





SEPTEMBER 2019

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>No PADDLE</p>	<p>3</p> <p>Welcome Back!</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Summer Experience Sharing-what did you do in August?</p> <p>11:00 Card Making</p> <p>12:00 Lunch</p> <p>1:15 Mocktail social</p> <p>2:00 Music</p>  <p>*At some point during the first day back, please sign up and commit to the CAN DO Theatre Club (we will be working on a performance piece that we will be performing sometime in December) OR Independent Learning –ILC is a good chance to work on anything you've wanted to commit more time to learning about!</p>	<p>4</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Calendar/Stretch</p> <p>10:00 Lunch Prep</p> <p>11:00 Book Club: This month we will be reading "Fall down 7 times Get up 8" ***</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE (tower doors) for 1:30</p>  <p>1:30 Shop 1:1 or in small groups *Please bring a list of items you wish to purchase and we can help!</p> <p>Pick up 3pm at Northgate Square-Tower Doors</p>	<p>5</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Calendar/Stretch</p> <p>10:00 Lunch Prep OR Music</p> <p>11:00 Motor Skills & Low Impact Exercise OR Volunteer Preparedness Training</p> <p>12:00 LUNCH</p> <p>1:15 Walk</p> <p>2:00 Participant Mission Statement</p>	<p>6</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Calendar/Stretch</p> <p>10:00 Ping Pong & Air Hockey Tournament</p> <p>10:45 Music with Shawn</p>  <p>BOOK PARABUS TO ARRIVE AT CAPITOL CENTRE PARKING LOT FOR 1:00</p>  <p>1:00 Birthday Lunches @ Cecil's for August/September Birthday's!</p> <p>Cost: \$10-30</p> <p>Pick up 3pm at Capitol Centre Parking Lot</p>

****Fall Down 7 Times, Get Up 8* is the follow-up to Naoki Higashida's surprise bestseller, *The Reason I Jump*, a book he wrote at age 13. Higashida is an autistic, non-verbal person — his place on the autism spectrum so severe he has no verbal communication capabilities.

In *Fall Down 7 Times, Get Up 8*, Higashida now shares his thoughts and experiences as a 24-year-old young man. The title comes from a Japanese proverb meaning no matter how many times life knocks you down, you have to get up and move forward.

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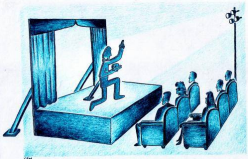

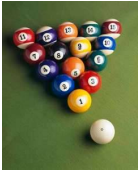

Mon	Tue	Wed	Thu	Fri
<p>9</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Walk OR Self-Care (tools given to help anxiety and to relax the body & mind)</p> <p>11:00 Music</p>  <p>12:00 LUNCH</p> <p>1:15 CAN-DO Theatre Club OR IXL/Independent Learning</p>  <p>OR</p> 	<p>10</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym or Menu Plan</p> <p>10:45 Watch & Learn</p> <p>11:30 Journaling</p> <p>12:00 LUNCH</p> <p>1:15 Music with Darius</p>  <p>2:00 Free Time</p>	<p>11</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep</p> <p>11:00 Book Club</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM for 1:30</p>  <p>1:30 Farmer's Market & Downtown Walk</p> <p>Pick up 3pm at The North Bay Museum</p>	<p>12</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Music</p> <p>11:00 Motor Skills & Low Impact Exercise OR Volunteer Preparedness Training</p> <p>11:45 LUNCH</p> <p>1:15 Women's OR Men's Wellness</p> <p>2:00 Connecting in the Community</p>	<p>13</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 No Bake- Independent Baking</p> <p>11:15 Music</p>  <p>11:45 LUNCH</p> <p>*Bus Club 12:35</p> <p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30</p> <p>Value Village</p> <p>1:30 Value Village</p> <p>2:15 Coffee Break @ Tim Horton's</p> <p>Pick up 3pm at Value Village</p>

*We will now be taking the Bus to Value Village (for those who have signed up for Bus Club) This bus departs just outside of PADDLE at 12:50 and arrives at Value Village for 1:30. Once again, there is no transferring just one bus that gets us to our destination! 1-2 PADDLE staff will be riding the bus with everyone.

