



















JUNE 2024









Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
<p>9:30 Calendar & Stretch with Rhiannon</p> <p>10:00 Menu Planning with Leah</p>  <p>11:00 Watch & Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p>Arts & Crafts Afternoon</p>  <p>1:15 Group Art with Gabby</p> <p>2:00 Crafts with Sarabeth & Rhiannon</p>	<p>9:30 Calendar & Stretch with Sarabeth</p> <p>10:00 GYM: Outdoor games with Jeff & Leah</p>  <p>OR</p> <p>Current Affairs with Gabby</p>  <p>11:00 Group Games with Rhiannon</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MALL FOR 1:15</p>  <p>1:15 Grocery Shopping at No Frills for Wednesday Lunch Program</p> <p>2:00 Free time to shop where you please</p> <p>Pick up 3pm at North Bay Mall – No frill entrance</p>	<p>9:30 Calendar & Stretch with Gabby</p> <p>10:00 Greenhouse with Jeff & Leah</p>  <p>11:00 Lunch Prep with Leah</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:00</p>  <p>1-1:30 Farmers Market</p> <p>1:30-3 Walk downtown or Waterfront</p> <p>Pick up 3pm at North Bay Museum</p>	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Gym with Rhiannon</p>  <p>10:30 Yoga with Sarabeth</p>  <p>11:00 Book Club with Kristy</p>  <p>OR</p> <p>Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness or Men's Health</p>  <p>2:15 Free Time</p>	<p>9:30 Calendar & Stretch with Celina</p> <p>10:00 Learn a new dance with Celina</p> <p>11:00 Music with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Outdoor Walk with Jeff, Sarabeth, Celina</p>  <p>2:00 Karaoke with Leah</p> 

Welcome back Celina! She will be with us for the next 8 weeks!

JUNE 2024

















Mon	Tue	Wed	Thu	Fri
10	11	12	13	14
<p>9:30 Calendar & Stretch with Celina</p> <p>10:00 Menu Planning with Gabby</p>  <p>11:00 Watch & Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:30</p>  <p>1:30-3 Pool with friends *pool is on the house (thanks Highball!) Bring money if you would like to purchase drink/snack</p> <p>Pick up 3pm Highball</p>	<p>9:30 Calendar & Stretch with Gabby</p> <p>10:00 GYM: with Gabby</p>  <p>OR</p> <p>Current Affairs with Sarabeth</p>  <p>11:00 Outdoor Walk with Rhiannon, Celina & Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Planning July Calendar – brainstorming afternoon with Kristy & Rhiannon</p> 	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Lunch prep for BBQ with Gabby & Rhiannon</p>  <p>11:30 BBQ LUNCH and backyard hangs with Chippewa SS crew</p> <p>12:30 Dance party with DJ Prime</p>  <p>2:00 Outdoor games with Jeff & Sarabeth</p> 	<p>9:30 Calendar & Stretch with Rhiannon</p> <p>10:00 Bug Talk with Martin & Jeff</p>  <p>11:00 Book Club with Kristy</p>  <p>OR</p> <p>Free Time</p> <p>BOOK PARABUS TO ARRIVE AT LEE PARK FOR 12:45 (Drop off at ballpark across from King Cone)</p>  <p>POUTINE FEAS</p> <p>1-3 Poutine Fest at Lee Park *Bring cash if you would like to purchase lunch at poutine fest*</p> <p>Pick up 3pm ballpark across from King Cone</p>	<p>9:30 Calendar & Stretch with Sarabeth</p> <p>10:00 Baking with Kristy</p>  <p>11:00 Greenhouse with Jeff & Leah</p>  <p>12:00 LUNCH</p> <p>1:15 Fathers Day Gift making with Rhiannon & Leah</p>  <p>2:00 Gabbin' with Gabby</p> 

JUNE 2024

Mon	Tue	Wed	Thu	Fri
17	18	19	20	21
9:30 Calendar & Stretch with Leah 10:00 Menu Planning with Sarabeth  11:00 Watch & Learn with Kristy  12:00 LUNCH 1:15 The Yard with Bryan, Dan & Jeff 2:00 Art with Celina & Gabby	9:30 Calendar & Stretch with Rhiannon 10:00 Outdoor walk with Jeff, Leah, Sarabeth  11:00 Craft with Celina 12:00 LUNCH BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE TOWER DOORS FOR 1:15  1:15-3 Shopping Pick up 3pm at Northgate Square Tower Doors	9:30 Calendar & Stretch with Sarabeth 10:00 Greenhouse with Jeff & Leah  11:00 Meal Prep with Sarabeth  12:00 LUNCH 1:15 Music with Steph Clarke!  2:00 Xenia Concert Information : Kristy	9:30 Calendar & Stretch with Celina 10:00 Gym Games – No Support Edition with Gabby & Sarabeth  11:00 Book Club with Kristy  OR Free Time 12:00 LUNCH 1:15 Movie Afternoon at PADDLE 	9:30 Calendar & Stretch with Kristy 10:00 Countries of the World with Rhiannon  10:30 Draw Along with Tasha & Sarabeth  UP THE CREEK FUNDRAISER DAY! BOOK PARABUS TO ARRIVE AT OLMSTEAD BEACH FOR 12:30  12:30 Pizza Lunch at Olmstead Beach (*Cost \$3 per person, please bring in money by Tuesday June 18th) 1:15 Up the Creek Fundraiser!! ALL ARE WELCOME TO ATTEND Pick up 3pm at Omstead beach

***Friday 21st All are welcome and encouraged to attend *families and friends are invited as well
 Come spend the day at the beach with us *Bring a towel if you would like to swim**

JUNE 2024

Mon	Tue	Wed	Thu	Fri
24	25	26	27	28
<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Menu Planning with Rhiannon</p>  <p>11:00 Watch & Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Shawn</p>  <p>2:00 Walk with Jeff, Celina & Sarabeth</p>	<p>9:30 Calendar & Stretch with Sarabeth</p> <p>10:00 Gym with Gabby & Rhiannon</p>  <p>OR</p> <p>Current Affairs with Jeff</p>  <p>11:00 Music with Darius</p>  <p>12:00 LUNCH</p> <p>1:15 Carnival Afternoon in PADDLE Backyard with Gabby, Rhiannon & Sarabeth</p>  <p>*join us for an afternoon of games and outdoor hangs</p>	<p>9:30 Calendar & Stretch with Celina</p> <p>10:00 Greenhouse with Jeff & Leah</p>  <p>11:00 BBQ Lunch PREP all staff</p>  <p>12:00 BBQ LUNCH (No cost all are welcome to have it)</p>  <p>1:15-2:45 2nd Annual PADDLE Plant sale (set up in PADDLE backyard-back of building) & OTF announcement</p> <p>*All are encouraged to attend! Bring a friend and buy some plants!</p> 	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Gym with Jeff</p>  <p>OR</p> <p>Outdoor Walk with Gabby & Rhiannon</p>  <p>11:00 Book Club with Kristy</p>  <p>OR</p> <p>Free Time</p> <p>BOOK PARABUS TO ARRIVE AT BOSTON PIZZA FOR 1pm</p> <p>JUNE BIRTHDAY LUNCH @ Boston Pizza *Ryan L, Matthew & Caleb</p> <p>*Please look at the menu and budget accordingly</p> <p>Pick up 3pm at Boston Pizza</p>	<p>9:30 Calendar & Stretch with Rhiannon</p> <p>10:00 Paint with Celina</p> <p>11:00 Music with Jeff</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</p>  <p>1:30 Shopping</p> <p>Pick up 3pm at Winners</p>

