











JANUARY 31- February 4 2022 ONLINE

Mon	Tues	Wed	Thu	Fri
<p>31</p> <p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:45-11:00 Daily Calendar, Stretches & updates with Kristy</p> <p>11:00 Worst & Best Dressed Celebrities 2021 edition with Kayleigh</p>  <p>1:15 Music with Esther</p> 	<p>1</p> <p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:45-11:00 Daily Calendar, Stretches & updates with Kayleigh</p> <p>11:00 Current Affairs with Jeff & Special Guest: Clarke Heipel</p>  <p>1:15 The Power of Positivity with Kristy</p> 	<p>2</p> <p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:45-11:00 Daily Calendar, Stretches & updates with Jeff</p> <p>11:00 Workout Wednesday with Kristy & Kayleigh</p>  <p>1:15 Mixology and hang'in out with our friend Matt Hurteau!!</p> 	<p>3</p> <p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:45-11:00 Daily Calendar, Stretches & updates with Kristy</p> <p>11:00 Fill in the Blank Story with Kayleigh</p>  <p>1:15 Music with Kristy</p> 	<p>4</p> <p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:45-11:00 Daily Calendar, Stretches & updates with Kayleigh</p> <p>11:00 Phone a friend with Jeff</p>  <p>1:15 Dramatic script reading with Megan</p> 

The program that starts at 10:45 is for anyone who wants to just pop on and say hello-you can stay for as little or as long as you like (the program starting at 11am will be using the same ZOOM link as 10:45 program)