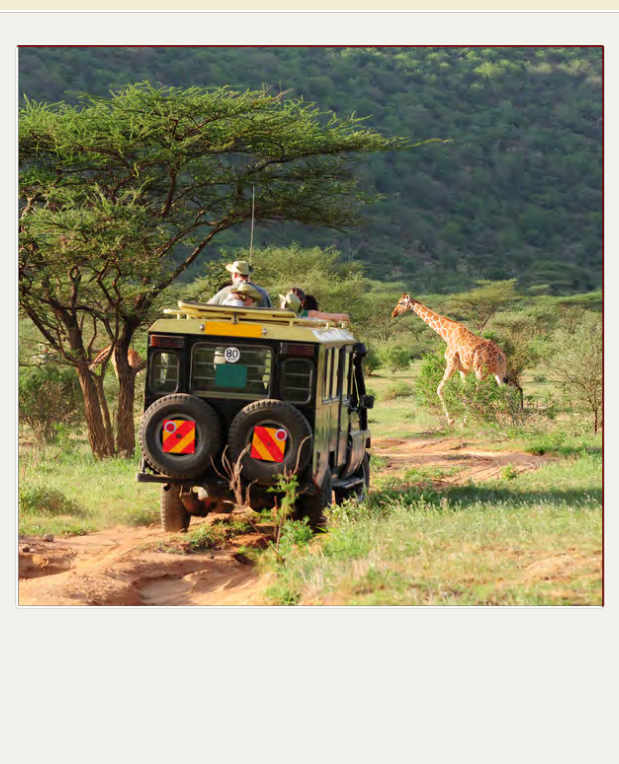




TRAVEL TO KENYA

FEBRUARY
2025



Come join us!
A month packed with adventure.



Happy February!!

This month we are going to Kenya! Kenya is most known for its beautiful landscapes, wildlife, and its' cultural heritage!

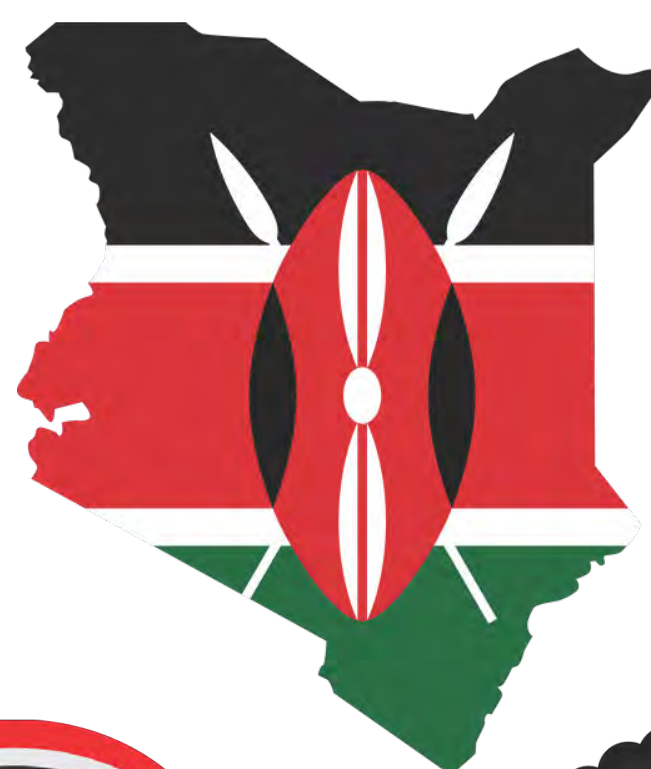
All Tuesday/Thursday afternoon programs will be offered at **Kingsdale Community Centre (KCC).**

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

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, February 4- Djembe Drum - 1:00 - 2:00

The Djembe is an African drum that is used in many types of music including Afrobeat, Western, and Reggae. Join us as we make our own so we can make our own music!

