
























JANUARY 2023

Mon	Tue	Wed	Thu	Fri
<p>9</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Welcome back! What did you do over the holidays? (with Megan)</p> <p>11:00 Meal Planning with Kristy</p>  <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Welcome back social</p> 	<p>10</p> <p>9:30 Calendar/Stretch with Johnny</p> <p>10:00 Current Affairs with Jeff</p>  <p>11:00 Gym Time with Johnny</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:00 Free Time</p>	<p>11</p> <p>9:30 Calendar/Stretch with Johnny</p> <p>10:00 Draw Along with Jeff</p>  <p>11:00 Lunch Prep with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 SURVIVOR GRANDE FINALE!</p> 	<p>12</p> <p>9:30 Calendar/Stretches with Kristy</p> <p>10:00 Music with Jeff</p>  <p>11:00 Group Game with Johnny</p> <p>12:00 LUNCH</p> <p>1:15 New Years milkshakes at "The YARD" with Bryan C & Jeff</p>  <p>2:00 Music Trivia with Kristy, Megan & Bryan</p> 	<p>13</p> <p>9:30 Calendar/Stretches with Megan</p> <p>10:00 "Never have I ever" game with Jeff</p>  <p>11:00 Games with Kristy & Johnny</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO MEET AT STAPLES FOR 1:30</p> <p>1:30-3 Shop at Homesense Plaza</p>  <p>Pi ck up 3pm at Staples</p>







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<p style="text-align: right;">16</p> <p>*Please welcome, Lauren-our Nipp U teacher in training!</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Menu Planning with Johnny</p>  <p>11:00 Classic TV Show (The winner was Seventh Heaven)</p>  <p>12:00 LUNCH</p> <p>1:15 Making a healthy no bake snack with Kristy</p>  <p>2:15 Intention setting for the New Year with Jeff!</p>	<p style="text-align: right;">17</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 Jeff</p>  <p>12:00 LUNCH</p> <p>BOOK Parabus To arrive at Winners for 1:30</p> <p>1:30 Shopping at Winners</p> <p>Pick up 3pm at Winners</p>	<p style="text-align: right;">18</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Workout Wednesday with Kristy</p> <p>11:00 Lunch Prep with Johnny</p>  <p>12:00 LUNCH</p> <p>1:15 Crafts with Lauren</p>  <p>ART CLASS PNG • VECTOR • JPG</p> <p>2:15 Free Time</p>	<p style="text-align: right;">19</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Johnny</p> <p>10:00 Music with Kristy</p>  <p>11:00 Sensory Activity with Lauren</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness with OR Men's Health</p>  <p>2:00 Free Time</p>	<p style="text-align: right;">20</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Lauren</p> <p>10:00 MOVIE MORNING</p>  <p>12:00 LUNCH</p> <p>Book Parabus to arrive at APOLLO for 1:15</p> <p>1:30-3:00 Gym time at APOLLO with KAYLEIGH!!!</p> <p>Pick up 3pm at Apollo</p>

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<p>23</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Lauren</p> <p>10:00 Menu Planning with Jeff</p>  <p>11:00 Classic TV Show (Seventh Heaven)</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL Billiards for 1:30</p> <p>1:30 Pool *Cost is free, please bring money if you would like to purchase a drink/snack*</p>  <p>Pick up 3pm at Highball</p>	<p>24</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Megan</p> <p>10:00 Current Affairs with Jeff</p>  <p>11:00 Gym Time with Johnny</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Johnny</p>  <p>2:15 Free Time</p>	<p>25</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Johnny</p> <p>10:00 Art with Kristy</p>  <p>11:00 Meal Prep with Jeff & Lauren</p>  <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT BINGO FOR 12:30</p> <p>*Please bring money for snacks and \$7 for BINGO Cards</p> <p>Pick up 3pm at Blue sky Bingo</p> <p>OR</p> <p>Movie afternoon at PADDLE with Kristy –pick up 3pm at PADDLE</p> <p>*Please let Kristy know if you are staying at PADDLE-and arrange for rides accordingly</p>	<p>26</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Music with Johnny</p>  <p>11:00 No Bake with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Crafternoon with Lauren!</p>  <p>ART CLASS PNG • VECTOR • TIF</p>	<p>27</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Music with Kristy</p>  <p>10:45 Art with Lauren</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE TOWER DOORS FOR 1:15</p> <p>1:15-2:45 Shopping *please bring a list if you wish to purchase essentials like shampoo etc...</p>  <p>Pick up 3pm at Northgate Tower Doors</p>

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<p style="text-align: right;">30</p> <p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Menu Planning with Kristy</p>  <p>11:00 Classic TV Show</p>  <p>12:00 LUNCH</p> <p>1:15 BINGO with Johnny & Shawn V</p> 	<p style="text-align: right;">31</p> <p>9:00 Good Morning & Welcome Matt-a student teacher completing their placement with PADDLE!</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Current Affairs with Megan</p>  <p>11:00 Gym Time with Jeff</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT CASINO for 1:30</p> <p>1:30-3 *please bring your ID* & Money if you want to play slot machines or have a treat at the restaurant</p>  <p>Pi ck up 3pm at Casino</p>			