

# April 2024

# Holland



Goedemorgen/Goedenmiddag or  
Good Morning/Good Afternoon,

This month we will be travelling to Holland which is known  
for windmills, wooden clogs, and tulips.

Please note the time change to our Tuesday activities:

All Tuesday afternoon programs will now be offered from  
1:00 to 2:00

Kingsdale Community Centre (KCC)  
72 Wilson Ave - Kitchener.

A reminder that we have started a new Friday afternoon  
Baking/Cooking program at:

1:00 -2:30

Centreville Chicopee Community Centre (CCCC)  
141 Morgan Ave Kitchener

If you have any comments, questions, or concerns, please  
contact us:

Krista Voisin Goll

[k.vgoll@sunbeamcommunity.ca](mailto:k.vgoll@sunbeamcommunity.ca)

519 683 6200 ext. 1211

Office - Across from the Pool

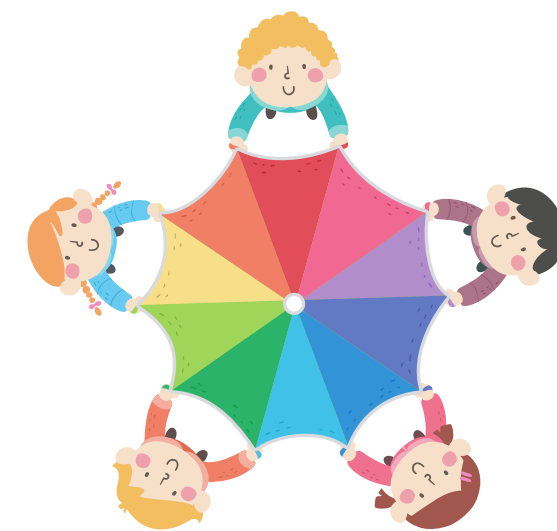
Tot Zjens or See You Later





**Tuesday, April 2 - Parachute Games - 1:00 - 2:00**

Join us as we play some parachute games.  
Can you keep the ball in the middle of the parachute?



**Cost:** \$12 **Location:** KCC **Format:** Sign-up

**Thursday, April 4 - "Best of Friends" Music Group - 1:00 - 2:00**

Musical Group, "The Best of Friends" will be performing their hits. Join us for a good time with upbeat music.

**Cost:** \$30 **Location:** KCC **Format:** Sign-up

**Friday, April 5 - Baking - Oliebollen - 1:00 - 2:30**

Traditional Dutch oliebollen or doughnuts are made by frying yeast dough balls and dusting them with confectioners' sugar. Join us as we make these delicious treats.



**Cost:** \$35 **Location:** CCCC **Format:** Sign-up

**Tuesday, April 9- Craft - Clay Clogs - 1:00 - 2:00**

The Dutch are known for their wooden shoes. Here is your chance to make some clay ones. Once they are dry you can paint them at home with whatever design you choose.



**Cost:** \$25 **Location:** KCC **Format:** Sign-up

**Wednesday, April 10 - Lunch & Karaoke Time- 11:30 - 2:30**

Join us for lunch and an opportunity to sing along with your favorite singer or musical group. We will start with lunch at 11:30. Once registered you will pick your meal from our special menu. After lunch we will have our own private room to sing.

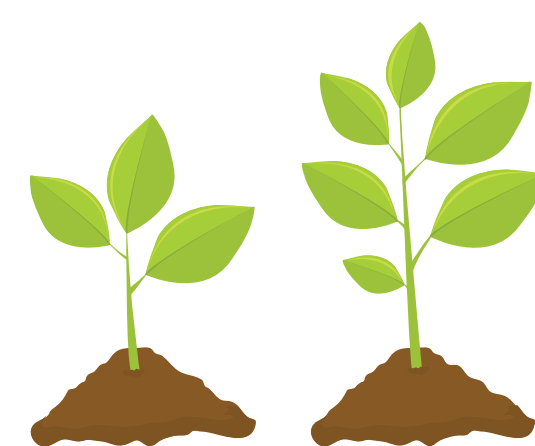
**Cost:** \$62 includes lunch for self, staff, and karaoke

\$35 no lunch, just karaoke

**Location:** Chicago 1 Hespeler Rd., Cambridge **Format:** Sign-up

**Thursday, April 11- Green Thumb Club -1:00 - 2:00**

Come and plant some seeds and watch as your creations grow!  
Includes pots/dirt/seeds for three types of plants.



**Cost:** \$30 **Location:** KCC **Format:** Sign-up



**Friday, April 12 - Gym Time - 1:00 - 2:30**

Let's shake off the winter blahs and get active! Join us for some fun and games in the gym at the Chicopee Community Centre!



