









# FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
			<p style="text-align: right; color: red;">1</p> <p>9:30 Stretch &amp; Calendar with Sarabeth</p> <p>10:00 Dough Art with Sarabeth  </p> <p>11:00 Music with Jeff  </p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness or Men's Health</p> <p>2:15 Connecting in the community with Rhiannon &amp; Gabby</p>	<p style="text-align: right; color: red;">2</p> <p>9:30 Stretch &amp; Calendar with Rhiannon</p> <p>10:00 Movie Morning: Groundhog Day!  </p> <p>OR            Baking with Sarabeth  </p> <p>12:00 LUNCH</p> <p>1:15 Era's Tour Afternoon with Delaney &amp; Rhiannon            *Join us for a Taylor Swift themed afternoon with friendship bracelet making, music trivia and listening to our favorite Taylor Swift songs!  </p>











# FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
5	6	7	8	9
<p>9:30 Calendar &amp; Stretch with Gabby</p> <p>10:00 Menu Planning: Choosing a recipe from PADDLE family cookbook with Rhiannon</p>  <p>11:00 Watch &amp; Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Bingo with Rene &amp; Gabby</p>  <p>2:00 Group games with Jeff</p>	<p>9:30 Calendar &amp; Stretch with Rhiannon</p> <p>10:00 Gym with Jeff</p>  <p>OR</p> <p>Current Affairs with Sarabeth</p>  <p>11:00 Book Club: Movie Edition (we will be watching Elemental, the book we finished in December)</p>  <p>12:00 LUNCH</p> <p>1:15 Forest Bathing intro with Jessica</p>  <p>2:15 Valentines Day Craft with Rhiannon</p> 	<p>9:30 Calendar &amp; Stretch with Leah</p> <p>10:00 Karaoke with Gabby</p>  <p>10:45 Lunch Prep with Rhiannon</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30</b></p>  <p><b>1:30 Winners</b></p> <p><b>Pick up 3pm at Winners</b></p>	<p>9:30 Calendar &amp; Stretch with Sarabeth</p> <p>10:00 Garden Planning with Jeff &amp; Leah</p>  <p>11:00 Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Brainstorming afternoon for March with Rhiannon &amp; Kristy</p>  <p>2:00 Uno tournament</p> 	<p>9:30 Calendar &amp; Stretch with Maia</p> <p>10:00 Fear in a hat with Rhiannon</p>  <p>11:00 Health &amp; Safety with Jeff</p>  <p><b>11:45 LUNCH</b></p> <p>1:15 Tattooing at PADDLE *Princess Dan will be getting a REAL tattoo at PADDLE *Lets show our support for our favorite Princess!* <u>Temporary Tattoos</u> will also be available to those looking to get inked up!</p> 

# FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
12	13	 14	15	16
<p>9:30 Calendar &amp; Stretch Jeff</p> <p>10:00 Menu Planning: Choosing pizza toppings with Sarabeth</p>  <p>11:00 Watch &amp; Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Valentine Baking afternoon with Rhiannon &amp; Sarabeth</p>  <p>OR</p> <p>Valentines Bingo with Jeff</p> 	<p>9:30 Calendar &amp; Stretch Kristy</p> <p>10:00 Zumba with Kindra in the gym!</p>  <p>11:00 Book Club: Movie Edition (we will be watching Elemental, the book we finished in December)</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (Tower Doors) for 1:30</b></p>  <p><b>1:30-3 Shopping!</b></p> <p><b>Pick up 3pm at Northgate Square</b></p>	<p>9:30 Calendar &amp; Stretch with Rhiannon</p> <p>10:00 Group treasure hunt with Sarabeth, Gabby &amp; Rhiannon</p>  <p>11:00 Heart shaped pizza &amp; chocolate covered strawberries with Sarabeth</p>   <p>12:00 LUNCH</p> <p>1:15 Valentine's Day Social Join us for an afternoon of dancing &amp; treats with DJ Prime &amp; Valentine's Day Spa with Maia</p> 	<p>9:30 Calendar &amp; Stretch with Gabby</p> <p>10:00 Draw Along with Tasha &amp; Christine</p>  <p>11:00 Music with Darius</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p> <p>2:15 Talent Show rehearsal</p> 	<p>9:30 Calendar &amp; Stretch with Sarabeth</p> <p>10:00 No Bake with Kristy</p>  <p>11:00 Crafts with Leah</p>  <p>12:00 Free time</p> <p><b>BOOK PARABUS TO ARRIVE AT THE CAPITAL CENTRE PARKING LOT FOR LUNCH for 12:45</b></p>  <p><b>Birthday lunch for James, Jesse, Shane, Martin &amp; Eric.</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 Capital Centre Parking Lot</b></p>

# FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
19	20	21	22	23
<p>FAMILY DAY</p>	<p>9:30 Calendar &amp; Stretch with Leah</p> <p>10:00 Gym games with Gabby</p>  <p>OR</p> <p>Current Affairs with Jeff</p>  <p>11:00 Menu Planning: Choosing a recipe from PADDLE family cookbook with Jeff</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT GATEWAY BREWERY FOR 1pm</b></p> <p>*Join us for a pizza lunch (\$5 gets you 2 slices of pizza-drinks to be purchased from Gateway Brewery-nonalcoholic beverages available \$4.50 for pop)</p> <p>*DJ Prime will be providing music for us</p> <p>*Bored games, and pinball available.</p>  <p><b>Pick up 3pm at Gateway Brewery</b></p>	<p>9:30 Calendar &amp; Stretch with Maia</p> <p>10:00 Lunch Prep with Jeff</p>  <p>11:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT YMCA FOR 12:50</b></p>  <p><b>YMCA SWIM</b></p> <p>*No membership required</p> <p>*Don't forget your towel!</p> <p><b>Pick up 3pm at YMCA</b></p>	<p>9:30 Calendar &amp; Stretch with Jeff</p> <p>10:00 Beach Day Activities with Maia &amp; Christine</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Marie!</p>  <p>2:00 Air Hockey Tournament with Mathew</p> 	<p>9:30 Calendar &amp; Stretch with Christine</p> <p>10:00 Groovy smoothies and funny videos with Maia</p>  <p>11:00 Music with Kristy</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT CASINO FOR 1:30</b></p>  <p>1:30-3 Casino!</p> <p>Please bring your ID and some money for slot machines!</p> <p><b>Pick up 3pm at Cascades Casino</b></p>

# FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
26	27	28	29	
<p>9:30 Calendar &amp; Stretch with Rhiannon</p> <p>10:00 Menu Planning: Choosing a recipe from PADDLE family cookbook with Gabby</p>  <p>11:00 Watch &amp; Discuss with Rhiannon</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE HIGHBALL for 1:30</b></p>  <p><b>1:30-3 Pool</b> *pool games are covered but please bring money if you would like to purchase snacks/drinks</p> <p><b>Pick up 3pm at Highball</b></p>	<p>9:30 Calendar &amp; Stretch with Gabby</p> <p>10:00 Dance fitness with Emily in the gym</p>  <p>11:00 Talent Show rehearsal</p>  <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon at PADDLE</p> 	<p>9:30 Calendar &amp; Stretch with Sarabeth</p> <p>10:00 Draw Along with Jeff</p>  <p>11:00 Lunch Prep with Gabby</p>  <p>12:00 LUNCH</p> <p>1:15 COUNTRY DAY at PADDLE *wear your best plaid *join us for an afternoon of country fun!</p> 	<p>9:30 Calendar &amp; Stretch with Christine</p> <p>10:00 Low impact Yoga Sarabeth</p>  <p>10:30 Free Time</p> <p>11:00 No Bake with Rhiannon</p>  <p>12:00 LUNCH</p> <p>1:15 Talent Show!</p> 	