





















# FEBRUARY 2025







Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
<p>9:30 Stretch &amp; Calendar with Jamie</p> <p>10:00 Menu Planning with Jeff</p>  <p>11:00 Watch &amp; Discuss with Leah</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Kristy</p> <p>1:15 Valentines Day quiz with Jamie &amp; Charlotte</p> <p>2:00 March Calendar idea sharing with Jamie &amp; Kristy</p>	<p>9:30 Stretch &amp; Calendar with Jeff</p> <p>10:00 Gym with Leah OR Current Affairs with Charlotte</p>  <p>11:00 Lifeskills with Jeff</p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT Capitol Center Parking lot for 12:45</b></p> <p><b>12:45 Birthday lunches at The Moose</b></p>  <p>*Please look at menu and budget accordingly</p> <p><b>Pick up 3pm at The Capitol Center</b></p>	<p>9:30 Calendar &amp; Stretch with Kristy</p> <p>10:00 Wednesday Wellness Activity with Courtney</p> <p>11:00 Lunch Prep with Jeff</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Leah</p> <p>1:15 Spa Afternoon with Charlotte &amp; Jamie &amp; CTS massage students</p>  <p>OR</p> <p>Movie Afternoon</p> 	<p>9:30 Calendar &amp; Stretch with Charlotte</p> <p>10:00 Gym with Leah &amp; Jeff OR Book Club with Kristy</p>  <p>11:00 Language group with Leah OR Random Acts of Kindness with Charlotte &amp; Jamie</p> <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Jamie</p> <p>1:15 Music with Greg &amp; Marie</p>  <p>2:15 Free Time</p>	<p>9:30 Calendar &amp; Stretch with Leah</p> <p>10:00 Get to know our new intern, Jared. Q&amp; A with Megan</p> <p>11:00 Anime Club with Leah OR Music with Jeff</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT WINNERS for 1:15</b></p> <p><b>1:15 Shopping at Winner's Plaza</b></p>  <p><b>Pick up 3pm at Winners</b></p>

**PLEASE WELCOME OUR NEW INTERN: JARED! Also welcome our SSW placement students Kareena & Kendra**









# FEBRUARY 2025

Mon	Tue	Wed	Thu	Fri
10	11	12	13	14
<p>9:30 Calendar &amp; Stretch with Charlotte</p> <p>10:00 Menu Planning with Jamie *Planning for National Hot Breakfast Month*</p>  <p>11:00 Watch &amp; Discuss with Leah</p>  <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:15</b></p> <p>*Pool at highball is free *snacks and drinks available to purchase</p> <p><b>Pick up 3pm at Highball</b></p> 	<p>9:30 Calendar &amp; Stretch with Jared</p> <p>10:00 Gym with Jared OR Current Affairs with Leah</p>  <p>11:00 Lifeskills with Jeff</p> <p>11:45 LUNCH</p> <p>1:00 Movie Afternoon at PADDLE</p> 	<p>9:30 Calendar &amp; Stretch with Kristy</p> <p>10:00 Valentine's day cards with Kareena OR Wednesday Wellness Activity with Courtney</p> <p>11:00 Lunch Prep with Jamie</p>  <p>12:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE TOWER DOORS FOR 1:15</b></p> <p><b>1:15-3 Shopping at Northgate</b></p> <p><b>Pick up 3pm at Tower Doors</b></p> 	<p>9:30 Calendar &amp; Stretch with Leah</p> <p>10:00 Gym with Jeff OR book club with Kristy</p> <p>11:00 Language Club with Leah OR Baking with Kendra</p> <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Jeff</p> <p>1:15 Women's Wellness OR Men's Health</p>  <p>2:00 Drama games with Charlotte</p>	<p>9:30 Calendar &amp; Stretch with Jeff</p> <p>10:00 Baking with Charlotte (making cupcakes for dance)</p> <p>11:00 Music with Jeff OR Anime Club with Leah</p>  <p>OR</p>  <p>12:00 LUNCH</p> <p>1:15 Valentines Social at PADDLE</p> <p>*Join us for an afternoon of :</p> <ul style="list-style-type: none"> <li>-decorating cupcakes</li> <li>-games</li> <li>-valentines dance</li> </ul>

