


























NOVEMBER 2023




















Mon	Tue	Wed	Thu	Fri
		1	2	3
		9:30 Calendar/Stretch with Gabby	9:30 Calendar/Stretch with Sarabeth	9:30 Calendar/Stretch with Jeff
		10:00 Talent Show rehearsal 	10:00 No Bake with Gabby & Rhiannon 	10:00 Music with Kristy 
		10:45 Lunch Prep with Jeff 	OR Gym with Jeff 	10:45 Group Games with Rhiannon and Sarabeth
		12:00 LUNCH	11:00 Music with Sam 	11:45 LUNCH BOOK PARABUS TO ARRIVE AT CASINO for 1:15
		1:15 Card Games with friends 	12:00 LUNCH	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
		2:15 Walk with Jeff, Sarabeth & Rhiannon 	1:15 Women's Wellness with Megan or Men's Health with Jeff 	
			2:00 Brainstorm December Calendar with Kristy & Rhiannon 	Pick up 3pm at Cascades Casino

Please welcome Rhiannon as she fills in as our Lead Community Connector while Jamie is off on Maternity Leave. And welcome our placement student Hashan! Hashan will be completing his 100 hour Recreation Therapy placement with The PADDLE Program. We are so happy to have you both at PADDLE!!







NOVEMBER 2023

Mon	Tue	Wed	Thu	Fri
6	7	8	9	10
<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Menu Planning with Sarabeth</p>  <p>11:00 Watch & Discuss 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 Gabby</p>  <p>OR Gym with Jeff</p>  <p>10:30 Book Club with Kristy</p>  <p>11:00 Self care techniques with Sarabeth and Gabby</p>  <p>12:00 LUNCH</p> <p>1:15 NAILED IT- No support edition</p> 	<p>9:30 Calendar & Stretch with Gabby</p> <p>10:00 Music with Esther!</p>  <p>10:45 Lunch Prep with Sarabeth</p>  <p>11:45 LUNCH</p>  <p>1:15 Bingo with Ryan L</p> <p>2:15 Talent Show reheral</p> 	<p>9:30 Calendar & Stretch with Rhiannon</p> <p>10:00 Freestyle art with Sarabeth</p>  <p>OR</p> <p>Gym games with Rhiannon & Gabby</p>  <p>11:00 Music with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Short Film Festival with Kristy</p> 	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Walk with Gabby, Rhiannon and Sarabeth</p>  <p>11:00 Boardgames with friends</p>  <p>11:45 LUNCH</p> <p>1:15 Music with Foxglove</p>  <p>2:00 Group activity with Hashan</p>














NOVEMBER 2023

Mon	Tue	Wed	Thu	Fri
13	14	15	16	17
<p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Menu Planning with Rhiannon</p>  <p>11:00 Watch and Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 The YARD-Making Milkshakes/Sundaes/Smoothies with Bryan & Jeff</p>  <p>2:00 Group Games with Sarabeth</p>	<p>9:30 Stretch/Calendar with Sarabeth</p> <p>10:00 Current Affairs with Megan</p>  <p>OR Gym with Gabby</p>  <p>10:30 Book Club with Kristy</p>  <p>11:00 Sensory Craft with Rhiannon</p>  <p>OR Walk with Jeff & Sarabeth</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Shawn</p>  <p>2:15 Talent Show practice</p> 	<p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Walk outside with Jeff, Gabby and Sarabeth</p>  <p>10:45 Lunch Prep with Rhiannon</p>  <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT BLUESKY BINGO FOR 12:50 12:50-3:00</p> <p>Cost: \$7 for Bingo ticket plus money for snacks if you want</p> <p>Pick up 3pm at Bluesky Bingo</p> <p>OR</p> <p>1:15-3:00 Movie afternoon at PADDLE with Kristy</p> <p>Pick up 3pm at PADDLE</p> <p><i>*please let Kristy know which program you will be attending for the afternoon</i></p>	<p>9:30 Stretch/Calendar with Rhiannon</p> <p>10:00 Music with Kristy</p>  <p>OR Gym with Jeff</p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Draw Along with Sarabeth</p>  <p>2:00 Talent show practice</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>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>

NOVEMBER 2023

Mon	Tue	Wed	Thu	Fri
20	21	22	23	24
<p>9:30 Stretch/Calendar with Kristy</p> <p>10:00 Menu Planning with Jeff </p> <p>11:00 Watch and Discuss 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 Rhiannon</p> <p>10:00 Current Affairs with Sarabeth  OR Gym with Jeff </p> <p>10:30 Book Club with Kristy </p> <p>11:00 Self Care with Sarabeth and Gabby </p> <p>12:00 LUNCH</p> <p>1:15 Talent show dress rehearsal </p>	<p>9:30 Stretch/Calendar with Gabby</p> <p>10:00 Lunch prep with Jeff </p> <p>11:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT CHIPPEWA (front doors) FOR 12:10</p> <p>12:30-1:45 TALENT SHOW AT CHIPPEWA *come share your talents and discover new ones with the Chippewa SIP Program *this is not open to the public as we will be performing along with high school students</p> <p></p> <p>Pick up 2:45pm at Chippewa (front doors)</p>	<p>9:30 Stretch/Calendar with Sarabeth</p> <p>10:00 Oculus & Wii Switch OR Gym with Gabby </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>2:00 Connecting in the Community with Gabby</p>	<p>9:30 Stretch/Calendar with Leah</p> <p>10:00 Music with Jeff </p> <p>11:00 Art with Diane & Gabby </p> <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon at PADDLE </p> <p>OR Craft with Hashan </p>

NOVEMBER 2023

Mon	Tue	Wed	Thu	Fri
27	28	29	30	
<p>9:30 Stretch/Calendar with Jeff</p> <p>10:00 Outdoor walk with Gabby, Sarabeth & Jeff</p>  <p>11:00 Watch and Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Baking in groups</p> <p>Group a) no bake with Rhiannon & Sarabeth (in the PADD)</p> <p>Group b) baking with Gabby & Jeff (in the kitchen)</p> 	<p>9:30 Stretch/Calendar Sarabeth</p> <p>10:00 Current Affairs with Rhiannon</p>  <p>OR Gym with Jeff</p>  <p>10:30 Book Club with Kristy</p>  <p>11:00 Guac & Gab with Gabby *make some guacamole and spill some tea with friends!</p>  <p>12:00 LUNCH</p> <p>1:15 SPA afternoon with Gabby & Rhiannon</p>  <p>OR</p> <p>No Bake with Hashan</p> 	<p>9:30 Stretch/Calendar with Gabby</p> <p>10:00 Lunch prep with Jeff</p>  <p>11:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WACKY WINGS FOR 11:40</p> <p>11:40-3pm Lunch with friends at Wacky Wings + arcade time</p> <p>Cost: Please look at menu online so you can budget accordingly! And don't forget to tip your server!</p> <p>Pick up 3pm at Wacky Wings</p>	<p>9:30 Stretch/Calendar with Rhiannon</p> <p>10:00 Freestyle Art with Sarabeth OR</p> <p>Gym with Gabby</p>  <p>11:00 Music with Darius</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (tower doors) FOR 1:30</p> <p>1:30-3 Shopping!</p>  <p>Pick up 3pm Tower Doors</p>	

