






























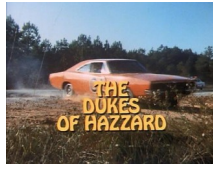



MARCH 2024

Mon	Tue	Wed	Thu	Fri
				<p style="text-align: right;">1</p> <p>9:30 Calendar & Stretch with Rhiannon</p> <p>10:00 Music with Jeff</p>  <p>10:45 Free Time</p> <p>11:15 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT CAPITOL CENTRE PARKING LOT FOR 12:45</p> <p>1-2 Dance Expression Showcase show at the Capitol Centre *Please arrive no later than 12:50pm* Cost is \$2.00 per person (supports will also need to pay this fee.)</p>  <p>2:00 Walk downtown/Art Gallery</p> <p>Pick up 3pm at Capitol Centre Parking Lot</p>



















MARCH 2024



Mon	Tue	Wed	Thu	Fri
4	5	6	7	8
<p>9:30 Stretch & Calendar with Sarabeth</p> <p>10:00 Menu Planning & Healthy living activities with Rhiannon</p>  <p>11:00 Watch & Discuss with Gabby</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT APOLLO for 1:30</p> <p>1:30-3 Gym time at Apollo Gym Games with Christine & Kristen</p>  <p>Pick up 3pm at Apollo</p>	<p>9:30 Stretch & Calendar with Gabby</p> <p>10:00 Gym with Jeff</p>  <p>OR</p> <p>Current Affairs with Leah</p>  <p>11:00 Sensory Activity with Christine</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (Tower Doors) FOR 1:15</p> <p>1:15-3:00 Shopping at the Mall</p>  <p>Pick up 3pm at Northgate (Tower Doors)</p>	<p>9:30 Stretch & Calendar with Jeff</p> <p>10:00 Draw Along with Ryan D & Sarabeth</p>  <p>11:00 Lunch Prep with Rhiannon</p>  <p>12:00 LUNCH</p> <p>1:15 Crafting with Abigail</p>  <p>2:00 Anatomy with Kristen</p> 	<p>9:30 Stretch & Calendar with Leah</p> <p>10:00 Planting station with Kristen</p>  <p>OR</p> <p>Gym games with Sarabeth</p>  <p>11:00 Music with Sam</p>  <p>12:00 Free Time</p> <p>BOOK PARABUS TO ARRIVE AT WACKY WINGS FOR 12:30</p>  <p>12:30-3pm Birthday lunch for Marc & Jeremy + 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 Maia</p> <p>10:00 Zine Making with Abigail</p>  <p>11:00 Health & Safety with Jeff & Caleb</p>  <p>12:00 LUNCH</p> <p>1:15 Minute to Win it Afternoon</p> <p>*Games & snacks!*</p> 

MARCH 2024

Mon	Tue	Wed	Thu	Fri
11	12	13	14	15
<p>9:30 Stretch & Calendar with Kristy</p> <p>10:00 Menu Planning & Healthy Living activities with Gabby</p>  <p>11:00 Watch & Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Crafternoon with Kristen</p> 	<p>9:30 Stretch & Calendar with Rhiannon</p> <p>10:00 Learning a song with the Rock Choir in the gym!</p>  <p>11:00 Bingo with Sarabeth</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HOMESENSE FOR 1:30</p> <p>1:30-3 Shopping at Homesense Plaza</p>  <p>Pick up 3pm at Homesense</p>	<p>9:30 Stretch & Calendar with Sarabeth</p> <p>10:00 Draw Along with Tasha & Christine</p>  <p>11:00 Lunch Prep with Gabby</p>  <p>12:00 LUNCH</p> <p>1:15 NAILED IT *No Support Edition *This program depends on friends helping friends. Communication and learning on each other and recognizing everyone's strengths (While having a lot of fun, of course)</p> 	<p>9:30 Stretch & Calendar with Leah</p> <p>10:00 Planting station with Kristen</p>  <p>OR Oh the places we go –working on a new board for the PADDLE hallway with Jeff, Kristy and Shawn V</p>  <p>12:00 LUNCH</p> <p>1:15 Duke Boy (Duke's of Hazzard Day) with Marc, Rhiannon & Sarabeth!</p> 	<p>9:30 Stretch & Calendar with Kristen</p> <p>10:00 Zine Making with Abigail</p>  <p>11:00 St Patrick's Day Craft with Sarabeth</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15</p> <p>1:15-3:00 Shopping at the Winners Plaza</p>  <p>Pick up 3pm at Winners</p>

