

MAY 2017

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<p>BOOK PARABUS TO MEET AT YMCA FOR 9AM *all drop offs are at YMCA</p> <p>*PADDLE staff will arrive at 8:30am</p> <p>Open swim 10-11</p>  <p>Cost: Free! No membership required for this swim</p> <p>BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11:30</p> <p>12:00 LUNCH</p> <p>1:15 New Music Monday (learning a new song together)</p> <p>2:00 Outdoor walk on the Chippewa Trails</p>	<p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Board games</p> <p>11:00 Sensory Activity</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>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep Book Club (children's classics)</p> <p>11:00 Memory Lane: Bring an old picture of you when you were little to share with everyone ☺</p>  <p>12:00 LUNCH</p> <p>1:15 Guys/Girls afternoon (more details in a note home to come soon!)</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>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>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Outdoor Walk</p> <p>11:00 CAN DO Theatre with Michelle</p>  <p>11:45 LUNCH</p> <p>1:15 Team Building Exercise</p> <p>1:45 music with Serra</p> 

MAY 2017

Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
<p>Book Parabus to Meet at Tim Horton's on Trout Lake (beside Hyundai) for 9AM</p> <p>*all participants meet at Tim Horton's on Trout Lake</p> <p>*PADDLE Staff will be there at 8:30</p> <p>9-10 Coffee and Menu Planning at Tim Horton's</p>  <p>10:00 Grocery Shopping at Freshco</p>  <p>Book Parabus to Return to Chippewa for 11:00am (Pick up at Tim Horton's)</p> <p>11:15 Putting Groceries away: where do they go and why?</p> <p>12:00 LUNCH</p> <p>1:15 Mother's Day Craft</p>	<p>9:00 Good Morning or YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Outdoor Walk on the Chippewa Trails OR Mother's Day craft for those who did not attend Monday afternoon</p> <p>10:45 Games</p> <p>11:30 Lifeskills: Let's get social!</p> <p>12:00 LUNCH</p> <p>1:15 Making a playlist for Spring Dance</p> <p>2:00 Fun with Science</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</p> <p>11:45 Lunch</p> <p>Book Parabus to arrive at Dance Expressions for 1:30</p> <p>1:30-2:30 Dance class at Expressions</p> <p>COST: \$3</p> <p>Pick up 3pm at Dance Expressions (755 Wallace Road)</p>	<p>Don't forget today is the PADDLE PASTA DINNER at the Elk's Lodge! Tickets are \$14 (kids under 6 and under are \$5)</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 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 Drawing Names for Pasta Dinner Raffle Table Winners</p> <p>11:15 Mov'in with Matt</p> <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon</p> 


MAY 2017

Mon	Tue	Wed	Thu	Fri
15	16	17	18	19
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 Stretching and Movement	10:00 Menu Planning	10:00 Lunch Prep OR Book Club (Children's Classics)	10:00 Lunch Prep OR Interactive Music	10:00 Music with Jeff
10:30 Art	10:30 Grocery Shopping at Food Basics	11:00 Lifeskills: Let's get social!	11:00 Women's Wellness or Men's Health	10:45 Mov'in with Matt
11:15 Value Village Budget Shopping Lifeskills Lesson		12:00 LUNCH	11:30 LUNCH	11:30 LUNCH
11:45 LUNCH	12:00 LUNCH	BOOK PARABUS TO ARRIVE at GATHERING PLACE COMMUNITY GARDEN 1:30 (across from Algonquin highschool)	1:15 Baking treats for the Spring Dance	BOOK PARABUS TO ARRIVE AT THE SHRINER'S CLUB FOR 1pm!
Book Parabus to arrive at Value Village for 1:30	1:15 Painting a PADDLE Mural	1:30 Gardening at the Gathering place		1-3 PADDLE Spring Dance at the Shriner's Club
1:30 Shopping at Value Village				Pick up 3pm at Shiner's Club (1260 Brookes Street)
		Pick up 3pm at Gathering Place Garden		*ALL PADDLE PARTICIPANTS ARE WELCOME TO ATTEND FOR THE AFTE RNOON*
2:15 Coffee Break at Tim Horton's				
				
Pick up 3pm at Value Village				

MAY 2017

Mon	Tue	Wed	Thu	Fri
22	23	24	25	26
<p>Victoria Day NO PADDLE</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>1:15 Music with Esther!</p> <p>2:00 Mov'in with Matt</p>	<p>VICTORIA'S DAY! (Where we celebrate Victoria Mathews and some of her favorite things!)</p> <p>9:00 Good Morning</p> <p>9:30 Stretch (to Taylor Swift music)/Calendar</p> <p>10:00 Lifeskills: Lunch Prep (mini pizzas and chocolate covered marshmallows) OR Book Club (Children's Classics)</p> <p>11:00 YOUTUBE funny fails</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (Tower Doors) FOR 1:15</p> <p>1:15-3:00 Shopping at Northgate</p> <p>Pick up 3pm at Tower Doors/Northgate</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>BOOK PARABUS TO ARRIVE AT YMCA FOR 1:00</p> <p>Open swim 1-2:30pm</p>  <p>Cost: Free! No membership required for this swim</p> <p>Pick up 3pm at YMCA</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:15 Music</p> <p>11:00 CAN DO Theatre with Michelle</p>  <p>BOOK PARABUS TO ARRIVE AT CAPITOL CENTER PARKING LOT FOR 12:30</p> <p>12:30 Lunch at the Moose downtown</p> <p>Cost: \$10-20</p> <p>2:00 Walk downtown</p> <p>Pick up 3pm at Capitol Center Parking lot</p>

MAY 2017

Mon	Tue	Wed	Thu	Fri
29	30	31		
<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Baking a healthy snack for waterfront walk on Tuesday</p> <p>11:00 Get Mov'in with Matt</p> <p>12:00 LUNCH</p> <p>1:15 Menu Plan</p> <p>1:45 Grocery Shopping at Food Basics</p> 	<p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Sensory Activity</p> <p>10:45 New Music (learning a new song together)</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WATERFRONT FOR 1:15</p> <p>1:15 Waterfront Walks with a healthy Snack</p> <p>Pick up 3pm at Waterfront (parking lot beside Bandshell)</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Get Mov'in with Matt</p> <p>10:45 Free Time</p> <p>Choice #1 BOOK PARABUS TO ARRIVE AT BLUESKY BINGO FOR 11:45</p> <p>11:45-3pm Lunch & Bingo Cost: \$3 includes lunch and bingo cards</p> <p>Pick up 3pm at Blue Sky Bingo</p> <p>Choice#2 11:00 Lunch Prep</p> <p>12:00 Lunch</p> <p>1:15 Music</p> <p>2:00 Walk</p> <p>Pick up 3pm at PADDLE *Please arrange your parabus and rides according to what activity you choose</p>		