

TRAVEL TO

Germany



OCTOBER

2024



Recreation
and Wellness

Sunbeam Community & Developmental Services





Happy October!!

This month we will be exploring Germany! Germany is known for its food, festivals, and culture!

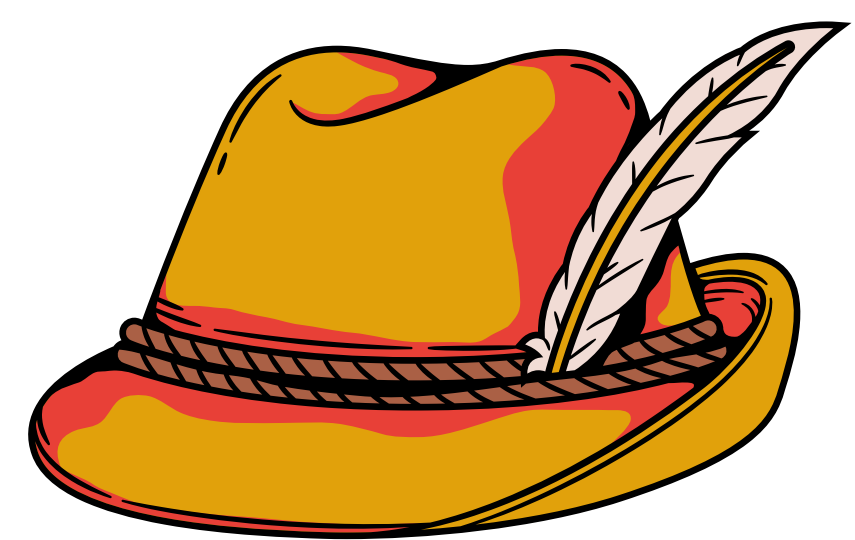
All Tuesday/Thursday afternoon programs will be offered at **Kingsdale Community Centre.**

All Friday Baking Programs will be at or **Centreville-Chicopee Community Centre.**

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

Michelle Hunter
m.hunter@sunbeamcommunity.ca
519 893 6200 ext. 1211

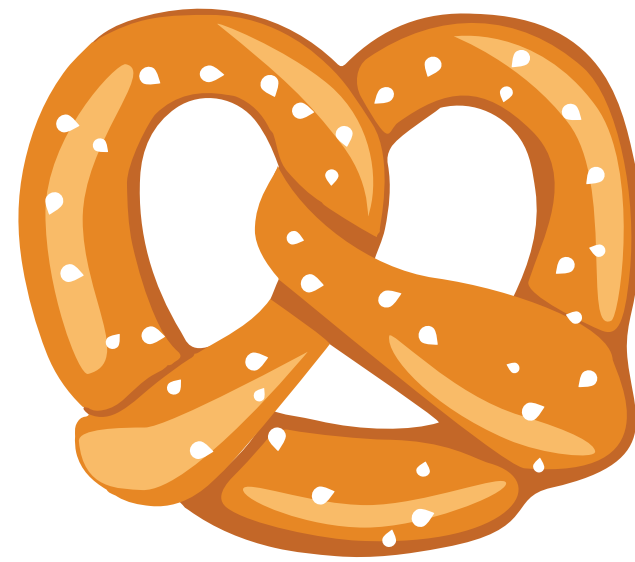
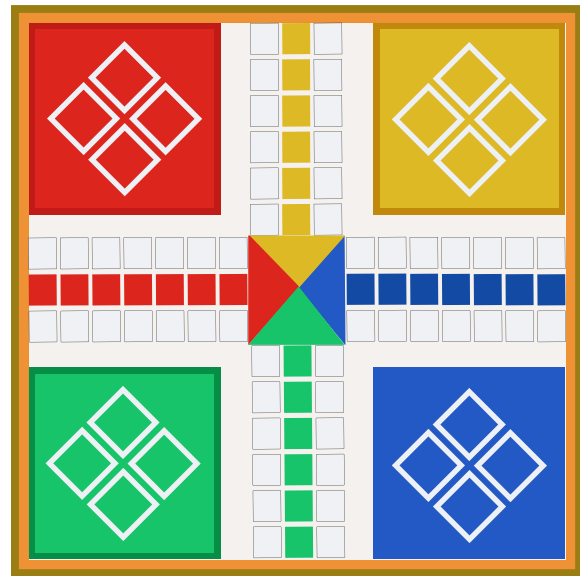
Office - Across from the Pool



Tuesday, October 1 - German Game Day - 1:00 - 2:00

Germans aren't only known for their delicious food! Come join us as we learn to play some German Board games!

