





































# DECEMBER 2023

Mon	Tue	Wed	Thu	Fri
				<p data-bbox="1442 415 1458 445">1</p> <p data-bbox="1219 453 1390 548">9:30 Stretch &amp; Calendar with Sarabeth</p> <p data-bbox="1219 585 1425 646">10:00 Music with Jeff</p>  <p data-bbox="1219 800 1455 861">10:45 Dance class with Zach &amp; Gabby</p>  <p data-bbox="1219 1047 1393 1077">12:00 LUNCH</p> <p data-bbox="1219 1115 1414 1245">1:15 Decorating PADDLE tree &amp; rooms for the holidays</p>  <p data-bbox="1219 1388 1409 1482">2:00 Free Time OR Baking with Kristy</p>

# DECEMBER 2023

Mon	Tue	Wed	Thu	Fri
4	5	6	7	8
<p>9:30 Stretch &amp; Calendar with Rhiannon</p> <p>10:00 Menu Planning with Sarabeth</p>  <p>11:00 Watch &amp; Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:30</b></p>  <p>1:30-3 HIGHBALL *pool is free, but bring \$ if you would like to purchase a snack or drink*</p> <p><b>Pick up 3pm at HIGHBALL</b></p>	<p>9:30 Stretch &amp; 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 Holiday Coloring with Rhiannon</p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT SHINERS CLUB FOR 1pm</b></p> <p>1-2:45 Christmas Tea at Shiners Club</p> <p>*family members welcome! *ALL participants welcome to attend this day</p> <p><b>Pick up 3pm at Shiners Club (1260 Brookes Street)</b></p>	<p>9:30 Stretch &amp; Calendar with Leah</p> <p>10:00 Music Trivia: Christmas music edition with Shawn V &amp; Gabby</p>  <p>11:00 Lunch Prep with Sarabeth</p>  <p>11:45 LUNCH</p> <p>1:15 Music with Steph Leroux</p> <p>2:15 Brainstorm January Calendar with Kristy &amp; Rhiannon</p>	<p>9:30 Stretch &amp; Calendar with Sarabeth</p> <p>10:00 No Bake with Rhiannon</p>  <p>OR Gym with Jeff</p>  <p>11:00 Music with Darius</p>  <p>11:45 LUNCH</p> <p>1:15 Winter Worldly traditions with Leah, Myles and Alex</p>  <p>2:00 Holiday Bingo with Sarabeth &amp; Ryan Littlejohn</p> 	<p>9:30 Stretch &amp; Calendar with Jeff</p> <p>10:00 Christmas story writing with Sarabeth &amp; hot chocolate bar in the kitchen with Ryan D</p>  <p>11:00 Music with Kristy</p>  <p>11:45 Free Time</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTHGATE MALL TOWER DOORS FOR 12:30</b></p>  <p><b>*LUNCH AT THE FOOD COURT &amp; SHOPPING</b></p> <p>*If you don't want to eat lunch at the food court please bring a bagged lunch</p> <p><b>Pick up 3pm at Northgate Square Tower Doors</b></p>

# DECEMBER 2023

Mon	Tue	Wed	Thu	Fri
11	12	13	14	15
<p>9:30 Stretch &amp; Calendar with Leah</p> <p>10:00 Menu Planning with Jeff </p> <p>11:00 Watch &amp; Discuss with Kristy </p> <p>12:00 LUNCH</p> <p>1:15 Christmas Crafts with Rhiannon </p> <p>2:15 Group games with Gabby and Sarabeth </p>	<p>9:30 Stretch &amp; Calendar with Sarabeth</p> <p>10:00 Current Affairs with Rhiannon OR NORTH BAY NUGGET </p> <p>Hockey in the Gym with Jeff </p> <p>10:30 Book Club with Kristy </p> <p>11:00 Gingerbread house making competition </p> <p>11:45 LUNCH</p> <p>1:15 Music with Shawn Sasyniuk </p> <p>2:00 Air hockey tournament with Mathew</p>	<p>9:30 Stretch &amp; Calendar with Rhiannon</p> <p>10:00 Christmas Karaoke with Gabby </p> <p>11:00 Lunch Prep with Jeff </p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT YMCA FOR 12:50 1-2pm OPEN SWIM AT THE YMCA</b></p> <p><b>*you don't need a Y membership- this is a paddle swim</b> <b>*please bring towel, bathing suit etc.</b> <b>* There will be staff not swimming should you decide to not go in the pool</b> </p> <p><b>Pick up 3pm at YMCA</b></p>	<p>9:30 Stretch &amp; Calendar With Gabby</p> <p>10:00 Draw along with Tasha &amp; Sarabeth </p> <p>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-Christmas Break Plan Edition</p>	<p>9:30 Stretch &amp; Calendar with Jeff</p> <p>10:00 Christmas Carols with Issachar in the gym </p> <p>OR Christmas Karaoke with Gabby</p> <p>11:00 Free Time</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT THE CASINO FOR 1:30</b></p> <p>1:30-3pm Casino <b>*Bring your ID</b> <b>*Bring cash for the slot machines and/or a treat at the restaurant</b></p> <p></p> <p><b>Pick up 3pm at Cascades Casino</b></p>

# DECEMBER 2023

Mon	Tue	Wed	Thu	Fri
18	19	20	21	22
<p>9:30 Calendar &amp; Stretch with Jeff</p> <p>10:00 Christmas Scavenger Hunt with Rhiannon and Sarabeth</p>  <p>11:00 Watch &amp; Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Make and take Christmas cards with Gabby</p>  <p>2:00 Uno tournament</p> 	<p>9:30 Calendar &amp; Stretch Rhiannon</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 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Music with Sam</p>  <p>2:00 Hallway bowling with Sarabeth</p> 	<p>9:30 Calendar &amp; Stretch with Kristy</p> <p>10:00 Self Care and the Holidays with Rhiannon</p>  <p>11:00 Free Time</p> <p><b>BOOK PARABUS TO ARRIVE AT 12:45</b></p>  <p><b>Boston Pizza</b></p> <p><b>*Please look at menu to budget accordingly &amp; don't forget to tip your server</b></p> <p><b>Pick up 3pm at Boston Pizza</b></p>	<p>9:30 Calendar &amp; Stretch with Sarabeth</p> <p>10:00 Recreate Starbucks drinks with Gabby</p>  <p>OR Gym with Jeff</p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Music with Emily</p>  <p>2:00 Gabb'in with Gabby-Wellness</p> 	<p><b>PJ DAY! Wear your favorite comfy clothes and get in the holiday spirit!</b></p>  <p>9:00 Calendar &amp; Stretch with Gabby</p> <p>10:00 Connecting with friends over the Holidays with Rhiannon &amp; Sarabeth</p>  <p>11:00 Christmas Caroling with Jeff</p>  <p>12:00 LUNCH</p> <p>1:00 CHRISTMAS MOVIE AFTERNOON AT PADDLE</p> 

**Enjoy your holidays! See you back at PADDLE January 8<sup>th</sup>!**