




















# OCTOBER 2020

Mon	Tue	Wed	Thu	Fri
			<p><sup>1</sup></p> <p>9:00 Good Morning &amp; Welcome back *Meet in the Rec (couch) room</p> <p>10:00 Let's Talk! Any questions you have about PADDLE and COVID changes</p> <p>11:00 Music with Jeff (<b>VIRTUAL</b>)</p>  <p>12:00 LUNCH</p> <p>1:15 Outdoor Walk</p>  <p>2:00 Games (<b>VIRTUAL</b>)</p>	<p><sup>2</sup></p> <p>9:00 Good Morning &amp; What did you do last night</p> <p>10:00 Art (<b>VIRTUAL</b>)</p>  <p>11:00 Outdoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy (<b>VIRTUAL</b>)</p>  <p>2:00 Virtual Museum Tour</p> <p>OR</p> <p>Let's Talk-Any questions you may have about PADDLE and COVID changes</p>

VIRTUAL PROGRAM LINKS WILL BE POSTED THE DAY OF for those registered with our Virtual Programming. We will be running the virtual programs LIVE from PADDLE.

Art: For ON SITE Art Programs, each individual will have access to their own art supply bin that will be kept in their locker. For VIRTUAL Art Programs, the list of supplies will be posted online 1 week prior to program.

# OCTOBER 2020

Mon	Tue	Wed	Thu	Fri
<p>5</p> <p>9:00 Good Morning</p> <p>10:00 Stretches</p>  <p>10:30 Music with Jeff (<b>VIRTUAL</b>)</p>  <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Outdoor activities</p> <p>2:00 Let's Make a Comic Book! (<b>VIRTUAL</b>)</p> 	<p>6</p> <p>9:00 Good Moring</p> <p>10:00 Games</p> <p>11:00 Art (<b>VIRTUAL</b>)</p>  <p>12:00 LUNCH</p> <p>1:15 Write a letter to a friend!</p> <p>1:45 Rhythm &amp; Rhyme with Jeff (<b>VIRTUAL</b>)</p> 	<p>7</p> <p>9:00 Good Morning</p> <p>10:00 Current Affairs-sharing and talking about news (<b>VIRTUAL</b>)</p>  <p>11:00 Outdoor Activities</p>  <p>12:00 LUNCH</p> <p>1:15 Independent Learning</p> <p>2:00 Wheel of Fortune (<b>VIRTUAL</b>)</p> 	<p>8</p> <p>9:00 Good Morning</p> <p>10:00 Music with Jeff (<b>VIRTUAL</b>)</p>  <p>11:00 Outdoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 1:15 Women's Wellness (<b>Facebook Messenger</b>) OR Men's Health (<b>VIRTUAL-zoom</b>)</p> <p>2:15 Free Time</p>	<p>9</p> <p>9:00 Good Morning</p> <p>10:00 Yoga (<b>VIRTUAL</b>)</p>  <p>11:00 Docuseries. Let's decide on what we'll watch and learn about!</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy (<b>VIRTUAL</b>)</p>  <p>2:00 Outdoor Walk</p> 

\*Please remember to limit the amount of items you are bringing to The PADDLE Program. Each individual and Support will have access to their own locker for storing personal items.
















# OCTOBER 2020

Mon	Tue	Wed	Thu	Fri
<p>12</p> <p><b>THANKSGIVING NO PADDLE</b></p>	<p>13</p> <p>9:00 Good Morning</p> <p>10:00 Current Affairs-sharing and talking about news</p> <p><b>NORTH BAY NUGGET</b></p>  <p>11:00 Music with Jeff (<b>VIRTUAL</b>)</p>  <p>12:00 LUNCH</p> <p>1:15 Let's Talk! What's on your mind (<b>VIRTUAL</b>)</p> <p>2:00 Outdoor Activities</p> 	<p>14</p> <p>9:00 Good Morning</p> <p>10:00 Joke telling (<b>VIRTUAL</b>)</p> <p>11:00 Outdoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Tai Chi (<b>VIRTUAL</b>)</p> <p>2:00 Rhythm and Rhyme with Jeff</p> 	<p>15</p> <p>9:00 Good Morning</p> <p>10:00 Book Club: let's read a book together! (<b>VIRTUAL</b>)</p> <p>11:00 Outdoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness (<b>Facebook Messenger</b>) OR Men's Health (<b>VIRTUAL-zoom</b>)</p> <p>2:15 Free Time</p>	<p>16</p> <p>9:00 Good Morning</p> <p>10:00 Outdoor Activities</p>  <p>11:00 Music with Kristy (<b>VIRTUAL</b>)</p>  <p>12:00 LUNCH</p> <p>1:15 Movie afternoon</p>  <p><b>SUPPORT WORKER ORIENTATION</b> : For those supporting individuals returning to on-site programming <b>November 1<sup>st</sup></b> Please register by October 9th via email or phone.</p>

