

JULY 2016

| Mon | Tue | Wed | Thu | Fri |
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| | | | | 1 NO PADDLE CANADA DAY |

JULY 2016

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|--|---|
| 4 | 5 | 6 | 7 | 8 |
| <p>9:00 Good Morning</p> <p>9:30 Current Affairs</p> <p>10:00 Exploring Sound, lights and dance with Shannon!</p> <p>BOOK PARABUS TO ARRIVE AT THE CAPITOL CENTRE PARKING LOT FOR 11:15</p> <p>11:30 Chris Caruso's Dirty Thirty Lunch at the Moose! And shop downtown</p> <p>Cost of lunch varies from \$8-20</p> <p>Pick up 3pm at Capitol Centre Parking Lot</p> | <p>9:00 Good Morning</p> <p>9:30 Menu Planning</p> <p>10:00 Grocery Shopping at Food Basics</p> <p>11:15 Lifeskills: Budgeting for Pool Hall</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT PARTNERS POOL HALL FOR 1:15</p> <p>1:15 Pool Hall</p> <p>*Pool Games Supplied by PADDLE, bring money if you wish to purchase a snack*</p> <p>Pick up 3pm Partners Pool Hall</p> | <p>9:00 Good Morning</p> <p>9:30 Chat Pack</p> <p>10:00 Lunch Prep OR Book Club (children's classics)</p> <p>11:00 Games</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</p> <p>2:00 Walk to Waterfront</p> <p>Pick up 3pm Farmer's Market</p> | <p>9:30 Outdoor walk on the Chippewa Trail</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 Crafts with Nicole</p> <p>2:15 Lifeskills: How to beat the heat</p> | <p>BOOK PARABUS TO MEET AT GATHERING PLACE GARDEN FOR 9AM</p> <p>*PADDLE Staff will be there by 8:30am*</p> <p>9-11 Gardening and Singing in the Garden with Jeff!</p> <p>BOOK PARABUS TO RETURN CHIPPEWA 11:00</p> <p>11:15 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Justine: African Drumming in the Chippewa Courtyard</p> |

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| Mon | Tue | Wed | Thu | Fri |
|--|--|--|---|---|
| <p>11</p> <p>BOOK PARABUS TO MEET AT NO FRILLS (lakeshore) for 9AM *PADDLE staff will be there at 8:30am*</p> <p>9:15 Menu Planning</p> <p>9:30 Shopping at North Bay Mall</p> <p>10:15 Grocery Shopping at No Frills</p> <p>BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11:00</p> <p>11:15 Putting away Groceries: where do they go and why?</p> <p>12:00 LUNCH</p> <p>1:15 Crafternoon with Shannon</p> | <p>12</p> <p>9:00 Good Morning</p> <p>9:30 No Bake Baking: Ice Cream Sandwich cake</p> <p>10:15 Music with Nicole</p> <p>11:00 Picking songs for the video yearbook</p> <p>12:00 LUNCH</p> <p>1:30 Music and Q&A with special guest....Mayor Al McDonald!</p> <p>*everyone is invited to attend the afternoon*</p> | <p>13</p> <p>BOOK PARABUS TO ARRIVE AT CHIPPEWA FOR 8:30am</p> <p>CAMP DAY MATTAWA</p> <p>Leaving from Chippewa Parking Lot at 9:00</p> <p>Accessible washrooms available as well as change tent with table. Please bring your personal care items. *bug spray *sun screen *bathing suit /towel</p> <p>BBQ Lunch</p> <p>BOOK PARABUS FOR PICK UP CHIPPEWA PARKING LOT 4:30.</p> | <p>14</p> <p>9:00 Good Morning</p> <p>9:30 Questions: Would you rather?</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 Activities with Nicole and Matt</p> | <p>15</p> <p>9:00 Good Morning</p> <p>9:30 Good News Friday!</p> <p>10:15 Music</p> <p>11:00 Budget for Winner's Shopping trip</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15</p> <p>1:15 Shopping at Mini Mall</p> <p>Pick up 3pm at Winners</p> |

