










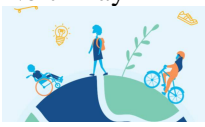








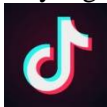









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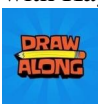
Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9:00 Good Morning</p> <p>9:30 Calendar & Announcements with Shawn!</p> <p>10:00 Dance party & Teaching us a dance with James!</p>  <p>11:00 Free time OR Menu Planning with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Backyard social with treats, drinks, music and games</p> 	<p>3</p> <p>9:00 Good Morning</p> <p>9:30 Bingo with Shawn</p>  <p>10:30 Current Affairs with Jeff</p>  <p>11:30 Games with friends</p> <p>12:00 LUNCH</p> <p>1:15 Music with John MacDonald</p>  <p>2:15 Free Time</p>	<p>4</p> <p>9:00 Good Morning</p> <p>9:30 Calendar/Stretches with Jeff</p> <p>10:00 Outdoor Walk with Kayleigh & Jeff</p>  <p>11:00 Make your own fancy chacuterie board with Kristy, Jamie & Danny</p>  <p>12:00 Personal Chacuterie Lunch- Small group dates</p> <p>1:15 The Bachelor-best and worst moments with Kayleigh</p>  <p>2:00 Bachelor Quizzes/make your own dating ad with Megan</p>	<p>5</p> <p>MEET AT NO FRILLS LAKESHORE</p> <p>*Book Parabus to meet at NO FRILLS ON LAKESHORE FOR 9AM</p> <p>*PADDLE staff will be there at 8:30</p> <p>*There will be no staff at the building. Building will open at 11:30</p> <p>9:00 Shopping at Mall</p>  <p>Pick up 11:30 at No Frills on Lakeshore</p> <p>12:00 LUNCH</p> <p>1:15 No Bake with Kayleigh</p>  <p>2:15 Free Time</p>	<p>6</p> <p>9:00 Good Morning</p> <p>9:30 Calendar/Stretches with Kayleigh</p> <p>10:00 Cleaning up Kinsmen trails with Jeff & Kayleigh for CLEAN GREEN & BEAUTIFUL North Bay</p>  <p>11:00 Music with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 SPA AFTERNOON with Megan</p> <p>*Relax and unwind with a foot spa, paraffin wax hand massage, masks and more!</p> 

*If you would like to participate in the Wednesday lunch program please bring \$20 at the beginning of each month and PADDLE will provide you with a receipt. This allows us to budget our lifeskills lunch program more efficiently

MAY 2022

Mon	Tue	Wed	Thu	Fri
<p>9</p> <p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Watch & Discuss "As we See it"</p>  <p>11:00 Music with Jeff</p>  <p>or</p> <p>Grocery list writing with Kayleigh</p>  <p>12:00 LUNCH</p> <p>1:15 Making Muffins with Kayleigh & Jeff</p>  <p>2:15 Air Hockey Tournament</p>	<p>10</p> <p>9:00 Good Morning</p> <p>9:30 Hot Drinks with muffin & calendar in the kitchen with Kristy</p> <p>10:00 Free time with friends OR Gym Time with Jeff</p> <p>11:00 Music with Darius!!</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE TOWER DOORS FOR 1:30</p> <p>1:30-3 Shopping</p>  <p>3:00 Pick up Tower doors at Northgate</p>	<p>11</p> <p>9:00 Good Morning</p> <p>9:30 Calendar /Stretch with Jeff</p> <p>10:00 Learn a TikTok Dance with Kayleigh</p>  <p>11:00 Meal Prep (walking Taco-or soft taco if you prefer)</p>  <p>12:00 LUNCH</p> <p>1:15 Scene it game with Kristy & Teggan</p>  <p>2:15 Free Time</p>	<p>12</p> <p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 "Would you rather" with Kristy OR Gardening with Jeff</p>  <p>11:00 Music with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon</p> 	<p>13</p> <p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Flag Football with Jeff or Walk with Kayleigh</p> <p>11:00 TAILGATE PARTY & BBQ LUNCH *no cost *wear your favorite jersey and join us for a day of -Music with Shawn & Sam</p>  <p>-Drinks -outside games</p> 

