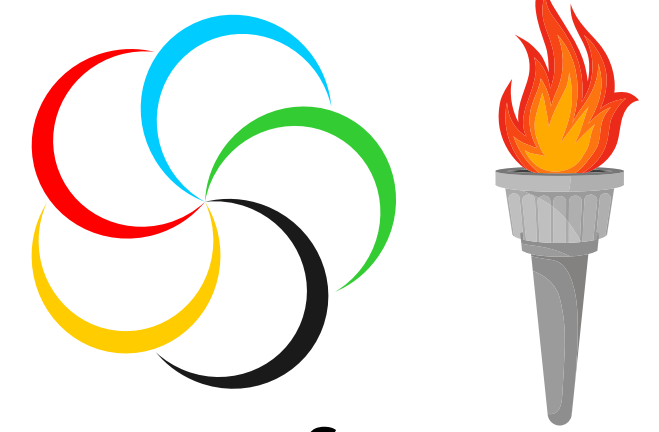


Come enjoy the cultures and tastes of France
with us

AUGUST 2024 FRANCE



Happy August!!



This month we will be exploring France! France is known for its architecture, desserts, and stunning artwork! This year, they are also hosting the 2024 Summer Olympics!

Please note the **location changes** to our Tuesday, Thursday, and Friday 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.

All Friday Baking Programs will be at **Sunbeam Community and Developmental Services** in **Life Skills**.

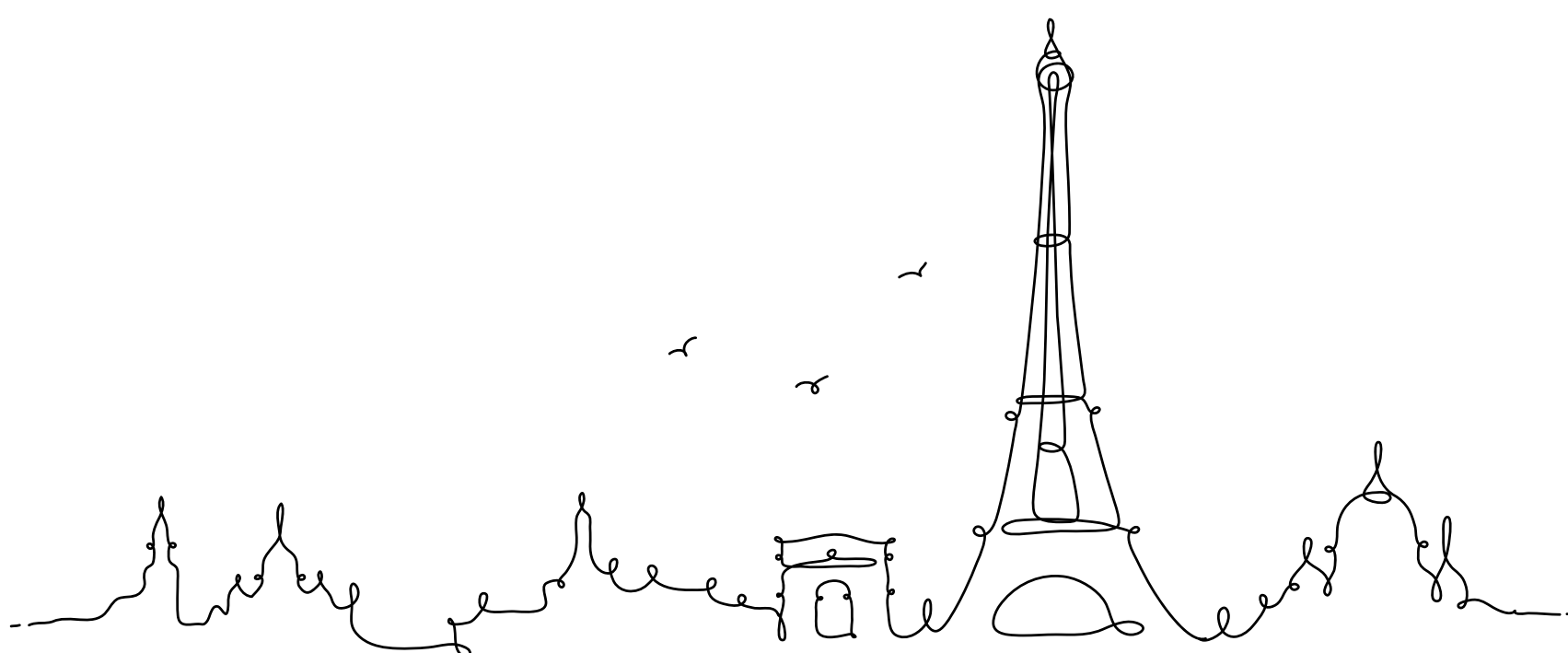
If you have any comments, questions, or concerns, please contact us:

Nicole Tailby

n.tailby@sunbeamcommunity.ca

519 893 6200 ext. 1234

Office - Across from the Pool



Thursday, August 1 - Citrus Sensory - 1:00 - 2:00

Fête du Citron is a French festival where citrus is made into beautiful works of art! Join us as we celebrate the beauty of citrus in this engaging sensory program.

