



JAMAICA

NOVEMBER 2025

Happy November!!



This month we are travelling to Jamaica! Jamaica is known for its 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 locations 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

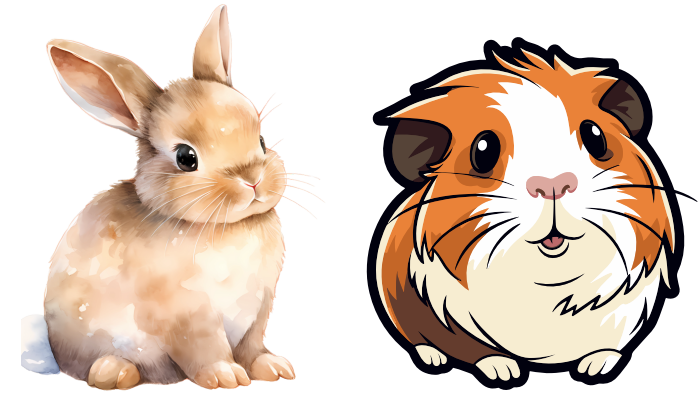
Office - Across from the Pool



Monday, November 3 - Pocket Pets - 1:00 - 2:00

Learn about these fun little critters at this adorable and interactive program!

Cost: \$35 **Location:** Sunbeam Gym **Format:** Sign-up



Tuesday, November 4 - Palm Tree Craft - 1:00-2:00

There are a variety of palm trees found in Jamaica. Feel the cool breeze while creating some palm trees during this tropical craft!

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



Thursday, November 6 - Hummingbird Stain Glass - 1:00-2:00

The red billed streamer tail hummingbird is the national animal of Jamaica. Come and make your very own stained glass hummingbird with us.

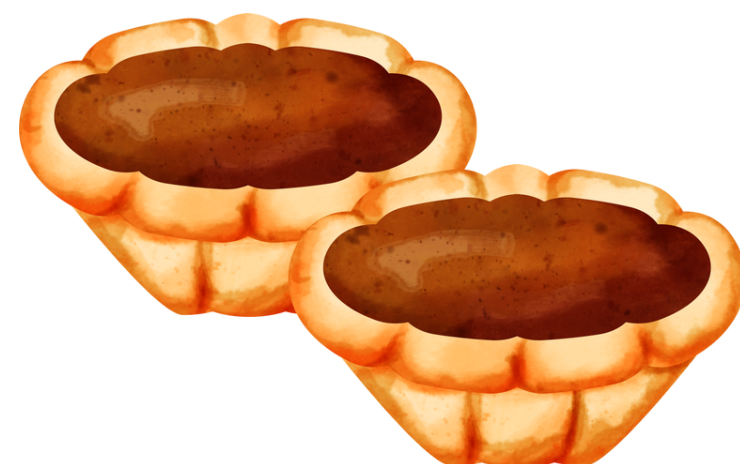
Cost: \$30 **Location:** KCC **Format:** Sign-up



Friday, November 7 - Baking Friday - Gizzada Tart - 1:00 - 2:30

Gizzada is a well loved Jamaican treat made from a combination of coconut, ginger, brown sugar and spices all inside a buttery pastry cup. Come out and make your own to enjoy!

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



Thursday, November 13 - Carnival Masks - 1:00-2:00

In Jamaica, carnival masks serve as a link to spiritual traditions, symbolizing hope, empowerment, and a connection to ancestors. Come create your own mask with a variety of materials.

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



Friday, November 14 - Baking Friday - Jamaican Patty - 1:00 - 2:30

Flakey pastries made with various fillings and spices, Jamaican Patties are a common street food. Come out and enjoy this sensory cooking experience.

