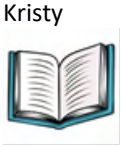
NOVEMBER 2026

Mon	Tue	Wed	Thu	Fri
2 9:30 Calendar & Stretch with Kulwinder 10:15-11:30 Open Kitchen with Kristy *Menu Planning *Choosing our Wednesday meals for the month & something new to bake  **OR** Outdoor Walk with Kulwinder 11:00 Mario Cart tournament with Jamie  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT TWIGGS (McKeown location) for 1:30** **1:30 Twiggs**  **Pick up 3pm at Twiggs (McKeown)**	3 9:30 Calendar & Stretch with Kristy 10:15 Gym with Kulwinder  **OR** Book Club with Kristy  11:00 Draw Along with Jamie 11:45 LUNCH 1:15 Music with John Macdonald & Therapy dog visit with Karen & Kingsley   2:00 UNO with Jamie & Kulwinder in The PADD 	4 9:30 Calendar & Stretch with Jamie 10:15 Dungeon's & Dragons with Cole  **OR** Open Kitchen with Kristy  11:45 LUNCH 1:15 **CTS Massages** **AND** Music with Darius  2:15 Kahoot with Ron & Cole	5 9:30 Calendar & Stretch with Megan 10:15 Gym with Kulwinder  **OR** Book Club with Kristy  11:00 Art with Jamie 12:00 LUNCH 1:15 Women's Wellness with Megan OR Men's Health with Kulwinder  2:00 Bingo with Jamie & Jessie	6 9:30 Calendar & Stretch with Jamie 10:15 Relational Communication with Megan 11:15 Free Time 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT WINNERS FOR 1:30** ***Shopping at Winners Plaza** **Pick up 3pm at Winners** 

NOVEMBER 2026

Mon	Tue	Wed	Thu	Fri
9 9:30 Calendar & Stretch with Megan 10:15 Open Art Room with Kulwinder  OR Karaoke with Jessie & Jamie  12:00 LUNCH 1:15 Movie Afternoon at PADDLE 	10 9:30 Calendar & Stretch with Jamie 10:15 Gym with Kulwinder  **OR** Book Club with Kristy  11:00 Team Building game with Jamie 12:00 LUNCH 1:15 Brainstorming for December Calendar with Kristy 2:00 Free Time	11 9:30 Calendar & Stretch with Kulwinder 10:15 Dungeons & Dragons with Cole  **OR** 11:00 Open Kitchen with Kristy *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)**	12 9:30 Calendar & Stretch with Jamie 10:15 Gym with Kulwinder  **OR** Book Club with Kristy  11:00 Sensory Activity with Jamie 12:00 LUNCH 1:15 Open Kitchen with Kristy  **OR** Uno Tournament with Jamie & Marc  2:15 Video games with Kulwinder	13 9:30 Calendar & Stretch with Kristy 10:15 Outdoor walk with Kulwinder **OR** Children's Classics books with Jamie in The PADD  11:00 Karaoke with Kristy & Shawn  11:30 Free Time **BOOK PARABUS TO ARRIVE AT NEXT ROUND SOCIAL (the old Partners pool hall building) for 12:45pm**  ***Birthday Lunch celebration & games** ***Please read menu and budget accordingly** ***there is a large arcade, please bring money if you would like to play or if you would like to play pool** **Pick up 3pm at Next Round Social**

NOVEMBER 2026

Mon	Tue	Wed	Thu	Fri
16 9:30 Calendar & Stretch with Kulwinder 10:15-11:45 OPEN KITCHEN with Kristy  **OR** OPEN ART ROOM with Jamie  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 10:00-11:45 Canadore Recreation Therapy Students arrive at PADDLE for group games in the gym and group activities 11:45 LUNCH 1:15 Music with Peter Cliche  2:00 Free Time	18 9:30 Calendar & Stretch with Megan 10:15 OPEN PADD with Cole: Dungeons & Dragons 10:15-11:15  **OR** Lunch Prep with Kristy  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT HOMESENSE for 1:30**  **1:30 Browsing the Homesense Plaza** **Pick up 3pm at Homesense**	19 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 Free Time	20 9:30 Calendar & Stretch with Kulwinder 10:15 Relational Communication with Megan 11:15 Free Time 11:45 LUNCH **BOOK PARABUS TO ARRIVE AT GATEWAY BREWERY FOR 1:30** **1:30 Gateway Hangs (pinball, board games, hanging with friends) & Golf Simulator** **Pick up 3pm at Gateway Brewery**

NOVEMBER 2026

Mon	Tue	Wed	Thu	Fri
23 9:30 Calendar & Stretch with Megan 10:15 OPEN ART ROOM WITH Kristy  **OR** 11:00 Draw along with James & Tasha 11:45 LUNCH 1:15 The YARD with Dan & Bryan  2:00 Charades with Ron & Megan 	24 9:30 Calendar & Stretch with Kristy 10:15 Heardle Music Trivia with Jessie & Kulwinder 11:00 Open Couch Room with Jamie 11:45 LUNCH 1:15 Music with Shawn Sasyniuk  2:00 Freestyle Art with Kristy 	25 9:30 Calendar & Stretch with Ron 10:15 OPEN PADD with Cole: Dungeons & Dragons 10:15-11:15  **OR** OPEN KITCHEN with Kristy *Lunch Prep  12:00 LUNCH **1:15 Workshop with Vanessa from Amelia Rising for all support workers** Games in the PADD (participants will hang out with Kristy & Kulwinder)	26 9:30 Calendar & Stretch with Jamie 10:15 Gym with Kulwinder  **OR** Book Club with Kristy  11:45 LUNCH 1:15 Music with Steph Leroux  2:15 Free Time	27 9:30 Calendar & Stretch with Kulwinder 10:00 Spin the Wheel morning with Jamie  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT NO FILLS (McKeown St) for 1:30** **1:30 Shopping at No Frills Plaza**  **Pick up 3pm at No Frills on McKeown St**

***This week's calendar was made by the one and only-Yours truly….RON CLEMENT!**

NOVEMBER 2026

Mon	Tue	Wed	Thu	Fri
30 9:30 Calendar & Stretch with Kulwinder 10:15 Open Kitchen with Kristy  **OR** OPEN ART ROOM with Kulwinder  11:45 LUNCH **BOOK PARABUS TO ARRIVE AT VALUE VILLAGE for 1:30** **1:30 Thrift Shopping**  **2:15 Meet at Metro for Grocery Shopping for PADDLE items (bring a list if you have to purchase anything for your home!)** **Pick up 3pm at Value Village**				