Cost: \$25 Location: KCC

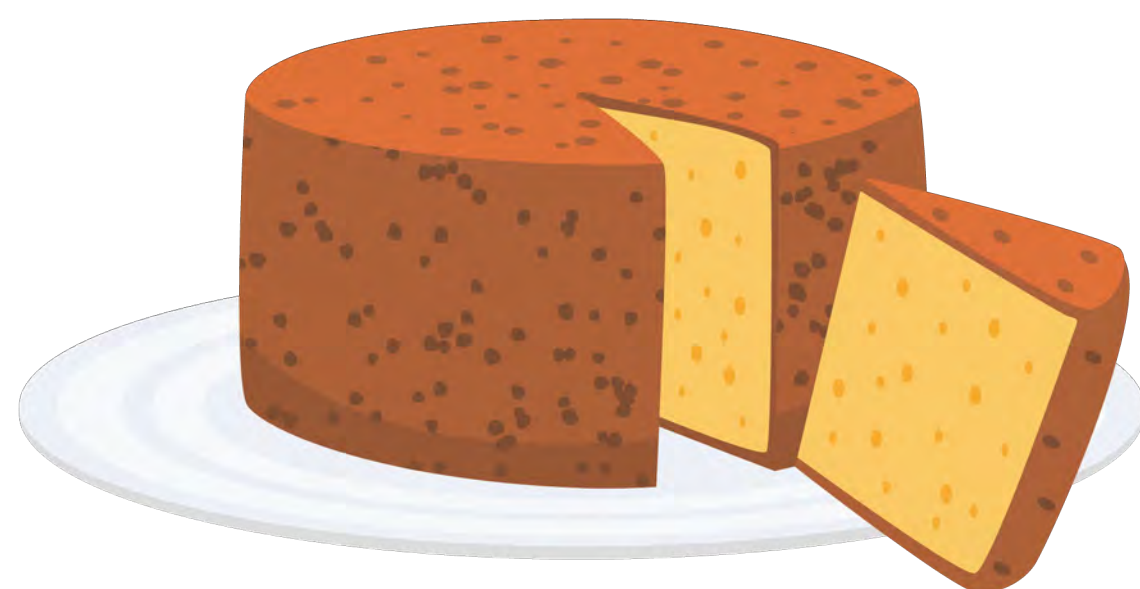
Format: Sign-up



Thursday, February 6 - Sea Craft - 1:00-2:00

Enjoy some beach vibes during this cold and wintery February with this fun sea craft.... made of pool noodles!

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



Friday, February 7 - Baking Fridays - Kenya sponge Cake - 1:00 - 2:30

For a snack, breakfast, or dessert, this Kenyan twist on classic sponge cake is perfect for any time of the day with its hints of cardamom! Yum!

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

Tuesday, February 11- Day Dance - 1:00 - 2:00

Show us your dance moves at this fun Valentine's themed dance! Make sure to wear your red, white, and pink!

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



Tuesday, February 11 - Karaoke Pub Night - 6:00 - 7:00

We're going back to Edelweiss tavern for this exciting karaoke night! 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



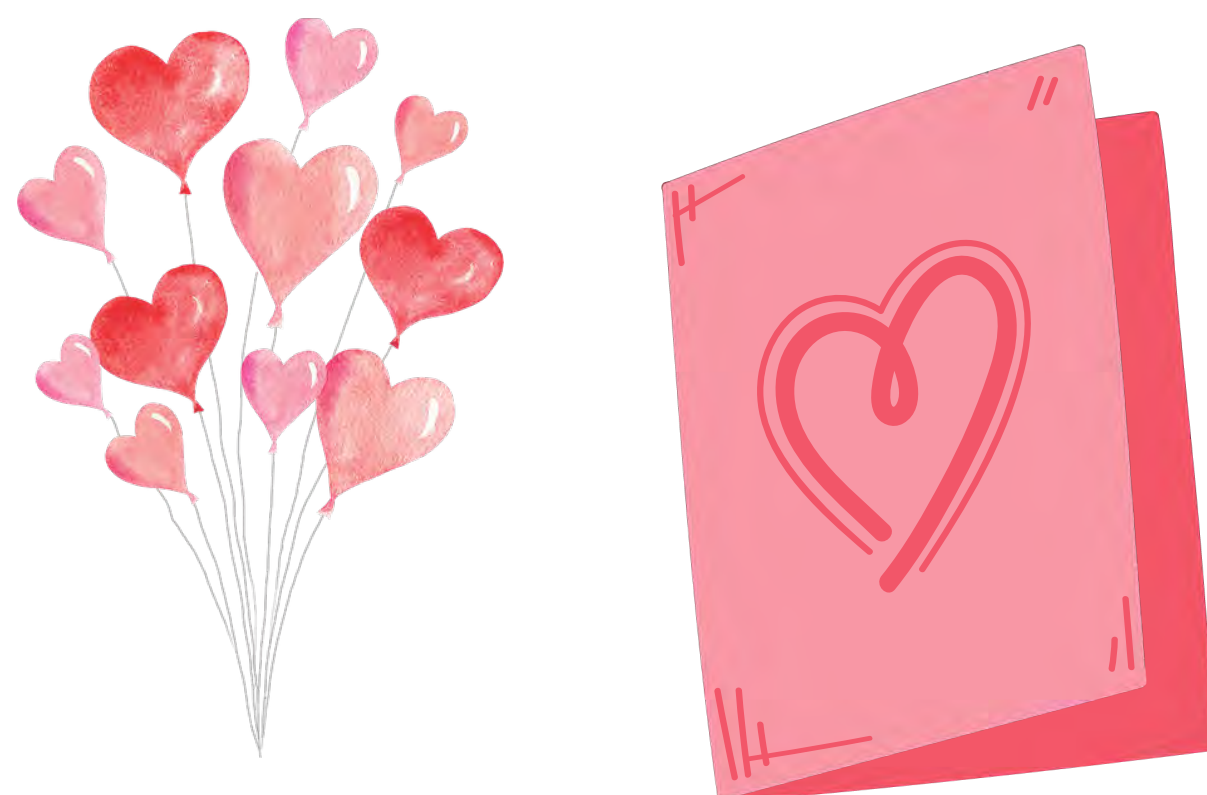
Thursday, February 13 - Valentines Crafts

