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**MyCommunityHub.ca**  
MY TIME. MY ACTIVITIES. MY CHOICE.  
Search Number: 11773

Come and join us for

# PUB NIGHT

**FEATURING RYAN MAJOR**

AT THE RHYTHM & BREWS PUB  
1000 BISHOP STREET NORTH CAMBRIDGE N3H 4Y7

Tuesday June 9, 2020  
7:00-8:30 PM

\$5.00 per person (Support staff free)

You are responsible for your own needs and safety at this event. Snacks will be provided, and beverages will be available for purchase!

Please contact Wendy King if you have any questions  
519 580 8850 | w.king@sunbeamcentre.com

Sunbeam Centre  
2749 Kingsway Drive  
Kitchener Ontario  
N2C 1A7

Passport Coordinator  
Wendy King  
Phone: 519 580 8850  
Email: w.king@sunbeamcentre.com



## PASSPORT

Our Passport Program Catalog  
April—June 2020

**Spring  
Edition  
2020**



## Table of Contents

### Crafts

|                             |    |
|-----------------------------|----|
| Play with Clay              | 7  |
| Awareness T-Shirts          | 8  |
| Flow Paint                  | 9  |
| Beaded Bracelets            | 10 |
| DIY Sign Workshop           | 11 |
| Spring Pillow Craft         | 12 |
| Aromatherapy Bracelets      | 13 |
| Light Bulb Aquariums        | 14 |
| Wood Working 101            | 15 |
| Fathers Day Frames          | 16 |
| Tie Dye T Shirts            | 17 |
| Easter Tote Bags            | 18 |
| Bubble Painting             | 19 |
| Pebble Art                  | 20 |
| DIY Fascinators & Tea Party | 21 |
| Easter Egg Colouring        | 22 |
| Painting Clay Pots          | 23 |
| Pimp My Ride                | 24 |
| Slime Time                  | 25 |
| Sock Puppet Stories         | 26 |
| Stenciled Pillows           | 27 |

### Games

|           |    |
|-----------|----|
| Bingo     | 28 |
| Game Café | 29 |

### Fitness

|                      |    |
|----------------------|----|
| Health and Wellness  | 30 |
| Monday Evening Swims | 31 |

### Cooking Programs

|                        |    |
|------------------------|----|
| Ice Cream Social       | 32 |
| Land of Smiles         | 33 |
| Cooking for Tea Time   | 34 |
| Spring Flower Cupcakes | 35 |

### Outings

|            |    |
|------------|----|
| Fishing    | 36 |
| Museum     | 37 |
| Bowling    | 38 |
| Pet Expo   | 39 |
| Rare       | 40 |
| Mountsburg | 41 |

### MISC. PROGRAMS

## MODELING BY EXPRESSIONS MODEL AND TALENT AGENCY

Join us for this awesome four week program that will highlight and introduce the importance of skin care, social posture, make up application and of course how to work the runway!

**Sunbeam Centre - Gym**

**Wednesdays 1:00 – 3:00 pm**

**April 8 – 29, 2020**

**Cost: \$200.00**

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number **11764** to sign up online!



Contact Wendy King if you have any questions at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850



STEPPING STONES  
EXPRESSIVE ARTS

### Expressive Arts Sessions

Join the team from Stepping Stones Expressive Arts, **Wendy Newbery and Rachel Tanner**, for a series of fun and insightful Expressive Arts sessions. This spring we we're offering 2 multiweek sessions of creative experiences. We will explore different ways to express ourselves using a wide variety of art making tools including visual art, writing, voice, rhythm and movement. These sessions focus on the process of creating art rather than the finished product and welcome people of all ages, ability and art experience. Expressive arts are for everyone!

#### **Session 1**

Dates: April 3rd, 17<sup>th</sup>, and 24<sup>th</sup>

Time: 10:00 - 11:30am

Cost: \$120.00

**Program Number: 11762**

#### **Session 2**

Dates: May 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>

Time: 10:00 - 11:30 am

Cost: \$160.00

**Program Number: 11763**

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!



