






APRIL 2019

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
9:00 Good Morning	9:00 Good Morning	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 New Music Monday	10:00 Gym Time OR Chair Yoga	10:00 Lunch Prep OR Book Club	10:00 Lunch Prep OR Interactive Music	10:00 Music with Jeff
10:45 Menu Planning & Writing a grocery list	10:45 Watch & Learn *a new program that will show individuals living with a disability self advocating	11:00 Real Life Math	11:00 Sign Language 101	
12:00 LUNCH		12:00 LUNCH	11:45 LUNCH	10:45 Art
1:15 Art Afternoon	BOOK PARABUS TO ARRIVE AT BOSTON PIZZA FOR 1pm	1:15 Jamie & Kayleigh teach us a dance!	BOOK PARABUS TO ARRIVE AT NORTHGATE SHOPPING SQUARE TOWER DOORS for 1:30	11:45 LUNCH
	BIRTHDAY LUNCH at BOSTON PIZZA 1pm	2:15 Free Time	1:30 Shopping at Northgate	1:15 
*exploring different mediums of art	*We are celebrating Rene & Dakota`s Birthdays!			*Wear your wildest summer outfit and let`s party!!
	COST: \$15-25		Pick up 3pm at Northgate Tower Doors	*Games *mocktails *music *general shenanigans
	Pick up 3pm at Boston Pizza			






*If you wish to pre-order your food for Boston Pizza you can call and order by Friday March 29th (let them know you are attending with The PADDLE Program)

APRIL 2019

Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
9:00 Good Morning 9:30 Stretch/Calendar 10:00 New Music Monday  10:45 Menu Planning & writing a grocery list 12:00 LUNCH 1:15 MOVIE AFTERNOON AT PADDLE	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Gym Time OR Chair Yoga 10:45 Watch & Learn *a new program that will show individuals living with a disability self advocating 12:00 LUNCH 1:30 Music with Serra  2:15 Games	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Book Club 11:00 Tai Chi with Ray! 11:45 Lunch 1:15 Eric's Media Lab 2:15 Rehearsal for Palliative Care Fundraiser	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music 11:00 Free Style Art 12:00 LUNCH 1:15 Planting flowers & herbs 	9:00 Good Morning 9:30 Stretch/Calendar 10:00 Music with Kristy  10:45 Button Making Club OR Sports Fan Club 11:45 LUNCH BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30 1:30 Shopping at Winners  Pick up 3pm at Winners

*On Friday May 10th PADDLE is invited to sing a song for the Palliative Care Fundraiser-more details to follow

APRIL 2019

Mon	Tue	Wed	Thu	Fri
15	16	17	18	19
<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 New Music Monday</p> <p>10:45 Menu Planning & Grocery list writing</p> <p>11:30 Rehearsal for Palliative Care Fundraiser</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30</p> <p>1:30 Grocery Shop at Metro OR Value Village</p>  <p>2:15 Coffee break at Tim Hortons</p> <p>Pick up 3pm at Value Village</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Time OR Chair Yoga</p> <p>10:45 Watch & Learn *a new program that will show individuals living with a disability self advocating</p> <p>12:00 LUNCH</p> <p>1:15 Team building activity</p> <p>1:45 Music with The Rodi Family (Patricia, Kevin and Ellie Mae)</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Living Fit Visit at PADDLE</p> <p>11:00 Lunch Prep OR Book Club</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT ONE KIDS PLACE FOR 1:30</p> <p>1:30 One Kids Place</p> <p>*Please remember to bring your indoor shoes</p>  <p>Pick up 3pm at One Kids Place</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 Easter Egg Hunt</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT APOLLO GYM FOR 1:30</p> <p>1:30-2:45 APOLLO GYMNASTICS</p>  <p>Cost: FREE! Pick up 3pm at Apollo Gymnastics (195 10th Street)</p>	<p>NO PADDLE *Good Friday</p>

APRIL 2019

Mon	Tue	Wed	Thu	Fri
22	23	24	25	26
<p>*NO PADDLE Easter Monday</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Time OR Chair Yoga</p> <p>10:45 Watch & Learn *a new program that will show individuals living with a disability self advocating</p> <p>11:45 LUNCH</p> <p>1:15 Music with John MacDonald</p> <p>2:00 Games/Cards</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Book Club OR Outdoor Walk</p> <p>Choice 1: BOOK PARABUS TO ARRIVE AT BINGO FOR 11:30</p> <p>11:30-3:00 Lunch & Bingo at Blue Sky</p> <p>Cost: \$6</p> <p>Pick up 3pm at Bluesky Bingo</p> <p>OR</p> <p>Choice 2: 11:00 Lunch Prep</p> <p>12:00 Lunch</p> <p>1:15 Music</p> <p>2:00 Free Time</p> <p>Pick up 3pm at PADDLE</p> <p>*Please book your transportation accordingly</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 Outdoor Games with Jamie & Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Abuse Prevention Training</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 PADDLE FAMILY JAM BAND!</p> <p>10:45 Button Making Club OR Sports Club</p>  <p>12:00 LUNCH</p> <p>1:00 Wrestling 101 with the Northland Wrestling crew</p>  <p>1:45 Eric's Media Lab</p>

APRIL 2019

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">29</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 New Music Monday</p> <p>10:45 Menu Plan & Writing a grocery list</p> <p>12:00 LUNCH</p> <p>1:15 Bread Making *learning how to make cornbread</p>	<p style="text-align: right;">30</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Time OR Chair Yoga</p> <p>10:45 Watch & Learn *a new program that will show individuals living with a disability self advocating</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 12:30</p> <p>12:30 Lunch & Pool at Highball Billiards</p> <p>Cost of lunch & pool games \$7</p> <p>*lunch will be provided by Cindy at Highball-to be determined closer to the date</p> <p>Pick up 3pm at Highball Billiards</p>			

