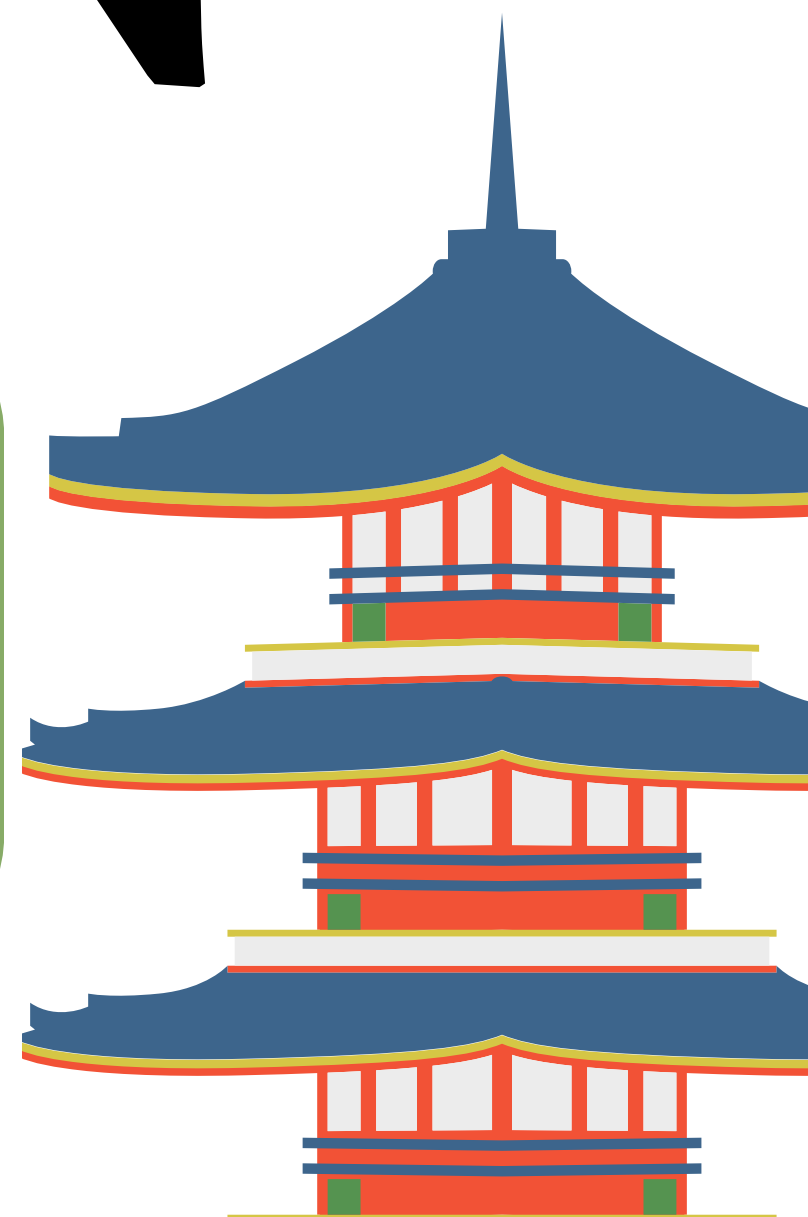


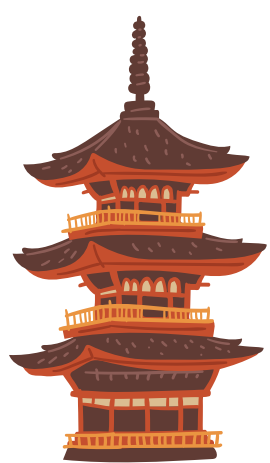


TRAVEL TO JAPAN

APRIL 2025



Happy April!!



This month we are travelling to Japan! Japan is known for it's cuisine, cherry blossoms, electronics and innovations!

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, April 1 - Cake Decorating - 1:00 - 2:00

What a beautiful way to start the month, with cake decorating! With flowers, squiggles, polka dots galore, this program is just what you've been looking for!

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



Thursday, April 3 - Cherry Blossom Craft - 1:00 - 2:00

April is cherry blossom season in Japan! Join us as we create these beautiful flowers to put in our own homes to welcome the spring season!

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



Friday, April 4 - Baking Fridays - Wonton Salad - 1:00 - 2:30

With crunchy veggies, wonton pieces, and a sweet savoury sauce, this refreshing, delicious salad is the perfect recipe to ring in the Spring season!

Cost: \$33 **Location:** CCCC **Format:** Sign-up



Tuesday, April 8 - Origami Craft - 1:00-2:00

Origami is the art of paper folding; making beautiful animals, objects, plants, and more, and originates in Japan! Choose your own origami to make in this creative craft!