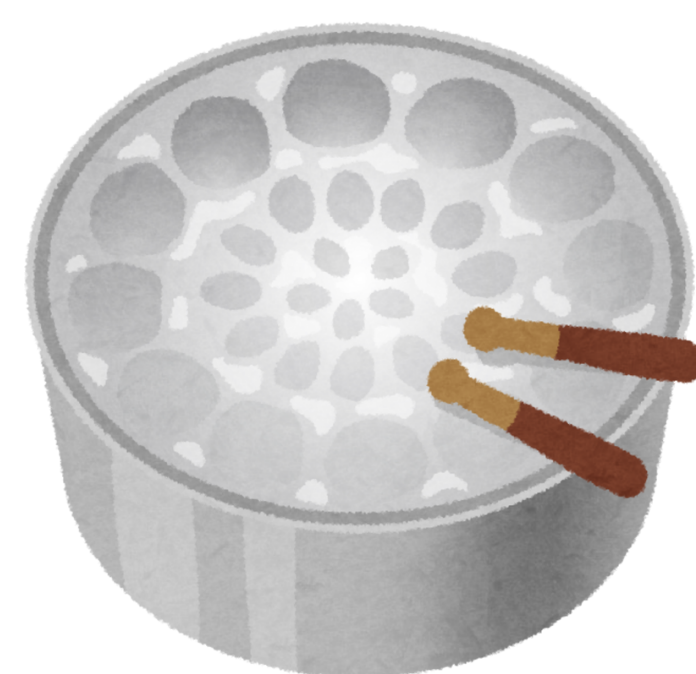
Cost: \$33 **Location:** CCCC **Format:** Sign-up



Tuesday, November 18 - Steel Drum Craft - 1:00-2:00

These unique instruments have found a beloved place in Jamaica's music scene. Come out and learn about these instruments and make your own to bring home.

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



Thursday, November 20 - Reggae Party - 1:00-2:00

Reggae parties are often described as having a "one love" or "uplifting" atmosphere. Celebrate Jamaican culture with music, drinks, and snacks to enjoy.

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



Friday, November 21 - Baking Friday - Rum Cake - 1:00 - 2:30

This cake is known as a traditional holiday season dessert soaked in rum. For our program rum extract will be used instead. Come out and make your own delicious 'Rum' cake.

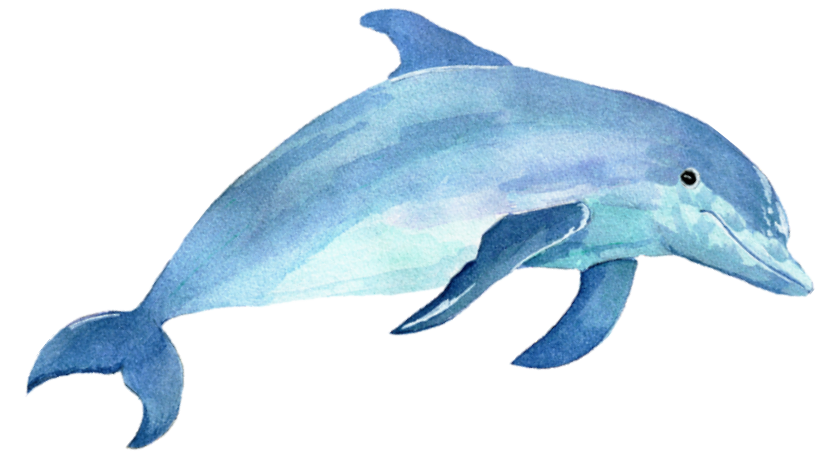
Cost: \$33 **Location:** CCCC **Format:** Sign-up



Tuesday, November 25 - Dolphin Craft - 1:00-2:00

Do you like swimming with dolphins? Come and create a dolphin craft inspired by the Dolphin Cove in Jamaica where you can give a dolphin a hug and a hand shake!

