

NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri
		1	2	3
		9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
		9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar
		10:00 Lunch Prep OR Book Club (children's classics)	10:00 Lunch Prep OR Interactive Music	10:00 Music with Jeff
				
		11:00 Zumba!	11:00 Women's Wellness OR Men's Health	10:45 Outdoor walk
		11:45 LUNCH		11:45 LUNCH
		BOOK PARABUS TO ARRIVE AT VALUE VILLAGE for 1:30	12:00 LUNCH	BOOK PARABUS TO ARRIVE AT NORTHGATE MALL (Tower Doors) FOR 1:15
		1:30 Value Village	1:15 Social Media Club OR PADDLE Band Club	1:30 Shopping at Northgate Square
		2:15 Coffee Break at Tim Hortons		
		Pick up 3pm at Value Village		Pick up 3pm at Tower Doors Northgate Square

NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri
6	7	8	9	10
<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Dance & Movement with Shannon</p> <p>11:00 Menu Planning</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NO FRILLS LAKESHORE FOR 1:30</p> <p>1:30 Shopping at North Bay Mall</p> <p>2:15 No Frills Grocery Shopping</p>  <p>Pick up 3pm No Frills Lakeshore</p>	<p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Christmas Cookie Baking Club OR Independent Learning Club</p> <p>12:00 LUNCH</p> <p>1:15 Music with Jared Dorkis</p>  <p>2:15 Free Time</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 Games!</p> <p>11:45 LUNCH</p> <p>1:15 Music & Dance workshop with Shannon and Nicole</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 Media Club OR PADDLE Band Club</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy</p>  <p>10:45 No Bake Baking:</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT LONG & MCQUADE (245 Lakeshore drive) Music Store for 1:30</p> <p>1:30-2:45 Instrument Petting Zoo at Long & McQuade</p>  <p>Pick up 3pm Long & McQuade (245 Lakeshore drive)</p>

NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri
13	14	15	16	17
<p>9:00 Good Morning</p> <p>9:30 Menu Plan</p> <p>10:00 Grocery Shopping at Food Basics</p>  <p>11:15 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT YMCA FOR 12:50</p> <p>1-2:30 Open Swim</p> <p>Cost: FREE! No membership is required for this swim</p>  <p>Pick up 3pm YMCA</p>	<p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Christmas Cookie Baking Club OR Independent Learning Club</p> <p>11:45 LUNCH</p> <p>1:15 Team building exercise</p> <p>1:45 Music with Esther</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 Improv Theatre!</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT ONE KIDS PLACE FOR 1:30</p> <p>1:30 Gym games & Snozelen Room</p>  <p>*please bring indoor shoes to wear</p> <p>Pick up 3pm at One Kids Place</p>	<p>9:00 Good Morning</p> <p>9:30 Calendar</p> <p>9:45 Lunch Prep OR Interactive Music</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY HOSPITAL FOR FESTIVAL OF TREES KICK OFF FOR 11:00</p> <p>11:00 Festival of Trees Kickoff</p> <p>BOOK PARABUS TO ARRIVE BACK AT CHIPPEWA FOR 12:15</p> <p>12:30 LUNCH</p> <p>1:15 Photoshoot with photographer. *solo pictures, group pictures, funny pictures!</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p>  <p>10:45 Outdoor Walk on Chippewa Trail</p> <p>11:45 LUNCH</p> <p>1:00 Movie Afternoon with PADDLE in the Chippewa Theatre</p>

NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri
20	21	22	23	24
9:00 Good Morning 9:30 Stretch/Calendar 10:00 Menu Planning 10:45 Grocery Shopping at Food Basics  12:00 LUNCH 1:15 New Music Monday  2:00 Wii Bowling Tournament/Games	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Christmas Cookie Baking Club OR Independent Learning Club 12:00 LUNCH 1:15 Disney Classic Sing-A-long 1:45 Music with Darius	9:00 Good Morning 9:30 Calendar 10:00 Outdoor Walk OR Book Club (children's classics)  or 11:00 Games! BOOK PARABUS TO ARRIVE AT CAPITOL CENTER PARKING LOT FOR 12:30 12:30 LUNCH AT MIYAKOI SUSHI & Chinese food Buffet COST:\$10.99 *plus tax, drink not included Pick up 3pm at Capitol Centre Parking lot	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music  or 11:00 Women's Wellness OR Men's Health 11:45 LUNCH BOOK PARABUS TO ARRIVE AT GYMTRIX FOR 1:30 1:30-2:30 Gym time at Gymtrix Cost: \$5 Pick up 3pm at Gymtrix	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Music with Nicole 10:45 Outdoor walk 12:00 LUNCH 1:15 CAN DO with Michelle  2:15 Free Time

NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri
27	28	29	30	
9:00 Good Morning 9:30 Stretch/Calendar 10:00 New Music Monday 10:45 Spa Hour 11:45 LUNCH OPTION 1: Book parabus to arrive at One Kids Place for 1:15 1:15-3:00 Gym & Snozelen Room Pick up 3pm at OKP OPTION 2: Book parabus to arrive at Winners for 1:15 1:15-3:00 Shopping at Mini Mall Pick up 3pm at Winners *you are responsible for arranging your own transportation according to what activity you choose. You will need to let Kristy know by Thursday (23 rd) what activity you choose otherwise we will assume you are attending the Winners outing	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Christmas Cookie Baking Club OR Independent Learning Club 11:30 Menu Planning 12:00 LUNCH 1:15 Walk to Food Basics for Groceries 	9:00 Good Morning 9:30 Stretch/Calendar Option 1: BOOK PARABUS TO ARRIVE AT BINGO FOR 11:30 11:30-3pm Lunch and Bingo at Bluesky bingo hall Cost: \$3.00 Pick up 3pm at Bluesky Bingo Option 2: In house programming at PADDLE 11:00 Lunch Prep 12:00 Lunch 1:15 Music 2:00 Walk outside Pick up 3pm at Chippewa *you are responsible for arranging your own transportation according to what activity you choose. You will need to let Kristy know by Monday (27 th) what activity you choose otherwise we will assume you are participating in bingo	9:00 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 Media Club OR PADDLE Band Club	