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



Friday, August 2 - Baking Fridays - Crepes - 1:00 - 2:30

Crepes are a thin pancake that you can decorate with your own toppings! Come make this delicious breakfast item with us!



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

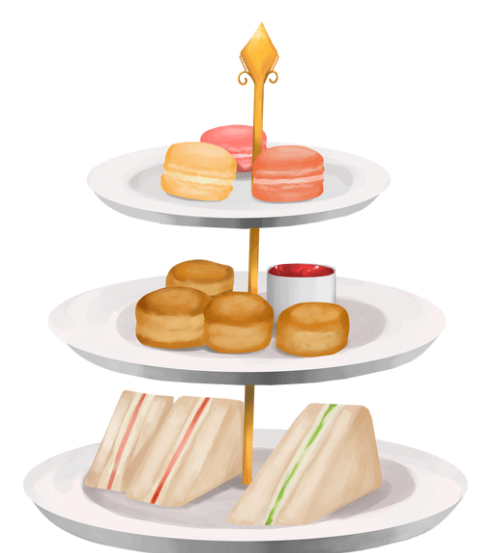
Tuesday, August 6 - Stained Glass - 1:00 - 2:00

France is known for its beautiful stained glass windows, join us as we make our own stained glass art!

Cost: \$25 **Location:** Sunbeam - Rm 4 **Format:** Sign-up

Thursday, August 8 - Tea Social - 1:00 - 2:00

Tea anyone? Enjoy some tea and tasty treats at this social event. Pinkies out!



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

Friday, August 9 - Baking Fridays - Galette - 1:00 - 2:30

Featuring a flaky crust and sweet seasonal fruit, this pie variation is just the thing to satisfy that sweet tooth!

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



Tuesday, August 13 - Dance - 1:00 - 2:00

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



Tuesday, August 13 - Games Night - 6:00 - 7:00

Get your competitive spirit on with some fun board games at this games night!

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



Thursday, August 15 - Flower Arranging - 1:00 - 2:00

It's coming to the end of summer, which means it's time to harvest those flowers! Join us for this vintage mason jar flower arranging program from local flower farm, Garden House Florist, who will be providing a travel bag and box to take home your flower arrangements!

Cost: \$35 **Location:** Sunbeam - Rm 4 **Format:** Sign-up



Friday, August 16 - Baking Fridays - French Yogurt Cake - 1:00 - 2:30

Also known as "Granny Cake" this cake was very popular in France as it was known for a yogurt container being the only way to measure it's ingredients! Join us as we make this delicious, fluffy cake!

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



Monday, August 19 - Pocket Pets - 1:00 - 2:00

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

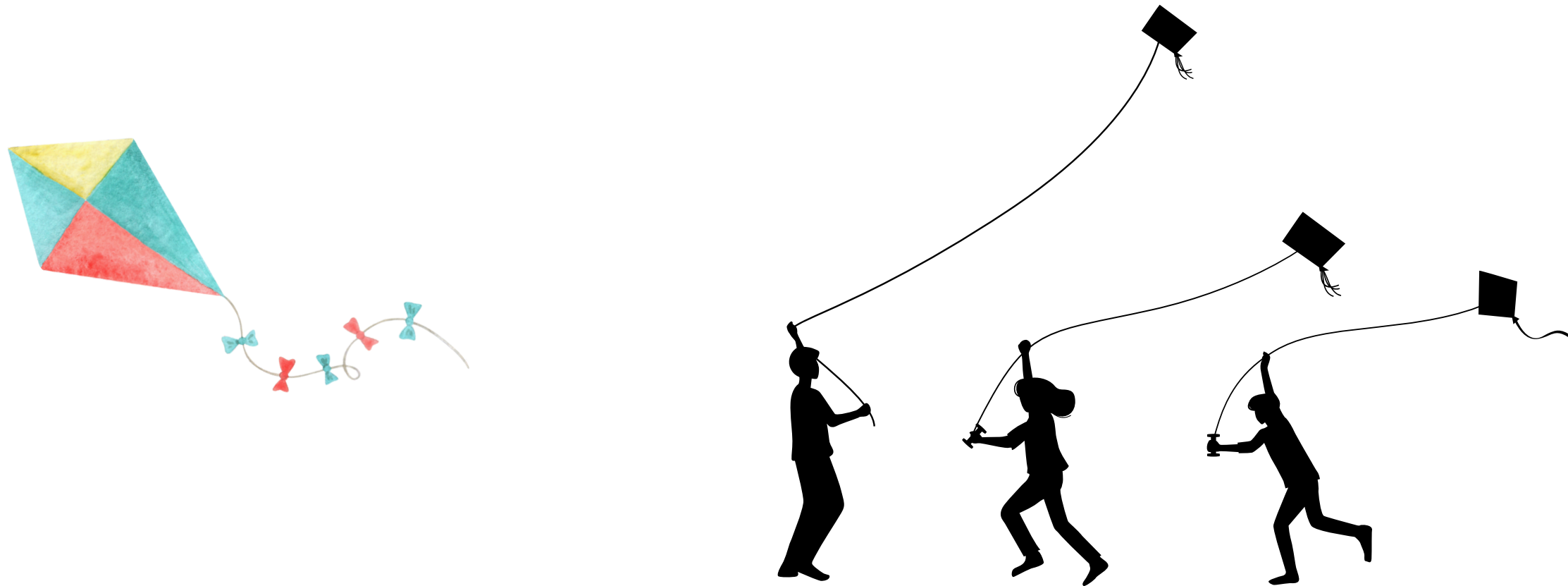
Cost: \$28 **Location:** Sunbeam - Gym **Format:** Sign-up



