



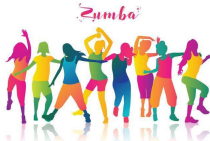



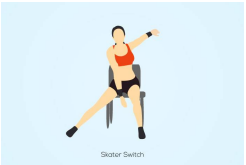



# MARCH 1-5 2021-ONLINE

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 ART with Miranda! <b>(VIRTUAL)</b></p> <p>Supplies needed: *Pencil/pen/sharpie *Crayons/pencil crayons/markers *Paper We will be doing a draw along video on YOUTUBE</p>  <p>1:15 Yearbook viewing: watch an old yearbook video together <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 Rowan <b>(VIRTUAL)</b></p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Workout Wednesday with Miranda and Special Guest: KINDA from The Studio! (Zumba session) <b>(VIRTUAL)</b></p>  <p>1:15 Dog tricks and more with Darlene from Best Care Kennels! <b>(VIRTUAL)</b></p>  <p><b>6:30pm Games with Ryan Littlejohn (VIRTUAL)</b></p>	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Women's Wellness with Megan &amp; Miranda <b>(VIRTUAL- ZOOM)</b></p>  <p>11:00 No Bake Baking with Melissa &amp; Sara! <b>Ingredients you will need:</b> 1 tortilla ½ tsp sugar 1/8 tsp cinnamon 2 TBS cream cheese (softened take out of fridge in morning) ½ cup cut fruit (whatever you have at your home!)</p> <p>1:15 Men's Health Jeff <b>(VIRTUAL)</b></p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</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 Kristy <b>(VIRTUAL)</b></p> 