

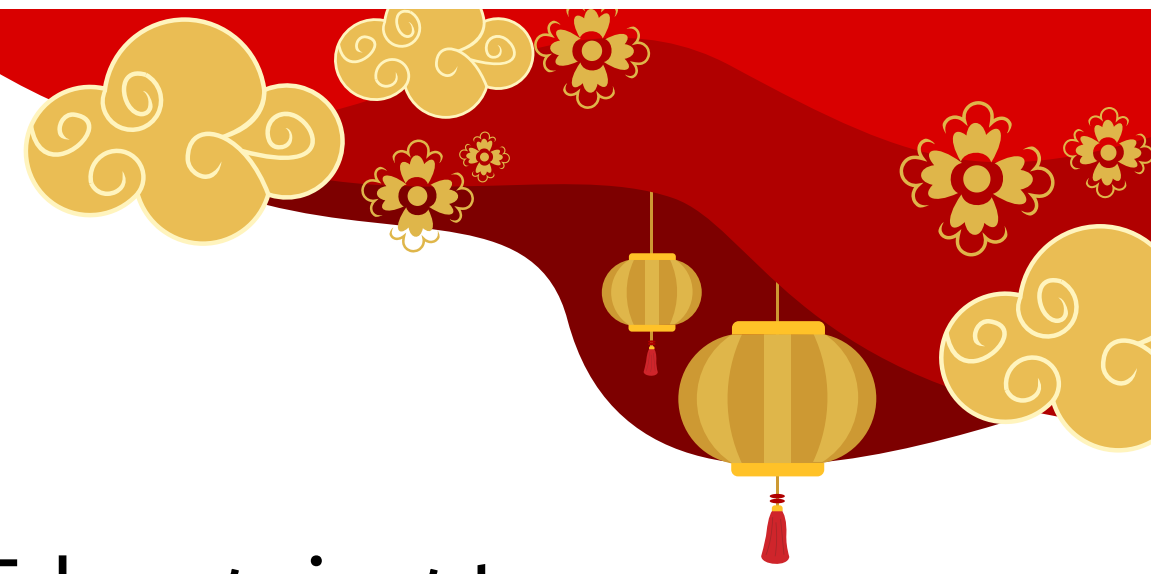
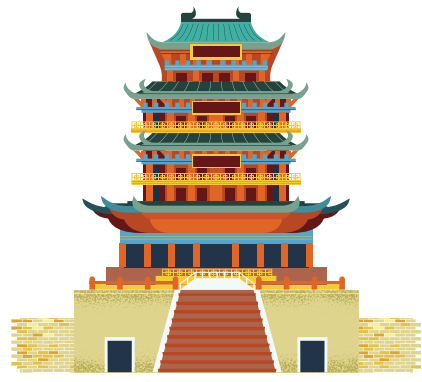
# Travel to China

January

2025



Happy January!!



We are welcoming this new year of 2025 by going to China! China is known for many things, including it's food, architecture, martial arts, and delicious cuisine!!

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

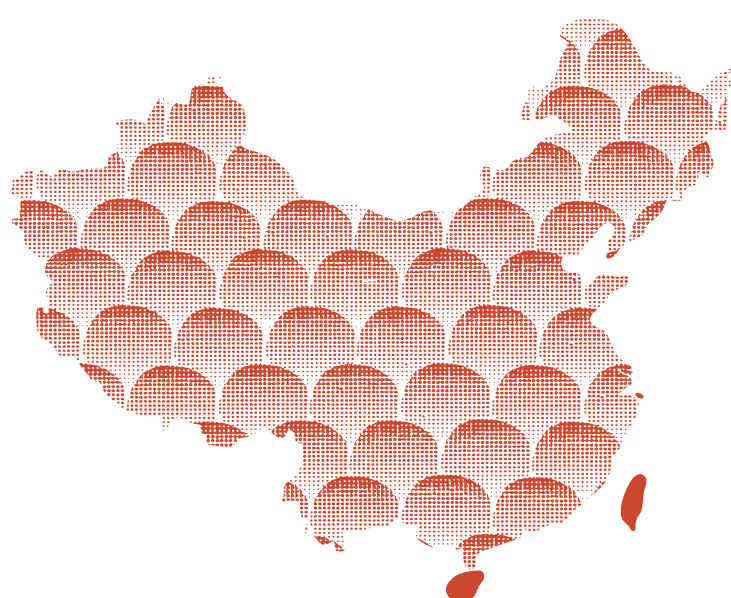
All Friday Baking Programs will be at **Centreville-Chicopee Community Centre (CCCC) except January 31st.**

