

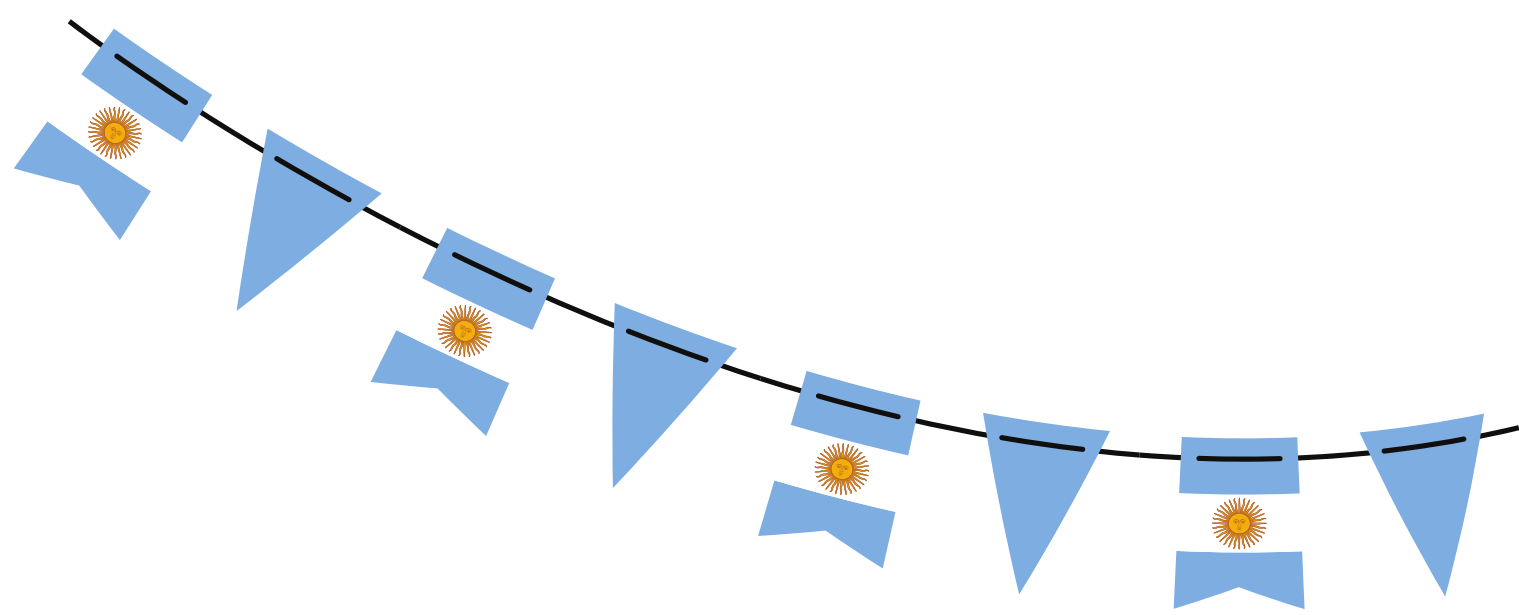
TIME TO TRAVEL

ARGENTINA

August 2025



Happy August!!



This month we are travelling to Argentina! Argentina is known for its delicious cuisine, beautiful landscapes, and vibrant culture!

All Tuesday/Thursday afternoon programs will be offered at **The Apartment.**

All Friday Baking Programs will be at **Centreville Chicopee Community Centre.**

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



Friday, August 1 - Baking Friday - Argentinian Salsa - 1:00 - 2:30

Also called salsa criolla, this condiment is said to have been inspired by Spanish and Italian influences. Full of vegetables and delicious seasonings, this dish is the perfect topping or side item for your next meal!

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

Tuesday, August 5 - Llama Craft - 1:00 - 2:00

These adorable, fluffy, social animals are the South American relative to camels! Come make your own llama craft and socialize with us in this fun program!

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



Thursday, August 7 - Ice Cream Party - 1:00-2:00

I scream, you scream, we all scream for ice cream! Beat the heat with some delicious ice cream, and add some tasty toppings to make it your own recipe!

