MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Stretch & Calendar with Jeff 10:00 Menu Planning with Jamie 10:30 Art with Kulwinder  11:15 Cardio with Kristy 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT HOMESENSE FOR 1:30** **Shopping at Homesense Plaza** **Pick up 3pm at Homesense**	3 9:30 Stretch & Calendar with Jamie 10:00 Gym with Jeff  OR Children's Classics (music) with Kristy  11:00 Free Time 12:00 LUNCH 1:15 Music with Steph Leroux  2:15 Camp Talk with Jamie & Kristy 	4 9:30 Stretch & Calendar with Kristy 10:00 Dungeons & Dragons with Cole  **OR** Free Time 11:00 Lunch prep with Jamie & Cole  11:45 LUNCH **1:00-2:45 Massages with CTS**  1:15 Trivia with Cole 2:00 Charades with Megan & Ron	5 9:30 Stretch & Calendar with Jamie 10:00 Dance class with Jeff, Ron & James  OR Book Club with Kristy  11:00 Current Affairs with Megan & Peter W. 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT Gateway Brewery for 1:30** **1:30 Gateway Brewery Hang** **Pick up 3pm at Gateway Brewery**	6 9:30 Stretch & Calendar with Jeff 10:15 Independent Living Club with Jamie & Kristy with Special Guest speaker Vanessa from Ameila Rising  11:45 LUNCH 1:15 PADDLE Film Festival with Kristy  *we will be watching a selection of short films from Banff Film Festival*

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Monday	Tuesday	Wednesday	Thursday	Friday
9 9:30 Calendar & Stretch with Jamie 10:00 Menu Planning with Kristy  10:30 Money Math with Jordan- budgeting groceries  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT NORTH BAY MALL (no frills entrance) for 1:30** **1:30 Shopping at North Bay Mall (pick up anything you might need for talent show)**  **Pick up 3pm at North Bay Mall (No Frills entrance)**	10 9:30 Calendar & Stretch with Kristy 10:15 Gym with Jeff  OR Children's Classics (Books) with Jamie  11:15 Sensory Activity with Jordan 12:00 LUNCH 1:15 Music with Shawn Sasyniuk  2:15 Bingo with Jordan 	11 9:30 Calendar & Stretch with Jamie 10:00 Dungeons & Dragons with Cole  OR Uno with Jeff  11:00 Lunch Prep with Kristy & Cole  12:00 LUNCH 1:00-3:00pm Direct Funding Program Webinar with Jeff OR Paint along afternoon with Jamie & Cole	12 9:30 Calendar & Stretch with Megan 10:00 Gym with Jeff  OR Book club with Kristy  11:00 No Bake with Jordan  11:45 LUNCH 1:15 Women's Wellness OR Men's Health  2:00 Music with Steph Clarke 	13 9:30 Calendar & Stretch with Jeff 10:15 Independent Living Club with Kristy & Jamie with Special Guest Speaker Kayla from YES Employment  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15** **1:15 Shopping at Winners Plaza** WINNERS **Pick up 3pm at Winners**

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Monday	Tuesday	Wednesday	Thursday	Friday
16 9:30 Calendar & Stretch with Jamie 10:00 Menu Planning with Jeff  10:30 Learning how to make Roti with Kulwinder  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT HIGHBALL FOR 1:15** ***Pool at highball is free** ***snacks and drinks available to purchase** **Pick up 3pm at Highball** 	17 9:30 Calendar & Stretch with Kristy 10:15 Sensory Activity with Kulwinder 11:00 St Patricks Day game 11:45 LUNCH **1:00-2:45 Massages with CTS**  1:15 Music with Darius  2:00 St Patrick's Day Social 	18 9:30 Calendar & Stretch with Ron 10:00 Draw Along with Jamie & Tasha OR Dungeons & Dragons with Cole  11:00 Lunch Prep with Jeff& Cole  11:45 LUNCH 1:15 Talent Show in the Gym *Live performances by PADDLE participants *Family welcome to attend *Please arrive at 1pm  2:30 Social in PADDLE rooms *Families are welcome to attend talent show and stay for a treat and social after!	19 9:30 Calendar & Stretch with Jamie 10:00 Seated workout with Kulwinder  OR Book Club with Kristy  11:00 Current Affairs with Megan & Peter W 11:45 Free Time **BOOK PARABUS TO ARRIVE AT THE CAPITOL CENTRE PARKING LOT FOR 12:45** **12:45 Celebrating March Birthday Lunches at The MOOSE**  **Pick up 3pm at Capitol Centre Parking Lot**	20 9:30 Calendar & Stretch with Megan 10:15 Independent Living Club with Jamie & Kristy  11:45 LUNCH 1:15 Movie Afternoon at PADDLE 

MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
23 9:30 Calendar & Stretch with Kristy 10:00 Menu Planning with Jamie  10:30 Baking cookies with Jeff  12:00 LUNCH 1:15 Group Art Project with Kristy & Jamie 	24 9:30 Calendar & Stretch with Megan 10:15 Gym games with Jeff & Kulwinder  11:00 Garden Planning with Jeff  OR Uno with Jamie  12:00 LUNCH 1:15 Music with Marie  2:00 Free Time	25 9:30 Calendar & Stretch with Jeff 10:00 Dungeons & Dragons with Cole  OR Outdoor Walk with Jeff 11:00 Lunch prep with Jamie & Cole  12:00 LUNCH **BOOK PARABUS to ARRIVE AT NORTHGATE SQUARE (tower doors) for 1:30** **1:30 Shopping at Northgate**  **Pick up 3pm at Tower Doors**	26 9:30 Calendar & Stretch with Jamie 10:00 Gym with Jeff OR Book club with Kristy  OR  11:00 Learn a dance with Megan “the dougie” 11:45 LUNCH 1:15 Women’s Wellness with Megan & Men’s Health with Jeff  2:00 Bingo with Jamie 	27 9:30 Calendar & Stretch with Jeff 10:15 Independent Learning Club with Jamie & Megan  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT TWIGGS (McKeown) for 1:30** 1:30 Coffee & Conversation at Twiggs TWIGGS COFFEE ROASTERS **Pick up 3pm at Twiggs**

Monday	Tuesday			
30 9:30 Calendar and stretch with Jeff 10:00 Menu Planning with Kristy  10:30 Group Wellness with Megan  12:00 LUNCH 1:15 The YARD with Bryan C & Jeff  2:00 Group Game with Kristy	31 9:30 Calendar and stretch with Jamie 10:15 Gym with Jeff  OR Children's Classics (Music) with Kristy  11:00 Karaoke with Ron & Peter W 12:00 LUNCH 1:15 Music with John McDonald  & visit from St John's ambulance Therapy Dog-Kingsley  2:00 Free Time			