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





**Thursday, January 2 - Lanterns - 1:00 - 2:00**

Bring some light to this winter darkness with these beautiful handmade lanterns! In China, these lanterns symbolize prosperity, unity, and friends and family coming together.



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

**Friday, January 3 - Baking Fridays - Coconut Mango Sago - 1:00 - 2:30**

The tropical flavours of coconut and mango in this soft tapioca pudding will get you out of those winter blues! Join us as we make this delicious treat!

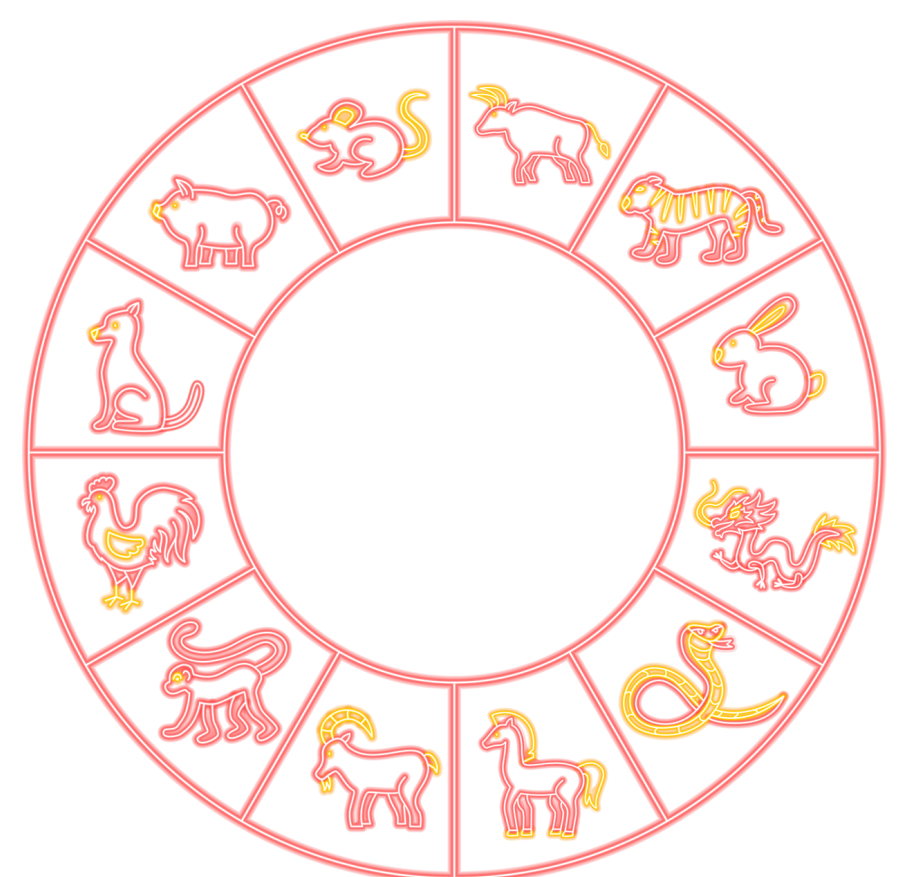
**Cost:** \$28 **Location:** CCCC **Format:** Sign-up



