






































APRIL 2025

Mon	Tue	Wed	Thu	Fri
	<p style="text-align: right;">1</p> <p>9:30 Stretch & Calendar with Jared</p> <p>10:00 Independent Living Club Jamie & Kristy</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (tower doors) for 1:15</p> <p>1:15- Shopping at Northgate</p> <p>2:15 Meet at Walmart entrance if you would like to help with PADDLE groceries</p>  <p>Pick up 3pm at Tower Doors</p>	<p style="text-align: right;">2</p> <p>9:30 Stretch & Calendar with Charlotte</p> <p>10:00 Greenhouse planning with Jeff & Leah</p> <p>11:00 Lunch Prep with Jamie</p>  <p>12:00 LUNCH</p> <p>1:00 Movie Afternoon @ PADDLE</p> 	<p style="text-align: right;">3</p> <p>9:30 Stretch & Calendar with Kareena</p> <p>10:00 Gym with Jeff & Nitin or Book Club with Kristy</p>  <p>OR</p>  <p>11:00 Language club with Leah & Jared OR Sensory Activity with Nitin</p>  <p>12:00 LUNCH</p> <p>1:15 Women's Wellness OR Men's Health</p>  <p>2:15 Free Time</p>	<p style="text-align: right;">4</p> <p>9:30 Stretch & Calendar with Nitin</p> <p>10:00 Music with Steph Clarke</p>  <p>11:00 Baking with Jamie & Kristy OR Anime Club with Leah</p>  <p>OR</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM for 1:30</p> <p>1:30-2:45 Waterfront Walk</p>  <p>Pick up 3pm at North Bay Museum</p>














APRIL 2025

Mon	Tue	Wed	Thu	Fri
7	8	9	10	11
<p>9:30 Calendar & Stretch with Kareena</p> <p>10:00 Menu Planning with Nitin & Kareena</p>  <p>10:30 Outdoor walk with Jeff, Darla & Charlotte OR Indoor walk with Kristy</p> <p>11:00 Activity with Nitin</p> <p>12:00 LUNCH</p> <p>1:00 Regroup with Jamie</p> <p>1:15 Drama/Media Club with Jared, Charlotte & Leah</p>  	<p>9:30 Calendar & Stretch with Nitin</p> <p>10:00 Independent Living Club with Jamie & Kristy</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT GATEWAY BREWERY FOR 1:30</p>  <p>*Bring \$ if you would like to purchase a snack/drink *Pinball *board games *Golf</p> <p>Pick up 3pm at Gateway Brewery</p>	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Team building exercise with Darla</p> <p>11:00 Lunch Prep with Nitin & Kareena</p>  <p>12:00 LUNCH</p> <p>1:00 Regroup with Charlotte</p> <p>1:15 Music Club with Jeff & Jared</p>  <p>AND</p> <p>CTS MESSAGES</p> 	<p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Gym with Nitin & Jeff OR book club with Kristy</p>  <p>OR</p>  <p>11:00 Language Club with Leah & Jared OR craft with Kareena</p>  <p>11:45 LUNCH</p> <p>1:00 Regroup with Jeff</p> <p>1:15 Music with Kristy</p>  <p>2:00 The YARD with Bryan, Brady & Jeff</p>	<p>9:30 Calendar & Stretch with Darla</p> <p>10:00 Group Art with Jared</p> <p>11:00 BINGO with Nitin OR Anime Club with Leah</p>  <p>OR</p>  <p>BOOK PARABUS TO ARRIVE AT North Bay Museum FOR 11:45</p> <p>RENEFEST 2025! *join us for lunch & live music at Lou Dawgs! *Please look at menu and budget accordingly</p>  <p>Pick up 3pm at North Bay Museum</p>





APRIL 2025

Mon	Tue	Wed	Thu	Fri
14	15	16	17	18
9:30 Calendar & Stretch with Nitin 10:00 Menu Planning with Kristy  10:30 Activity with Kareena 11:30 Free Time 12:00 LUNCH 1:15 Drama/Media Club with Jared, Charlotte & Leah  	9:30 Calendar & Stretch with Jared 10:00 Independent Living Club with Jamie & Kristy  11:45 LUNCH BOOK PARABUS TO ARRIVE AT THE NORTH BAY MALL (west ferris location, NO FRILLS entrance) For 1:30 1:30 Shopping at North Bay Mall  2:15 Meet at No Frills entrance if you want to shop for groceries Pick up 3pm at North Bay Mall (No frills entrance)	9:30 Calendar & Stretch with Leah 10:00 Greenhouse planning with Jeff & Leah 11:00 Lunch Prep with Kristy  12:00 LUNCH 1:00 Afternoon Regroup with Jared 1:15 Music Club with Jeff & Jared 	9:30 Calendar & Stretch with Jamie 10:00 Gym with Jeff OR Book Club with Kristy  OR  11:00 Language Club with Leah & Jared OR Games with Kareena & Nitin 12:00 LUNCH 1:00 Regroup with Jeff 1:15 Music with Shawn Sasyniuk  2:00 Music Trivia with Brady & Aidan	NO PADDLE GOOD FRIDAY

APRIL 2025

Mon	Tue	Wed	Thu	Fri
21	22	23	24	25
<p>NO PADDLE EASTER MONDAY</p>	<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Independent Living Club with Jamie & Kristy</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HOMESENSE for 1:30</p> <p>1:30 Shopping at HomeSense Plaza</p>  <p>2:15 Meet at Sobeys's if you would like to help get PADDLE groceries (or if you have anything from the grocery store you'd like to pick up!)</p> <p>Pick up 3pm at HomeSense</p>	<p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Music with Darius</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 Club with Jeff & Jared</p> 	<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Gym with Charlotte OR Book Club with Kristy</p>  <p>OR</p>  <p>11:00 Language Club with Leah OR Sensory Craft with Kareena</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Charlotte</p> <p>1:15 Women's Wellness OR Men's Health</p>  <p>2:15 Team Building game with Brady</p>	<p>9:30 Calendar & Stretch with Jared</p> <p>10:00 Baking with Kristy & Jamie</p>  <p>11:00 Just Dance with Charlotte OR Anime Club with Leah</p>  <p>OR</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTHGATE (Tower Doors)</p> <p>1:30 Shopping at Northgate Square</p>  <p>Pick up 3pm at Tower Doors</p>

APRIL 2025

Mon	Tue	Wed	Thu	Fri
28	29	30		
<p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Menu Planning with Jared</p>  <p>10:30 Outdoor Walk with Jeff & Darla</p> <p>11:00 Games with friends! Grab a boardgame/cards etc</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL for 1:30</p> <p>1:30 Pool at Highball *Pool games are free *bring \$ if you would like to bring a snack/drink</p> <p>Pick up 3pm at Highball</p>	<p>9:30 Calendar & Stretch with Darla</p> <p>10:00 Independent Living Club with Jamie & Kristy</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15</p> <p>1:15 Shopping at Winners Plaza</p>  <p>Pick up 3pm at Winners</p>	<p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Greenhouse with Leah & Jeff</p> <p>11:00 Lunch Prep with Jared</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon regroup with Leah</p> <p>1:15 Music Club with Jared & Jeff</p> 