MARCH 2024

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">18</p> <p>9:30 Calendar and Stretch with Abigial</p> <p>10:00 Menu Planning & Healthy Living with Sarabeth </p> <p>11:00 Watch & Discuss with Kristy </p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:30</p> <p>1:30-3:00 HIGHBALL for pool! *Pool is provided for free by Highball (Thanks Highball) *bring money for snacks or drinks</p>  <p>Pick up 3pm at Highball</p>	<p style="text-align: right;">19</p> <p>9:30 Calendar and Stretch with Jeff</p> <p>10:00 Gym with Gabby </p> <p>OR</p> <p>Current Affairs with Jeff </p> <p>11:00 Sensory Activity with Sarabeth </p> <p>12:00 LUNCH</p> <p>1:15 Music with Darius </p> <p>2:15 Group craft with Rhiannon </p>	<p style="text-align: right;">20</p> <p>9:30 Calendar and Stretch with Gabby</p> <p>10:00 No Bake with Abigail </p> <p>11:00 Lunch Prep with Sarabeth </p> <p>12:00 LUNCH</p> <p>1:15 Shania Twain themed afternoon Join us for an afternoon of -trivia -music -paper mache!</p> 	<p style="text-align: right;">21</p> <p>9:30 Calendar and Stretch with Kristy</p> <p>*If you signed up for the Jack Lyons Hockey tournament via email that is happening 11-2 today you will follow the itinerary sent in email</p> <p>10:00 Gym Games with Gabby </p> <p>OR</p> <p>Cards with Sarabeth </p> <p>11:00 Karaoke with Gabby </p> <p>12:00 LUNCH</p> <p>1:15 MOVIE AFTERNOON AT PADDLE </p>	<p style="text-align: right;">22</p> <p>9:30 Calendar and Stretch with Maia</p> <p>10:00 Zine Making with Abigail </p> <p>11:00 Learn a Dance with Tasha & Leah </p> <p>12:00 LUNCH</p> <p>1:15 Paint along with Sheri </p> <p>2:15 Free time</p>

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">25</p> <p>9:30 Calendar and Stretch with Rhiannon</p> <p>10:00 Menu Planning and Healthy Living Activity with Kristy</p>  <p>11:00 Watch & Discuss with Gabby</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE</p> <p>1:30-3 Value Village & Tim Hortons</p> <p>Value Village</p> <p>Pick up 3 pm at Value Village</p>	<p style="text-align: right;">26</p> <p>9:30 Calendar and Stretch with Jeff</p> <p>10:00 Gym Games with Sarabeth</p>  <p>OR</p> <p>Current Affairs with Gabby</p>  <p>11:00 Mocktales with Leah & Alexis</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Shawn</p>  <p>2:15 Group Games with Jeff</p> 	<p style="text-align: right;">27</p> <p>9:30 Calendar and Stretch with Gabby</p> <p>10:00 Chair Yoga with Christine</p>  <p>10:30 Walk (weather permitting)</p>  <p>OR</p> <p>Free Time</p> <p>11:00 Lunch Prep with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Music Trivia with Jeff & Abigail</p>  <p>2:15 Cards & Games</p>	<p style="text-align: right;">28</p> <p>9:30 Calendar and Stretch with Sarabeth</p> <p>10:00 Planting Station with Leah</p>  <p>11:00 Art with Christine</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness or Men's Health</p>  <p>2:15 Music with Kristy</p> 	<p style="text-align: right;">29</p> <p>PADDLE CLOSED</p> <p>GOOD FRIDAY</p>

