


















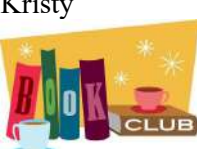


November 2024

Mon	Tue	Wed	Thu	Fri
				<p data-bbox="1442 296 1458 323">1</p> <p data-bbox="1214 373 1416 470">9:30 Calendar & Stretch with Charlotte</p> <p data-bbox="1214 506 1455 569">10:00 Painting with Oceana</p>  <p data-bbox="1214 722 1458 819">11:00 Anime Club with Leah OR No Bake with Charlotte</p>  <p data-bbox="1214 999 1398 1026">11:45 LUNCH</p> <p data-bbox="1214 1066 1377 1163">1:15 Movie Afternoon @ PADDLE</p> 













November 2024

Mon	Tue	Wed	Thu	Fri
4	5	6	7	8
<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Menu Planning with Charlotte</p>  <p>11:00 Watch & Learn with Jamie</p>  <p>12:00 LUNCH</p> <p>1:15 Price is Right with Lilly Ella</p> <p>2:00 Art with Reshma</p> 	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Gym with Leah OR Current Affairs with Jamie</p> <p>11:00 Lifeskills with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Music with Dave McCallum</p>  <p>2:00 December Calendar planning with Kristy & Jamie</p>	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Draw Along with Leah & Tasha OR Dancing with the stars with Jamie</p> <p>11:00 Lunch Prep with Charlotte</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE TOWER DOORS FOR 1:15</p> <p>1:15-3 Shopping at Northgate *bring a list if you would like to purchase essentials like food or shampoo etc...</p> <p>Pick up 3pm at Northgate Tower Doors</p>	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Zumba with Kristy</p>  <p>11:00 Leah's small group language OR Dancing with the Stars Jamie</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p>  <p>2:00 Music with Steph Clarke</p> 	<p>9:30 Calendar & Stretch with Megan</p> <p>10:00 TikTok recipe with Jamie & Kristy</p> <p>11:00 Anime Club with Leah OR Free Time</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT TWIGGS ON 595 CARTIER STREET FOR 1:30pm</p>  <p>TWIGGS COFFEE ROASTERS</p> <p><i>Bring Some Cash To Grab a Treat and/or Drink</i></p> <p>Pick up at 3pm @ Twiggs</p>










November 2024

Mon	Tue	Wed	Thu	Fri
11	12	13	14	15
<p>BOOK PARABUS TO ARRIVE AT NORTHGATE TOWERDOORS FOR 9am *PADDLE staff will arrive at tower doors at 8:30am*</p> <p>9-10- shopping/coffee</p> <p>10-11:30 Selling Cash Calendars at Community Booth</p> <p>Pick up 11:45 at Tower Doors to return to PADDLE</p> <p>12:00 LUNCH</p> <p>1:15 THE YARD with Bryan C & Jeff</p> <p>2:00 Art with Reshma</p> 	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Gym with Jeff OR Current Affairs with Megan</p> <p>11:00 Lifeskills with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Music with Sam</p>  <p>2:00 Outdoor Walk with Jeff, Charlotte & Leah</p>	<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Music with Darius</p>  <p>11:00 Lunch Prep with Leah</p>  <p>12:00 LUNCH</p> <p>1:15 BOOK PARABUS TO ARRIVE AT WINNERS for 1:30</p> <p>1:30 Shopping at Winners Plaza</p> <p>Pick up 3pm at Winners</p> 	<p>9:30 Calendar & Stretch with Megan</p> <p>10:00 Gym with Leah</p>  <p>OR</p> <p>Book Club with Kristy</p>  <p>11:00 Language group with Leah OR Dancing with the Stars with Jamie</p> <p>12:00 LUNCH</p> <p>1:15 Women's Wellness or Men's Health</p>  <p>2:00 Free Time</p>	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Make Our Own "Guess Who" Game with Charlotte</p> <p>11:00 Anime Club with Leah OR Music with Jeff</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT GATEWAY BREWERY for 1:30</p> <p>1:30-3 Festival of Trees Fundraiser at Gateway Brewery *Come hang out at the brewery and check out the festival of trees fundraiser for PADDLE & The North Bay Regional Health Centre</p> <p>Pick up 3pm at Gateway Brewery</p> 

November 2024

Mon	Tue	Wed	Thu	Fri
18	19	20	21	22
<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Menu planning with Charlotte</p>  <p>11:00 Watch & Discuss with Jamie</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE at HIGHBALL for 1:30</p> <p>1:30-3 Pool at Highball *Pool cost is covered by Cindy at Highball (thank you!) *Bring \$ if you would like to purchase a snack/drink</p> <p>Pick up 3pm at Highball</p>	<p>9:30 Calendar & Stretch with The Guys</p> <p>10:00 Gym with Jeff</p>  <p>OR</p> <p>Current Affairs with Charlotte</p>  <p>11:00 Lifeskills with Jeff</p> <p>12:00 LUNCH</p> <p>1:15 Guess Who with Charlotte</p>  <p>2:00 Planning for Wacky Wings (Let's look at them menu, pick what we would like and learn our budgets) with Leah</p>	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Art with Oceana</p>  <p>11:00 Lunch prep with Charlotte</p>  <p>12:00 LUNCH</p> <p>1:15 Jeopardy with Lilly Ella & Shawn V</p> <p>2:15 Free Time</p>	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Group gym games with Jamie & Charlotte</p>  <p>OR</p> <p>Book Club with Kristy</p>  <p>11:00 Language Club with Leah OR Dancing with the stars with Jamie</p> <p>BOOK PARABUS TO ARRIVE AT WACKY WINGS FOR 12:45</p> <p>12:45 Birthday Lunch at Wacky Wings! *Please look at menu online and budget accordingly</p> <p>Pick up 3pm at Wacky Wings</p>	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 TikTok Trend-food edition with Jamie & Kristy</p>  <p>11:00 Anime Club with Leah OR Bingo with Charlotte</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Jeff</p>  <p>2:00 Charades with Leah</p>

November 2024

Mon	Tue	Wed	Thu	Fri
25	26	27	28	29
<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Menu Planning with Jamie & Kristy *new food edition*</p>  <p>11:00 Watch & Discuss with Leah</p>  <p>12:00 Lunch</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE Tower Doors for 1:15</p> <p>1:15 Shopping</p> <p>2:15 Meet at Walmart for grocery shopping for Wednesday lunch</p> <p>Pick up 3pm at Northgate Square (Tower Doors)</p>	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Gym time with Jamie & Charlotte OR Current Affairs with Leah</p> <p>11:00 Virtual Hydroponic Farm Tour with Jeff</p> <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT APOLLO FOR 1:30</p> 	<p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Music Trivia with Charlotte</p> <p>11:00 Lunch prep with Jamie & Kristy</p>  <p>12:00 LUNCH</p> <p>1:15 NAILED IT – NO support edition with Charlotte & Leah *Support training session in couch room with Megan & Kristy</p> 	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 BINGO with Leah</p>  <p>11:00 Gym with Jeff OR Draw Along with Jamie & Tasha</p> <p>12:00 LUNCH</p> <p>1:15 Women’s Wellness OR Men’s Health</p>  <p>2:00 Walk with Leah, Jamie & Charlotte</p>	<p>Calendar & Stretch with Leah</p> <p>10:00 Smoothie Making with Jeff</p>  <p>11:00 Free Time</p> <p>11:45 LUNCH</p> <p>1:00 XENIA CONCERT</p> <p>Let’s enjoy great music, dancing, and meeting up with friends from Community Living & Christian Horizons</p>  <p>2:00 After Concert Social</p> 