



















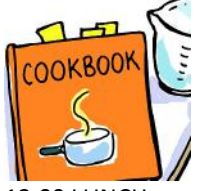














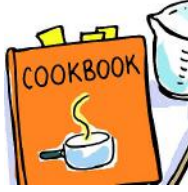







JANUARY 2025

Mon	Tue	Wed	Thu	Fri
6	7	8	9	10
<p>9:30 Stretch & Calendar with Jamie</p> <p>10:00 Menu Planning with Jeff</p>  <p>11:00 Watch & Discuss with Leah</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Kristy</p> <p>1:15 Social tea & post-holiday catch up with Jamie & Kristy</p>  <p>2:00 Feel good goals with Jeff & Leah *let's set some small and achievable personal goals for the next few months at PADDLE</p>	<p>9:30 Stretch & Calendar with Jeff</p>  <p>11:00 Lifeskills with Jeff</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 at Northgate</p> <p>*Grocery Shopping for Wednesday lunch at 2:15 if you wish to join meet at front of WALMART entrance</p> <p>Pick up 3pm at Tower Doors</p> 	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Music with Darius</p>  <p>11:00 Lunch Prep with Jeff</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Leah</p> <p>1:15 Spa Afternoon with Charlotte & Jamie & CTS massage students</p>  <p>OR</p> <p>Movie Afternoon</p> 	<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Gym with Leah & Jeff OR Book Club with Kristy</p>  <p>11:00 Get to know the new placement students! Q&A with your host Kristy!</p> <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Jamie</p> <p>1:15 Women's Wellness OR Men's Health</p>  <p>2:00 Price is Right with Lily Ella</p> 	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Craft with Oceana</p>  <p>11:00 Anime Club with Leah OR Free Style Art with Charlotte</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT GATEWAY BREWERY FOR 1:15</p> <p>*golf simulator *board games *pinball *Drinks & Snacks available to purchase. You can also bring your own food into the Brewery</p> <p>Pick up 3pm at Gateway Brewery</p> 












JANUARY 2025

Mon	Tue	Wed	Thu	Fri
13	14	15	16	17
<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Menu Planning with Jamie</p>  <p>11:00 Watch & Discuss with Leah</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Jamie</p> <p>1:15 GROUP ART AFTERNOON with Jeff & Charlotte</p> 	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Gym with Charlotte OR Current Affairs with Leah</p>  <p>11:00 Lifeskills with Jeff</p> <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Kristy</p> <p>1:15 Music with Shawn</p>  <p>2:00 Games with Charlotte & Jamie</p>	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Draw along with Oceana & Tasha</p> <p>11:00 Lunch Prep with Jamie</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15</p> <p><i>*Shopping at Winners Plaza</i></p> <p>Pick up 3pm at Winners</p> 	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Uke Club concert in the gym</p>  <p>11:00 Language Club with Leah OR Music Trivia with Jamie</p> <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Jeff</p> <p>1:15 Bingo at PADDLE with Charlotte</p>  <p>2:00 Group Game with Lily Ella</p>	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Art with Charlotte</p>  <p>11:00 Music with Jeff OR Anime Club with Leah</p>  <p>OR</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT Capitol Center Parking lot for 12:40</p> <p>12:45 Lunch at The MOOSE</p> <p>*Please make sure to look at the menu to budget accordingly*</p> <p>Pick up 3pm at Capitol Center Parking Lot</p> 

JANUARY 2025

Mon	Tue	Wed	Thu	Fri
20	21	22	23	24
<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Menu Planning with Charlotte</p> <p></p> <p>11:00 Watch & Discuss with Leah</p> <p></p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:15</p> <p>*Pool at highball is free *snacks and drinks available to purchase</p> <p>Pick up 3pm at Highball</p> <p></p>	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Zumba with Kristy OR Current Affairs with Leah</p> <p></p> <p>11:00 Lifeskills with Jeff-writing references letters!</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HOMESENSE for 1:15</p> <p>*Meet at Sobeyes at 2:15 if you would like to help grocery shop for Wednesday lunch</p> <p>Pick up 3pm at Homesense</p> <p></p>	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Wednesday Wellness Activity with Courtney</p> <p>11:00 Lunch Prep with Charlotte</p> <p></p> <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Jeff</p> <p>1:15 Drumming with Steph Leroux</p> <p></p> <p>2:15 Free Time</p>	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Gym with Jeff OR Book Club with Kristy</p> <p></p> <p>11:00 Language Club with Leah OR Games with Charlotte & Jamie</p> <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Charlotte</p> <p>1:15 Women's Wellness OR Men's Health</p> <p></p> <p>2:00 Music with Jeff</p> <p></p>	<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 No Bake with Jamie & Kristy – make a treat for the movie!</p> <p></p> <p>11:00 Music with Sam</p> <p></p> <p>12:00 LUNCH</p> <p>1:00 Movie Afternoon at PADDLE</p> <p></p>

JANUARY 2025

Mon	Tue	Wed	Thu	Fri
27	28	29	30	31
<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Menu Planning with Leah</p>  <p>11:00 Watch & Discuss with Jamie</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30</p> <p>1:30 Shop at Value Village</p> <p>*Meet at Metro at 2:10 if you would like to help get groceries for Wednesday meal prep Pick up 3pm at Value Village</p> 	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Gym with Leah OR Current Affairs with Megan</p>  <p>11:00 Lifeskills with Jeff</p> <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Jamie</p> <p>1:15 PRINCESS' (D & T) BABY SHOWER</p>  	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Wednesday Wellness Activities with Courtney</p> <p>11:00 Lunch prep with Leah</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Jamie</p> <p>1:15 Era's Tour- Charlottes Version</p> 	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Gym with Charlotte OR Book Club with Kristy</p>  <p>11:00 Language Club with Leah OR</p> <p>11:45 LUNCH</p> <p>1:00 Afternoon Regroup with Kristy</p> <p>1:15 Music with Steph</p>  <p>2:00 Aidan's Movie Reviews-with Jeff & Aidan!</p>	<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Music with Kristy</p>  <p>11:00 Anime Club with Leah OR Art with Jeff</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE FOR 12:30</p> <p>*you can choose to purchase your lunch at the mall or bring a bagged lunch</p> <p>12:30 Lunch at the Mall and shopping</p> <p>Pick up 3pm at Northgate Mall-tower doors</p> 