

Time to **TRAVEL**

Welcome to Mongolia!
July 2025





Happy July!!

This month we are travelling to Mongolia! Mongolia is known for its landscapes, and nomadic traditions!

All Tuesday/Thursday afternoon programs will be offered at **Sunbeam Community and Developmental Services - The Apartment.**

All Friday Baking Programs will be at **Sunbeam Community and Developmental Services - Life Skills.**

Please also make sure to take note of **special event location and other location 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, July 3 - Strawberry Social - 1:00 - 2:00

July is strawberry season! Join us in this fun social as we enjoy some delicious strawberry snacks, and live music by JuneyT!

Cost: \$40 **Location:** Sunbeam Gym **Format:** Sign-up



Friday, July 4 - Baking Friday - Mongolian Doughnuts - 1:00 - 2:30

Crispy on the outside with a soft and dense inside, these little doughnuts are going to be all the rage at your next party!

Cost: \$33 **Location:** Sunbeam Life Skills **Format:** Sign-up



Monday, July 7 - Games Day - 10:00- 11:30

Join us for a fun-filled day of cotton candy, fishing, axe throwing, colouring, bubbles, stories, and so much more!

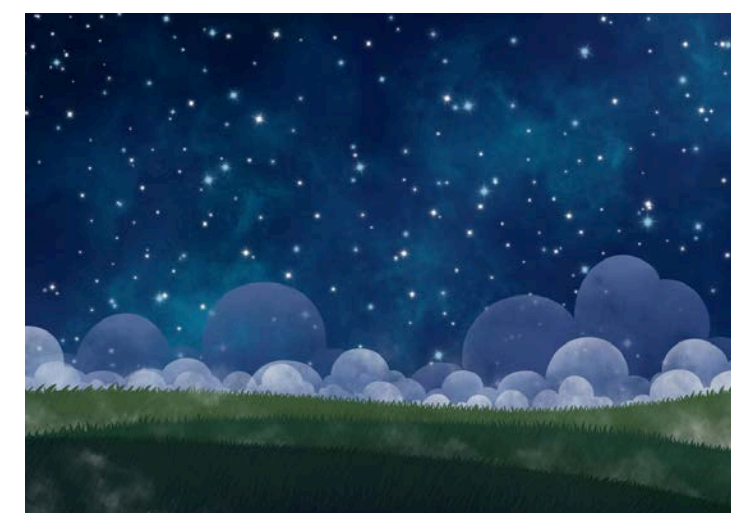
Cost: \$30 **Location:** Sunbeam front parking lot
Format: Sign-up



Tuesday, July 8 - Star Gazing Craft - 1:00- 2:00

Mongolia is known as the “Land of the Blue sky,” as their skies are so clear, you can see all the stars at night! Join us in this program as we make our own starry night sky to take home!

Cost: \$30 **Location:** The Apartment **Format:** Sign-up



Thursday, July 10 - Canadian Musical Bingo - 1:00- 2:00

How much do you know about Canada, particularly their music? In this exciting Canada themed bingo we will learn about different musicians of Canada, and play to win some fun prizes!

Cost: \$30 **Location:** The Apartment **Format:** Sign-up



Friday, July 11 - Baking Friday Mongolian Pancakes - 1:00 - 2:30

Also known as Gambir, they are slightly chewier than the pancakes we all know and love, and are a yummy and popular breakfast or snack in Mongolia, especially served with jam!



Cost: \$33 **Location:** Sunbeam Life Skills **Format:** Sign-up

Tuesday, July 15 - Day Dance - Canada Themed - 1:00 - 2:00

Join us in your red and white outfits, and put on your dancing shoes for this Canada themed dance! This dance will feature all Canadian artists!



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

Thursday, July 17 - Desert Scene - 1:00 - 2:00

The Gobi Desert is the 6th largest desert in the world, right in southern Mongolia. Join us as we make our own desert scenes to decorate our homes



Cost: \$30 **Location:** The Apartment **Format:** Sign-up

Friday, July 18 - BBQ - 11:00 - 1:00

Are you feeling hangry? Our BBQs are back for the summer! Come enjoy some food from the grill and enjoy a musical performance from talented backstage boys!

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



Tuesday, July 22 - Morin Khuur - 1:00 - 2:00

Roughly translating to “horse fiddle,” this traditional Mongolian guitar is an instrument that will make you “neigh” with excitement! Join us in this program as we make our own!

Cost: \$30 **Location:** The Apartment **Format:** Sign-up



Thursday July 24 - Shade's Mills BBQ - 10:00 - 2:00

Bring your sunscreen, and join us for a sunny picnic BBQ at Shade's Mills Trail Shelter! From here, you can enjoy the beach, and lots of walking trails! As it is sheltered, we will be out rain or shine, what a wonderful way to enjoy the outdoors!



Cost: \$45 **Location:** The Trail Shelter **Format:** Sign-up

Friday, July 25 - Open gym - Naadaam - 1:00 - 2:30

This festival celebrates the traditional nomadic heritage and culture of the Mongolian people. Featuring games such as horseracing, wrestling and archery, these games are waited for all year round! Join us in this open gym for our own games! (no contact, no worries!)



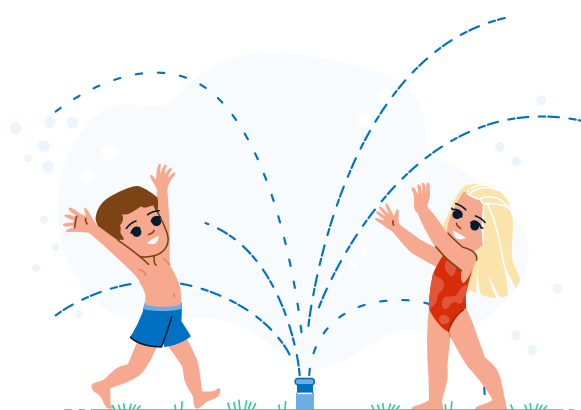
Cost: \$30 **Location:** Sunbeam Gym **Format:** Sign-up



Tuesday, July 29 - Waterplay Day - 1:00 - 2:00

Cool off from the summer heat with some waterplay as we enjoy the outdoors!

Cost: \$30 **Location:** Sunbeam Front Parking lot **Format:** Sign-up



Tuesday, July 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

Thursday July 31 - Who Dunnit - 1:00 - 2:30

The doughnuts have all gone missing! Help us find them with clues hidden all over Sunbeam, and be rewarded with a delicious sweet treat if you can help us solve the mystery.

Cost: \$30 **Location:** 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 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 190

MONGOLIA ----> **ARGENTINA**

DEPART: ULAANBAATAR, MONGOLIA, JULY 31

ARRIVE: EZEIZA, ARGENTINA, AUGUST 1

Recreation
and Wellness
Sunbeam Community & Developmental Services

