


NOVEMBER 2016

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	9:00 Good Morning OR YMCA	9:00 Good Morning/Stretching	9:00 Good Morning/Stretching	9:00 Good Morning/Stretching
	9:30 Menu Planning	9:30 Current Affairs	9:30 Current Affairs	9:30 Current Affairs
	10:00 Grocery Shopping at Food Basics	10:00 Lunch Prep OR Book Club (children's classics)	10:00 Lunch Prep OR Interactive Music	10:15 Music with Kristy
	11:15 Putting Groceries away	11:00 Lifeskills: asking for what you want!	11:00 Women's Wellness OR Men's Health	11:00 Budgeting for Mall *Real Life Math
	11:30 PADDLE Variety	11:30 Outdoor Walk	12:00 LUNCH	11:45 LUNCH
	12:00 LUNCH	12:00 LUNCH	1:15 Christmas Card Fundraiser Craft	BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (tower doors) for 1:15
	1:15 CAN DO with Michelle	1:15 Music with Special Guest: David Dino White!		1:15 Shopping at Northgate
	2:15 Team Building Exercise	2:15 Outdoor Walk on the Chippewa Trails		3pm Pick up at Northgate Square (tower doors)

Lifeskills Theme of the month: Expressing yourself

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

NOVEMBER 2016

Mon	Tue	Wed	Thu	Fri
7	8	9	10	11
<p>BOOK PARABUS TO MEET AT YMCA for 9am</p> <p>*Please remember to bring your towel & Swim Suit</p> <p>*PADDLE staff will be there by 8:30am</p> <p>9:00 Good Morning (at YMCA)</p> <p>9:30 Get Changed for Swimming</p> <p>10-11:00 open swim</p> <p>Cost: Free (you do not need a YMCA membership to attend this swim)</p> <p>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: taking care of houseplants</p>	<p>9:00 Good Morning/Stretching</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 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT AEROSPACE MUSEUM for 1:00</p> <p>1:15 Tour and Activity at Aerospace Museum</p> <p>COST: \$5.00 per PADDLE Participant</p> <p>Pick up 3pm at Aerospace Museum (located at: manston crescent on the base)</p> 	<p>9:00 Good Morning/Stretching</p> <p>9:30 Current Affairs</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>1:15 Lifeskills: it's ok to say NO!</p> <p>1:45 Remembrance Day Mural</p>	<p>9:00 Good Morning/Stretch</p> <p>9:30 Current Affairs</p> <p>10:00 Lunch Prep OR Interactive Music</p> <p>11:00 Women's Wellness (with special guest speaker: Frankie Dumont) OR Men's Health</p> <p>12:00 LUNCH</p> <p>1:15 Baking cookies for Christmas Tea</p>	<p>*There will be a Remembrance Day Ceremony at Chippewa sometime in the morning, Time is TBA</p> <p>9:00 Good Morning/Stretch</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 Jeff</p> <p>2:00 Outdoor Walk</p>

NOVEMBER 2016

Mon	Tue	Wed	Thu	Fri
14	15	16	17	18
<p>Book Parabus to arrive at Tim Horton's on Lakeshore (beside Hyundai) for 9am</p> <p>*PADDLE staff will arrive at 8:30am</p> <p>9:00 Coffee at Tim Horton's and Menu Planning</p> <p>10:00 Grocery Shopping at Freshco</p> <p>BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11:00 (*Pick up at Tim Horton's)</p> <p>11:15 Putting groceries away</p> <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Baking Cookies for Christmas Tea</p>	<p>9:00 Good Morning/stretch</p> <p>9:30 Current Affairs</p> <p>10:00 No Bake Baking</p> <p>10:45 Learning a new song together</p> <p>11:15 PADDLE Variety</p> <p>12:00 LUNCH</p> <p>1:15 CAN DO</p> <p>2:15 Get movi'in with Matt</p>	<p>9:00 Good Morning/stretch</p> <p>9:30 Chat pack</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/stretch</p> <p>9:30 Stretching</p> <p>10:00 Lunch Prep OR Interactive Music</p> <p>11:00 Women's Wellness OR Men's Health</p> <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT MEMORIAL GARDENS FOR 12:45</p> <p>1:00-2:00 Skating at Memorial Gardens with our friends from New Horizon's</p> <p>2:15 Snack at Memorial Gardens</p> <p>Pick up 3pm at Memorial Gardens</p>	<p>9:00 Good Morning/Stretch</p> <p>9:30 Good News Friday!!</p> <p>10:00 Music with Jeff</p> <p>10:45 Games!</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY PUBLIC LIBRARY FOR 1:30</p> <p>1:30-2:30 Fun and learning at the North Bay Library</p> <p>2:30 walk downtown</p> <p>Pick up 3pm at North Bay Public Library</p>

