



























# OCTOBER 2022

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Menu Planning with Kristy</p>  <p>11:00 Open Mic Rehersal time</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTH GATE Tower Doors FOR 1:30</b></p> <p><b>1:30 Shopping</b> *please bring a list of things you would like to purchase, if you are buying a snack at the mall please bring at least \$5</p>  <p><b>3:00 Pick up at Northgate Tower Doors</b></p>	<p>4</p> <p>9:30 Calendar/Stretch Kristy</p> <p>10:00 Current Affairs with Jeff NORTH BAY NUGGET</p>  <p>11:00 Outside walk with Kayleigh &amp; Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Painting portraits with Kristy</p>  <p>2:00 Free Time</p>	<p>5</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Survivor watch Party</p>  <p>11:00 Lunch Prep with Kristy</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE DOWNTOWN (museum) for 1:30</b></p> <p><b>1:30 Farmers Market (last Wednesday market of the year!) downtown shopping or waterfront walk</b></p>  <p><b>Pick up 3pm at North Bay Museum</b></p>	<p>6</p> <p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Drumming with Jeff</p>  <p>11:00 Music with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Darius</p>  <p>2:00 Karaoke Party with hosts: Lori F &amp; Kayleigh</p> 	<p>7</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Making pumpkin bars with Kristy</p>  <p>11:00 FRIENDS (friendsgiving episode)</p>  <p>12:00 LUNCH</p> <p>1:15 Parking Lot Football with Jeff &amp; Kayleigh</p>  <p>2:00 Free Time</p>

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<p>10</p> <p>*No PADDLE Thanksgiving</p>	<p>11</p> <p>9:30 Open Mic with host Jesse &amp; Emily</p>  <p>10:30 Fall waterpainting tutorial with Kristy &amp; Tasha</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT HOMESENSE FOR 1:30</b></p> <p>1:30 Shopping the strip mall &amp; Party City to look for Halloween Costumes</p>  <p><b>Pick up 3pm at Homesense</b></p>	<p>12</p> <p>9:30 Calendar &amp; Stretch with Jeff</p> <p>10:00 Survivor Watch Party</p>  <p>11:00 Meal prep with Kristy &amp; Kayleigh *make your own pizza (with Greco's pizza dough!)</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p>  <p>2:00 Barb-a-rita Ville *Making virgin Margarita's with Barb (Alexis) &amp; Heather (Megan)</p> 	<p>13</p> <p>9:30 Kristy Sings the Calendar</p> <p>10:00 Making Pumpkin Bread Loaf with Megan</p>  <p>11:00 Free Time</p> <p>11:15 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT BLUESKY BINGO FOR 12:15</b></p> <p><b>Cost: \$7 for 3 cards</b> (that is the minimum amount of cards you have to buy to play) *bring money if you would like to buy a snack, we will NOT be eating lunch at the bingo hall so please bring your own lunch to paddle* *please send in sheet attached to calendar letting us know if you are staying at paddle or going to bingo <b>OR</b> 1:15 watching a RomCom and making hot drinks at PADDLE with Kristy</p> <p><b>Pick up 3pm</b> *depending where you choose to spend the afternoon*</p>	<p>14</p> <p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Freestyle painting with Jeff</p>  <p>11:00 Fall Selfie walk with Kayleigh &amp; Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 "Chopped" cooking competition with Kristy &amp; Megan</p> 

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<p>17</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Menu Planning with Jeff</p>  <p>11:00 Workout Monday with Kayleigh</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:00 Free Time</p>	<p>18</p> <p>9:30 Calendar/Stretch with Kayleigh</p> <p>10:00 Current Affairs with Jeff</p>  <p>11:00 Free Time</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30</b></p> <p>-looking for Halloween costume -grocery shop at Metro for PADDLE groceries -Snack/coffee break at Tim Hortons (please bring \$5 if you want a treat AND a drink)</p>  <p><b>Pick up 3pm at Value Village</b></p>	<p>19</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Survivor watch party</p>  <p>11:00 Meal Prep with Jeff</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT KING CONE PARKING LOT FOR 1:30</b></p> <p><b>1:30 Walk/Roll along the Kate Pace Way Trail</b></p>  <p><b>Pick up 3pm King Cone Parking Lot</b></p>	<p>20</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Make your own Starbucks drink with Kristy &amp; Kayleigh</p>  <p>11:00 Music with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness with Megan OR Men's Health with Jeff</p> 	<p>21</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Draw Along with Kayleigh &amp; Tasha</p>  <p>11:00 Making Soft Pretzels and beer cheese with Megan &amp; Rene</p> <p>12:00 LUNCH</p> <p>1:15 PADDLE Octoberfest</p>  <p>*Music with Sam and Shawn!</p>  <p>*Soft Pretzels &amp; Beer</p>

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<p>24</p> <p>9:30 Calendar/Stretch &amp; phone a friend with Jeff</p> <p>10:00 Making Muffins with James &amp; Kayleigh</p>  <p>11:00 Meditation with Jeff &amp; Tasha</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT Highball</b></p> <p><b>1:30 Pool hangs</b></p> <p>Cost: \$5 (if you want a snack and a drink)-cost of pool is free thanks to Cindy at Highball!!</p>  <p><b>Pick up 3pm at Highball</b></p>	<p>25</p> <p>9:30 Calendar/Stretch &amp; phone a friend with Kristy</p> <p>10:00 Haunted Hike with Jeff</p>  <p>11:00 Make a scarecrow with Kayleigh</p>  <p>12:00 LUNCH</p> <p>1:15 Making your own mini charcuterie board and wine pairing with Megan &amp; Rene</p>  <p>2:00 Music with Jeff</p> 	<p>26</p> <p>9:30 Calendar/Stretch &amp; Phone a friend with Kayleigh</p> <p>10:00 Chili Cookoff &amp; Pumpkin Corn Bread with Jeff &amp; Kayleigh</p>   <p>12:00 LUNCH</p> <p>1:15 Dance Party with DJ LJ</p>  <p>2:00 Free Time</p>	<p>27</p> <p>9:30 Calendar/Stretch &amp; phone a friend with Jeff</p> <p>10:00 Watch Fantastic Fungi – learn more about mushrooms with Diane &amp; Jeff</p>  <p>11:00 Music with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Carving/painting pumpkins with Jeff &amp; Kayleigh</p>  <p>OR</p> <p>Making Halloween treat for dance with Kristy</p> 	<p>28</p> <p>9:30 Calendar/Stretch &amp; phone a friend with Kayleigh</p> <p>10:00 Scary Stories with Jeff</p>  <p>11:00 Mushroom walk &amp; Fall picture taking with Kayleigh, Jeff &amp; Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Watch a scary movie</p> 

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<p>31</p> <p>*wear a costume if you like!*</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Halloween Craft with Kayleigh</p>  <p>11:00 Halloween photo booth with Jeff &amp; Kayleigh</p>  <p>11:30 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT ELKS LODGE FOR 1:15</b></p> <p>1:15 Halloween Dance with DJ LJ!!! *music &amp; snacks!</p>  <p><b>Pick up 3pm at Elks Lodge (address)</b></p>				