**Cost:** \$ 25 **Location:** CCCC **Format:** Sign-up

**Tuesday, April 16 - Dance**

**1:00 - 2:00 & 6:00 - 7:00**

Time to get out your dancing shoes! Join us for some of your favorite music and show us your special moves.

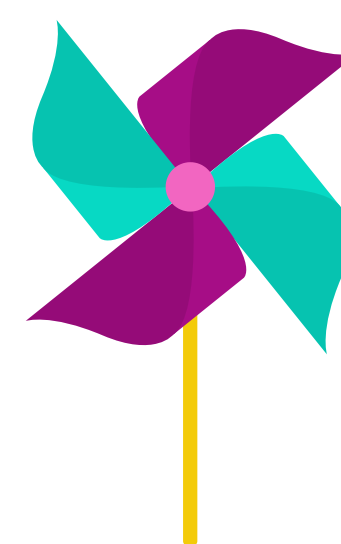


**Cost:** \$10 **Location:** Sunbeam Gym **Format:** Sign-up

**Thursday, April 18 - Craft - Windmills and Pinwheels**

**1:00 - 2:00**

The Netherlands is known for their windmills. Come and join us as we create some windmills and pinwheels that you can take home.



**Cost:** \$25 **Location:** KCC **Format:** Sign-up

**Friday, April 19 - Baking- Lemon Blueberry Dutch Baby**

**1:00 - 2:30**

Loaded with juicy blueberries and fresh lemon zest, this cross between a crepe, popover, and pancake, puffs up beautifully in the oven and is sure to impress.



**Cost:** \$35 **Location:** CCCC **Format:** Sign-up

**Sunday, April 21 - Sunday Fun Day 10:00 - 2:30**

In the morning we will prepare a delicious lunch which will include a delicious pizza dressed just how you like. Then there will be a lot of fun in the afternoon. We will keep it a surprise!

**Cost:** \$35 for half a day and no lunch

\$55 for full day and no lunch

\$65 for full day with lunch

**Location:** Sunbeam Gym **Format:** Sign-up





**Tuesday, April 23 - Tulip Arranging - 1:00 - 2:00**

Holland is known for their beautiful tulips. This afternoon we will do some tulip arranging that you can take home to enjoy!



**Cost: \$30 Location: KCC Format: Sign-up**

**Wednesday, April 24- Lunch & Show: Material Girls  
12:00 - 3:30**

Bingeman's Lunch and a show features the Material Girls! Come sing along and enjoy a social meal. Discounted cost for those not eating. Must also pay for support person's ticket.



**Cost: \$72.95 Location: Bingemans Format: Sign-up**

**Thursday, April 25 - Sjoelbak or Dutch Shuffleboard 1:00 - 2:00**

A Sjoelbak is the board used for a game known as Dutch Shuffleboard or Sjoelen. Sjoelen consists of each player being given three chances to slide the disks along the two meter (6.5 feet) table in an attempt to get them through 4 arches at the other end. Get your competitive juices flowing as we play this game.



**Cost: \$12 Location: KCC Format: Sign-up**

**Friday, April 26 - Baking - Boterkoek - 1:00 - 2:30**

This delicious Dutch boterkoek (butter cake) is moist with an intense almond flavor. It's a favorite in most Dutch households! Join us as we make this scrumptious cake.



**Cost: \$35 Location: CCCC Format: Sign-up**

**Tuesday, April 30 - Water Colour Sensory - 1:00 - 2:00**

Indulge your senses by creating a beautiful water colour painting.

**Cost: \$30 Location: KCC Format: Sign-up**



## 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
- Support staff must wear a surgical mask while at the program. Participants are encouraged to wear a mask if they can tolerate it.
- Participants are asked to not attend a program if they are feeling unwell
- Medications and 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 will be charged to participant passport after the program has taken place. If signing up through My Community Hub, cost will be charged at time of registration.
- Program fees include cost for passport hours of event and any supplies needed unless otherwise specified.
- If a participant is unable to attend an event please cancel within 24 hours of the program start time. If there is no cancellation within 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 the 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/allergies at time of registration.
- For Sunbeam persons served, 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 of Support Person attending with persons served
- For community participants, please go to My Community Hub to register at **<https://mycommunityhub.ca>**



# SUNBEAM BOARDING PASS

FLIGHT 0524



## THE NETHERLANDS----> MEXICO

DEPART: AMSTERDAM, NETHERLANDS  
APRIL 30

ARRIVE: MEXICO CITY, MEXICO MAY 1

