

ROOTN' TOOTN' GOOD TIMES

FALL PASSPORT PROGRAMS
SEPTEMBER/OCTOBER 2023



HOWDY FRIENDS!

**IT'S THE TIME OF YEAR WHEN THE DAYS
GET COOLER AND THE DAYS GET
SHORTER... AND THE RECREATION &
WELLNESS DEPARTMENT HAVE LOTS OF
FUN ACTIVITIES PLANNED!**

**THE THEME FOR
SEPTEMBER AND OCTOBER IS
EVERYTHING AUTUMN AND WESTERN!
SO GIDDY UP PARTNERS!**



SEPTEMBER



Tuesday September 5th - Cowboy Hat

decorating - 10:00-11:00 Supplies will be provided to decorate your own cowboy hat. You will be all set for the next two months of western activities and you can wear it around the house if you want! **Cost:** \$20 **Location:** KCC **Format:** sign up

Wednesday September 6th - Western Dance - 1:00-2:00 - Howdy

Partners!—Dosey Doe and around we go - We are having a Western Theme Dance. Wear your cowboy hats and your best

plaid shirt. **Cost:** \$10 **Location:** Sunbeam Gym **Format:** sign up

Wednesday September 6th - Western Dance - 6:00-7:00 - Howdy Partners!

—Dosey Doe and around we go - We are having a Western Theme Dance. Wear your cowboy hats and your best plaid shirt. **Cost:** \$10 **Location:** Sunbeam Gym

Format: sign up



Thursday September 7 - Terra Cotta

Modelling Clay Class 1:00-2:00 Use Terra

Cotta Modelling Clay to make a cactus.

Participants will model clay into the shape they choose. Pieces will be kept to dry with instructors and will be delivered with paint to homes after 2 weeks. **Cost:** \$30 **Location:** KCC

Format: sign up



Tuesday September 12th - Games Café - 10:00-11:00 -

Bring your favourite board game or card game and meet with friends to spend a fun afternoon. Or use one of the games provided. **Cost:** \$10 **Location:** KCC **Format:** sign up



Wednesday September 13th - Liverpool— Beatles Lunch and a Show 12:00-3:30 Bingeman's Lunch and a show features the

Beatles this month. You can sing along to “Yellow Submarine” and “Hey Jude” **Cost:** \$67.95—discount for those not eating lunch plus support/staff ticket **Location:** Bingemans **Format:** sign up

Thursday September 14th - 1:00-2:00 Kim Atkins will be singing some country songs for us. Listen to her play her guitar and maybe request a song or two. **Cost:** \$18 **Location:** KCC **Format:** sign up



Monday September 18th - Fall Activity Kits - Get into the Fall spirit with a box full of fun fall activities. There is something for all of the senses. **Cost:** \$25 **Pick up or delivery :** Sunbeam Centre or can be delivered for a fee of \$5 **Format:** sign up



Tuesday September 19th - Western Games 10:00-11:00 - Ya'll gotta come down and try your hand at some fun Western Games. This includes Panning for Gold, Milking the Cow, and Aim Trainer. **Cost:** \$20

Location: KCC **Format:** sign up

Wednesday September 20th - Summer Send Off - BBQ and a Show 11:00-2:00 Rebecca will be singing some modern and classic country songs, including Carrie Underwood and Dolly Parton. Wear your cowboy hat and get ready to sing along. Lunch will be served after the show - hamburgers/hotdogs/salad/dessert/drink **Cost:** \$40 **Location:** Sunbeam Gym **Format:** sign up



Thursday September 21st - Fall Leaves Watercolor Class 1:00-2:00 Precut fall leaf shapes will be used to create your own unique fall leaves with a variety of water colors. All supplies provided. Each participant will get 3 leaves to complete and take home. **Cost:** \$30 **Location:** KCC **Format:** sign up

Sunday September 24th - Sunday Funday 10:00-2:30 Little Tracks is coming back! This time they are bringing the whole farm! Goats, chickens, sheep, alpacas, ducks and rabbits. They will be here from 10-11. Then enjoy some time in the gym either making a craft or playing some games...or do both!

Cost: Come just for the morning = \$40 Come just for the afternoon = \$20 Come for the whole day = \$50 **Location:** Sunbeam Outdoors/Gym **Format:** sign up – Please specify time of day that you are arriving.





