

























MAY 2023

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning	9:00 Good Morning
9:30 Calendar/Stretch with Jeff	9:30 Calendar/Stretch with Miranda	9:30 Calendar/Stretch with Jeff	9:30 Calendar/Stretch with Megan	9:30 Calendar/Stretch with Miranda
10:00 Menu Planning with Kristy 	10:00 Current Affairs with Megan  or Book Club with Kristy 	10:00 Walk with Jeff & Miranda 	10:00 Music with Darius 	10:00 Karaoke with Kristy and surprise mysterious guest! 
11:00 Watch & Learn “You’re my hero” with Kristy 	11:00 Gym with Jeff OR 30 min indoor workout with Kristy	11:00 Lunch Prep with Kristy 	11:00 Art with Miranda 	11:00 Music with Jeff 
12:00 LUNCH	12:00 LUNCH	11:45 LUNCH	12:00 LUNCH	12:00 LUNCH
1:15 Clean Green Beautiful Neighborhood clean up with Jeff, Miranda & Kristy	1:15 Terrarium Making with Jeff 	BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE FOR 1:15 	1:15 Music with special guest: WILVIS! 	1:15 Music with Special Guest: Robin Bilan 
	2:15 Card Games	Shopping Pick up 3pm at Northgate Tower Doors	2:15 Free Time	2:00 Walk with Kristy & Jeff 
				Happy Birthday Diane May 6th

MAY 2023

Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Jamie</p> <p>10:00 Menu Planning with Jeff</p>  <p>11:00 Watch & Discuss “You’re my Hero” with Kristy</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HOMESENSE FOR 1:30</p> <p>1:30 Shopping </p> <p>2:15 Meet up at Sobey’s if you want to help get groceries</p> <p>Pickup 3pm at Homesense</p>	<p>Happy Birthday Adam!</p> <p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Jamie</p> <p>10:00 Current Affairs with Jeff  OR Book Club Kristy </p> <p>11:00 Gym Time with Jeff OR 30 min walk walk walk with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 An Afternoon with Ryder (Megan’s Kid) *Air Hockey tournament *FUN *FOOD</p>	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Draw along with Tasha and Jamie</p>  <p>11:00 Lunch Prep with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Open Mic/Talent Show with your host....JESSIEEE NADDEAUUUU!</p> 	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Jamie</p> <p>10:00 Clean Green Beautiful Trail Walk/Garbage pickup with Jeff & Miranda</p>  <p>11:15 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Women’s Wellness OR Men’s Health</p> 	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Crafts with Miranda</p> <p>11:00 Gardening with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Shawn & Sam</p>  <p>2:15 Mother’s Day Make your own Flower Bouquet with Kristy & Jamie</p> 

MAY 2023

Mon	Tue	Wed	Thu	Fri
15	16	17	18	19
<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Jamie</p> <p>10:00 Watch & Discuss the show PUSH with Kristy</p>  <p>11:00 Group game with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Baking afternoon with Kristy & Jamie</p> 	<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar with Megan</p> <p>10:00 Current Affairs with Jamie</p>  <p>OR</p> <p>Book Club with Kristy</p>  <p>11:00 Gym with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Neighborhood walk & Clean up (Clean Green Beautiful)</p>  <p>2:15 Free Time</p>	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Jamie</p> <p>10:00 Music with Jeff</p>  <p>10:45 Free Time</p> <p>BOOK PARABUS TO ARRIVE AT THE CAPITOL CENTRE PARKING LOT FOR 11:30</p> <p>LUNCH AT THE MOOSE & WALK DOWNTOWN Cost: \$25-30</p> <p>*Please look at menu online to budget for your meal plus tip https://themoose.ca/Menus.aspx</p> <p>Pick up 3pm at The Capitol Centre Parking Lot</p>	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Draw along with Tasha and Jamie</p>  <p>11:00 Walk outside with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon at PADDLE</p> 	<p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Jamie</p> <p>10:00 Meditation/Yoga with Jeff & Tasha</p>  <p>11:00 Free Time</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE FOR 1:15</p>  <p>1:15 Thrift shopping & break at Tim Horton's</p> <p>Pick up 3pm at Value Village</p>

MAY 2023

Mon	Tue	Wed	Thu	Fri
22 **VICTORIA DAY** No PADDLE	23 Happy Birthday Carrie! 9:00 Good Morning 9:30 Calendar/Stretch with Jamie 10:00 Current Affairs with Jeff  OR  Book Club with Kristy 11:00 Gym with Jamie or 30 min of move your body with Kristy 12:00 LUNCH 1:15 THE YARD with Bryan, Dan & Jeff  2:00 Watching Car Pool Karaoke	24 9:00 Good Morning 9:30 Calendar/Stretch with Kristy 10:00 Karaoke with Jeff with Mystery Guest!  11:00 Lunch Prep with Jamie  12:00 LUNCH 1:15 No Support NAILED IT Cake Edition 	25 9:00 Good Morning 9:30 Calendar/Stretch with Megan 10:00 Music with Kristy  11:00 Walk with Jeff  12:00 LUNCH 1:15 Women's Wellness OR Men's Health  2:15 Free Time	26 9:00 Good Morning 9:30 Calendar/Stretch with Jeff 10:00 Smoothie Making & Outside Hangs  11:45 LUNCH BOOK PARABUS TO ARRIVE AT CASINO FOR 1:15 1:15-3 CASINOOOOOO *Bring money for slot machines and if you would like to purchase a snack/drink at the casino restaurant* Pick up 3pm at Cascades Casino

MAY 2023

Mon	Tue	Wed	Thu	Fri
<p>29</p> <p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Menu Planning with Jamie</p> <p></p> <p>11:00 Watch & Discuss PUSH with Kristy</p> <p></p> <p>12:00 LUNCH</p> <p>1:15 BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15</p> <p>Shopping at Winners Plaza</p> <p></p> <p>Pick up 3pm at Winners</p>	<p>30</p> <p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Jamie</p> <p>10:00 Current Affairs with Megan</p> <p> OR</p> <p> Book Club with Kristy</p> <p>11:00 Gym with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Camping afternoon at PADDLE *Campfire stories *smores *music</p> <p></p>	<p>31</p> <p>9:00 Good Morning</p> <p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 BINGO with hosts Shawn V and Princess</p> <p></p> <p>10:45 Lunch Prep with Jamie</p> <p></p> <p>BOOK PARABUS TO ARRIVE DOWNTOWN (side parking lot by North Bay Museum) for 1:15</p> <p>Waterfront/ Downtown walk</p> <p>*bring a reusable water bottle & wear your sunscreen!</p> <p>Pick up 3pm at North Bay Museum</p>		

