

# SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
<p>4</p> <p>NO PADDLE</p>	<p>5</p> <p>9:00 Good Morning</p> <p>9:30 Welcome back! What did you do over the summer?</p> <p>10:00 Menu Plan</p> <p>10:30 <b>Grocery Shopping at Food Basics</b> OR Stretch out &amp; Relaxation</p> <p>12:00 LUNCH</p> <p>1:15 CAN DO Theatre</p> <p>2:15 Music with Kristy &amp; Jeff</p>	<p>6</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 Choose your own Adventure! (Free Time/Genius Hour)</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT North Bay Discovery Museum for 1:30</b></p> <p><b>1:30-3:00 Farmer's Market and Walk down to Waterfront</b></p> <p><b>Pick up 3pm at North Bay Discovery Museum</b></p>	<p>7</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>1:15 Social Club OR Independent Living Club</p>	<p>8</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p> <p>10:45 Outdoor Activities with Matt</p> <p><b>BOOK PARABUS TO ARRIVE AT Capitol Centre Parking Lot for 12:30</b></p> <p><b>Birthday Lunch at Cecil's (Celebrating Birthday's we missed over the Summer Break: Victoria, Danny, Sarah, Dean and Bryan's Birthday)</b></p> <p><b>+shopping downtown</b></p> <p><b>Cost: \$10-\$20</b></p> <p><b>Pick up 3pm at Capitol Center Parking Lot</b></p>

# SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
<p><b>11</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 New Music Monday with Jeff &amp; Kristy</p> <p>10:45 Board Games</p> <p>11:30 Menu Planning</p> <p>12:00 LUNCH</p> <p>1:15 <b>Grocery Shopping at Food Basics</b></p> <p>2:30 Putting Groceries away</p>	<p><b>12</b></p> <p>9:00 Good Morning <b>OR YMCA</b></p> <p>9:30 Stretch/Calendar</p> <p>10:00 Sensory OR <b>Gardening Club</b></p> <p>12:00 LUNCH</p> <p>1:15 Team Building Exercise</p> <p>1:45 Music with Serra</p>	<p><b>13</b></p> <p><b>BOWLING DAY!</b></p> <p><b>Leave at 10:00am to go bowling in Sturgeon Falls!</b></p> <p><b>11:00-12:00 BOWLING at Chatelanes Bowling Alley (beside NO FRILLS)</b></p> <p><b>12:30 Lunch at the RIV Chipstand</b></p> <p><b>Cost: \$10-15</b></p> <p>Leave sturgeon falls at 2pm to arrive back at PADDLE</p> <p><b>Regular Pick up at PADDLE 3pm</b></p>	<p><b>14</b></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>1:15 Social Club OR Independent Living Club</p>	<p><b>15</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 No Bake Baking</p> <p>11:00 Music with Kristy (and special guest appearance)</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT Winners for 1:30</b></p> <p><b>1:30-3:00 Shopping at Winners Plaza</b></p> <p><b>Pick up 3pm at Winners</b></p>

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<p>18</p> <p>9:00 Good Morning</p> <p>9:30 Menu Planning</p> <p>10:00 Grocery Shopping at Food Basics</p> <p>11:15 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT YCMA FOR 12:50</b></p> <p>1:00-2:00 Open Swim</p> <p>*Please bring a towel and Bathing suit</p> <p><b>Cost: FREE! NO membership is required for this swim</b></p> <p><b>Pick up 3pm at YMCA</b></p>	<p>19</p> <p>9:00 Good Morning OR <b>YMCA</b></p> <p>9:30 Stretch/Calendar</p> <p>10:00 Creative Minds or <b>Gardening Club</b></p> <p>11:45 LUNCH</p> <p>1:15 Crafternoon</p>	<p>20</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 Wii Bowling Tournament/Air Hockey Tournament</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT ONE KIDS PLACE FOR 1:30</b></p> <p><b>1:30 Gym Games &amp; Snoezelen Room</b></p> <p><b>*Please bring indoor shoes</b></p> <p><b>Pick up 3pm at One Kids Place</b></p>	<p>21</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>1:15 Social Club OR Independent Living Club</p>	<p>22</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p> <p>10:45 Drama Games with Matt</p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE TOWER DOORS FOR 1:15</b></p> <p><b>1:15-3:00 Shopping at North gate</b></p> <p><b>Pick up 3pm at Northgate Tower Doors</b></p>

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<p><b>25</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 No Bake Baking</p> <p>11:00 Mov'in with Matt</p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30</b></p> <p>1:30 Shopping at Value Village</p> <p>2:15 Coffee Break at Tim Horton's</p> <p><b>PICK UP 3PM VALUE VILLAGE</b></p>	<p><b>26</b></p> <p>9:00 Good Morning <b>OR YMCA</b></p> <p>9:30 Stretch/Calendar</p> <p>10:00 Sensory Club <b>OR Gardening Club</b></p> <p>11:30 Menu Planning</p> <p>12:00 LUNCH</p> <p>1:15 Grocery Shopping at <b>Food Basics</b></p> <p>2:45 Putting Groceries away: where do they go and why?</p>	<p><b>27</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep <b>OR Book Club</b> (children's classics)</p> <p>11:00 Outdoor Games &amp; Activities</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTH BAY DISCOVERY MUSEUM FOR 1:30</b></p> <p><b>1:30 Farmer's Market &amp; Waterfront walk</b></p> <p><b>Pick up 3pm at North Bay Discovery</b></p>	<p><b>28</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep <b>OR Interactive Music</b></p> <p>11:00 Women's Wellness <b>OR</b> Men's Health</p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT GYMTRIX (7 Ferris Drive) for 1:30</b></p> <p>1:30 GYMTRIX!</p> <p><b>COST: \$5</b></p> <p>*please bring appropriate gym wear</p> <p><b>Pick up 3pm at Gymtrix</b> (7 Ferris Drive)</p>	<p><b>29</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy</p> <p>10:45 Walk outside on Chippewa Trails</p> <p>11:30 LUNCH</p> <p>1:00 MOVIE AFTERNOON</p> <p><b>**bring your favorite movie in and we will vote on which one to watch**</b></p>