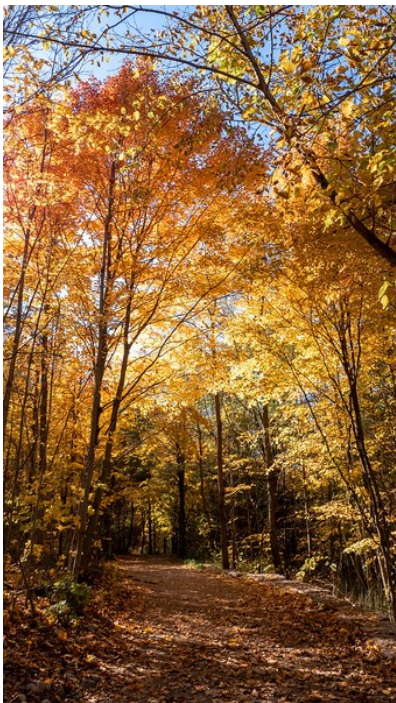
Tuesday September 26th - [Western Bingo](#) 10:00-11:00 - Try your luck at Western Bingo. For this picture bingo we will use pictures around a Cowboy and western theme. Prizes to be won!!
Cost: \$15 **Location:** KCC **Format:** sign up

Thursday September 28th - [Luke Allan Performs](#) 1:00-2:00 - Luke will entertain us with some new and classic country songs. Gitty up partners, let's sing some songs! **Cost:** \$20 **Location:** KCC **Format:** sign up

Friday September 29th - [All about Apples Baking Class](#) 1:00-2:30 - We will bake a special apple dessert and learn about other ways to use apples. **Cost:** \$25 **Location:** Sunbeam Centre—Life Skills **Format:** sign up



Wednesday Walks in September - [September 6th, 13 and 27th](#) 1:00-2:00 - We will meet these 3 Wednesdays in September at Huron Natural Park at the Picnic Shelter right by the parking area. Please arrive early so that we can walk together. Apple cider will be served at the end of the walk. You can have either hot or cold for an additional \$2. **Cost:** \$10 **Location:** 801 Trillium Drive Kitchener **Format:** sign up— Please specify which dates you will be joining us when registering.



OCTOBER



Tuesday October 3rd - [Inflatable Bowling](#) 10:00-11:00 - We have a giant inflatable bowling set. It is so fun! Prizes to be won!! **Cost:** \$10 **Location:** KCC **Format:** sign up



Thursday October 5th - [Fall Craft and Gratitude Tree Craft](#) 1:00-2:00 - Get ready for Thanksgiving with a cute toilet paper pumpkin centerpiece and a Gratitude Tree craft to share with those close to you. **Cost:** \$20 **Location:** KCC **Format:** sign up



Tuesday October 10th - Art with Rina 10:00-11:00 - Let your creativity flow! Participants will use paint to create a fall scene with cotton balls. **Cost:** \$20 **Location:** KCC **Format:** sign up



Wednesday October 11th - Oktoberfest Celebration - Black Forest Band - Bingemans Lunch and a Show 12:00-3:30 - Enjoy an

afternoon of traditional German fare for lunch and then a wonderful Oktoberfest performance by the "Black Forest Band" - Prost! **Cost:** \$67.95 - discount for those not eating. **Location:** Bingemans **Format:** sign up

Thursday October 12th - Fall and Halloween Sensory 1:00-2:00 - Use your senses to discover all things related to Fall and Halloween. Touch, scent, sight, and sound will be the senses that will be covered. **Cost:** \$20 **Location:** KCC **Format:** sign up

Tuesday October 17th - Fall Aromatherapy Class 10:00-11:00 - During this Class participants will get to explore scent through scented playdoh and tactile objects. We will get to try different scents that remind us of the season. **Cost:** \$15 **Location:** KCC **Format:** sign up

Thursday October 19th - Country and Western Dance Class 1:00-2:00 - Yovanna from Kynamics will teach us some seated country and western dances. No experience required. Just bring your enthusiasm and a cowboy hat! Yee Haw! **Cost:** \$16 **Location:** KCC **Format:** sign up



Saturday October 21st - Oktoberfest Party?? 11:00-1:00 - Stay tuned!

Interested in a Lunch and show for Oktoberfest at the Centre? Let us know!!

