



JANUARY 2020

Mon	Tue	Wed	Thu	Fri
		No PADDLE 1	No PADDLE 2	No PADDLE 3

JANUARY 2020

Mon	Tue	Wed	Thu	Fri
6	7	8	9	10
<p>Welcome back!</p> <p>9:00 Good Morning!</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Social Tea: what did you do over the Christmas holidays</p> <p>11:00 Music</p>  <p>12:00 LUNCH</p> <p>1:15 New Years Vision Boards</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Menu Plan OR Gym Time</p> <p>10:45 Watch & Learn</p> <p>12:00 LUNCH</p> <p>1:15 Music with Esther</p>  <p>2:15 Free Time</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Book Club</p> <p>10:45 Lunch Prep</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS for 1:30</p> <p>1:30-3:00 Shopping at Winners</p>  <p>Pick up 3pm at Winners</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Interactive Music OR Current Affairs</p> <p>10:45 Lunch Prep</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> <p>2:00 Sound Healing with Karen Schiavone</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Brainstorming: what is your vision for the program this year?</p> <p>10:45 Music with Jeff</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT APOLLO FOR 1:30</p> <p>1:30-2:45 Gym time at Apollo</p>  <p>Pick up 3pm at Apollo</p>

JANUARY 2020

Mon	Tue	Wed	Thu	Fri
13	14	15	16	17
<p>BOOK PARABUS TO MEET AT MCDONALDS ON MCKEOWN FOR 9am *PADDLE staff will be there for 8:30am</p> <p>*PADDLE building will be open at 8:30am for independent learning for those who do not want to attend Breakfast/grocery shopping</p> <p>9-10 Breakfast/Coffee & Menu Planning</p> <p>Cost: \$2-15</p> <p>10:00 Grocery Shopping at No Frills</p> <p>BOOK PARABUS TO ARRIVE BACK AT PADDLE FOR 11am</p> <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Music</p> <p>2:00 Lifeskills: how to ask for help</p>	<p>BOOK PARABUS TO MEET AT YMCA FOR 9am *PADDLE staff will be there for 8:30 *ALL MEET AT YMCA THERE ARE NO PROGRAMS AT PADDLE Cost-Free! You do not need a membership to attend this swim!</p>  <p>BOOK PARABUS TO ARRIVE BACK AT PADDLE FOR 11:45</p> <p>12:00 LUNCH</p> <p>1:15 Crafternoon</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Book Club</p> <p>10:45 Lunch Prep</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT One Kids Place for 1:30</p> <p>1:30-3:00 Gym Activities and/or Sensory Room Time</p> <p>Pick up 3pm at One Kid's Place</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Interactive Music OR Current Affairs</p> <p>10:45 Lunch Prep OR Sensory Relaxation with Chewie the Police Support dog</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness or Men's Health</p> <p>2:15 Connecting in the Community</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy</p>  <p>10:45 Freestyle Art</p> <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon at PADDLE</p> 

JANUARY 2020

Mon	Tue	Wed	Thu	Fri
20	21	22	23	24
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 Music 	10:00 Gym Time OR Menu Plan	10:00 Book Club	10:00 Interactive Music or Current Affairs	10:00 Music with Jeff 
10:45 Movement and Dance with Jill Lang!	10:45 Watch & Learn	10:45 Lunch Prep	10:45 Lunch Prep	10:45 Freestyle Art
11:30 LUNCH	12:00 LUNCH	11:45 LUNCH	12:00 LUNCH	
BOOK PARABUS TO ARRIVE AT MEMORIAL GARDENS FOR 12:50	1:15 Baking Bread & Social Tea	BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE TOWER DOORS for 1:30	1:15 Music with Shawn & Sam 	BOOK PARABUS TO ARRIVE AT LOI's Chinese Buffet for 1:15pm for Birthday Lunch!
1:00-1:50 Skating		1:30 Shopping *bring a list if you need to pick up any essentials like shampoo etc...	2:15 Free Time	COST: 12.95 plus tax & drink not included
2:00 Social time				
Pick up 3pm at Memorial		Pick up 3pm at Tower Doors		Pick up 3pm at LOI's (2195 Trout Lake Rd)

JANUARY 2020

Mon	Tue	Wed	Thu	Fri
27	28	29	30	31
<p>9:00 Good Morning/Stretch</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music</p>  <p>10:45 Group Art Project</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 12:30</p> <p>12:30 Lunch @ Highball & POOL!</p> <p>Cost: \$7 for lunch</p> <p>Pool games are on PADDLE</p> <p>Pick up 3pm at Highball</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Time OR Menu Plan</p> <p>10:45 Watch & Learn</p> <p>12:00 LUNCH</p> <p>1:15 YOGA with Kimberly</p> <p>2:00 Free Time</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Book Club</p> <p>10:45 Free Time</p> <p>BOOK PARABUS TO ARRIVE AT BLUESKY BINGO FOR 12:00</p> <p>12:00-3pm Lunch & Bingo! Cost: \$6.00 includes lunch and bingo cards</p> <p>Pick up 3pm at Blue Sky Bingo</p> <p>OR</p> <p>11:00 Lunch Prep</p> <p>12:00 Lunch</p> <p>1:15 Music with Kristy</p> <p>2:15 Free Time</p> <p>Pick up 3pm at PADDLE</p> <p>PLEASE ENSURE YOUR RIDES ARE ARRANGED ACCORDING TO YOUR CHOICE FOR THE AFTERNOON</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Interactive Music OR Current Events</p> <p>10:45 Lunch Prep OR Sensory Relaxation With Chewie the police support dog</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> <p>2:15 Connecting in the Community</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Independent No Bake Baking</p> <p>11:15 Music with Kristy</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT 1:30 Shopping at Value Village</p> <p>2:15 Coffee Break at Tim Horton's</p> <p>Pick up 3pm at Value Village</p>