










JANUARY 2021

Mon	Tue	Wed	Thu	Fri
4	5	6	7	8
<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Let's Talk with Kristy! (VIRTUAL)</p>  <p>1:15 Music with Jeff (VIRTUAL: ZOOM)</p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Current Affairs with Jeff! (VIRTUAL)</p>  <p>1:15 Games with Miranda! (VIRTUAL)</p>	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Workout Wednesdays TAI CHI with Miranda (VIRTUAL)</p>  <p>1:15 Art with Jeff: New Year's Resolutions! (VIRTUAL) You will need: *Markers/pencil crayons *Paper *Magazines (if you want to do a collage style)</p> <p>6:30 Jeopardy with Ryan Littlejohn! (VIRTUAL)</p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Baking with Miranda making Banana Split Pudding Cups (VIRTUAL)</p>  <p>Ingredients needed: *Pudding (Chocolate or Vanilla) *whip cream *banana *strawberries *pineapple</p> <p>1:15 Men's Health with Jeff (VIRTUAL: ZOOM) & Women's Wellness with Megan (VIRTUAL: Facebook Messenger)</p> 	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:00 Just Dance with Miranda (VIRTUAL)</p>  <p>11:00 Meet & Greet/Icebreakers with Jeff & Student teacher: Melissa (VIRTUAL)</p> <p>1:15 Music with Kristy (VIRTUAL: Facebook)</p> 










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Mon	Tue	Wed	Thu	Fri
11	12	13	14	15
<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p>	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p>	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p>	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p>	<p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p>
<p>10:00 Fill in the blank Storey with Kristy (VIRTUAL)</p>	<p>10:00 Current Affairs with Jeff (VIRTUAL)</p>	<p>10:00 Workout Wednesdays: ZUMBA with Miranda (VIRTUAL)</p>	<p>10:00 Music with special guest: Esther (VIRTUAL)</p>	<p>10:00 Tour of Humane Society with Miranda! (VIRTUAL)</p>
				
<p>1:15 Music with Jeff (VIRTUAL)</p>	<p>1:15 Learn to Draw with Miranda! (VIRTUAL) Supplies you will need to participate: -Paper -Markers/pencil crayons</p>	<p>1:15 No Bake Baking with Jeff (VIRTUAL)</p>	<p>1:15 Men's Health with Jeff (VIRTUAL) OR Women's Wellness with Megan (Facebook)</p>	<p>11:00 Games with Jeff & Melissa (VIRTUAL)</p> <p>1:15 Facebook Live with Kristy (VIRTUAL)</p>
				
		<p>Peanut Butter- Chocolate No Bake Cookies</p> <p>Ingredients needed:</p> <ul style="list-style-type: none"> • 2 cups sugar • 1/2 cup milk • 1 stick (8 TBS) Butter • 1/4 cup unsweetened cocoa powder • 3 cups rolled oats • 1 cup smooth peanut butter • 1 TBS Vanilla Extract • Pinch of salt 		

JANUARY 2021

Mon	Tue	Wed	Thu	Fri
18	19	20	21	22
9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
9:30 Stretches & Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar
10:00 Art (VIRTUAL) 	10:00 Current Affairs NORTH BAY NUGGET 	10:00 Workout Wednesday; YOGA with special guest: Sellenia (VIRTUAL) 	10:00 Q& A with Clarke Heipel (VIRTUAL) 	10:00 Let's take a trip down Memory Lane! (old PADDLE video yearbooks)
11:00 Walk Walk Walk! 	11:00 Music with John MacDonald (VIRTUAL) 	11:00 Walk walk walk! 	11:00 What do you MEME? *creating our own funny memes with our photos	11:00 Q & A with the North Bay Police (VIRTUAL) 
12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH
1:15 Music with Jeff (VIRTUAL: ZOOM) 	1:15 Art Fix intergenerational community mural with Rayme (VIRTUAL) 	12:00 LUNCH	1:15 Men's Health (VIRTUAL) OR Women's Wellness 	1:15 Music with Kristy (VIRTUAL) 
2:00 Independent Learning	2:00 Free Time	1:15 Around the world with Melissa (VIRTUAL) 	2:00 Phone a friend 	2:00 Free Time
		2:00 Freestyle Painting		

JANUARY 2021

Mon	Tue	Wed	Thu	Fri
25	26	27	28	29
9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
9:30 Stretches & Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar	9:30 Stretches & Calendar
10:00 Art (VIRTUAL) 	10:00 Current Affairs (VIRTUAL) 	10:00 Workout Wednesday with Miranda: Seated exercise (VIRTUAL)	10:00 Youtube Quizzes!	10:00 Around the world with Melissa (VIRTUAL) 
11:00 Walk walk walk! 	11:00 Games	11:00 Walk walk walk! 	11:00 Tour of New Ontario Brewery with Krystal (VIRTUAL) 	11:00 Let's take a trip down memory lane (old PADDLE video yearbook)
12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH	12:00 LUNCH
1:15 Music with Kristy (VIRTUAL: Facebook Live) 	1:15 Hanging with Emily (VIRTUAL)	1:15 Games: Wheel of Fortune (VIRTUAL) 	1:15 Men's Health (VIRTUAL: ZOOM) OR Women's Wellness 	1:15 Music with Kristy (VIRTUAL: ZOOM) 
2:00 Independent Learning	2:00 Free Time	2:00 Song Sharing- our favorite songs on YouTube 	2:00 Phone a friend 	2:00 Free Time