**Tuesday, January 7- Zodiac Masks - 1:00 - 2:00**

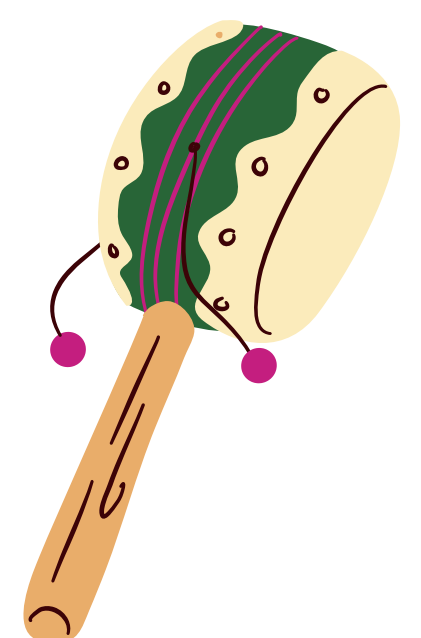
In Chinese culture, each year is represented by a different animal, and it's believed that people born in that year will have the traits associated with that animal. Come learn about your Chinese zodiac and make a mask of it too! Fun Fact: 2025 is the year of the snake!

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



**Thursday, January 9 - Chinese New Year Drum - 1:00-2:00**

Make some noise to celebrate Chinese New Year with these spinning drums! These drums symbolize good fortune and joy.



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



**Friday, January 10 - Baking Fridays - Baked Vegetable Egg Rolls - 1:00 - 2:30**

This healthy, delicious appetizer full of vegetables and wrapped in a crispy wrapper is just what you need to keep warm this season! You'll definitely be coming back for seconds with this recipe!

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



**Tuesday, January 14 - Paper Fans - 1:00 - 2:00**

China is known for their beautiful art, and their use of paper fans! Join us as we get creative with our own beautiful fans!

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



**Thursday, January 16 - Koi Fish Craft - 1:00 - 2:00**

Koi fish symbolize good luck, prosperity, and perseverance! Join us as we make our own in this swimmingly fun program! Fun fact: they can live up to 100 years!

**Cost:** \$25 **Location:** KCC

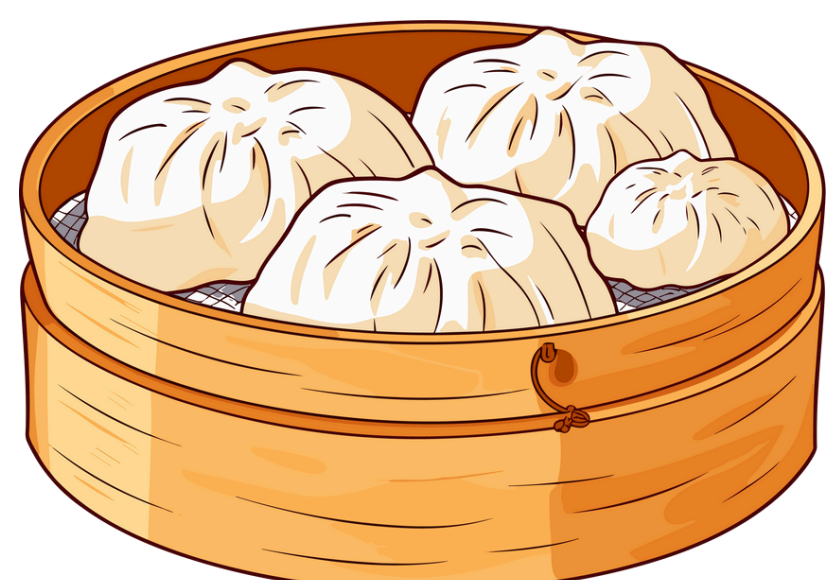
**Format:** Sign-up



**Friday, January 17 - Baking Fridays - Stuffed Buns - 1:00 - 2:30**

Usually steamed in China, these stuffed buns are soft and fluffy on the outside, and are filled with your choice of toppings on the inside! Join us as we make this mouth-watering comfort food!

