

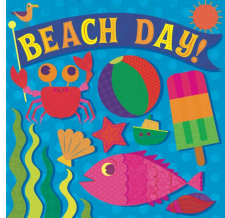












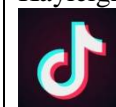




# APRIL 2022

Mon	Tue	Wed	Thu	Fri
				<p><sup>1</sup></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Music with Jeff</p>  <p>11:00 Art with Kayleigh</p>  <p>12:00 LUNCH</p> <p>1:15 Beach Day with Megan, Jeff, Kristy &amp; Kayleigh!</p>  <p>*Wear your wildest summer outfit and let's party!!</p> <p>*Games *mocktails *music *general shenanigans</p>



# APRIL 2022

Mon	Tue	Wed	Thu	Fri
<p>4</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kayleigh</p> <p>10:00 Watching a new show together &amp; discussion: AS WE SEE IT</p>  <p>10:45 Menu Planning for Wednesday lunch with Kristy</p>  <p>OR Walk with Kayleigh</p> <p>12:00 LUNCH</p> <p>1:15 MOVIE AFTERNOON AT PADDLE</p> 	<p>5</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Current Affairs with Megan</p>  <p>11:00 Gym Time with Kayleigh OR Switch Games with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:15 Card games</p> 	<p>6</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kayleigh</p> <p>10:00 Workout Wednesday with Kristy</p>  <p>11:00 Lunch Prep with Kristy &amp; Kayleigh</p>  <p>OR Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Price is Right with Kayleigh</p>  <p>2:15 Youtube Trivia with Kristy</p> 	<p>7</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Music with Jeff</p>  <p>11:00 Family Feud with Kayleigh</p>  <p>12:00 LUNCH</p> <p>1:15 Scene it Movie Trivia</p> <p>2:15 Learn a Tik Tok Dance with Kayleigh</p> 	<p>8</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar Jeff</p> <p>10:00 Music Trivia with Kristy</p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Brainstorming Session- creating the May Calendar!</p>



# APRIL 2022

Mon	Tue	Wed	Thu	Fri
<p>11</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Watching a new show together &amp; discussion: AS WE SEE IT</p>  <p>10:45 Menu Planning &amp; grocery list writing for Wednesday lunch with Kayleigh</p>  <p>OR Walk outside with Jeff</p> <p>11:30 Free Time</p> <p>12:00 PIZZA Hut LUNCH for Rene's Bday. \$5 if you would like to join</p> <p>1:15 MUSIC with Foxglove (Steph &amp; Kristy)</p>  <p>2:00 Outdoor walk</p>	<p>12</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kayleigh</p> <p>10:00 Current Affairs with Jeff</p>  <p>10:45 Gym Time with Kayleigh or Games with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 Human Bingo with Kristy</p> <p>2:00 Team building activity with Kayleigh</p>	<p>13</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kayleigh</p> <p>10:00 Workout Wednesday with Kristy</p>  <p>11:00 Lunch Prep with Jeff &amp; Kayleigh (\$4 if you would like to participate)</p>  <p>OR Walk with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 Dye your own Easter Eggs with Jeff</p> <p>2:00 Easter Craft with Kayleigh</p>	<p>14</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Music with Kristy</p>  <p>11:00 Making Cake Pops with Kristy &amp; Tasha</p>  <p>12:00 LUNCH</p> <p>1:15 Easter Egg Hunt with Jeff</p>  <p>2:15 Free Time</p>	<p>15</p> <p><b>NO PADDLE</b> <b>*Good</b> <b>Friday</b></p>

# APRIL 2022

Mon	Tue	Wed	Thu	Fri
<p><b>18</b></p> <p>*NO PADDLE Easter Monday</p>	<p><b>19</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Current Affairs with Jeff </p> <p>11:00 Gym Time with Kayleigh OR Chair Yoga with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 Music with Kristy </p> <p>2:00 Games/Cards</p>	<p><b>20</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kayleigh</p> <p>10:00 Workout Wednesday with Kristy </p> <p>11:00 Lunch Prep with Kristy &amp; Kayleigh </p> <p>OR Walk with Jeff</p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE TOWER DOORS FOR 1:30</b></p> <p><b>1:30 Shopping</b> </p> <p><b>3:00 Pick up at Northgate Tower Doors</b></p>	<p><b>21</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Music with Jeff </p> <p>11:00 Gym with Jeff OR Walk with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 Jeopardy with Ryan Littlejohn </p> <p>2:15 Free Time</p>	<p><b>22</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 MOVIE MORNING AT PADDLE </p> <p>12:00 LUNCH</p> <p>1:15 Make your own Guacamole with Jeff! </p> <p>2:15 Mixology with Megan and Kristy </p>

# APRIL 2022

Mon	Tue	Wed	Thu	Fri
<p><b>25</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Watching a new show together &amp; discussion: AS WE SEE IT</p>  <p>10:45 Menu Plan &amp; Writing a grocery list Jeff</p>  <p>OR Walk outside with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 Make your own Microwave fudge with Kristy</p>  <p>2:15 Free Time</p>	<p><b>26</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Current Affairs with Jeff</p>  <p>10:45 Gym Time with Jeff OR Yoga/Meditation with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 BINGO WITH Megan!</p> 	<p><b>27</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kayleigh</p> <p>10:00 Workout Wednesday with Kristy or Outside walk with Jeff</p>  <p>11:00 Lunch Prep with Jeff &amp; Kayleigh</p>  <p>OR</p> <p>Free Time</p> <p>12:00 LUNCH</p> <p>1:15 NAILED IT – Decorating Cakes With Kayleigh</p> 	<p><b>28</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Music with Kristy</p>  <p>11:00 Draw along with Kayleigh</p>  <p>12:00 LUNCH</p> <p>1:15 PADDLE YELP reviews with Kristy (reviewing our favorite places in town to visit)</p>  <p>2:00 Zumba with Kinda from The Studio</p> 	<p><b>29</b></p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kayleigh</p> <p>10:00 Open Mic with Jeff (share your talents with everyone!)</p>  <p>11:15 Don't eat Pete! A fun guessing game with Kristy</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</b></p> <p><b>1:30 Shopping at Winners</b></p>  <p><b>Pick up 3pm at Winners</b></p>

