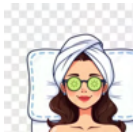
SEPTEMBER 2026

Mon	Tue	Wed	Thu	Fri
	8 9:30 Calendar & Stretch with Kristy 10:15-11:45 OPEN KITCHEN with Jamie  *Menu Planning *Planning cooking/baking goals! Goals you would like to achieve/things you would like to work on in the kitchen for month of September **OR** Outdoor walk with Kulwinder 11:45 LUNCH 1:15 Music with Shawn Sasyniuk  2:00 Free Time	9 9:30 Calendar & Stretch with Kulwinder 10:15-11:45 OPEN PADD with Cole: Dungeons & Dragons from 10:15-11:15  **OR** OPEN KITCHEN with Jamie *Lunch prep  11:45 LUNCH 1:15 CTS Massages **AND** Music with Steph Clarke  2:15 Group game with Cole	10 9:30 Calendar & Stretch with Megan 10:15 Gym with Kulwinder  **OR** Book Club with Kristy  11:00 Free Time 12:00 LUNCH 1:15 Women's Wellness with Megan OR Men's Health with Kulwinder  2:00 Bingo with Shawn & Dan  	11 9:30 Calendar & Stretch with Jamie 10:15-11:45 OPEN ART ROOM with Kristy  **OR** Karaoke with Shawn & Kulwinder  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT GATEWAY BREWERY FOR 1:15** *board games *pinball *golf simulator *Drinks & Snacks available to purchase from Greco's **Pick up 3pm at Gateway Brewery** 

Exciting Research Opportunity!
PADDLE has been invited by Nipissing University researcher Anna Przednowek to participate in the Access Project, exploring how social and mental health services can be more accessible for adults with intellectual and developmental disabilities. Voluntary sessions will be offered in late September for both participants and support workers/team members, with a $35 gift card or cash honorarium provided. This is an exciting opportunity to turn lived experience into meaningful research that may improve future services, with more opportunities to share input on health, housing and accessibility to come!

SEPTEMBER 2026

Mon	Tue	Wed	Thu	Fri
14 9:30 Calendar & Stretch with Megan 10:15-11:45 OPEN KITCHEN with Jamie *Menu Planning  **OR** OPEN ART ROOM with Kristy  12:00 LUNCH **BOOK PARABUS TO ARRIVE AT TWIGGS (McKeown location) for 1:30** **1:30 Twiggs**  **Pick up 3pm at Twiggs (McKeown)**	15 9:30 Calendar & Stretch with Jamie 10:15- 11:45 OPEN ART ROOM with Kristy  **OR** Gym with Kulwinder  12:00 LUNCH 1:15 Music with Darius  2:00 Free Time	16 9:30 Calendar & Stretch with Kulwinder 10:15 Dungeons & Dragons with Cole 10:15-11:15  **OR** 11:00 OPEN KITCHEN with Jamie *Lunch Prep  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT NORTHGATE SQAURE (tower doors) for 1:30** 1:30 Shopping at Northgate  **Pick up 3pm at Northgate Square (Tower doors)**	17 9:30 Calendar & Stretch with Jamie 10:15 Gym with Kulwinder  **OR** Book Club with Kristy  11:00 Games with Jamie 12:00 LUNCH 1:15 Spa afternoon with Megan & Alexis  **OR** Video Games with Kulwinder 	18 9:30 Calendar & Stretch with Kristy 10:15 Relational Communication with Megan 11:15 Karaoke with Jessie  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT OLMSTEAD BEACH for 1:30**  *bring a towel and bathing suit if you want to swim **Pick up 3pm at Olmstead Beach**

SEPTEMBER 2026

Mon	Tue	Wed	Thu	Fri
21 9:30 Calendar & Stretch with Megan 10:15-11:45 OPEN KITCHEN with Jamie *Menu Planning  **OR** OPEN ART ROOM with Kristy  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** 	22 9:30 Calendar & Stretch with Jamie 10:15 Gym with Kulwinder  **OR** Retro Cartoons with Jamie  11:45 LUNCH **BOOK PARABUS TO ARRIVE Waterfront Band shell parking lot for 1:30** 1:30-3 Waterfront Walk  **Pick up 3pm at Waterfront Band shell parking lot (by Beaver Tails truck)**	23 9:30 Calendar & Stretch with Megan 10:15OPEN PADD with Cole: Dungeons & Dragons 10:15-11:15  **OR** Draw Along with Jamie 11:00 Lunch Prep with Kristy & Cole  12:00 LUNCH **BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15** *Shopping at Winners Plaza **Pick up 3pm at Winners**  	24 9:30 Calendar & Stretch with Jamie 10:15 Gym with Kulwinder  **OR** Book Club with Kristy  11:00 Uno Tournament with Jamie  12:00 LUNCH 1:15 Women's Wellness with Megan **OR** Men's Health with Kulwinder  2:15 Music with Kristy & Steph 	25 9:30 Calendar & Stretch with Kristy 10:15 FREE TIME 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT CASCADES CASINO for 1:30**  ***Don't forget to bring a valid ID!** **Pick up 3pm at Cascades Casino**

SEPTEMBER 2026

Mon	Tue	Wed	Thu	Fri
28 9:30 Calendar & Stretch with Megan 10:15 OPEN KITCHEN WITH Jamie  **OR** OPEN ART ROOM with Kristy  11:45 LUNCH 1:15 Disney Movie Afternoon with Shawn 	29 9:30 Calendar & Stretch with Kristy 10:15 Gym with Kulwinder  11:00 Group Game with Kristy & Jamie 11:45 Free Time **BOOK PARABUS TO ARRIVE at Boston Pizza for 1:00** 1:00 Birthday Lunches at Boston Pizza  **Pick up 3pm at Boston Pizza**	30 9:30 Calendar & Stretch with Cole 10:15 OPEN PADD with Cole: Dungeons & Dragons 10:15-11:15  **OR** OPEN KITCHEN with Jamie *Lunch Prep  12:00 LUNCH 1:15 The YARD with Bryan & Dan  2:00 Freestyle Art with Kristy 		