







Providing Adults with Developmental Disabilities
Lifelong Experiences

September 2013

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>NO PADDLE</p>	<p>3</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Sensory Program</p> <p>10:30 Meal Planning and Groceries at Food Basics</p>  <p>11:45 What's happening in your community and what do you want to do at PADDLE this year?</p> <p>12:00 LUNCH</p> <p>1:15 Welcome back Party!</p> <p>2:00 Mantivities</p> <p>2:00 Manicures</p>	<p>4</p> <p>9:00 Good Morning</p> <p>9:30 Cooking with Katie!</p> <p>9:30 Current Affairs</p> <p>10:15 Math Skills</p> <p>Book Parabus if you are attending to arrive at 9:00</p> <p>10:00 Community Garden Group Book Parabus PICK UP for 10:30</p> <p>11:00 Life Skills: Food Preparation & Healthy Living Group PADDLE LUNCH \$3.00</p> <p>1:15 What's happening in your community</p> <p>OR BOOK PARABUS FOR FISHING AT GOVERNMENT DOCKS FOR 1:30 WEATHER PERMITTING PICK UP AND DROP OFF AT BANDSHELL (SIGN UP SHEET IN JASONS ROOM)</p>  <p>1:45 Games Or Review Independent Action items</p>	<p>5</p> <p>GERMAN THEME DAY! Wear your Lederhosen!</p> <p>9:00 Healthy Active Living at the Waterfront Meet at Bandshell BOOK PARABUS FOR 10:30</p>  <p>11:00 Life Skills: Food Preparation & Healthy Living Group</p> <p>GERMAN LUNCH!</p> <p>PADDLE LUNCH \$3.00</p> <p>1:15 Money Math</p> <p>1:15 Outdoor Walking</p> <p>2:15 Life Skills-phone skills.</p>	<p>6</p> <p>9:00 Good Morning</p> <p>9:30 Weird News</p> <p>10:15 Music with Kristy</p>  <p>11:15 Sharing Random Acts of Kindness: What next?</p> <p>12:00 LUNCH Arrange Parabus to arrive at POOL HALL for 1:30</p>  <p>1:30 Meet at Partners for Pool *Bring a few dollars if you want a snack 3:00 PICK UP PARTNERS BOWLING</p>

Mon	Tue	Wed	Thu	Fri
<p>9</p> <p>9:00 Good Morning</p> <p>9:30 Current Affairs</p> <p>10:30 Scrapbooking Club</p> <p>11:30 Meal Planning</p> <p>1:15 Music with Kristy or Groceries at Food Basics</p>  <p>2:15 Facebook Update</p>	<p>10</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Sensory Program</p> <p>10:30 Woodworking</p> <p>11:45 What's happening in your community in September?</p> <p>12:00 LUNCH</p> <p>Book PARABUS FOR NORTHGATE SQUARE MAIN DOORS to arrive for 1:15</p>  <p>1:15 NORTHGATE SQUARE PICK UP MAIN DOORS 3:00</p>	<p>11</p> <p>9:00 Good Morning</p> <p>9:30 Cooking with Katie!</p> <p>9:30 Current Affairs</p> <p>10:15 Literacy</p> <p>Book Parabus if you are attending to arrive at 9:00</p> <p>10:00 Community Garden Group Book Parabus PICK UP for 10:30</p> <p>11:00 Life Skills: Food Preparation & Healthy Living Group PADDLE LUNCH \$3.00</p> <p>BOOK PARABUS FOR APOLLO GYMNASISTICS or WATERFRONT FISHING</p>  <p>1:45 APOLLO GYMNASISTICS OR</p> <p>1:45 FISHING AT WATERFRONT (WEATHER PERMITTING SIGN UP WITH JASON)</p>  <p>PICK UP 3:00 at APOLLO OR WATERFRONT BANDSHELL</p>	<p>12</p> <p>9:00</p> <p>Healthy Active Living at the Waterfront</p> <p>Meet at Bandshell</p> <p>BOOK PARABUS FOR 10:30</p>  <p>(Weather permitting-if raining go to PADDLE)</p> <p>11:00 Life Skills: Food Preparation & Healthy Living Group</p> <p>PADDLE LUNCH \$3.00</p> <p>1:15 Money Math</p> <p>1:15 Outdoor Walking</p> <p>2:15 Life Skills-phone skills</p>	<p>13</p> <p>9:00 Good Morning</p> <p>9:30 Weird News</p> <p>10:15 Music with Kristy</p>  <p>11:15 Completing Random act of Kindness</p> <p>1:15 Cooking it Slow with Ryan Littlejohn</p> <p>2:15 Bingo at PADDLE</p>

