



















MAY 2025




















Mon	Tue	Wed	Thu	Fri
			<p>1</p> <p>9:30 Stretch & Calendar with Jamie</p> <p>10:00 Gym with Jeff or Book Club with Kristy</p>  <p>OR</p>  <p>11:00 Language club with Leah & Jared</p> <p>12:00 LUNCH</p> <p>1:00 Regroup with Jared</p> <p>1:15 Women's Wellness with Megan OR Men's Health with Jeff</p>  <p>2:00 Music with Steph Clarke</p> 	<p>2</p> <p>9:30 Stretch & Calendar with Kristy</p> <p>10:00 Walk with Jeff, Darla & Jared OR Anime Club with Leah</p> <p>OR</p>  <p>11:00 Karaoke with Charlotte</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM (beside 2 hour free parking) for 1:30</p> <p>1:30 Waterfront Walk</p>  <p>Pick up 3pm at North Bay Museum</p>

***On May 1st we will be taking new pictures of participants to use for visuals around the program. We will be taking pictures at 9:30 and then again at 1pm! If Thursday is not your usual day to attend we will also be taking photos May 2nd at 9:30am**















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Mon	Tue	Wed	Thu	Fri
<p>5</p> <p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Menu Planning with Jeff</p>  <p>10:30 Watch & Discuss with Jared</p>  <p>11:30 Free Time</p> <p>12:00 LUNCH</p> <p>1:00 Regroup with Kristy</p> <p>1:15 Drama/Media club with Jared, Charlotte & Leah</p> 	<p>6</p> <p>9:30 Calendar & Stretch with Jared</p> <p>10:15-10:45 Music: Children's Classics with Cole in the PADD</p>  <p>OR</p> <p>Independent Living Club with Jamie & Kristy</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE TO NORTHGATE SQUARE FOR 1:15</p> <p>1:15 Shopping at Northgate</p>  <p>2:15 Meet at Walmart to go grocery shopping for meal prep</p> <p>Pick up 3pm at Northgate Square (tower doors)</p>	<p>7</p> <p>9:30 Calendar & Stretch with Megan</p> <p>10:00 Gardening with Jeff & Leah Or learn how to play Dungeon's & Dragons with Cole</p>  <p>11:00 Lunch Prep with Jeff</p>  <p>12:00 LUNCH</p> <p>1:00 Regroup with Leah</p> <p>1:00-2:45 Massages with CTS</p>  <p>1:15 Music with Tiffany Broome</p>  <p>2:00 MUSIC CLUB with Jeff & Jared</p> 	<p>8</p> <p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Gym with Jeff OR book club with Kristy</p>  <p>OR</p>  <p>11:00 Language Club with Leah & Jared OR Activity with Charlotte</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT St. Joseph Adult Education Campus (570 First Avenue East) for 1:30</p> <p>1:30-3pm NEW HORIZONS 30th Anniversary *2nd floor conference room *please use side door to access building *there is a lift to provide accessibility to 2nd floor</p> <p>Pick up 3pm at 570 First Avenue East</p>	<p>9</p> <p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Baking with Jamie & Kristy</p>  <p>11:00 BINGO with Darla with OR Anime Club with Leah</p>  <p>OR</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT GATEWAY for 1:15</p> <p>1:15 BINGO at Gateway! Join us for a fun afternoon of Bingo & Prizes at Gateway Brewery.</p>  <p>*Food available to purchase at Brewery- Greco's! *no outside food allowed now</p> <p>Pick up 3pm at Gateway Brewery</p>

















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<p>12</p> <p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Menu Planning with Jamie</p>  <p>10:30 Watch & Discuss with Jared</p>  <p>11:45 LUNCH</p> <p>1:00 Regroup with Jamie</p> <p>1:15 Drama & Media Club with Jared, Charlotte & Leah</p> 	<p>13</p> <p>9:30 Calendar & Stretch with Jared</p> <p>10:15-10:45 Music: Children's Classics with Cole in the PADD</p>  <p>OR</p> <p>Independent Living Club with Jamie & Kristy</p>  <p>11:45 LUNCH</p> <p>1:00 Afternoon Regroup with Jeff</p> <p>1:15 Music with John McDonald</p>  <p>& visit from St John's ambulance Therapy Dog-Kingsley</p> <p>2:15 Money Math Cole & Jared</p>  <p>OR Disney Quiz with Charlotte</p>	<p>14</p> <p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Music with Darla</p>  <p>Or learn how to play Dungeon's & Dragons with Cole</p>  <p>11:00 Lunch Prep with Jamie</p>  <p>12:00 LUNCH</p> <p>1:00 Afternoon Regroup with Jared</p> <p>1:15 Music</p>  <p>2:00 Music Club with Jeff & Jared</p> 	<p>15</p> <p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Gym with Jeff OR Book Club with Kristy</p>  <p>OR</p>  <p>11:00 Language Club with Leah & Jared OR Games with Charlotte</p> <p>11:45 LUNCH</p> <p>1:00 Regroup with Leah</p> <p>1:15 Men's Health with Brady OR Women's Wellness with Megan</p>  <p>2:00 High Class Snaxx candy taste testing</p> 	<p>16</p> <p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Music with Sam</p>  <p>11:00 Anime Club with Leah OR Free Time</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT CASINO FOR 1:30</p> <p>1:30 Casino Fun! *Please bring Gov't issued ID</p>  <p>Pick up 3pm at Cascade Casino</p>