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



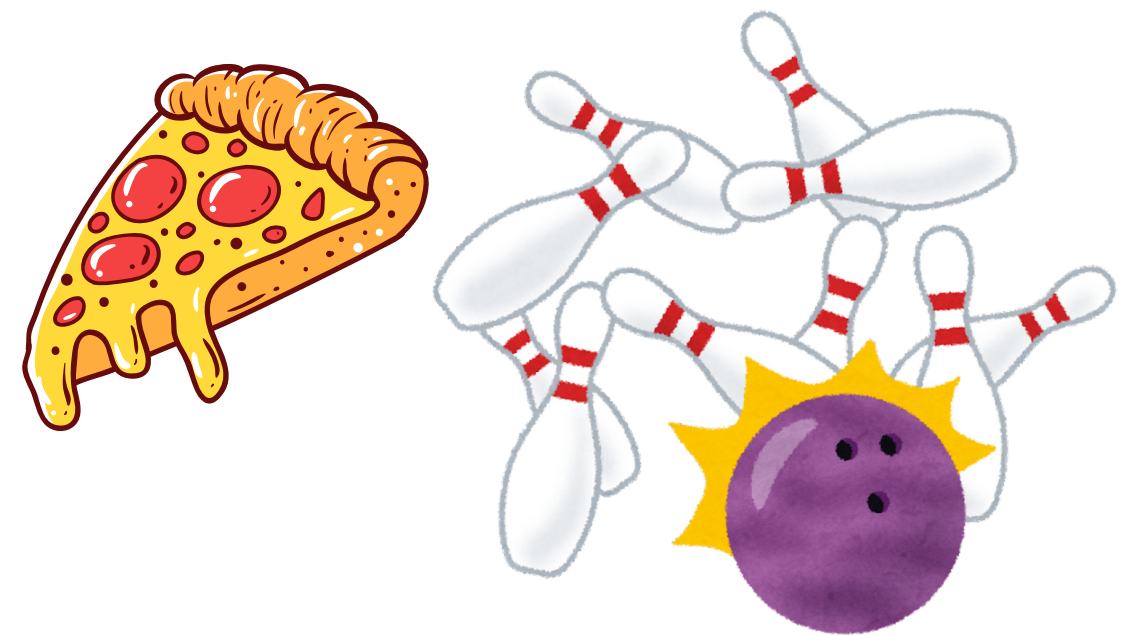
Wednesday, November 26 - Kingpin Bowling - 11:00 - 1:45

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

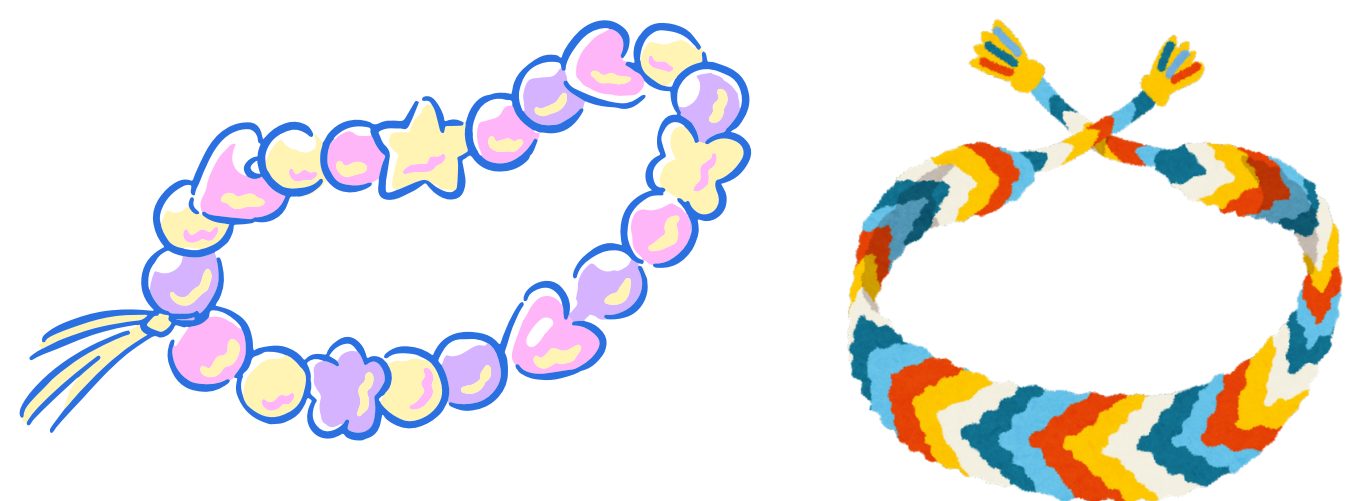
Cost: \$40 - 60 **Location:** Kingpin **Format:** Sign-up



Thursday, November 27 - Bracelets - 1:00-2:00

Come and make some bracelets with us inspired by Jamaican culture! We will be using a variety of materials including beads to showcase self-expression and identity.

Cost: \$35 **Location:** KCC **Format:** Sign-up



Friday, November 28 - Open Gym - 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



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

JAMAICA ----> **UKRAINE**

DEPART: KINGSTON, JAMAICA NOVEMBER 30

ARRIVE: KYIV, UKRAINE DECEMBER 1

