

# SEPTEMBER 2021

Mon	Tue	Wed	Thu	Fri
	7	8	9	10
	<p>9:00 Good Morning &amp; Welcome back</p> <p>9:30 Stretches and Calendar</p> <p>10:00 Setting up new outdoor space together!</p> <p>11:00 Outdoor Games and Activities</p> <p>12:00 LUNCH</p> <p>1:15 Music with Kristy (VIRTUAL)</p>  <p>2:00 Walk outside OR Wii Games</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretches and Calendar</p> <p>10:00 Art with Miranda *Draw along (you will just need something to draw with and something to draw on) (VIRTUAL)</p>  <p>11:00 Outside Walk</p>  <p>12:00 LUNCH</p> <p>1:15 BINGO with Miranda (VIRTUAL)</p>  <p>2:00 Free Time!</p>	<p>9:00 Good Morning</p> <p>9:30 Stretches and Calendar</p> <p>10:00 Music with Kristy (VIRTUAL)</p>  <p>11:00 Outside Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Yoga &amp; Stretching with Miranda (VIRTUAL)</p>  <p>2:00 Board Games</p>	<p>9:00 Good Morning</p> <p>9:30 Stretches and Calendar</p> <p>10:00-12 Green House Site Prep (working on measuring and leveling out ground for our new greenhouse!)</p>  <p>OR</p> <p>10:00 Music Trivia with Kristy (VIRTUAL)</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Jeff (VIRTUAL)</p>  <p>2:00 Free Time!</p>



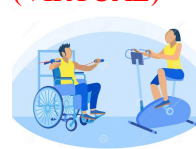













VIRTUAL PROGRAM LINKS WILL BE POSTED THE DAY OF for those registered with our Virtual Programming. We will be running the virtual programs LIVE from PADDLE.

# September 2021

Mon	Tue	Wed	Thu	Fri
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<p>9:00 Good Morning</p> <p>9:30 Calendar and Stretches</p> <p>10:00 Art with Miranda <b>(VIRTUAL)</b></p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Working on Greenhouse Site with Jeff</p>  <p>OR</p> <p>Music with Kristy <b>(VIRTUAL)</b></p>  <p>2:00 Youtube Trivia with Miranda</p> 	<p>9:00 Good Moring</p> <p>9:30 Calendar and Stretches</p> <p>10:00 Current Affairs-sharing and talking about news with Jeff <b>(VIRTUAL)</b> *elections edition NORTH BAY NUGGET</p>  <p>11:00 Outdoor Games with Miranda</p> <p>12:00 LUNCH</p> <p>1:15 Pictionary with Kristy <b>(VIRTUAL)</b></p>  <p>2:00 Music Book-lets work on creating a PADDLE songbook together with Jeff!</p>	<p>9:00 Good Morning</p> <p>9:30 Calendar and Stretches</p> <p>10:00 Workout Wednesday <b>(VIRTUAL)</b></p>  <p>11:00 Card Games</p>  <p>12:00 LUNCH</p> <p>1:15 Wheel of Fortune <b>(VIRTUAL)</b> <b>MIRANDA</b></p>  <p>2:00 Brainstorming for October Calendar!</p>	<p>9:00 Good Morning</p> <p>10:00 Yoga with Jeff <b>(VIRTUAL)</b></p>  <p>11:00 Greenhouse prep</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy <b>(VIRTUAL)</b></p>  <p>2:00 Outdoor Walk</p> 	

\*Please remember to limit the amount of items you are bringing to The PADDLE Program. Each individual and Support will have access to their own locker for storing personal items.

# September 2021

Mon	Tue	Wed	Thu	Fri
20	21	22	23	24
9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
9:30 Calendar and Stretches	9:30 Calendar and Stretches	9:30 Calendar and Stretches	9:30 Calendar and Stretches	9:30 Calendar and Stretches
10:00 Art with Music. Draw what inspires you to the music with Jeff <b>(VIRTUAL)</b>	10:00 Current Affairs-sharing and talking about news with Jeff <b>(VIRTUAL)</b>	10:00 Workout Wednesday <b>(VIRTUAL)</b>	10:00 Music with Kristy <b>(VIRTUAL)</b>	10:00 Mindful Meditation and gentle stretching with Jeff <b>(VIRTUAL)</b>
				
11:00 Outdoor Walk	11:00 Outdoor Games with Miranda	11:00 Free Time	11:00 Outdoor Walk	11:00 Outdoor walk
				
12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH
1:15 Tai Chi <b>(VIRTUAL)</b> <b>MIRANDA</b>	1:15 Music with Shawn Sasyniuk <b>(VIRTUAL)</b>	1:15 Youtube Trivia with Kristy <b>(VIRTUAL)</b>	1:15 No Bake with Miranda <b>(VIRTUAL)</b>	1:15 Movie afternoon (Bring your own snacks!)
				
2:00 Games	2:00 PADDLE Music Song Book	2:00 Greenhouse prep	2:15 Free Time	
				

# September 2021

Mon	Tue	Wed	Thu	Fri
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<p>9:00 Good Morning</p> <p>9:30 Calendar &amp; Stretches</p> <p>10:00 Jeopardy with host Ryan Littlejohn <b>(VIRTUAL)</b></p>  <p>11:00 Outdoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Jeff <b>(VIRTUAL)</b></p>  <p>2:00 Free Time</p>	<p>9:00 Good Morning</p> <p>9:30 Calendar &amp; Stretches</p> <p>10:00 Current Affairs with Jeff <b>(VIRTUAL)</b></p>  <p>11:00 Outdoor Activities</p> <p>12:00 LUNCH</p> <p>1:15 Bet you can't laugh (funniest Youtube videos) &amp; Joke telling –share your favorite joke with your friends! <b>(VIRTUAL)</b></p>  <p>2:00 Outdoor Walk</p> 	<p>9:00 Good Morning</p> <p>9:30 Calendar &amp; Stretches</p> <p>10:00 Workout Wednesday with Miranda <b>(VIRTUAL)</b></p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Games with Miranda <b>(VIRTUAL)</b></p> <p>2:00 Fall Craft with JEFF</p> 	<p>9:00 Good Morning</p> <p>9:30 Calendar and Stretches</p> <p>10:00 Music with Kristy <b>(VIRTUAL)</b></p>  <p>11:00 Outdoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness <b>(Facebook Messenger)</b> <b>MEGAN</b> OR Men's Health <b>JEFF</b><b>(VIRTUAL-zoom)</b></p> <p>2:15 Free Time</p>	

