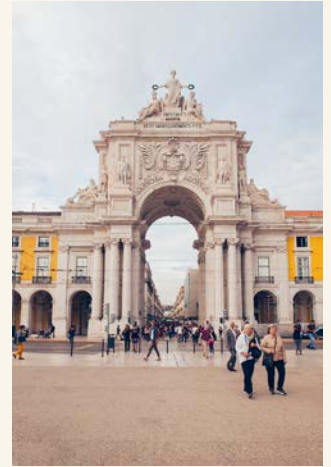


Faro



Lisbonne



Porto

# JUNE 2024 PORTUGAL

Ola Bomydia,

This month we will be travelling to Portugal which is one of the oldest countries in Europe. Its territory has been continuously settled and fought over since prehistoric times. Portugal is known for its gothic architecture, diverse cuisine, famous painters, and folk music.

In June, we have some exciting programs planned. For example, we will be facilitating a BBQ, Pub Night, and Strawberry Social.

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

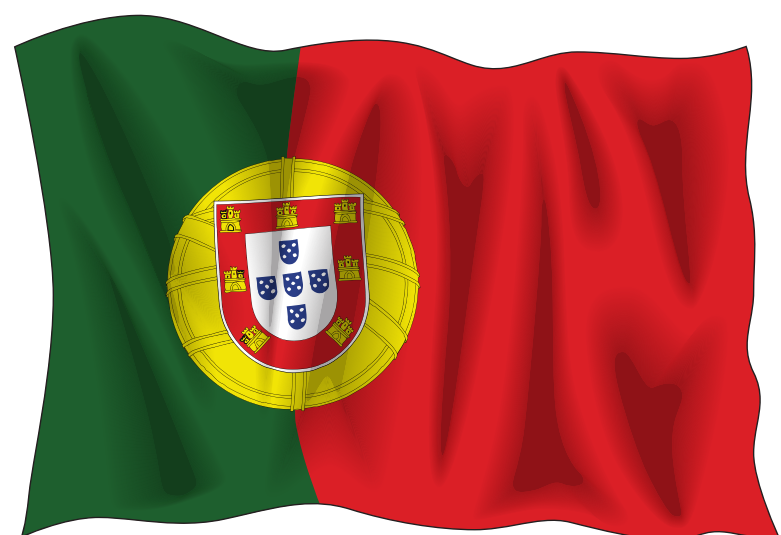
If you have any comments, questions, or concerns, please contact us:

Krista Voisin Goll

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

519 683 6200 ext. 1211

Office - Across from the Pool



**Tuesday, June 4- Board Games - 1:00 - 2:00**

Are you feeling competitive? Join us for an afternoon of board games and socialization.

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

**Thursday, June 6-Portugal Sensory - 1:00 - 2:00**

Join us as we experience the sights, sounds, and smells of Portugal.

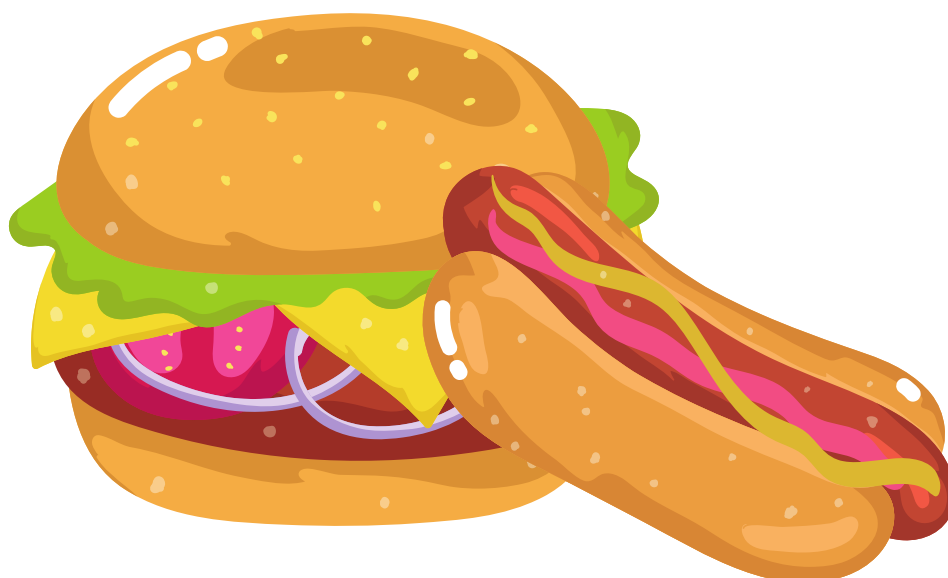
**Cost:** \$22 **Location:** KCC **Format:** Sign-up



**Friday, June 7 - BBQ and Music with Best of Friends 11:00 - 2:00**

Are you feeling hangry? Come and satisfy your appetite with a hamburger or hot dog. If weather permits, the music will be outside.

