MAY 2026

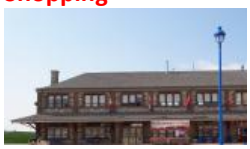
Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 Stretch & Calendar with Jeff 10:00 Uno Tournament with Jamie 11:00 Karaoke with Megan  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT North Bay Museum for 1:30** **1:30 Waterfront walk OR downtown shopping if raining out**  **Pick up 3pm at North Bay Museum**

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Monday	Tuesday	Wednesday	Thursday	Friday
4 9:30 Calendar & Stretch with Kristy 10:15-11:45 OPEN KITCHEN with Jeff *Menu Planning etc…  10:15-11:45 OPEN ART ROOM with Jamie 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT NORTH BAY MALL (no frills entrance) for 1:30** **1:30 Shopping at North Bay Mall**  **2:15 Meet at No Frills for Grocery Shopping if you are interested** **Pick up 3pm at North Bay Mall (No Frills entrance)**	5 9:30 Calendar & Stretch with Jeff 10:15-11:45 OPEN ART ROOM with Jamie 10:15-11:45 OPEN COUCH ROOM with Kristy 11:45 LUNCH 1:15-2:45 OPEN KITCHEN with Jeff 1:15-2:45 OPEN COUCH ROOM with Kristy	6 9:30 Calendar & Stretch with Jamie 10:15-11:45 OPEN PADD ROOM with Cole *Dungeons and Dragons etc…  10:15-11:45 OPEN KITCHEN with Jeff *Lunch prep etc…  11:45 LUNCH 1:00 CTS MASSAGE STUDENTS  1:15-2:45 OPEN COUCH ROOM *Special musical guest: Darius!  1:15-2:45 Open PADD ROOM with Cole	7 9:30 Calendar & Stretch with Megan 10:15-11:45 OPEN ART ROOM with Jamie 10:15-11:45 OPEN COUCH ROOM with Kristy *Book Club etc…  11:45 LUNCH 1:15 Women's Wellness OR Men's Health  2:00 Bingo with John & Jorja  	8 9:30 Calendar & Stretch with Kristy 10:15-11:45 OPEN KITCHEN with Jeff 10:15-11:45 OPEN ART ROOM with Jamie 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
11 9:30 Calendar & Stretch with Kristy 10:15-11:45 OPEN ART ROOM with Jamie 10:15-11:45 OPEN KITCHEN with Jeff *Menu Planning etc…  *Plus special guest: Cheryl from Green Fox Kitchen 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT HOMESENSE for 1:30** **1:30 Shopping at Homesense** ***Meet up at 2:15 at Sobeys if you are interested in getting the groceries for lunch prep** **Pick up 3pm at Homesense**	12 9:30 Calendar & Stretch with Jeff 10:15 OPEN ART ROOM with Jamie 10:15 OPEN COUCH ROOM with Kristy *Special guest Sam Depatie and guests *Fiddle music and step dancing in the Gym  11:45 LUNCH 1:15-2:45 OPEN ART ROOM with Jamie 1:15-2:45 OPEN KITCHEN with Jeff	13 9:30 Calendar & Stretch with Jamie 10:15-11:45 OPEN PADD with Cole *Dungeons and Dragons etc…  10:15-11:45 OPEN KITCHEN with Jeff *Lunch Prep etc…  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT CASCADES CASINO FOR 1:30**  **OR** **MOVIE AFTERNOON AT PADDLE with Jeff & Jorja** ***If you come without a support worker please email Kristy by Monday May 11th to inform which activity the person you support has chosen.** ***Please book transportation accordingly** **Pick up 3pm at Cascades Casino OR The PADDLE Program**	14 9:30 Calendar & Stretch with Jamie 10:15-11:45 OPEN ART ROOM with Jamie 10:15-11:45 OPEN COUCH ROOM with Kristy *Book Club etc…  11:45 LUNCH 1:15 Brainstorming new ideas for June and your chance to say your thoughts about new calendar lay out with Kristy 2:00 Music with Steph Clarke 	15 9:30 Calendar & Stretch with Megan 10:15-11:45 FREE TIME! 11:45 LUNCH 1:15-2:45 OPEN KITCHEN with Jeff 1:15-2:45 OPEN COUCH ROOM with Kristy *Special Guest: Shawn Sasyniuk 

