




NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri
			1 9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music  or 	2 9:00 Good Morning 9:30 Stretch/Calendar 10:00 Music with Jeff 
			11:00 Games! 12:00 LUNCH 1:15 Women's Wellness OR Men's Health 2:00 Connecting in the Community	10:45 Outdoor walk 11:45 LUNCH 1:00 Mixed Ability Dance Company workshop 2:00 Free Time


NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri
5	6	7	8	9
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
10:00 New Music Monday	10:00 Gym Activities OR Wii Bowling	10:00 Lunch Prep OR Book Club (children's classics)	10:00 Lunch Prep OR Interactive Music	10:00 Music with Kristy
11:00 Menu Planning	10:45 Button Club OR Photography Club	 or 	 or 	
11:45 LUNCH	12:00 LUNCH	11:00 Real life math	11:00 Fundraising Club OR Art Club	BOOK PARABUS TO ARRIVE AT THE CAPITOL CENTRE PARKING LOT FOR 12:30
BOOK PARABUS TO ARRIVE AT NO FRILLS LAKESHORE FOR 1:30	1:15 OPEN MIC/JAM at PADDLE	11:45 LUNCH	12:00 LUNCH	12:30-2:00 Soups on 2018 fundraiser The Gathering Place
1:30 Shopping at North Bay Mall		1:15 Bingo @ PADDLE	1:15 Women's Wellness OR Men's Health	Cost: \$10
2:15 No Frills Grocery Shopping		2:15 Free Time		2:00 Walk downtown
				Pick up 3pm at Capitol Centre parking lot
Pick up 3pm No Frills Lakeshore				

NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri
12	13	14	15	16
<p>BOOK PARABUS TO ARRIVE AT NORTHGATE TOWER DOORS FOR 9AM *PADDLE staff will arrive by 8:30am *ALL participants please meet at the Northgate square tower doors</p> <p>9:15 Menu planning at Food Court</p> <p>9:45 Free Time/shop</p> <p>10:30 Meet at Walmart entrance for grocery shopping</p> <p>BOOK PARABUS TO RETURN TO PADDLE (235 Albert St) for 11:15</p> <p>11:30 Putting groceries away</p> <p>12:00 LUNCH</p> <p>1:15 New Music Monday</p> <p>2:15 Free Time</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Activities OR Wii Bowling</p> <p>10:45 Photography Club OR Button Club</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT MEMORIAL GARDENS FOR 1pm</p> <p>1-2pm Free Skate time with our friends from New Horizons</p> <p>2:15 Social time with friends</p> <p>Pick up 3pm at Memorial Gardens</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> OR </p> <p>11:00 Healthy Living</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> ONE KIDS PLACE</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 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Interactive Music</p> <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness or Men's Health</p> <p>2:00 Connecting in the Community</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 PADDLE Fam Jam</p> <p></p> <p>10:45 Dance workshop with Kendra & Emma</p> <p>BOOK PARABUS TO ARRIVE AT THE NORTH BAY GOLF AND COUNTRY CLUB FOR 12:30</p> <p>12:30 Police Chili lunch</p> <p>COST: \$8 for PADDLE participants/\$10 for Support Staff **Lunch must be prepaid by November 6th Lunch includes: meat chili, bottle of water, bun & Christmas cookie</p> <p>Pick up 3pm at North Bay Golf & Country Club (100 Tupper Drive)</p>

NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri
19	20	21	22	23
9:00 Good Morning 9:30 Stretch/Calendar 10:00 Menu Planning & Ordering Groceries online 11:00 Art! 12:00 LUNCH 1:15 New Music Monday  2:00 Wii Bowling Tournament/Games	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Gym Activities OR Wii Bowling 10:45 Button Club OR Photography 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 Games OR Book Club (children's classics)  Or  11:00 Real life math 12:15 Walk to Colonel Hoagies for lunch 12:45 lunch at Colonel Hoagies COST: \$10-20 Walk back to PADDLE **Regular 3pm pick up at PADDLE	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music  Or  11:00 Fundraising Club OR Art Club 11:45 LUNCH 1:15 Wellness Afternoon	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Music with Jeff 10:45 Outdoor walk 12:00 LUNCH 1:15 Music with Emily  2:00 Decorating cookies with Tania's kids (Talon & Drydon)

NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri
<p style="color: red; font-weight: bold;">26</p> <p style="color: red; font-weight: bold;">BOOK PARABUS TO ARRIVE AT TOWER DOORS-NORTHGATE for 9am</p> <p style="background-color: yellow;">*ALL participants please meet at NorthGate Tower Doors</p> <p style="background-color: yellow;">*PADDLE staff will be there at 8:30am</p> <p style="color: green;">9:15 Food court meet up for menu planning</p> <p style="color: green;">9:45 Free time to shop</p> <p style="color: green;">10:30 Meet at Walmart Doors for Grocery Shopping</p> <p style="color: red; font-weight: bold;">BOOK PARABUS TO ARRIVE BACK AT CHIPPEWA FOR 11:15</p> <p>11:30 Putting groceries away</p> <p>12:00 LUNCH</p> <p>1:15 New Music Monday</p> <p>2:00 Free Time!</p>	<p style="color: red; font-weight: bold;">27</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Activities OR Wii Bowling</p> <p>11:30 Menu Planning</p> <p>12:00 LUNCH</p> <p>1:15 PADDLE MOVIE AFTERNOON</p>	<p style="color: red; font-weight: bold;">28</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p style="color: red; font-weight: bold;">Option 1: BOOK PARABUS TO ARRIVE AT BINGO FOR 11:30</p> <p style="color: green;">11:30-3pm Lunch and Bingo at Bluesky bingo hall Cost: \$3.00 Pick up 3pm at Bluesky Bingo</p> <p style="background-color: yellow;">Option 2: In house programming at PADDLE</p> <p>11:00 Lunch Prep 12:00 Lunch 1:15 Music 2:00 Games</p> <p style="background-color: yellow;">Pick up 3pm at Chippewa</p> <p style="color: blue;">*you are responsible for arranging your own transportation according to what activity you choose. You will need to let Kristy know by Monday (26th) what activity you choose otherwise we will assume you are participating in bingo</p>	<p style="color: red; font-weight: bold;">29</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Interactive Music</p> <div style="text-align: center;">  <p>or</p> </div> <p>11:00 Games!</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> <p>2:00 Connecting in the Community</p>	<p style="color: red; font-weight: bold;">30</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy</p> <p>10:45</p> <p>11:45 LUNCH</p> <p style="color: red; font-weight: bold;">BOOK PARABUS TO ARRIVE AT NORTHGATE MALL (Tower Doors) FOR 1:15</p> <p style="color: green;">1:30 Shopping at Northgate Square</p> <div style="text-align: center;">  </div> <p style="color: red; font-weight: bold;">Pick up 3pm at Tower Doors Northgate Square</p>

THINGS TO LOOK FOR ON THE CALENDAR IN NOVEMBER

We are back in full swing and we are loving the new location and are settling in quite nicely. The November calendar is packed full of new ideas and activities to try as well as new some special fundraising events that we will be attending during the day.

On November 10th we will be attending “Soups On” fundraiser at The Grande Event Centre. This is a fundraiser for The Gathering Place Kitchen. The cost is \$10 and this will give you an opportunity to try many different soups and vote on the soup you think tastes the best. The fundraiser ends at 2pm so afterwards we will take a walk downtown.

November 12th is our kick off for the “Festival of Trees” fundraiser at the North Bay General Hospital. If you would like to attend the kick off please let Megan know and we can try to arrange rides for the people that would like to attend. November 15th and 16th are the days that Festival of Trees is being held. On November 16th we are going to a chili lunch (hosted by the Police cost and payment info on calendar) at the North Bay Golf and Country Club and afterwards we can look at all the beautiful Christmas trees that are going to be auctioned off with all proceeds going to PADDLE & The North Bay General Hospital.

November 17th we are having a really FUN fundraiser being put on by “The Plaid Shirt Society” You might recognize some of the performers that evening (Kristy & Steph, Patricia, Darius, Esther...) Attached to the schedule is all the information for the event.

Cheers to a great November! If you have any questions or concerns about the schedule please feel free to contact Kristy @ 705 493 2401 or email: info@paddlenorthbay.ca

Kristy Hunter
Program Coordinator

Lori Fulford
Scheduling Assistant