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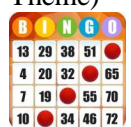


Mon	Tue	Wed	Thu	Fri
<p>16</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Watch & Discuss “As we See it”</p>  <p>11:00 Outside Walk with Kayleigh, Jeff or meal plan with Kristy</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:30</p> <p>1:30 Pool games & snacks *PADDLE will cover the cost of the pool games, please bring \$ if you would like to purchase a snack Pick up 3pm Highball</p>	<p>17</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kayleigh</p> <p>10:00 Current affairs with Jeff NORTH BAY NUGGET</p>  <p>11:00 Outdoor games with Kayleigh or Gym with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Make your own Sundae with Kristy/THE YARD with Jeff & Bryan</p> <p>2:00 Music with Gary Davidson</p> 	<p>18</p> <p>9:00 Good Morning</p> <p>9:30 Movie Morning @ PADDLE</p>  <p>11:15 Lunch Prep with Kristy</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM (parking lot beside museum) for 1:30</p> <p>1:30-3:00 Waterfront/downt own walk</p>  <p>3pm Pick up at North Bay Museum</p>	<p>19</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kayleigh</p> <p>10:00 Music with Jeff</p>  <p>11:00 Walk</p>  <p>12:00 LUNCH</p> <p>1:15 Music with FOXGLOVE</p>  <p>2:15 Free Time</p>	<p>20</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Draw Along with Kayleigh</p>  <p>11:00 Walk to Colonel Hoagies to pick up/pay for lunch order</p> <p>12:00 Take out lunch from Colonel Hoagies @ PADDLE</p> <p>1:15 HEIST AFTERNOON with Teggan, Leah & Kristy *Join us for an afternoon of guessing “who did it”</p>

FOR THOSE PARTICIPATING IN COLONEL HOAGIES LUNCH TAKE OUT







*Order sheet attached to schedule for Colonel Hoagies take out lunch Friday (you can find the menu online, if you need help, please don't hesitate to ask!)

*Please bring order sheet back by Thursday May 19th & your money to pay for order on Friday May 20th

MAY 2022

Mon	Tue	Wed	Thu	Fri
<p>23</p> <p>VICTORIA DAY NO PADDLE</p>	<p>24</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Pour Painting with Diane and Jeff & Free Style Art</p>  <p>11:00 How to knit with Diane & Megan</p>  <p>12:00 LUNCH</p> <p>1:15 Nature Walk/Mushroom hunting with Diane</p>  <p>2:15 Free Time</p>	<p>25</p> <p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Meditation with Kristy</p> <p>10:30 TaiChi with Jeff</p>  <p>11:00 Lunch Prep with Kayleigh</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT Gateway Cascades CASINO for 1:30 1:30 Exploring the new casino *please bring ID & Money if you would like to try out the slot machines*</p>  <p>Pick up 3pm at Casino (300 Pinewood Park Drive)</p>	<p>26</p> <p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Music with Kristy</p>  <p>11:00 Walk</p>  <p>12:00 LUNCH</p> <p>Jeremy's Special Day</p> <p>1:15 BINGO with Kayleigh & Snacks! (McDonalds Theme)</p>  <p>2:00 Crafts with Kristy & Jeremy</p>	<p>27</p> <p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Freestyle ART or Knitting</p> <p>11:00 Family Feud with Kayleigh</p> <p>12:00 LUNCH</p> <p>1:15 Beer O'Clock Social (Non alcoholic beer/virgin cocktails) with your server-RENE & Music with Jeff</p>  

MAY 2022

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">30</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Watch & Discuss “How we see it”</p>  <p>11:00 Gardening with Jeff</p>  <p>OR Menu Planning with Kayleigh</p>  <p>12:00 LUNCH</p> <p>1:15 Baking Cookies with Lori & Kayleigh</p>  <p>2:15 Free Time</p>	<p style="text-align: right;">31</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Current Affairs with Jeff NORTH BAY NUGGET</p>  <p>11:00 Outside Walk with Kayleigh & Kristy or Gym with Jeff</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS for 1:30</p> <p>1:30-3 Shopping at Winners Plaza</p>  <p>Pick up 3pm at Winners</p>			