










MAY 2018

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Living Fit visiting PADDLE *social with Living Fit 11:00 Music  12:00 LUNCH BOOK PARABUS TO ARRIVE AT NORTH BAY PUBLIC LIBRARY for 1:30 1:30-2:45 Tour and Free Time at the Library Pick up 3pm at Library	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep/Healthy Living OR Book Club/Sensory Relaxation 11:45 LUNCH 1:15 Seed starting with Jeff 	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music 11:00 Working on Open Mic Acts 12:00 LUNCH 1:15 Music with Darius  2:00 Women's Wellness & Men's Health	9:00 Good Morning 9:30 Stretch/Calendar FIRST ANNUAL MARTIN P MAY THE 4TH BE WITH YOU STAR WARS DAY 10:00 Part 1 of the original Star Wars 11:00 Light saber balloon game & Best Chewbacca impression 12:00 LUNCH 1:15 Part 2 of the original Star Wars 2:15 Make your own light saber fruit kabobs

MAY 2018

Mon	Tue	Wed	Thu	Fri
7	8	9	10	11
9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar
9:45 Menu Planning	10:00 Fundraising Club	10:00 Book Club & Sensory Relaxation OR Making a healthy snack	10:00 Lunch Prep OR Interactive Music	10:00 Music with Jeff
10:15 Grocery shopping at Food Basics	11:30 Free time (time to work on your personal goals)	11:00 Music with Serra	11:00 Work on Open Mic acts	 10:45 Games!
	12:00 LUNCH		12:00 LUNCH	12:00 LUNCH
12:00 LUNCH	BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (tower doors) for 1:15	12:00 Healthy snack	BOOK PARABUS TO ARRIVE AT GYMTRIX FOR 1:30	1:15 Michelle Can Do Theatre
1:15 Group Art Project	1:15 Shopping at Northgate	BOOK PARABUS TO ARRIVE AT 1:30 to Winners	1:30-2:30 GYMTRIX	
2:15 New Music Monday	3pm Pick up at Northgate Square (tower doors)	*Celebrating Birthdays!!*		2:00 Walk on the Chippewa Trails
		1:30 Lunch at SYL's Family Resturant *reservation is at 1:30pm	Cost: FREE!	
		COST: \$15-25	Pick up 3pm at Gymtrix	
		Pick up 3pm at Winners		





MAY 2018

Mon	Tue	Wed	Thu	Fri
14	15	16	17	18
<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Fundraising Club</p> <p>11:15 Free Time (time to work on your personal goals)</p> <p>12:00 LUNCH</p> <p>1:15 TAI CHI</p> <p></p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep & Healthy Living OR Book Club & Sensory Relaxation (children's classics)</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT OKP FOR 1:30</p> <p>1:30-3:00 Games & Snoezelen Room</p> <p>Pick up 3pm at OKP</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 Working on Open Mic Acts</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness & Men's Health</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Bryan</p> <p></p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</p> <p>1:30 Shopping at outdoor plaza</p> <p>Pick up 3pm at Winners</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Bryan</p> <p></p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</p> <p>1:30 Shopping at outdoor plaza</p> <p>Pick up 3pm at Winners</p>
<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></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 New Music Monday</p> <p></p> <p>2:00 Games!</p>				

MAY 2018

Mon	Tue	Wed	Thu	Fri
21	22	23	24	25
<p>*NO PADDLE *</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Fundraising Club</p> <p>11:15 Menu Plan</p> <p>11:30 LUNCH</p> <p>1:15 Grocery Shopping at Food Basics</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep & Healthy living OR Book Club (children's classics) & sensory relaxation</p> <p>12:00 LUNCH</p> <p>1:15 Making a Toy with Jeremy!</p> <p>2:15 Working on Open Mic Acts</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 Final rehearsal for Open Mic Acts</p> <p>12:00 LUNCH</p> <p>1:15 OPEN MIC in the Theatre!</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 PADDLE Family Jam Band</p> <p>10:45 Outdoor Games</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30</p> <p>1:30 Value Village</p> <p>2:00 Break & Snack at Tim Hortons</p> <p>Pick up 3pm at Value Village</p>

MAY 2018

Mon	Tue	Wed	Thu	Fri
28	29	30	31	
<p>9:00 Good Morning</p> <p>9:30 Menu Planning</p> <p>10:00 Grocery Shopping at Food Basics</p>  <p>11:30 Putting groceries away</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT GATHERING PLACE GARDEN FOR 1:30 (garden is located across from Algonquin highschool)</p> <p>1:30-3:00 Gardening at The Gathering Place Community Garden</p>  <p>Pick up 3pm at Garden</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Fundraising Club</p> <p>11:00 Free Time!</p> <p>12:00 LUNCH</p> <p>1:15 JACOB WAY WHITE</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Outdoor Walk</p> <p>FIRST CHOICE:</p> <p>Book Parabus to arrive at Blue sky BINGO for 11:45</p> <p>12:00-3pm 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>11:00 Games!</p> <p>12:00 LUNCH</p> <p>1:15 Music with Esther</p>  <p>2:15 Free Time</p> <p>**Don't forget the PASTA Dinner is tonight at the Elk's lodge! 5-7pm</p>	