



Travel To

EGYPT





Happy May!!



This month we are travelling to Egypt! Egypt is known for it's deep roots in history, landmarks, and culture!

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 location changes and other location changes at the end of the month.**

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, May 1 - Egyptian Cat Mummy - 1:00 - 2:00

Egypt is known for its mummification techniques to preserve bodies of humans and animals. Join us in this program as we create our very own decorative mummies, no bodies don't worry!

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



Friday, May 2 - Baking Friday - Saboob - 1:00 - 2:30

Saboob is a delicious, crispy flatbread that is popularly eaten with a variety of Mediterranean foods, including dips! We will be making Salatet Zabadee, a cucumber dip, as well as a beetroot dip to go with it in this scrumptious program!



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

Monday, May 5 - Barnyard Pets - 1:00-2:00

Goats, sheep, animals galore! Join us in this opportunity to meet and pet a variety of animals right outside of the Sunbeam building! Which animal is your favourite?



Cost: \$50 **Location:** Sunbeam **Format:** Sign-up

Tuesday, May 6 - Egyptian Social - 1:00-2:00

How were the pyramids and sphinxes made? Why were they? Join us as we learn about Egyptian history and folklore in this program as we enjoy some delicious Egyptian snacks!

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

Thursday, May 8 - Flower Arrangements - 1:00 - 2:00

The flowers are blooming, so let's make them into a beautiful, colourful arrangement to set up in your home!



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

Friday, May 9 - Baking Friday - Revani Cake - 1:00 - 2:30

This Egyptian semolina based cake is also made in Greece, its so popular! Soaked in a citrusy simple syrup to give it a fresh spring taste, cut into diamond shapes, and topped with delectable coconut, this elegant looking cake is good enough for royalty!



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

Tuesday, May 13 - Rock Painting - 1:00 - 2:00

Spring is here, and that means sprucing up our lawns! These painted rocks will have people turning heads as they see the creations you make, or give them out as personalized gifts! These fun rocks give a fun little razzle dazzle to any space they're in!

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



Thursday, May 15 - Scarab Beetle Craft - 1:00 - 2:00

Scarab beetles were a sacred insect in ancient Egypt, symbolizing creation and rebirth since they were seen to represent the rise and fall of the sun as it travelled across the land each day. Join us as we celebrate these critters like the ancient Egyptians!

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



Friday, May 16 - Baking Friday - Falafel - 1:00 - 2:30

Falafels are made of chickpeas mixed with a variety of herbs, and are a staple in Middle Eastern culture. They are crispy delicious on the outside and soft and fluffy on the inside. This healthy treat is just delish!



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

Tuesday, May 20 - Archaeological Dig - 1:00 - 2:00

As Archaeologists keep finding treasures in Egypt and all around the world, find your own in our Sunbeam archaeological dig! You get to keep the treasures you find!

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



Wednesday, May 21 - 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.

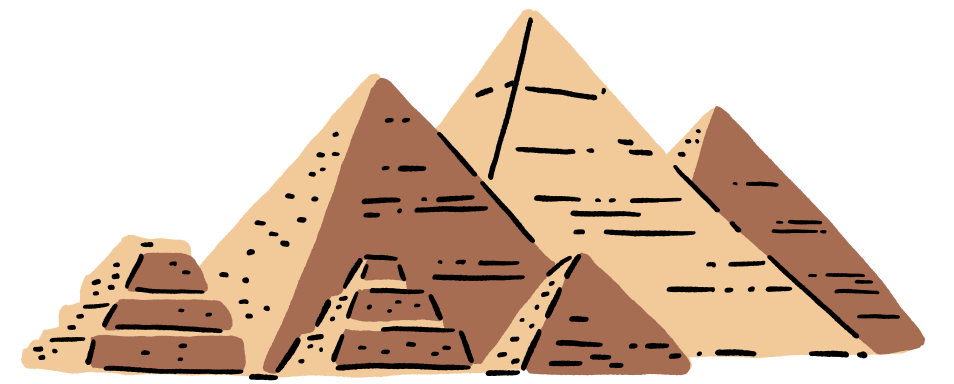
Cost: \$40 - Bowling only or \$60 for bowling and lunch plus \$5 for each staff support

Location: Kingpin Bowling - 425 Bingemans Centre Dr. Kitchener

Format: Sign-up

Thursday, May 22 - Pyramid Building - 1:00 - 2:00

Egypt is known for their pyramids, the oldest of the 7 wonders of the world. Join us as we make our own in this fun building program!



