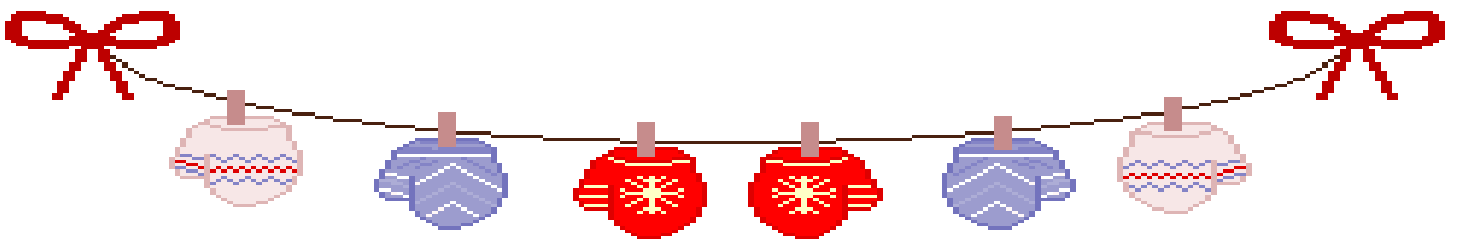


November/December 2023





Hello Friends!

On behalf of the Recreation & Wellness team I have to say we are grateful for the year we have had and all the programs we have shared together. We also look forward to the new year ahead to enjoy many more programs and new people to meet.

We hope to see many of you at our November and December programs. Please note that location KCC is short for Kingsdale Community Centre—72 Wilson Ave in Kitchener

Warm wishes to all of you this season.





Thursday November 2 - Art with Rina— 1:00-2:00 - Let your creativity flow! Participants will use paint to create their one of a kind masterpiece on canvas. Participants can use a variety of applications of paint to canvas including sponge, hands, and brushes. **Cost: \$30**
Location: KCC **Format:** sign up

Saturday November 4 - Oktoberfest Party - 11:00-2:00
- I know, I know—it's November now! - but we thought why not have one last hurrah for October! Dancers, and special guests start our event. Then enjoy an Oktoberfest lunch.
Cost: \$45—\$20 extra for an Oktoberfest Hat **Location:** Sunbeam Gym **Format:** sign up



Tuesday November 7th - Boxing Class Demo with Small Leaps 10:00-11:00 - Small Leaps is a local company that does fun fitness coaching. They have offered us a demo of their boxing fitness class. Come try it out if you are interested. **Cost: \$20** **Location:** KCC **Format:** sign up

Wednesday November 8th - Bowling and Lunch at Kingpin Bingemans 11:00-1:30 Join us on an outing together at Kingpin Bowling in Kitchener. We will bowl first so come promptly at 11. Afterwards we can enjoy a Boston Pizza lunch. This is a wonderful way to socialize with others in the community. Cost includes admission to bowling alley and shoes if needed. **Cost: \$30/ \$50 if eating lunch** **Location:** Kingpin Bowling—425 Bingemans Centre Dr, Kitchener
Format: sign up

Thursday November 9th - Music with Juneyt 1:00-2:00 - Music Favourite Juneyt is back! Let's gather and listen to some lovely music in the afternoon.
Cost: \$30 **Location:** KCC **Format:** sign up

Thursday November 9th - Guys' Night - 4:30-6:30 - Our first official "Guys Night" - Come hang out with us on a night out. We plan to get food, socialize and have some games planned. We will determine food choice once we get an attendance list to see what participants' are interested in. **Cost: \$30**
Location: Sunbeam Gym **Format:** sign up



Monday November 13th - Warm Wishes Activity Kits -

A box full of activities to keep you busy when the weather outside is frightful! There is something for all of the senses.

Cost: \$35 Pick up or delivery : Sunbeam or can be delivered for a fee of \$5 **Format:** sign up



Tuesday November 14th - Warm Sensory 10:00-11:00 -

Learn and experience different ways to warm yourself as the days get cooler. We will use most of our senses to find warmth.

