

SEPTEMBER 2018

Mon	Tue	Wed	Thu	Fri
<p>NO PADDLE</p> <p>3</p>	<p>4</p> <p>Don't forget DROP OFF AT NEW LOCATION 235 Albert Street!</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Tour of the new space</p> <p>10:30 Conversation Starters/Experience Sharing: What did you do over the August break?</p> <p>12:00 LUNCH</p> <p>1:15 PADDLE FAMILY JAM!</p> <p>2:00 Exploring our new neighborhood</p>	<p>5</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Book Club (Children's Classics)</p> <p>11:00 Games</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT North Bay Discovery Museum for 1:30</p> <p>1:30-3:00 Farmer's Market and Walk down to Waterfront</p> <p><i>*due to limited PADDLE staff there will be no supports available for a lunch outing. You will have to eat lunch at PADDLE</i></p> <p>Pick up 3pm at North Bay Discovery Museum</p>	<p>6</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Interactive Music</p> <p>11:00 Walk down Chippewa Trails (located across O'Brien street)</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness & Men's Health</p> <p>2:00 Music with Darius</p>	<p>7</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p> <p>10:45 Free Time</p> <p>BOOK PARABUS TO ARRIVE AT Capitol Centre Parking Lot for 12:45</p> <p><i>Birthday Lunch at Cecil's (Celebrating Birthday's we missed over the Summer Break: Victoria, Danny, Sarah, Dean and Bryan's Birthday)</i></p> <p><i>Cost: \$15-\$25</i></p> <p>Pick up 3pm at Capitol Center Parking Lot</p>

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<p style="text-align: right;">10</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE MALL FOR 9:00 *all drop offs at Northgate Square tower doors *program begins at the mall *PADDLE staff will arrive at 8:30am</p> <p>9:00 Coffee & Menu Planning in the food court</p> <p>10:30 Grocery Shopping at Wal-mart</p> <p>BOOK PARABUS TO RETURN TO PADDLE (235 Albert St) for 11:30</p> <p>12:00 LUNCH</p> <p>1:15 New Music Mondays</p> <p>2:15 Games!</p>	<p style="text-align: right;">11</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Photography Club OR Button Making Club</p> <p>12:00 LUNCH</p> <p>1:15 Team Building Exercise</p> <p>1:45 Music with Jeff</p>	<p style="text-align: right;">12</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR book club</p> <p>11:00 Healthy Living</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT North Bay Discovery Museum for 1:30</p> <p>1:30-3:00 Farmer's Market and Walk down to Waterfront</p> <p>*due to limited PADDLE staff there will be no supports available for a lunch outing. You will have to eat lunch at PADDLE</p> <p>Pick up 3pm at North Bay Discovery Museum</p>	<p style="text-align: right;">13</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Interactive Music</p> <p>11:00 Art! Create your own masterpiece!</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> <p>2:15 Free Time</p>	<p style="text-align: right;">14</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 No Bake Baking</p> <p>11:00 Music with Kristy</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT Winners for 1:30</p> <p>1:30-3:00 Shopping at Winners Plaza</p> <p>Pick up 3pm at Winners</p>

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<p>17</p> <p>BOOK PARABUS TO MEET AT NO FRILLS ON LAKESHORE FOR 9AM *PADDLE staff will be there at 8:30am 9:00 Menu Plan in Food Court 9:45 Grocery Shopping</p> <p>BOOK PARABUS TO RETURN TO PADDLE FOR 10:45 OR Meet at PADDLE *A PADDLE staff will be at PADDLE for 8:30 9:30 Stretch/Calendar 10:00 Music</p> <p>10:45 Putting Groceries away: where do they go and why?</p> <p>11:15 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 New Music Monday</p> <p>2:00 Team Building Activity</p> <p>*you are responsible for booking and arranging your own transportation today according to your choice.</p>	<p>18</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Photography Club OR Button Making Club</p> <p>11:45 LUNCH</p> <p>1:15 CAN DO with Michelle</p> <p>2:15 Games!</p>	<p>19</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Book Club (children's classics)</p> <p>11:00 Wii Bowling Tournament/Air Hockey Tournament</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT ONE KIDS PLACE FOR 1:30</p> <p>1:30 Gym Games & Snoezelen Room</p> <p>*Please bring indoor shoes</p> <p>Pick up 3pm at One Kids Place</p>	<p>20</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Interactive Music</p> <p>11:00 Throwback Thursday: Playing our favorite songs from the past!</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p>	<p>21</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p> <p>10:45 Outdoor Walk on Chippewa Trails</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE TOWER DOORS FOR 1:15</p> <p>1:15-3:00 Shopping at North gate</p> <p>Pick up 3pm at Northgate Tower Doors</p>

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<p>24</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Menu Planning</p> <p>10:30 ONLINE GROCERY SHOPPING: Learning how to order groceries online/placing our order for groceries this week</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>2:00 Coffee Break at Tim Horton's</p> <p>Pick up 3pm at Value Village</p>	<p>25</p> <p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Photography Club OR Button Making Club</p> <p>12:00 LUNCH</p> <p>1:15 Music with Esther</p> <p>2:15 Free Time</p>	<p>26</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Book Club (children's classics)</p> <p>11:00 Healthy Living</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT GATHERING PLACE GARDEN FOR 1:30</p> <p>1:30-3:00 Helping out at the Gathering Place Garden</p> <p>Pick up 3pm at The Gathering Place Garden</p>	<p>27</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Interactive Music</p> <p>11:00 Communication 101: learning about our friends communication devices</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT GYMTRIX (7 Ferris Drive) for 1:30</p> <p>1:30 GYMTRIX!</p> <p>COST: \$5</p> <p>*please bring appropriate gym wear</p> <p>Pick up 3pm at Gymtrix (7 Ferris Drive)</p>	<p>28</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Bryan</p> <p>10:45 Walk outside on Chippewa Trails</p> <p>11:30 LUNCH</p> <p>1:00 MOVIE AFTERNOON</p> <p>**bring your favorite movie in and we will vote on which one to watch**</p>

THINGS TO LOOK FORWARD ON THE CALENDAR IN SEPTEMBER

Welcome back and welcome to our NEW SPACE!!! (235 Albert Street) We are very excited to start the New Year at our new location!

September is going to be a busy month, but the PADDLE team will be working hard over our August Break to make it as comfortable as possible for everyone.

The biggest change at our new location is grocery shopping. Unfortunately there are no grocery stores within walking distance from Albert Street so we will be meeting most Monday's at a grocery store location and we are going to be trying out ordering our groceries online! Cool! We recognize that No Frills on lakeshore can be a little long of a community outing for some so we will be offering a choice to meet at PADDLE on those mornings only. Please make sure that you check the schedule for when there is an option so you can make an educated choice and inform your transportation for that date.

September is a big month for Birthday Celebrations! We celebrate all of friends that had a birthday in August & September Birthdays (Danny-August 12, Sarah- August 25, Victoria-August 27, Dean-August 31 & Bryan-Sept 4)

If you have any questions or concerns please feel free to email over the August break or call. We will be answering emails & phone calls after August 24.

Enjoy your August!! Call your friends!!

Kristy Hunter
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