

















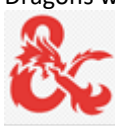













SEPTEMBER 2025

















Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>CIVIC HOLIDAY NO PADDLE</p>	<p>2</p> <p>9:30 Stretch & Calendar with Jeff</p> <p>10:00 Welcome back social</p>  <p>11:00 Group game with Jared & Jeff</p> <p>12:00 LUNCH</p> <p>1:00 Regroup with Jamie</p> <p>1:15 Outdoor walk with Charlotte, Jeff & Jared</p>  <p>2:00 Karaoke with Kristy</p> 	<p>3</p> <p>9:30 Stretch & Calendar with Charlotte</p> <p>10:00 Music with Darius OR Dungeons & Dragons with Cole</p>  <p>11:00 Lunch prep with Jamie & Cole</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS to ARRIVE AT NORTH BAY MUSEUM FOR 1:10</p> <p>1:15 Farmer's Market (only on until 1:30) OR Shopping downtown / waterfront walk</p>  <p>Pick up 3pm at North Bay Museum</p>	<p>4</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 Jared OR Games with Charlotte</p> <p>12:00 LUNCH</p> <p>1:15 Music with Uke4ia backyard performance!</p>  <p>2:15 Free Time</p>	<p>5</p> <p>9:30 Stretch & Calendar with Jared</p> <p>10:00 Baking with Jeff</p>  <p>11:00 Art with Charlotte</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>

Please welcome Samara who will be joining us while completing her placement with us through the Vancouver Art Therapy Institute.





















SEPTEMBER 2025

Mon	Tue	Wed	Thu	Fri
<p>8</p> <p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Menu Planning with Jeff</p>  <p>10:30 Introduction to Art Club with Samara</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT TWIGGS (McKeown)</p> <p>1:30 Twiggs Hang out *please look at menu to budget accordingly</p>  <p>Pick up 3pm at Twiggs (McKeown)</p>	<p>9</p> <p>9:30 Calendar & Stretch with Jared</p> <p>10:15-10:45 Music: Children's Classics with Jeff in the PADD</p>  <p>OR</p> <p>10:15 Independent Living Club with Jamie & Kristy</p>  <p>12:00 LUNCH</p> <p>1:00 Regroup with Kristy</p> <p>1:15 Minute to Win it Afternoon with Charlotte, Jared, Jeff & Jamie!</p>  <p>*A fun afternoon of challenging games!</p>	<p>10</p> <p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Group games with Charlotte & Jared OR learn how to play Dungeon's & Dragons with Cole</p>  <p>11:00 Lunch Prep with Jeff & Cole</p>  <p>12:00 LUNCH</p> <p>1:00 Regroup with Jamie</p> <p>1:00-2:45 Massages with CTS</p>  <p>1:15 Music with Lennie</p>  <p>2:00 Outdoor walk with Jeff & Jared OR Free Time</p>	<p>11</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 Jared OR Art Club with Samara</p>  <p>11:45 LUNCH</p> <p>1:00 Regroup with Kristy</p> <p>1:15 Music with Shawn</p>  <p>2:00 BINGO with Charlotte</p> 	<p>12</p> <p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Baking with Jamie & Charlotte</p>  <p>11:00 Chess club with Ron & Jeff</p>  <p>OR</p> <p>Cards with Jared</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT WATERFRONT (parking lot by beaver tail truck) for 1:30</p> <p>1:30 Waterfront walk and hangs</p>  <p>Pick up 3pm at Waterfront (parking lot by beavertail truck)</p>







