

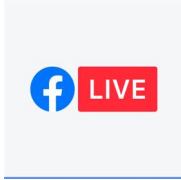










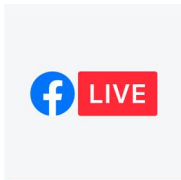





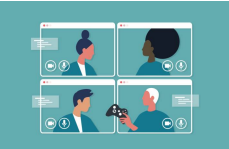



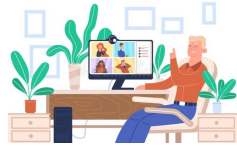


























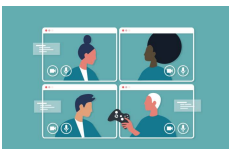
SEPTEMBER 2020 *VIRTUAL

Mon	Tue	Wed	Thu	Fri
	8	9	10	11
	<p>11:00-11:45 Re-connecting with Friends on ZOOM</p>   <p>1:30-2:15 Facebook Live Music with Kristy</p>  	<p>11:00-11:45</p> <p>Workout Wednesdays with Miranda</p>  <p>*no workout equipment necessary. Just some space and some water!</p> <p>1:30-2:15 Games with Jeff</p> 	<p>11:00-12:00</p> <p>Women's Wellness OR Men's Health</p> <p>Women's Wellness with Miranda</p>  <p>Men's Health with Jeff</p>  <p>1:30-2:15 Art with Miranda</p>  <p>SUPPLIES YOU WILL NEED TO PARTICIPATE LIVE:</p> <ul style="list-style-type: none"> *Paper *White Elmer Glue *Salt *Water *Paint/Paint Brush 	<p>11:00-11:45</p> <p>Music with Jeff</p>   <p>1:30-2:15</p> <p>Games with Ryan Littlejohn</p>  

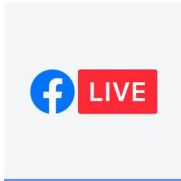




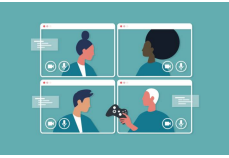

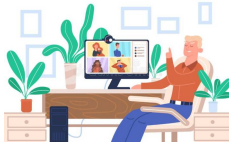
SEPTEMBER 2020*VIRTUAL

Monday	Tue	Wed	Thu	Fri
14	15	16	17	18
<p>11:00-11:45 Facebook Live Music with Kristy</p>   <p>1:30-2:30</p> <p>Making oven baked cinnamon sugar donut holes with Miranda!</p>  <p>HERE ARE THE SUPPLIES YOU WILL NEED TO PARTICIPATE LIVE WITH MIRANDA:</p> <ul style="list-style-type: none"> *1 can of Pillsbury Biscuits *1 tsp Cinnamon *5 TBS butter *1/2 Cup of Sugar 	<p>11:00-11:45 Math for the Real World with Jeff</p>   <p>7:00-8:00pm Games with Ryan Littlejohn</p>  	<p>11:00-11:45 Workout Wednesdays with Miranda</p>   <p>*no workout equipment necessary. Just some space and some water!</p> <p>1:30-2:30</p> <p>Let's Talk! With Jeff & Kristy</p>  	<p>11:00-11:45 Music with Jeff</p>   <p>1:30-2:30</p> <p>Women's Wellness OR Men's Health</p> <p>Women's Wellness with Miranda</p>  <p>Men's Health with Jeff</p> 	<p>11:00-11:45</p> <p>Games with Miranda</p>   <p>1:15-2:00 Music with Jeff: Rhythm and Rhyme workshop</p>  <p>*Try to have a list of Action words ready to share!</p>

SEPTEMBER 2020 *VIRTUAL

Mon	Tue	Wed	Thu	Fri
21	22	23	24	25
<p>11:00-11:45</p> <p>Music with Jeff</p>   <p>1:30-2:30</p> <p>Crafts with Miranda</p>  <p>HERE ARE THE LIST OF SUPPLIES YOU WILL NEED TO PARTICIPATE LIVE WITH MIRANDA:</p> <ul style="list-style-type: none"> *3 Pipe Cleaners *A decent amount of beads (whatever colors you like) *clothes pin *white elmer glue *Glitter 	<p>11:00-11:45</p> <p>Current Events with Jeff</p>   <p>1:30-2:30 Karaoke with Miranda</p>  	<p>11:00-11:45 Let's</p> <p>Let's Talk with Jeff & Kristy</p>   <p>1:30-2:15 Workout Wednesdays with Miranda</p>   <p>*no workout equipment necessary. Just some space and some water!</p>	<p>11:00-12:00</p> <p>Women's Wellness with Miranda</p>  <p>Men's Health with Jeff</p>  <p>1:30-2:30</p> <p>Making Salsa with Jeff</p>  <p>HERE ARE THE LIST OF INGREDIENTS YOU WILL NEED TO PARTICIPATE LIVE:</p> <ul style="list-style-type: none"> *3-4 Tomatoes *1 Green Pepper *1/2 cup parsley or cilantro *Juice from lime *cumin *Chili Powder *salt & pepper *nacho chips! *Food Processor OR many hands for chopping 	<p>11:00-11:45</p> <p>Facebook Live Music with Kristy</p>   <p>1:30-2:30</p> <p>Games with Ryan Littlejohn</p>  

SEPTEMBER 2020 *VIRTUAL

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right; color: red;">28</p> <p>11:00-11:45 Facebook Live Music with Kristy</p>   <p>1:00-3:00pm MANDATORY SUPPORT STAFF ORIENTATION ON SITE AT THE PADDLE PROGRAM for people supporting the participants that have registered to return to PADDLE October 1st.</p>	<p style="text-align: right; color: red;">29</p> <p>11:00-11:45 Just Dance with Miranda!</p>   <p>7:00-8:00pm Games with Ryan Littlejohn</p>  	<p style="text-align: right; color: red;">30</p> <p>11:00-11:45 Let's chat: Program re- opening details/questions with PADDLE Staff</p>   <p>1:00-1:45 Music with Jeff</p> 