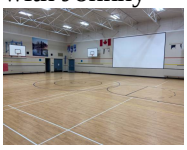
NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri
	1 9:30 Stretch & Calendar with Kristy 10:00 Current Affairs with Jeff 11:00 Gym Time with Johnny  12:00 LUNCH 1:15 Makin Milkshakes with Bryan C and Jeff 2:00 Music with Johnny 	2 9:30 Stretch & Calendar Johnny 10:00 Watch party-Survivor 11:00 Lunch Prep with Kayleigh 12:00 LUNCH 1:15 BINGO with Johnny 2:00 Drum along to your favorite songs with Jeff 	3 9:30 Stretch & Calendar with Kayleigh 10:00 Music with Jeff 11:00 Sensory Activity with Kayleigh OR Free Time 12:00 LUNCH 1:15 Karaoke with Johnny 2:00 Games-This or That with Kristy	4 9:30 Stretch & Calendar with Jeff 10:00 Board Games 11:00 Road Hockey (back of PADDLE) with Johnny & Jeff 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT WINNERS PLAZA FOR 1:15** **1:15 Shopping at Winners** **Pick up 3pm at Winners**

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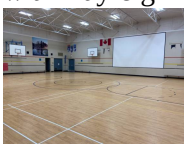
Mon	Tue	Wed	Thu	Fri
7 9:30 Stretch & Calendar with Jeff 10:00 Menu Planning with Kristy 11:00 Card Games with Kayleigh & Johnny 12:00 LUNCH 1:15 Music with Jeff 2:00 Free Time	8 9:30 Stretch & Calendar with Johnny 10:00 Current Affairs with Jeff 11:00 Gym Time with Kayleigh  12:00 LUNCH 1:15 Music Trivia with Bryan, Dan & Jeff 	9 9:30 Stretch & Calendar Kayleigh 10:00 Watch Party-Survivor 11:00 Lunch Prep with Kristy 12:00 LUNCH 1:15 Group Planning for December Calendar with Kristy DECEMBER 2022 Sun Mon Tue Wed Thu Fri Sat 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 Free Printable Calendars from Typecalendar.com	10 9:30 Stretch & Calendar with Johnny 10:00 Music with Kristy 11:00 Make a map with Shawn & Dan 12:00 LUNCH 1:15 Womens Wellness with Megan OR Men's Health with Jeff 2:00 Free Time	11 9:30 Stretch & Calendar with Kristy 10:00 No Bake with Kayleigh 11:00 Find Someone who…game with Kristy OR Watch Remembrance day ceremony 12:00 LUNCH **BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE FOR 1:30** **1:30-3:00 Shopping** **Pick up 3pm at Northgate Square (tower doors)**

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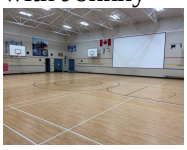
Mon	Tue	Wed	Thu	Fri
14 PJ DAY! Wear your favorite PJs Alexis's Day where she chose all the programs ☺ 9:30 Stretch & Calendar Kristy 10:00 Barb's hangover cure drink with Barb & Kayleigh 11:00 Reverse Hide & Seek with Barb & Kristy 12:00 LUNCH 1:15 Movie Afternoon with Snacks of Alexis's choice 	15 9:30 Stretch & Calendar with Kayleigh 10:00 Current Affairs with Jeff 11:00 Gym Time with Johnny  12:00 LUNCH 1:15 Music with Johnny 2:00 Free Time	16 9:30 Stretch & Calendar with Johnny 10:00 Watch Party-Survivor 11:00 Lunch Prep with Johnny (Make your own sandwich) 12:00 LUNCH 1:15 Brainstorming for PADDLE room updates-what does the ideal PADDLE space look like to you? With Kristy & Megan 2:00 Bingo with Kayleigh 	17 9:30 Stretch & Calendar with Kristy 10:00 Music with Jeff 11:00 Sensory Activity with Johnny OR Games 12:00 LUNCH 1:15 No Bake Shortbread Millionaire Bars with Kristy 2:15 Free Time	18 9:30 Stretch & Calendar with Jeff 10:00 Name that tune with Kayleigh 11:00 Road Hockey (back of PADDLE) with Johnny & Jeff 12:00 LUNCH **BOOK PARABUS TO ARRIVE AT APOLLO GYM FOR 1:30** **1:30-3:00 Gym time at Apollo Cost-FREE (THANK YOU APOLLO!!!)** **Pick up 3pm at Apollo**

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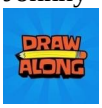
21 9:30 Calendar & Stretch with Jeff 10:00 Draw Along with Tasha & Johnny  11:00 Menu Planning with Jeff 12:00 LUNCH **BOOK PARABUS T0 ARRIVE AT HIGHBALL for 1:30** **1:30-3 Pool at Highball** **Cost-Free (Thank you Cindy @ Highball!!)** **Bring $ if you would like to purchase a snack** **Pick up 3pm at Highball**	22 9:30 Calendar & Stretch with Kristy 10:00 Current Affairs with Jeff 11:00 Gym time with Kayleigh 12:00 LUNCH 1:15 Baking & Making a sourdough starter with Patrick! 2:15 Free Time	23 9:30 Calendar & Stretch with Johnny 10:00 Watch Party-Survivor 11:00 Lunch Prep with Jeff 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT CASINO FOR 1:30** **1:30-3:00 Casino *please bring $ if you would like to gamble!*** **Pick up 3pm at Casino**	24 9:30 Stretch & Calendar with Kayleigh 10:00 Music with Kristy 11:00 Sound game with Jeff 12:00 LUNCH 1:15 Womens Wellness with Megan OR Men's Health with Jeff 2:00 Wii Games/Card or Board Games 	25 9:30 Stretch & Calendar with Johnny 10:00 Youtube Trivia with Kayleigh 11:00 Art with Johnny 12:00 LUNCH 1:15 Music with Shawn & Sam 2:15 Free Time

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28 9:30 Stretch & Calendar 10:00 Menu Planning with Kayleigh 11:00 Karaoke with Kristy 12:00 LUNCH 1:15 No Bake with Johnny 2:00 Music with Jeff 	29 9:30 Stretch & Calendar 10:00 Current Affairs with Jeff 11:00 Gym Time with Johnny 12:00 LUNCH 1:15 Price is Right with Kayleigh 2:15 Free Time	30 9:30 Stretch & Calendar with Johnny 10:00 Watch party-Survivor 11:00 Lunch Prep with Kayleigh 12:00 LUNCH 1:15 CHOPPED Cooking Staff Edition **Participants will judge**		