




























OCTOBER 2021

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|--|
| | | | | <p style="text-align: right;">¹</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Outdoor Walk</p>  <p>11:00 Greenhouse with Jeff OR Art with Kayleigh & Miranda</p>  <p>OR</p>  <p>12:00 LUNCH</p> <p>1:15 BINGO @ PADDLE with Miranda</p>  <p>2:00 Free Time</p> |

















OCTOBER 2021

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|--|
| 4 | 5 | 6 | 7 | 8 |
| 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 Art with Miranda!  | 10:00 Current Affairs with Jeff NORTH BAY NUGGET  | 10:00 Outdoor Walk  | 10:00 Music with Jeff  | 10:00 Outdoor Walk  |
| 11:00 Meditation and Yoga with Jeff  | 11:00 Outdoor Activities with Kayleigh  | 11:00 NO BAKE Baking with Kristy  | 11:00 Family Feud with Miranda  | 11:00 Your dream Thanksgiving Meal (using flyers and our budgeting skills we will cut and paste our own thanksgiving meal) with Kristy & Kayleigh  |
| 12:00 LUNCH | 12:00 LUNCH | 12:00 LUNCH | 12:00 LUNCH | 12:00 LUNCH |
| 1:15 Outdoor Walk  | 1:15 Outdoor Concert with Shawn Sasyniuk (*weather permitting, if raining music will be virtual)  | 1:15 Fall Crafternoon with Kayleigh & Jeff  | 1:15 Women's Wellness/Men's Health  | 12:00 LUNCH |
| 2:00 Free Time | 2:15 Free Time | | 2:00 Outdoor Walk  | 1:15 Music with Kristy  |
| | | | | 2:00 Free Time |

OCTOBER 2021

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|---|
| 11 | 12 | 13 | 14 | 15 |
| <p>THANKSGIVING</p> <p>NO PADDLE</p> | <p>9:00 Good Morning</p> <p>9:30 Stretches/Calendar</p> <p>10:00 Outdoor Walk</p>  <p>11:00 Current Affairs with Jeff NORTH BAY NUGGET</p>  <p>12:00 LUNCH</p> <p>1:15 No Bake with Miranda</p>  <p>2:15 Free Time</p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Wii Games/Board Games with Kayleigh & Jeff</p>   <p>11:00 Workout Wednesday with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Charades with Jeff & Kayleigh</p>  <p>2:00 Outdoor Walk</p>  | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy</p>  <p>11:00 Greenhouse with Jeff OR Group Games with Kayleigh & Miranda</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Esther (OPEN VIRTUAL* which means anyone who has registered with PADDLE can attend this ZOOM session)</p>  <p>2:00 Name 5 Game with Miranda</p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 ZOOM games with Sarah Brophy and her friends in Ottawa!</p> <p>*If you are a registered PADDLE Participant you are welcome to join. ZOOM link will be posted day of</p> <p>11:00 Craft with Kayleigh</p> <p>12:00 LUNCH</p> <p>1:15 Group Game: Sardines with Kristy "Think of it like reverse hide and seek, except only one person hides, the rest seek. Once a person finds the hider(s), instead of announcing it, they proceed to join in on the hiding. The last person to find the entire group loses."</p>  <p>2:00 Music with Jeff</p>  |

OCTOBER 2021

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|---|--|
| 18 | 19 | 20 | 21 | 22 |
| <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Movie Morning! *Bring your own snacks*</p>  <p>12:00 LUNCH</p> <p>1:15 Outdoor Walk</p>  <p>2:00 A world without *A new game with Kristy</p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Current Affairs with Jeff NORTH BAY NUGGET</p>  <p>11:00 Outdoor Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Sam (OPEN VIRTUAL* which means anyone who has registered with PADDLE can attend this ZOOM session)</p>  <p>2:00 Name that TUNE with DANNY G</p>  | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Outdoor Walk</p>  <p>11:00 Wednesday Workout with Kristy</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE FOR 1:15 (towerdoors)</p>  <p>1:15-2:45 Shopping!</p> <p>3pm Pick up Towerdoors</p> <p>*If you are not comfortable with this community outing and will not attending please inform Megan or Kristy by Monday October 18</p> | <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p>  <p>11:00 Freestyle Art with Miranda</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p>  <p>2:00 Free Time</p> | <p>9:00 Good Morning</p> <p>*Animal print Friday. Wear your best animal print!</p> <p>9:30 Stretch/Calendar</p> <p>10:00 In/Out of Control with Megan</p>  <p>11:00 Freeze Dance A new game with Miranda & Kayleigh</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:00 Outdoor Walk</p>  |

OCTOBER 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 Stretch/Calendar | 9:30 Stretch/Calendar | 9:30 Stretch/Calendar | 9:30 Stretch/Calendar | 9:30 Stretch/Calendar |
| 10:00 Outdoor Walk  | 10:00 Current Affairs with Jeff NORTH BAY NUGGET  | 10:00 Art/Painting with Kayleigh  | 10:00 Music with Kristy  | 10:00 Decorate your own Halloween cookies with Kayleigh & Miranda!  |
| 11:00 Art with Jeff  | 11:00 Free Time | 11:00 Workout Wednesday with Kristy  | 11:00 Outdoor Walk  | 11:00 Scary Karaoke with Kristy & Megan  |
| 12:00 LUNCH | 12:00 LUNCH | 12:00 LUNCH | 12:00 LUNCH | 12:00 LUNCH |
| 1:15 Family Feud with Miranda  | 1:15 Pumpkin Carving and other Halloween Crafts with Kayleigh & Miranda  | 1:15 What's that Strange Thing? A new game with Kristy  | 1:15 No Bake with Miranda  | 12:00 LUNCH |
| 2:00 Free Time | | 2:00 Outdoor Walk  | 2:00 Free Time | 1:15 Halloween Party Extravaganza! Wear your costume and join us for fun and games and treats!  |