

OCTOBER 2016

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:00 Good Morning</p> <p>9:30 Current Affairs: What was the best part of your weekend?</p> <p>10:00 Monday Morning Music Group: Learning a new song together!</p> <p>10:30 Outdoor Walk on the Chippewa Trail</p> <p>11:15 Lifeskills: Being a careful listener</p> <p>12:00 LUNCH</p> <p>1:15Cooking: Dip Edition (learning how to make tzatziki) and making our own pita chips</p>	<p>4</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Menu Planning</p> <p>10:00 Grocery Shopping at Food Basics</p> <p>11:15 Putting Groceries away: where do they go and why do they go there?</p> <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Computer Skills: How to log onto the computer independently OR Sensory</p> <p>1:45 Music with Serra</p>	<p>5</p> <p>9:00 Good Morning</p> <p>9:30 Current Affairs</p> <p>10-11 DANCE and MOVEMENT WORKSHOP AT CHIPPEWA</p> <p>11:00 Lunch Prep</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:15</p> <p>1:15 Farmer's Market and walk downtown!</p> <p>*The last Wednesday Farmer's Market of the season!*</p> <p>Pick up 3pm at North Bay Museum</p>	<p>6</p> <p>9:00 Good Morning</p> <p>9:30 Chat Pack</p> <p>10:00 Lunch Prep OR Interactive Music</p> <p>11:00 Women's Wellness Group OR Men's Health</p> <p>12:00 LUNCH</p> <p>1:15 Making funnel cakes!</p>	<p>7</p> <p>9:00 Good Morning</p> <p>9:30 Leave for bowling in Sturgeon Falls (Chatelanes Bowling alley beside No Frills in Sturgeon)</p> <p>10:30-11:30 Bowling</p> <p>12:00 LUNCH OUT (Location TBA)</p> <p>Return to Chippewa for 3pm</p> <p>**Regular pick up and drop off times at Chippewa**</p> <p>COST: Please bring money for lunch, the cost of bowling is covered by PADDLE</p>

LIFESKILL THEME OF THE MONTH: Communication Skills

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<p>10</p> <p>NO PADDLE</p> <p>*Thanksgiving*</p>	<p>11</p> <p>9:00 Good Morning or YMCA</p> <p>9:30 Menu Planning</p> <p>10:00 Grocery Shopping at Food Basics</p> <p>11:15 Putting groceries away: what goes where and why?</p> <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Drumming with Justine</p> <p>2:15 Joke Telling</p>	<p>12</p> <p>9:00 Good Morning</p> <p>9:30 Chat Pack</p> <p>10:00 Lunch Prep OR Bookclub</p> <p>10:45 Lifeskills: Body Language</p> <p>11:15 Money Math: Budgeting for shopping at Northgate</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE FOR 1:15</p> <p>1:15 Shopping!</p> <p>COST: Not necessary to bring any money, but we suggest you bring a list of items you may need to stock up with at home (toothpaste, shampoo etc...) and we usually meet up with our friends and have a snack break at the food court</p>	<p>13</p> <p>9:00 Good Morning</p> <p>9:30 Current Affairs</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 Computer skills: How to search YouTube</p> <p>2:00 Wii Bowling Tournament & Games!</p>	<p>14</p> <p>9:00 Good Morning</p> <p>9:30 Movement and Stretching</p> <p>10:15 Outdoor walk</p> <p>11:00 Music with Kristy</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT PARTNER's POOL HALL FOR 1:30</p> <p>1:30 A game or two of pool with friends</p> <p>COST: PADDLE covers the cost of the pool games, please bring money if you would like to buy snacks</p> <p>Pick up 3pm at Partners Pool Hall</p>