Contact Wendy King if you have any questions at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850

#### **Music**

|                    |    |
|--------------------|----|
| Music Morning Café | 42 |
| Drum Circles       | 43 |
| Piano Café         | 44 |
| Music Appreciation | 45 |
| Shania Twain       | 46 |

#### **Misc. Programs**

|                  |    |
|------------------|----|
| Drop In          | 47 |
| Glam and Shoot   | 48 |
| Style with Sasha | 49 |
| Bath Bombs       | 50 |
| Shower Steamers  | 51 |
| Let's Garden     | 52 |
| Novel Study      | 53 |
| Stepping Stones  | 54 |
| Modeling         | 55 |
| Pub Night        | 56 |

| Sun             | Mon  | Tue  | Wed                                     | Thu   | Fri                                   | Sat                   |
|-----------------|--|--|---|---|---------------------------------------|-----------------------|
|                 |  |  | 1                                       | 2<br>Awareness<br>T-Shirts                  | 3<br>Stepping<br>Stones<br><br>Movie  | 4                     |
| 5               | 6<br>Easter Egg<br>Colouring<br><br>Music<br>Appreciation                | 7<br>Easter Tote<br>Bags<br><br>Drop In      | 8<br>Modeling                           | 9   | 10<br><br>Good<br>Friday<br>Closed    | 11                    |
| 12              | 13<br>Easter<br>Monday<br>Closed   | 14<br>Land of<br>Smiles<br><br>Drop In       | 15<br>Play with<br>Clay<br><br>Modeling | 16<br>Bubble<br>Painting<br><br>Piano Café  | 17<br>Stepping<br>Stones<br><br>Movie | 18<br>Shania<br>Twain |
| 19              | 20<br>Drum<br>Circle<br><br>Music<br>Appreciation<br><br>Evening<br>Swim | 21<br>Tie-Die<br>T-Shirts<br><br>Drop In     | 22<br>Play with<br>Clay<br><br>Modeling | 23  | 24<br>Stepping<br>Stones<br><br>Movie | 25<br>Museum          |
| 26<br>Game Café | 27<br>Novel Study<br><br>Evening<br>Swim                                 | 28<br>Cooking for<br>Tea Time<br><br>Drop In | 29<br>Modeling                          | 30<br>Bingo<br><br>Music<br>Morning<br>Café |                                       |                       |



## NOVEL STUDY

Come be a part of our four-week study! We will be reading Charlotte's Web and learn about the realities of farm life.

This novel study will help expose us to new experiences, build vocabulary, improve our communication skills, engage and excite us! Following each reading, we will discuss our impressions and then journal our experiences through written word or drawings. Journals will be provided for you to take home at the end of our sessions together!

Cost: \$48.00

Dates: April 27, May 4,  
May 25, and June 1

When: Monday 1:00 - 2:30 pm

Where: Sunbeam Centre Day Program



Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number 11711 to sign up online!

Register online at  
**MyCommunityHub.ca**



Contact Wendy King at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)  
or 519-580-8850 if you have any questions.



# Let's Garden



Cost: \$12.00

When: Monday, March 30, 2020

Where: Sunbeam Centre, 2749 Kingsway Drive, Kitchener

Time: 1:00-2:30pm

Come join us for a fun afternoon and start your vegetable garden! We will plant Bush beans, cherry tomatoes, and cucumbers! All supplies included!

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!



**Program Search Number: 11669**

Contact Wendy King if you have any questions at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850

## May 2020

| Sun | Mon   | Tue   | Wed  | Thu                            | Fri                                   | Sat                       |
|-----|---|---|--|--------------------------------|---------------------------------------|---------------------------|
|     |   |   |  |                                | 1<br>Stencil<br>Pillows<br><br>Movie  | 2<br>Pet Expo<br><br>Rare |
| 3   | 4<br>Novel Study<br><br>Evening<br>Swim                               | 5<br>Spring Flower<br>Cupcakes<br><br>Drop In       | 6<br>Flow Paint<br><br>Painting<br>Clay Pots | 7<br>Pebble Art                | 8<br>Stepping<br>Stones<br><br>Movie  | 9<br>Play with<br>Clay    |
| 10  | 11<br>Music<br>Appreciation<br><br>Evening<br>Swim                    | 12<br>Sock Puppets<br>& Storytelling<br><br>Drop In | 13   | 14<br>Bowling                  | 15<br>Stepping<br>Stones<br><br>Movie | 16                        |
| 17  | 18<br>Victoria Day<br>Closed  | 19<br>Drop In<br><br>Shower<br>Steamers             | 20<br>Spring<br>Pillows                      | 21<br>Glam and<br>Shoot        | 22<br>Stepping<br>Stones<br><br>Movie | 23<br>Play with<br>Clay   |
| 24  | 25<br>Novel Study<br><br>Music<br>Appreciation<br><br>Evening<br>Swim | 26<br>Aromatherapy<br>Bracelets<br><br>Drop In      | 27<br>Fascinators<br>and High<br>Tea         | 28<br>Music<br>Morning<br>Café | 29<br>Stepping<br>Stones<br><br>Movie | 30<br>Mountsburg          |
| 31  |   |   |  |                                |                                       |                           |