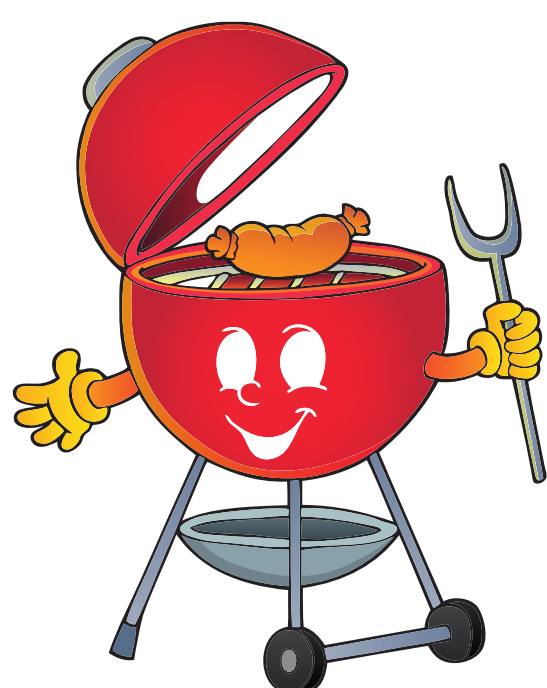
Cost: \$30 **Location:** The Apartment **Format:** Sign-up



Friday, August 8 - Music and BBQ - 11:00 - 1:00

Are you feeling hangry? Come for another one of our famous summer BBQs and enjoy a musical performance from, you'll never guess it, Erick Traplin!

Cost: \$60 with food **Location:** Sunbeam front lawn/ Gym **Format:** Sign-up



Tuesday, August 12 - Day Dance - 1:00-2:00

Get your dance shoes on and groove to the cool tunes at this fun summer dance!

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

Thursday, August 14 - Hand Cave Painting Craft - 1:00 - 2:00

Cueva de las Manos, or “Cave of Hands” is a UNESCO World Heritage site. This cave full of hand drawings from thousands of years ago is visited by travellers all over the world. See how they made these paintings with us at this historical artsy program!



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

Friday, August 15 - Baking Friday - Empanadas - 1:00 - 2:30

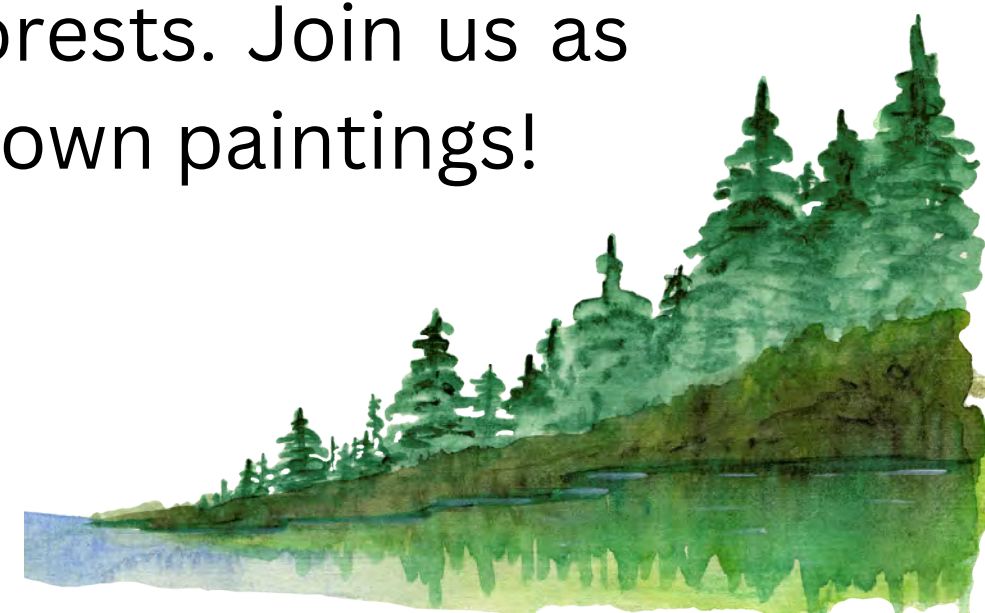
Different versions of this filled pastry dish are made all over the world, but is an Argentinian staple and considered a national dish! Join us as we make our own delicious empanadas!



