























September 2024

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
<p>CIVIC HOLIDAY- No PADDLE</p>	<p>Welcome back!!</p> <p>9:30 Calendar & Stretch Jeff</p> <p>10:00 Menu Planning with Leah</p>  <p>11:00 Outdoor Walk with Rhiannon & Sarabeth</p>  <p>12:00 LUNCH</p> <p>1:15 Afternoon Social – Welcome back!</p> 	<p>9:30 Calendar & Stretch Sarabeth</p> <p>10:00 Bingo with Rhiannon</p>  <p>10:45 Lunch Prep with Leah</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM – Farmers Market for 1:15</p>  <p>1:15-3pm Farmers Market & Walk Downtown/waterfr ont walk</p> <p>Pick up 3pm at North Bay Museum</p>	<p>9:30 Calendar & Stretch Rhiannon</p> <p>10:00 Draw Along with Sarabeth</p> <p>11:00 Music with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Womens Wellness OR Men’s Health</p>  <p>2:00 Games with friends</p> 	<p>9:30 Calendar & Stretch Leah</p> <p>10:00 Music with Jeff</p>  <p>11:00 Karaoke with Sarabeth</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS for 1:30</p>  <p>1:30 Winners plaza shopping</p> <p>Pick up 3pm at Winners</p>










September 2024

Mon	Tue	Wed	Thu	Fri
9	10	11	12	13
<p>9:30 Calendar & Stretch Sarabeth</p> <p>10:00 Menu Plan with Rhiannon</p>  <p>11:00 Board Games with Leah</p>  <p>12:00 LUNCH</p> <p>1:15 Backyard music session with Shawn</p>  <p>2:00 Outdoor Games with Sarabeth & Jeff</p> 	<p>9:30 Calendar & Stretch Jeff</p> <p>10:00 Rock Choir sing-a-long in the gym!</p>  <p>11:00 Lifeskills with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Brainstorming for October Calendar with Rhiannon & Kristy</p>  <p>2:00 Free Time</p>	<p>9:30 Calendar & Stretch Kristy</p> <p>10:00 Outdoor walk with Jeff & Sarabeth</p> <p>10:45 Lunch Prep with Rhiannon</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM – Farmers Market for 1:15</p>  <p>1:15-3pm Farmers Market & Walk Downtown/waterfront walk</p> <p>Pick up 3pm at North Bay Museum</p>	<p>9:30 Calendar & Stretch Rhiannon</p> <p>10:00 No bake with Leah</p> <p>11:00 Backyard clean up/prep for fall OR Book Club with Kristy</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT GATEWAY BREWERY for 1:30</p> <p>*Board Games *Pinball *golf simulator</p> <p>Cost: Bring money to purchase a beverage (they have pop as well approx. \$5) they have bags of chips to purchase as well as you can bring your own food!</p> <p>Pick up 3pm at Gateway Brewery</p>	<p>9:30 Calendar & Stretch Leah</p> <p>10:00 Positive self affirmations & guided meditation with Sarabeth</p> <p>11:00 Phone a friend with Jeff: practicing phone skills & etiquette</p> <p>12:00 LUNCH</p> <p>1:15 Music with Sam</p>  <p>2:00 Outdoor Walk with Rhiannon & Leah OR Cards with Jeff & Sarabeth</p>



September 2024

Mon	Tue	Wed	Thu	Fri
16	17	18	19	20
<p>9:30 Calendar & Stretch Sarabeth</p> <p>10:00 Menu Planning with Jeff</p>  <p>11:00 Watch & Learn with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Crafternoon with Sarabeth & Leah</p>  <p>2:15 Music with Steph!</p> 	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Gym with Sarabeth</p>  <p>OR</p> <p>Current Affairs with Leah</p>  <p>11:00 Lifeskills with Jeff</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO GO TO GD2GO for 1:30</p>  <p>1:30-3 Hanging out on the Patio of GD2GO, having some tasty drinks and healthy treats with friends Cost: \$10-20</p> <p>Pick up 3pm at GD2GO (375 Foran St)</p>	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Music with Darius</p>  <p>11:00 Lunch Prep with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 MOVIE AFTERNOON at PADDLE</p> 	<p>9:30 Calendar & Stretch Leah</p> <p>10:00 Gym with Jeff</p>  <p>OR Book Club with Kristy</p> <p>11:00 Art: Modeling Clay with Sarabeth</p>  <p>12:00 LUNCH</p> <p>1:15 TikTok Recipe's with Jamie & Kristy</p>  <p>2:00 Camp talk- with Megan, Kristy & Jamie</p> 	<p>9:30 Calendar & Stretch Kristy</p> <p>10:00 Yoga with Leah</p>  <p>11:00 Draw Along with Jamie & Tasha</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO GO TO NORTHGATE SQUARE Tower doors for 1:30</p> <p>1:30 Shopping at Northgate</p>  <p>Pick up 3pm at Northgate square (tower doors)</p>

September 2024

Mon	Tue	Wed	Thu	Fri
23	24	25	26	27
<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Outdoor Walk with Jeff & Sarabeth</p> <p>11:00 Watch & Learn with Kristy </p> <p>12:00 LUNCH</p> <p>1:15 The Price is Right with Jeff </p> <p>2:00 Free Time</p>	<p>9:30 Calendar & Stretch Jeff</p> <p>10:00 Menu Planning with Jamie & Kristy </p> <p>11:00 Lifeskills with Jeff </p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HOMESENSE & Sobey's 1:30 </p> <p>1:30 Shopping at Homesense plaza *Meet at sobeys at 2:15 if you want to help get groceries/or are a part of lunch prep on Wednesday</p> <p>Pick up 3pm at Homesense</p>	<p>9:30 Calendar & Stretch with Sarabeth</p> <p>10:00 Gratitude Journaling with Jeff</p> <p>10:30 Lunch Prep with Jamie & Kristy *new food* </p> <p>11:45 LUNCH</p> <p>1:00 CTS Massages & Spa Day with Leah & Sarabeth </p>	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Charades with Jamie </p> <p>11:00 Music with Jeff </p> <p>BOOK PARABUS TO ARRIVE AT North Bay Museum for 12:30 </p> <p>12:45 BIRTHDAY LUNCH's at Lou Dawgs for August /September Birthdays</p> <p>Cost: \$15-30 Please look at the menu and budget accordingly</p> <p>Pick up 3pm at North Bay Museum</p>	<p>9:00 Calendar & Stretch with Jeff</p> <p>10:00 Fancy Fruit Kebabs with Jamie & Sarabeth </p> <p>11:00 Uno Tournament with Leah </p> <p>12:00 LUNCH</p> <p>1:15 Short Film Festival with Kristy</p>

September 2024

Mon	Tue	Wed	Thu	Fri
<p data-bbox="363 369 402 401">30</p> <p data-bbox="164 443 362 501">9:30 Calendar & Stretch with Jeff</p> <p data-bbox="164 541 329 636">10:00 Menu Planning with Jamie</p>  <p data-bbox="164 793 375 854">11:00 Watch & Learn with Kristy</p>  <p data-bbox="164 972 342 1001">12:00 LUNCH</p> <p data-bbox="164 1039 399 1167">BOOK PARABUS TO ARRIVE AT HIGHBALL for 1:30</p>  <p data-bbox="164 1344 378 1438">1:30-3 Pool at Highball Cost: Pool is free</p> <p data-bbox="164 1476 358 1537">Pick up 3pm at Highball</p>				