OR YMCA 9:30 No Bake Baking 10:30 IPAD Lab Or Email/Journaling 11:30 Nugget News 12:00 LUNCH 1:15 Crock Pot Class with Guest Chef Ryan Littlejohn 2:15 Team Building Exercise	Community Garden Volunteer Group *Book Parabus if you are attending to arrive at Garden for 9:30 *Book Pick up for 10:45 9:00 Good Morning 9:30 Sensory Program OR One Page Profiles 10:15 Outdoor Walk 11:00 LifeSkills Lunch Prep & Healthy Living 12:00 LUNCH BOOK PARABUS TO ARRIVE AT FIRE STATION FOR 1:30 1:30-2:45 Tour of Fire Hall Pick up 3pm at Fire Station (Princess Street)	9:00 Good Morning 9:30 Scrapbooking with Katie OR Nugget News 10:30 IPAD Lab OR 11:00 Lifeskills Lunch Prep 12:00-2:00 Lunch Outside in Chippewa Court yard & Live Music! 2:15 Mad Libs!	MEET AT CHIPPEWA PARKING LOT BY 9:00am DAY TRIP TO SAMUEL DE CHAMPLAIN PARK 9-3:00 Day Camp TRIP We will be spending the day at beautiful Samuel de Champlain Park- the site is fully accessible-with accessible washrooms and change rooms. *Lunch will be provided *Please remember to wear your sunscreen!!! Pick up 3pm at Chippewa

July 2013

Mon	Tue	Wed	Thu	Fri
29	30	31		
9:00 Good Morning 9:30 Sensory Program 10:15 Nugget News 11:00 Search for a No Bake Recipe 11:30 Stretch out/yoga 12:00 LUNCH 1:15 Music with special guest Kamilla Lebel: *Kamilla is 11 years old and is an amazing singer! Get ready for Kamilla to sing all your favorite popular songs!!* OR GROCERY SHOPPING AT FOOD BASICS 2:15 PADDLE Facebook Update	9:00 Good Morning OR YMCA 9:30 No Bake Baking 10:30 Outdoor Sensory 11:30 Nugget News 12:00 LUNCH 1:15 Dance Party at PADDLE OR Woodworking 101 1:45 Spa Hour (face masks, hand massages, manicures)	9:00 Good Morning 9:30 PADDLE Video Yearbook Viewing 10:15 Music with Kristy BOOK PARABUS TO ARRIVE AT WATERFRONT BANDSHELL FOR 11:30 11:30 Lunch on Old Chief Commanda Boat *Please bring \$10-15 for lunch 1:15-3:00 Walk and games waterfront Pick up 3pm at Waterfront Bandsell *LAST DAY OF PADDLE SEE YOU SEPTEMBER 3rd 2013 Have a safe and fun August!		