# OCTOBER 2020

Mon	Tue	Wed	Thu	Fri
<p><b>19</b></p> <p>9:00 Good Morning</p> <p>10:00 Yoga &amp; Gentle Stretches</p>  <p>11:00 Art (VIRTUAL)</p>  <p>12:00 LUNCH</p> <p>1:15 Outdoor Walk</p>  <p>2:00 Lets Make a Comic Book! (VIRTUAL)</p> 	<p><b>20</b></p> <p>9:00 Good Morning</p> <p>10:00 Rhythm and Rhymes with Jeff (VIRTUAL)</p>  <p>11:00 Independent Learning</p> <p>12:00 LUNCH</p> <p>1:15 Math (VIRTUAL)</p>  <p>2:00 Outdoor Walk</p> 	<p><b>21</b></p> <p>9:00 Good Morning</p> <p>9:45 Stretches/Yoga (VIRTUAL)</p>  <p>10:30 Movie morning</p>  <p>12:00 LUNCH</p> <p>1:15 Games (VIRTUAL)</p> <p>2:00 Craft</p> 	<p><b>22</b></p> <p>9:00 Good Morning</p> <p>10:00 Independent Learning</p> <p>11:00 Music with Kristy (VIRTUAL)</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness (Facebook Messenger) OR Men's Health (VIRTUAL-zoom)</p> <p>2:15 Free Time</p>	<p><b>23</b></p> <p>9:00 Good Morning</p> <p>10:00 Docuseries</p>  <p>11:00 Let's Talk (VIRTUAL)</p> <p>12:00 LUNCH</p> <p>1:15 Bingo (VIRTUAL)</p>  <p>2:15 Independent Learning</p>

# OCTOBER 2020

Mon	Tue	Wed	Thu	Fri
<p><b>26</b></p> <p>9:00 Good Morning</p> <p>10:00 Current Affairs (<b>VIRTUAL</b>)</p>  <p>11:00 Art</p>  <p>12:00 LUNCH</p> <p>1:15 Let's Make a Comic Book! (<b>VIRTUAL</b>)</p>  <p>2:00 Outdoor Walk</p> 	<p><b>27</b></p> <p>9:00 Good Morning</p> <p>10:00 Music Games (<b>VIRTUAL</b>)</p>  <p>11:00 Independent Learning</p> <p>12:00 LUNCH</p> <p>1:15 Math (Counting Practice) (<b>VIRTUAL</b>)</p>  <p>2:00 Art for a friend</p> 	<p><b>28</b></p> <p>9:00 Good Morning</p> <p>10:00 Math Games (<b>VIRTUAL</b>)</p>  <p>11:00 Crafts</p>  <p>12:00 LUNCH</p> <p>1:15 Family Feud Game (<b>VIRTUAL</b>)</p>  <p>2:15 Free Time</p>	<p><b>29</b></p> <p>9:00 Good Morning</p> <p>10:00 Outdoor Walk</p>  <p>11:00 Music with Kristy (<b>VIRTUAL</b>)</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness (<b>Facebook Messenger</b>) OR Men's Health (<b>VIRTUAL-zoom</b>)</p> <p>2:15 Independent Learning</p>	<p><b>30</b></p> <p>9:00 Good Morning</p> <p>10:00 Yoga &amp; Gentle Stretches (<b>VIRTUAL</b>)</p>  <p>11:00 Docuseries</p> <p>1:15 Halloween Crafternoon (<b>VIRTUAL</b>)</p>  <p>2:15 Outdoor Activities</p> 

Crafts: For ON SITE Craft Programs, each individual will have access to their own craft supplies which will be purchased and stored in their individual bins that are to be kept in their lockers. For VIRTUAL craft programs, the list of supplies will be posted 1 week prior to the program.