Cost: \$20 **Location:** KCC **Format:** sign up

Wednesday November 15th - Abba- Lunch and a Show

12:00-3:30 Bingeman's Lunch and a show features ABBA - Mama Mia! - Come sing some of their greatest hits and enjoy a social meal. Discounted cost for those not eating.

Must also pay for support person's ticket. **Cost: \$67.95**

Location: Bingemans **Format:** sign up

Thursday November 16th - Crock a doodle Make an Ornament

1:00-2:00 - Prepare for the season by painting an ornament of your choice from Crock a doodle. Please pick which ornament you would like to do - Mitten, Snowman, heart, stocking. We will make sure they are finished and given back to you in time to hang on the tree! **Cost: \$32** **Location:** KCC **Format:** sign up



Sunday November 19th - Sunday Funday - 11:00-2:00 -

Come for some fun games and crafts in the morning - then we will have some entertainment and warm drinks in the afternoon. Emily will bring her guitar to play and will sing some popular tunes.

Bring a bagged lunch to eat at 12:00 if you wish. **Cost: \$35**

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





Tuesday November 21st - Balloon Badminton 10:00-11:00 - Try your hand at some Balloon badminton fun! Use your hands/feet/head to keep those balloons off the ground and get in some enjoyable exercise at the same time. **Cost: \$10 Location: KCC**

Format: sign up

Wednesday November 22nd - Day Dance 1:00-2:00 - Let's Dance! This is an all request dance so let us know what your favourite song is. **Cost: \$10**

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

Wednesday November 22nd - Night Dance 6:00-7:00 - Let's Dance! This is an all request dance so let us know what your favourite song is. **Cost: \$10 Location: Sunbeam Gym**

Format: sign up

Thursday November 23rd - Picture Bingo 1:00-2:00 Have you ever played Picture Bingo? Form a line on your bingo board of pictures. Prizes to be won!! Try your luck and socialize with people from other homes. **Cost: \$10 Location: KCC Format: sign up**

Friday November 24th - Cooking Class with ED - 1:00-2:30 Ed will show us how to make Spring Rolls with Tofu. Participants will get hands on experience with making spring rolls.

Come, learn and taste test the final product. **Cost: \$25**

Location: Sunbeam Life Skills **Format:** sign up

Tuesday November 28th - Festive Evergreen

Arrangements 10:00-11:00 - Smell the pine and cedar branches as we arrange them in pots. Arrangements can be used indoors or outdoors once complete. **Cost: \$50**

Location: KCC **Format:** sign up

Thursday November 30th - Crock a doodle Make a Gift

1:00-2:00 - This class is for making a gift for someone but that someone can also be you! We will make sure they are finished and given back to you in time to give this season. **Cost: \$54 Location: KCC Format: sign up**





Tuesday December 5th - Cookie/Treat Exchange Social 10:00-11:00

- Welcome to our first annual Cookie/Treat Exchange at Sunbeam. Each participant is expected to bring 2 dozen of any cookie/treat that— maybe one of your favourites. Then each participant will exchange with other participants to make a nice variety of treats. What a good way to be prepared for the holidays and socialize at the same time!

Cost: \$15 Location: KCC Format: sign up

Wednesday December 6th - Christmas with Elvis and Friends 12:00-3:30

This is one show you cannot miss – Canada’s No. 1 award winning Elvis impersonator Jay Zanier is joined by Shania Twain, Dolly Parton, Tammy Wynette, Reba McEntire, Brenda Lee and Loretta Lynn. All of these great performers are backed by a fabulous 4-piece band. Hear some of your favorite Christmas songs along with the greatest hits of all of these iconic performers. Come sing some of Christmas tunes and enjoy a social meal. Discounted cost for those not eating. Must also pay for support person’s ticket.

