


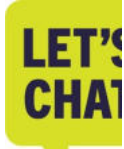

























# APRIL 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<p>NO PADDLE Easter Monday</p>	<p>9:30 Calendar &amp; Stretch with Leah</p> <p>10:00 Menu Planning with Sarabeth</p>  <p>11:00 Craft with Christine</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Darius</p>  <p>2:00 Let's chat: employment talk with Kristy</p> 	<p>9:30 Calendar &amp; Stretch with Kristy</p> <p>10:00 Karaoke with Gabby</p>  <p>11:00 Lunch Prep with Sarabeth</p>  <p>12:00 LUNCH</p> <p>1:15-2:30 March of Dimes guest speaker *Talking about how they can help you find employment, and other programs they offer.</p> 	<p>9:30 Calendar &amp; Stretch with Christine</p> <p>10:00 Making Windchimes with Jeff &amp; Sarabeth</p>  <p>11:00 Book Club with Kristy</p>  <p>OR Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Gabbin' with Gabby</p> <p>2:15 Walk with Jeff or Free Time</p>  <p><b>*PIZZA KIT DELIVERY DAY*</b> <b>Will call/email when they arrive.</b></p>	<p>9:30 Calendar &amp; Stretch with Rhiannon</p> <p>10:00 No Bake with Kristy</p>  <p>11:00 Health &amp; Safety with Jeff &amp; Caleb</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE FOR 1:15</b></p>  <p><b>Pick up 3pm at Tower Doors</b></p>












# APRIL 2024

Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
<p>9:30 Calendar &amp; Stretch with Gabby</p> <p>10:00 Menu Planning with Jeff</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><b>1:30-3 Pool!</b> *Bring money if you would like to purchase a snack or drink *Pool games provided for free by HIGHBALL!</p>  <p><b>Pick up 3pm at Highball</b></p>	<p>9:30 Calendar &amp; Stretch with Jaskawal</p> <p>10:00 Gym with Jeff &amp; Jaskawal *Chair Yoga *Dance Party</p>  <p>OR</p> <p>Current Affairs with Gabby</p>  <p>11:00 Music with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Charcuterie board making with Caleb &amp; Rhiannon</p>  <p>2:15 Calendar Brainstorming for May with Kristy &amp; Rhiannon</p> 	<p>9:30 Calendar &amp; Stretch with Sarabeth</p> <p>10:00 Escape room with Christine &amp; Sam &amp; Maya</p>  <p>11:00 Lunch prep with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Group Art afternoon with Jeff &amp; Gabby</p> 	<p>9:30 Calendar &amp; Stretch with Maia</p> <p>10:00 Learn about insects with Jeff &amp; Martin</p> <p>11:00 Book Club with Kristy</p>  <p>OR</p> <p>Free Time</p> <p><b>BOOK PARABUS TO ARRIVE AT North Bay Museum (parking lot) for 12:30</b></p> <p><b>12:30 Birthday lunches (Rene &amp; Sam) AND the 2<sup>nd</sup> annual Rene Fest @ Lou Dawgs* Musical Performances by:</b></p> <ul style="list-style-type: none"> <li>*Darius Murray</li> <li>*Kayla McInnis</li> <li>*Foxglove</li> <li>*Emily</li> </ul>  <p><b>Pick up 3pm at North Bay Museum parking lot</b></p>	<p>9:30 Calendar &amp; Stretch with Leah</p> <p>10:00 Countries of the world with Rhiannon</p>  <p>11:00 Card Games: No Support Edition</p>  <p>OR</p> <p>Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Movie Afternoon @ PADDLE</p> 