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<p>17</p> <p>BOOK PARABUS TO MEET AT NO FRILLS (lakeshore) FOR 9am</p> <p>9:00 Meet in Food Court for Menu Planning</p> <p>9:30 Shopping at North Bay Mall</p> <p>10:00 Grocery Shopping at No Frills (meet in front of store to get list to help PADDLE get their groceries for the week!)</p> <p>BOOK PARABUS TO RETRUN TO PADDLE for 11am</p> <p>11:15 Monday Music Group: Learning a new song together!</p> <p>12:00 LUNCH</p> <p>1:15 Lifeskills: How to communicate with your friends that use computers or books to speak</p> <p>2:00 Outdoor Games</p>	<p>18</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Visit to the Humane Society (PADDLE will provide transportation)</p> <p>11:15 PADDLE Variety Store Inventory check</p> <p>12:00 LUNCH</p> <p>1:15 CAN DO Theatre with Michelle</p> <p>2:15 Computer skills: IPAD Edition</p>	<p>19</p> <p>9:00 Good Morning</p> <p>9:30 Current Affairs</p> <p>10:00 Lunch Prep OR Book Club (Children's Classic)</p> <p>10:45 Lifeskills: Expecting Respect</p> <p>11:30 Money Math: Budgeting for winner's shopping trip</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</p> <p>1:30 Shopping at Winner's Plaza!</p> <p>Pick up 3pm at Winner's</p>	<p>20</p> <p>9:00 Good Morning</p> <p>9:30 Chat Pack</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 YMCA FOR 12:40</p> <p>1:00-2:00 SWIM *Please remember to bring bathing suit, towel</p> <p>Cost: Free (you do not need a YMCA membership to attend this swim session)</p> <p>Pick up 3pm at YMCA</p>	<p>21</p> <p>9:00 Good Morning</p> <p>9:30 Weird News</p> <p>10:15 Music with Kristy</p> <p>11:00 Outdoor Walk on Chippewa Trail</p> <p>12:00 LUNCH</p> <p>1:15 Halloween Crafternoon</p>

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<p style="text-align: right;">24</p> <p>BOOK PARABUS TO ARRIVE AT COLNEL HOAGIES FOR 9am</p> <p>*PADDLE Staff will be there at 8:30am*</p> <p>9:00 Breakfast at Colonel Hoagies! (Prices range from 5.50-11.00)</p> <p>BOOK PARABUS TO PICK UP AND RETURN TO CHIPPEWA FOR 11am!</p> <p>11:15 Games</p> <p>12:00 LUNCH</p> <p>1:15 Outdoor Walk</p> <p>2:00 Music</p>	<p style="text-align: right;">25</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Menu Plan</p> <p>10:00 Grocery Shopping at Food Basics Or Relaxation Therapy/Stretch out</p> <p>11:15 PADDLE Variety Store Inventory & Cash out</p> <p>12:00 LUNCH</p> <p>1:15 CAN DO Theatre with Michelle</p> <p>2:15 Outdoor Games!</p>	<p style="text-align: right;">26</p> <p>9:00 Good Morning</p> <p>9:30 Chat Pack</p> <p>10:00 Games!</p> <p>BOOK PARABUS TO ARRIVE AT BLUESKY BINGO FOR 11:30</p> <p>11:30 Lunch at BlueSky Bingo</p> <p>1:00 BINGO!</p> <p>COST: \$3.00 includes lunch & Bingo cards (Kristy will know what the Bingo Hall will be serving us for lunch by Tuesday 25th, ask her for more details!)</p> <p>Pick up 3:00 at Blue Sky Bingo</p>	<p style="text-align: right;">27</p> <p>9:00 Good Morning</p> <p>9:30 Morning Dance Party</p> <p>10:00 Lunch Prep OR Interactive Music</p> <p>11:00 Women's Wellness Group OR outdoor walk</p> <p>12:00 LUNCH</p> <p>1:15 Making a dream catcher</p> <p>OR</p> <p>Outdoor Activity</p>	<p style="text-align: right;">28</p> <p>9:00 Good Morning</p> <p>9:30 Budget for Northgate</p> <p>10:00 Laughter Yoga with Wanda!</p> <p>10:45 Jason Brock Chapman Stick</p> <p>11:45 LUNCH</p> <p>PADDLE Movie Afternoon *Please bring your favorite movie and we will vote on which one to watch</p>

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<p>31</p> <p>9:00 Good Morning</p> <p>9:30 Current Affairs</p> <p>10:00 Stretching & Movement</p> <p>10:30 Wii Bowling Tourament</p> <p>BOOK PARABUS TO ARRIVE AT VOYAGER INN FOR 12:00</p> <p>12:00 Pizza Lunch at the Voyager Inn</p> <p>COST: \$2 for Pizza Lunch</p> <p>1-3pm Halloween Dance at The Voyager Inn with Friends from New Horizons *wear your costume!*</p> <p>Pick up 3pm at The Voyager Inn</p> <p>**EVERYONE IS WELCOME TO ATTEND THE AFTERNOON**</p>				