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





**Sunday, January 19 - PJ Movie Fun Day - 12:00 - 2:00**

Wear your pyjamas and bring your blankets, teddy bears, and pillows to this cozy movie watching Sunday Funday! Snacks and drinks will be provided! The movie will be voted on and announced on the day of!

**Cost:** \$25 **Location:** Sunbeam Gym

**Format:** Sign-up



**Tuesday, January 21 - Karaoke with Richard - 10:00 - 11:00**

Join us as we welcome Richard to Sunbeam as he does Karaoke with us!

**Cost:** \$30

**Location:** Sunbeam gym

**Format:** Sign-up



**Tuesday, January 21 - Tea Social - 1:00 - 2:00**

Warm up from this chilly weather with some tea and cookies! China is known for their wide variety of delicious teas including green teas, white, oolong, yellow, black, and post-fermented.

**Cost:** \$25

**Location:** KCC

**Format:** Sign-up



**Wednesday, January 22 - Chicago Karaoke - 11:30 - 2:30**

Meet us at Chicago Pub for a fun afternoon filled with Karaoke and billiards!

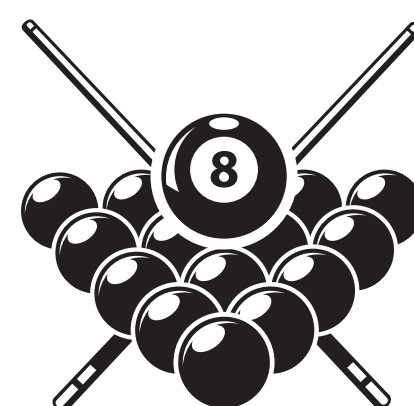
**Cost:** \$50 with meal

\$35 for staff

\$15 no meal

**Location:** Chicago Pub and Billiards: 1 Hespeler Rd, Cambridge

**Format:** Sign-up





**Thursday, January 23 - Games Day - 1:00 - 2:00**

Chinese New Year is a day of family fun and games! Get your competitive spirit on with this fun and exciting board games day!

**Cost:** \$25 **Location:** KCC

**Format:** Sign-up

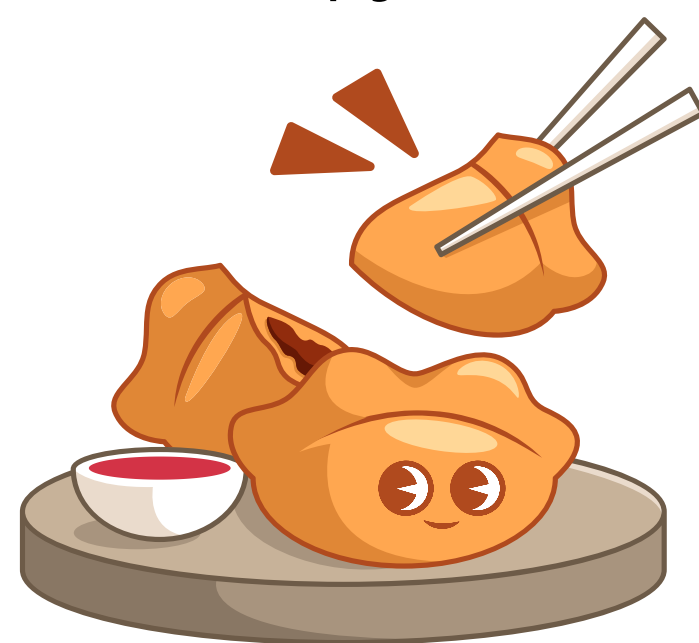


**Friday, January 24 - Baking Fridays - Wontons - 1:00 - 2:30**

This simple melt in our mouth appetizer features a crispy, crunchy wonton wrapper, and a filling of your choice!

**Cost:** \$28 **Location:** CCCC

**Format:** Sign-up



**Tuesday, January 28 - Day Dance - 1:00 - 2:00**

Have your dancing shoes on and be ready to show off your dance moves at this themed dance! This month's theme is Red and Gold in honour of Chinese New year! Red represents good fortune and joy, while gold represents wealth and prosperity!