# June 2020

## MISC. PROGRAMS

| Sun | Mon  | Tue   | Wed                      | Thu  | Fri                                    | Sat          |
|-----|--|---|--------------------------|--|--|--------------|
|     | 1<br>Novel Study<br><br>Evening Swim         | 2<br>Drop In                                      | 3<br>Bead Bracelets      | 4  | 5<br>Movie                             | 6<br>Fishing |
| 7   | 8<br>Music Appreciation<br><br>Evening Swim  | 9<br>Tie-Die T-Shirts<br><br>Drop In<br>Pub Night | 10<br>Bath Bombs         | 11<br>Bingo                                | 12<br>Closed                           | 13           |
| 14  | 15<br>Slime Time<br><br>Evening Swim         | 16<br>Drop In<br><br>Bubble Painting              | 17<br>Fathers Day Frames | 18<br>Style with Sasha                     | 19<br>Movie<br><br>Wood Working        | 20           |
| 21  | 22<br>Music Appreciation<br><br>Evening Swim | 23<br>Ice Cream Social<br><br>Drop In             | 24<br>DIY Sign Workshop  | 25<br>Wood Working<br><br>Music Morn. Café | 26<br>Movie<br><br>Health and Wellness | 27           |
| 28  | 29<br>Pimp My Ride<br><br>Evening Swim       | 30<br>Light Bulb Aquariums<br><br>Drop In         |                          |  |  |              |



## Make your own Shower Steamers!



You will get to create and take home 4 shower steamers!

When: Tuesday, May 19 2020  
1:00pm-2:30pm  
Where: Sunbeam Centre Gym (2749 Kingsway Drive)  
Cost: \$15.00 (All supplies included)

Register online at  
**MyCommunityHub.ca**  
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Program Search Number: 11713

If you have any questions, please contact  
Wendy King at 519 580 8850 or  
email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)

# Make your own Bathbombs!

Participants will get to take home 3 homemade  
Bathbombs! All supplies included!



When: June 10 2020

1:00-2:30pm

Where: Sunbeam Centre Gym (2749  
Kingsway Drive)

Cost: \$15.00



Register online at

**MyCommunityHub.ca**  
MY TIME. MY ACTIVITIES. MY CHOICE.

If you have any questions, please contact Wendy King at 519 580 8850  
or email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) Program Search Number: 11714

# PLAY WITH CLAY

SPRING POTTERY SESSIONS WITH  
RACHEL TANNER

During these sessions, we'll focus on creating Spring inspired pottery creations. The first class will allow you to create your pieces in clay, and in the second class you'll have a chance to glaze them into beautiful works of art! There will be lots of opportunity for you to use your imagination and create your own unique pieces so feel free to come with your own ideas!

Cost: \$65.00

Session One

April 15<sup>th</sup> and April 22<sup>nd</sup>

Time: 10:00 – 12:00 pm

**11745**

Session Two

May 9<sup>th</sup> and May 23<sup>rd</sup>

Time: 1:00 - 3:00 pm

**11746**

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or **number** to sign up online!



Register online at

**MyCommunityHub.ca**



Contact Wendy King if you have any questions at  
[w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850





## Awareness T-shirts

Join us for a fun afternoon and create your own awareness T shirt! Please look at our design options. We will contact you to get your shirt size and design!

When: Thursday April 2, 2020  
at 1:00 -2:30 pm

Where: Sunbeam Centre - Gym  
(2747 Kingsway Drive Kitchener)

Cost: \$20.00 (Support person free)



Sign up by visiting [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search program number 11666 or contact us!

Contact Wendy King if you have any questions about this program at 519 580 8850 or email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)



## STYLE YOUR HAIR WITH SASHA

**Create your own colorful hair extensions! Learn how to create your own fun and stylish hair clips and ponytail extensions. This is a safe way to colour your hair without damaging it. All extensions can be easily removed. Multiple colours will be provided. Participants will take home their clips and hair extensions at the end of the program!**



Cost: \$20.00

When: June 18th 2020

Time: 130-230 pm

Where: Sunbeam Centre  
Day Program  
(2749 Kingsway Drive  
Kitchener)



Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number **11741** to sign up online!

Contact [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850 if you have any questions. A minimum number of participants is required for this program to run.





## Glam and Shoot

Come and join us for a make-up tutorial, hair styled and a photoshoot! You will take home two shots of your choice! Camera shy? That's ok! We will make you sparkle!

