









# JUNE 2022

Mon	Tue	Wed	Thu	Fri
		1	2	3
		9:30 Calendar/Stretch with Megan  10:00 Walk to Burrows with Jeff & Kayleigh to pick out plants for the greenhouse  OR Workout Wednesday with Kristy  11:00 Lunch Prep with Megan  12:00 LUNCH  1:15 BINGO at PADDLE with Kayleigh *Full card gets a skip the dishes dessert of their choice!*	9:30 Calendar/Stretch with Jeff  10:00 Music with Kristy   11:00 Planting in the greenhouse garden  12:00 LUNCH  1:15 Outdoor painting with Kayleigh & social afternoon PLUS "THE YARD" takes their business outside! Make your own smoothie 	9:30 Calendar/Stretch with Kayleigh  10:00 Karaoke with host Jeff   11:00 Free time  11:45 LUNCH  <b>BOOK PARABUS TO ARRIVE AT APOLLO GYM FOR 1:30</b>  1:30-3 Gym time COST- FREE! (Thank you Apollo!!)    <b>3pm Pick up at Apollo Gym (195 tenth street)</b>
				
		2:15 Music Trivia with Kristy		















As the weather gets hotter, please make sure you bring water!! (Especially on days we have outings)

If you are choosing to go to BURROWS (we are walking there and back) on June 1<sup>st</sup> please let us know in advance















# JUNE 2022

Mon	Tue	Wed	Thu	Fri
6	7	8	9	10
<p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Watch &amp; Discuss Love on the Spectrum US</p>  <p>11:00 Meal plan with Kayleigh</p>  <p>12:00 LUNCH</p> <p>1:15 Family Feud with Teggan &amp; Kristy</p>  <p>2:00 Greenhouse jobs</p> 	<p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Current Affairs with Jeff</p>  <p>11:00 ZUMBA outside with Kindra from The Studio!</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Jeff</p>  <p>2:00 <b>No Bake</b>-Make your own mini Angel berry Trifle with Kristy</p> 	<p>9:30 Calendar/Stretch with Megan</p> <p>10:00 Draw along with Kristy</p>  <p>11:00 Lunch Prep with Kayleigh</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:30</b></p> <p>1:30 Farmer's Market &amp; Downtown or Waterfront Walk</p>  <p><b>Pick up 3pm North Bay Museum</b></p>	<p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Music with Jeff</p>  <p>11:00 Walk with Kayleigh &amp; Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Baking Brownies with Kayleigh &amp; Lori</p>  <p>2:15 Free Time</p>	<p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 OPEN MIC with Hosts Jeff &amp; Jesse</p>  <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:00 Greenhouse jobs</p> 














# JUNE 2022

Mon	Tue	Wed	Thu	Fri
13	14	15	16	17
<p><b>*Happy Bday Teggan!*</b></p> <p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Watch &amp; Discuss Love on the Spectrum US</p>  <p>11:00 Meal Plan with Kristy</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT WATERFRONT (large public parking lot by bandshell) for 1:15</b></p> <p>1:15-3 Carousel rides and waterfront hangs *PADDLE will cover the cost of 1 ride pp*</p>  <p><b>Pick up 3pm at waterfront</b> (large public parking lot beside bandshell)</p>	<p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 greenhouse garden update &amp; jobs</p>  <p>11:00 Learn a TikTok dance with Kayleigh!</p>  <p>12:00 LUNCH</p> <p>1:15 Taste of the world –blindfold taste test with Kristy &amp; Megan &amp; writing Snack reviews</p> 	<p>9:30 Calendar/Stretch with Megan</p> <p>10:00 Walk with Jeff &amp; Kayleigh</p>  <p>11:00 Lunch Prep with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Outdoor fun with paint with Kayleigh &amp; Kristy</p>  <p>2:15 The Pinata Tshirt Game with Kristy</p>	<p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Music with Kristy outside!</p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Music with Shawn &amp; Sam</p>  <p>2:15 Youtube Trivia with Kayleigh</p> 	<p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Draw Along with Jeff</p>  <p>11:00 Games with friends (switch, cards, boardgames!)</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE TOWER DOORS FOR 1:30</b></p> <p><b>1:30-3pm Shopping at Northgate</b></p>  <p><b>*bring a list and we can help you fine what you are looking for!*</b></p> <p><b>Pick up 3pm Northgate Square Tower Doors</b></p>

