



MAY 2019

Mon	Tue	Wed	Thu	Fri
		1	2	3
		9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
		9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar
		10:00 Lunch Prep OR Book Club	10:00 Interactive Music OR Lunch Prep	10:00 Music with Jeff
		11:00 Real Life Math	11:00 Sign Language 101	
		11:45 LUNCH	11:45 LUNCH	10:45 Free Time
		1:15 Healthy snacks	1:15 Women's Wellness OR Men's Health	11:45 LUNCH
		*learn about ways to make your snacks healthier	2:00 Connecting in the community	BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30
				1:30 Shopping at the Winners Plaza
				
				Pick up 3pm at Winners







*Please remember to always look ahead on your calendar for special events

*Don't forget to enter into our Instapot Mother's Day Draw!

MAY 2019





Mon	Tue	Wed	Thu	Fri
6	7	8	9	10
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 Outdoor Walk	10:00 Gym Time OR Wii Sports	10:00 Lunch Prep OR Book Club	10:00 Lunch Prep OR Interactive Music	10:00 Drawing Tickets for Pasta Dinner silent auction prizes!
10:30 New Music Monday	10:45 Mother's Day Craft	11:00 Environmental Club "North Bay Clean Green & Beautiful"	11:00 Freestyle Art!	11:30 Free Time
11:15 Menu Planning & Writing a grocery list	12:00 LUNCH	11:45 LUNCH	12:00 LUNCH	11:45 LUNCH
12:00 LUNCH	1:15 Music Shawn and Sam	BOOK PARABUS TO ARRIVE AT APOLLO FOR 1:30	1:15 Movie Afternoon at PADDLE	BOOK PARABUS TO ARRIVE AT NORTHGATE TOWER DOORS FOR 1:15
1:15 Game Developer (creator of "Doxie Dash") Travis Wilkins comes to PADDLE to talk about his board game creations!		1:30 Trampoline & Exercise		1:15-2:45 Shopping *please bring a list if you wish to purchase essentials like shampoo etc...
	2:15 Free Time	COST: FREE!	*Don't forget to join us at the 11th annual PADDLE Pasta Dinner 5-7pm at the Elk's Lodge	
		Pick up 3pm at Apollo		Pick up 3pm at Northgate Tower Doors

MAY 2019

Mon	Tue	Wed	Thu	Fri
13	14	15	16	17
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 Zumba	10:00 Lunch Prep OR Book Club	10:00 Interactive Music OR Lunch Prep	10:00 PADDLE Fam Jam
10:45 Menu Planning & writing a grocery list	10:45 Watch & Learn	11:00 Real Life Math	11:00 Sign Language 101	
11:45 LUNCH	11:30 Journaling *exploring different ways of journaling our thoughts/feelings & ideas	11:45 LUNCH	11:45 LUNCH	10:45 Outdoor Walk
BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30	12:00 LUNCH	BOOK PARABUS TO ARRIVE AT One Kids Place for 1:30	1:15 Women's Wellness OR Men's Health	11:30 Button Club OR Sports Club
	1:15 Art Afternoon	1:30-3:00 Gym Activities and/or Sensory Room Time	2:00 Menu Preview and pre-ordering for Wacky Wings	BOOK PARABUS TO ARRIVE AT WACKY WINGS FOR 1:00(MAY BIRTHDAY LUNCH)
OR				*Celebrating Diane (May 6) Adam (May 9) & Carrie (May 23)
1:30 Shopping at Value Village OR Grocery Shopping at Metro	*Today we will experiment with Water Colors & Modeling Clay	*Please remember to bring your indoor shoes		
2:00 Coffee Break at Tim Horton's		Pick up 3pm at One Kid's Place		COST: \$15-30 Pick up 3pm at Wacky Wings
Pick up 3pm at Value Village				


Please take a look at the online menu for Wacky Wings to ensure you bring enough money to purchase what you want for lunch For those that are here Thursday afternoon we will be placing our order for wacky wings then*

MAY 2019

Mon	Tue	Wed	Thu	Fri
20 NO PADDLE VICTORIA DAY	21 9:00 Good Morning OR YMCA 9:30 Stretch/Calendar 10:00 Gym Time OR Wii Sports 10:45 Watch & Learn 11:30 Journaling 12:00 LUNCH 1:15 Air Hockey Tournament  2:00 Music with Serra 	22 9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Book Club (children classics) 11:15 LUNCH BOOK PARABUS TO ARRIVE AT YMCA FOR 12:45 1:00-2:00 Open Swim 2:00 Aqua Fit OR Therapy Pool (large pool unavailable for free swim after 2pm because of Aqua Fit Class) Cost: Free! You do not need a YMCA membership to attend this swim PICK UP 3pm at YMCA	23 9:00 Good Morning 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music 11:00 Freestyle Art! 12:00 LUNCH BOOK PARABUS TO ARRIVE AT THE VOYAGER FOR SPRING DANCE for 1:00 1:00-2:45 Spring Dance *Semi-formal: wear your fanciest clothes* Pick up 3pm at The Voyager *ALL PARTICIPANTS ARE WELCOME TO ATTEND	24 9:00 Good Morning 9:30 Stretch/Calendar 10:00 Outdoor Walk 10:45 Music with Kristy  11:45 Lunch 1:15 Documentary: Volcano's 1:45 Making our own Volcano 

* All participants invited to attend the Spring Dance!

MAY 2019

Mon	Tue	Wed	Thu	Fri
27	28	29	30	31
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 Zumba	10:00 Book Club OR Games	10:00 Lunch Prep OR Interactive Music	10:00 Music with Jeff
10:45 Menu Planning & Grocery list writing	10:45 Watch & Learn	10:45 Outdoor Walk	11:00 Sign Language 101	10:45 Free Time
12:00 LUNCH	11:30 Journaling	BOOK PARABUS TO ARRIVE AT BLUESKY BINGO FOR 12:00	12:00 LUNCH	12:00 LUNCH
1:15 NAILED IT!	12:00 LUNCH	12:00-3pm Lunch & Bingo! Cost: \$6.00 includes lunch and bingo cards	1:15 Women's Wellness OR Men's Health	BOOK PARABUS TO ARRIVE AT THE WATERFRONT (public parking lot closest to bandshell) For 1:30
Our very own afternoon of attempting to decorate fancy desserts	1:15 Music with James Palmer	Pick up 3pm at Blue Sky Bingo	2:00 Connecting in the Community	1:30 Walk at The Waterfront
		OR		Pick up 3pm at Waterfront (public parking lot closest to bandshell)
	2:00 Cards/Games	11:00 Lunch Prep		
		12:00 Lunch		
		1:15 Music with Kristy		
		2:15 Free Time		
		Pick up 3pm at PADDLE		
		PLEASE ENSURE YOUR RIDES ARE ARRANGED ACCORDING TO YOUR CHOICE FOR THE AFTERNOON		

**Please note BINGO price has been raised to \$6 per person. This includes lunch and cards.