


MARCH 2017

Mon	Tue	Wed	Thu	Fri
		<p>1</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 Lifeskills: Emotional Wellness</p> <p>12:00 LUNCH</p> <p>1:15 Spotlight with Jesse Nadeau</p> <p>2:15 Games</p>	<p>2</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 Team Building activity</p> <p>1:45 Music with Serra</p> 	<p>3</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p> <p>10:45 Movin with Matt</p> <p>11:15 LUNCH</p> <p>BOOK PARABUS TO ARRIVE to arrive at Capitol Center 12:30</p>  <p>Cost of show: \$2 per person</p> <p>Pick up 3pm at Capitol Centre Parking lot</p>

Reminders: \$3.00 for taxi's for community outings for those who don't take the PARABUS
\$25.00 for wed/thurs lunches for the month

LIFESKILL THEME OF THE MONTH: Emotional Wellness

MARCH 2017

Mon	Tue	Wed	Thu	Fri
<p>6</p> <p>BOOK PARABUS TO ARRIVE AT YMCA FOR 9AM *EVERYONE MEET AT YMCA *ALL DROP OFFS ARE AT YMCA PADDLE staff will be there at 8:30am</p> <p>9-11 Stretch & Swim</p>  <p>Cost: FREE! No membership is required for this swim Please bring your bathing suit and towel!</p> <p>BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11:15</p> <p>11:15 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 New Music Monday</p> <p>2:00 Lifeskills: Emotional Wellness</p>	<p>7</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Menu Planning</p> <p>10:30 Grocery Shopping at Food Basics</p> <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT TIM HORTON'S ON TROUT LAKE ROAD (beside Hyundai) FOR 12:50</p> <p>1-2 Curling at the Granite Club</p>  <p>Cost: FREE!</p> <p>Pick up 3pm at Tim Horton's on Trout Lake Road</p>	<p>8</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 Real Life Math: Budgeting for MALL</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE MALL (Tower Doors) FOR 1:30</p> <p>1:30 Shopping at Northgate</p>  <p>Pick up 3pm Northgate Mall Tower Doors</p>	<p>9</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Just like you: Project PADDLE awareness campaign</p> <p>10:30 Lunch Prep OR Interactive Music</p> <p>11:15 Women's Wellness OR Men's Health</p> <p>12:00 LUNCH</p> <p>1:15 Open Mic in the Chippewa Theatre</p> 	<p>10</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:15 CAN DO Theatre with Michelle</p>  <p>11:30 Email/Journal</p> <p>12:00 LUNCH</p> <p>1:15 Music with Darius</p>  <p>2:15 Games!</p>

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<p>13</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Menu Planning</p> <p>10:15 Groceries at Food Basics</p>  <p>11:15 Putting Groceries away</p> <p>12:00 LUNCH</p> <p>1:15 New Music Monday</p> <p>2:00 Coloring/Puzzles</p>	<p>14</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Sensory Craft</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MALL FOR 11:00am</p> <p>11:15 Lunch & Movie at Galaxy Cinema</p>  <p>* bring a bagged lunch OR purchase a lunch at the a mall *keep posted on PADDLE facebook for movie choices as the date gets closer *please be aware the pick up may be later than 3pm depending on what time the movie starts.</p> <p>Cost for Movie: \$5.99 for regular movie +tax \$8.99+tax for 3D movie</p> <p>PICK UP NO FRILLS NORTH BAY MALL Exact time TBT</p>	<p>15</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 Lifeskills: Emotional Wellness</p> <p>BOOK PARABUS TO ARRIVE AT OKP FOR 1:30</p> <p>1:30-3 Gym Activities & Snozelen Room *don't forget to bring indoor shoes</p>  <p>Pick up 3pm at One Kids Place</p>	<p>16</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 Dance Party with DJ Ryan Littlejohn & Indoor Beach Party!</p>  <p>Join us for an afternoon of music, dancing, summer drinks and snacks! Dress up in summer gear!</p>	<p>17</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p> <p>10:45 Budget for Lunch</p> <p>BOOK PARABUS TO ARRIVE AT CAPITOL CENTER PARKING LOT FOR 11:45</p> <p>12:00 St Patricks Day lunch at Cecils!</p>  <p>Cost: \$10-20</p> <p>Pick up 3pm at Capitol Center Parking Lot</p>

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<p>20</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Menu Planning</p> <p>10:30 Grocery Shopping AT Food Basics</p>  <p>12:00 LUNCH</p> <p>1:15 New Music Monday</p> <p>2:00 Email/Journal</p>	<p>21</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Sensory Craft</p> <p>10:45 Email/Journal</p> <p>11:30 Moving with Matt</p> <p>12:00 LUNCH</p> <p>1:15 CAN DO with Michelle</p>  <p>2:15 Lifeskills: Emotional Wellness</p>	<p>22</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 Outdoor Games</p> <p>12:00 LUNCH</p> <p>1:15 African Drumming with Herve</p> 	<p>23</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 Team Building game</p> <p>1:45 Music with Serra</p> 	<p>24</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Disney Karaoke Sing-a-long!</p> <p>10:45 Mov'in with Matt</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</p> <p>1:30 Shopping at Winner's Plaza</p> <p>Pick up 3pm Winners</p>

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<p style="text-align: right;">27</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (Tower Doors) for 9AM</p> <p>*Everyone meet at Tower Doors *All Drop offs at Tower Doors</p> <p>PADDLE staff will arrive at 8:30am</p> <p>9:00 Coffee at Food Court</p> <p>9:30 Handing out pasta dinner raffle table donation letters</p> <p>10:15 Free Time at Mall</p> <p>BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11AM</p> <p>11:15 Mov'in with Matt</p> <p>12:00 LUNCH</p> <p>1:15 New Music Monday</p> <p>1:45 Lifeskills: Emotional Wellness</p>	<p style="text-align: right;">28</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 Mak'in things with Mattie Spring Craft Edition OR Outdoor Games!</p>	<p style="text-align: right;">29</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 BLUESKY BINGO for 11:30</p> <p>11:30-3pm Lunch & Bingo</p> <p>Cost: \$3 includes lunch & Bingo Cards Pick up 3pm at Blue Sky Bingo</p> <p>OR</p> <p>Second Choice:</p> <p>11:00 Lunch Prep</p> <p>12:00 LUNCH</p> <p>1:15 Music</p> <p>2:00 Games</p> <p>Pick up 3pm at Chippewa</p> <p>*Please ensure your rides are arranged according to your choice for the afternoon. Please let Kristy know if you are staying back by Monday 27th</p>	<p style="text-align: right;">30</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 Free Time</p> <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT YMCA FOR 12:50</p> <p>1:00 Open Swim</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 style="text-align: right;">31</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:15 CAN DO Theatre with Michelle</p>  <p>11:00 Music with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon at PADDLE</p>