When: Thursday May 21, 2020  
Where: Sunbeam Centre Gym  
Time: 1:00-2:30pm  
Cost: \$15.00  
Program Number: 11740



Please note that all participants will be required to sign a photo consent if they would like to have their picture taken during this program.

**Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!**



Register online at  
**MyCommunityHub.ca**  
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Contact [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850 if you have any questions. A minimum number of participants is required for this program to run.

## FLOW PAINT

Come on out and enjoy a fun night of creating your own piece of art! Come dressed in painting clothing as we will be working with acrylic paints.

\$50.00

Wednesday May 6, 2020

Sunbeam Centre Gym

2749 Kingsway Drive Kitchener

6:00—8:00pm

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!

Program Search Number: **11757**

Register online at  
**MyCommunityHub.ca**



Contact Wendy King if you have any questions at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850



**SUNBEAM  
CENTRE**

## **Bead Bracelet Making!**

**You will get to create and take home the  
bracelet that you make!**

**Where: Sunbeam Centre Gym (2749  
Kingsway Drive)**

**When: Wednesday, June 3 2020**

**1:00pm-2:30pm**

**Cost: \$15.00**

**Program Search Number: 11715**



Register online at

**MyCommunityHub.ca**

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Program Search Number: 11715  
If you have any questions, please  
Contact Wendy King at 519 580 8850 or  
email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)



## **DROP IN**

**TUESDAYS 10:00-11:00 AM  
IN THE SUNBEAM CENTRE GYM!**

**YOU'RE INVITED TO COME TO OUR WEEKLY  
DROP IN PROGRAM! HAVE FUN SINGING  
KARAOKE, PLAYING GAMES, DANCING, AND  
MEETING GREAT PEOPLE! A SNACK AND DRINK  
IS INCLUDED.**

No registration required. Admission is paid at the door for  
all Drop In events. Support staff are free.

You are responsible for your own needs and safety at all  
Drop In events.



Sunbeam Centre Gym  
2749 Kingsway Drive Kitchener ON N2C 1A7

For the event schedule and admission fee's please follow  
Sunbeam Centre on Facebook, or email  
[programbookings@sunbeamcentre.com](mailto:programbookings@sunbeamcentre.com)





PLEASE JOIN US FOR  
Adrienne Marcucci as

# Shania Twain

Saturday April 18, 2020



Doors Open: 12:30 pm  
Concert: 1:00 – 2:15 pm (including an intermission)  
Where: Sunbeam Centre Gym (2749 Kingsway Drive Kitchener)  
Cost: Early bird deal \$40.00 a ticket (includes one support person) \*Price goes up to \$50.00 April 1, 2020!

**Come on out in your country styled attire to dance and sing along to the classics of Shania Twain live in concert! A snack is included! Shania will be signing autographs after the concert!**

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!

**Program Search Number 11717**

Please contact Wendy King at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850 if you have any questions.



## DIY Sign Workshop

Please join us for a fun afternoon and create your own sign! Crafters will paint a stencil (on a pre-prepared wood sign) that will be ready to go home with you and hang on your wall! We will have additional embellishments you can add to your sign! We will contact you to pick your design option!



When: Wednesday June 24, 2020  
1:00 – 2:30 pm

Where: Sunbeam Centre - Gym (2747 Kingsway Drive Kitchener)

Cost: \$20.00 (Support person free)

Sign up by visiting  
[www.mycommunityhub.ca](http://www.mycommunityhub.ca) and  
search program number 11667 or  
contact us!

Contact Wendy King if you have any questions about this program at 519 580 8850 or email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)





## Spring Pillow Craft

Join us for a fun afternoon to create your own spring themed pillowcase!

This craft includes a pillow insert. We will contact you to select your design option!

When: Wednesday May 20, 2020  
Time: 1:00 – 2:30 pm  
Where: Sunbeam Centre - Gym  
(2747 Kingsway Drive Kitchener)  
Cost: \$20.00 (Support person free)



Sign up by visiting [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search program number **11668** or contact us!

Contact Wendy King if you have any questions about this program at 519 580 8850 or email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)

## MUSIC PROGRAMS



### MUSIC APPRECIATION

Musical sessions that promote appreciation of different types of music; give the opportunity for creative self-expression through singing and playing instruments; enhance meaningful social interactions and improve overall quality of life. Come join us for an hour of music and fun with Sherry Minassian and Jackie Naccache

Mondays 10:00am-11:00am in  
Sunbeam Centre's Gym  
Cost: \$72.00



Meeting dates: April 6, April 20 May 11, May 25 June 8, June 22

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number **11744** to sign up online!

