


















# MARCH 2023














Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Newsletter with Megan</p>  <p>11:00 Lunch Prep with Johnny</p>  <p>12:00 LUNCH</p> <p>1:15 Special musical performance by WILVIS</p>  <p>2:00 Games with friends</p> 	<p>2</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 No bake baking with Johnny</p>  <p>11:00 Music with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> 	<p>3</p> <p>9:30 Calendar/Stretch with Johnny</p> <p>10:00 Art with Miranda</p>  <p>11:15 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT CAPITOL CENTRE FOR 12:40</b></p>  <p><b>CAPITOL CENTRE DANCE SHOW 1PM</b></p> <p><b>*please arrive and be seated by 12:50</b></p> <p>Cost- \$2pp</p> <p>Pick up Back parking lot of Capitol Centre 3pm</p>

On Wednesday March 29<sup>th</sup> we will be going out for lunch at Lou Dawgs! This will be our first lunch outing since before the pandemic! Please note no programs onsite at PADDLE after 11am on March 29<sup>th</sup> as we will need full staff on this outing. Please note that if you are feeling uncomfortable eating/mask off you are welcome to join us just for the live music portion at Lou Dawgs from 12:30ish-2:45.











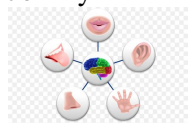





# MARCH 2023

Mon	Tue	Wed	Thu	Fri
<p>6</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Menu Planning with Jeff</p>  <p>11:00 7<sup>th</sup> Heaven</p>  <p>12:00 LUNCH</p> <p>1:15 Group games with Kristy</p> <p>2:00 BINGO with Johnny</p> 	<p>7</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Current Affairs with Megan</p>  <p>11:00 Gym with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Abuse Empowerment Training with Megan &amp; Tasha</p> <p>2:15 Free Time</p>	<p>8</p> <p>9:30 Calendar/Stretch with Johnny</p> <p>10:00 Newsletter</p>  <p>10:45 Lunch Prep with Jeff</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT THE NORTHGATE SQUARE (tower doors) FOR 1:15</b></p> <p><b>1:15-3pm Shopping</b></p>  <p><b>Pick up 3pm at Northgate Square- tower doors</b></p>	<p>9</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Music with Jeff</p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Draw Along with Johnny</p>  <p>2:00 Music with Emily</p> 	<p>10</p> <p>9:30 Calendar/Stretch with Johnny</p> <p>10:00 Activity with Miranda</p> <p>11:00 Karaoke with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon @ PADDLE</p> 
















# MARCH 2023

Mon	Tue	Wed	Thu	Fri
<p>13</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Menu Planning with Jamie</p>  <p>11:00 7<sup>th</sup> Heaven</p>  <p>12:00 LUNCH</p> <p>1:15 Tie Dye afternoon for St Patrick's Day with Jeff, Johnny &amp; Jamie</p>  <p><b>*Please bring something from home to tie dye</b></p>	<p>14</p> <p>9:30 Calendar/Stretch with Jamie</p> <p>10:00 Current Affairs with Jeff</p>  <p>11:00 Gym with Johnny</p>  <p>12:00 LUNCH</p> <p>1:15 Scene it- Disney edition with Teggan, Leah &amp; Kristy</p>  <p>2:15 Free Time</p>	<p>15</p> <p><b>*Jeremy's Birthday!</b></p> <p>9:30 Calendar/Stretch with Johnny</p> <p>10:00 Newsletter</p>  <p>11:00 Lunch Prep with Jamie</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</b></p> <p>1:30-3pm Shopping at Winners Plaza</p>  <p><b>Pick up 3pm at Winners</b></p>	<p>16</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Music with Johnny</p>  <p>11:00 Microwaving 101 with Jamie &amp; Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Baking with Jamie!</p> 	<p>17</p> <p>9:30 Calendar/Stretch with Jamie</p> <p>10:00 Music with Kristy</p>  <p>11:00 ZOOM Shamrock painting with Jade *Jade was a placement student with PADDLE pre pandemic*</p> <p>12:00 LUNCH</p> <p><b>1:15 St Patricks Day Party!</b></p> <p><b>*Fake Beer *Games *General shenanigans!</b></p>

