

# MAY 2024 Mexico!





Hola or Saludo,

This month we will be travelling to Mexico which is known for their delicious food, upbeat music, and colourful piñatas.

We will continue with our Friday baking classes in May - trying our skills with traditional Mexican baking. Many crafts and games are planned too!

We look forward to seeing you as we continue travelling around the world.

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





**Thursday, May 2 - Social Art - Palm Tree - 1:00 - 2:00**

Mexico is known for its warm climate. Join us as we paint a “Quiet Beach” - no experience is required – we all create at our own pace



**Cost:** \$ 36 **Location:** KCC **Format:** Sign-up

**Friday, May 3 -Baking - Cinnamon Cookies - 1:00 - 2:30**

At this baking program learn how to make polvorones de canela, a traditional Mexican cookie with cinnamon and powdered sugar.

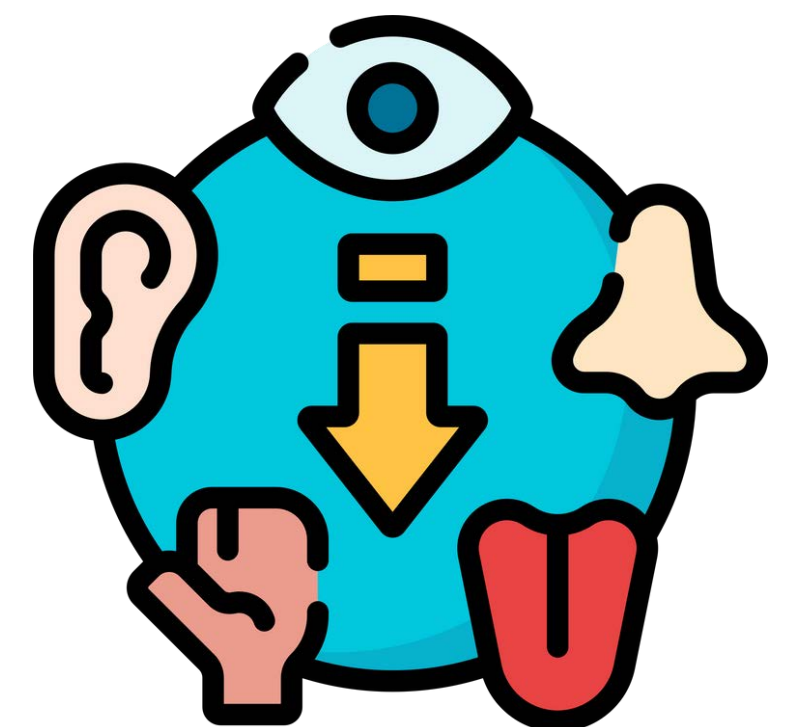
**Cost:** \$28 **Location:** CCCC **Format:** Sign-up



**Tuesday, May 7 - Travel to Mexico Sensory**

**1:00 - 2:00**

Come and experience the sights, sounds, and smells of Mexico by engaging your senses.



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

**Thursday, May 9-Loteria (Bingo)- 1:00 - 2:00**

A traditional game of chance, loteria—the Spanish word for lottery—is often referred to as Mexican bingo, where illustrated cards depicting the Mexican aesthetic replace bingo balls. Come and join us to see how lucky you are. Prizes to be won!

