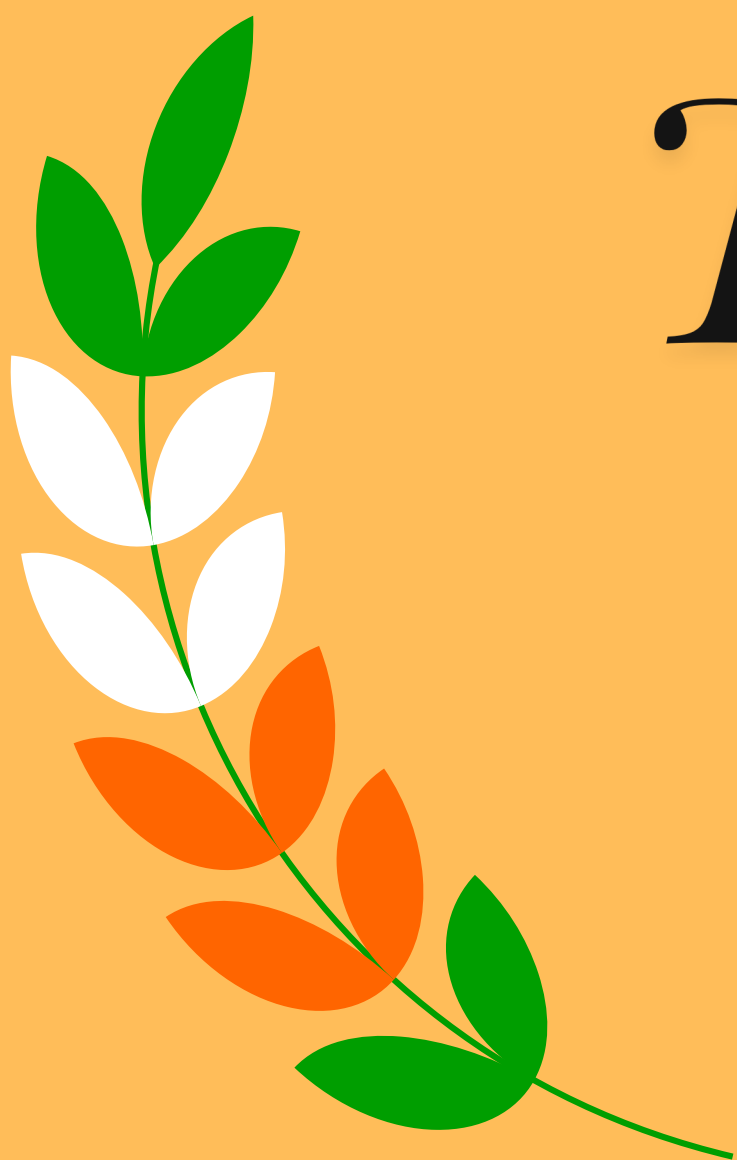


*TRAVEL TO
INDIA*

November 2024



Happy November!!



This month we will be exploring India! India is known for its flavourful cuisine, festivals, and culture!

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

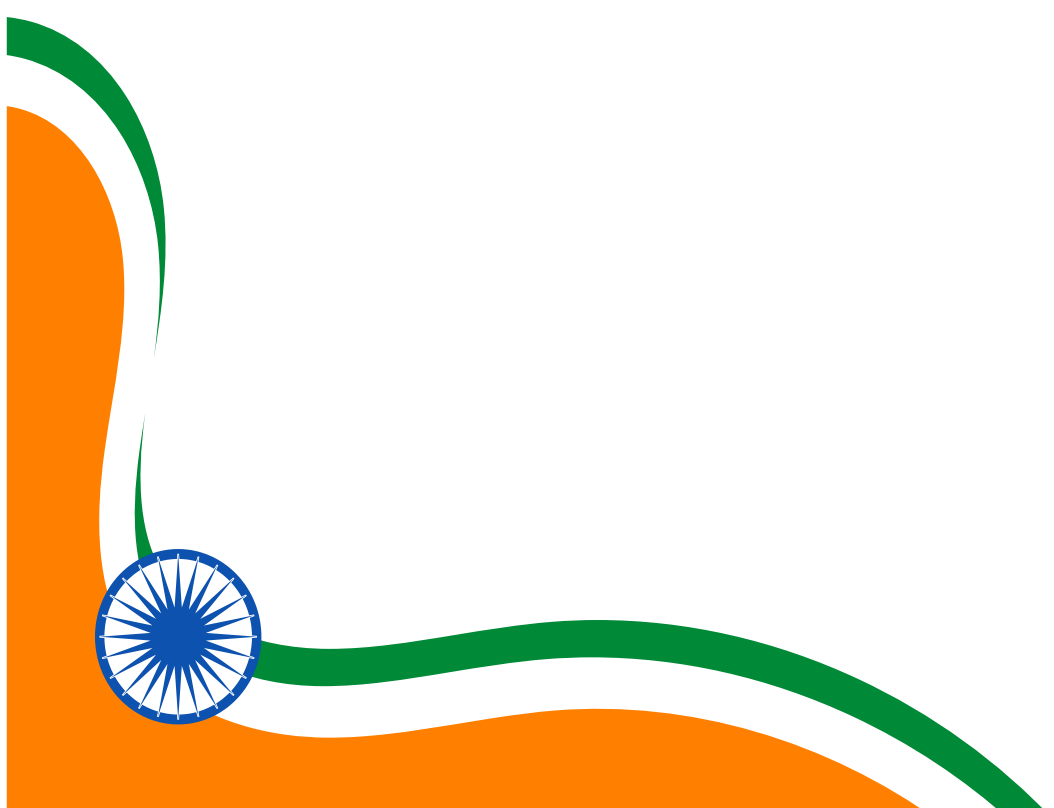
All Friday Baking Programs will be at or **Centreville-Chicopee Community Centre.**

Please also make sure to take note of **special event locations changes**

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, November 5 - Firework splatter art - 1:00 - 2:00

Kaboom! India is known for their festivals, and festivals mean fireworks! Experiment with different painting methods in this colourful and messy craft!