Tuesday, August 20 - Kites - 1:00 - 2:00

France is known for its kite festival! Join us as we take part in this festival and make our own! How high will yours fly?

Cost: \$30 **Location:** Sunbeam - outside front doors **Format:** Sign-up



Thursday, August 22 - Carnival - 1:00 - 2:00

Come see what's under the ring top with these fun carnival games! We hope to be outside, weather permitting. You might even win some prizes!

Cost: \$25 **Location:** Sunbeam - outside front doors
Format: Sign-up



Thursday August 22 - 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, August 23 - Baking Fridays - Raspberry Clafoutis - 1:00 - 2:30

This famous French dessert is a mix between a flan, and a pancake, and is studded with fruit. Talk about a creamy dreamy dish!

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



Tuesday, August 27 - Picnic at Riverside - 11:00 - 1

Bring lunch or some snacks to enjoy a lovely day in the sun at Riverside Park where we'll enjoy the greenery, and walk along the gorgeous river!

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

Cost: \$30 **Location:** Riverside Park **Format:** Sign-up



Thursday, August 29 - Bingo - 1:00 - 2:00

Get ready to yell "Bingo!" and win some fun prizes!

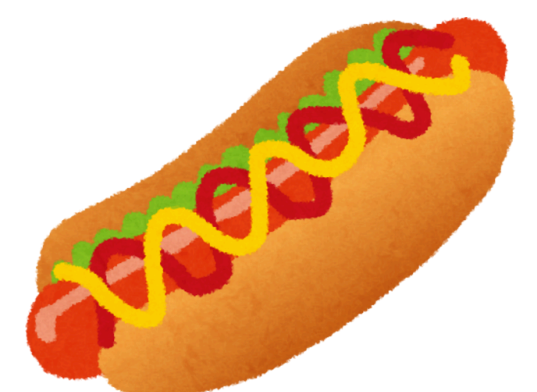
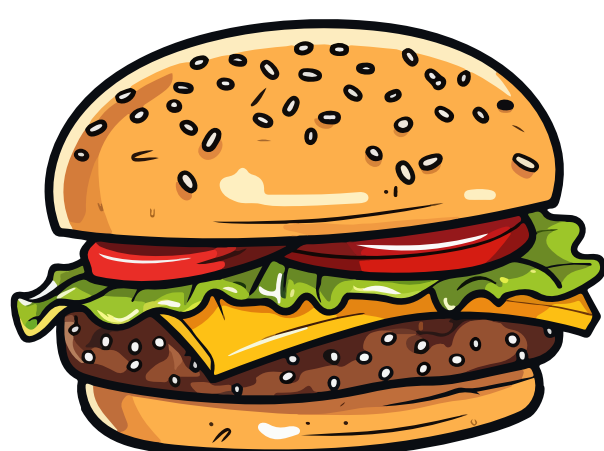
Cost: \$14 **Location:** Sunbeam - Rm 4 **Format:** Sign-up



Friday, August 30 - BBQ & Music with Ryan Major - 11:00 - 1:30

Are you feeling hangry? Come enjoy some food from the grill with us as we enjoy a musical performance from talented Ryan Major!

Cost: \$50 - \$35 if not eating. **Location:** Sunbeam Outdoors **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 0924



FRANCE -----> **GREECE**

DEPART: PARIS, FRANCE AUGUST 31

ARRIVE: ATHENS, GREECE SEPTEMBER 1

