














OCTOBER 2023
















Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
<p>9:30 Stretch & Calendar with Jeff</p> <p>10:00 Menu Planning with Sarabeth: Thanksgiving edition </p> <p>11:00 Watch & Discuss with Kristy </p> <p>12:00 LUNCH</p> <p>1:15 Making Apple Crisp for PADDLE Thanksgiving Feast with Jeff, Gabby & Sarabeth </p>	<p>9:30 Stretch & Calendar with Sarabeth</p> <p>10:00 Turkey Prep for Thanksgiving Lunch with Jeff, Kristy, Gabby & Sarabeth </p> <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Music with Darius </p> <p>2:00 Walk with Gabby, Sarabeth & Jeff </p>	<p>9:30 Stretch & Calendar with Kristy</p> <p>10:00 Draw Along with Chris & Gabby </p> <p>10:30 Thanksgiving lunch prep with Sarabeth, Gabby, Jeff & Kristy </p> <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:30</p> <p>1:30 Farmer's Market **last Wednesday Farmers Market of the year </p> <p>2:00 Downtown Walk & Shop</p> <p>Pick up 3pm at North Bay Museum</p>	<p>9:30 Stretch & Calendar with Gabby</p> <p>10:00 Fall Craft with Sarabeth </p> <p>11:00 Games with friends </p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health </p> <p>2:00 Lifeskills: Connecting in the Community with Gabby</p>	<p>9:30 Stretch & Calendar with Sarabeth</p> <p>10:00 Music with Jeff </p> <p>10:45 BAKE & TAKE with Kristy: Bring home Thanksgiving cookies: Make something to share with your family & friends! </p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</p> <p>1:30 Shopping at Winners Plaza </p> <p>Pick up 3pm at Winners</p>

Don't forget to get your tickets for our Fall Harvest Dance happening October 27th at the Elk's Lodge (7-11pm, tickets \$20)






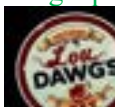




OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
9	10	11	12	13
<p>THANKSGIVING DAY NO PADDLE</p> 	<p>9:30 Stretch & Calendar with Gabby</p> <p>10:00 Current Affairs with Sarabeth</p>  <p>OR Gym with Jeff</p>  <p>10:30 Book Club with Kristy</p>  <p>11:00 Outdoor walk with Jeff & Sarabeth</p>  <p>12:00 LUNCH</p> <p>1:15 Bingo with Gabby</p>  <p>2:00 Music with David Dino White</p> 	<p>9:30 Stretch & Calendar with Kristy</p> <p>10:00 Karaoke with Sarabeth</p>  <p>11:00 Lunch Prep with Gabby</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE MALL TOWER DOORS FOR 1:30</p>  <p>Pick up 3pm at Northgate Square Tower Doors</p>	<p>9:30 Stretch & Calendar with Jeff</p> <p>10:00 Freestyle Art with Gabby</p>  <p>OR Gym with Jeff</p>  <p>11:00 Music with Sam</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT YMCA FOR 12:50</p> <p>1-2pm OPEN SWIM AT THE YMCA</p> <p>*you don't need a Y membership- this is a paddle swim *please bring towel, bathing suit etc. * There will be staff not swimming should you decide to not go in the pool</p>  <p>Pick up 3pm at YMCA</p>	<p>9:30 Stretch & Calendar with Sarabeth</p> <p>10:00 Walk with Jeff, Gabby & Sarabeth</p>  <p>11:00 Music with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Scary Movie @ PADDLE with special treats from Bryan C's concession stand "The YARD" Friday the 13th edition! Visit Bryan anytime during the movie in the kitchen to grab a treat</p>  

