







FEBRUARY 2020

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Group exercise class in gym</p> <p>OR</p> <p>Art</p> <p>11:00 Sights and Sounds of the world with Sarah</p> <p>12:00 LUNCH</p> <p>1:15 Music with John MacDonald</p>  <p>2:15 Free Time</p>	<p>4</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym Time OR Menu Plan</p> <p>CHOICE 1: BOOK PARABUS TO ARRIVE AT MEMORIAL GARDENS FOR 10:45am</p> <p>LAKERS HOCKEY 11am</p>  <p>Cost: \$10 per person- must receive money for tickets by January- 22- 2020</p> <p>BOOK PARABUS TO ARRIVE BACK AT PADDLE FOR 1pm</p> <p>OR</p> <p>CHOICE 2</p> <p>10:45 Music</p> <p>11:30 Free Time</p> <p>12:00 LUNCH *individuals watching the hockey game will eat their lunch once they return to PADDLE</p> <p>1:15 Dream Catcher Making</p> <p>OR</p> <p>Cards/Games</p>	<p>5</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>12:00 LUNCH</p> <p>1:15 Beach Party</p> <p>*Games *Snacks *Fun</p> 	<p>6</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 Craft</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness or Men's Health</p> <p>2:15 Group Wellness Activity</p>	<p>7</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Darius</p>  <p>10:45 Art</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT APOLLO GYM FOR 1:30</p> <p>1:30-2:45 Gym Time at Apollo</p> <p>Pick up 3pm at Apollo</p>

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<p style="text-align: right;">10</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Movie Morning @ PADDLE</p> <p>*Bring in your favorite movie and we'll choose which one to watch</p> <p>12:00 LUNCH</p> <p>*PIZZA LUNCH PROVIDED BY PADDLE!</p> <p>1:15 Music with Shawn & Sam</p>  <p>2:00 Free Time</p>	<p style="text-align: right;">11</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>11:30 Journaling + Free Time</p> <p>BOOK PARABUS TO ARRIVE AT WACKY WINGS FOR 1pm</p> <p>1:00-2:45 Birthday Lunches & Arcade (February Birthdays: Jess, James, Martin & Shane)</p>  <p>COST: \$10-25</p> <p>Arcade-FREE!</p> <p>Pick up 3pm at Wacky Wings</p>	<p style="text-align: right;">12</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 NORTHGATE SQUARE (tower doors) for 1:15</p> <p>1:15 Shopping at Northgate</p>  <p>3pm Pick up at Northgate Square (tower doors)</p>	<p style="text-align: right;">13</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 Relaxation with Chewie the Police Support Dog</p> <p>12:00 LUNCH</p> <p>1:15 Valentines Crafternoon & Baking</p>	<p style="text-align: right;">14</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Charades</p> <p>10:45 Love Songs Karaoke</p> <p>12:00 LUNCH</p> <p>1:15 Valentine's Social</p> <p>*All participants are welcome to attend the afternoon</p>

FEBRUARY 2020

Mon	Tue	Wed	Thu	Fri
17	18	19	20	21
NO PADDLE	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
*FAMILY DAY	9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar
	10:00 Gym Time OR Menu Plan	10:00 Book Club	10:00 Interactive Music OR Current Affairs	10:00 Music with Kristy
	10:45 Watch & Learn	10:45 Lunch Prep		
	11:30 Journaling	11:45 LUNCH	11:00 Lunch Prep OR Craft	10:45 Art
	12:00 LUNCH	BOOK PARABUS TO ARRIVE AT One Kids Place for 1:30	12:00 LUNCH	11:45 LUNCH
	1:15 ART AFTERNOON *Group art Project	1:30-3:00 Gym Activities and/or Sensory Room Time	1:15 Women's Wellness OR Men's Health	BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30
	OR		2:00 Connecting in the Community	1:30 Shopping at Winners Plaza
	Card games	Pick up 3pm at One Kid's Place		 Pick up 3pm at Winners

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<p style="text-align: right;">24</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Group exercise in the gym</p> <p>OR</p> <p>Art</p> <p>11:00 Sights and Sounds of the world with Sarah</p> <p>12:00 LUNCH</p> <p>1:15 Music</p>  <p>2:00 Free Time</p>	<p style="text-align: right;">25</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>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30</p> <p>1:30 Value Village & Coffee Break at Tim Hortons</p> <p>Pick up 3pm at Value Village</p>	<p style="text-align: right;">26</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>FIRST CHOICE:</p> <p>Book Parabus to arrive at Blue sky BINGO for 11:45</p> <p>11:45-3pm Lunch & Bingo</p> <p>Cost: \$6 includes lunch and bingo cards</p> <p>Pick up 3pm at Blue Sky Bingo</p> <p>OR</p> <p>SECOND CHOICE:</p> <p>11:00 Lunch Prep (\$3)</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 ensure your rides are arranged according to your choice for the afternoon</p>	<p style="text-align: right;">27</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 Support dog</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> <p>2:00 Free Time</p>	<p style="text-align: right;">28</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p>  <p>10:45 Art</p> <p>12:00 LUNCH</p> <p>1:15 Independent No Bake Baking</p>