Monday	Tuesday	Wednesday	Thursday	Friday
18 VICTORIA DAY NO PADDLE	19 9:30 Calendar & Stretch with Kristy 10:15-11:45 OPEN ART ROOM with Jamie 10:15-11:45 OPEN KITCHEN with Jeff *Menu planning etc…  11:45 LUNCH **BOOK PARABUS to ARRIVE AT NORTHGATE SQUARE (tower doors) for 1:30** **1:30 Shopping at Northgate**  ***Meet at Walmart entrance if you would like to help with Groceries** **Pick up 3pm at Tower Doors**	20 9:30 Calendar & Stretch with Jeff 10:15-11:45 OPEN PADD with Cole *Dungeons and Dragons etc…  10:15-11:45 OPEN KITCHEN with Jeff *Lunch prep etc..  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM for 1:15** **1:15 Waterfront Walk or Downtown Shopping**  **Pick up 3pm at North Bay Museum**	21 9:30 Calendar & Stretch with Jamie 10:15-11:45 OPEN ART ROOM with Jamie 10:15-11:45 OPEN COUCH ROOM with Kristy *Book Club etc…  11:45 LUNCH 1:15 Women's Wellness with Megan & Men's Health with Jeff  2:15 Karaoke with Jorja & Jesse	22 9:30 Calendar & Stretch with Megan 10:15-11:45OPEN ART ROOM with Jamie 10:15-11:45 OPEN KITCHEN with Jeff 11:45 LUNCH **1:15 Movie Afternoon at PADDLE**

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Monday	Tuesday	Wednesday	Thursday	Friday
25 9:30 Calendar & Stretch with Kristy 10:15-11:45 OPEN ART ROOM with Jamie 10:15-11:45 OPEN KITCHEN with Jeff *Menu Planning etc…. 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** 	26 9:30 Calendar & Stretch with Megan 10:15-11:45 OPEN ART ROOM with Jamie 10:45-11:45 OPEN KITCHEN with Jeff 11:45 LUNCH 1:15-2:45 OPEN COUCH ROOM with Kristy *Special musical guest: John Macdonald & Karen with therapy dog Kingsley 1:15-2:45 OPEN ART ROOM with Jamie	27 9:30 Calendar & Stretch with Jeff 10:15-11:45 OPEN PADD with Cole *Dungeons & Dragons etc… 10:15-11:45 OPEN KITCHEN with Jeff *lunch prep etc… 11:45 LUNCH **BOOK PARABUS to ARRIVE AT GATEWAY CITY BREWERY FOR 1:30pm** ***Food and drinks available to purchase** ***Golf simulator** ***board games** **Pick up 3pm at Gateway City Brewery**	28 9:30 Calendar & Stretch with Jamie 10:15-11:45 OPEN ART ROOM with Jamie 10:15-11:45 OPEN COUCH ROOM with Kristy *Book Club etc… 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM FOR 1pm** **1-2:45 Birthday Lunch at Lou Dawgs** **Pick up 3pm at North Bay Museum**	29 9:30 Calendar & Stretch with Kristy 10:15-11:45 OPEN ART ROOM with Jamie 10:15-11:45 OPEN KITCHEN with Jeff 11:45 LUNCH 1:15 Show-off Social Showcase: sharing our art, music, baking that we have been working on all month

We're trying something new with our programming this month!

Don't worry—many of the familiar and well-loved activities will still be happening during open room times. For example, lunch prep will continue every Wednesday, and menu planning will still take place every Monday. Both of these will happen with Jeff during the OPEN KITCHEN times on Mondays and Wednesdays.

Dungeons & Dragons will continue with Cole on Wednesdays in THE PADD ROOM, and Book Club will still take place every Thursday morning in the COUCH ROOM with Kristy. There will also continue to be plenty of opportunities for outdoor walks, as well as booking 1:1 time with staff and students.

We're hopeful that this new approach to scheduling at PADDLE will give everyone more time to work on projects, explore interests, create, and have greater autonomy in their day-to-day choices.

Midway through the month, we've set aside time for an honest review and feedback session about this new structure. If it's not working for the individuals we support, we are absolutely open to making changes.