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

Thursday, November 7 - Rangoli mandala - 1:00 - 2:00

Rangolis are beautiful patterned artworks placed in front of homes to welcome guest and bring joy to the home! What will yours look like?

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



Friday, November 8 - Baking Fridays -Sev papdi - 1:00 - 2:30

This scrumptious Indian street food dish consists of a crispy cracker topped with multiple layers, including potatoes, chutneys, and yogurt! This is a dish you'll definitely want more of!

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

Tuesday, November 12 - Holi tissue paper tree - 1:00 - 2:00

Holi is the celebration of spring and colours in India! Join us as we put them together in this gorgeous blooming tree craft!

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



Thursday, November 14 - Chai social - 1:00-2:00

It's officially fall, which means its time for warm, cozy drinks! "Chai" meaning tea in Hindi, is a flavourful drink made of a variety of spices, and is best enjoyed with a tasty side of biscuits!

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



Friday, November 15 - Baking Fridays - Nankhatai - 1:00 - 2:30

This version of a shortbread cookie is delicious with a hint of cardamom and ghee flavours! Fun fact: this recipe can be made in the oven, and on stovetop as well!

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



Monday, November 18 - 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, November 19 - Diyas - 1:00 - 2:00

Diwali is the festival of lights, which are usually displayed in small bowls called diyas. Make your own at this de-light-ful program to display in your own home!

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



Wednesday, November 20 - Kingpin bowling- 11:00 - 1:30

Join us on an outing together at Kingpin Bowling Kitchener. Please arrive promptly at 11:00. After bowling, we can enjoy a Boston Pizza lunch. Staff support will also be an additional \$5/ staff. Lunch includes an unlimited fountain pop, 2 slices of pizza, 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 and lunch plus \$5 for each staff support

Location: Kingpin bowling - 425 Bingemans Centre Dr. Kitchener

Format: Sign-up



Thursday, November 21 - Dream journaling- 1:00 - 2:00

What are your dreams? Do you want to travel? Become a musician? Put down all your thoughts and emotions on paper with this fun journaling activity! We will also learn some more about India in this program!

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



Friday, November 22 - Nippattu - 1:00 - 2:30

Nippattu, or “onion cracker” is a popular crispy, crunchy, and tasty Indian snack. It’s especially delicious with some ketchup!

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



Tuesday, November 26 - Day dance- 1:00 - 2:00

Put on your dancing shoes and show us your moves at this fun and exciting dance!

Cost: \$12 **Location:** KCC **Format:** Sign-up



Tuesday, November 26 - Karaoke Pub night - 6:00 - 7:00

Bring your friends and family and sing the night away at Edelweiss Tavern where you can buy drinks of your choice, including near-beers! Snacks will be provided!

Cost: \$40 **Location:** Edelweiss **Format:** Sign-up

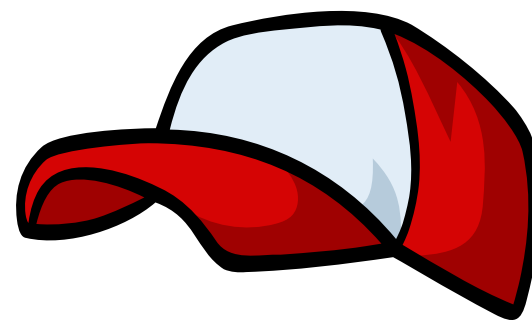
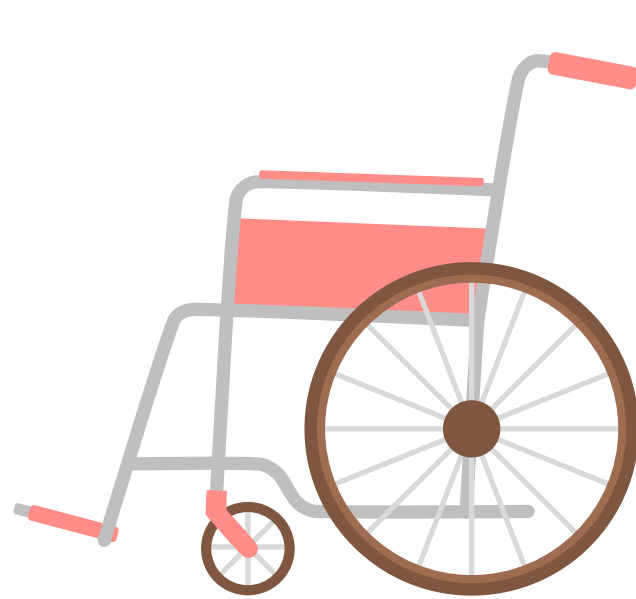
Thursday, November 28 - Glam your gear - 1:00 - 2:00

Getting ready for the holidays means decorating, and that includes our gear! Bring your chairs, hats, shirts, and shoes to decorate at this glamorous program!

Cost: \$25

Location: KCC

Format: Sign-up



Friday, November 29 - Pakora - 1:00 - 2:30

These irresistible spiced vegetable fritters will leave you wanting more! Join us as we taste even more of the flavours of India in this delectable dish!

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
- 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