# JUNE 2022

Mon	Tue	Wed	Thu	Fri
20	21	22	23	24
<p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Watch &amp; Discuss Love on the Spectrum US</p>  <p>11:00 Meal planning with Jeff</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT HIGHBALL BILLIARDS FOR 1:30</b></p>  <p>1:30-3 Pool with friends *no cost to play, but bring \$ if you would like to purchase snacks!*</p> <p><b>Pick up 3pm at Highball</b></p>	<p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Current Affairs with Jeff</p>  <p>11:00 Outdoor walk with Kayleigh &amp; Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Music with FOXGLOVE</p>  <p>2:15 Free time</p>	<p><b>*Happy Bday Mathew*</b></p> <p>9:30 Calendar/Stretch with Megan</p> <p>10:00 Break the Ice Game with Kristy</p> <p>11:00 Lunch prep with Jeff</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT MINI PUTT for 1:15</b></p>  <p>1:15 Mini Putt &amp; Ice Cream <b>COST: \$8.50tax included</b> (includes 1 game of mini golf and 1 small ice cream or slushy)</p> <p><b>Pick up 3pm at Mini Putt (lakeshore)</b></p>	<p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Music with Jeff</p>  <p>11:00 Walk outside with Jeff &amp; Kayleigh</p>  <p>or Art</p>  <p>with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon at PADDLE</p> 	<p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Walk with Kayleigh &amp; Kristy</p>  <p>11:00 Games with friends (air hockey/cards/switch)</p> <p><b>LUNCH 12:30 BACKYARD BBQ SOCIAL</b> (Cost \$3pp, please bring money by Tuesday 21<sup>st</sup>) -Games &amp; social time -Music with Darius (1:15)</p>  

# JUNE 2022

Mon	Tue	Wed	Thu	Fri
27	28	29	30	
<p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Music with Kristy OR Menu Plan with Kayleigh</p>  OR  <p><b>BOOK PARABUS TO ARRIVE AT OLMSTEAD BEACH FOR 11AM For UP THE CREEK WITHOUT A PADDLE</b>-fundraiser (fundraiser taking place 11-1pm, all are welcome to attend!)</p>  <p>12:00 PIZZA LUNCH AT THE BEACH \$4 PP (includes pop)</p>  <p>(Please bring in the \$4 by Friday 24<sup>th</sup> if you want to have some pizza on the beach!)</p> <p>1-3pm Beach Day!!</p> <p>Pick up 3pm at Olmstead Beach (on trout lake)</p>	<p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Make your own Summer Bouquet with Kayleigh &amp; Kristy</p> <p>11:15 Walk outside with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 BINGO at PADDLE with Kayleigh</p>  <p>2:00 Music with Kristy</p> 	<p>9:30 Stretch/Calendar with Megan</p> <p>10:00 Greenhouse garden check in &amp; jobs with Jeff</p>  <p>11:00 LUNCH Prep with Kayleigh</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT North Bay Museum FOR 1:30</b></p> <p>1:30-3:00 Farmers Market &amp; Walk downtown or waterfront</p>  <p>Pick up 3pm at North bay Museum</p>	<p><b>*Happy Bday Ryan L*</b></p> <p>9:30 Stretch/Calendar with Kayleigh</p> <p>10:00 Music with Jeff</p>  <p>11:00 Draw Along Kayleigh &amp; Tasha</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15</b></p> <p>1:15-3 Shopping at Winners Plaza</p>  <p>Pick up 3pm at Winners</p>	