NOVEMBER 2016

Mon	Tue	Wed	Thu	Fri
21	22	23	24	25
9:00 Good Morning/Stretch 9:30 Current Affairs 10:00 Yoga/Relaxation 10:45 Email/Journal 11:15 New Music Monday (learning a new song together) 12:00 LUNCH 1:15 Menu Plan 1:45 Grocery Shopping at Food Basics	9:00 Good Morning/Stretch OR YMCA 9:30 Current Affairs 10:00 Outdoor Walk 11:00 Lifeskills: Being Convincing 11:45 LUNCH 1:15 Team Building Exercise 1:45 Music with Serra	9:00 Good Morning/Stretch 9:30 Current Affairs 10:00 Lunch Prep OR Book Club (Children's Classics) 11:00 Email/Journal 11:45 LUNCH BOOK PARABUS TO ARRIVE AT PARTNERS POOL HALL FOR 1:30 1:30-3:00 Pool At Partners COST: PADDLE will cover the cost of pool, but bring money if you would like to purchase a snack Pick up 3pm at Partners Pool Hall	BOOK PARABUS TO ARRIVE AT YMCA FOR 9am 9:00-11 Swim at YMCA *please remember to bring your bathing suit and towel* Cost: free! You do not need a ymca membership to attend this swim BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11:45 12:00 LUNCH 1:00 Movie Afternoon at PADDLE	9:00 Good Morning/Stretch 9:30 Good News Friday! 10:00 Music with Jeff 10:45 Get Mov'in with Matt! Book Parabus to arrive at Winner's for 11:30 11:30 LUNCH at Shoeless Joes (Just a reminder the accessible washrooms are much bigger at Winners) 1:30 Shopping at Winner's Plaza Cost: \$15-\$20 for lunch Pick up 3pm at Winners

NOVEMBER 2016

Mon	Tue	Wed	Thu	Fri
28	29	30		
<p>9:00 Good Morning/Stretch</p> <p>9:30 Current Affairs</p> <p>10:00 Menu Plan</p> <p>10:30 Grocery Shopping at Food Basics</p> <p>11:30 Putting groceries away</p> <p>11:45 LUNCH</p> <p>Book Parabus to arrive at Value Village for 1:30</p> <p>1:30 Value Village</p> <p>2:15 Coffee Break at Tim Horton's</p> <p>Pick up 3pm at Value Village</p>	<p>9:00 Good Morning/Stretch</p> <p>9:30 Current Affairs</p> <p>10:00 Sensory Craft</p> <p>11:15 PADDLE Variety</p> <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p> <p>2:00 Lifeskills: Clear Directions</p>	<p>9:00 Good Morning/Stretch</p> <p>9:30 Current Affairs</p> <p>10:00 Outdoor Walk & Games</p> <p>Book Parabus to arrive at BLUESKY BINGO for 11:30</p> <p>11:30 Lunch at Blue sky Bingo Hall</p> <p>1:00 BINGO</p> <p>Cost: \$3.00 total for lunch and Bingo Cards</p> <p>Pick up 3pm at Blue Sky Bingo</p> <p>*A PADDLE staff will be at the program until 1pm (music from 11-12 for those not attending Bingo)</p>		