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



Thursday, April 10 - Tea Social - 1:00 - 2:00

Japan is known for its variety of different teas, including its well-known matcha! Join us as we sip on tea and enjoy some tasty Japanese snacks!

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



Friday, April 11 - Baking Fridays - Mochi - 1:00 - 2:30

This popular Japanese dessert is sure to make your taste buds dance with it's soft and chewy shell, filled with a delicious sweet paste on the inside! This delectable sweet treat will have all those winter blues fading away!

Cost: \$33 **Location:** CCCC **Format:** Sign-up



Tuesday, April 15 - Japanese 3D Art - 1:00 - 2:00

Also known as kirigami, this art form consists of cutting paper to create 3D shapes. Join us as we learn how creative we can get with using paper!

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



Thursday, April 17 - Bunny Craft - 1:00 - 2:00

These adorable bunny planters are sure to brighten up your home with their Easter spirit! With your beautiful decorated pot, you'll get some yummy goodies to go with it, and some seeds to watch grow as Spring comes!

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



Tuesday, April 22 - Easter Day Dance - 1:00 - 2:30

Get your bunny ears and fluffy bunny tails ready for this hopping-happy Easter dance! Enjoy taking part in a scavenger hunt with prizes too! Happy Easter!

Cost: \$17 **Location:** Sunbeam Gym **Format:** Sign-up



Tuesday, April 22 - 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: \$45 **Location:** Edelweiss **Format:** Sign-up



Thursday, April 24 - Self-Care Social - 1:00 - 2:00

Self-care is extremely important in Japan and is ingrained into its everyday life and culture! Join us as we take care of ourselves with manicures, pedicures, massages, and more!

Cost: \$30 **Location:** KCC

Format: Sign-up



Friday, April 25 - Open Gym - 1:00 - 2:30

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

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

Tuesday, April 29 - Make Your Own Volcano - 1:00 - 2:00

Japan has quite a few volcanoes in its beautiful landscape, including Mount Fuji! We're going to have a BLAST in this program where we will be making our own volcanoes!

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



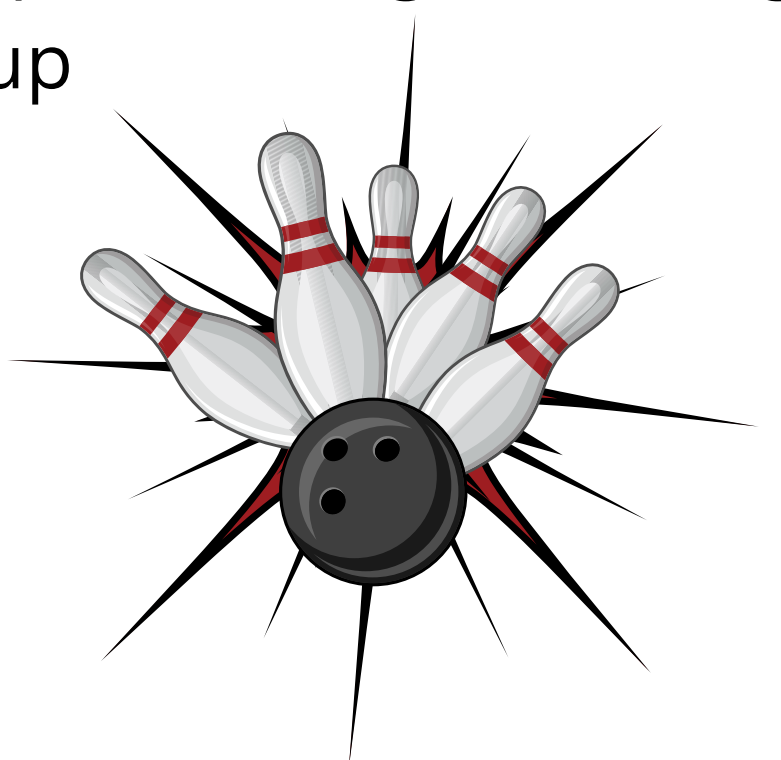
Wednesday, April 30 - Kingpin Bowling - 11:00 - 1:30

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: \$40 - 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



Terms of Participation

- Participants must be accompanied by a support person (CLS/RPN/Family member) for the duration of the event if they require assistance to fully participate or require medical support.
- 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 4051

JAPAN ----> **EGYPT**

DEPART: TOKYO, JAPAN APRIL 30

ARRIVE: CAIRO, EGYPT MAY 1

Recreation
and Wellness
Sunbeam Community & Developmental Services

