





















# JUNE 2023















Mon	Tue	Wed	Thu	Fri
			<p><sup>1</sup></p> <p>9:30 Calendar/Stretch with Gabby</p> <p>10:00 National Donut Day- decorate your own donuts with Jamie &amp; Gabby</p>  <p>11:00-Outside hangs with donuts &amp; drinks</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Gary Davidson</p>  <p>2:15 Teggan's very special early birthday birthday!</p> 	<p><sup>2</sup></p> <p>9:30 Special Media Announcement in Gym / tours of PADDLE</p> <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:00 Outdoor walk with Jeff &amp; Celina</p>  <p><b>*All are welcome and encouraged to attend all day today. We will be meeting in the gym at 9:30 and the announcement will begin promptly at 10am If you have any questions or concerns please feel free to reach out to Megan or Kristy</b></p>

\*Please welcome Gabby-our newest intern and welcome back Celina as our summer student!


















# JUNE 2023

Mon	Tue	Wed	Thu	Fri
<p>5</p> <p>9:30 Calendar &amp; Stretch with Gabby</p> <p>10:00 Menu Planning with Kristy</p>  <p>11:00 Watch &amp; Discuss PUSH with Jamie</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:30</b></p> <p><b>1:30-3 Pool</b></p> <p>Cost-free to play pool but please bring \$ if you would like to purchase a treat</p> <p><b>Pick up 3pm at Highball</b></p>	<p>6</p> <p>9:30 Calendar &amp; Stretch with Kristy</p> <p>10:00 Current Affairs with Jeff</p>  <p>10:30 Book Club with Kristy *we will be choosing a new book to read today*</p>  <p>11:00 Gym with Gabby &amp; Celina</p> <p>12:00 LUNCH</p> <p>1:15 Wood Working with Jeff</p>  <p>OR Paint night with Jamie</p> <p>*please let paddle staff know which activity you will be attending by Thursday June 1st so we can pick up the right amount of supplies*</p>	<p>7</p> <p>9:30 Calendar &amp; Stretch with Jamie</p> <p>10:00 Outdoor Games with Jeff, Gabby &amp; Celina</p> <p>10:45 Lunch Prep with Kristy</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE DOWNTOWN (North Bay Museum) for 1:15</b></p> <p><b>1:15 Farmer's Market + ask a friend to go shopping downtown or for a walk at the waterfront</b></p>  <p><b>Pick up 3pm at North Bay Museum</b></p>	<p>8</p> <p>9:30 Calendar &amp; Stretch with Celina</p> <p>10:00 Show off &amp; Share-bring something cool from your home to share and talk about with your friends -with Jamie</p> <p>11:00 Outdoor Walk with Jamie, Jeff &amp; Celina</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p>  <p>2:15 July Calendar Brainstorming with Kristy</p> 	<p>9</p> <p>9:30 Calendar &amp; Stretch with Jeff</p> <p>10:00 Decorating candles with Gabby</p>  <p>11:00 Green House with Jeff &amp; Gabby</p>  <p>11:30 lunch prep for hosting a BBQ for SIP class at Chippewa</p>  <p>12:30 LUNCH</p> <p>1:30 Backyard hangout with DJ Prime</p> 
















# JUNE 2023

Mon	Tue	Wed	Thu	Fri
<p>12</p> <p>9:30 Stretch/Calendar with Gabby</p> <p>10:00 Menu Planning with Jamie</p>  <p>11:00 Watch and Discuss PUSH with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 The YARD-Making Milkshakes/Sundaes/Smoothies with Bryan &amp; Jeff</p>  <p>2:00 Group Games with Gabby</p>	<p>13</p> <p>9:30 Stretch/Calendar with Jamie</p> <p>10:00 Current Affairs with Megan</p>  <p>10:30 Book Club with Kristy</p>  <p>11:00 Gym with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Music with Darius</p>  <p>2:15 Free Time</p>	<p>14</p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Draw Along with Gabby &amp; Tasha</p>  <p>11:45 Lunch Prep with Jamie</p>  <p>12:00 LUNCH</p> <p><b>1:15 BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</b></p> <p><b>1:30 Winners Plaza Shopping</b></p>  <p><b>Pick up 3pm at Winners</b></p>	<p>15</p> <p>9:30 Stretch/Calendar with Celina</p> <p>10:00 Music with Jeff</p>  <p>11:00 Games with friends *grab a board game, play some cards or use the switch!* with Celina &amp; Gabby</p>  <p>11:45 LUNCH</p> <p>1:15 Father's Day Gift with Jeff &amp; Jamie</p> 	<p>16</p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Karaoke with Kristy</p>  <p>11:00-2:30 Plant sale BBQ hotdog lunch Music!</p>  <p><b>*Families/Friends/Supports please feel free to drop by between the hours of 11-2:30pm to check out our plant sale!</b></p>

