

Explore THAILAND

October 2025



Happy October!!



This month we are travelling to Thailand! Thailand is known for it's delicious cuisine, beautiful beaches, and vibrant culture!

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

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

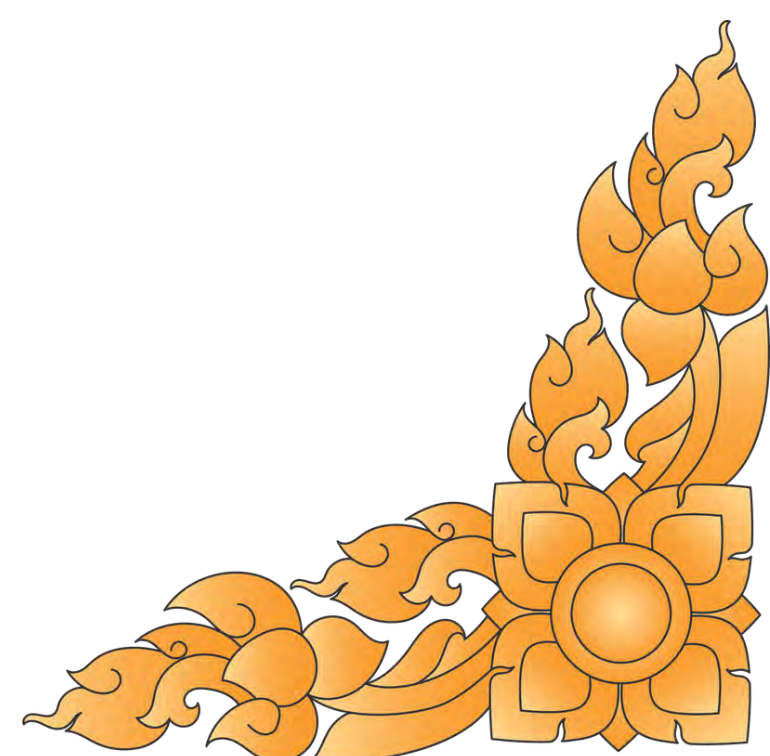
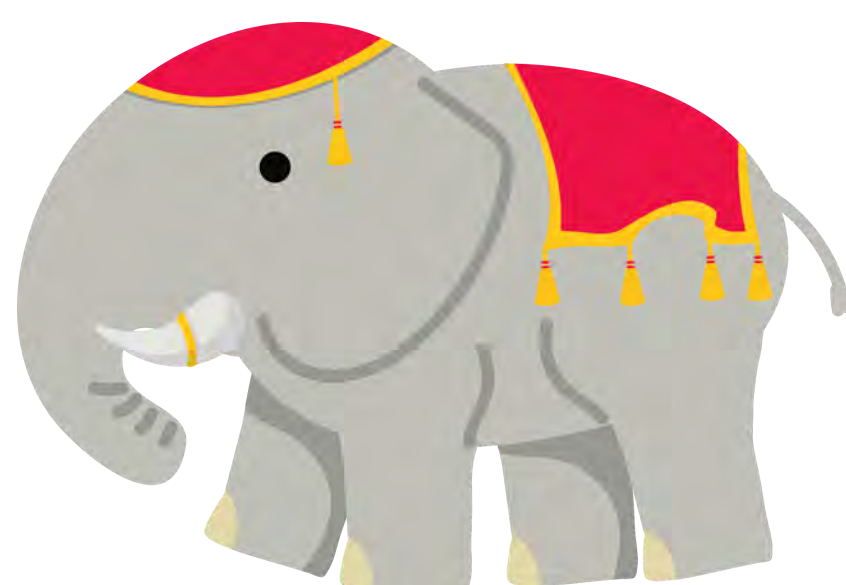
Please also make sure to take note of **special event location and other location changes.**

If you have any comments, questions, or concerns, please contact us:

Michelle Hunter
m.hunter@sunbeamcommunity.ca
519-893-6200 ext. 1211



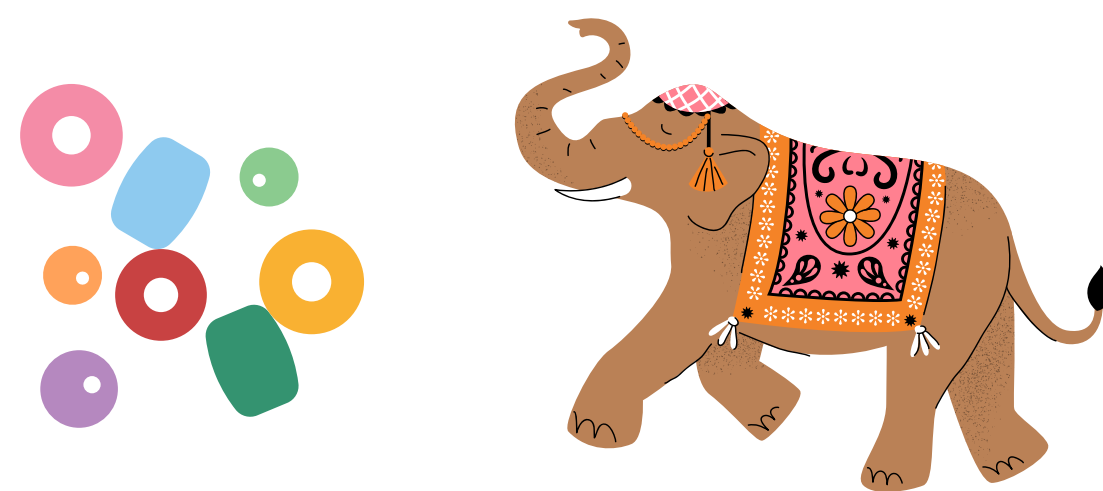
Office - Across from the Pool



Thursday, October 2 - Elephant Craft - 1:00-2:00

Come and make the National Animal of Thailand, the elephant! Beads, sequins, and lots more!

