































July 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<p>NO PADDLE-CANADA DAY</p>	<p>9:30 Calendar & Stretch with Celina</p> <p>10:00 Gym with Sarabeth</p>  <p>OR</p> <p>Menu Planning with Leah</p>  <p>11:00 Drama class with Megan</p>  <p>12:00 LUNCH</p> <p>1:15 Phone book./email with Rhiannon, Leah & Sarabeth</p>  <p>2:00 Outside walk with Celina & Gabby</p> 	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Bingo with Celina</p>  <p>11:00 Lunch prep with Leah</p>  <p>11:45 LUNCH</p> <p>1:15 BOOK PARABUS TO ARRIVE AT North Bay Museum for 1:30</p>  <p>1:15-3pm Farmers Market, walk downtown or waterfront</p> <p>Pick up 3pm at Museum</p>	<p>9:30 Calendar & Stretch with Rhiannon</p> <p>10:00 Gym with Gabby</p>  <p>OR</p> <p>Low Impact exercise outside with Leah</p>  <p>11:00 Free Time</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE MALL (tower doors) for 12:30</p>  <p>12:30-3 Lunch at food court & Shopping</p> <p>Pick up 3pm at Tower Doors</p>	<p>9:30 Calendar & Stretch with Celina</p> <p>10:00 Coffee & Chat with your hosts Alex & Leah</p>  <p>11:00 Outside walk with Leah, Rhiannon & Celina</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Sam!</p>  <p>2:00 Barbaritaville Mocktails with Megan</p> 

As the weather gets hotter, please make sure you bring water!! (Especially on days we have outings)
Please welcome Tabitha, our teacher for the month of July!!

July 2024

Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
<p>9:30 Stretch & Calendar with Leah</p> <p>10:00 Meal Planning with Rhiannon & Zach</p>  <p>11:00 Summer Song Karaoke with Sarabeth</p>  <p>12:00 LUNCH</p> <p>1:15 Gabbin' with Gabbbbb</p>  <p>2:15 Free Time</p>	<p>9:30 Stretch & Calendar Tabitha</p> <p>10:00 Outdoor walk with Gabby, Celina & Sarabeth</p>  <p>11:00 Make a Map with Shawn & Leah</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT SUNSET BEACH (turn at Churchills restaurant and follow the road until the end to the beach) for 1:15</p>  <p>1:15-3 Hanging at Sunset Beach – bring your towel and swim suit if you would like to swim, there are change rooms at sunset beach</p> <p>Pick up 3pm at Sunset Beach</p>	<p>9:30 Stretch & Calendar with Sarabeth</p> <p>10:00 Yoga & meditation with Celina</p>  <p>11:00 Lunch Prep with Rhiannon & Zach</p>  <p>12:00 LUNCH</p> <p>1:15 Spa day with Gabby, Celina & Sarabeth PLUS massages from CTS students!</p> 	<p>9:30 Stretch & Calendar with Celina</p> <p>10:00 Gym with Sarabeth</p>  <p>11:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WATERFRONT (parking lot across from bandshell) for 12:30</p>  <p>12:30-3 Chief Commanda Cruise!</p> <p>Pick up 3pm at Waterfront</p>	<p>9:30 Stretch & Calendar with Rhiannon</p> <p>10:00 Smoothie making with Leah & Celina</p>  <p>11:00 Music with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Email/phonebook with Rhiannon, Gabby & Sarabeth</p>  <p>2:00 Music Trivia with Bryan and Leah</p> 

July 12th from 7:00pm – 10:00pm, please join us at Gateway Brewery for our Summer Beach Party! Don't forget to dress in your best beach attire. Cash only event.










