

# OCTOBER 2019

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	9:00 Good Morning/Walk	9:00 Good Morning/Walk	9:00 Good Morning/Walk	9:00 Good Morning/Walk
	9:30 Stretch/Calendar	9:30 Calendar/Stretch	9:30 Calendar/Stretch	9:30 Calendar/Stretch
	10:00 Gym OR Menu Plan	10:00 Lunch Prep	10:00 Lunch Prep OR Music	10:00 Music
	11:00 Card Making for Birthdays	11:00 Book Club: We will continue to read "Fall down 7 times Get up 8" ***	11:00 Motor Skills & Low Impact Exercise OR Volunteering in the Community (flyer making for food drive)	 10:45 Fall Art
	12:00 LUNCH	11:45 LUNCH	12:00 LUNCH	<b>BOOK PARABUS TO ARRIVE AT BOSTON PIZZA for 1:00</b>
	<b>BOOK PARABUS TO ARRIVE AT APOLLO GYMNASTICS FOR 1:30pm</b>	*Bus Club 12:35	1:15 Coloring Sheet Design with Lilith Moore	
	1:30-2:45 Gym Time at Apollo with Kayleigh!	<b>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:30</b>	2:15 Free Time	1:00 Birthday Lunch at Boston Pizza for October Birthday's!
	Cost: FREE!	 1:30 Farmer's Market & Downtown Walk		Cost: \$15-30
	Pick up 3pm at Apollo Gymnastics	Pick up 3pm		Pick up 3pm at Boston Pizza

\*Next week we will be doing a food drive in our neighborhood for the University/College Food Bank. If you wish to contribute please bring any non perishable food items to PADDLE from October 7-10th

# OCTOBER 2019

Mon	Tue	Wed	Thu	Fri
<p>7</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 &amp; 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>8</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 &amp; Learn</p> <p>11:30 Journaling</p> <p>12:00 LUNCH</p> <p>1:15 Music with Shawn</p>  <p>2:00 Free Time</p>	<p>9</p> <p>9:00 Good Morning/Walk</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><b>*Bus Club 12:35</b></p> <p><b>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM for 1:30</b></p>  <p>1:30 Farmer's Market &amp; Downtown Walk</p> <p><b>Pick up 3pm at The North Bay Museum</b></p>	<p>10</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 &amp; Low Impact Exercise <b>OR</b> Community Volunteering (Food Drive in neighbourhood)</p> <p>11:45 LUNCH</p> <p>1:00 Al MacDonald Visiting PADDLE</p> <p>2:00 Free Time</p>	<p>11</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><b>*Bus Club 12:35</b></p> <p><b>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30</b></p> <p><b>Value Village</b></p> <p>1:30 Value Village</p> <p>2:15 Coffee Break @ Tim Horton's</p> <p><b>Pick up 3pm at Value Village</b></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.


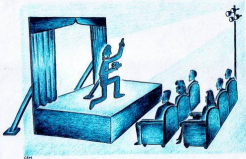




If you do not wish to participate in bus club to Value Village or the Market any longer, please email Kristy:

[info@paddlenorthbay.ca](mailto:info@paddlenorthbay.ca)

# OCTOBER 2019

Mon	Tue	Wed	Thu	Fri
14	15	16	17	18
THANKSGIVING NO PADDLE  	9:00 Good Morning/Walk  9:30 Stretch/Calendar  10:00 Gym OR Menu Plan  10:45 Watch & Learn  11:30 Journal  12:00 LUNCH  1:15 Music   1:45 Bingo @ PADDLE	9:00 Good Morning/Walk  9:30 Stretch/Calendar  10:00 Lunch Prep  11:00 Book Club  11:45 LUNCH  <b>BOOK PARABUS TO ARRIVE AT ONE KIDS PLACE FOR 1:30</b>    1:30 Gym Games/Snoezelen Room  *Please remember to bring indoor shoes  <b>Pick up 3pm at One Kids Place</b>	9:00 Good Morning/Walk  9:30 Stretch/Calendar  10:00 Lunch Prep/Music  11:00 Motor Skills & Low Impact Exercise <b>OR</b> Volunteering in the Community (Clean, Green & Beautiful initiative on the Chippewa Trails)  12:00 LUNCH  1:15 Women's Wellness OR Men's Health  2:15 Connecting in the Community	9:00 Good Morning/Walk  9:30 Stretch/Calendar  10:00 Music   10:45 Free Style Art  12:00 LUNCH  <b>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (tower doors)</b>  1:30 Shopping at Northgate  <b>*please bring a list of items you need to purchase and we can help (IE: toothpaste/body wash etc...)</b>  <b>Pick up 3pm at Northgate (tower doors)</b>

# OCTOBER 2019

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;"><b>21</b></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> <p></p> <p>OR</p> <p></p>	<p style="text-align: right;"><b>22</b></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 &amp; Learn</p> <p>11:30 Journaling</p> <p>12:00 LUNCH</p> <p>1:15 Music with Esther </p>	<p style="text-align: right;"><b>23</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep</p> <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>OR</p> <p>CURLING Match at Memorial Gardens *Note sent home September 17 to confirm if you are going-all details (cost/pick up drop off time etc...) on note*</p> <p>OR</p> <p>Movie afternoon at PADDLE</p> <p>*Please book your transportation according to what activity you choose</p>	<p style="text-align: right;"><b>24</b></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 &amp; Low Impact Exercise OR Volunteering in the Community</p> <p>12:00 LUNCH</p> <p>1:15 Music with John MacDonald </p> <p>2:00 Free Time</p>	<p style="text-align: right;"><b>25</b></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 movies</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</b></p> <p>1:30 Shopping at Winner's Plaza</p> <p><b>Pick up 3pm at Winners</b></p>

# OCTOBER 2019

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;"><b>28</b></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 style="text-align: right;"><b>29</b></p> <p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym or Menu Plan</p> <p>10:30 Visit with Apachee the Therapy Pony</p>  <p>12:00 LUNCH</p> <p>1:15 Baking for Halloween Dance</p> 	<p style="text-align: right;"><b>30</b></p> <p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Book Club</p> <p><b>BOOK PARABUS TO ARRIVE TO BINGO FOR 11:45</b></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><b>OR</b></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><b>*Please book your transportation according to what activity you choose</b></p>	<p style="text-align: right;"><b>31</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep OR Interactive Music</p> <p>10:45 Free Time</p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT VOYAGER INN FOR 1:00</b></p> <p>1:00-3:00 Halloween Dance</p> <p>Pick up 3pm at Voyager Inn</p> <p><b>*All participants welcome to attend the afternoon</b></p> 	

