

















October 2024








Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	9:30 Calendar & Stretch with Jamie 10:00 Gym with Jamie & Charlotte  OR Current Affairs with Leah  11:00 Menu Planning with Sarabeth  12:00 LUNCH 1:15 Music with Shawn  2:00 Free Time	9:30 Calendar & Stretch with Leah 10:00 Lifeskills with Jeff 11:00 Meal Prep with Sarabeth  12:00 LUNCH 1:15 Group Art Afternoon with Leah & Sarabeth	9:30 Calendar & Stretch with Kristy 10:00 Gym with Sarabeth  OR Book Club with Kristy  11:00 Leah's small group language OR Draw along with Charlotte 11:45 LUNCH BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30 1:30 Value Village *Halloween Costume hunting & Coffee Break at Tim Hortons Pick up 3pm at Value Village	9:30 Calendar & Stretch with Charlotte 10:00 Health & Safety with Jeff  11:00 Anime Club with Leah OR No Bake with Sarabeth 11:45 LUNCH 1:15 Q &A with Charlotte- hosted by Jamie *have questions for our newest intern! Now's the time to put her in the hot seat! 1:45 Disney Trivia with Charlotte!

***Please welcome Charlotte, our newest intern! Charlotte will be with us until September 2025**









October 2024

Mon	Tue	Wed	Thu	Fri
7	8	9	10	11
<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Potluck Planning groups with all PADDLE staff (each group will be responsible for planning a course for our Thanksgiving lunch!)</p>  <p>11:00 Watch & Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT Northgate Square (tower doors) 1:30-2:15 Free time at Mall 2:15 Grocery Shopping at Walmart*Each potluck group is responsible for getting the ingredients for their recipe today*</p> <p>Pick up 3pm at Northgate Square (tower doors)</p>	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Walk with Leah & Charlotte</p> <p>11:00 Lifeskills with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Potluck Prep OR Free Time</p> <p>2:00 Music with Stephanie Clarke</p> 	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Thanksgiving Potluck Lunch Prep *all participants welcome to have lunch today regardless if you are signed up for lunch program*</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY FARMERS MARKET FOR 1:15</p> <p>1:15-3 Shopping at Farmers Market/Downtown</p> <p>*Last Wednesday Farmers Market of the year!*</p> <p>Pick up 3pm at North Bay Museum</p>	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Chair yoga with Charlotte</p>  <p>11:00 RBC Presentation</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p>  <p>2:00 Music with Emily</p> 	<p>9:30 Calendar & Stretch with Megan</p> <p>10:00 Bake & Take with Jamie & Charlotte *Make some fall themed cookies to take home for Thanksgiving weekend*</p> <p>11:00 Anime Club with Leah OR Free Time</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT CASCADES CASINO FOR 1:15 300 Pinewood Park Drive</p>  <p>*Please Bring I.D as well as cash if wanting to gamble or get a snack at Match Resturant*</p> <p>Pick up 3:00pm at Cascades Casino</p>






October 2024

Mon	Tue	Wed	Thu	Fri
14	15	16	17	18
<p>No PADDLE Thanksgiving</p>	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Rock Choir sing-a-long in the gym!</p>  <p>11:00 Menu planning with Leah</p>  <p>12:00 LUNCH</p> <p>1:15 Outdoor walk with Charlotte & Jamie</p> <p>2:00 Air Hockey Tournament with Jeff</p>	<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Music with Darius</p>  <p>11:00 Lunch prep with Leah</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (tower doors) for 1:15</p> <p>1:15-3 Shopping</p> <p>Pick up 3pm at Northgate Square (tower doors)</p>	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Gym with Jeff</p>  <p>OR</p> <p>Book Club with Kristy</p>  <p>11:00 Language group with Leah OR Games with friends with Charlotte</p> <p>12:00 LUNCH</p> <p>1:15 Toyota Presentation *</p> <p>2:00 Outdoor walk with Jeff, Leah & Charlotte</p>	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Bingo with Charlotte</p> <p>11:00 Anime Club with Leah OR Music with Jeff</p>  <p>12:00 LUNCH</p> <p>1:00 MOVIE AFTERNOON AT PADDLE</p>

October 2024

Mon	Tue	Wed	Thu	Fri
21	22	23	24	25
<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Menu planning with Charlotte</p>  <p>11:00 Watch & Discuss with Jamie</p>  <p>12:00 Lunch</p> <p>BOOK PARABUS TO ARRIVE at HIGHBALL for 1:30</p> <p>1:30-3 Pool at Highball *Pool cost is covered by Cindy at Highball (thank you!) *Bring \$ if you would like to purchase a snack/drink</p> <p>Pick up 3pm at Highball</p>	<p>9:30 Calendar & Stretch with the guys</p> <p>10:00 Gym with Jeff</p>  <p>OR</p> <p>Current Affairs with Charlotte</p>  <p>11:00 Lifeskills with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Baking with Leah & Charlotte</p> <p>2:00 Family Feud with Charlotte</p>	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Halloween Draw Along with Jamie & Tasha</p> <p>11:00 Lunch prep with Charlotte</p>  <p>12:00 LUNCH</p> <p>1:15 Drumming with Steph Leroux</p>  <p>2:15 Free Time</p>	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Group gym games with Jamie & Charlotte</p>  <p>OR</p> <p>Book Club with Kristy</p>  <p>11:00 Language Club with Leah OR fill in the blank story with Jeff</p> <p>12:00 LUNCH</p> <p>Crafternoon with Jamie, Kristy & Charlotte *join us for an afternoon of making Halloween crafts together!</p>	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 TikTok Trend-food edition with Jamie & Kristy</p> <p>11:00 Anime Club with Leah OR Bingo with Charlotte</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS</p> <p>1:30-3 Shopping at The Winners Plaza</p> <p>Pick up 3pm at Winners</p>

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Mon	Tue	Wed	Thu	Fri
28	29	30	31	
<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Menu planning with Jeff</p>  <p>11:00 Watch & Discuss with Leah</p>  <p>12:00 Lunch</p> <p>1:15 Ryan L (with assistant Leah) teaches us how to make ice cream pancakes</p> <p>2:00 Air Hockey tournament and switch games</p>	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Gym time with</p> <p>11:00 Life skills with Jeff</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 12:45</p> <p>12:45 Lunch at Lou Dawgs *please look at menu online and budget accordingly</p> <p>Pick up 3pm at North Bay Museum/Parking lot</p>	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 UNO Tournament with Sarabeth & Charlotte</p>  <p>11:00 Lunch prep with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Marie</p>  <p>2:15 Card Games</p>	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Halloween draw along with Tasha & Leah</p> <p>11:00 Halloween Karaoke with Jeff</p> <p>12:00 LUNCH</p> <p>PADDLE HALLOWEEN PARTY *come dressed up in your costume today!*</p> 