
























SEPTEMBER 2023














Mon	Tue	Wed	Thu	Fri
4	5	6	7	8
<p>NO PADDLE</p>	<p>9:30 Calendar/Stretch with Kristy</p> <p>10:00 Current Affairs: (welcome back edition) with Jeff</p>  <p>11:00 Walk with Sarabeth & Gabby</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:00 Free Time</p>	<p>9:30 Calendar/Stretch with Gabby</p> <p>10:00 Draw Along with Sarabeth & Tasha</p> <p>10:45 Lunch Prep with Jeff</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE DOWNTOWN (North Bay Museum) for 1:15</p> <p>1:15 Farmer's Market + ask a PADDLE friend to go shopping downtown or for a walk at the waterfront</p>  <p>Pick up 3pm at North Bay Museum</p>	<p>9:30 Calendar/Stretch with Sarabeth</p> <p>10:00 Greenhouse & backyard hangs with Jeff</p>  <p>11:00 Music with Darius</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness with Megan or Men's Health with Jeff</p>  <p>2:00 Brainstorm October Calendar with Kristy</p>	<p>9:30 Calendar/Stretch with Jeff</p> <p>10:00 Vision Boards with Jeff, Sarabeth & Gabby: mapping out what you want to accomplish this year</p> <p>11:00 Outdoor games with Kristy</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (tower doors) for 1:15</p> <p>1:15-3 Shopping</p>  <p>*bring a list if you have items to purchase</p> <p>Pick up 3pm at Northgate Square (tower doors)</p>

Please welcome Sarabeth as our newest intern. Sarabeth did her placement with PADDLE last year and we are so happy to have her back!















SEPTEMBER 2023

Mon	Tue	Wed	Thu	Fri
11	12	13	14	15
<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Menu Planning with Gabby & new food program chat with Kristy</p>  <p>11:00 Watch & Discuss Living Wild : How to change your life with Kristy</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:30</p> <p>1:30-3 Pool</p>  <p>Cost-free to play pool but please bring \$ if you would like to purchase a treat</p> <p>Pick up 3pm at Highball</p>	<p>9:30 Calendar & Stretch with Sarabeth</p> <p>10:00 Current Affairs with Jeff</p>  <p>10:30 Book Club with Gabby</p>  <p>11:00 Gym with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Baking with Sarabeth & Gabby</p> 	<p>9:30 Calendar & Stretch with Gabby</p> <p>10:00 Music with Esther!</p>  <p>10:45 Lunch Prep with Gabby</p>  <p>11:45 LUNCH</p> <p>1:00 MOVIE AFTERNOON AT PADDLE "Champions"</p> 	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Art with Gabby-giant group canvas painting!</p>  <p>11:00 Music with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Bingo with Sarabeth</p>  <p>2:15 Free Time</p>	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Decorating candles with Gabby</p>  <p>11:00 Green House and backyard hangs with Jeff & Gabby</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WATERFRONT FOR 1:30</p> <p>1:30 Waterfront walks</p> <p>Pick up 3pm at Waterfront (parking lot across from Bandshell)</p>

SEPTEMBER 2023

Mon	Tue	Wed	Thu	Fri
18	19	20	21	22
<p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Menu Planning with Sarabeth</p>  <p>11:00 Watch and Discuss Living Wild : How to change your life with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 The YARD- Making Milkshakes/Sundae s/Smoothies with Bryan & Jeff</p>  <p>2:00 Group Games with Gabby</p>	<p>9:30 Stretch/Calendar with Sarabeth</p> <p>10:00 Current Affairs with Megan</p>  <p>10:30 Book Club with Gabby (watch edition)</p>  <p>11:00 Gym with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Music with Kristy</p>  <p>2:15 Free Time</p>	<p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Draw Along with Gabby & Tasha</p>  <p>11:45 Lunch Prep with Sarabeth</p>  <p>12:00 LUNCH</p> <p>1:15 BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</p> <p>1:30 Winners Plaza Shopping</p>  <p>Pick up 3pm at Winners</p>	<p>9:30 Stretch/Calendar with Sarabeth</p> <p>10:00 Music with Jeff</p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Short Film Festival with Kristy</p> 	<p>9:30 Stretch/Calendar with Gabby</p> <p>10:00 Karaoke with Kristy</p>  <p>11:00 The Price is Right with Jeff</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT CASINO for 1:15</p>  <p>1:15 Casino *please bring a valid photo ID Cost: bring money if you would like to gamble or get a snack at the restaurant</p> <p>Pick up 3pm at Cascades Casino</p>

SEPTEMBER 2023

Mon	Tue	Wed	Thu	Fri
25	26	27	28	29
<p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Menu Planning with Jeff</p>  <p>11:00 Watch and Discuss Living Wild : How to change your life with Kristy</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT APOLLO for 1:15</p> <p>1:15 Gym time at APOLLO</p>  <p>Pick up 3pm at APOLLO</p>	<p>9:30 Stretch/Calendar Megan</p> <p>10:00 Current Affairs with Jeff NORTH BAY NUGGET</p>  <p>10:30 Book Club with Kristy</p>  <p>11:00 Outdoor Walk with Jeff, Gabby & Sarabeth</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Shawn</p> 	<p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Hair/Makeup for those that want it done for photoshoot OR freetime</p>  <p>11:00 Lunch prep with Jeff</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT BANDSHELL WATERFRONT FOR 1:30</p> <p>1:45 RETAKE PHOTOSHOOT *we have hired a professional photographer to take candid and group photos for PADDLE</p> <p>Pick up 3pm at Bandshell Waterfront</p>	<p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 How to use the Oculus with Sarabeth</p>  <p>11:00 Greenhouse with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Wellness with Gabby AKA “GABB’in with GABBY”</p>  <p>2:15 Free Time</p>	<p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Music with Kristy</p>  <p>11:00 Art with Diane & Gabby</p>  <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon at PADDLE</p> 