-1:00 - 2:00

It's almost Valentine's day, so let's spread the love at this Valentine's craft program! We will have an assortment of crafts to do, including card making, and more!

Cost: \$25 Location: KCC

Format: Sign-up



Friday, February 14 - Baking Fridays - Red Velvet cookies - 1:00 - 2:30

Get in the Valentine's day spirit with these delicious red velvet cookies! These soft, chewy cookies with a beautiful red hue are almost too pretty to eat, but too yummy to not!

Cost: \$28

Location: CCCC

Format: Sign-up



Tuesday, February 18 - African Sunset Shadow Art - 10:00 - 11:00

Africa has vastly different landscapes, including deserts, highlands, lakes, savannas, and rainforests, but what do they all have in common? Gorgeous sunsets! Join us as we make this beautiful sunset art, perfect to get you out of the winter blues!

Cost: \$25

Location: KCC

Format: Sign-up



Thursday, February 20 - Lion Craft - 1:00 - 2:00

This majestic animal is the national animal of Kenya! Join us as we make our own lion crafts with a big ROAR!

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



Friday, February 21 - Baking Fridays - Kenyan Bhajia - 1:00 - 2:30

Kenyan Bhajia's are a delicious gluten-free Kenyan snack full of seasoned potatoes and vegetables, and is made of chickpea flour! These healthy snacks will definitely replace those chips at your next movie night!

Cost: \$28 Location: CCCC

Format: Sign-up



Tuesday, February 25 - Soup Social - 12:00 - 2:00

We're bringing back our soup social this year! Are you in the mood for some delicious, warm soup on a cold winter's day? What about some lively entertainment? Here's your opportunity to enjoy both! Music will be by Ryan Major from 12-1, with bread and soup served at 1 p.m. If you are interested in donating soup - 20 servings - your group will receive \$30 off your group ticket cost.

Cost: \$50 Location: KCC Format: Sign-up

Wednesday, February 26 - Kingpin Bowling - 11:00 - 1:30

Join us at Kingpin Bowling in Kitchener. Please arrive promptly at 11:00. After bowling, we will enjoy a Boston Pizza lunch. Staff support will be an additional \$5/ staff. Lunch includes 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 \$60 for bowling and lunch plus \$5 for each staff support

Location: Kingpin Bowling - 425 Bingemans Centre Dr. Kitchener

Format: Sign-up

Thursday, February 27 - African Collar Necklace - 1:00 - 2:00

This program will show you the cool ways you can make necklaces with items you probably have in your house already! These beautiful necklaces will make a stunning statement to any outfit!

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



Friday, February 28 - Gym Day - 1:00 - 2:30

Running, shooting hoops, dodgeball, you name it, you got it, at this energetic and exciting gym program!

Cost: \$20 **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

KENYA ----> **SPAIN**

DEPART: NAIROBI, KENYA FEBRUARY 28

ARRIVE: MADRID, SPAIN MARCH 1