**Cost:** \$14 **Location:** KCC **Format:** Sign-up





**Friday, May 10 -Gym Time - 1:00 - 2:00**

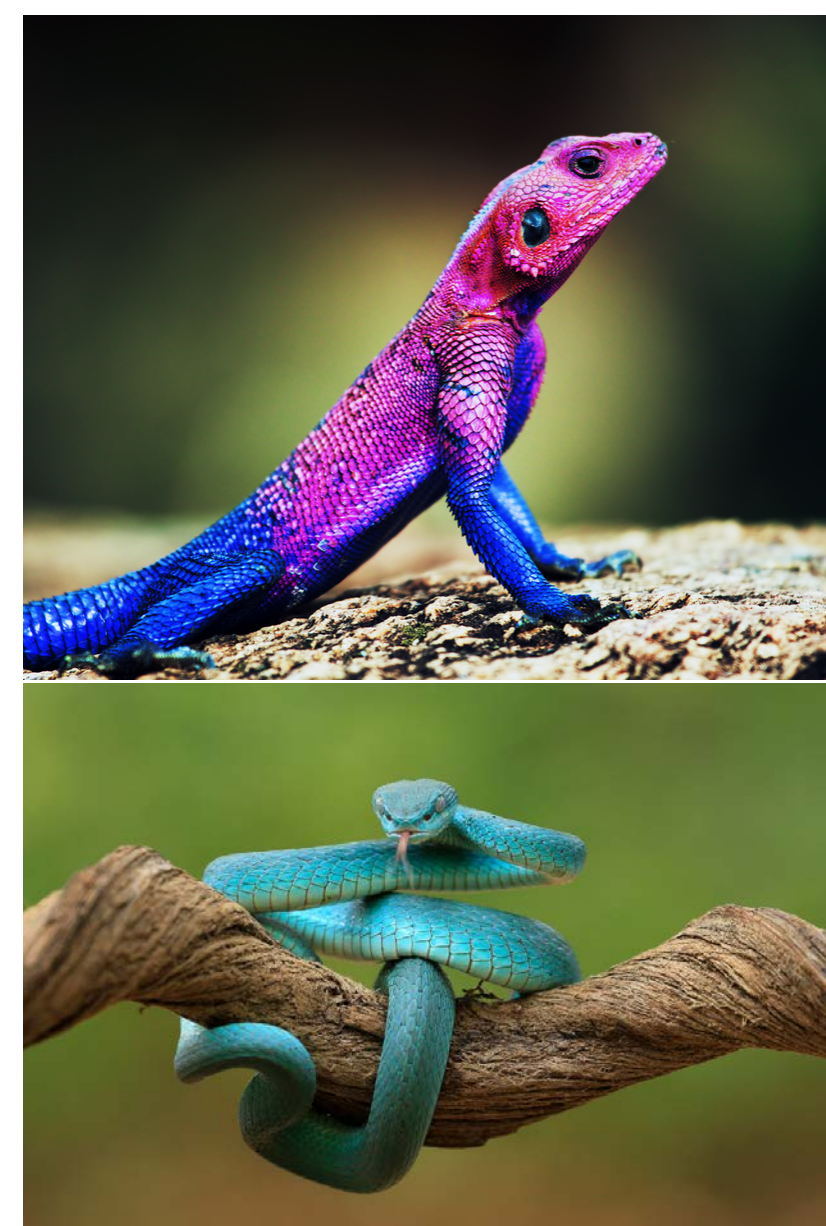
Join us for some gym time of exercise and fun at the Centreville Chicopee Community Centre (CCCC).

**Cost:** \$20 **Location:** CCCC **Format:** Sign-up

**Monday, May 13 -Little Ray's - 1:00 - 2:00**

If you have an interest in exotic animals, then this is the place and time to be. Meet amazing reptiles and small animals like ferrets and hedgehogs. This will be a fun learning and interactive afternoon!

**Cost:** \$17 **Location:** Sunbeam Gym **Format:** Sign-up



**Tuesday, May 14 -Day Dance - 1:00 - 2:00**

What's your dance style? Hip hop, reggae, or the moonwalk? Whatever it is, come and show us your special moves.

**Cost:** \$12 **Location:** Sunbeam Gym **Format:** Sign-up



**Tuesday, May 14 -Night Dance - 6:00 - 7:00**

What's your dance style? Hip hop, reggae, or the moonwalk? Whatever it is, come and show us your special moves.

**Cost:** \$12 **Location:** Sunbeam Gym **Format:** Sign-up



### **Thursday, May 16-Papel Picado/Paper Flowers Craft - 1:00 - 2:00**

Papel picado is a traditional Mexican craft that features colorful paper sheets with intricate cut-out details. Also, paper flowers are traditional folk art from Mexico. They are made from tissue paper or crepe paper and are beautiful with vibrant colors. They are used as decoration for all kinds of celebrations, including weddings and parties. Come and join us as we create these crafts today.