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



**Tuesday, January 28 - Chinese New Year Eve Party - 6:00 - 7:00**

Celebrate Chinese New Years with us at Sunbeam! We will have games, snacks, drinks, and more!

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

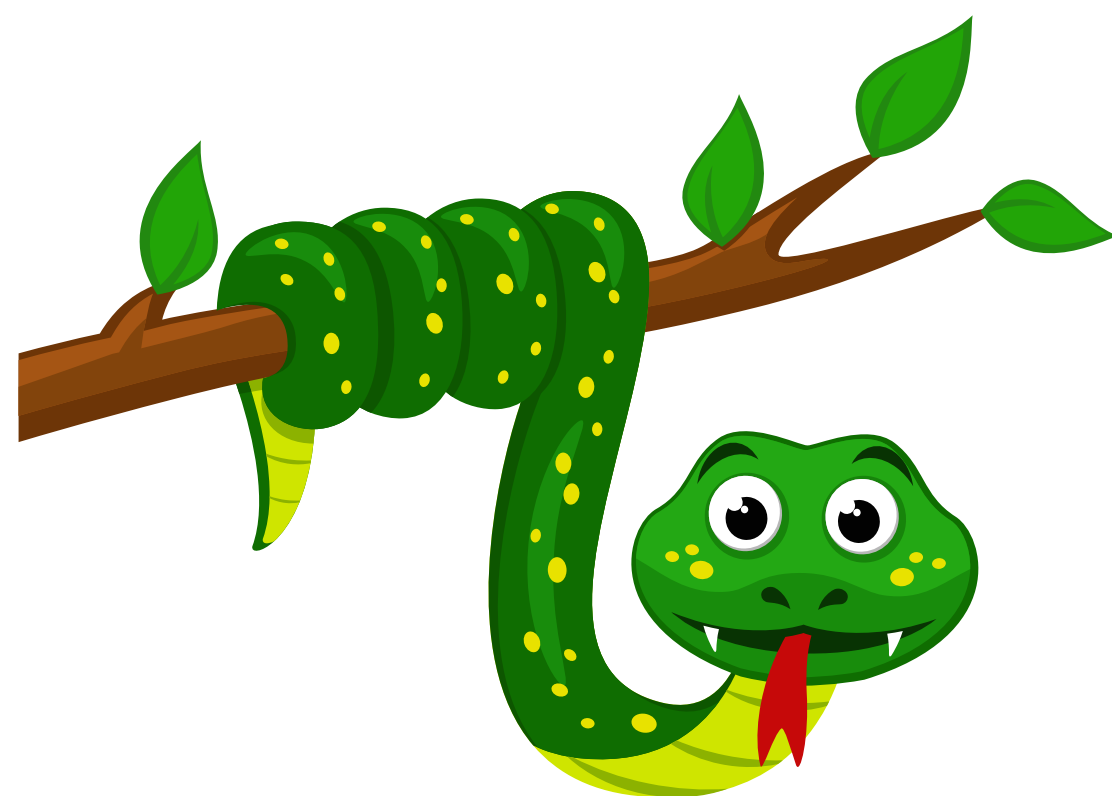
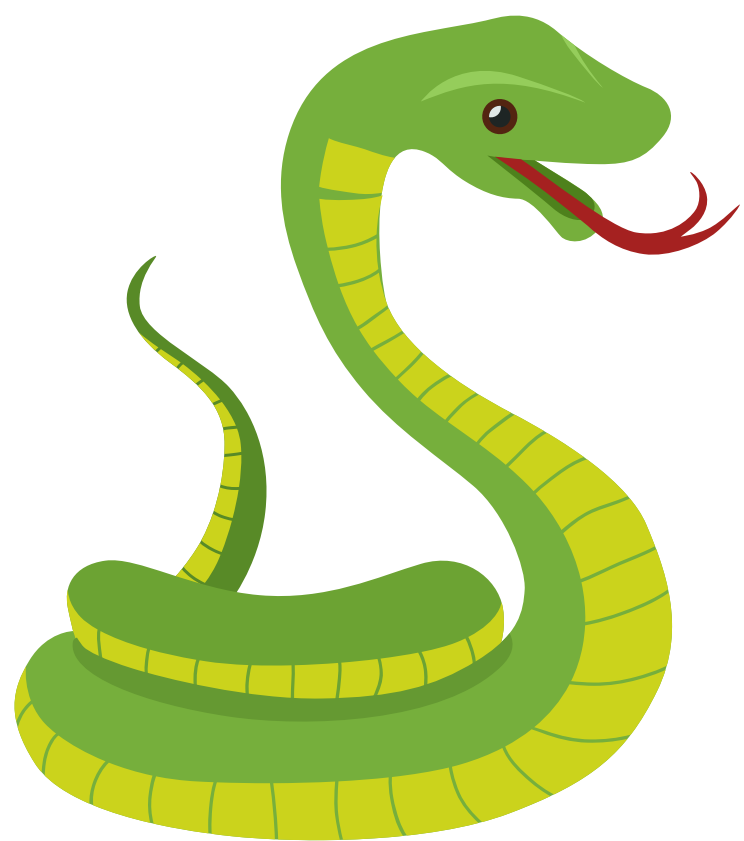