**Cost:** \$50 - \$35 if not eating **Location:** Sunbeam Centre **Format:** Sign-up



**Tuesday, June 11-Day Dance- 1:00 - 2:00**

Come and show us your favorite moves! Got song requests? Let us know.

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

**Tuesday, June 11 - Night Dance - 6:00 - 7:00**

Come and show us your favorite moves! Got song requests? Let us know.

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



**Wednesday, June 12 - Bingeman's Lunch and Show - Shake, Rattle, and Roll 50's Dance Party - 12:00 - 3:30**

Come and shake, rattle, and roll at Bingeman's to some of your favorite 50's music. Come sing along and enjoy a social meal. Discounted cost for those not eating. Must also pay for support person's ticket.

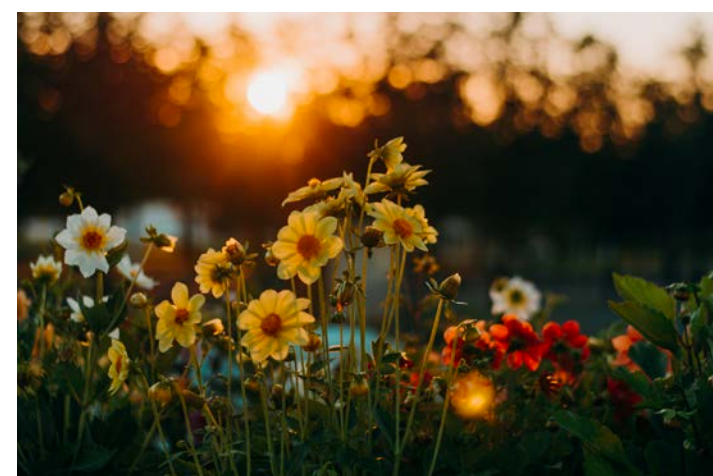
**Cost:** \$72.95 or \$40 if not eating lunch

**Location:** Bingeman's

**Format:** Sign-up

**Thursday, June 13 - Flower Craft - 1:00 - 2:00**

In June, Portugal has a flower festival in late May. We also enjoy the beauty of many different flowers in our gardens and in the country side. Come and make a flower to take home with you.



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

**Friday, June 14 - Little Orange Cakes - 1:00 - 2:30**

Bolinhos or little orange cakes have a lovely orange flavour and are so moist and delicate you can't just have one! Join us as we make this delicious treat.

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



**Tuesday, June 18-Portugal Cork Textiles - 1:00 - 2:00**

Portugal is known for its textiles. This textile Craft involves pieces of cork. We will paint the cork with designs and stencils. These can then be used these as coasters, designs to hang on the wall or give away!

Join as we make some to take home.

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

**Wednesday, June 19 - Kingpin Bowling - 11:00 - 1:30**

Join us on an outing together at Kingpin Bowling in Kitchener. Please arrive promptly at 11:00. After bowling, we can enjoy a Boston Pizza lunch. Staff support will also get lunch for an additional \$5/staff. Lunch includes unlimited fountain pop, two slices of pizza (cheese, vegetarian or deluxe) and garden salad. If you have any dietary needs, please let the recreation staff know. This is a wonderful way to socialize with others in the community. Cost includes admission to the bowling alley and shoes if needed.

**Cost:** \$35 - Bowling only or \$55 for Bowling & Lunch plus \$5 for each staff support

**Location:** Kingpin Bowling - 425 Bingemans Centre Dr., Kitchener

**Format:** Sign-up



**Thursday, June 20 - Parachute Games - 1:00 - 2:00**

Join us for an afternoon of fun as we play some parachute games.

**Cost:** \$12 **Location:** KCC

**Format:** Sign-up



**Thursday, June 20 - Pub Night - 6:00 - 7:00**

Come by for some mocktails, chit chat, and fun! The musical group will be “Tropical Beat Band” - a salsa band. We hope to be outside, weather permitting.

**Cost:** \$35 includes 2 mocktails or near beers

**Location:**

Outside - In front of Sunbeam

If bad weather than inside the Sunbeam gym

**Format:** Sign-up



**Tuesday, June 25 - Strawberry Social & Music - 1:00 - 2:00**

Come and join us for some delicious strawberries and entertainment by Juneyt who plays the Spanish guitar and sings a variety of songs.

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



**Thursday, June 27 - Friendship Bracelets & Picture Frames - 1:00 - 2:00**

Join our special guest to create friendship bracelets and decorate picture frames.

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



**Friday, June 28 - Ice Cream Social & Music- 1:00 - 2:00**

“I scream, you scream, we all scream for ice cream!” Join us for this summer time treat and be entertained by Gerry Cutting at the same time.

**Cost:** \$20

**Location:**

Outside - In front of Sunbeam

If bad weather, we will keep you posted

**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 0607



**PORTUGAL** -----> **CANADA**

DEPART: LISBON, PORTUGAL JUNE 30

ARRIVE: TORONTO, ON, CANADA JULY 1

