

FEBRUARY 2017

Mon	Tue	Wed	Thu	Fri
		1	2	3
		9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
		9:30 Stretching/Calendar	9:30 Stretching/Calendar	9:30 Stretching/Calendar
		10:00 Games OR Book Club (children's classic)	10:00 Lunch Prep OR Interactive Music	10:15 Music with Kristy
		10:45 Free Time	11:00 Women's Wellness OR Men's Health	11:00 Budgeting for Mall *Real Life Math
		BOOK PARABUS TO ARRIVE AT THE CAPITOL CENTRE PARKING LOT FOR 11:30	12:00 LUNCH	11:45 LUNCH
		11:30 Lunch at The Moose! Celebrating James and Jessie's 30 th Birthday!!!	BOOK PARABUS TO ARRIVE AT MEMORIAL GARDENS FOR 12:45	BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (tower doors) for 1:15
		Cost: approx. \$10- 15	Skating 1-2pm	1:15 Shopping at Northgate
		Pick up 3pm at Capitol Centre Parking Lot	Pick up 3pm at Memorial Gardens	3pm Pick up at Northgate Square (tower doors)

Lifeskills Theme of the month: Household Chores

Don't forget to book your 1:1 with Matt, Mattingly, Megan, Jeff or Kristy! (Sign up sheet located at back of kitchen)

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<p style="color: red; font-weight: bold;">6</p> <p style="color: red; font-weight: bold;">BOOK PARABUS TO MEET AT YMCA for 9am *EVERYONE MEET AT THE YMCA All drop offs are at the YMCA</p> <p style="background-color: yellow;">*Please remember to bring your towel & Swim Suit</p> <p>*PADDLE staff will be there by 8:30am</p> <p style="color: green; font-weight: bold;">9:00 Good Morning (at YMCA)</p> <p style="color: green; font-weight: bold;">9:30 Get Changed for Swimming</p> <p style="color: green; font-weight: bold;">10-11:00 open swim</p> <p style="color: purple; font-weight: bold;">Cost: Free (you do not need a YMCA membership to attend this swim)</p> <p style="color: red; font-weight: bold;">BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11:45</p> <p>12:00 LUNCH</p> <p>1:15 Learning a new song together!</p> <p>2:00 Lifeskills: Laundry Skills</p>	<p style="color: red; font-weight: bold;">7</p> <p>9:00 Good Morning</p> <p>9:30 Menu Plan</p> <p>10:00 Grocery Shopping at Food Basics</p> <p>11:15 Putting Groceries away</p> <p>11:30 Lifeskills: Doing dishes/Loading Dishwasher</p> <p>12:00 LUNCH</p> <p>1:15 CAN DO</p> <p>2:15 Garage Band workshop on IPADS with Ryan Littlejohn</p>	<p style="color: red; font-weight: bold;">8</p> <p>9:00 Good Morning</p> <p>9:30 Stretching/Calendar</p> <p>10:00 Lunch Prep OR Book Club (Children's Classics)</p> <p>11:00 Get Mov'in with Matt</p> <p>12:00 LUNCH</p> <p style="color: red; font-weight: bold;">BOOK PARABUS TO ARRIVE AT POOL HALL FOR 1:30pm</p> <p style="color: green; font-weight: bold;">1:30-3 Pool at Partners</p> <p style="color: purple;">Cost: Pool games are free, but if you want to buy a snack bring some extra money</p> <p style="color: red; font-weight: bold;">Pick up 3pm at Partners Pool Hall</p>	<p style="color: red; font-weight: bold;">9</p> <p>9:00 Good Morning</p> <p>9:30 Stretching/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 Poker Tournament</p> <p>OR</p> <p>Crafts with Mattie: Decorating Picture Frames</p>	<p style="color: red; font-weight: bold;">10</p> <p>9:00 Good Morning</p> <p>9:30 Stretching/Calendar</p> <p>10:00 Charades (expressing yourself)</p> <p>10:45 Email/Journal</p> <p>11:30 Disney Classics sing-a-long with Megan & Matt</p> <p>12:00 LUNCH</p> <p>1:15 Music with Mike</p> <p>2:00 Games</p>

FEBRUARY 2017

Mon	Tue	Wed	Thu	Fri
13	14	15	16	17
<p>Book Parabus to arrive at No Frills (lakeshore) for 9AM</p> <p>*EVERYONE MEET AT NO FRILLS *All drop offs are at No Frills</p> <p>*PADDLE staff will arrive at 8:30am</p> <p>9:00 Coffee at North Bay Mall</p> <p>10:00 Grocery Shopping at No Frills</p> <p>BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11:00</p> <p>11:15 Putting groceries away</p> <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Baking Treats for Valentines Party And making cards</p>	<p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Love songs sing-a-long</p> <p>10:45 Decorating for Valentines Party</p> <p>11:30 Lifeskills: Making a grocery list</p> <p>12:00 LUNCH</p> <p>1:15 Valentine's Day Party</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>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT One Kids Place for 1:30</p> <p>1:30-3:00 Gym Activities and/or Sensory Room Time</p> <p>Pick up 3pm at One Kid's Place</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 Painting workshop</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:15 CAN DO</p> <p>11:15 Purchasing seeds for gardening online</p> <p>11:45 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>

FEBRUARY 2017

Mon	Tue	Wed	Thu	Fri
20	21	22	23	24
<p>NO PADDLE</p> <p>FAMILY DAY</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>11:30 Putting groceries away</p> <p>12:00 LUNCH</p> <p>1:15 Lifeskills: How to clean a microwave</p> <p>1:45 Music with Serra</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Games or Walk</p> <p>FIRST CHOICE:</p> <p>Book Parabus to arrive at Blue sky BINGO for 11:30</p> <p>11:30-3pm Lunch & Bingo</p> <p>Cost: \$3 includes lunch and bingo cards Pick up 3pm at Blue Sky Bingo</p> <p>OR</p> <p>SECOND CHOICE:</p> <p>11:00 Lunch Prep (\$3)</p> <p>12:00 Lunch</p> <p>1:15 Music</p> <p>2:00 Free Time</p> <p>Pick up 3pm at Chippewa</p> <p>Please ensure your rides are arranged according to your choice for the afternoon</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Interactive Music</p> <p>10:45 Women's Wellness OR Men's Health</p> <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT YMCA FOR 12:45</p> <p>Open Swim 1-2pm</p> <p>Bring your bathing suit and towel</p> <p>Cost: Free! No YMCA membership is required for this swim</p> <p>Pick up 3pm at YMCA</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Good News Friday!</p> <p>10:00 Music with Jeff</p> <p>10:45 Get Mov'in with Matt!</p> <p>11:15 PADDLE Newsletter</p> <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon At PADDLE</p>

FEBRUARY 2017

Mon	Tue	Wed	Thu	Fri
27	28			
9:00 Good Morning	9:00 Good Morning			
9:30 Stretch/Calendar	9:30 Stretch/Calendar			
10:00 Menu Plan	10:00 Sensory Craft			
10:30 Grocery Shopping at Food Basics	11:15 Lifeskills: Practicing phone skills			
11:30 Putting groceries away	12:00 LUNCH			
11:45 LUNCH	1:15 Winter Carnival Join us for an afternoon of games & food!			
Book Parabus to arrive at Value Village for 1:30				
1:30 Value Village				
2:15 Coffee Break at Tim Horton's				
Pick up 3pm at Value Village				