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Mon	Tue	Wed	Thu	Fri
<p>15</p> <p>9:30 Calendar & Stretch with Kristy</p> <p>10:00 Menu Planning with Charlotte</p>  <p>10:30 Art Club with Samara</p>  <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:15</p> <p>*Pool at highball is free *snacks and drinks available to purchase</p> <p>Pick up 3pm at Highball</p> 	<p>16</p> <p>9:30 Calendar & Stretch with Jared</p> <p>10:15-10:45 Music: Children's Classics with Jeff in the PADD</p>  <p>OR</p> <p>10:15 Independent Living Club with Jamie & Kristy</p>  <p>11:45 LUNCH</p> <p>1:00 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 Trivia with Cole in the PADD</p> 	<p>17</p> <p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Draw Along with Jamie & Tasha OR learn how to play Dungeon's & Dragons with Cole</p>  <p>11:00 Lunch Prep with Charlotte & Cole</p>  <p>12:00 LUNCH</p> <p>1:00 Regroup with Jamie</p> <p>1:15 Group game with Cole & Megan</p> <p>2:15 Free Time</p>	<p>18</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 Jared OR Art Club with Samara</p> <p>11:45 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT CASINO FOR 1:30 1:30 Casino Fun! *Please bring Gov't issued ID Pick up 3pm at Cascade Casino</p>  <p>OR</p> <p>Movie Afternoon at PADDLE</p> <p>*Please let Kristy know by Monday Sept 15 if you are staying at PADDLE *please book your transportation accordingly</p> <p>Pick up 3pm at PADDLE</p>	<p>19</p> <p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Outdoor walk with Jeff & Kristy</p>  <p>11:00 Video game club with Ron & Jared</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE AT HOMESENSE FOR 1:15</p> <p>Shopping at Homesense Plaza</p>  <p>Pick up 3pm at Homesense</p>

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Mon	Tue	Wed	Thu	Fri
<p>22</p> <p>9:30 Calendar & Stretch with Charlotte</p> <p>10:00 Menu Planning with Kristy</p>  <p>10:30 Art Club with Samara</p>  <p>12:00 LUNCH</p> <p>1:15 Music with Sam</p>  <p>2:15 Music Trivia with Bryan & Dan in the PADD</p> 	<p>23</p> <p>9:30 Calendar & Stretch with Jared</p> <p>10:15-10:45 Music: Children's Classics with Jeff in the PADD</p>  <p>OR</p> <p>10:15 Independent Living Club with Jamie & Kristy</p>  <p>12:00 Free time</p> <p>BOOK PARABUS TO ARRIVE AT the Capitol Centre Parking Lot for 12:45 The MOOSE lunch for August/September Birthday lunches</p>  <p>*Please look at the menu and budget accordingly</p> <p>Pick up 3pm at Capitol Center Parking Lot</p>	<p>24</p> <p>9:30 Calendar & Stretch with Jeff</p> <p>10:00 Art with Jared OR learn how to play Dungeon's & Dragons with Cole</p>  <p>11:00 Lunch prep with Kristy & Cole</p>  <p>12:00 LUNCH</p> <p>1:15 Art with Samara</p>  <p>2:00 Bingo with Jared</p> 	<p>25</p> <p>9:30 Calendar & Stretch with Jared</p> <p>10:00 Gym with Jeff OR Book Club with Kristy</p>  <p>OR</p>  <p>11:00 Language Club with Jared OR Art Club with Samara</p>  <p>11:45 LUNCH</p> <p>1:15 Womens Wellness with Megan OR Men's Health with Jeff</p>  <p>2:00 Music with Steph Clarke</p> 	<p>26</p> <p>9:30 Calendar & Stretch with Jamie</p> <p>10:00 No Bake with Jared & Charlotte</p>  <p>11:00 Just Dance with Jamie & Kristy</p>  <p>OR</p> <p>Chess Club with Ron & Jeff</p>  <p>12:00 LUNCH</p> <p>BOOK PARABUS TO ARRIVE TO NORTHGATE SQUARE (Tower Doors) FOR 1:15</p> <p>1:15 Shopping at Northgate</p>  <p>Pick up 3pm at Northgate Square (Tower Doors)</p>

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Mon				
<div>29</div> <div> <div>9:30 Calendar & Stretch with Charlotte</div> <div>10:00 Menu Planning with Jamie</div> <div>  </div> <div>10:30 Art Club with Samara</div> <div>  </div> <div>12:00 LUNCH</div> <div> <div>BOOK PARABUS TO ARRIVE AT GATEWAY CITY BREWERY FOR 1:15</div> <div>  </div> <div> <div>*Boardgames</div> <div>*Golf Simulator</div> <div>*Greco's is open for food- pls no outside food or drink at Gateway</div> <div>Pick up 3pm at Gateway City Brewery</div> </div> </div> </div>	<div>30</div> <div> <div>9:30 Calendar & Stretch with Jared</div> <div>10:15-10:45 Music: Children's Classics with Jeff in the PADD</div> <div>  </div> <div>OR</div> <div>10:15 Independent Living Club with Jamie & Kristy</div> <div>  </div> <div>12:00 LUNCH</div> <div>1:00 Drumming with Steph Leroux</div> <div>  </div> <div>2:00 Games with Charlotte & Jared</div> </div>			