



JULY 2024

CANADA



Happy July!!



This month we will be exploring our very own country, Canada. Canada is known for its beautiful mountains, attractions, and poutine... eh

Please note the **location changes** to our Tuesday and Thursday activities:

All Tuesday/Thursday afternoon programs will now be offered at **Sunbeam Community and Developmental Services** in **Program Room 4**, right by the Seating Clinic.

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

Nicole Tailby

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519 893 6200 ext. 1234

Office - Across from the Pool



Tuesday, July 2 - Canadian Boardgames - 1:00 - 2:00

Canada isn't just known for its poutine! Come learn to play some of the best Canadian-made board games out there!

Cost: \$15 **Location:** Sunbeam - Rm 4 **Format:** Sign-up



Thursday, July 4 - Canadian Sensory - 1:00 - 2:00

Experience the sights, sounds, and smells of Canada by engaging your senses.

Cost: \$22 **Location:** Sunbeam - Rm 4 **Format:** Sign-up

Friday, July 5 - BBQ & Music with Melanie Erin - 11:00 - 1:30

Summer is the time to get together for good food and music! Join us as we welcome Melanie Erin to Sunbeam and enjoy some food from the grill!

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



Tuesday, July 9 - Dances

Day Dance 1:00 - 2:00 & Night Dance 6:00 - 7:00

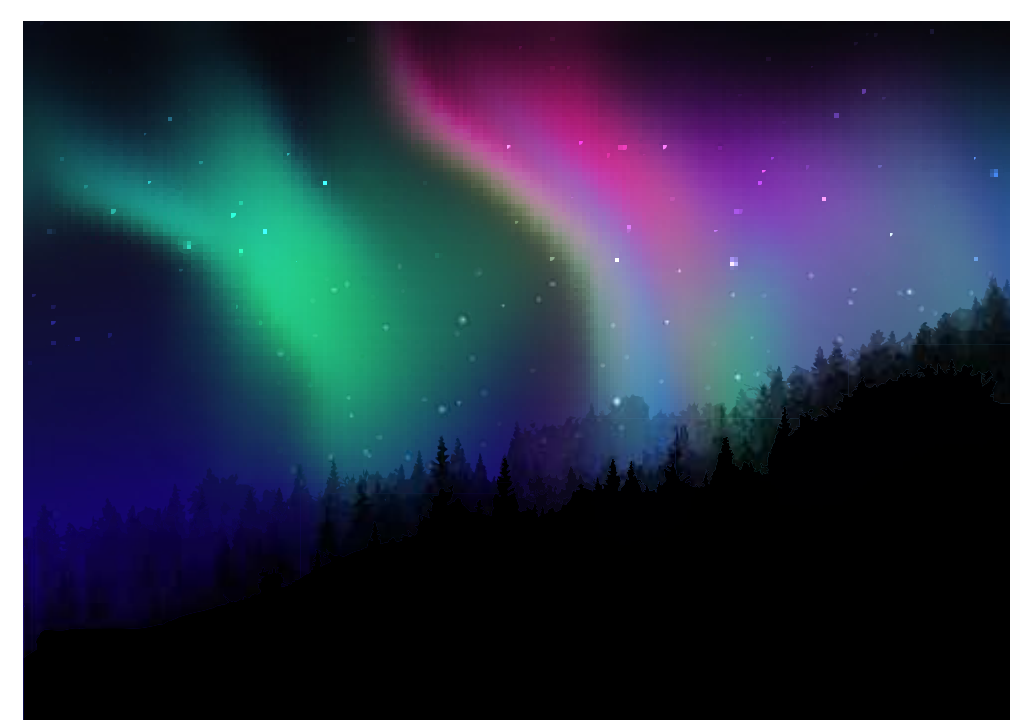
Time to get out your dancing shoes! Join us for some of your favourite music and show us your moves.

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

Thursday, July 11 - Northern Lights Craft - 1:00 - 2:00

Have you ever wanted to see the northern lights, also known as aurora borealis? Enjoy making your own with this beautiful, fun, and colourful craft!

Cost: \$30 **Location:** Sunbeam Centre - Rm 4 **Format:** Sign-up



Friday, July 12 - Baking Fridays - Butter tarts - 1:00 - 2:30

Featuring a crumbly pastry and a melt-in-your-mouth buttery filling, join us as we learn to make this delicious treat!

Cost: \$ 28 **Location:** Sunbeam - Lifeskills **Format:** Sign-up



Sunday, July 14 - Sunday Fun Day - 10:00 - 2:30

In the morning we will prepare a delicious lunch which will include a delicious sub sandwich dressed just how you like. Then there will be a lot of fun in the afternoon. We will keep it a surprise! Hint: Keep your eyes wide open!

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, July 16 - Miss T the Bubble Queen -

1:00 - 2:00

Enjoy the magic of bubbles in this intriguing performance by Miss T the Bubble Queen. Who knew you could do that with bubbles! Rain plan: sunbeam gym



Cost: \$32 **Location:** Sunbeam - outside front doors

Format: Sign-up

Thursday, July 18 - Minute-to-win-it! - 1:00 - 2:00

Have you ever thought about how much you can do in a minute? Bring your competitive spirit as we compete in a variety of fun games and activities to race the clock!

Cost: \$20 **Location:** Sunbeam - Rm. 4 **Format:** Sign-up

Friday, July 19 - Baking Fridays - Nanaimo Bars - 1:00 - 2:30

Do you like coconut and chocolate? At this program we will learn how to make this delicious Canadian-born layered treat bar!

Cost: \$28 **Location:** Sunbeam - Lifeskills **Format:** Sign-up



Tuesday, July 23 - Canadian Bingo! - 1:00 - 2:00

Get ready to yell “Bingo!” and win some fun prizes with this Canadian edition of traditional bingo!



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

Thursday, July 25 - Science Day - 1:00 - 2:00

Ever want to be a scientist? This is your time to shine! Come try different experiments and labs as we explore the world around us! Rain plan: sunbeam gym



Cost: \$20 **Location:** Sunbeam - outside front doors **Format:** Sign-up

Thursday, July 25 - Pub night - 6:00 - 7:00

Join us for some tasty drinks and snacks while socializing with your friends! Enjoy a special live musical performance by Ryan Major! we hope to be outside, weather permitting.

Cost: \$35 includes 2 mocktails or near beers

Location: Sunbeam - outside front doors or gym depending on weather

Format: Sign-up

Friday, July 26 - Baking Fridays - Maple Glaze Shortbread - 1:00 - 2:30

What combination could possibly be better than cookies and maple? Come join us as we make this delectable sweet treat!

Cost: \$28 **Location:** Sunbeam - Lifeskills **Format:** Sign-up



Monday, July 29 - Pocket Pets - 1:00 - 2:00

Learn about these fun little critters at this adorable and interactive program!

Cost: \$28 **Location:** Sunbeam - gym **Format:** Sign-up

Tuesday, July 30 - Waterloo Park Picnic - 11:00 - 1:00

Bring lunch or some snacks to enjoy a lovely day in the sun at Waterloo Park, where we'll visit the animals and play some fun outdoor games!

Unfavourable weather conditions may cancel this event. We'll keep our fingers crossed!



Cost: \$30 **Location:** Waterloo Park **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
- 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 **recreation@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 0708



CANADA -----> **FRANCE**

DEPART: TORONTO, CANADA JULY 31

ARRIVE: PARIS, FRANCE AUGUST 1