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



### **Friday, May 17 -Baking - Mexican Rice Pudding- 1:00 - 2:30**

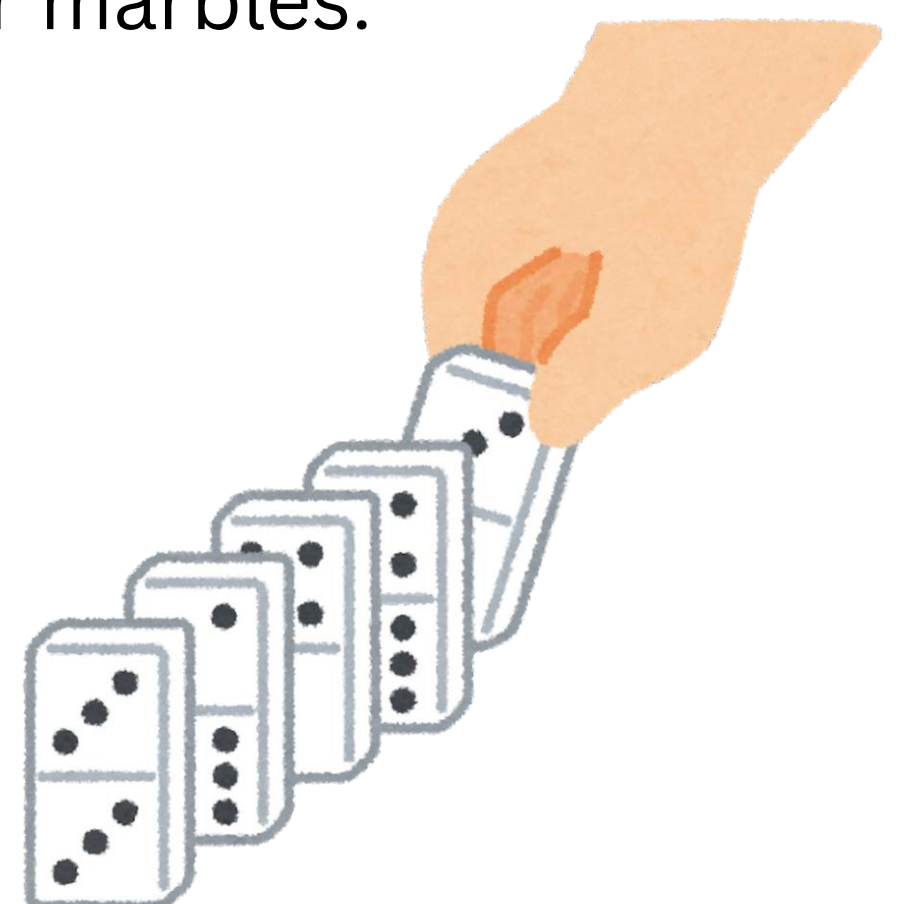
Arroz con Leche (Mexican rice pudding) is a comforting, creamy, and delicious Mexican dessert. Join us as we make this traditional delectable dessert.

**Cost:** \$28 **Location:** CCCC **Format:** Sign-up

### **Tuesday, May 21- Mexican Games Day - 1:00 - 2:00**

In the colorful tapestry of Mexican culture, games play a significant role in bringing people together, fostering community, and ensuring that every gathering is infused with laughter and joy. Come and join as we play some Mexican games such as dominos or marbles.

**Cost:** \$15 **Location:** KCC **Format:** Sign-up





**Wednesday, May 22 - Bingeman's Lunch and Show - Patsy Cline/Loreta Lynn - 12 - 3:30**

If you have an interest in country and western music, then you will enjoy this duo. Join us at Bingeman's for a lunch and a show, and 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:** Bingeman's Marshall Hall

**Format:** Sign-up

**Thursday, May 23- Musical Entertainment - Ryan Major - 1:00 - 2:00**

Ryan is well known to the Sunbeam community. He has played in many group homes and day program for a number of years. Come listen, sing, and dance to the songs performed by Ryan.

**Cost:** \$20 **Location:** KCC **Format:** Sign-up

**Friday, May 24 -Sopapilla Cheesecake Bars - 1:00 - 2:30**

Sopapillas are puffy Mexican pastries coated in cinnamon, sugar, and drizzled with honey. These bars of creamy cheesecake filling sandwiched between two layers of pastry will be so yummy. Join us as we make this delicious treat.

**Cost:** \$28 **Location:** CCCC **Format:** Sign-up





**Tuesday, May 28-Piñatas- 1:00 - 2:00**

A piñata is a container made of papier-mâché, pottery, or cloth. It is decorated, filled with candy, and then broken as part of a celebration. Join us as we make some piñatas for you to take home.



