


# SEPTEMBER 2022

Mon	Tue	Wed	Thu	Fri
	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	<p>9:00 Good Morning &amp; Welcome Back!</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Walk with Jeff &amp; Kayleigh</p>  <p>11:00 Rice Krispie square making with Kristy and socializing with friends</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:00 Social Tea</p>	<p>9:00 Good Morning</p> <p>9:30 Calendar &amp; Stretch with Kayleigh</p> <p>10:00 Workout Wednesday with Kristy</p>  <p>11:00 Lunch Prep with Kayleigh</p>  <p>12:00 LUNCH</p> <p>1:15 PADDLE Time Capsule with Jeff &amp; Kayleigh</p> 	<p>9:00 Good Morning</p> <p>9:30 Calendar &amp; Stretch with Kristy</p> <p>10:00 Sound Art Workshop with Jeff</p> <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Group Games Afternoon with Kayleigh, Jeff &amp; Kristy</p> 	<p>9:00 Good Morning</p> <p>9:30 Calendar &amp; Stretch with Jeff</p> <p>10:00 Tik Tok Challenges with Kayleigh</p>  <p>11:00 Make your own Dill Pickle Dip with Kristy</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTHGATE SHOPPING MALL TOWER DOORS FOR 1:15</b></p> <p>1:15-3 Shopping</p>  <p><b>3:00 Pick up at Tower Doors Northgate</b></p>

# SEPTEMBER 2022

Mon	Tue	Wed	Thu	Fri
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p>9:00 Good Morning</p> <p>9: 30 Calendar/Stretch with Jeff</p> <p>10:00 Games with Friends (switch, cards, boardgames etc...)</p>  <p>11:00 Menu Planning with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Positive self affirmations- chocolate surprise with Jeff</p> <p>2:15 Free Time</p>	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Current Affairs with Jeff <b>NORTH BAY NUGGET</b></p>  <p>11:00 Group craft with Kayleigh – Paper wind chimes</p> <p>12:00 LUNCH</p> <p>1:15 Group Work- Planning October Schedule with Kristy</p> 	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Outdoor Walk with Jeff OR Workout Wednesday with Kayleigh</p>  <p>OR</p>  <p>11:00 Lunch Prep with Kristy</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT North Bay Museum Downtown</b></p> <p><b>1-3 Farmer's Market &amp; Downtown shopping</b></p> <p><b>Pick up 3pm at North Bay Museum</b></p>	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Music with Kristy</p>  <p>11:00 Drying Herbs from the garden with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Men's Health with Jeff OR Women's Wellness with Megan</p> 	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Make your own Apple Sauce with Jeff</p>  <p>11:15 Free Time</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT APOLLO FOR 1:15</b></p> <p>1:15-2:45 Gym time! Cost: FREE! Thank you Apollo!</p> <p><b>3pm Pick up at Apollo</b></p>

# SEPTEMBER 2022

Mon	Tue	Wed	Thu	Fri
19	20	21	22	23
9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
9:30 Calendar/Stretch with Kristy	9:30 Calendar/Stretch with Kayleigh	9:30 Calendar/Stretch with Jeff	9:30 Calendar/Stretch with Kayleigh	9:30 Calendar/Stretch with Kristy
10:00 Draw along with Kayleigh 	10:00 Science Experiments with Jeff 	10:00 Survivor contestants/survivor pool with Kayleigh 	10:00 Music with Jeff 	10:00 Photo Scavenger Hunt with Jeff & Kayleigh 
11:00 Meal Planning with Jeff 	11:15 Free Time	11:00 Lunch Prep with Jeff 	<b>BOOK PARABUS TO ARRIVE AT for 12:15</b>	 <small>shutterstock.com - 1804548127</small>
12:00 LUNCH	12:00 LUNCH		<b>12:30-3:15 CHIEF COMMANDA CRUISE</b>	12:00 LUNCH
1:15 Movie Afternoon 	1:15 Music 	<b>BOOK PARABUS TO ARRIVE AT WATERFRONT (large public parking near bandshell) FOR 12:15</b>		1:15 Music with Darius 
	2:15 Games with friends (switch, cards, boardgames etc...)  	<b>12:15 PICNIC LUNCH &amp; Walks AT WATERFRONT</b> 	<b>Pick up 3:20 at waterfront bandshell</b>	2:00 Free Time
		<b>Pick up 3pm at Waterfront</b>	<b>*COST \$40 for participants, support workers get on for free</b> *Please bring money today for Cruise* *email was sent out early July to sign up for this cruise*	

**\*if you are not signed up for Wednesday lunches, please bring \$3 if you would like to partake in the picnic**

# SEPTEMBER 2022

Mon	Tue	Wed	Thu	Fri
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Baking Muffins with Lori &amp; Jeff</p> <p>11:00 Menu Plan with Kayleigh</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:15</b></p> <p>1:15-3:00 Pool *Pool is free but bring \$\$ if you would like to buy snacks</p> <p><b>Pick up 3pm at Highball</b></p>	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Megan's makeover with Fabio (aka Ryan D)</p> <p>11:00 Current Affairs with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Re-Do of the PADDLE FRIENDS sign in hallway with Kayleigh</p> <p>2:00 Jeopardy with Ryan L</p> 	<p>9:00 Good Morning</p> <p><b>RYAN D's Birthday!</b></p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Survivor Episode 1</p>  <p>11:00 Lunch Prep with Kayleigh</p>  <p><b>BOOK PARABUS TO ARRIVE DOWNTOWN- North Bay Museum for 1:15</b></p>  <p>1:15-3 Farmer's Market &amp; Downtown</p> <p><b>Pick up 3pm at North Bay Museum</b></p>	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Music with Kristy</p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Tie Dye Your own PADDLE Tshirts with Jeff &amp; Kayleigh (we are ordering new white PADDLE tshirts at a cost of \$5/for participant &amp; \$10 for support staff if you want) *please bring \$5 for your shirt</p> 	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Family Feud with Kayleigh</p>  <p>11:00 Music with Jeff</p>  <p><b>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15</b></p> <p>1:15-Shopping at The Winner's Plaza</p>  <p><b>Pick up 3pm at Winners</b></p>

\*if you are not typically here on Thursday and still wish to purchase a t-shirt to tie dye-Not a problem!  
You can tie dye on a day you are here\*