Mon	Tue	Wed	Thu	Fri
<p>16</p> <p>9:00 Meet at No Frills at North Bay Mall</p> <p>Meal Planning and Groceries</p> <p>Pick up 11:00 at No Frills Doors</p>  <p>11:30 Groceries. Where do they go?</p> <p>12:00 Lunch 1:15 Music with Kristy</p>  <p>1:15 Emailing or Journaling</p> <p>2:15 Facebook Update</p> 	<p>17</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Sensory Program</p> <p>10:30 Woodworking</p>  <p>11:30 Independent Action Items</p> <p>12:00 LUNCH</p> <p>1:15 Group Life Skills Lesson</p> <p>2:15 Wii /Air Hockey Tournament</p> 	<p>18</p> <p>9:00 Good Morning</p> <p>9:30 Sensory Program</p> <p>10:00 Current Affairs</p> <p>10:30 Math Skills</p> <p>11:00 Life Skills: Food Preparation & Healthy Living Group</p> <p>PADDLE LUNCH \$3.00</p> <p>BOOK PARABUS to arrive for 1:30</p>  <p>1:30 ONE KIDS PLACE GYM AND SNOEZELEN</p> <p>PICK UP 3:00</p>	<p>19</p> <p>9:00 Healthy Active Living at the Waterfront Meet at Bandshell</p> <p>BOOK PARABUS FOR 10:30</p>  <p>(Weather permitting-if raining go to PADDLE)</p> <p>11:00 Life Skills: Food Preparation & Healthy Living Group</p> <p>PADDLE LUNCH \$3.00</p> <p>BOOK PARABUS DROP OFF AND PICK UP AT BANDSHELL</p> <p>1:30 Waterfront Fishing</p> <p>(Sign up with Jason ALWAYS Weather pending)</p>  <p>OR</p> <p>1:15 FALL CRAFTS AT PADDLE</p>	<p>20</p> <p>9:00 Good Morning</p> <p>9:30 Weird News</p> <p>10:15 Music with Kristy</p>  <p>11:15 CLASSROOM CLEAN UP</p> <p>12:00 Lunch</p> <p>BOOK PARABUS DROP OFF VALUE VILLAGE</p> <p>1:30 VALUE VILLAGE AND TIM HORTONS! Value Village</p> <p>PICK UP 3:00 Value Village</p>

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<p style="text-align: right;">23</p> <p>9:00 Good Morning</p> <p>9:30 Current Affairs</p> <p>10:30 Scrapbooking Club</p> <p>11:30 Emailing and Journaling</p> <p>BOOK PARABUS TO ARRIVE AT Capital Centre for 1:20</p>  <p>1:30 TOUR OF CAPITAL CENTRE</p> <p>PICK UP 3:00 CAPITAL CENTRE</p>	<p style="text-align: right;">24</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Meal Planning and Grocery Shopping at Food Basics</p> <p>10:30 Sensory Program</p> <p>11:15 Money Math</p> <p>12:00 LUNCH</p> <p>1:15 Cooking it Slow with Ryan Littlejohn</p> <p>1:45 Music with Serra</p>  <p>OR</p> <p>1:45 Literacy or independent action items</p>	<p style="text-align: right;">25</p> <p>9:00 Good Morning</p> <p>9:30 COOKING with Katie</p> <p>10:00 Current Affairs</p> <p>10:30 Literacy</p> <p>10:00 Hymn Sing at Cassellholme BOOK PARABUS BLUE SKY BINGO For 11:30</p>  <p>www.blueskybingo.org</p> <p>Complimentary Lunch available please see PADDLE Staff for lunch options PICK UP 3:00 Blue Sky Bingo</p> <p>OR CRAFTS AT PADDLE</p>	<p style="text-align: right;">26</p> <p>9:00 Healthy Active Living at the Waterfront Meet at Bandshell BOOK PARABUS FOR 10:30 to return to Chippewa</p>  <p>(Weather permitting-if raining go to PADDLE)</p> <p>11:00 Life Skills: Food Preparation & Healthy Living Group</p> <p>PADDLE LUNCH \$3.00</p> <p>1:15 Money Math 1:15 Outdoor Walking</p> <p>2:15 Life Skills-phone skills</p>	<p style="text-align: right;">27</p> <p>9:00 Good Morning</p> <p>9:30 Weird News</p> <p>10:15 Music with Kristy</p>  <p>11:15 Meal Planning for Monday's Grocery Shopping</p> <p>1:15 MOVIE! PADDLERS CHOICE!</p> <p>Bring in a DVD and we will vote on which one to watch!</p>

Mon

30

9:00 Meet at
TARGET FOR
SHOPPING AND
groceries at
Sobeys
BOOK
PARABUS PICK
up for 10:45

11:00 Life Skills



1:15 Music at
PADDLE and
social with
Cassellholme
friends.

Program Notes:

*Remember if you choose to go fishing that you need to sign up with Jason. This is a weather permitting activity. Go to PADDLE location at Chippewa if raining.

*You can book one to one time with staff or teacher for you or your support worker to learn new things such as computer programs or independent action items.

*If you are attending Bingo make sure to sign up for your lunch

*Healthy Active Living at the Waterfront is always weather pending. Go to PADDLE Chippewa location if raining.

*Please respect PADDLE and it's participants by leaving your phone on vibrate during programs and refrain from texting

Enjoy your summer break. Looking forward to a great September!

Megan Johnson

