























FEBRUARY 2023

Mon	Tue	Wed	Thu	Fri
		<div>1</div> <div>Jess & James Birthday</div> <div>9:30 Calendar/Stretch with Johnny</div> <div>10:00 ZUMBA with Jeff</div> <div></div> <div>11:00 Lunch Prep with Johnny</div> <div></div> <div>12:00 LUNCH</div> <div>1:15 Movie Afternoon (James' and Jess pick!)</div> <div></div>	<div>2</div> <div>9:30 Calendar/Stretch with Kristy</div> <div>10:00 Group game with Miranda</div> <div>11:00 Music with Johnny</div> <div></div> <div>12:00 LUNCH</div> <div>1:15 Music with Sam & Shawn!</div> <div></div> <div>2:00 Free Time</div>	<div>3</div> <div>9:30 Calendar/Stretch with Jeff</div> <div>10:00 Making a dip with Kristy</div> <div></div> <div>11:00 Free Time</div> <div>12:00 LUNCH</div> <div>1:15 BINGO at PADDLE with Johnny</div> <div></div> <div>2:15 Music with Jeff</div> <div></div>














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Mon	Tue	Wed	Thu	Fri
<p>6</p> <p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Menu Planning/Money Math with Kristy</p>  <p>11:00 TV show: 7th Heaven</p> <p>12:00 LUNCH</p> <p>1:15 PAINT NIGHT –with Jeff (follow along paint on canvas)</p> 	<p>7</p> <p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Things that go BOOM with Matt</p>  <p>11:00 Gym games with Johnny</p>  <p>11:45 LUNCH</p> <p>1:15 Valentine Day Crafternoon with Kristy</p>  <p>2:15 Free Time</p>	<p>8</p> <p>9:30 Calendar & Stretch with Johnny</p> <p>10:00 Board Games with friends</p>  <p>11:00 Meal prep with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Group work: coming up with ideas for March Calendar</p> 	<p>9</p> <p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Sensory Activity with Miranda</p>  <p>11:00 Music with Kristy</p>  <p>11:15 LUNCH</p> <p>1:15 Weird Science with Matt!</p> 	<p>10</p> <p>9:30 Calendar & Stretch with Miranda</p> <p>10:00 Rock painting with Miranda</p>  <p>11:00 Family Feud with Johnny</p>  <p>12:00 LUNCH</p> <p>Book Parabus to arrive at Winner's for 1:30</p> <p>1:30-3pm Shopping !</p>  <p>Pick up 3pm at Winners</p> <p>*Shane's birthday on February 12th!</p>

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Mon	Tue	Wed	Thu	Fri
<p>13</p> <p>Martin's Birthday!</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Menu Planning with Jeff</p>  <p>10:30 Music with Sam!</p>  <p>12:00 LUNCH</p> <p>1:15 Valentine's Day Baking with Kristy</p> 	<p>14</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Current Affairs with Matt</p>  <p>11:00 Gym Time with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Valentine's Social</p> <p>2:00 Valentine's Day Dance Party with DJ Ryan L</p> 	<p>15</p> <p>9:30 Calendar/Stretch with Johnny</p> <p>10:00 Open Mic Practice</p>  <p>10:30 Meal Prep with Jeff</p>  <p>11:15 LUNCH</p> <p>BOOK PARABUS TO ARRIVE MEMORIAL GARDENS FOR 12:45</p> <p>*Skate 1pm-1:50 *please bring helmet</p>  <p>Pick up 3pm at Memorial Gardens (parking lot beside Tru Tan)</p>	<p>16</p> <p>9:30 Calendar/Stretch with Miranda</p> <p>10:00 Science with Matt: Sparks & Magnets</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>2:15 Free Time</p>	<p>17</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Draw Along with Tasha & Johnny</p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE (Tower Doors) for 1:30</p> <p>1:30-3:00 Shopping</p>  <p>3pm Pickup at Northgate-tower doors</p>

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Mon	Tue	Wed	Thu	Fri
<p>20</p> <p>FAMILY DAY *NO PADDLE</p>	<p>21</p> <p>9:30 Calendar/Stretch & Matt</p> <p>10:00 Current Affairs with Jeff NORTH BAY NUGGET </p> <p>11:00 Gym Time with Johnny </p> <p>12:00 LUNCH</p> <p>1:15 Music Trivia with Bryan, Jeff & Dan </p> <p>2:00 Music with Johnny </p>	<p>22</p> <p>9:30 Calendar/Stretch with Johnny</p> <p>10:00 Meditation with Jeff & Tasha </p> <p>10:45 Arts & Crafts with Miranda</p> <p>11:45 CHINESE FOOD LUNCH! \$5 pp-participants only (please note, if you already pay for Wednesday lunch program you do not need to bring in \$5) *if you would like to participate bring your \$5 in no later than Feb 21st. </p> <p>1:15 Fear FACTOR games, challenges and fun afternoon with Jeff & Johnny </p>	<p>23</p> <p>9:30 Calendar/Stretch with Miranda</p> <p>10:00 Open Mic Practice </p> <p>11:00 Music with Johnny </p> <p>12:00 LUNCH</p> <p>1:15 Science with Matt: The PADDLEARIUM Project </p>	<p>24</p> <p>9:30 Calendar/Stretch With Jeff</p> <p>10:00 Music with Kristy </p> <p>11:00 Making Chocolate Fudge with Miranda </p> <p>12:00 LUNCH</p> <p>1:15 Open Mic Afternoon (with Hosts Jess & Jeff) </p> <p>Eric's Birthday February 25th!</p>

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<p>27</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Menu Planning/Money Math with Johnny</p>  <p>11:00 TV Show: 7th Heaven</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT Highball for 1:30</p> <p>1:30 Pool hangs</p> <p>Cost: \$5 (if you want a snack and a drink)-cost of pool is free thanks to Cindy at Highball!!</p>  <p>Pick up 3pm at Highball</p>	<p>28</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Current Affairs with Megan</p> <p>NORTH BAY NUGGET</p>  <p>11:00 Gym Games with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15SPA Afternoon</p>  <p>Relax</p> <p>Or Watch a movie!</p> 			