**Thursday, January 30 - Snake Craft - 1:00 - 2:00**

2025 is the year of the snake! Join us as we make these slithery friends, we promise they won't bite!

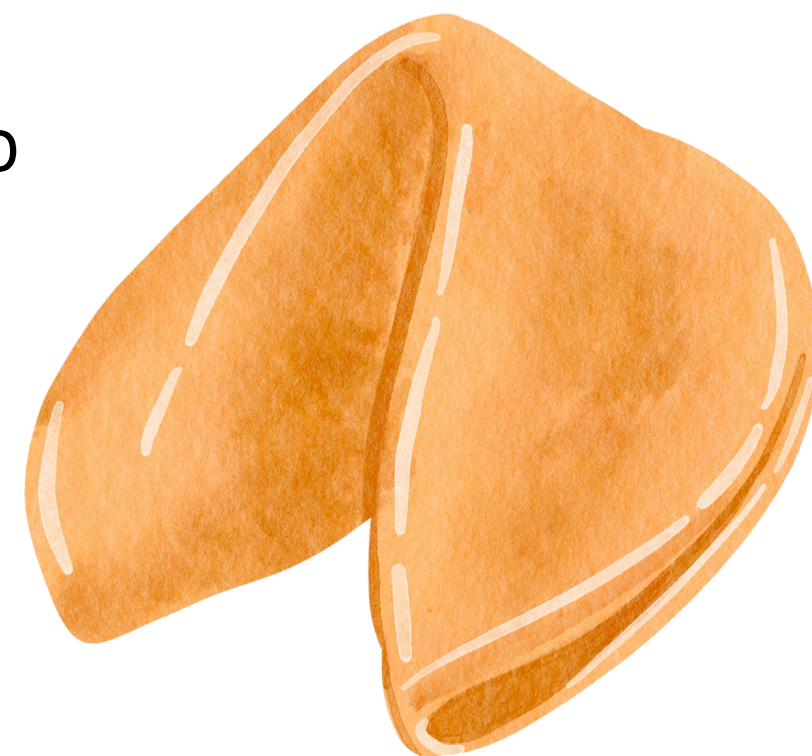
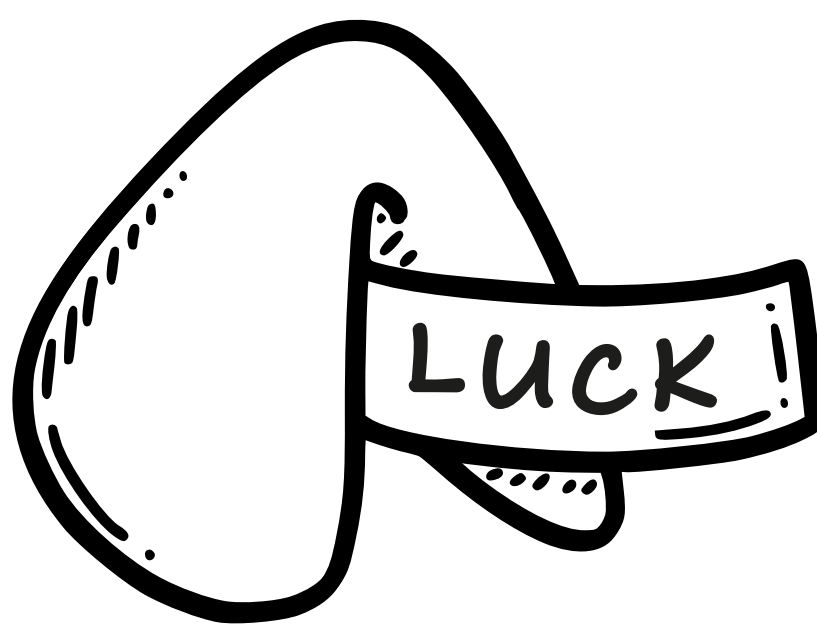
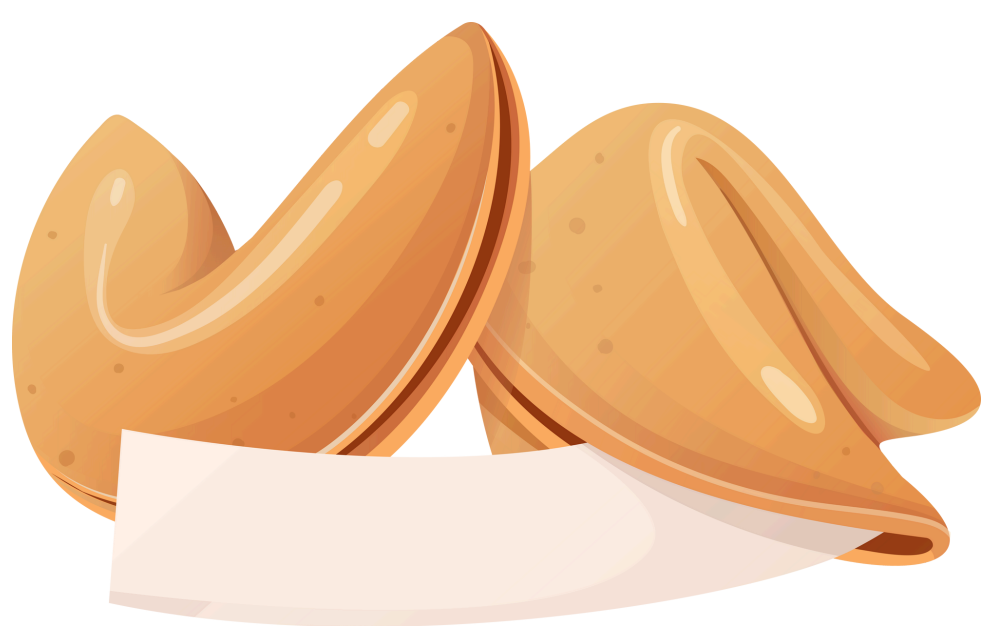
**Cost:** \$25 **Location:** KCC **Format:** Sign-up



**Friday, January 31 - Baking Fridays - Fortune Cookies - 1:00 - 2:30**

*"The highest form of wisdom is kindness"* Give yourself, and others, a fortune for the new year in this fortune cookie making program! What fortune will you get, and what will you write for someone else?

**Cost:** \$28 **Location:** Lifeskills at Sunbeam **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 962

**CHINA** ----> **KENYA**

DEPART: BEIJING, CHINA JANUARY 31

ARRIVE: NAIROBI, KENYA FEBRUARY 1

Recreation  
and Wellness  
Sunbeam Community & Developmental Services