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Mon	Tue	Wed	Thu	Fri
<p>19</p> <p>VICTORIA DAY NO PADDLE</p>	<p>20</p> <p>9:30 Calendar & Stretch with Leah</p> <p>10:15-10:45 Music: Children's Classics with Cole in the PADD</p>  <p>OR</p> <p>10:00 Independent Living Club with Jamie & Kristy</p>  <p>11:45 Free Time</p> <p>BOOK PARABUS TO ARRIVE AT CAPITOL CENTRE PARKING for 12:45</p> <p>12:45 Lunch at The MOOSE restaurant *please look at menu and budget accordingly</p>  <p>Pick up 3pm at Capitol Centre Parking Lot</p>	<p>21</p> <p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Gardening with Jeff & Leah OR Or learn how to play Dungeon's & Dragons with Cole</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 with Wilvis</p>  <p>2:00 Music Club with Jared & Jeff</p> 	<p>22</p> <p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Gym with Jeff OR Book Club with Kristy</p>  <p>OR</p>  <p>11:00 Language Club with Leah OR Sensory Craft with Charlotte & Jamie</p>  <p>11:45 LUNCH</p> <p>1:15 Women's Wellness with Megan OR Men's Health with Jared</p>  <p>2:15 Free Time</p>	<p>23</p> <p>9:30 Calendar & Stretch with Jared</p> <p>10:00 Outdoor walk with Darla & Jeff OR Baking with Charlotte & Jared</p>  <p>11:00 Anime Club with Leah OR Continue baking</p> <p>OR</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS ARRIVE AT HOMESENSE for 1:15</p> <p>1:30-3 Shopping at Homesense Plaza</p>  <p>Pick up 3pm at Homesense</p>

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Mon				
<p>26</p> <p>9:30 Calendar & Stretch with Leah</p> <p>10:00 Menu Planning with Jeff</p>  <p>10:30 Watch & Discuss with Jared</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL for 1:30</p>  <p>Pick up 3pm at Highball</p>	<p>27</p> <p>9:30 Calendar & Stretch with Charlotte</p> <p>10:15-10:45 Music: Children's Classics with Cole in the PADD</p>  <p>OR</p> <p>10:00 Independent Living Club with Jamie & Kristy</p>  <p>11:45 LUNCH</p> <p>1:15 Afternoon of Outdoor Activities with Brady & Jeff</p> <p>*leave PADDLE at 1:20 to walk to ET Carmichael field to play outdoor games Walk back to PADDLE for 3pm Pick up</p> 	<p>28</p> <p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 Music with Darla</p>  <p>OR Learn how to play Dungeon's & Dragons with Cole</p>  <p>11:00 Lunch Prep with Jeff</p>  <p>11:45 LUNCH</p> <p>1:15 Talent Show in Gym & social in PADD/Kitchen</p>  <p>*Parents/Supports welcome to attend the viewing of the talent show (it will be pre recorded and this will be a viewing party!)</p> <p>Join us after the talent show for light refreshments</p>	<p>29</p> <p>9:30 Calendar & Stretch with Jared</p> <p>10:00 BBQ Salad Prep with Jamie & Kristy OR Outside set up crew with Jeff & Leah</p>  <p>11:30 BBQ lunch with Chippewa friends outside in PADDLE backyard!</p>  <p>1:15 Karaoke with Jared & Charlotte</p> <p>2:00 Music with Darius</p> 	<p>30</p> <p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Baking with special guest Cheryl from Green Fox Kitchen</p>  <p>11:00 Anime Club with Leah OR Free Time</p>  <p>11:45 LUNCH</p> <p>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>