



















NOVEMBER 2021

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<p>9:30 Stretch & Calendar</p> <p>10:00 Art (“Draw along”) with Jeff</p>  <p>11:00 Outdoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:00 Free Time</p>	<p>9:30 Stretch & Calendar</p> <p>10:00 Current Affairs with Miranda</p>  <p>11:00 Work on PADDLE songbook with Kayleigh</p>  <p>12:00 LUNCH</p> <p>1:15 Makin Milkshakes with Bryan C and Jeff</p>  <p>2:00 Outdoor Walk</p> 	<p>9:30 Stretch & Calendar</p> <p>10:00 Seated Yoga & Meditation with Jeff</p>  <p>10:00 Practice for talent show</p>  <p>12:00 LUNCH</p> <p>1:15 Price is Right with Kayleigh</p>  <p>2:00 Drum along to your favorite songs with Jeff</p> 	<p>9:30 Stretch & Calendar</p> <p>10:00 Music with Jeff</p>  <p>11:00 Outdoor Games & Activities with Miranda</p> <p>12:00 LUNCH</p> <p>1:15 Music with Serra (Virtual, all Participants welcome to attend-link will be posted morning of)</p>  <p>2:00 Games-This or That with Kristy</p>	<p>9:30 Stretch & Calendar</p> <p>10:00 Board Games</p>  <p>11:00 Work on Shania video with Miranda & Kayleigh</p>  <p>12:00 LUNCH</p> <p>1:15 Crafts with Kayleigh</p>  <p>2:00 Free Time</p>
















We have 2 outings planned this month, please let Kristy or Megan know if you are not attending or typically take a Taxi to outings if you will be arranging alternative transportation that day.

NOVEMBER 2021


Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
<p>9:30 Stretch & Calendar</p> <p>10:00 Doodl'in with Miranda</p> <p>11:00 Card Games</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Jeff</p>  <p>2:00 Outdoor Walk</p> 	<p>9:30 Stretch & Calendar</p> <p>10:00 Current Affairs with Jeff NORTH BAY NUGGET</p>  <p>11:00 Outdoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Art Fix</p> 	<p>9:30 Stretch & Calendar</p> <p>10:00 Workout Wednesday</p>  <p>11:00 Practice for Open Mic</p>  <p>12:00 LUNCH *PIZZA Lunch IF you wish to participate please bring \$4 (this will get you 2-3 slices of pizza and a drink)</p>  <p>1:15 Drum to our favorite tunes with Jeff</p>  <p>2:00 Free Time</p>	<p>9:30 Stretch & Calendar</p> <p>10:00 Music with Kristy</p>  <p>11:00 Streaming Remembrance Day Ceremony OR Art</p>  <p>12:00 LUNCH</p> <p>1:15 Wellness with Jeff</p>  <p>2:00 Make your own Caramel Apples with Miranda & Kristy</p> 	<p>9:30 Stretch & Calendar</p> <p>10:00 Watching Love on the Spectrum Season 2</p>  <p>11:00 Outdoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Name that Tune with Danny G</p>  <p>2:00 Music with Kristy</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.

NOVEMBER 2021

Mon	Tue	Wed	Thu	Fri
15	16	17	18	19
<p>9:30 Stretch & Calendar</p> <p>10:00 Music with Jeff</p>  <p>11:00 Outdoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Art with Miranda</p>  <p>2:00 No Bake with Kristy (Make your own chocolate covered marshmallows)</p>  <p>*If you are participating in make your own sandwich and dessert on Friday please bring \$3 today or Tuesday</p>	<p>*MEET AT NORTHGATE SQUARE TOWER DOORS FOR 9AM (PADDLE staff will arrive at 8:30) *PADDLE (235 Albert St) closed until 11:15am</p> <p>*Remember to bring your vaccine passport and photo ID</p> <p>PICK UP 11am at Northgate square Tower Doors to Return to PADDLE</p> <p>12:00 LUNCH</p> <p>1:15 Wheel of Fortune with Miranda</p>  <p>2:00 Work on PADDLE songbook with Jeff</p> 	<p>9:30 Stretch & Calendar</p> <p>10:00 Prepping for Open Mic</p>  <p>10:30 OPEN MIC EXTRAVAGANA</p> <p>12:00 LUNCH</p> <p>1:15 Music with Sam</p>  <p>2:00 Bingo with Kayleigh</p> 	<p>*Housecoat Day in honor of Bryan C- wear your housecoat to PADDLE if you have one!</p> <p>9:30 Stretch & Calendar</p> <p>10:00 Music with Jeff</p>  <p>11:00 Learning about Digital Currency with Ryan L</p>  <p>12:00 LUNCH</p> <p>1:15 make your own PRANK crafts with Bryan C & Kristy</p>  <p>2:00 Chill Time with Bryan C</p> 	<p>9:30 Stretch & Calendar</p> <p>10:00 ART FIX with Kristy</p>  <p>11:00 MAKE YOUR OWN LUNCH with Kayleigh & Miranda (sandwich & pudding Trifle) - \$3</p>  <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon</p> 

NOVEMBER 2021

Mon	Tue	Wed	Thu	Fri
22	23	24	25	26
<p>9:30 Calendar & Stretch</p> <p>10:00 Seated Yoga and Mediation with Jeff</p>  <p>11:00 Outdoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:00 Lifeskills-Healthy/Non Healthy Relationships with Megan</p>	<p>9:30 Calendar & Stretch</p> <p>10:00 Current Affairs with Jeff NORTH BAY NUGGET</p>  <p>11:00 Fall Craft with Kayleigh & Miranda</p>  <p>12:00 LUNCH</p> <p>1:15 Work on Shania Video with Kayleigh & Miranda</p>  <p>2:00 Youtube Music Trivia with Kristy & PADD Gang</p> 	<p>9:30 Calendar & Stretch</p> <p>10:00 Youtube Trivia with Kayleigh</p>  <p>11:00 Workout Wednesday with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 THINGS with Jeff One person makes a "things" statement (for instance, "Things That Make You Smile") and everyone else writes down an example on a piece of paper. The answers are collected and read aloud and everyone tries to guess who wrote what.</p> <p>2:15 Free Time</p>	<p>9:30 Stretch & Calendar</p> <p>10:00 Music with Kristy –VIRTUAL with Sarah Brophy & Friends in Ottawa-Link will be posted day of</p>  <p>11:00 Sound game with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Music with Shawn Sasyniuk (VIRTUAL-all PADDLE participants are welcome to attend-ZOOM Link will be posted day of)</p> <p>2:00 Work on PADDLE Songbook with Jeff</p> 	<p>9:30 Stretch & Calendar</p> <p>10:00 Watching Love on the Spectrum Season 2</p>  <p>11:00 Free Time</p> <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15 *Remember to bring your vaccine passport and Photo ID*</p> <p>Pick up 3pm at Winners</p>

NOVEMBER 2021

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">29</p> <p>9:30 Stretch & Calendar</p> <p>10:00 Outdoor Walk</p>  <p>11:00 Art with Miranda</p>  <p>12:00 LUNCH</p> <p>1:15 Making Snacks-Graham-Cracker Delight with Kristy</p>  <p>2:00 Music with Jeff</p> 	<p style="text-align: right;">30</p> <p>9:30 Stretch & Calendar</p> <p>10:00 Current Affairs with Jeff</p> <p>11:00 Florida-Lets explore with Jeff, Chris & Ryan</p>  <p>12:00 LUNCH</p> <p>1:15 BINGO with Miranda</p>  <p>2:00 Outdoor Walk</p> 			