If you do not wish to participate in bus club to Value Village or the Market any longer, please email Kristy:

info@paddlenorthbay.ca


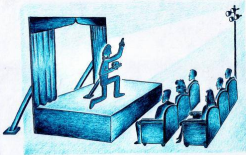
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Mon	Tue	Wed	Thu	Fri
<p>16</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Walk OR Self Care</p> <p>11:00 Music</p>  <p>12:00 LUNCH</p> <p>1:15 CAN DO Theatre Club OR IXL/Independent Learning</p>  <p>OR</p> 	<p>17</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym OR Menu Plan</p> <p>10:45 Watch & Learn</p> <p>11:30 Preparing for our Q & A with Police Chief</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 12:30</p>  <p>12:30 Lunch at Highball Cost: \$8</p> <p>1:30 Pool *PADDLE will cover the cost of pool games, please bring money if you would like to purchase snacks/drinks</p> <p>Pick up 3pm at Highball Billiards</p>	<p>18</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep</p> <p>11:00 Q & A with the Police Chief of North Bay</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><i>*Please remember to bring indoor shoes</i></p> <p>Pick up 3pm at One Kids Place</p>	<p>19</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep/Music</p> <p>11:00 Motor Skills & Low Impact Exercise OR Volunteer Preparedness Training</p> <p>12:00 LUNCH</p> <p>1:15 Consent Discussion with Mary White from Amelia Rising</p> <p>2:15 Free Time</p>	<p>20</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music</p>  <p>10:45 Free Style Art</p> <p>12:00 LUNCH</p> <p>1:15 Cookie Decorating: Learning how to flood cookies with special guests</p> <p>2:15 Free Time</p>

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<p style="text-align: right;">23</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Walk OR Self Care</p> <p>11:00 Music </p> <p>12:00 LUNCH</p> <p>1:15 CAN DO Theater Club OR IXL/Independent Learning</p> <div data-bbox="164 1026 410 1190"></div> <p style="text-align: center;">OR</p> <div data-bbox="164 1310 380 1472"></div>	<p style="text-align: right;">24</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym OR Menu Plan</p> <p>10:45 Watch & Learn</p> <p>11:30 Journaling</p> <p>12:00 LUNCH</p> <p>1:15 Open Mic: sing a song, play some guitar (with or without Murray) tell a joke!</p> <div data-bbox="427 1104 654 1325"></div> <p style="text-align: center;">gg58376252 GoGraph ©</p>	<p style="text-align: right;">25</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Walk</p> <p>10:45 Free Time</p> <p>BOOK PARABUS TO ARRIVE TO BINGO FOR 11:45</p> <p>11:45 Lunch at Bingo Cost: \$6</p> <p>12:30-3:00 BINGO</p> <p>Pick up 3pm at the Bingo Hall</p> <p>OR</p> <p>11:15 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 according to what activity you choose</p>	<p style="text-align: right;">26</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Lunch Prep OR Music</p> <p>10:00 Lunch Prep OR Music</p> <p>11:00 Motor Skills & Low Impact Exercise OR Volunteer Preparedness Training</p> <p>12:00 LUNCH</p> <p>1:15 Music</p> <p>2:00 Women's & Men's Wellness</p>	<p style="text-align: right;">27</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music </p> <p>10:45 List Writing: Top 5 favorite songs</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</p> <p>1:30 Shopping at Winner's Plaza</p> <p>Pick up 3pm at Winners</p>

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<p>30</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Walk OR Self Care</p> <p>11:00 Music</p>  <p>12:00 LUNCH</p> <p>1:15 CAN DO Theatre Club OR IXL/Independent Learning</p>  <p>OR</p> 