Contact Wendy King at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850 if you have any questions

# Piano Café

**Afternoon social with live background piano music**



Cost: \$ 2.00  
 When: Thursday, April 16 2020  
 Where: Sunbeam Centre Day Program  
 2749 Kingsway Drive Kitchener  
 Time: 1:00—2:30pm



Enjoy live background piano music while having a drink and a cookie. Socialize with old and new friends or feel free to sing along or play percussion instruments!



Register online at  
**MyCommunityHub.ca**

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!

Program Search Number: 11702

Contact Wendy King if you have any questions at  
[w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850

## AROMATHERAPY BRACELETS!

Come out and create you very own personalized bracelet!

**Tuesday May 26, 2020**

**1:00 – 2:30 pm**

**Sunbeam Centre Day Program**

**\$15.00**



Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number **11696** to sign up online!

Register online at  
**MyCommunityHub.ca**



Contact Wendy King if you have any questions at  
[w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850





# LIGHT BULB AQUARIUMS!



Please join us for a fun afternoon to create your own under the sea light bulb aquarium! Please note that we are using plastic nonfunctioning crafting light bulbs.

DATE: Tuesday June 30<sup>th</sup> 2020  
TIME: 1:00-2:15pm  
COST: \$12.00  
LOCATION: Sunbeam Centre Day Program  
2749 Kingsway Drive Kitchener



Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!  
Program Search Number 11742

Contact Wendy King if you have any questions at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850



# DRUM CIRCLE

Tap into the benefits of a drum circle, be entertained, listen and participate. Join the circle for the love of music and percussion and for the benefits of physical, emotional and social well-being. Let's see where the rhythm will go and what stories we can create. These sessions will focus on creating community through drumming.



Cost: \$12.00

Monday April 20, 2020 1:00-2:30 PM

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number (11709) to sign up online!

Contact Wendy King at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850 if you have any questions.



## MUSIC MORNING CAFE

**Thursdays 10:00-11:00 AM**

Register on [mycommunityhub.ca](http://mycommunityhub.ca)  
Search program number:

|                |       |
|----------------|-------|
| April 30, 2020 | 11750 |
| May 28, 2020   | 11751 |
| June 25, 2020  | 11752 |

In the Sunbeam Centre Gym!

COME OUT AND ENJOY LISTENING  
TO RYAN THE MUSCIAN SING AND  
PLAY GUITAR IN THE GYM!

\$5.00 a person (Support person free)

For more information please contact Wendy  
King at 519 580 8850 or email  
[w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)



## Woodworking 101

Assemble and paint a small seasonal woodworking project that you can take home! Please note that we will be meeting twice to complete this project! This time we will be constructing a birdfeeder!



Cost: \$20.00  
When: Friday June 19 and  
Thursday, June 25, 2020  
Where: Sunbeam Centre Day Program  
2749 Kingsway Drive Kitchener  
Time : 1:00—2:30pm

Register online at  
**MyCommunityHub.ca**



Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!

Program Search Number: 11701

Contact Wendy King if you have any questions at  
[w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850



## Fathers Day Frames!



**Join us to paint a picture frame,  
you will get to take home your  
frame and put your favourite  
picture in it!**

**When: Wednesday, June 17 2020**

**1:00pm-2:30pm**

**Where: Sunbeam Centre Gym**

**2749 Kingsway Drive**

**Cost: \$12.00**



Register online at

**MyCommunityHub.ca**

MY TIME. MY ACTIVITIES. MY CHOICE.

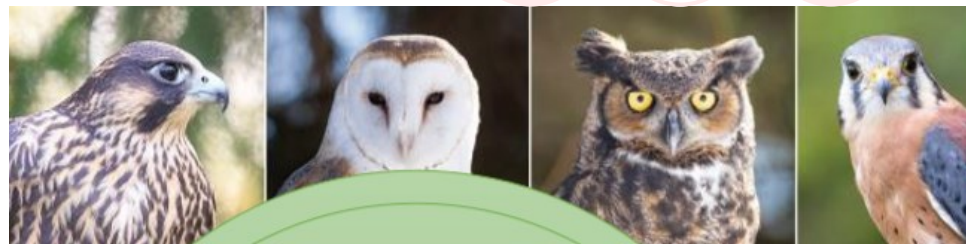
Program Search Number: 11716

If you have any questions, please contact

Wendy King at 519 580 8850 or

email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)

## OUTING PROGRAMS



## MOUNTSBURG

**Visit Mountsburg and enjoy  
the raptor bird show, the  
petting zoo, aviary, and  
walking trails!**

We will be meeting and ending at  
Sunbeam Centre for this outing.  
Please bring along a cold packed  
lunch, sunscreen, bugs spray, hat,  
along with any other items you may  
need to be outdoors!

