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

11 9:00 Good Morning OR YMCA 9:30 Stretch/Calendar 10:00 New Music Monday with Jeff & Kristy 10:45 Board Games 11:30 Menu Planning Planning Planning 12 9:00 Good Morning OR YMCA 9:30 Stretch/Calendar 10:00 Sensory OR Gardening Club 11:30 Menu Planning Planning Planning 12 13 BOWLING DAY! 9:00 Good Morning 9:30 Stretch/Calendar Stretch/Calendar Stregon Falls! 11:00-12:00 BOWLING at Chatelanes Bowling Alley (beside NO FRILLS) Exercise 11:30 Menu Planning Exercise 11:45 Music with Serra 11:5 Groccry Shopping at Food Basics 2:30 Putting Groceries away 11 M 14 9:00 Good Morning 9:30 Stretch/Calendar	Man	T	\A/ad	Tb	 :
9:00 Good Morning OR YMCA 9:30 Stretch/Calendar 10:00 New Music Monday with Jeff & Kristy 10:45 Board Games 11:30 Menu Planning Planning Planning Exercise 11:15 Grocery Shopping at Food Basics 12:30 Putting Groceries away 9:00 Good Morning 9:30 Stretch/Calendar Stretch/Calendar 10:00 Lunch Prep OR Interactive Bowling Alley (beside NO FRILLS) FRILLS) FRILLS) 11:00 Women's Wellness OR Men's Health 11:45 LUNCH 12:30 Lunch at the RIV Chipstand 11:15 Social Club OR Independent Living Club 1:30-3:00 Shopping at Winners Plaza PADDLE Pick up 3pm at Winners	Mon	Tue	Wed	Thu	Fri
	9:30 Good Morning 9:30 Stretch/Calendar 10:00 New Music Monday with Jeff & Kristy 10:45 Board Games 11:30 Menu Planning 12:00 LUNCH 1:15 Grocery Shopping at Food Basics 2:30 Putting	9:00 Good Morning OR YMCA 9:30 Stretch/Calendar 10:00 Sensory OR Gardening Club 12:00 LUNCH 1:15 Team Building Exercise 1:45 Music with	BOWLING DAY! Leave at 10:00am to go bowling in Sturgeon Falls! 11:00-12:00 BOWLING at Chatelanes Bowling Alley (beside NO FRILLS) 12:30 Lunch at the RIV Chipstand Cost: \$10-15 Leave sturgeon falls at 2pm to arrive back at PADDLE Regular Pick up at	9:30 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music 11:00 Women's Wellness OR Men's Health 12:00 LUNCH 1:15 Social Club OR Independent	9:30 Stretch/Calendar 10:00 No Bake Baking 11:00 Music with Kristy (and special guest appearance) 11:45 LUNCH BOOK PARABUS TO ARRIVE AT Winners for 1:30 1:30-3:00 Shopping at Winners Plaza Pick up 3pm at

Mon	Tue	Wed	Thu	Fri
9:30 Menu Planning 10:00 Grocery Shopping at Food Basics 11:15 LUNCH BOOK PARABUS TO ARRIVE AT YCMA FOR 12:50 1:00-2:00 Open Swim *Please bring a towel and Bathing suit Cost: FREE! NO membership is required for this swim Pick up 3pm at YMCA	9:00 Good Morning OR YMCA 9:30 Stretch/Calendar 10:00 Creative Minds or Gardening Club 11:45 LUNCH 1:15 Crafternoon	9:30 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Book Club (children's classics) 11:00 Wii Bowling Tournament/Air Hockey Tournament 11:45 LUNCH BOOK PARABUS TO ARRIVE AT ONE KIDS PLACE FOR 1:30 1:30 Gym Games & Snoezelen Room *Please bring indoor shoes Pick up 3pm at One Kids Place	9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music 11:00 Women's Wellness OR Men's Health 12:00 LUNCH 1:15 Social Club OR Independent Living Club	9:30 Stretch/Calendar 10:00 Music with Jeff 10:45 Drama Games with Matt 12:00 LUNCH BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE TOWER DOORS FOR 1:15 1:15-3:00 Shopping at North gate Pick up 3pm at Northgate Tower Doors

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Mon	Tue	Wed	Thu	Fri
25	26	27	28	29
9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
9:30	OR YMCA	9:30	9:30	9:30
Stretch/Calendar	9:30	Stretch/Calendar	Stretch/Calendar	Stretch/Calendar
Stretch Calchair	Stretch/Calendar	Success Caronaar	Streten Calchair	Su cicii Curciidai
10:00 No Bake		10:00 Lunch Prep	10:00 Lunch Prep	10:00 Music with
Baking	10:00 Sensory Club	OR Book Club	OR Interactive	Kristy
11:00 Mov'in with	OR Gardening Club	(children's classics)	Music	10:45 Walk outside
Matt	11:30 Menu	11:00 Outdoor	11:00 Women's	on Chippewa Trails
TVICE	Planning	Games & Activities	Wellness OR	on emppewa rrans
12:00 LUNCH			Men's Health	11:30 LUNCH
	12:00 LUNCH	11:45 LUNCH		
BOOK PARABUS	1.15 (DOOM	12:00 LUNCH	1:00 MOVIE
TO ARRIVE AT VALUE	1:15 Grocery Shopping at Food	BOOK PARABUS TO	BOOK PARABUS	AFTERNOON
VILLAGE FOR	Basics	ARRIVE AT	TO ARRIVE AT	**bring your
1:30		NORTH BAY	GYMTRIX (7	favorite movie in
	2:45 Putting	DISCOVERY	Ferris Drive) for	and we will vote on
1:30 Shopping at	Groceries away:	MUSEUM FOR	1:30	which one to watch**
Value Village	where do they go and why?	1:30	1:30	waten
2:15 Coffee Break	and wify.	1:30 Farmer's	GYMTRIX!	
at Tim Horton's		Market &		
		Waterfront walk	COST: \$5	
PICK UP 3PM VALUE		Dials up 2pm at	*nloogo huin a	
VILLAGE		Pick up 3pm at North Bay	*please bring appropriate gym	
VILLAGE		Discovery	wear	
		ľ		
			Pick up 3pm at	
			Gymtrix (7 Ferris Drive)	
			Dilvej	