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



Friday, October 3 - Baking Friday - Coconut Lime Whip Cream - 1:00 - 2:30

Enjoy making some tropical coconut lime whip cream on top of an angel food cake! With Thai inspired flavours, this delicious dessert is light and airy and is wonderfully refreshing!

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



Tuesday, October 7 - Lotus Flower Craft - 1:00-2:00

It's still not too late to for those floral accents around the house! In Thailand, the Lotus Flower symbolizes enlightenment and rebirth. Come and make your very own in this program!

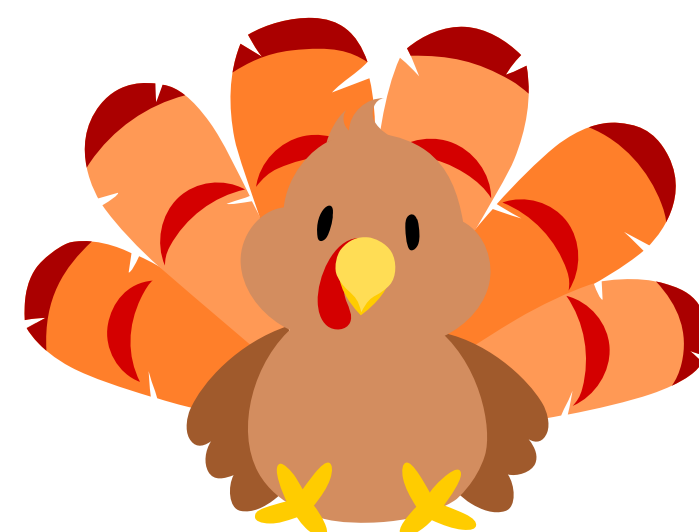
Cost: \$30 **Location:** KCC **Format:** Sign-up



Thursday, October 9 - Thanksgiving Craft - 1:00-2:00

Come celebrate Thanksgiving with this craft. We will be making Thanksgiving inspired crafts with a variety of materials!

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



Friday, October 10 - Baking Friday - Mini Pumpkin Pie - 1:00 - 2:30

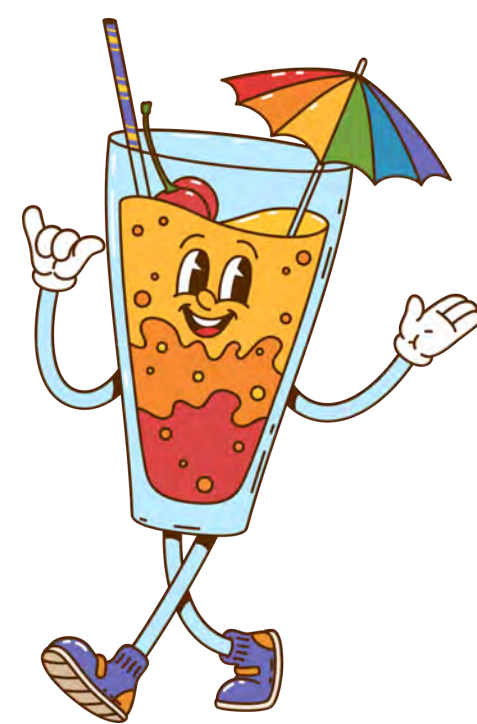
Do you enjoy fall baking? Join us as we make mini pumpkin pies to celebrate this fall season! You can also share them for Thanksgiving... or enjoy them all yourself!

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



Tuesday, October 14 - Umbrella Craft - 1:00-2:00

Thailand is known for it's rainy weather, but also it's beautiful sunny weather, which means umbrellas rain or shine! Join us as we make our own little umbrella's with a sweet treat!



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



Thursday, October 16 - Peacock Craft - 1:00-2:00

These beautiful, colourful birds with gorgeous tail feathers are native to Thailand. Join us as we make our own in this colourful program!

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



Friday, October 17 - Baking Friday - Fluffy Cupcakes - 1:00 - 2:30

Similar to Japanese cheesecakes, fluffy cakes are a touch lighter than the sponge cakes we know, but with all the same yummy flavours we love! Join us as we make these delectable desserts!

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



Tuesday, October 21 - Halloween Dance - 1:00-2:00

One time isn't enough to wear your cool costumes this year! Wear your costumes early for this Halloween themed dance!

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



Tuesday, October 21 - Karaoke 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, October 23 - Floating Boat Craft - 1:00-2:00

Thailand is known for it's crystal clear waters and many fisheries, which means lots of boats setting sail on the ocean blue! Join us as we make our own in this cool program!

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



Friday, October 24 - 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, October 28 - Monster Puppets Craft - 1:00-2:00

Spooky season is upon us, so let's make these monster buddies to join in the celebrations! Let's hope they don't scare away the trick or treaters!

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



Thursday, October 30 - Pumpkin Carving - 1:00-2:00

Jack-o-lanterns mean Halloween is coming soon! Join us as we carve out pumpkins to put in front of our homes!

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



Friday, October 31 - Halloween Fun Day - 10:00 - 2:00

Trick or treat day is finally here, and so is another Sunday Funday, but on a Friday! Join us for an adventurous scavenger hunt around the building before making some delicious personalized spooky pizzas!

Cost: \$60 **Location:** Sunbeam Life Skills **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 **m.hunter@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

Recreation
and Wellness
Sunbeam Community & Developmental Services

THAILAND ----> **JAMAICA**

DEPART: BANGKOK, THAILAND OCTOBER 31

ARRIVE: KINGSTON, JAMAICA NOVEMBER 1