**Saturday**

**May 30, 2020**

**9:30 – 2:30 pm**

**Cost: \$100.00**



Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search  
the program name or number **11720** to sign up online!



Register online at

**MyCommunityHub.ca**

Contact Wendy King at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)  
or 519-580-8850 if you have any questions.



## RARE

Learn to interact with a beautiful landscape by joining us for a hike and craft session at rare! Using natural materials found on our hike, we will learn about and experiment with several ways we can make art from nature's materials! Learn how to make unique brushes out of plants found on the forest floor, explore natural colour, and try charcoal drawing! Come dressed for mess, all skill levels welcome

**Saturday May 2, 2020**

**1:30 – 3:00 pm**

**Cost: \$65.00**

We will be meeting at rare

1679 Blair Road Cambridge ON N3H 4R8

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number 11747 to sign up online!

Contact Wendy King at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850 if you have any questions.



## Tie-Die T-Shirts

Come join us and make your own tie-died T-Shirt!

**Where:** Sunbeam Centre Gym

**Cost:** \$15.00

**Time:** 1:00 – 2:30pm

**When:** Tuesday, April 21, 2020 (Search number 11700)

Tuesday, June 9, 2020 (Search number 11697)



Register online at  
[MyCommunityHub.ca](http://MyCommunityHub.ca)

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!

Contact Wendy King if you have any questions at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850





## Easter Tote Bags



Join us for a fun afternoon to create your own Easter tote bag and then do a Easter egg hunt in the gym!

When: Tuesday April 7, 2020 at 1:00 – 2:30 pm

Where: Sunbeam Centre - Gym (2747 Kingsway Drive Kitchener)

Cost: \$20.00 (Support person free)

Sign up by visiting [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search program number 11665 or contact us!

Contact Wendy King if you have any questions about this program at 519 580 8850 or email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)

## OUTING PROGRAMS



## PET EXPO

Enjoy the super dogs, petting zoo and the doggie fashion show!

We will be meeting and ending at Sunbeam Centre for this outing. Please bring along a cold packed lunch



**Saturday**  
**May 2, 2020**  
**9:30 – 2:30 pm**  
**Cost: \$100.00**

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number **11719** to sign up online!

Contact Wendy King at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850 if you have any questions.





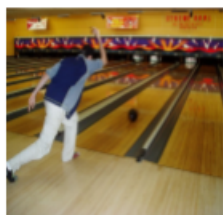
## Lets Go Bowling With Us At Kingpin Bowl Cambridge Centre

Cost: \$12.00 (Includes 1 game and Shoes)

When: Thursday May 14, 2020

Where: Kingpin Cambridge  
(Cambridge Centre Mall  
355 Hespeler Road Cambridge)

Time : Meet at KingPin Bowl for 12:30 pm  
Arrange pick up for 2:30 pm



Come out and challenge your friends to a game of Bowling. Great place to meet new people. We will have the use of bumpers and ramps if needed to get the best score that you can.



Register online at  
**MyCommunityHub.ca**

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!

**Program Search Number: 11704**

Contact Wendy King if you have any questions at  
[w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850

## CRAFT PROGRAMS



Come join us for...

## BUBBLE PAINTING!



**JUNE 16th**

**1:00-2:15PM**

**2749 KINGWAY  
DRIVE**

Come paint with us this afternoon  
for lots of fun using paint and  
bubbles!

Cost \$12.00



Register online at  
**MyCommunityHub.ca**  
MY TIME. MY ACTIVITIES. MY CHOICE.

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and  
search the program name or number to sign up online!  
Program Search Number: 11708

Contact Wendy King if you have any questions at  
[w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850





## Pebble Art



Cost: \$15.00 includes (Includes all supplies and a snack)

When: Thursday, May 7, 2020

Time: 1:00—2:30 pm

Where: Sunbeam Centre Day Program

Come on out and create your  
very own masterpiece!



Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number **11694** to sign up online!



Contact Wendy King at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850 if you have any questions.

## OUTING PROGRAMS



## MUSEUM

Discover the world of bees,  
bees, bees! How bees effect  
the world and how the world  
affects them!

We will be meeting and ending at  
Sunbeam Centre for this outing.  
Please bring along a cold packed  
lunch

**Saturday**  
**April 25, 2020**  
**9:30 – 2:30 pm**  
**Cost: \$100.00**



Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number **11718** to sign up online!