# APRIL 2024

Mon	Tue	Wed	Thu	Fri
15	16	17	18	19
9:30 Calendar & Stretch with Jeff  10:00 Menu Planning with Rhiannon  11:00 Watch & Discuss with Leah  12:00 LUNCH 1:15 Music with Marie  2:00 Trivia with Jaskawal & Jeff 	9:30 Calendar & Stretch with Kristy  10:00 Say something nice with Rhiannon  11:00 Art with Christine  12:00 LUNCH <b>BOOK PARABUS TO ARRIVE AT VALUE VILLAGE for 1:30</b>  <b>1:30-3 Thrift shopping &amp; snack break at Tim Hortons</b>   <b>Pick up 3pm at Value Village</b>	9:30 Calendar & Stretch with Christine  10:00 Family Feud with Jaskawal  11:00 Meal Prep with Rhiannon  12:00 LUNCH 1:15 BINGO @ PADDLE with Gabby  2:00 Air Hockey Tournament with Christine, Sarabeth Marcus & Mathew 	9:30 Calendar & Stretch with Gabby  10:00 Companion Planting & Making seed tape with Leah  11:00 Music with Kristy  12:00 LUNCH 1:15 Women's Wellness or Men's Health  2:15 Relationship Circle with Gabby & Rhiannon 	9:30 Calendar & Stretch with Megan  10:00 Free Time  11:00 Make a craft, give a craft with Sarabeth  12:00 Lunch  <b>BOOK PARABUS TO ARRIVE AT WINNERS for 1:30</b>  <b>1:30 – 3:00 Shopping at the Winners Plaza</b>  <b>Pick up 3:00pm at Winners</b>

# APRIL 2024

Mon	Tue	Wed	Thu	Fri
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<p>9:30 Calendar &amp; Stretch Leah</p> <p>10:00 Menu Planning with Kristy</p>  <p>11:00 Watch &amp; Discuss with Rhiannon</p>  <p>12:00 LUNCH</p> <p>1:15 Cooking with Jaskawal *learn how to make a new and exciting vegetarian treat!</p>  <p>2:15 Earth Day activity with Leah</p>	<p>9:30 Calendar &amp; Stretch Sarabeth</p> <p>10:00 HARRY POTTER DAY!</p> <p>Join us for a day of all things Harry Potter! Come dressed as your favorite character!</p> <ul style="list-style-type: none"> <li>* Sorting Hat</li> <li>* Group Games</li> <li>* Trivia</li> <li>* Make a potion</li> <li>* Sock Toss</li> <li>* Snack Time</li> </ul> 	<p>9:30 Calendar &amp; Stretch Gabby</p> <p>10:00 Draw Along with Tasha &amp; Rhiannon</p>  <p>10:30 Lunch Prep with Kristy</p>  <p>11:30 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT YMCA FOR 12:50</b></p> <p><b>1:00-2:30 YMCA swim</b> <b>We have access to large pool from 1-2. Therapy pool from 1-2:30 plus sauna</b></p>  <p>*No membership required *Don't forget your towel! <b>Pick up at 3pm at YMCA</b></p>	<p>9:30 Calendar &amp; Stretch Maia</p> <p>10:00 Craft with Sarabeth</p>  <p>11:00 Book Club with Kristy</p>  <p>OR Free Time</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 Gabby &amp; Rhiannon</p>	<p>9:30 Calendar &amp; Stretch Kristy</p> <p>10:00 No Bake Baking with Rhiannon- NO SUPPORT edition</p>  <p>11:00 Group Games with Gabby &amp; Sarabeth</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT THE CASINO FOR 1:30</b></p> <p>1:30 Casino *BRING ID *Please bring money for slot machines or a treat at the restaurant</p> <p><b>3pm Pick up at Casino</b> <b>OR</b></p> <p>Movie Afternoon at PADDLE with Kristy</p> <p><b>3pm pick up at The PADDLE Program</b></p> <p>Please let Kristy &amp; your transportation know what option you choose no later than Monday April 22</p>

# APRIL 2024

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right; color: red;">29</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 Craft with Jaskawal</p>  <p>2:00 THE YARD with Bryan, Dan &amp; Jeff</p> 	<p style="text-align: right; color: red;">30</p> <p>9:30 Stretch &amp; Calendar with Rhiannon</p> <p>10:00 Gym games with Jaskawal &amp; Sarabeth</p>  <p>OR</p> <p>Current Affairs with Rhiannon</p>  <p>11:00 The Price is Right with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Speed “dating”-friend style with Gabby &amp; Leah</p> 