OCTOBER 2026

Mon	Tue	Wed	Thu	Fri
			1 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 Aidan performance: Anikin Vs. Obi Wan & Karaoke	2 9:30 Calendar & Stretch with Kristy 10:15 Watch & Discuss with Jamie 11:15 Mental Health & Relaxation with Kulwinder 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT WATERFRONT (Parking lot across from the Bandshell)**  **1:30 Waterfront walk** **Pick up 3pm at Waterfront (parking lot across from the Bandshell)**

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Mon	Tue	Wed	Thu	Fri
5 9:30 Calendar & Stretch with Megan 10:15-11:45 OPEN KITCHEN with Kristy *Menu Planning- choosing the Wednesday meals for the month as well as planning for what we want to learn to cook/bake etc…  **OR** Outdoor walk with Kulwinder & Jamie 12:00 LUNCH **BOOK PARABUS TO ARRIVE AT Homesense Plaza for 1:30**  **1:30Shopping at Homesense Plaza** **Pick up 3pm at Homesense**	6 9:30 Calendar & Stretch with Jamie 10:15 Consent & Boundaries with Vanessa from Amelia Rising 12:00 LUNCH 1:15 Music with Steph Leroux  2:00 Board Games with Kulwinder in the PADD	7 8:30 Pancake Breakfast *supports and participants welcome to have some pancakes (made by Aidan) *no cost 9:30 Calendar & Stretch with Kulwinder 10:15-11:00 Dungeons & Dragons with Cole  **OR** 11:00 OPEN KITCHEN with Kristy *Lunch Prep  11:45 LUNCH **CTS MASSAGES** **AND** Campfire/s'mores and camp games with Cole	8 9:30 Calendar & Stretch with Jamie 10:15 Outdoor Walk with Kulwinder **OR** Book Club with Kristy  11:00 Games with Jamie 12:00 LUNCH 1:15 OPEN KITCHEN with Kristy *Diabetic baking* OR Uno Tournament with Jamie & Kulwinder  	9 9:30 Calendar & Stretch with Kulwinder 10:15 Relational Communication with Megan 11:15 Free Time 12:00 LUNCH 1:15 Music with Steph Clarke  2:15 October Evening Meet up Planning with Jamie *Choosing activities/days/times in the evening we can hang out with our friends *Please note no PADDLE staff will be attending the evening outings

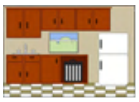
OCTOBER 2026

Mon	Tue	Wed	Thu	Fri
12 NO PADDLE THANKSGIVING	13 9:30 Calendar & Stretch with Kristy 10:15 Gym with Kulwinder  **OR** Art with Jamie 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT NO FRILLS (Lakeshore) for 1:30**  **1:30 Halloween costume shopping! Spirit of Halloween & Talize** **Pick up 3pm at No Frills (Lakeshore)**	14 9:30 Calendar & Stretch with Jamie 10:15OPEN PADD with Cole: Dungeons & Dragons 10:15-11:00  11:00 OPEN KITCHEN: Lunch Prep with Kristy  12:00 LUNCH **BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:15** **1:30 Shopping at Winners Plaza** **Pick up 3pm at Winners**	15 9:30 Calendar & Stretch with Megan 10:15 Gym with Kulwinder  **OR** Book Club with Kristy  11:00 Music with Sam 12:00 LUNCH 1:15 Women's Wellness with Megan **OR** Men's Health with Kulwinder  2:15 Bingo with Shawn & Jamie 	16 9:30 Calendar & Stretch with Kristy 10:15 Watch Discuss Jamie 11:15 Mental Health & Relaxation with Kulwinder 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT CASINO for 1:30**  **1:30 Casino** ***Please ensure you bring your ID** **Pick up 3pm at Casino** **OR** Movie Afternoon at PADDLE with Megan **Pick up 3pm at PADDLE** **Please let Kristy know by Tuesday October 13th if you will be going to the Casino or staying at PADDLE** **Please ensure you book your transportation accordingly**

OCTOBER 2026

Mon	Tue	Wed	Thu	Fri
19 9:30 Calendar & Stretch with Megan 10:15 OPEN KITCHEN WITH Kristy  **OR** Sensory Activity 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** 	20 9:30 Calendar & Stretch with Kristy 10:15 Consent & Boundaries with Vanessa from Amelia Rising 11:45LUNCH 1:15 Fall Walk on the trails by PADDLE with a “to go” hot chocolate 	21 9:30 Calendar & Stretch with Kulwinder 10:15 OPEN PADD with Cole: Dungeons & Dragons 10:15-11:00  **OR** OPEN KITCHEN with Kristy *Lunch Prep  12:00 LUNCH **1:15 BOOK PARABUS TO ARRIVE AT NORTHGATE SQUARE (Tower Doors)** **1:30 Shopping at Northgate**  **Pick up 3pm at Northgate Square (Tower Doors)**	22 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 Parodies with Ron	23 Calendar & Stretch with Kristy 10:15 Relational Communication with Megan 11:15 Free Time **BOOK PARABUS TO ARRIVE at The Capitol Centre Parking lot for 1:00** **1:00 Birthday Lunches at The MOOSE**  **Pick up 3pm at The Capitol Centre Parking Lot**

OCTOBER 2026

Mon	Tue	Wed	Thu	Fri
26 9:30 Calendar & Stretch with Megan 10:15 OPEN KITCHEN WITH Kristy: Making Halloween Treats!  **OR** Outdoor Walk with Kulwinder 11:45 LUNCH 1:15 The YARD with Megan & Bryan **AND** Halloween Craft with Kristy	27 9:30 Calendar & Stretch with Kristy 10:15 Gym with Kulwinder  11:00 Free Time 11:45 LUNCH 1:15 Music with Shawn  2:00 Music Trivia with Jamie	28 9:30 Calendar & Stretch with Cole 10:15-11:00 OPEN PADD with Cole: Dungeons & Dragons  **OR** 11:00 OPEN KITCHEN with Kristy *Lunch Prep  12:00 LUNCH **BOOK PARABUS TO ARRIVE AT NORTH BAY MUSEUM for 1:30pm** **1:30-3 DOWNTOWN HANG** **Pick up 3pm at North Bay Museum**	29 9:30 Calendar & Stretch with Jamie 10:15 Gym with Kulwinder  **OR** Book Club with Kristy  11:00 Free Time 11:45 LUNCH Movie Afternoon *Save the Last Dance-main showing in couch room  	30 9:30 Calendar & Stretch with Kristy 10:15 Halloween activities: scavenger hunt, this or that 10:45 Scareoke- ONLY Halloween songs 11:30 Free Time ***ALL PARTICIPANTS ARE WELCOME TO ATTEND THE AFTERNOON AT GATEWAY FOR HALLOWEEN PARTY*** **BOOK PARABUS TO ARRIVE AT GATEWAY BREWERY FOR 12:45 for Lunch & Dance** **Pizza from Greco's** ***Please bring $4 by Monday October 26th if you would like 2 slices of pizza (choice of cheese or pepperoni) drink not included**** *Costume Parade *HALLOWEEN party! *DANCE  **Pick up 3pm at Gateway Brewery**