













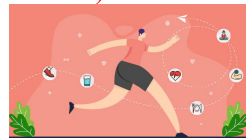



JANUARY 2021-REVISED

Mon	Tue	Wed	Thu	Fri
18	19	20	21	22
<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Art with Miranda (VIRTUAL) Supplies needed: Pencil OR Sharpie Pencil Crayons OR crayons Paper</p>  <p>1:15 Music with Jeff (VIRTUAL: ZOOM)</p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>11:00 Music with John MacDonald (VIRTUAL)</p>  <p>1:15 Art Fix intergenerational community mural with Rayme (VIRTUAL) Supplies needed: Pencil OR Sharpie Pencil Crayons OR crayons Paper</p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Workout Wednesday; YOGA with Miranda and special guest: Sellena (VIRTUAL)</p>  <p>1:15 Around the world with Melissa & Jeff (VIRTUAL)</p>  <p>6:30pm Games with Ryan Littlejohn!</p>	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Q& A with Clarke Heipel (VIRTUAL)</p>  <p>11:00 Women's Wellness with Megan & Miranda (VIRTUAL- ZOOM)</p> <p>1:15 Men's Health Jeff (VIRTUAL)</p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Cardio with Miranda (VIRTUAL)</p> <p>11:00 Q &A with the North Bay Police (VIRTUAL)</p>  <p>1:15 Music with Kristy (VIRTUAL- ZOOM)</p> 

Please welcome our virtual placement students! Melissa, Reanna & Sara. They will be joining in and hosting some of our ZOOM programs over the next couple of months!

JANUARY 2021-REVISED

Mon	Tue	Wed	Thu	Fri
25	26	27	28	29
<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Art with Miranda (VIRTUAL) Supplies needed: Pencil OR Sharpie Pencil Crayons OR crayons Paper</p>  <p>1:15 Music with Kristy + Brainstorming for February virtual/online calendar (VIRTUAL: ZOOM)</p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Current Affairs with Jeff (VIRTUAL) NORTH BAY NUGGET</p>  <p>1:15 Hanging with Emily (VIRTUAL)</p>	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Workout Wednesday with Miranda: Seated exercise (VIRTUAL)</p> <p>1:15 Games: Wheel of Fortune with Miranda (VIRTUAL)</p>  <p>6:30pm Games with Ryan Littlejohn!</p>	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>11:00 Women's Wellness with Megan & Miranda (VIRTUAL ZOOM)</p> <p>1:15 Men's Health with Jeff (VIRTUAL: ZOOM)</p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Around the world with Melissa (VIRTUAL)</p>  <p>11:00 Cardio with Miranda! (VIRTUAL)</p> <p>1:15 Music with Kristy (VIRTUAL: ZOOM)</p> 