Contact Wendy King at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850 if you have any questions.





# FISHING

Get ready for a day of fishing at Pinehurst Conservation area!

We will be meeting and ending at Sunbeam Centre for this outing. Please bring along a cold packed lunch, sunscreen, bugs spray, hat, along with any other items you may need to be outdoors! Bring a fishing pole if you have one, otherwise we will provide one for you!

**Saturday**  
**June 6, 2020**  
**9:30 – 2:30 pm**  
**Cost: \$100.00**

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number **11721** to sign up online!



Contact Wendy King at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850 if you have any questions.

PINKIES OUT! YOU'RE INVITED!

## DIY Fascinators and High Tea



*Come make a fascinator and enjoy a cup of tea! All supplies included!*

May 27 1-2:30  
 Sunbeam Centre Gym  
 (2749 Kingsway Drive)  
 Cost: \$15.00



If you have any questions, please contact Wendy King at 519 580 8850 or email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)



Program Search Number:  
 11691



YOU'RE INVITED TO JOIN OUR

# Easter Egg Colouring

Participants will get to take home 6 custom coloured eggs!

MONDAY APRIL 6, 2020  
1:00PM-2:30PM

SUNBEAM CENTRE GYM (2749 KINGSWAY DRIVE)

COST: \$12.00

 **SUNBEAM CENTRE**

Register online at  
**MyCommunityHub.ca**  
MY TIME. MY ACTIVITIES. MY CHOICE.

Program Search Number: 11690

If you have any questions, please  
contact Wendy King at 519 580 8850  
or email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)



 **SUNBEAM CENTRE**

# Spring Flower Cupcakes



Cost: \$15.00

When: Tuesday, May 5, 2020

Time : 1:00-2:30 pm

Where: Sunbeam Centre  
Day Program  
2749 Kingsway Drive Kitchener



Come on out and let your creativity flow as we decorate cupcakes together! Please contact us if you have any dietary requests or allergies, so we can prepare accordingly.

**Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!**

 Register online at  
**MyCommunityHub.ca**  
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**Program Search Number 11707**

Contact Wendy King if you have any questions at  
[w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850





## Cooking for Tea Time



Cost: \$20.00

When: Tuesday, April 28, 2020

Where: Sunbeam Centre Day Program  
2749 Kingsway Drive Kitchener

Time: 1:00-2:30 pm

Come on out and make some snacks for tea time. We will be making pinwheels, deviled eggs, salmon & cucumber sandwiches and raspberry tarts. Enjoy sampling our snacks and different types of both hot and cold teas. Please contact us if you have any dietary requests or allergies, so we can prepare accordingly.



Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!

Program Search Number: 11706



Contact Wendy King if you have any questions at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850



## Painting Clay Pots!

Come join us to paint a clay pot for Mother's Day!

Wednesday, May 6 2020

Sunbeam Centre 6ym

2749 Kingsway Drive

1:00pm-2:30pm

cost: \$12.00



Register online at

**MyCommunityHub.ca**

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Program Search Number: 11689

If you have any questions, please contact

Wendy King at 519 580 8850 or  
email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)





# Pimp My Ride

## Pimp My Ride!

Please join us for a fun afternoon of personalizing your wheelchair or walker! Decorate your ride from top to bottom with stickers, fun tapes, signs, and whatever else you can dream up!

A light snack will be provided. Light cleaning with a steam cleaner is optional for all attendees!

Monday June 29, 2020

1:00-2:30 pm

In the Sunbeam Centre Day Program

Cost \$12.00

Register online at  
**MyCommunityHub.ca**

**Program Search Number: 11759**

Contact Wendy King if you have any questions about this program at 519 580 8850 or email [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)



## COOKING PROGRAMS



## 'Land of Smiles'

Celebrate Thai New Year's (Songkran)

When: Tuesday April 14, 2020

Time: 11:00 am – 1:00 pm

Where: Sunbeam Centre Day Program

Cost: \$12.00

Learn about Thai  
culture and experience  
the joy of Cooking!



We will be cooking Pad Thai with sticky rice followed by a mango dessert!  
Please contact us if you have any dietary concerns!

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!

**Program Search Number 11699**

Contact Wendy King if you have any questions at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850



## Ice Cream Social



Cost: \$6.00

Includes all ingredients

When: Tuesday, June 23, 2020

Time: 1:00-2:30 pm

Where: Sunbeam Centre Day  
Program (2749 Kingsway  
Drive Kitchener)



Come out and enjoy a delicious ice  
cream Sunday!