# MARCH 2023

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<p>20</p> <p>9:30 Calendar/Stretch with Johnny</p> <p>10:00 Meal Planning with Kristy</p>  <p>11:00 7<sup>th</sup> Heaven</p>  <p>12:00 LUNCH</p> <p>1:15 Happy First day of spring- planning ahead for the Greenhouse with Jeff</p>  <p>2:15 Music with Kristy</p> 	<p>21</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Current Affairs with Jeff</p>  <p>11:00 Gym Games with Johnny</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:30</b></p> <p><b>1:30-3 Shopping at Value Village &amp; Coffee Break at Tim Horton's</b></p>  <p><b>Pick up 3pm at Value Village</b></p>	<p>22</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Newsletter</p>  <p>11:00 Lunch Prep with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 BEACH DAY at PADDLE</p>  <p>-Games -Food FUN!</p> <p><b>*Dress up in your best summer gear and get into the spirit!! *</b></p>	<p>23</p> <p>9:30 Calendar/Stretch with Miranda</p> <p>10:00 Sensory Activity with Johnny</p>  <p>11:00 Music with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Banff Film Festival @ PADDLE</p>  <p>*we will be watching an assortment of short adventure/outdoor films curated by the Banff Film Festival</p>	<p>24</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Music with Johnny</p>  <p>11:00 No Bake with Miranda</p>  <p>12:00 LUNCH</p> <p><b>1:15 BOOK PARABUS TO ARRIVE AT CASINO FOR 1:30</b></p>  <p><b>1:30-3pm Casino fun!</b></p> <p><b>*Please bring photo ID</b></p> <p><b>*Please bring money for slot machines and/or snacks!</b></p> <p><b>Pick up 3pm at Cascades Casinos</b></p>

# MARCH 2023

Mon	Tue	Wed	Thu	Fri
<p>27</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Looking at Lou Dawgs Menu and deciding what we will be ordering for lunch on Wednesday (with Kristy)</p> <p>11:00 7<sup>th</sup> Heaven </p> <p>12:00 LUNCH</p> <p>1:15 Card Games with friends</p> <p>2:00 Music with Kristy </p>	<p>28</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Current Affairs with Kristy </p> <p>11:00 Gym Time with Jeff </p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT APOLLO for 1:30</b></p> <p></p> <p><b>Pick up 3pm at Apollo</b></p>	<p>29</p> <p>9:30 Calendar/Stretch with Johnny</p> <p>10:00 Newsletter (deadline!) </p> <p><b>BOOK PARABUS TO ARRIVE AT LOU DAWGS 11:15</b> </p> <p><b>LUNCH at Lou Dawgs 11:30 Cost- \$ 20-30</b> *we will be going over the menu and pre ordering*</p> <p>1:15 1<sup>st</sup> Annual RENE FEST -Musical guests -FOXGLOVE -Darius -Shawn &amp; Sam -Emily </p> <p>Join us for lunch OR just come for Renefest starting at approx 12:30-2:45</p>	<p>30</p> <p>9:30 Calendar/Stretch with Miranda</p> <p>10:00 Music with Johnny </p> <p>11:00 Sensory Activity with Miranda </p> <p>12:00 LUNCH</p> <p>1:15 Parking lot hockey! </p> <p>OR Art with Kristy </p>	<p>31</p> <p>9:30 Calendar/Stretch with Johnny</p> <p>10:00 Youtube Trivia with Kristy </p> <p>11:00 Free time</p> <p>12:00 LUNCH</p> <p>1:15 Music with Jeff </p> <p>2:00 Mugshots with Megan &amp; Kristy </p>