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

Tuesday, August 19 - Argentina Painting - 1:00-2:00

Argentina has a vast variety of landscapes, including beautiful Patagonia with it's mountains, glaciers, lakes, and forests. Join us as we capture some of these beautiful landscapes in our own paintings!



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

Thursday, August 21 - Collage - 1:00 - 2:00

The world is your oyster as you use magazine and newspaper clippings at this make your own collage program! How creative can you get?



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

T **o** **g** **e** **t** **h** **e** **r**

Friday, August 22 - Gym Day - 1:00 - 2:30

Finish your week off with some running, shooting hoops, dodgeball, you name it, you got it, at this energetic and exciting gym program!



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

Tuesday, August 26 - Games Day - 1:00 - 2:00

Enjoy the outdoors and play a variety of games with us just in Sunbeam's front yard, including Plinko and axe throwing! Make sure to come to win some awesome prizes!

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



Tuesday, August 26 - Pub Night - 5:30 - 7:00

We're going back to Edelweiss Tavern for this exciting karaoke night! Bring your friends and family and sing the night away while enjoying some tasty snacks, and buy drinks of your choice, including near-beers!

Cost: \$45 **Location:** Edelweiss **Format:** Sign-up



Thursday August 28 - Birdhouse - 1:00 - 2:00

The birds all need homes to get ready for the winter! Make some birdhouses with us so our feathery friends have somewhere warm to stay when it starts getting chilly out!

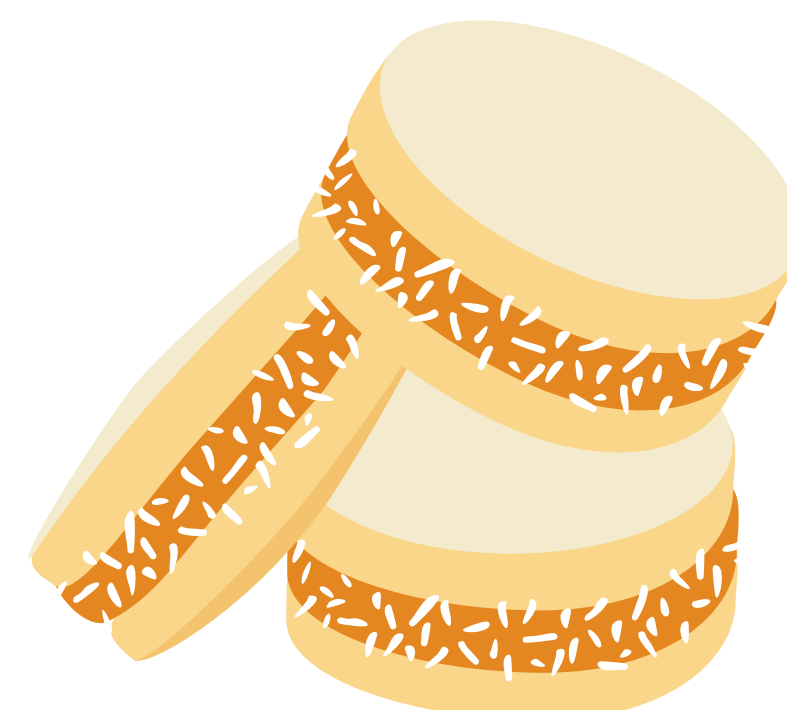
Cost: \$30 **Location:** The Apartment **Format:** Sign-up



Friday, August 29 - Baking Friday - Alfajores - 1:00 - 2:30

These delectable sandwich cookies are filled with sweet, creamy dulce de leche, and are rolled in crunchy, delicious shredded coconut

Cost: \$33 **Location:** CCCC **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 8670

Recreation
and Wellness
Sunbeam Community & Developmental Services

ARGENTINA ----> TANZANIA

DEPART: EZEIZA, ARGENTINA JULY 31

ARRIVE: KILIMANJARO, TANZANIA AUGUST 1