Cost: \$67.95 Location: Bingemans Format: sign up



Thursday December 7th - Festive Wreaths

1:00-2:00 You will complete a lovely wreath that you can hang indoors or outdoors. We will have plenty of crafting supplies to complete a creative wreath that you can take home. **Cost: \$35**

Location: KCC Format: sign up



Friday December 8th - Baking Class with ED - 1:00-2:30

It’s the time of year to make shortbread. Let’s roll out the dough and cut some beautiful holiday cookies. Participants will get to roll, cut and decorate

cookies. **Cost: \$25 Location: Sunbeam Life Skills Format: sign up**



Tuesday December 12th - Felt Christmas Tree Decorating Contest 10:00-11:00

- Each participant will receive a 4 foot felt Christmas Tree to decorate and take home. The participant with the most creative tree will win a prize! **Cost: \$35 Location: KCC Format: sign up**

BEFORE

AFTER



Wednesday December 13th - Christmas at Sunbeam - Lunch and a Show 10:45-1:30 Jackie Grange will be back by popular demand to entertain us with some festive songs. A Swiss chalet lunch will be served at 12:15. Please wear red and green or your favourite Christmas sweater. **Cost: \$70 Location:** Sunbeam Gym **Format:** sign up

Thursday December 14th - Games Afternoon 1:00-2:00 - Bring your favourite game or use one of ours. A fun way to get together and socialize. **Cost: \$10 Location:** KCC **Format:** sign up



Sunday December 17th - Sunday Funday - 11:00-2:00 - We will have a gingerbread decorating contest in the morning. Then in the afternoon we will have a Karaoke party. Let's warm up those vocal cords and sing some festive songs and requested songs. **Cost: \$35 Location:** Sunbeam Gym **Format:** sign up

Tuesday December 19th - Chair Yoga - 10:00-11:00 - Stretch and move your body to release tension in your body. Yoga is known to encourage the body to move and breathe at the same time to calm

the body. Class will be designed to be completed in the seated position. No experience required. **Cost: \$10 Location:** KCC **Format:** sign up

Wednesday December 20th - Semi-Formal Christmas Dance 6:00-7:00 - Let's dress up and have a dance. Dress in your favourite outfits and dance the night away. **Cost: \$10 Location:** Sunbeam Gym **Format:** sign up

Thursday December 21st - Holiday Sensory 1:00-2:00

To get our senses ready for the holidays we will supply a holiday sensory box that each participant can take home to use. Each box will include all the senses - smell, touch, taste, sound and sight. We will show you how to use each and **Cost: Location:** KCC **Format:** sign up **Cost: \$45 Location:** KCC **Format:** sign up





Wednesday December 27th - Peter Pan - The Panto—St Jacobs Country Playhouse 1:00-4:30 - Join us for the holiday season as the beloved tale about the boy who never grew up becomes awash in swash and buckle. Float through the clouds to Never Land and be reunited with all your favourite characters. You'll be hooked! I have 3 wheelchair accessible

seats and 3 regular seats. First come first serve. **Cost: \$63 - support person gets in free with an access 2 card** **Location:** St.Jacobs Country Playhouse **Format:** sign up

Thursday December 28th - Inflatable Bowling 1:00-2:00 We have a giant inflatable bowling set. It is so fun! Prizes to be won!! **Cost: \$10** **Location:** KCC **Format:** sign up



Sunday December 31st - Happy New Years—Sunday Funday- 11:00-2:00 - Ring in an early new years with us! In the morning we will do a craft making party hats and noise makers—In the afternoon we will have a mock count down and dance/social/karaoke to celebrate.



Cost: \$50 for the whole day - \$25 for half day **Location:** Sunbeam Gym **Format:** sign up



We have Kitchener Rangers Tickets! - In Gold 5 and upper Blues for all Sunday Games at 2pm. Please let us know if you are interested in tickets and which dates you prefer. First come first served. **Tickets : \$26** - access 2 cards are not accepted - Support staff need a ticket too.

- ⇒ **Sunday November 12th at 2:00 p.m.** - Opponent = Sault Saint Marie
- ⇒ **Sunday January 14th at 2:00 p.m.** - Opponent = Ottawa
- ⇒ **Sunday February 18th at 2:00 p.m.** Opponent = Sudbury
- ⇒ **Sunday March 3rd at 2:00 p.m.** Opponent = Kingston

We can also assist in getting tickets for Tuesday and Friday night games at 7pm if you are interested!



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 include cost for passport hours of event.
- 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 on waitlist 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