




OCTOBER 2018

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 9am</p> <p>*PADDLE Staff will arrive at 8:30 *ALL participants please meet at Value Village***</p> <p>9:00 Walk to Tim Horton's (across the street from Value Village) Menu Planning & Coffee</p> <p>9:45 Value Village Treasure Hunting</p> <p>10:30 Metro Grocery Shopping</p> <p>BOOK PARABUS TO ARRIVE BACK AT PADDLE (235 Albert Ave.) for 11:15</p> <p>11:15 Putting Groceries away/free time</p> <p>12:00 LUNCH</p> <p>1:15 New Music Monday</p>  <p>2:00 Outdoor games</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Activities (using the gym @ PADDLE)</p> <p>10:45 Button Making Club OR Photography Club</p> <p>12:00 LUNCH</p> <p>1:15 Making Apple Pie to bring home for Thanksgiving</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 Healthy Living</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:30</p> <p>1:30 Farmer's Market **last Wednesday Farmers Market of the year</p> <p>2:00 Downtown Walk & Shop</p> <p>Pick up 3pm at North Bay Museum</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 Sensory</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> <p>2:00 Lifeskills: Connecting in the Community</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p>  <p>10:45 Outdoor walk</p> <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</p> <p>1:30 Shopping at Winners Plaza</p> <p>Pick up 3pm at Winners</p>




OCTOBER 2018

Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
<p>THANKSGIVING DAY NO PADDLE</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Activities (using the gym @ PADDLE)</p> <p>10:45 Photography Club OR Button Making Club</p> <p>12:00 LUNCH</p> <p>1:15 Menu Plan & Online order for groceries</p> <p>1:45 Music with Darius</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 Healthy Living</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT ONE KIDS PLACE FOR 1:30</p> <p>1:30 Gym time & Sensory room time</p> <p>*please bring indoor shoes*</p> <p>Pick up 3pm at OKP</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 OR Sensory</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> <p>2:00 Lifeskills: Connecting in the Community</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy</p>  <p>10:45 Free Time/Set up for Open House</p> <p>12:00 LUNCH</p> <p>1:30-3:00 PADDLE OPEN HOUSE *ALL WELCOME to Attend Afternoon* 235 Albert Ave</p>

OCTOBER 2018

Mon	Tue	Wed	Thu	Fri
15	16	17	18	19
<p>BOOK PARABUS TO MEET AT NO FRILLS (lakeshore) for 9AM</p> <p>*PADDLE staff will be there at 8:30am*</p> <p>*All participants please meet at No Frills*</p> <p>9:00 Menu Planning & Coffee at the food court</p> <p>9:30 Shopping at North Bay Mall</p> <p>10:15 Grocery Shopping at No Frills</p>  <p>BOOK PARABUS TO RETURN TO PADDLE (235 Albert Ave) FOR 11:00</p> <p>12:00 LUNCH</p> <p>1:15 New Music Monday</p>  <p>2:00 Art</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Activities (using the gym @ PADDLE)</p> <p>10:45 Sensory club OR Independent Living Club</p> <p>11:45 LUNCH</p> <p>1:15 Free Time</p> <p>1:45 Music with Surprise guests</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 Healthy Living</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE MALL (Tower Doors) FOR 1:15</p> <p>1:30 Shopping at Northgate Square</p>  <p>Pick up 3pm at Tower Doors Northgate Square</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 OR Sensory</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> <p>2:00 Lifeskills: Connecting in the Community</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 CAN DO with Michelle</p> <p>11:00 Halloween costume idea brainstorm</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE for 1:30</p> <p>1:30 Value Village *shopping for Halloween Costumes</p> <p>2:15 Coffee Break at Tim Hortons</p> <p>Pick up 3pm at Value Village</p>

OCTOBER 2018

Mon	Tue	Wed	Thu	Fri
22	23	24	25	26
9:00 Good Morning 9:30 Stretch/Calendar 10:00 Menu Planning 10:30 Placing on Online Grocery Order 11:00 Outdoor Walk 12:00 LUNCH 1:15 New Music Monday  2:00 Wii Bowling Tournament/Games	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Gym Activities (using the gym @ PADDLE) 10:45 Sensory Club OR Independent Learning Club 11:45 LUNCH 1:15 Tai Chi 2:15 Chat Pack	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Book Club 11:00 Healthy Living 12:00 LUNCH 1:15 Yoga 1:45 Art Class with Christine Charette	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music  11:00 Fundraising OR Sensory 12:00 LUNCH 1:15 Women's Wellness OR Men's Health 2:00 Lifeskills: Connecting in the Community	9:00 Good Morning 9:30 Stretch/Calendar 10:00 PADDLE Family Jam!  10:45 Outdoor walk & Living Art 11:45 LUNCH 1:00 MOVIE AFTERNOON AT PADDLE

OCTOBER 2018

Mon	Tue	Wed	Thu	Fri
29	30	31		
9:00 Good Morning	9:00 Good Morning	9:00 Good Morning		
9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar		
10:00 New Music Monday	10:00 Gym Activities (using the gym @ PADDLE)	10:00 Costume Parade		
11:00 Art!		10:30 Scary story telling & games!		
12:00 LUNCH	10:45 Menu Planning			
1:15 Halloween Bake off! *baking treats for Halloween dance	11:45 LUNCH	BOOK PARABUS TO ARRIVE AT THE VOYAGER FOR 11:30		
	BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (Tower Doors) FOR 1:30	11:30 LUNCH catered by The Noble Steed Cost: \$12.50 (includes tax) for Hamburger, fries and a drink		
	1:30 Free Time at Mall-this is a great time to shop for your essentials (shampoo etc) We encourage participants to bring a list	*money for the lunch must be prepaid and received by Kristy by October 24^h at the latest*		
	2:15 Grocery Shopping at Walmart	1:00-3:00 Halloween Dance in the Summit Room at the Voyager		
	Pick up 3pm at Northgate Square- tower doors	Pick up 3pm at The Voyager		

THINGS TO LOOK FOR ON THE OCTOBER CALENDAR

Fall is here and we are settling into the new PADDLE space quite nicely! We've got another busy month ahead of us with lots of new things to look forward to.

Firstly, at our new space we are lucky to have access to a GYM, which is available to use Mon-Thur from 9am-10:45am. We have scheduled a Tuesday morning gym time, but feel free to use the gym during those other days/times if something on the calendar doesn't spark your interest.

On Friday, October 12th we are having our OPEN HOUSE at PADDLE's new location (235 Albert Ave) everyone is welcome to attend the afternoon. There will be some local dignitaries speaking, ribbon cutting and cake! We wanted to bring everyone together that has helped PADDLE with the transition to the new space. We are really looking forward to celebrating this occasion!

We have booked the Summit Room for our Halloween Dance again this year! We have also worked out a deal with the restaurant at The Voyager (The Noble Steed) for our lunch-for \$12.50 you can get a hamburger, fry and a drink! (support staff can get in on this deal too) **Orders must be placed and money must be received no later than Wednesday October 24th**. Their regular menu and prices are available that day to support staff & participants (if hamburgers and fries aren't your thang)

You may notice a new lifeskills class that will be happening on most Thursday afternoons. This new lifeskills class is called "Connecting in the Community" during this class we hope to talk about things like; how to make plans with friends, when is it too late to call a friend, how do you tell your support staff that you want to make plans outside of PADDLE?

Looking forward to a fun October!! If you have any questions or concerns please feel free to contact Kristy @ 705 493 2401 OR email: info@paddlenorthbay.ca

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PADDLE

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