






























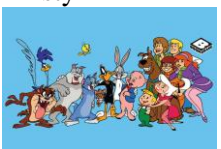
























# JANUARY 2024

Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
<p>9:15 Positive Affirmations &amp; Tai Chi with Sarabeth in the PADD</p>  <p>9:30 Stretch &amp; Calendar with Jeff</p> <p>10:00 Menu Planning with Gabby</p>  <p>11:00 Watch &amp; Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Spa Afternoon with Gabby and Sarabeth</p>  <p>OR</p> <p>Paint along with Jeff</p> 	<p>9:30 Stretch &amp; Calendar with Rhiannon</p> <p>10:00 Current Affairs with Gabby</p>  <p>Or</p> <p>GYM with Jeff &amp; Sarabeth</p>  <p>11:00 Sensory Activity with Kristy</p>  <p>5 SENSES</p> <p>OR Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Music with Darius</p>  <p>2:00 Bingo at PADDLE with Rene &amp; Sarabeth</p> 	<p>9:15 Positive Affirmations &amp; Tai Chi with Sarabeth in the PADD</p>  <p>9:30 Stretch &amp; Calendar with Kristy</p> <p>10:00 Draw along with Tasha &amp; Sarabeth</p>  <p>10:30 Lunch Prep with Gabby</p>  <p>11:30 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT APOLLO GYMNASTICS FOR 1:30</b></p> <p>1:30-2:50 Gym time at Apollo Gymnastics</p>  <p>Pick up 3pm at Apollo Gymnastics</p>	<p>9:30 Stretch &amp; Calendar with Gabby</p> <p>10:00 No bake: Cherry Cheesecake with Sam, Leah &amp; Maya</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 February group Brainstorming for ideas for February with Kristy &amp; Rhiannon</p> 	<p>9:15 Positive Affirmations &amp; Tai Chi with Sarabeth in the PADD</p>  <p>9:30 Stretch &amp; Calendar with Leah</p> <p>10:00 Music with Kristy</p>  <p>10:45 Learning a Tiktok dance with Zach &amp; Rhiannon</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</b></p> <p>1:30 Shopping at Winners Plaza</p>  <p>Pick up 3pm at Winners</p>



# JANUARY 2024

Mon	Tue	Wed	Thu	Fri
15	16	17	18	19
<p>9:15 Positive Affirmations &amp; Tai Chi with Sarabeth in the PADD</p>  <p>9:30 Stretch &amp; Calendar with Gabby</p> <p>10:00 Menu Planning with Rhiannon</p>  <p>11:00 Watch &amp; Discuss with Kristy</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:30</b></p>  <p>1:30-2:50pm</p> <p>*Pool is free (thank you Highball!) *bring money if you would like to purchase a drink or snack</p> <p><b>Pick up 3pm at Highball Billards</b></p>	<p>9:30 Stretch &amp; Calendar with Leah</p> <p>10:00 Reptile Camp with Steve in the Gym!</p>  <p>11:00 Sensory Activity with Rhiannon</p>  <p>12:00 LUNCH</p> <p>1:15 Music with John MacDonald</p>  <p>2:00 Lifeskills: Connecting in the Community with Gabby</p>	<p>9:15 Positive Affirmations &amp; Tai Chi with Sarabeth in the PADD</p>  <p>9:30 Stretch &amp; Calendar with Jeff</p> <p>10:00 Karaoke with Sarabeth</p> <p>11:00 Lunch Prep with Rhiannon</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT GATEWAY BREWERY FOR 1:15</b></p>  <p><b>1:15 Music with Shawn at Gateway Brewery</b> *Join us at Gateway Brewery for some music, board games, pinball, &amp; beer pong *Please bring your ID, money for drinks (they also serve pop) *PADDLE will cover the cost of pinball <b>Pick up 3pm at Gateway Brewery</b></p>	<p>9:30 Stretch &amp; Calendar with Sarabeth</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>1:15 Movie Afternoon at PADDLE</p> 	<p>9:00 Cereal Buffet &amp; old Cartoon Marathon with Kristy</p>  <p>9:30 Stretch &amp; Calendar with Sarabeth</p> <p>10:00 Cartoon Marathon continues....</p> <p>11:00 Group games with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Music with Foxglove</p>  <p>2:00 Lifeskills: Connecting in the Community with Gabby</p>