# JUNE 2023

Mon	Tue	Wed	Thu	Fri
<p><b>19</b></p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Menu Planning with Gabby</p>  <p>11:00 Watch and Discuss PUSH with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Shawn</p>  <p>2:00 Outdoor walk with Jeff &amp; Gabby</p> 	<p><b>20</b></p> <p>9:30 Stretch/Calendar Megan</p> <p>10:00 Current Affairs with Jeff</p>  <p>10:30 Book Club with Kristy</p>  <p>11:00 Outdoor Walk with Jeff, Gabby &amp; Celina</p>  <p>12:00 LUNCH</p> <p>1:15 Group Games with Gabby&amp; Jamie OR Woodworking with Jeff</p>  <p>2:15 Free Time</p>	<p><b>21</b></p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Draw along with Tasha &amp; Jamie</p>  <p>11:00 Lunch prep with Gabby</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (tower doors) for 1:15</b></p> <p><b>1:15-3 Shopping</b></p>  <p>*bring a list if you have items to purchase</p> <p><b>Pick up 3pm at Northgate Square (tower doors)</b></p>	<p><b>22</b></p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 No Bake with Kristy</p>  <p>11:00 Greenhouse with Jeff</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT Gd2Go for 1:30</b></p> <p><b>1:30-3 Drinks and treats on the Gd2Go Patio</b></p> <p><b>*Please look at menu online (<a href="http://www.gd2go.ca">www.gd2go.ca</a>) for pricing/budgeting*</b></p>  <p><b>Pick up 3pm at Gd2Go</b></p>	<p><b>23</b></p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Music with Jeff</p>  <p>11:00 Art with Diane &amp; Jamie</p>  <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon at PADDLE</p> 

# JUNE 2023

Mon	Tue	Wed	Thu	Fri
<p><b>26</b></p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Menu Planning with Jeff</p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT COMMUNITY GARDEN (across from Algonquin Highschool) for 1:15</b></p> <p><b>1:15-3 Gardening</b></p>  <p><b>Pick up 3pm at Community Garden Centre (across from Algonquin Highschool)</b></p>	<p><b>27</b></p> <p>9:30 Stretch/Calendar with Celina</p> <p>10:00 Current Affairs with Jeff</p>  <p>10:30 Book Club with Kristy</p>  <p>11:00 Outdoor Walk with Jeff &amp; Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Watch Canada's Worst Driver</p>  <p>2:00 Drive Test with Emily &amp; Megan</p> 	<p><b>28</b></p> <p>9:30 Stretch/Calendar with Gabby</p> <p>10:00 Freestyle Painting with Gabby &amp; Celina</p>  <p>11:00 Lunch prep with Jeff</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE DOWNTOWN (north bay museum) for 1:15</b></p> <p><b>1:15 Farmer's Market + ask a friend and go shopping downtown or for a walk at the waterfront</b></p>  <p><b>Pick up 3pm at North Bay Museum</b></p>	<p><b>29</b></p> <p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 No Bake with Jamie</p>  <p>11:00 Greenhouse with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p>  <p>2:15 Free Time</p>	<p><b>30</b></p> <p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Music with Jeff</p>  <p>11:00 Family Feud with Jamie</p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT SUNSET BEACH (turn at Churchills) for 1:15</b></p> <p><b>1:15-3pm BEACH DAY</b></p>  <p><b>Pick up 3pm at Sunset Beach</b></p>

## Participants, Parents & Supports

Starting June 12th and continuing through the month of July we are starting back up Grocery Club. This will be happening on any Monday we don't have an outing planned on the schedule.

There will be a sign up sheet at The PADDLE Program (maximum 2 participants without support per grocery trip)

**If you do not wish for the person you support to attend the grocery store outings please email PADDLE**

([info@paddlenorthbay.ca](mailto:info@paddlenorthbay.ca)) There will be 2 PADDLE staff attending (Jamie & a summer student)

PADDLE will cover the cost of the bus ride and or cab there and back.

The timing for the bus schedule is as follows:

12:50 Pick up at PADDLE

1:00 Drop off at intersection near Sobeys

2:10 Pick up at Sobeys- transfer downtown to ski club bus to return to PADDLE for 2:50pm

Pick up will still be 3pm at The PADDLE Program