








# OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9:00 Good Morning	9:00 Good Morning OR YMCA	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar
10:00 Menu Plan	10:00 SENSORY Club OR Independent Learning Club	10:00 Lunch Prep OR Book Club (children's classics)	10:00 Lunch Prep OR Interactive Music	10:00 Music with Jeff
10:45 Grocery Shopping at <b>Food Basics</b>	<b>BOOK PARABUS TO ARRIVE AT CAPITOL CENTRE FOR 12:30</b>	 Or 	 Or 	
	<b>12:30 Lunch at the Moose to Celebrate October Birthday's (John, Peter)</b>	11:15 Yoga and meditation in the courtyard	11:00 Women's Wellness OR Men's Health	10:45 Outdoor walk
12:00 LUNCH		12:00 LUNCH	12:00 LUNCH	11:30 Free Time
1:15 New Music Monday	<b>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:30</b>	<b>1:30 Farmer's Market **last farmers market of the year</b>	1:15 Social Club OR Independent Living Club	12:00 LUNCH
	<b>1:30 Waterfront walk *meet in front of museum at 2:00</b>	<b>2:00 Waterfront walk *meet in front of museum at 2:00</b>		1:15 Making your own Thanksgiving cranberry sauce
2:00 Outdoor games		<b>Pick up 3pm at North Bay Museum</b>		
	<b>Pick up 3pm at Capitol Center Parking Lot</b>			

# OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>THANKSGIVING DAY NO PADDLE</p> 	<p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 SENSORY Club OR Independent Learning Club</p> <p>12:00 LUNCH</p> <p>1:15 Menu Planning</p> <p>1:45 Grocery Shopping at <b>Food Basics</b></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 Work on Open Mic Act</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTHGATE MALL (Tower Doors) FOR 1:15</b></p> <p>1:30 Shopping at Northgate Square</p>  <p><b>Pick up 3pm at Tower Doors Northgate Square</b></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 Women's Wellness OR Men's Health</p> <p>12:00 LUNCH</p> <p>1:15 Social Club OR Independent Living Club</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy</p>  <p>10:45 No Bake Baking: Raw Cacao Balls</p> <p>12:00 LUNCH</p> <p>1:15 CAN DO with Michelle</p>  <p>2:15 Work on Open Mic Act</p>

# OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
16	17	18	19	20
<p><b>BOOK PARABUS TO MEET AT NO FRILLS</b> (lakeshore) for 9AM <b>*PADDLE staff will be there at 8:30am*</b> <b>*All participants please meet at No Frills*</b></p> <p>9:00 Menu Planning &amp; Coffee at the food court</p> <p>9:30 Shopping at North Bay Mall</p> <p>10:15 Grocery Shopping at No Frills</p>  <p><b>BOOK PARABUS TO RETURN TO CHIPPEWA FOR 11:00</b></p> <p>12:00 LUNCH</p> <p>1:15 New Music Monday</p>  <p>2:00 Art</p>	<p>9:00 Good Morning OR YMCA</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Sensory club OR Independent Living Club</p> <p>11:45 LUNCH</p> <p>1:15 Work on Open Mic act</p> <p>1:45 Music with Serra</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 Karaoke!!</p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT ONE KIDS PLACE FOR 1:30</b></p> <p><b>1:30 Gym games &amp; Snozelen Room</b></p> <p><b>*please bring indoor shoes to wear</b></p> <p><b>Pick up 3pm at One Kids Place</b></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 Women's Wellness OR Men's Health</p> <p>12:00 LUNCH</p> <p>1:15 Social Club OR Independent Living Club</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p>  <p>10:45 Halloween costume idea brainstorm</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE for 1:30</b></p> <p><b>1:30 Value Village *shopping for Halloween Costumes</b></p> <p><b>2:15 Coffee Break at Tim Hortons</b></p> <p><b>Pick up 3pm at Value Village</b></p>

# OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:00 Good Morning 9:30 Stretch/Calendar 10:00 Menu Planning 10:45 Grocery Shopping at <b>Food Basics</b>  12:00 LUNCH 1:15 New Music Monday  2:00 Wii Bowling Tournament/Games	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Sensory Club OR Independent Learning Club 11:45 LUNCH 1:15 <b>Open Mic</b> with SIP classes at Chippewa *joke telling, karaoke, music, magical acts!	9:00 Good Morning 9:30 Calendar 10:00 Disney Sing-a-long with Megan <b>Option 1: BOOK PARABUS TO ARRIVE AT BINGO FOR 11:30</b> 11:30-3pm Lunch and Bingo at <b>Bluesky bingo hall</b> Cost: \$3.00 <b>Pick up 3pm at Bluesky Bingo</b>  <b>Option 2: In house programming at PADDLE</b> 11:00 Lunch Prep 12:00 Lunch 1:15 Music 2:00 Walk outside <b>Pick up 3pm at Chippewa</b> *you are responsible for arranging your own transportation according to what activity you choose. You will need to let Kristy know by Monday what activity you choose otherwise we will assume you are participating in bingo	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music  11:00 Women's Wellness OR Men's Health 12:00 LUNCH 1:15 Social Club OR Independent Living Club	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Music with Kristy  10:45 Outdoor walk & Living Art 11:45 LUNCH <b>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15</b> <b>1:15 Shopping at Mini Mall</b>  <b>Pick up 3pm at Winners</b>

# OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
<b>30</b> 9:00 Good Morning  9:30 Stretch/Calendar  10:00 Menu Planning  10:45 Grocery Shopping at <b>Food Basics</b>  12:00 LUNCH  1:15 Halloween Bake off! *baking treats for Halloween dance	<b>31</b> 9:00 Good Morning OR <b>YMCA</b>  9:30 Stretch/Calendar  10:00 Costume Parade  10:30 Scary story telling & games!  <b>BOOK PARABUS TO ARRIVE AT THE VOYAGER FOR 12:00</b>  <b>12:00 LUNCH</b> <b>catered by The</b> <b>Noble Steed</b> <b>Cost: \$11.50</b> <b>(includes tax) for</b> <b>Hamburger, fries</b> <b>and a drink</b>  <b>*money for the</b> <b>lunch must be</b> <b>prepaid and</b> <b>received by Kristy</b> <b>by October 18<sup>th</sup> at</b> <b>the latest*</b>  <b>1:00-3:00</b> <b>Halloween Dance</b> <b>in the Summit</b> <b>Room at the</b> <b>Voyager</b> <b>Pick up 3pm at</b> <b>The Voyager</b>			