

# JUNE 2019

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
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 Outdoor games OR Walking Club	10:00 Lunch Prep OR Book Club	10:00 Lunch Prep OR Interactive Music	10:00 Music with Jeff
	10:45 Watch & Learn	11:00 Real Life Math	11:00 Sign Language 101	
10:45 Menu Planning & Writing a grocery list	11:15 Journaling	12:00 LUNCH	11:45 LUNCH	10:45 YouTube Trivia
12:00 LUNCH	11:45 LUNCH	12:40 <b>**BUS CLUB** (\$3)</b>	1:15 Women's Wellness & Men's Health	11:45 LUNCH
1:15 Art Afternoon We will be exploring Acrylic paint & Charcoal	<b>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30</b>		2:00 Connecting in the community	<b>BOOK PARABUS TO ARRIVE AT NORTHGATE SHOPPING SQUARE TOWER DOORS for 1:30</b>
	<b>1:30 Grocery Shop at Metro OR Value Village</b>	<b>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:15</b>		<b>1:30 Shopping at Northgate</b>
		1:15 Farmer's Market Stroll		
	<b>2:15 Coffee break at Tim Hortons</b>			<b>Pick up 3pm at Northgate Tower Doors</b>
	<b>Pick up 3pm at Value Village</b>	1:45 Walk downtown		
		<b>Pick up 3pm at North Bay Museum</b>		

\*\*Every Wednesday participants have the opportunity to ride the city bus to downtown for our Farmer's Market/downtown/waterfront community outing. Please return form attached to calendar if you will be participating in the BUS CLUB\*\*

# JUNE 2019

Mon	Tue	Wed	Thu	Fri
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
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 Walk to park (on Montrose St) for Outdoor Activities	10:00 Walking Club OR Outdoor Game	10:00 Lunch Prep OR Book Club	10:00 Lunch Prep OR Interactive Music	10:00 Walk & Roll
12:00 LUNCH	10:45 Watch & Learn	11:00 North Bay Clean, Green & Beautiful	11:00 Free Style Art	10:45 Music with Kristy 
1:15 Menu Planning & Grocery List	11:30 Journaling	11:45 Lunch	12:00 LUNCH	11:45 LUNCH
2:00 New Music Monday 	12:00 LUNCH	*12:40 Bus Club* 	1:15 Women's Wellness OR Men's Health	<b>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</b>
	1:15 Music with Darius 	<b>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:15</b>	2:00 Walk & Roll	<b>1:30 Shopping at Winners</b> 
	2:15 Games	<b>1:15 Farmer's Market &amp; Waterfront Walk</b> 		<b>Pick up 3pm at Winners</b>
		<b>Pick up 3pm at North Bay Museum</b>		

\*Please note on June 12<sup>th</sup> it is armed forces day. There will be a loud air show happening 10:30-1:30pm -so if you are sensitive to noise don't forget your headphones!

# JUNE 2019

Mon	Tue	Wed	Thu	Fri
17	18	19	20	21
<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 New Music Monday</p>  <p>10:45 Menu Planning &amp; Grocery list writing</p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT Gd2Go for 1:30</b></p> <p><b>1:30-2:45 Healthy Snacks on the patio of Gd2Go</b></p> <p>Cost: \$5-15</p> <p><b>Pick up 3pm at Gd2Go</b></p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Walking Club OR Outdoor Games</p> <p>10:45 Watch &amp; Learn</p> <p>11:15 Journaling</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT CHIPPEWA FOR 1:00</b></p> <p><b>1:00-2:15 Spring Dance at Chippewa</b> *We have been invited by the SIL program to their spring dance</p> <p><b>Pick up 3pm at Chippewa (back doors/same as the old PADDLE doors)</b></p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Book Club</p> <p>11:00 Free Time</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT ONE KIDS PLACE FOR 1:30</b></p> <p><b>1:30 One Kids Place</b></p> <p><b>*Please remember to bring your indoor shoes</b></p>  <p><b>Pick up 3pm at One Kids Place</b></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 Sign Language 101</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 Baseball</p> <p>11:00 PADDLE Family Jam Band</p>  <p>LUNCH 11:45</p> <p><b>BOOK PARABUS TO ARRIVE AT MINI PUTT FOR 1:30</b></p> <p><b>1:30 MINI PUTT!</b></p>  <p>(Cost: \$6/per person includes tax &amp; kid size ice cream cone)</p> <p><b>Pick up 3pm at King Cone Mini Putt</b></p>

# JUNE 2019

Mon	Tue	Wed	Thu	Fri
24	25	26	27	28
<p><b>BOOK PARABUS TO ARRIVE AT THE GATHERING PLACE GARDEN for 9AM</b></p> <p><b>*All drop offs are at The Gathering Place garden</b></p> <p><b>*PADDLE doors will not be open until 11:15am</b></p> <p>9:00-11:00 Gardening at The Gathering Place Garden</p> <p><b>BOOK PARABUS TO RETURN TO PADDLE FOR 11:15</b></p> <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Menu Planning &amp; Grocery List Writing</p> <p>2:00 New Music Monday</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Time OR Walking Club</p> <p>10:45 Watch &amp; Learn</p> <p>11:30 Journaling</p> <p>12:00 LUNCH</p> <p>1:15 Music with Shawn</p>  <p>2:00 Games/Cards</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Book Club OR Outdoor Walk</p> <p>Choice 1: <b>BOOK PARABUS TO ARRIVE AT BINGO FOR 11:30</b></p> <p>11:30-3:00 Lunch &amp; Bingo at Blue Sky</p> <p>Cost: \$6</p> <p><b>Pick up 3pm at Bluesky Bingo</b></p> <p><b>OR</b></p> <p>Choice 2: 11:00 Lunch Prep</p> <p>12:00 Lunch</p> <p>1:15 Music</p> <p>2:00 Free Time</p> <p>Pick up 3pm at PADDLE</p> <p><b>*Please book your transportation accordingly</b></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 Outdoor Games with Jamie &amp; Jeff</p> <p>11:45 Free Time</p> <p><b>BOOK PARABUS TO ARRIVE BANDSHELL PARKING LOT AT FOR 1pm</b></p> <p><b>BIRTHDAY LUNCH AT THE BOAT RESTURANT</b></p> <p>*We are celebrating Birthdays of Teggan (June 13), Mathew (June 22) &amp; Ryan L (June 30)</p> <p><b>COST: \$15-25</b></p> <p><b>Pick up 3pm</b></p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 PADDLE FAMILY JAM BAND!</p>  <p>10:45 Free Time</p> <p>12:00 LUNCH</p> <p>1:00 MOVIE AFTERNOON AT PADDLE</p>