Cost: ??? **Location:** Sunbeam Centre Gym **Format:** sign up

Sunday October 22nd - Sunday Funday 10:00-2:00 -

Enjoy a full day of fun at the Centre. In the morning we will do a Halloween craft/sensory program. In the afternoon there will be special entertainment. **Cost:** \$30 **Location:**

Sunbeam Centre Gym **Format:** sign up





Tuesday October 24th - [Making Treat Bags/Candy Sampling](#) 10:00-11:00 - Come “test” the classic Halloween treats and help the team pack some treat bags that will be handed out for Halloween. A fun social event to talk about Halloween and candy! Yay! **Cost:** \$10 **Location:** KCC **Format:** sign up

Wednesday October 25th - [Halloween Day Dance](#) 1:00-2:00 - Dress in your Halloween costumes or spooky accessories for our Halloween Dance. You can test out your costume before Halloween! Prizes for most scary, most creative and cutest costumes. **Cost:** \$10

Location: Sunbeam Centre Gym **Format:** sign up

Wednesday October 25th - [Halloween Night Dance](#) 6:00-7:00 - Dress in your Halloween costumes or spooky accessories for our Halloween Dance. You can test out your costume before Halloween! Prizes for most scary, most creative and cutest costumes. **Cost:** \$10 **Location:** Sunbeam Centre Gym **Format:** sign up



Thursday October 26th - [Pumpkin Carving](#) 1:00-2:00 - Each participant will get to carve their own medium sized pumpkin. Use tools and materials provided to carve and decorate your pumpkin as you like. **Cost:** \$32

Location: KCC **Format:** sign up



Friday October 27th - [Spider Cookie Baking](#) 1:00-2:30 - Learn how to bake spider cookies—but don’t worry there are no spiders in them! Recipe and instructions will be provided to create your own Spider cookies. **Cost:** \$24 **Location:** KCC **Format:** sign up

Tuesday October 31st - [Halloween Social](#) 10:00-11:00 - Come in your costume to enjoy a Halloween Social with friends. We will play some games and show off our costumes. **Cost:** \$10

Location: KCC **Format:** sign up

Tuesday October 31st - [Halloween Visits](#)

2:30-4:30—The Recreation and Wellness Team will come to visit your home dressed in our finest costumes with treats for you! Let us know if you would like us to trick or treat at your place. Maybe we will even do some tricks! **Cost:** \$10

Location: Your Home! **Format:** sign up





Brae Ridge Alpaca & Horse Farm - We have booked a date a month for a group of 6-8 to go to Brae Ridge Alpaca and Horse Farm in Puslinch—Get up close to feed alpacas and horses. Your group will be the only ones on the farm so you get the tour guides full attention. If you would like to book one of the following dates for your group home let us know!

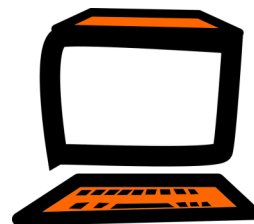
◆ **Wednesday September 27th —11:00-12:00**

◆ **Wednesday October 25th —11:00-12:00**

Cost: \$60 for one van load **Location:** 7667 Maltby Rd E, Puslinch

Max number of participants: No more than 8 in a vehicle **Format:** sign up

How to Register:



Please register for all programs by: **August 18th/2023**

Please email: k.vgoll@sunbeamcommunity.ca

Or Call: 519-893-6200 x1211

To register we need to know :

- ◆ Names of Persons Served that are attending
- ◆ Name/s of Staff/Family Member attending with persons served
- ◆ Special Considerations—Assistance with participation/diet/sensitivities

Cancellation Policy ...

If a participant is unable to attend an event please cancel within 24 hours of the program start time. If there is no cancelation within the 24 hours, the participant will be charged for the program.

Terms of Participation

- Participants must be accompanied by a support person (CLS/RPN/Family member) for the duration of the event.
- Support person/s will be expected to assist participants so that they are able to participate fully for the entire program.
- Medications & Feeds will not be administered by Recreation and Wellness staff.
- Transportation to and from all events must be arranged by Support Person.
- All fees for programs that have a cost, will be charged to participant passport after program has taken place.
- Program fees do include cost for passport hours of event.
- Support staff are responsible to document attendance to the program in group stat notes.
- If a participant is unable to attend an event please cancel within 24 hours of the program start time. If there is no cancelation within the 24 hours, the participant will be charged for the program.
- If a program is at capacity, a waitlist will be established. If a spot becomes available the participant will be offered a spot at least 24 hours before the program start time.
- If food is provided at a program please give dietary restrictions at the time of registration.
- Participants are asked to not attend a program if they are feeling unwell.
- For registration please email k.vgoll@sunbeamcommunity.ca with the following:
 - ◇ Name and Time of the program/s
 - ◇ Name of Person/s Served that are attending
 - ◇ Name/s of Support Person attending with persons served