










JULY 2019

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>NO PADDLE *Observing Canada Day</p> 	<p>2</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Outdoor Walk OR Outdoor Games</p> <p>10:45 Menu Plan & Grocery List</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SHOPPING SQUARE TOWER DOORS for 1:30</p> <p>1:30 Shopping & Groceries at Northgate</p>  <p>Pick up 3pm at Northgate Tower Doors</p>	<p>3</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 Real Life Math</p> <p>*BUS CLUB 12:35 This club will continue for those who have signed up *please advise paddle staff if you no longer wish to be part of the bus club</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:30</p> <p>1:30-2:00 Farmer's Market</p>  <p>2:00 Walk down the Waterfront</p> <p>Pick up 3pm at North Bay Museum</p>	<p>4</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 Freestyle Art</p> <p>12:00 LUNCH</p> <p>1:15 Summer Youth Program of Metis Nation presents a "dance and music" workshop</p> <p>2:15 Free Time</p>	<p>5</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy</p>  <p>10:45 Games/Free time</p> <p>11:45 LUNCH</p> <p>1:15 BABY SHOWER FOR KATRINA</p>  <p>An afternoon of games & food & well wishes</p> <p>*bring in your old baby pictures for a guessing game!!</p>

*We have a lot of community outings this month so don't forget to pack some sunscreen, water & a hat

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<p style="text-align: right;">8</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Outdoor Tai Chi</p> <p>11:00 Menu Planning & Grocery List</p> <p>12:00 LUNCH</p> <p>1:15 Pinterest Craft Challenge</p>	<p style="text-align: right;">9</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Let's talk about consent with Mary White from Amelia Rising</p> <p>11:00 Free Time</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MALL *No Frills FOR 11:45</p>  <p>LUNCH: you can bring a bagged lunch (please nothing to microwave) or purchase your lunch at the mall</p> <p>MOVIE AT GALAXY CINEMA! Cost: \$6.99 (plus tax) OR \$9.99 (plus tax) for 3D *bring your access pass if you have one *popcorn/snacks extra</p> <p>Pick up 3pm at North Bay Mall Cineplex entrance</p> <p>*Please note pick up times might be later- note will be sent home once Movie times come out</p>	<p style="text-align: right;">10</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 Art</p> <p>*Bus Club 12:35</p> <p>11:45 Lunch</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:15</p> <p>1:15 Farmer's Market</p>  <p>2:00 Downtown or waterfront walk</p> <p>Pick up 3pm at North Bay Museum</p>	<p style="text-align: right;">11</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 Disney Sing-a-long</p> <p>12:00 LUNCH</p> <p>1:15 Wellness</p> <p>2:00 Music with John MacDonald</p> 	<p style="text-align: right;">12</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Shawn</p>  <p>10:45 Making snacks for Beach day</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT OLMSTEAD BEACH FOR 1:30</p> <p>1:30 BEACH AFTERNOON at Olmstead Beach (trout lake)</p>  <p>1:15-2:45 Swimming and Activities</p> <p>*feel free to bring a bathing suit. This beach has a lifeguard *bring sunscreen! Pick up 3pm at Olmstead Beach</p>




JULY 2019

Mon	Tue	Wed	Thu	Fri
15	16	17	18	19
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 Walk & Roll	10:00 Outdoor Walk OR Outdoor Games	10:00 Lunch Prep OR Book Club	10:00 Lunch Prep OR Interactive Music	10:00 Music with Kristy
10:45 Menu Planning & Grocery List	10:45 Watch & Learn	11:00 Real Life Math	11:00 Blue Planet	
12:00 LUNCH	11:30 Journaling	11:45 LUNCH	11:45 LUNCH	10:45 Outdoor Walk & Roll on trails
1:15 Reviewing together the new PADDLE CODE OF CONDUCT	11:45 LUNCH	*Bus Club 12:35	BOOK PARABUS TO ARRIVE AT RAMADA PINWOOD PARK RESORT FOR 1:30 (201 Pinewood Park Drive)	12:00 LUNCH
2:15 Music	BOOK PARABUS TO ARRIVE AT Highball Billiards for 1:30	BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:15		BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30
	1:30 Pool	1:15 Farmer's Market	1:30 Driving Range!	1:30 Shopping at Winners
	Cost: PADDLE will cover the cost of the pool games, bring money if you would like to purchase a snack			
	Pick up 3pm at Highball	2:00 Downtown or waterfront walk	COST: Free PADDLE is covering the cost *bring money if you would like to purchase a snack Pick up 3pm at Pinewood Park Resort	Pick up 3pm at Winners
		Pick up 3pm at North Bay Museum		

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<p>22</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Esther</p>  <p>10:45 Menu Planning & Grocery list writing</p> <p>BOOK PARABUS TO ARRIVE AT Casey's for 1:00</p> <p>1:00 Lunch at Casey's</p> <p>Celebrating The Birthdays of: Shawn, Sharon Chris</p>  <p>Cost: \$15-30</p> <p>Pick up 3pm at Casey's</p>	<p>23</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Outdoor walk OR Outdoor games</p> <p>10:45 Watch & Learn</p> <p>11:30 Journaling</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT SUNSET PARK BEACH FOR 1:30</p>  <p>1:30- Hanging out at the beach with friends. *bring sunscreen *bring a bathing suit if you wish</p> <p>Pick up 3:00 at Sunset Beach</p>	<p>24</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 Water Games</p> <p>*Bus Club 12:35*</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT FARMERS MARKET FOR 1:15</p> <p>1:15 Farmer's Market</p>  <p>2:00 Downtown or waterfront walk</p> <p>Pick up 3pm at North Bay Museum</p>	<p>25</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 Blue Planet</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE LIBRARY FOR 1:30</p> <p>1:30 Library Visit</p>  <p>Pick up 3pm at North Bay Library</p>	<p>26</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Disney Sing-a-long</p> <p>11:00 Games!</p> <p>12:00 LUNCH</p> <p>1:00 Walk over to Colonel Hoagies for Dessert</p>  <p>Cost: \$5-10</p> <p>2:30 Walk back to PADDLE for Pick up</p>

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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 Clean out your cubby/clean up classrooms</p> <p>11:00 Lunch Prep OR Free Time</p> <p>12:00 BBQ for participants & supports COST: FREE</p> <p>1:15 Carnival!</p> <p>*FUN! *GAMES! *TREATS!</p> <p>*ALL Participants are welcome to join for the afternoon</p>	<p style="text-align: right;">30</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music</p>  <p>10:45 Free Time/Games</p> <p>11:45 LUNCH</p> <p>BOOK PARAB US TO ARRIVE AT Waterfront Bandshell (public parking closest to bandshell) for 1:30</p> <p>1:30 Carousel & train rides</p> <p>Cost: Free! PADDLE will cover the cost of rides</p> <p>Pick up 3:00pm at Public Parking closest to Waterfront Bandshell</p>	<p style="text-align: right;">31</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Patricia, Kevin & Ellie Mae</p>  <p>11:00 Morning Yearbook Viewing OR Free Time</p> <p>12:00 PIZZA LUNCH! FREE! For supports and participants *No need to bring lunch today!</p>  <p>1:15 Yearbook viewing</p> <p>*all participants are welcome to attend the last day!!</p>		

PADDLE building is closed for the Month of August. We will not be answering phones or emails from August 1-16th. HAVE A GREAT AUGUST!!!!

