



Providing Adults with Developmental Disabilities
Lifelong Experiences

OCTOBER 2012

| Mon | Tue | Wed | Thu | Fri |
|-----|---|--|--|--|
| | 1 | 2 | 3 | 4 |
| | 9:00 Good Morning OR YMCA 9:30 Independent Action Card Items 10:30 Games! 11:00 PADDLE Newsletter 11:30 Money Math 12:00 LUNCH 1:15 Recycling 101: What can you recycle? How do you recycle? 2:00 Up cycling craft: turning an old t-shirt into a reusable bag! | 9:00 MEET AT CHIPPEWA FOR TRIP TO SCIENCE NORTH!!!! 9:00-3:00 Visit to Science North and Imax movie! COST: \$10 per participant Please feel free to bring a bagged lunch, or you can purchase a lunch at Science North Cafeteria (average cost of lunch \$10- 12) **IMPORTANT* Pick up 4:45 at Chippewa School ***** BOOK PARABUS FOR PICK UP At CHIPPEWA at 4:45 | 9:00 Good Morning 9:30 Sensory Program OR Nugget News 10:15 Life Skills Lunch Prep & Healthy Living 11:15 PADDLE Newsletter 12:00 LUNCH 1:15 Money Math 2:00 Chippewa Creek Trail clean up! | 9:00 Good Morning 9:30 Weird News 10:00 Thank you Tea for the Club Richelieu 11:15 Music 11:45 LUNCH BOOK PARABUS FOR PARTNERS POOL HALL TO ARRIVE FOR 1:15 1:15-3:00 Pool at Partner's OR walk downtown *PADDLE covers the cost of pool games, please bring \$ if you would like to purchase a snack PICK UP 3pm PARTNERS POOL HALL |

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| Mon | Tue | Wed | Thu | Fri |
|---|--|---|--|---|
| 7 | 8 | 9 | 10 | 11 |
| <p>BOOK PARABUS TO ARRIVE AT CANADIAN TIRE 9AM</p> <p>9:00 Shop at Canadian Tire for kitchen items with donated Canadian Tire Money</p> <p>10:00 Walk to Sobey's</p> <p>10:15 Grocery Shopping at Sobey's</p> <p>PARABUS PICK UP AT SOBEY'S TO RETURN TO PADDLE FOR 11:30</p> <p>11:30 Putting Groceries away: where do they go?</p> <p>12:00 LUNCH</p> <p>1:15 Music OR Invitation Making for Halloween Dance</p> <p>2:15 PADDLE Facebook update</p> | <p>9:00 Good Morning OR YMCA</p> <p>9:30 Sensory Program OR Weight room with Jason</p> <p>10:15 Yoga/Stretching</p> <p>10:45 Baking for Amelia Rising's drop in centre</p> <p>11:30 Pop Culture</p> <p>12:00 LUNCH</p> <p>1:15 Fall/Thanksgiving Craft</p> <p>2:15 Newsletter</p> | <p>9:00 Good Morning</p> <p>9:30 Independent Action Card Items</p> <p>10:00 HYMN SING at Casselholme OR Family Feud!</p> <p>11:00 Lunch Prep and Healthy Living</p> <p>12:00 LUNCH</p> <p>1:15 Video Questions: What are you thankful for?</p> <p>1:45 Music with Serra</p> | <p>9:00 Good Morning</p> <p>9:30 Sensory Program OR Nugget News</p> <p>10:00 LUNCH PREP: Preparing for our Thanksgiving Feast!</p> <p>11:30 Healthy Living</p> <p>12:00 LUNCH</p> <p>1:15 PADDLE FALL FOOD DRIVE FOR North Bay Food Bank</p> <p>*Please dress accordingly, as we will be walking around Chippewa Neighborhood to collect food bank donations</p> | <p>9:00 Good Morning</p> <p>9:30 Weird News</p> <p>10:15 Music with Kristy</p> <p>11:15 Classroom clean up</p> <p>11:45 Lunch</p> <p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:15</p> <p>1:15 Value Village</p> <p>2:00 Coffee at Tim Horton's</p> <p>PICK UP 3pm Value Village</p> |

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| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|--|
| 14 | 15 | 16 | 17 | 18 |
| <p>NO PADDLE</p> <p>HAPPY THANKSGIVING</p> | <p>9:00 Good Morning OR YMCA</p> <p>9:30 Sensory Program</p> <p>10:15 Scrapbooking</p> <p>11:15 Nugget News and YouTube Videos</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE TOWER DOORS FOR 1:00</p> <p>1:00 Coffee and Shopping</p> <p>2:15 Meet at Walmart to shop for PADDLE Groceries</p> <p>PICK UP 3pm at Northgate Tower Doors</p> | <p>9:00 Good Morning</p> <p>9:30 Nugget News</p> <p>10:00 Hymn Sing at Casselholme OR Independent Action Card Items</p> <p>10:30 Lifeskills: phone skills</p> <p>11:00 LifeSkills Lunch Prep</p> <p>12:00 LUNCH</p> <p>Book Parabus to arrive at One Kids Place for 1:15</p> <p>1:15-3:00 Gym activities and Snozelen Room</p> <p>*please remember to bring indoor shoes</p> <p>Pick up 3pm at OKP</p> | <p>9:00 Good Morning</p> <p>9:30 Sensory Experiment!</p> <p>10:00 Lifeskills Lunch Prep & Healthy Living</p> <p>11:00 Pop Culture!</p> <p>11:30 Games!</p> <p>12:00 LUNCH</p> <p>1:15 Lifeskills: garbage vs. recycling</p> <p>2:00 Karaoke Party and make your ice cream sundae!</p> | <p>9:00 Good Morning</p> <p>9:30 Weird News</p> <p>10:15 Music with Kristy</p> <p>11:15 Journaling/Email</p> <p>12:00 LUNCH</p> <p>1:15 Cooking with Katie OR Woodworking: DIY Book Exchange box</p> |