OCTOBER 2023







Mon	Tue	Wed	Thu	Fri
16	17	18	19	20
<p>9:30 Stretch & Calendar with Kristy</p> <p>10:00 Menu Planning with Jeff </p> <p>11:00 Watch & Discuss with Kristy </p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT APOLLO GYMNASISTICS FOR 1:30</p> <p>1:30-2:30 Gym games with Gabby & Sarabeth and Trampoline time! </p> <p>Pick up 3pm at Apollo</p>	<p>9:30 Stretch & Calendar with Ryan D.</p> <p>10:00 Current Affairs with Gabby OR  Gym with Jeff </p> <p>10:30 Book Club with Kristy </p> <p>11:00 Low Impact Exercise with Sarabeth</p> <p>11:45 LUNCH</p> <p>1:15 Music with Steph Leroux </p>	<p>9:30 Stretch/Calendar with Sarabeth</p> <p>10:00 Lunch Club with Kristy: Making single serving freezable lunches for staff/participants to purchase to eat at PADDLE or to take home (available Thursday/Friday Starting week of October 16) OR Games with friends with Gabby & Sarabeth </p> <p>11:00 Lunch Prep with Jeff </p> <p>12:00 LUNCH BOOK PARABUS TO ARRIVE AT MINIPUTT PARKING LOT FOR 1:30 1:30-2:45 Katepace Way walk </p> <p>Pick up 3pm at Miniputt parking lot</p>	<p>9:30 Stretch/Calendar With Gabby</p> <p>10:00 Draw along with Tasha & Sarabeth  OR Gym with Jeff </p> <p>11:00 Open Future Learning Module with Kristy</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health </p> <p>2:00 Lifeskills: Connecting in the Community with Gabby</p>	<p>9:30 Stretch & Calendar with Jeff</p> <p>10:00 Staining Wood Centerpieces for Harvest Fall Dance with Kristy</p> <p>11:00 Games with friends with Sarabeth and Gabby </p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE</p> <p>1:30 *Hunting for Halloween costumes & other fun things Value Village *coffee break at Tim Hortons </p> <p>Pick up 3pm at Value Village</p>

OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
23	24	25	26	27
<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Outdoor walk with Gabby, Jeff & 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 HIGHBALL *pool is free, but bring \$ if you would like to purchase a snack or drink*</p> <p>Pick up 3pm at HIGHBALL</p>	<p>9:30 Calendar & Stretch with Gabby</p> <p>10:00 Current Affairs with Sarabeth  OR GYM with Jeff </p> <p>10:30 Book Club with Gabby </p> <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Music with Shawn </p> <p>2:00 Group game with Gabby</p>	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Hospital hour with Danny & James & Megan OR Lunch Club with Kristy: Making single serving freezable lunches for staff/participants to purchase to eat at PADDLE or to take home OR Games with friends with Gabby & Sarabeth </p> <p>11:00 Free Time</p> <p>BOOK PARABUS TO ARRIVE AT North Bay Museum FOR 11:30</p> <p>11:30 Lunch at Lou Dawgs-please look at menu before we go in order to budget properly </p> <p>Pick up 3pm at North Bay Museum</p>	<p>9:30 Calendar & Stretch with Sarabeth</p> <p>10:00 No Bake: Halloween theme with Mya , Sam & Leah </p> <p>OR Gym with Jeff </p> <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Ask & Tell ball game with Kristy</p> <p>2:00 Gabb'in with Gabby-Wellness </p>	<p>9:00 Calendar & Stretch with Gabby</p> <p>10:00 Halloween Craft with Tasha & Sarabeth </p> <p>11:00 Music with Jeff </p> <p>12:00 LUNCH</p> <p>1:00 MOVIE AFTERNOON AT PADDLE </p>

*Don't forget to join us at our Fall Harvest Dance! Friday October 27th at The Elk's Lodge 7-11pm

OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">30</p> <p>9:30 Stretch & Calendar with Gabby</p> <p>10:00 Menu Planning with </p> <p>Watch & Discuss with Kristy </p> <p>12:00 LUNCH</p> <p>1:15 Halloween Bake off with Gabby & Sarabeth </p> <p>*For this bake off PADDLE will be seperated into two groups! *baking treats for Halloween dance</p>	<p style="text-align: right;">31</p> <p>HAPPY HALLOWEEN!! Feel free to wear your costume today!!</p> <p>9:30 Stretch & Calendar with Jeff</p> <p>10:00 Spooky News with Sarabeth </p> <p>10:30 Spooky stories with Gabby </p> <p>11:00 Help set up for dance!</p> <p>11:45 LUNCH</p> <p>1:15 Halloween Dance at PADDLE with DJ Prime (Ryan Littlejohn) </p>			