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| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|---|
| 18 | 19 | 20 | 21 | 22 |
| BOOK PARABUS TO ARRIVE AT GATHERING PLACE GARDEN FOR 9am *PADDLE staff will be there by 8:30am* 9-11 Gardening and Singing to the flowers with Jeff BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11am 11:15 Free Time! 12:00 LUNCH 1:15 Making snacks for Sunset Beach day! 2:15 Music | 9:00 Good Morning 9:30 Menu Planning 10:00 Grocery Shopping at Food Basics 11:15 PADDLE Variety Store Inventory and Cash Out 11:45 LUNCH BOOK PARABUS TO ARRIVE AT SUNSET PARK TO ARRIVE AT 1:30 BEACH DAY AT SUNSET BEACH! Pick up 3pm at Sunset Beach (road behind churchills restaurant) | 9:00 Good Morning 9:30 Chat Pack 10:00 Lunch Prep OR Book Club (children's classics) 11:00 Disney sing-a-long with Nicole and Megan BOOK PARABUS TO ARRIVE AT North Bay Museum for 1:15 1:15 Farmer's Market & Waterfront walk Pick up 3pm North Bay Museum | 9:00 Good Morning 9:30 Current affairs 10:00 Lunch Prep OR Interactive Music 11:00 Women's Wellness OR Men's Health 11:45 LUNCH 1:15 Inside Out: Board game of Emotions 2:15 Karaoke, with your host: Bonnie Burke and lip sync battle | 9:00 Good Morning 9:30 YouTube Favorites! 10:00 Games BOOK THE PARABUS TO ARRIVE AT OLMSTEAD BEACH FOR 11:15 12:00-1pm UP THE CREEK WITHOUT A PADDLE Rotoract Fundraiser! **Bring your own bagged lunch** 1:00 Sandcastle building contest, BEACH DAY! Pick up 3pm at Olmstead Beach (off Trout Lake) |

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| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|---|
| 25 | 26 | 27 | 28 | 29 |
| <p>Book Parabus to meet at Guido & Arlene's (on Trout Lake Road) for 9am</p> <p>*paddle staff will be there by 8:30am*</p> <p>9:00 Breakfast at Guido & Arlene's (prices range from \$5.99-10.99)</p> <p>Book Parabus to return to PADDLE for 10:45</p> <p>11:00 What's playing at Galaxy Theatre?</p> <p>11:30 Menu Plan</p> <p>12:00 LUNCH</p> <p>1:15 Grocery Shopping at Food Basics</p> <p>2:30 Putting Groceries away</p> | <p>9:00 Good Morning</p> <p>9:30 Baking Nicole's Famous Carrot Cake</p> <p>BOOK PARABUS TO ARRIVE AT NO FRILLS (Lakeshore) FOR 11:00</p> <p>*Lunch can either be purchased at the mall or you can bring a bagged lunch*</p> <p>GALAXY MOVIE DAY!! Bring your access pass if you have one! Cost (ticket only) Regular \$ 5.99 plus tax 3D \$ 8.99 plus tax</p> <p>Pick up 3:15 at No Frills</p> | <p>MUSICAL THEATRE CAMP DAY!!</p> <p>(Learning the song and dance to Hakuna Matata from the Lion King)</p> <p>9:30-11:30 Dance and acting Workshop</p> <p>11:30 BBQ Lunch in the Chippewa Courtyard</p> <p>1:30 Vocal and Song Workshop</p> | <p>9:00 Good Morning</p> <p>9:30 What's happening in your community for the month of August! (how to keep busy on your month off!)</p> <p>10:15 Lunch Prep OR Interactive Music</p> <p>11:00 Locker Clean out. Please take all your belongings from your locker home today!</p> <p>11:45 BBQ Lunch in the Chippewa Courtyard + Open mic in the courtyard!</p> <p>**Everyone is invited to attend today!!**</p> | <p>PADDLE LAST DAY!! SEE YOU SEPTEMBER 6th!</p> <p>9:30 What was your favorite thing you did this year?</p> <p>10:00 Outdoor Walk</p> <p>11:00 Morning PADDLE Yearbook Viewing</p> <p>11:30 PIZZA PARTY!! (\$2.00 per person for 2 slices of pizza and drink)</p> <p>12:45 PADDLE Yearbook Viewing (PADDLE Yearbooks from years past and NEW VIDEO!!)</p> <p>**Everyone is invited to attend today!!**</p> |