




FEBRUARY 7-11 2022 ONLINE

Mon	Tues	Wed	Thu	Fri
<p>7</p> <p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:45-11:00 Daily Calendar, Stretches & updates with Kristy</p> <p>11:00 Gentle Stretches & Meditation with Jeff</p>  <p>1:15 Watch & Share (short film or TV show chosen by Teggan) with Kayleigh</p>  <p><small>shutterstock.com - 778977309</small></p>	<p>8</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</p>  <p>1:15 Music with Shawn and Sam</p>  <p><small>shutterstock.com - 1098989898</small></p>	<p>9</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</p>  <p>1:15 Price is Right with Kayleigh</p> 	<p>10</p> <p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:45-11:00 Daily Calendar, Stretches & updates with Kristy</p> <p>11:00 Draw Along with Kayleigh</p>  <p>1:15 Song writing with Jeff!</p> 	<p>11</p> <p>*PADDLE CLOSED ONSITE/ VIRTUAL PROGRAMS ONLY</p> <p>10:45-11:00 Daily Calendar, Stretches & updates with Kayleigh</p> <p>11:00 No Bake Valentines edition- led by James & Jess</p> <p>Ingredients you will need:</p> <p>-Oreos (whatever flavor you like) -Icing -Ziplock bag & Scissors to cut a hole in the bag -sprinkles! However many you want!</p> <p>1:15 Music with Kristy</p>  <p><small>shutterstock.com - 1098989898</small></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)