**Cost: \$30 Location: KCC**

**Format: Sign-up**

**Thursday, May 30-Craft - Maracas or Castanets 1:00 -2:00**

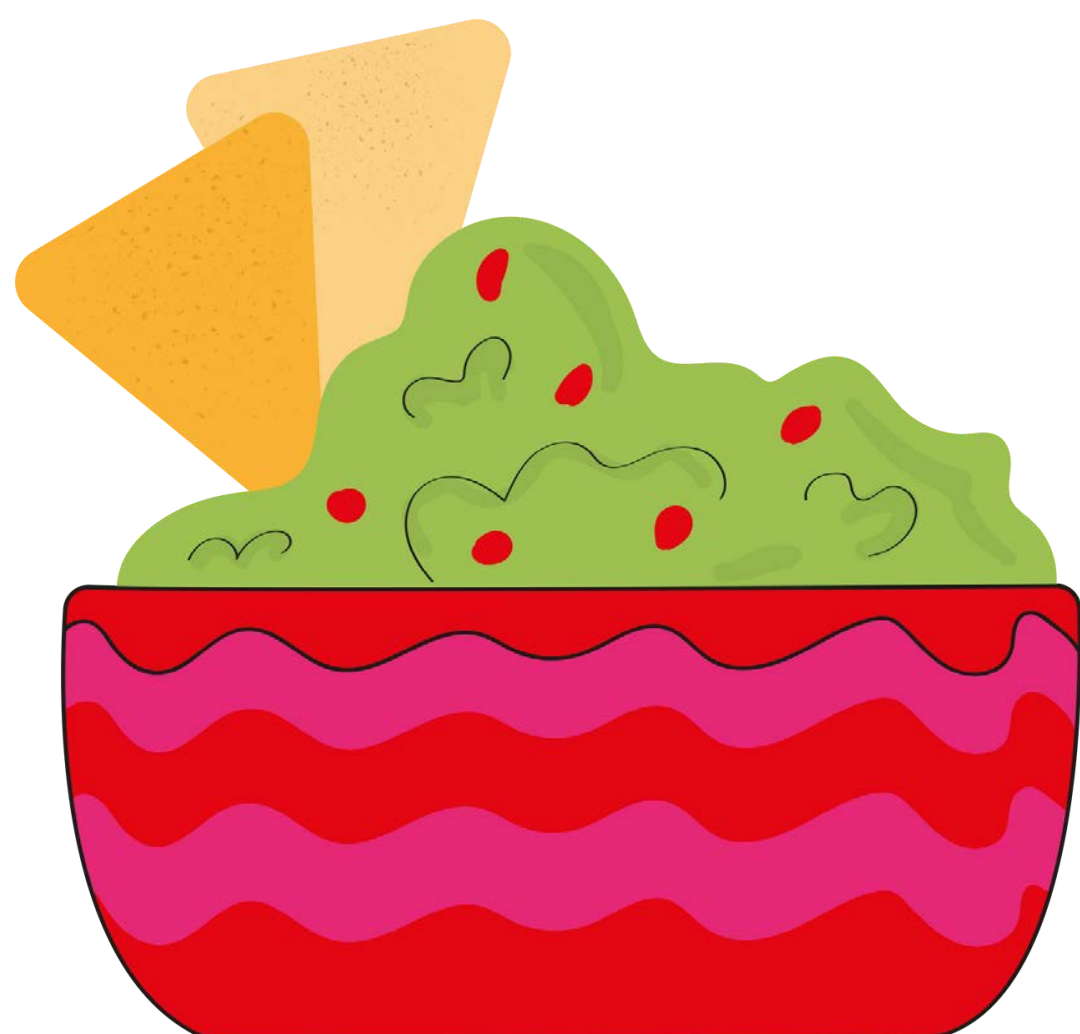
Percussion instruments are musical instruments that are sounded by being struck or scraped by a beater including attached or enclosed beaters or rattles. Come and join us as we make some Mexican percussion instruments that you can take home.

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

**Friday, May 31 -Baking - Guacamole and Pico De Gallo - 1:00 - 2:30**

Today we will make guacamole and Pico de Gallo from scratch. Experiment with making your own favor of guacamole with a variety of ingredients.

**Cost: \$28 Location: CCCC 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>**