












































MARCH 2025

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
<p>9:30 Stretch & Calendar with Kareena</p> <p>10:00 Menu Planning with Jamie</p>  <p>10:30 Music Club with Jared & Jeff</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT GATEWAY BREWERY FOR 1:30</p> <p>1:30-3</p>  <p>*Bring \$ if you would like to purchase a snack/drink</p> <ul style="list-style-type: none"> *Pinball *board games *Golf <p>& Music with Shawn Sasyniuk</p> <p>Pick up 3pm at Gateway Brewery</p>	<p>9:30 Stretch & Calendar with Jared</p> <p>10:00 Independent Living Club Jamie & Kristy</p>  <p>12:00 LUNCH</p> <p>1:00 Regroup with Jamie</p> <p>1:15 THE YARD with Bryan & Jeff</p>  <p>2:00 Music with FOXGLOVE</p> 	<p>9:30 Stretch & Calendar with Jeff</p> <p>10:00 Team building games with Darla</p> <p>11:00 Lunch Prep with Jamie</p>  <p>12:00 LUNCH</p> <p>1:00 Regroup Jared</p> <p>1:15 Theatre Club with Charlotte & Leah</p>  <p>AND</p> <p>CTS MESSAGES</p> 	<p>9:30 Stretch & Calendar with Jamie</p> <p>10:00 Gym with Jeff or Book Club with Kristy</p>  <p>OR</p>  <p>11:00 Language club with Leah & Jared OR Sensory Activity with Kareena</p>  <p>11:45 Free Time</p> <p>BOOK PARABUS TO ARRIVE AT BOSTON PIZZA FOR 1pm</p> <p>1-3pm Lunch at Boston Pizza</p> <p>\$Please look at menu and budget accordingly</p> <p>Pick up 3pm at Boston Pizza</p>	<p>9:30 Stretch & Calendar with Kristy</p> <p>10:00 Music with Steph Clarke</p>  <p>11:00 All things lemon with Lori & Jeff OR Anime Club with Leah</p>  <p>OR</p>  <p>12:00 LUNCH</p> <p>1:00 Regroup with Jamie</p> <p>1:15 Media Club with Jared & Charlotte</p> 










MARCH 2025

Mon	Tue	Wed	Thu	Fri
10	11	12	13	14
<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Menu Planning with Kristy</p>  <p>10:30 Music Club with Jeff & Jared</p>  <p>11:45 LUNCH BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE FOR 1:15 1:15 Shopping at Northgate</p>  <p>2:15 Meet at Walmart to go grocery shopping for meal prep</p> <p>Pick up 3pm at Northgate Square (tower doors)</p>	<p>9:30 Calendar & Stretch with Jared</p> <p>10:00 Independent Living Club with Jamie & Kristy</p>  <p>11:15 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT CAPITOL CENTRE (parking lot) for 12:40</p> <p>1pm FREE MOVIE AT THE CAPITOL CENTRE *Transformers One</p>  <p>*snacks & drinks available to purchase at concession stand</p> <p>Pick up 3pm at Capitol Centre back parking lot</p>	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Woodworking with Jeff OR Draw along with Tasha & Kareena</p> <p>11:00 Lunch Prep with Kristy</p>  <p>12:00 LUNCH</p> <p>1:00 Regroup with Jeff</p> <p>1:15 Theatre Club with Charlotte & Leah</p> 	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Gym with Jeff OR book club with Kristy</p>  <p>OR</p>  <p>11:00 Language Club with Leah & Jared OR Activity with Kareena</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS</p> <p>1:30 Shopping at Winners Plaza</p>  <p>Pick up 3pm at Winners Plaza</p>	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Baking with Jamie & Charlotte</p>  <p>11:00 BINGO with Jaden OR Anime Club with Leah</p>  <p>OR</p>  <p>12:00 LUNCH</p> <p>1:00 Regroup with Jamie</p> <p>1:15 Media Club with Jared & Charlotte</p> 

MARCH 2025



Mon	Tue	Wed	Thu	Fri
17	18	19	20	21
<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Menu Planning with Charlotte</p>  <p>10:30 Music Club with Jeff & Jared</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:15</p> <p>*Pool at highball is free</p> <p>*snacks and drinks available to purchase PLUS LIVE IRISH MUSIC!!</p> <p>Pick up 3pm at Highball</p> 	<p>9:30 Calendar & Stretch with Jared</p> <p>10:00 Independent Living Club with Jamie & Kristy</p>  <p>11:45 LUNCH</p> <p>1:00 Afternoon Regroup with Jeff</p> <p>1:15 Music with John McDonald</p>  <p>& visit from St John's ambulance Therapy Dog-Kingsley</p> <p>2:15 Trivia with Brady & Aidan</p>	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Greenhouse planning with Jeff & Leah</p> <p>11:00 Lunch Prep with Charlotte</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Jared</p> <p>1:15 Theatre Club with Charlotte & Leah</p> 	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Gym with Jeff OR Book Club with Kristy</p>  <p>OR</p>  <p>11:00 Language Club with Leah & Jared OR Games with Kareena</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT CASINO FOR 1:30</p> <p>1:30 Casino Fun!</p> <p>*Please bring Gov't issued ID</p> <p>Pick up 3pm at Cascade Casino</p>	<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Music with Sam</p>  <p>11:00 Anime Club with Leah OR Free Time</p>  <p>12:00 LUNCH</p> <p>1:00 Regroup with Leah</p> <p>1:15 Media Club with Jared & Charlotte</p> 

MARCH 2025

Mon	Tue	Wed	Thu	Fri
24	25	26	27	28
<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Menu Planning with Leah</p>  <p>10:30 Music Club with Jared & Jeff</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT APOLLO FOR 1:30</p> <p>1:30 APOLLO</p>  <p>Pick up 3pm at APOLLO</p>	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Special performance: Rock Choir in the gym!</p>  <p>11:00 Independent Living Club with Jamie & Kristy</p>  <p>12:00 LUNCH</p> <p>1:00 Regroup with Leah</p> <p>1:15 Men's Health with Jeff or Women's Wellness with Megan</p>  <p>2:00 Jeopardy with Ryan L & Jared</p> 	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Woodworking with Jeff OR Art with Jared</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 Theatre Group with Charlotte & Leah</p> 	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Gym with Charlotte OR Book Club with Kristy</p>  <p>OR</p>  <p>11:00 Language Club with Leah OR Sensory Craft with Kareena</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS ARRIVE AT HOMESENSE for 1:15</p> <p>1:30-3 Shopping at Homesense Plaza</p> <p>Pick up 3pm at Homesense</p> 	<p>9:30 Calendar & Stretch with Jared</p> <p>10:00 No Bake with Jaden</p>  <p>11:00 Just Dance with Jamie & Kristy OR Anime Club with Leah</p>  <p>OR</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon regroup with Jeff</p> <p>1:15 Media Club with Jared & Charlotte</p> 

Join us for a dance party fundraiser at Gateway Brewery 7-10pm Friday March 28th. SLUMBER PARTY THEME Dance the night away to your favorite 90/2000's tunes! More details to follow beginning of March (\$10 or PWYC) TELL YOUR FRIENDS!

MARCH 2025

Mon				
<p style="text-align: right;">31</p> <p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Menu Planning with Jamie</p>  <p>10:30 Music Club with Jared and Jeff</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE for 1:30</p> <p>1:30 Shopping at Value Village</p> <p>Meet at 2:15 at Metro to go grocery shopping</p> <p>Pick up 3pm at Value Village</p>				