# FEBRUARY 2025

Mon	Tue	Wed	Thu	Fri
17	18	19	20	21
<p>NO PADDLE FAMILY DAY</p>	<p>9:30 Calendar &amp; Stretch with Jared</p> <p>10:00 Gym with Jamie OR Current Affairs with Leah</p>  <p>11:00 Lifeskills with Jeff</p> <p>11:45 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT CASINO FOR 1:30</b></p> <p><b>1:30 Casino Fun!</b> *Please bring Gov't issued ID</p> <p><b>Pick up 3pm at Cascade Casino</b></p>	<p>9:30 Calendar &amp; Stretch with Leah</p> <p>10:00 Wednesday Wellness Activity with Courtney</p> <p>11:00 Lunch Prep with Charlotte</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Jeff</p> <p>1:15 Music with Shawn Sasyniuk</p>  <p>2:15 Free Time</p>	<p>9:30 Calendar &amp; Stretch with Jamie</p> <p>10:00 Gym with Jeff OR Book Club with Kristy</p>  <p>11:00 Language Club with Leah OR Games with Charlotte &amp; Jamie</p> <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Kristy</p> <p>1:15 Barbarittaville with Alexis &amp; Megan *make a fancy mocktail</p> <p>2:15 Beach themed game with Kendra &amp; Kareena</p>	<p>9:30 Calendar &amp; Stretch with Charlotte</p> <p>10:00 No Bake with Jeff OR Video Games with Kendra</p> <p>11:00 Music with Sam</p>  <p>12:00 LUNCH</p> <p><b>Book Parabus to arrive at Gateway for 1:30</b></p> <p><b>1:30 Gateway Brewery</b></p>  <p>Snacks and drinks available for purchase</p> <p><b>Pick up 3pm at Gateway</b></p>

# FEBRUARY 2025

Mon	Tue	Wed	Thu	Fri
24	25	26	27	28
<p>9:30 Calendar &amp; Stretch with Charlotte</p> <p>10:00 Menu Planning with Leah</p>  <p>11:00 Watch &amp; Discuss with Jamie</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Kristy</p> <p>1:15 The YARD –with Bryan, Dan &amp; Jeff *Join us in the kitchen and choose your favorite ingredients to make a milkshake</p> <p>2:15 Make a Tiktok with Charlotte</p>	<p>9:30 Calendar &amp; Stretch with Kristy</p> <p>10:00 Gym with Leah &amp; Jared OR Current Affairs with Megan</p>  <p>11:00 Lifeskills with Jeff</p> <p>12:00 LUNCH</p> <p><b>BOOK PARABUS ARRIVE AT HOMESENSE for 1:15</b></p> <p><b>*Meet at Sobeyes at 2:15 if you would like to help grocery shop for Wednesday lunch</b></p> <p><b>Pick up 3pm at Homesense</b></p> 	<p>9:30 Calendar &amp; Stretch with Jeff</p> <p>10:00 Wednesday Wellness Activities with Courtney</p> <p>11:00 Lunch prep with Leah</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Jamie</p> <p>1:15 Music Trivia with Jared &amp; Jeff</p> <p>2:00 Games with Kareena &amp; Kendra</p>	<p>9:30 Calendar &amp; Stretch with Leah</p> <p>10:00 Gym with Charlotte OR Book Club with Kristy</p>  <p>11:00 Language Club with Leah OR Sensory Craft with Kareena</p> <p>11:45 LUNCH</p> <p>1:00 Afternoon Regroup with Kristy</p> <p>1:15 Women’s Wellness OR Men’s Health</p>  <p>2:00 Music with Kristy</p> 	<p>9:30 Calendar &amp; Stretch with Jared</p> <p>10:00 Just Dance with Jamie &amp; Kristy OR Anime Club with Leah</p> <p>11:00 LUNCH</p> <p><b>BOOK PARABUS TO ARRIVE AT THE CAPITOL CENTRE FOR 12:30</b></p> <p><b>1-2:45 Dance Expressions</b> <b>Cost: \$2 per person (support pays \$2 as well)</b></p> <p><b>*Please bring the \$2 to Kristy by Wednesday 26th</b></p> <p><b>Pick up 3pm at Capitol Center Parking Lot</b></p>