










DECEMBER 2020

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
	9:30 Stretches/Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar
	10:00 Current Affairs (VIRTUAL)	10:00 Workout Wednesdays TAI CHI (VIRTUAL)	10:00 Mindful Meditation with Jessica (VIRTUAL)	10:00 CANADORE Rec Student Program (VIRTUAL)
				
	11:00 Let's take a tour of : The Station Restaurant with COLE! (VIRTUAL)	11:00 Outdoor Walk OR Indoor Walk	11:00 Music with Special Guest: Esther Pennell VIRTUAL: we ask you to please mute your microphone once Esther starts to play	11:00 Docuseries
	12:00 LUNCH			
	1:15 Canadore Rec Student Program (VIRTUAL)	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH
		1:15 Games: Jeopardy	1:15 Men's Health (VIRTUAL) & Women's Wellness	1:15 Music with Kristy (VIRTUAL: Facebook)
	2:00 Christmas Cards & greetings	 (VIRTUAL)	2:00 Independent Learning	
		2:00 Free Time!		2:00 BINGO






VIRTUAL PROGRAM LINKS WILL BE POSTED THE DAY OF for those registered with our Virtual Programming. We will be running the virtual programs LIVE from PADDLE.

DECEMBER 2020

Mon	Tue	Wed	Thu	Fri
7	8	9	10	11
9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
9:30 Stretches/Calendar	9:30 Stretches/Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar
10:00 Let's chat (VIRTUAL)	10:00 Current Affairs (VIRTUAL)	10:00 Workout Wednesdays: Just Unwind- Yoga with Sellena (VIRTUAL)	10:00 Let's take a tour: San Diego Zoo	10:00 Canadore Rec Student Program (VIRTUAL)
11:00 Outdoor OR Indoor Walk 	NORTH BAY NUGGET  11:00 Games		11:00 Music: With Special Guest: Shawn Sasyniuk (VIRTUAL: we ask you to please mute your microphone once Shawn starts playing) 	 11:00 Docuseries: 
12:00 LUNCH	12:00 LUNCH	11:00 Outdoor OR Indoor Walk		
1:15 Music with Jeff (VIRTUAL: ZOOM) 	1:15 Canadore Rec Student Program (VIRTUAL) 	12:00 LUNCH		
		1:15 Games Digital Escape Room (VIRTUAL)	12:00 LUNCH	12:00 LUNCH
2:00 Tie Dye Prep! We will be tie dying our own masks *masks provided	2:00 Christmas Cards & Greetings	2:00 Tie Dye Masks	1:15 Men's Health (VIRTUAL) & Women's Wellness	1:15 Meet & Greet with Sarah Brophy's new friends at Variety East Side in Ottawa (VIRTUAL: ZOOM)
			2:00 Independent Learning	1:45 Music with Kristy (VIRTUAL: Facebook Live) 

Art: For ON SITE Art Programs, each individual will have access to their own art supply bin that will be kept in their locker. For VIRTUAL Art Programs, the list of supplies will be posted online 1 week prior to program.

DECEMBER 2020

Mon	Tue	Wed	Thu	Fri
14	15	16	17	18
9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
9:30 Stretches & Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar
10:00 Let's Chat: Catch up with an old friend (VIRTUAL)	10:00 Current Affairs (VIRTUAL) 	10:00 Workout Wednesdays JUST DANCE (VIRTUAL) 	10:00 Mindful Medication with Jessica (VIRTUAL)	10:00 Free Time
11:00 Outdoor OR Indoor Walk 	11:00 Games	11:00 Outdoor Walk OR Indoor Walk 	11:00 Music with Kristy (VIRTUAL: Facebook live) 	11:00 Christmas Music Karaoke (VIRTUAL: ZOOM)
12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 PIZZA LUNCH -Please bring \$3 if you would like 2-3 slices of pizza. Bring your own beverage	12:00 LUNCH
1:15 Music with Jeff (VIRTUAL: ZOOM) 	1:15 Music: With Special Guest: Rowan Buratti (VIRTUAL): we ask you to please mute your microphone once Rowan starts playing)	1:15 Games: Jeopardy with Special Guest Host: Ryan Littlejohn! (VIRTUAL) 	1:15 VIRTUAL CHRISTMAS TEA All are welcome to attend virtually (VIRTUAL: ZOOM link will be posted to Facebook the day of) Pop on between 1:15-2:15 to say Hello!	1:15 Christmas Movie Afternoon! 
2:00 Chalk Paint Christmas Sign	2:00 Free Time!	2:00 Craft: Finish Chalk Paint Christmas Sign	2:15 Free Time	

*FOR SUPPORTS/FAMILIES: If you are currently not on-site and are interested to come back in January, please contact Megan before December 18th @ 705 493 2401 or email: paddleprogram@yahoo.ca to arrange for required Health & Safety training

