


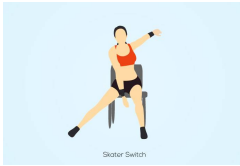



# FEBRUARY 2021-ONLINE

Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Yearbook viewing with Kristy –Let’s take a trip down Memory LANE together <b>(VIRTUAL)</b></p>  <p>1:15 Show &amp; Tell with Sara &amp; Jeff <b>(VIRTUAL)</b></p>	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Current Affairs with Jeff <b>(VIRTUAL)</b></p>  <p>1:15 Music with Shawn Sasyniuk <b>(VIRTUAL-ZOOM)</b></p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Workout Wednesday with Miranda! <b>(VIRTUAL)</b></p> <p>11:00 Movies with Martin &amp; Kristy *tell us about your favorite movie and why you love it so much! <b>(VIRTUAL ZOOM)</b></p> <p>1:15 Baking Granola Bars with Melissa &amp; Jeff <b>(VIRTUAL)</b></p> <ul style="list-style-type: none"> <li>- 2 ½ cups old fashioned rolled oats</li> <li>- ½ cups whole almonds</li> <li>- 1/3 cup honey</li> <li>- ¼ cup butter</li> <li>- ¼ cup packed brown sugar</li> <li>- ½ tsp vanilla</li> <li>- ½ cup dried cranberries</li> <li>- ¼ cup plus 2 TBS mini chocolate chips</li> </ul>	<p><b>RE-opening TBD</b> You will receive an email from Megan once announcement has been made detailing whether or not we will be re-opening at this time</p> <p>IF the ok has been given earlier in the week, PADDLE will be open 8:30am-3pm to those who have indicated they are returning <b>*SUPPORTS-</b> please make sure you bring an updated Covid test to work the day you return*</p> <p>10:00 Women’s Wellness with Megan &amp; Miranda <b>(VIRTUAL-ZOOM)</b></p> <p>1:15 Men’s Health Jeff <b>(VIRTUAL)</b></p>	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY <b>(TBD)</b></p> <p>10:00 Cardio with Miranda <b>(VIRTUAL)</b></p>  <p>11:00 Wellness with Reanna <b>(VIRTUAL)</b></p>  <p>1:15 Music with Ryan Problems <b>(VIRTUAL-ZOOM)</b></p> 