Register online at

**MyCommunityHub.ca**  
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Program Search Number 11698

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the  
program name or number to sign up online!

Contact Wendy King if you have any questions at  
[w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850

## SLIME TIME

Join us for a fun afternoon  
making slime! Participants  
will get to take their slime  
home at the end of the  
program

Monday June 15  
1:00-2:30 pm  
Cost: \$12.00

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and  
search the program name or number **11760** to sign up online!



Register online at

**MyCommunityHub.ca**



Contact Wendy King at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com)  
or 519-580-8850 if you have any questions.





## Sock Puppet & Storytelling

Cost: \$ 15.00

(Includes your supplies  
and a light snack)

When: Tuesday May 12, 2020

Where: Sunbeam Centre

Time: 1:00-2:30



Program Number:11693

Come on out and create your very own sock puppet and use it to  
tell a story!

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search  
the program name or number to sign up online!



Contact [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850 if you have any  
questions. A minimum number of participants is required for this  
program to run.



## Therapeutic Pool & Snoezelen Spa Evening Swim

Swimmers can enjoy open use of both the  
therapeutic pool and Snoezelen spa.

Participants who require assistance with personal care  
or assistance in the pool are required to bring their own  
support person. There is no additional charge when you  
bring a staff. A Deck staff is provided. Please note this is  
an unsupervised pool, so there are no lifeguards.

**\$150.00 for 10 swim sessions**

Register online with My Community Hub!

The following sessions are available:

| Day    | Start and End      | Time           | Search # |
|--------|--------------------|----------------|----------|
| Monday | April 20 – June 29 | 3:30 – 5:30 pm | 11753    |
| Monday | April 20 – June 29 | 5:30 – 7:30 pm | 11754    |

We will be closed Monday May 18<sup>th</sup> for Victoria Day.

Questions? Contact the Pool Staff directly at  
519 893 6200 extension 239 or email  
[pool@sunbeamcentre.com](mailto:pool@sunbeamcentre.com)







## Health & Wellness

Cost: \$15.00  
 When: Friday June 26, 2020  
 Where: Sunbeam Centre  
 Day Program  
 Time: 1:00-2:30 pm



Come on out and enjoy gentle exercise & prepare a healthy snack. Learn about health, nutrition and exercise for any level. All supplies and equipment is included for the session!

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!



Register online at

**MyCommunityHub.ca**  
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**Program Search Number 11692**

Contact [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850 if you have any questions. A minimum number of participants is required for this program to run.

## STENCIL PILLOWS

Join us as we create our own unique pillow covers with paint and stencils! A pillow insert is included in this program

**Friday May 1, 2020**

**Sunbeam Centre Day Program**

**Cost: \$20.00**

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or **11761** to sign up online!



Register online at

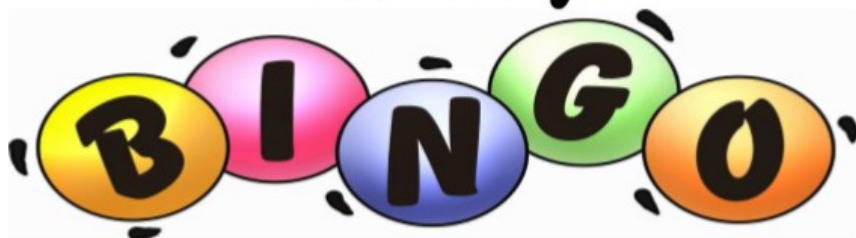
**MyCommunityHub.ca**



Contact Wendy King if you have any questions at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850



## Lets Play



Cost: \$12.00 (Includes 2 cards & a snack)

When: **Thursday April 30, 2020**

Program Search Number: 11703

**Thursday June 11, 2020**

Program Search Number: 11705

Where: Sunbeam Centre Day Program

Time : 1:00-2:30 pm



Register online at

**MyCommunityHub.ca**

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!

Contact Wendy King if you have any questions at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850



## GAME CAFE

Come on out and challenge your friends at our game's café! We will be playing Uno, Sequence, and connect four! A snack will be provided

**\$40.00**

**Sunday April 26, 2020**

**Sunbeam Centre Gym**

**2749 Kingsway Drive Kitchener**

**1:00—3:00pm**

Contact us to register or visit [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and search the program name or number to sign up online!

Program Search Number: **11755**



Register online at

**MyCommunityHub.ca**



Contact Wendy King if you have any questions at [w.king@sunbeamcentre.com](mailto:w.king@sunbeamcentre.com) or 519-580-8850