
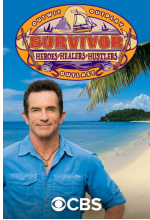



















DECEMEBER 2021

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Christmas Tree decorating Extravaganza</p>  <p>11:00 This or That Christmas Edition with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 SURVIVOR GAMES</p> 	<p>2</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy</p>  <p>11:00 Learning how to use our Nintendo Switch with Miranda & Kayleigh OR GYM</p> <p>12:00 LUNCH</p> <p>1:15 BRYAN C & JEFF's SHAKE SHACK 'THE YARD'</p> <p>*Practice money math *enjoy a delicious shake *leave a POOGLE review (Get it? Google, but for PADDLE?lol)</p>  <p>2:15 Optical Illusions with Kristy</p>	<p>3</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Virtual Escape Room with Kayleigh</p> <p>11:00 Open Mic RE DO!</p>  <p>12:00 BINGO STYLE LUNCH AT PADDLE \$4 (Hotdog and fries & drink)</p>  <p>1:15 BINGO @ PADDLE with Miranda</p>  <p>2:00 Free Time</p>






DECEMBER 2021

Mon	Tue	Wed	Thu	Fri
<p>6</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Christmas Sing along with Harriet Madigan & Friends (Harriet and friends will be joining us via ZOOM-ZOOM link will be posted morning of for those at home wanting to join in)</p>  <p>11:00 Meditation and Yoga with Miranda</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:00 Free Time</p>	<p>7</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Current Affairs with Jeff </p> <p>11:00 Free Time OR GYM</p> <p>12:00 LUNCH</p> <p>1:15 Music with Rowan *ZOOM link will be posted in AM for participants wanting to join in the music at home</p>  <p>2:00 Games!</p>	<p>8</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Workout Wednesday with Kayleigh</p>  <p>11:00 NO BAKE Baking with Kristy Christmas Edition</p>  <p>12:00 LUNCH</p> <p>1:15 Christmas Craft & Cards with Kayleigh & Jeff</p> 	<p>9</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff</p>  <p>11:00 Family Feud with Miranda OR GYM</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:30</p> <p>1:30-3:00 Pool</p>  <p>*PADDLE will cover the cost of pool games, please bring \$ if you would like to purchase a snack/drink</p> <p>3pm Pick up at Highball (236 Second Ave West)</p>	<p>10</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Games!</p> <p>11:00 Christmas Kahootz with Sarah Brophy & Friends *ZOOM link will be posted in am for participants wanting to join in on the fun from home</p> <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:00 Free Time</p>

DECEMBER 2021

Mon	Tue	Wed	Thu	Fri
<p>13</p> <p>9:00 Good Morning</p> <p>9:30 Stretches/Calendar</p> <p>10:00 Art-Draw Along with Miranda</p>  <p>11:00 Music with Jeff</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE TOWER DOORS for 1:30</p> <p>1:30-3pm Shopping *bring your Christmas list if you have someone in mind you want to buy a Christmas present for*</p> <p>Pick up 3pm at Northgate Square Tower Doors</p>	<p>14</p> <p>9:00 Good Morning</p> <p>9:30 Stretches/Calendar</p> <p>10:00 Current Affairs with Jeff</p>  <p>11:00 GYM with Jeff & Kayleigh OR Learn' in how to Line Dance with Kristy & Miranda</p> <p>12:00 LUNCH</p> <p>1:15 Gingerbread House Making</p>  <p>2:15 Free Time</p> <p>*Reminder to bring \$5 for Tuesday December 21- Chinese food take out lunch*</p>	<p>15</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Wii Games/Board Games/Switch with Kayleigh & Jeff</p>  <p>11:00 ZUMBA with Kindra from The Studio</p>  <p>12:00 LUNCH</p> <p>1:15-2:15 PADDLE ZOOM CHRISTMAS SOCIAL</p> <p>*ALL PADDLE participants, friends, supporters, family are invited to attend this ZOOM to say hello to everyone! ZOOM link will be posted that morning</p> <p>2:15 Free Time</p>	<p>16</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Shawn and Sam</p>  <p>11:00 GYM with Jeff & Kayleigh OR Freestyle Art with Miranda</p> <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:00 Wellness with Jeff – Aromatherapy</p> 	<p>17</p> <p>*National Ugly Christmas Sweater Day-wear your ugliest Christmas Sweater. First place gets a prize</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Decorate ugly sweater cookies</p>  <p>11:00 Christmas Carols & Hot Chocolate</p>  <p>12:00 LUNCH</p> <p>1:15 Price is Right with Kayleigh & Miranda</p>  <p>2:00 Games!</p>

DECEMBER 2021

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">20</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy</p>  <p>11:15 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT MEMORIAL GARDENS FOR 12:45</p> <p>1-2 Skating at Memorial Gardens!! *Please bring Vaccine passport and Photo ID</p>  <p>Pick up 3pm at Memorial Gardens (Back door by tanning salon)</p> <p>**All registered PADDLE participants are welcome to attend skating</p>	<p style="text-align: right;">21</p> <p>*PJ Day</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Christmas Carol Karaoke with Miranda & Kayleigh</p>  <p>11:00 GYM OR Free Time</p> <p>12:00 LUNCH</p> <p>*Take out Chinese Food (\$5- due on or before December 14th)</p>  <p>1:15 Christmas Movies at PADDLE</p>  <p>**All registered PADDLE participants are welcome to attend the last day before Christmas holidays</p>	<p>CHRISTMAS VACATION STARTS NOW!</p> <p>*Have a safe and happy holiday and we will see you back at PADDLE on Wednesday January 5th 2022!</p>		