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| Mon | Tue | Wed | Thu | Fri |
|---|--|--|---|--|
| 21 | 22 | 23 | 24 | 25 |
| 9:00 Good Morning 9:30 Baking a healthy snack 10:30 Scrapbooking Club 11:30 Menu Planning 12:00 LUNCH 1:15 Music with Kristy OR Grocery Shopping at Food Basics 2:15 PADDLE Facebook Update | 9:00 Good Morning OR YMCA 9:30 Sensory Program 10:15 Baking for Amelia Rising Drop in Centre 11:30 Nugget News 12:00 LUNCH 1:15 Lifeskills: Composting: what is? How do we do it? 2:15 PADDLE Calendar Planning: Help Megan Plan activities for November Calendar! OR BOOK PARABUS TO ARRIVE AT 1:00 Skating at Memorial Gardens PICK UP 3:00 Book Parabus | 9:00 Good Morning 9:30 Independent Action Card Items 10:00 Hymn Sing at Cassleholme OR Nugget News 10:30 Yoga/Stretching 11:00 Life Skills: Lunch Prep & Healthy Eating 11:45 LUNCH BOOK PARABUS TO ARRIVE AT NORTH BAY MALL NO FRILLS DOORS 1:15 Arcade at Galaxy Theatre! 2:00 Shopping/Coffee break at North Bay Mall Pick up 3pm at No Frills doors-North Bay Mall | 9:00 Good Morning 9:30 Pop Culture 10:30 Games 11:00 Life Skills Lunch Prep & Healthy Living 12:00 LUNCH 1:15 Manicures and Music with Leah or Mantivities (making an indoor compostable bin for PADDLE) 2:15 Independent Action Card Items | 9:00 Good Morning 9:30 Weird News 10:15 Music 11:15 11:45 LUNCH BOOK PARABUS to arrive for 1:30 at APOLLO Gymnastics 1:45-3:00 Gym time at APOLLO PICK UP 3pm at Apollo OR Crafts at PADDLE *Pick up at 3pm PADDLE PLEASE make sure you book the parabus according to what activity you choose to do |

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| Mon | Tue | Wed | Thu | Fri |
|---|---|---|--|-----|
| 28 | 29 | 30 | 31 | |
| <p>Book Parabus to Meet at Lakeshore No Frills for 9AM</p> <p>9:15-10:00 Coffee and Menu Planning</p> <p>10:00-10:30 Shopping</p> <p>10:45 Grocery Shopping at No Frills</p> <p>Book Parabus for 11:15 return to PADDLE</p> <p>11:30 Put away Groceries</p> <p>12:00 LUNCH</p> <p>1:15 Music with Kristy OR Mantivities (Continue to make DIY Book Exchange Box)</p> <p>2:15 Facebook Update</p> | <p>9:00 Good Morning OR YMCA</p> <p>9:30 Scrapbooking Club</p> <p>10:30 Nugget News</p> <p>11:15 Money Math</p> <p>12:00 LUNCH</p> <p>1:15 Baking Halloween Treats for Halloween Dance</p> | <p>9:00 Good Morning</p> <p>9:30 Spooky Sensory Program</p> <p>BOOK PARABUS TO ARRIVE AT BINGO for 11:30</p> <p>11:30-3:00 Lunch and Bingo</p> <p>Lunch is free with the purchase of a \$3 bingo card. Please let Megan know if you want BINGO lunch by Tuesday 29th</p> <p>OR</p> <p>11:00 PADDLE LUNCH Prep</p> <p>12:00 LUNCH</p> <p>1:15 Craft & Music</p> <p>**Please ensure you book the parabus properly, according to what activity you choose to do in the afternoon***</p> | <p>9:00 Good Morning</p> <p>9:30 Halloween Sensory Program</p> <p>10:30 Scary Stories</p> <p>BOOK PARABUS TO ARRIVE AT VOYAGER HOTEL FOR 12:00 HALLOWEEN DANCE & LUNCH!</p> <p>12:00 PIZZA LUNCH! Please bring \$3 if you would like to purchase 2 slices of pizza and a drink</p> <p>1:00-3:00 Halloween Dance at the Voyager Hotel!!</p> <p>Pick up 3pm at Voyager Hotel</p> | |