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



Thursday, October 3 - Germany Social - 1:00 - 2:00

Join us as we learn about Germany while having some delicious German snacks and socializing with our friends!

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

Friday, October 4 - Baking Fridays - Plum Tarts - 1:00 - 2:30

This scrumptious tart has the base of a cookie and is topped with sweet juicy fruit! This is a dish that's hard to resist!

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



Tuesday, October 8 - German Heart Cookie Craft - 1:00 - 2:00

Even though they may not be real cookies, this adorable craft is used to show appreciation and decorate homes in Germany! Join us as we make our own to decorate our homes! (Especially for our Halloween contest!)

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



Wednesday, October 9 - Black Forest - 12:00 - 3:30

This polka band puts on a show you don't want to miss this Oktoberfest! Having won a Grammy, they have performed all over Canada, the US, and even the Caribbean!

Cost: \$72.95 - \$40 if not eating

Location: Bingeman's Conference Centre - 425 Bingemans Centre Dr. Kitchener

Format: Sign-up



Thursday October 10 - Witch Hat Decorating - 1:00-2:00

Get your spells and potions ready as we get ready for Halloween with these Witch and Wizard hats! What will be your costume this year?

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



Friday, October 11 - Apple Cake - 1:00 - 2:30

This crumbly, moist German coffee cake is an extremely popular dish in Germany and is found in many bakeries and cafes!

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



Tuesday, October 15 - Castle Building - 1:00 - 2:00

Germany is known for its gorgeous castles! Join us as we make our own with everyday household items! What kind of castle will you build? The strongest? The tallest? It's up to you!

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

Thursday, October 17 - Halloween Lanterns - 1:00 - 2:00

Light up this Halloween season with these stunning Halloween lanterns! It's spooky season!

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



Friday, October 18 - Pfeffernusse Cookies - 1:00 - 2:30

Pfeffernusse, meaning “peppernut” are spice cookies which are the German version of gingerbread cookies, and are eaten by the handful! Join us as we make this decadent, spicy treat!

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

Monday, October 21- 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, October 22 - Cuckoo Clocks - 1:00 - 2:00

Cuckoo! These German clocks ding every hour of the day! Even though ours won't quite be so loud, we'll still capture the beauty of this unique and traditional clock!

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



Thursday, October 24 - Halloween Sensory - 1:00 - 2:00

Eyeballs and brains, slime and goo; this sensory activity will give you the heeey geebies, it's perfect for you!

Cost: \$35

Location: KCC

Format: Sign-up



Friday, October 25 - Quiche - 1:00 - 2:30

Quiche is a delicious egg pie with a flakey crust. Add some broccoli and cheese and we've got a scrumptious supper dish!

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



Sunday, October 27 - Sunday Fun Day - 10:00 - 2:30

In the morning we will prepare a delicious lunch which will include a tasty pizza dressed just as you like it, bonus points for making it Halloween themed! Then get ready for some spooky fun in the afternoon! We will keep it a surprise! Hint: They go outside your door to greet the trick-or-treaters!

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

\$55 for full day and no lunch

\$65 for full day with lunch

Location: Life Skills + Sunbeam Gym **Format:** Sign-up

Tuesday, October 29 - School Cone - 1:00 - 2:00

This sweet tradition is used in Germany to make the first day of school easier for kids with a yummy and fun treat bag! Join us as we make our own to take home!

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



Thursday, October 31 - Halloween Dance + Costume Competition - 1:00 - 2:30

Show off your dance moves in your Halloween costumes at this fun themed dance! We'll have costume prizes and will also be announcing our door decorating prizes!

Cost: \$12

Location: Sunbeam Gym

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 906



GERMANY ----> **INDIA**



DEPART: BERLIN, GERMANY OCTOBER 31

ARRIVE: NEW DELHI, INDIA NOVEMBER 1