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

Friday, May 23 - 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, May 27 - Day Dance - 80's Theme - 1:00 - 2:00

Get your groove on at this rad 80's themed dance! Throwback Tuesday to the cabbage patch, moonwalk, sprinkler, you name it, and dance the day away!



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

Wednesday, May 28 - Egyptian Bread Pudding - 1:00 - 2:30

This bread pudding isn't like any you've had before! Also called Om Ali, it is made with Palmiers, nuts, sweetened milk, and whipped cream, this crunchy yet creamy dessert will make your taste buds dance in excitement!



Cost: \$33 **Location:** LifeSkills at Sunbeam **Format:** Sign-up

Thursday, May 29 - Soap Carving - 1:00 - 2:00

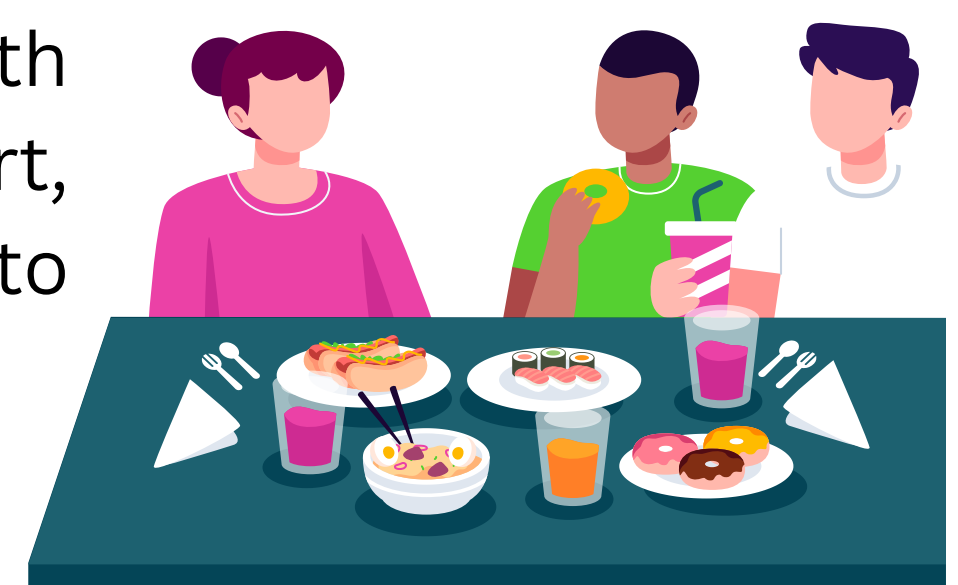
Have you ever wanted to sculpt, but not sure how? This program is for you! Carve out beautiful images or sculptures out of soap! What will you make?



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

Friday, May 30 - Potluck with Bob Mclean - 11:00 - 1:00

We're coming in to spring with a potluck social, welcoming Bob Mclean to sing for us! Music will be from 11-12, with food served at 12 p.m. Please bring either a dessert, appetizer, or other finger foods, and have your chance to win the golden spoon! Pizza will also be provided!



Cost: \$50 **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 if they require support to fully participate or require medical or safety 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 6824

EGYPT ----> **AUSTRALIA**

DEPART: CAIRO, EGYPT MAY 31

ARRIVE: SYDNEY, AUSTRALIA JUNE 1

Recreation
and Wellness
Sunbeam Community & Developmental Services