July 2024

Mon	Tue	Wed	Thu	Fri
15	16	17	18	19
<p>9:30 Stretch & Calendar with Gabby</p> <p>10:00 Menu Planning with Sarabeth</p>  <p>11:00 Recreate a McDonalds McFlurry with Rhiannon & Celina</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS to arrive at Winners for 1:30</p>  <p>1:30-3 Shopping at the Winners Plaza</p> <p>Pick up 3pm at Winners</p>	<p>9:30 Stretch & Calendar with Rhiannon</p> <p>10:00 Draw along with Tash & Gabby</p>  <p>11:00 No Bake With Celina & Sarabeth</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Shawn Sasyniuk</p>  <p>2:00 5 Summer Plans – with Kristy</p> 	<p>9:30 Stretch & Calendar with Sarabeth</p> <p>10:00 Uno Tournament</p>  <p>10:30 Lunch Prep with Sarabeth</p>  <p>11:15 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT BLUESKY BINGO FOR 12:30</p>  <p>1:15 Bingo at Blue Sky (COST: \$7 for bingo cards) OR MOVIE afternoon at PADDLE with Kristy</p> <p>Please let Kristy know if you are staying back at PADDLE. Please Book your transportation accordingly</p> <p>Pick up 3pm at Blue Sky Bingo OR PADDLE</p>	<p>9:30 Stretch & Calendar with Leah</p> <p>10:00 Gym Games With Gabby</p>  <p>OR</p> <p>Meditation with Leah</p>  <p>11:00 Paint along with Celina & Rhiannon</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT MINI PUTT (King Cone) for 1:30</p>  <p>*Cost: \$10.50 Tax Included for a game of mini putt plus a small ice cream or small slushy</p> <p>Pick up 3pm at King Cone</p>	<p>9:30 Stretch & Calendar with Tabitha</p> <p>10:00 Summer craft with Gabby & Celina</p>  <p>11:00 Make your own iced coffee or tea with Leah & backyard hangs</p>  <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon at PADDLE Popsicles will be provided!</p> 

July 2024

Mon	Tue	Wed	Thu	Fri
22	23	24	25	26
<p>9:30 Stretch & Calendar with Leah</p> <p>10:00 Menu Planning with Gabby</p>  <p>11:00 Morning hangouts in the backyard</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:30</p>  <p>1:30-3 Pool At Highball *bring money if you would like to purchase a drink or snack*</p> <p>Pick up 3pm at Highball</p>	<p>9:30 Stretch & Calendar with Sarabeth</p> <p>10:00 Outdoor Scavenger Hunt with Rhiannon & Sarabeth</p>  <p>TREASURE HU</p> <p>11:00 Games with Celina, Gabby & Leah</p>  <p>11:45 Free time</p> <p>BOOK PARABUS TO ARRIVE AT WATERFRONT (parking lot across from bandshell) for 12:30</p>  <p>12:45 LUNCH at The Boat to celebrate all July/August birthdays *please look at menu online and budget accordingly*</p> <p>Pick up 3pm at parking lot across from bandshell</p>	<p>9:30 Stretch & Calendar with Rhiannon</p> <p>10:00 Wii Switch & Games with friends with Celina, Rhiannon & Sarabeth</p>  <p>11:15 Lunch Prep with Gabby</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT CAPITOL CENTRE PARKING LOT FOR 12:40</p>  <p>1-3pm Free Capitol Centre Movie! Bring \$ to purchase snacks at the concession stand</p> <p>Pick up at 3pm at the Capitol Centre Parking Lot</p>	<p>9:30 Stretch & Calendar with Kristy</p> <p>10:00 Outdoor walk with Celina, Leah, & Sarabeth</p>  <p>11:00 Card games with Sarabeth & Celina</p> <p>2:00 LUNCH</p> <p>1:15 Drumming with Steph Leroux</p>  <p>2:00 Free Time</p>	<p>9:30 Stretch & Calendar with Celina</p> <p>10:00 Movie Morning at PADDLE</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WATERFRONT (parking lot across from bandshell) for 1:30</p>  <p>1:30 Carousel & Train rides *1 carousel ride and 1 train ride per participant paid for by PADDLE</p> <p>Pick up 3pm at parking lot across from bandshell</p>

July 2024

Mon	Tue	Wed	Thu	Fri
29	30	31		
<p>9:30 Stretch & Calendar with Leah</p> <p>10:00 Picnic Planning with Kristy</p>  <p>11:00 Summer Craft with Sarabeth & Rhiannon</p>  <p>12:00 LUNCH</p> <p>1:15 Music with FOXGLOVE</p>  <p>2:00 Free Time</p>	<p>9:30 Stretch & Calendar with Rhiannon</p> <p>10:00 My milkshakes bring all the friends to the yard with Gabby</p>  <p>11:00 Meal prep-Picnic lunch-Cost covered by PADDLE</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WATERFRONT for 12:30</p>  <p>12:30 Picnic lunch at Waterfront (near bandshell) & Swim/beach day. *bring sunscreen, water, towel, swim suit if you want to go swimming in the lake*</p> <p>Pick up 3pm at Waterfront (parking lot across from bandshell)</p>	<p>9:30 Stretch & Calendar with Kristy</p> <p>10:00 Summer Plan talks</p>  <p>11:00 Free Time/Locker Cleanout</p> <p>12:00 PIZZA LUNCH *for those who don't participate in the lifeskills lunch program please bring \$5 for pizza lunch on Monday July 29th if you would like pizza on the last day!</p>  <p>1:15 YEARBOOK Viewing party!</p>  <p>Have a great August, see you back at PADDLE Tuesday September 3rd!</p>		

