


























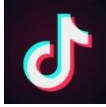


















FEBRUARY 28-March 31 2022

Mon	Tue	Wed	Thu	Fri
28	1	2	3	4
<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretches</p> <p>10:00 Group Games: Most Likely To & Name Game</p> <p>11:15 Decorate your own cupcake!</p> <p>12:00 LUNCH</p> <p>1:15 ART AFTERNOON. We'll be making collages or vision boards or whatever way you want to express yourself through art!</p>	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretches</p> <p>10:00 Family Feud with Kayleigh</p> <p> </p> <p>11:00 Would you rather game-with Kristy</p> <p></p> <p>12:00 LUNCH</p> <p>1:15 DJ RYAN LITTLEJOHN Dance Party!</p> <p>2:15 Free Time</p>	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretches</p> <p>10:00 Game: 2 truths & 1 lie with Jeff</p> <p></p> <p>11:00 Workout Wednesday with Kristy</p> <p></p> <p>12:00 LUNCH</p> <p>1:15 BINGO with Kayleigh</p> <p> </p>	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretches</p> <p>10:00 Music with Jeff</p> <p> </p> <p>11:00 Gym Games with Kayleigh OR Art with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 You're your own milkshakes at "The YARD" with Bryan C & Jeff</p> <p>2:00 Music Trivia with Kristy</p> <p></p>	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretches</p> <p>10:00 Yoga with Tasha & Kayleigh OR Switch Games with Kristy</p> <p></p> <p>11:00 Toss & Talk with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Music with FOXGLOVE</p> <p> </p> <p>2:00 Free Time</p>


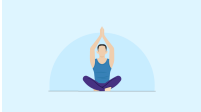
















March 2022

Mon	Tue	Wed	Thu	Fri
7	8	9	10	11
<p>9:00 Good Morning!</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Draw Along with Kayleigh </p>  <p>11:00 PODCAST Monday-Let`s choose a podcast to listen to! (There will be multiple options in different rooms)</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy </p>  <p>2:00 Air Hockey Tournament</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Current Affairs with Jeff </p>  <p>11:00 Gym Time with Jeff OR Games with Kayleigh</p>  OR  <p>12:00 LUNCH</p> <p>1:15 Making a healthy no bake snack with Kristy</p>  <p>2:00 Free Time</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Workout Wednesday with Kristy</p>  <p>11:00 Real Life Math with Jeff (practicing money with games and fun) </p>  <p>12:00 LUNCH</p> <p>1:15 CASINO AFTERNOON @ PADDLE</p> 	<p>9:00 Good Morning</p> <p>**HOSPITAL DAY FOR DANNY* Come to PADDLE as a patient or a nurse *DANNY is the DR lol</p> <p>9:30 Stretch/Calendar</p> <p>10:00 TV Show: ER</p> <p>11:00 Games-Operation</p> <p>12:00 LUNCH</p> <p>1:15 Virtual Hospital Tour</p> <p>2:00 Operations performed by Danny G</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Learn a Tik Tok dance with Kayleigh!</p>  <p>11:00 Movie Trivia with Kristy </p>  <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon @ PADDLE</p> 

MARCH 2022

Mon	Tue	Wed	Thu	Fri
14	15	16	17	18
<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 PODCAST Monday</p>  <p>11:00 Ostrich Dance Game with Kayleigh</p> <p>12:00 LUNCH</p> <p>1:15 A walk down memory lane (bring your favorite PADDLE pictures, stories to share-we`ll be watching old videos)</p> <p>2:15 Music with Jeff</p>  	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Current Affairs with Jeff</p>   <p>11:00 Gym Time OR Crafts with Kayleigh</p>  <p>OR</p>  <p>12:00 LUNCH</p> <p>1:15 Art-“Paint Night” with Kayleigh</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Work out Wednesday with Kristy</p>  <p>11:00 Headz up with Kayleigh</p> <p>12:00 LUNCH</p> <p>1:15 Design your own PADDLE Sweatpants/T Shirt (once we decide on a design we will get prices on ordering sweatpants/tshirts)</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy</p>   <p>11:00 Make your own personal Pizza with Kristy & Kayleigh(\$4 to participate) OR Free time in Gym with Jeff</p>  <p>OR</p>  <p>12:00 LUNCH</p> <p>1:15 Treasure Hunt at PADDLE with Kayleigh</p> <p>2:00 Lucky Charm Milkshake! St PATTY Day themed milkshakes at “The Yard” with Bryan C & Jeff</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Volcano Making with Jeff!</p> <p>12:00 LUNCH (Take out Chinese Food) *Most have already pre paid for this in December. Check with Kristy to see if you have already paid and want to participate Cost: \$5</p> <p>1:15 Minute to Win it Games Afternoon</p> 

MARCH 2022

Mon	Tues	Wed	Thu	Fri
21	22	23	24	25
<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Yoga/Meditation with Jeff </p>  <p>11:00 PODCAST Monday</p>  <p>12:00 LUNCH</p> <p>1:15 Welcoming Spring-Make your own bouquets!</p>  <p>2:15 Art with Kayleigh</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Current Affairs with Jeff</p> <p>NORTH BAY NUGGET</p>  <p>11:00 Gym Time OR Switch Games</p> <p>12:00 LUNCH</p> <p>1:15 Music with Shawn and Sam</p>  	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Workout Wednesday with Kristy</p>  <p>11:00 Making Crepes with Jeff</p>  <p>12:00 CREPE LUNCH (No cost to participate)</p> <p>1:15 Survivor Games Day PART 2! (continued from December 2021)</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Jeff </p>  <p>11:00 Gym Games with Kayleigh or Walk Walk Walk with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 Music with Emily </p>  <p>2:00 Free Time</p>	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Real Life Math with Jeff</p>  <p>11:00 Music with Kristy </p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE TOWER DOORS FOR 1:15</p> <p>1:15-3 Shop!</p> <p>Pick up 3pm Northgate Tower Doors</p>

MARCH 2022

Mon	Tue	Wed	Thu	Fri
28	29	30	31	
<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kayleigh</p> <p>10:00 PODCAST Monday</p>  <p>11:00 Outside Walk!</p> <p>12:00 LUNCH</p> <p>1:15 Music with Esther on</p> <p>ZOOM! </p>  <p>2:00 Target Practice with Jeff</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Making your own tea biscuits with Jeff & Kayleigh</p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Deal or No Deal with Kayleigh and host Jesse N</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Workout Wednesday with Kayleigh</p>  <p>11:00 Drumming with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon!</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Music with Kristy </p>  <p>11:00 Draw Along with Kayleigh</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL for 1:30</p> <p>1:30-3 Pool and hangs</p> <p>*bring money if you would like to purchase a snack, PADDLE will pay for pool games</p> <p>Pick up 3pm at Highball (236 second Ave West)</p>	