# JANUARY 2024

Mon	Tue	Wed	Thu	Fri
22	23	24	25	26
<p>9:15 Positive Affirmations &amp; Tai Chi with Sarabeth in the PADD</p>  <p>9:30 Stretch &amp; Calendar with Rhiannon</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 Snow Painting with Sarabeth &amp; Rhiannon</p>  <p>OR Free time</p> <p>2:00 Crafts with Gabby</p> 	<p>9:30 Stretch &amp; Calendar with Ryan D.</p> <p>10:00 Current Affairs with Leah</p> <p>OR</p>  <p>Squid Games in the gym with Jeff &amp; Rhiannon</p>  <p>11:00 Low Impact Exercise with Sarabeth</p>  <p>OR</p> <p>Sensory Activity with Gabby</p>  <p>12:00 LUNCH</p> <p>1:15 All things Teegan with Rhiannon</p>  <p>2:00 Dance Party with DJ Prime!</p>	<p>9:15 Positive Affirmations &amp; Tai Chi with Sarabeth in the PADD</p>  <p>9:30 Stretch/Calendar with Sarabeth</p> <p>10:00 Self Care with Rhiannon, Gabby &amp; Sarabeth</p>  <p>11:00 Lunch Prep with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 CASINO DAY AT PADDLE!</p> 	<p>9:30 Stretch/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>2:15 Free Time</p>	<p>9:15 Positive Affirmations &amp; Tai Chi with Sarabeth in the PADD</p>  <p>9:30 Stretch &amp; Calendar with Jeff</p> <p>10:00 No bake with Kristy- Nacho Dip!</p>  <p>OR</p> <p>Hero moves with Aidan &amp; Sarabeth</p>  <p>11:00 Free time</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTHGATE MALL TOWER DOORS FOR 1:30</b></p>  <p><b>Pick up 3pm at Northgate Square</b></p>

# JANUARY 2024

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;"><b>29</b></p> <p>9:15 Positive Affirmations &amp; Tai Chi with Sarabeth in the PADD</p>  <p>9:30 Stretch &amp; Calendar with Leah</p> <p>10:00 Menu planning with Sarabeth</p>  <p>11:00 Watch &amp; Discuss with Kristy</p>  <p>12:00 Lunch</p> <p>1:15 Nerf target practice with Sam, Maya &amp; Rhiannon</p>  <p>2:00 PADDLE Tattoos</p> 	<p style="text-align: right;"><b>30</b></p> <p>9:30 Stretch &amp; Calendar with Kristy</p> <p>10:00 Crafts with Leah</p>  <p>11:00 Guess that drink game with Rhiannon and Gabby</p>  <p><b>BOOK PARABUS TO ARRIVE AT CASEY'S FOR 12:45</b></p> <p><b>Birthday lunch for Aidan, Alexis &amp; Lori</b></p> <p><b>Please look at the menu beforehand and budget accordingly. Don't forget to tip your server!</b></p> <p><b>Pick up 3pm at Casey's!</b></p>	<p style="text-align: right;"><b>31</b></p> <p>9:15 Positive Affirmations &amp; Tai Chi with Sarabeth in the PADD</p>  <p>9:30 Stretch &amp; Calendar with Jeff</p> <p>10:00 DIY stickers with Rhiannon</p>  <p>11:00 Lunch Prep with Sarabeth</p>  <p>12:00 LUNCH</p> <p>1:15 Survivor Afternoon</p>  <p>Join us for an afternoon of games &amp; fun!</p>		

