






































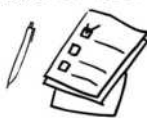


MAY 2024

Mon	Tue	Wed	Thu	Fri
		<p style="text-align: right;">1</p> <p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Art & Crafts with Rhiannon </p> <p>11:00 Lunch Prep with Gabby </p> <p>12:00 LUNCH</p> <p>1:15 SPA Afternoon with Gabby & Sarabeth Including Massages from CTS students!! </p>	<p style="text-align: right;">2</p> <p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Gym with Sarabeth </p> <p>OR</p> <p>Outdoor Walk with Jeff, Gabby & Rhiannon </p> <p>11:00 Book Club with Kristy </p> <p>OR</p> <p>Free Time</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE FOR 1:15</p>  <p>Pick up 3pm at Tower Doors</p>	<p style="text-align: right;">3</p> <p>9:30 Calendar & Stretch with Gabby</p> <p>10:00 Time to Sprout with Leah *planting more micro greens! </p> <p>11:00 Health & Safety with Jeff & Caleb </p> <p>12:00 LUNCH</p> <p>1:15 Drumming with Steph Leroux </p> <p>2:00 Games with friends! </p>










MAY 2024

Mon	Tue	Wed	Thu	Fri
6	7	8	9	10
<p>9:30 Calendar & Stretch with Sarabeth</p> <p>10:00 Menu Planning with Leah</p>  <p>11:00 Watch & Discuss with Kristy</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT APOLLO for 1:30 1:30-3 Gym time at Apollo Gym Games with Gabby & Sarabeth</p>  <p>Pick up 3pm at Apollo</p>	<p>9:30 Calendar & Stretch with Rhiannon</p> <p>10:00 GYM: Indoor Hockey with Jeff & Gabby</p>  <p>OR</p> <p>Current Affairs with Sarabeth</p>  <p>11:00 Sensory Craft with Rhiannon</p>  <p>12:00 LUNCH</p> <p>1:15 Make a movie with Aidan & Leah Part 1</p>  <p>2:00 Music with Darius</p> 	<p>9:30 Calendar & Stretch with Gabby</p> <p>10:00 Open Future learning module with Kristy</p>  <p>11:00 Lunch prep with Leah</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 at 3pm at Homesense</p>	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Surprise Karaoke with Gabby</p>  <p>11:00 Book Club with Kristy</p>  <p>OR</p> <p>Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p>  <p>2:15 Calendar Brainstorming for May with Kristy & Rhiannon</p> 	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Ice breaker game with Rhiannon</p> <p>11:00 .Outdoor walk with Gabby, Sarabeth & Leah</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Sam</p>  <p>2:00 Mother's Day gift with Leah</p> 






MAY 2024

Mon	Tue	Wed	Thu	Fri
13	14	15	16	17
<p>9:30 Calendar & Stretch with Rhiannon</p> <p>10:00 Menu Planning with Sarabeth</p>  <p>11:00 Watch & Discuss with Gabby</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:30</p> <p>1:30-3 Pool! *Bring money if you would like to purchase a snack or drink *Pool games provided for free by HIGHBALL!</p>  <p>Pick up 3pm at Highball</p>	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 GYM: Create a new game with Sarabeth</p>  <p>OR</p> <p>Current Affairs with Jeff</p>  <p>11:00 Bedazzle with Gabbazle</p> <p>12:00 LUNCH</p> <p>1:15 Make a movie with Aidan & Leah Part 2</p>  <p>2:00 Make Dog Treats with Marc & Kristy</p>	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Hallway bowling with Gabby</p>  <p>11:00 Meal Prep with Sarabeth</p>  <p>12:00 LUNCH</p> <p>1:15 Bingo with Rhiannon</p>  <p>2:00 Walk with Jeff</p>  <p>OR</p> <p>Gardening with Leah</p> 	<p>9:30 Calendar & Stretch with Gabby</p> <p>10:00 No Bake with Kristy</p>  <p>11:00 Group Bucket List with Rhiannon</p> <p>BUCKET LIST</p>  <p>12:00 LUNCH</p> <p>1:15 Spring Time Community Clean up with Sarabeth & Jeff</p> 	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Countries of the World with Rhiannon</p> <p>11:00 UNO Group Game</p> <p>12:00 Lunch</p> <p>1:15 Movie Afternoon @ PADDLE</p> 

MAY 2024

Mon	Tue	Wed	Thu	Fri
20	21	22	23	24
<p>NO PADDLE Victoria Day</p>	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Menu Planning with Rhiannon</p>  <p>11:00 Walk with Kristy & Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 National Tea Making Day with Sarabeth & Gabby *Try out new teas</p>  <p>2:00 Preventative Health Workshop with Leah</p> 	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Music with Jeff</p>  <p>11:00 Lunch Prep with Rhiannon</p>  <p>11:30 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1:30</p> <p>1:30 Farmers Market *First Wednesday Farmers Market of the year.</p>  <p>2:00 Downtown Walk & Shop</p> <p>Pick up 3pm at North Bay Museum</p>	<p>9:30 Calendar & Stretch with Sarabeth</p> <p>10:00 No Bake with Leah</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 with Megan OR Men's Health with Jeff</p>  <p>2:15 Gardening with Leah</p>	<p>9:30 Calendar & Stretch with Gabby</p> <p>10:00 Charades with Sarabeth & Rhiannon</p> <p>11:00 Free Time</p> <p>12:30 BOOK PARABUS TO ARRIVE AT THE CAPITAL CENTRE PARKING LOT FOR 12:45</p>  <p>Birthday Lunch for Diane, Adam, Alex, Carrie, and Zach.</p> <p>Please look at the menu beforehand and budget accordingly. Don't forget to tip your server!</p> <p>Pick up 3:00pm at Capital Centre.</p>

MAY 2024

Mon	Tue	Wed	Thu	Fri
27	28	29	30	31
<p>9:30 Stretch & Calendar with Rhiannon</p> <p>10:00 Menu Planning with Jeff</p>  <p>11:00 Watch & Discuss with Sarabeth</p>  <p>12:00 LUNCH</p> <p>1:15 Camping Day!</p> <ul style="list-style-type: none"> *Smores *Glow Sticks *Campfire Songs *Group Games 	<p>9:30 Stretch & Calendar with Jeff</p> <p>10:00 Zumba in the gym with Gabby & James</p>  <p>OR</p> <p>Current Affairs with Leah</p>  <p>11:00 Music with Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 Tye Dye afternoon with Rhiannon, Gabby, Leah & Sarabeth</p> 	<p>9:30 Stretch & Calendar with Gabby</p> <p>10:00 Karaoke with Kristy</p>  <p>11:00 Lunch Prep with Jeff</p>  <p>12:00 LUNCH</p> <p>1:15 Paint afternoon with Sarabeth & Rhiannon</p> 	<p>9:30 Stretch & Calendar with Sarabeth</p> <p>10:00 Gym with Jeff</p>  <p>OR</p> <p>Low impact exercise with Gabby</p>  <p>11:00 Book Club with Kristy</p>  <p>OR</p> <p>Free Time</p> <p>12:00 LUNCH</p> <p>1:15 Music with Shawn</p>  <p>2:00 Trivia with Leah</p>	<p>9:30 Stretch & Calendar with Kristy</p> <p>10:00 Wii Games with Gabby</p> <p>OR</p> <p>Board games with Rhiannon & Sarabeth</p>  <p>11:00 Write a letter to someone you love with Leah</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS for 1:30</p> <p>1:30 – 3:00 Shopping at the Winners Plaza</p>  <p>Pick up 3:00pm at Winners</p>