



# *TRAVEL TO SCOTLAND*

## *JANUARY 2026*

Happy January!!



This month we are travelling to Scotland! Scotland is known for its many castles, landscapes, and vibrant culture!

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

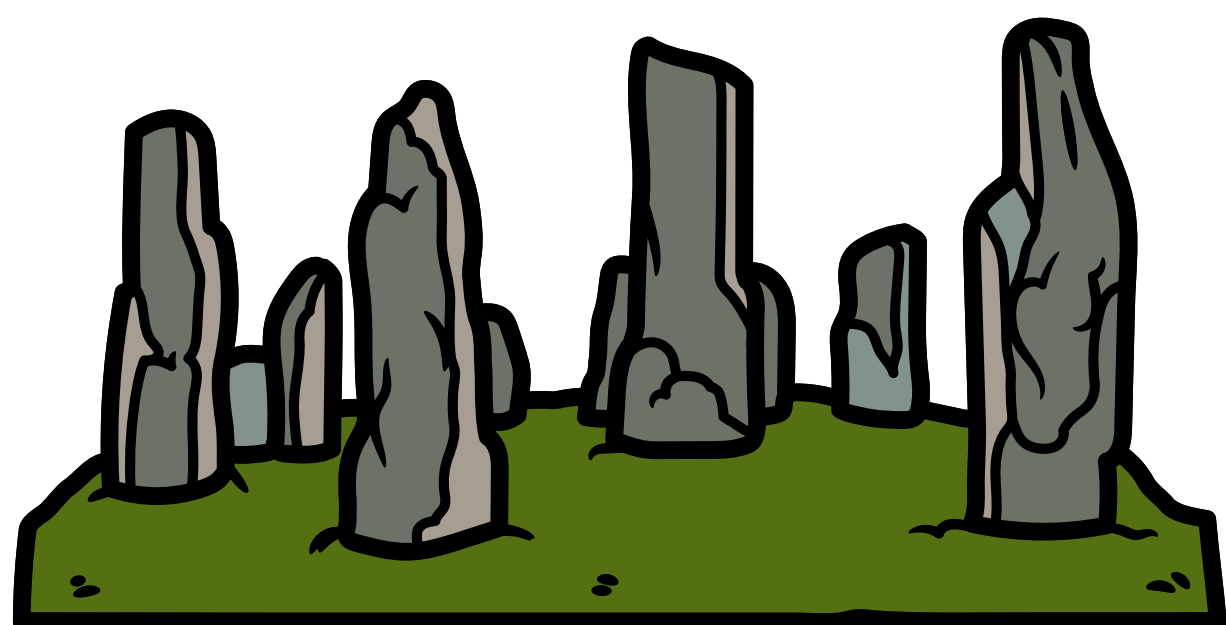
All Friday Baking Programs will be at **Centreville Chicopee Community Centre (CCCC).**

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

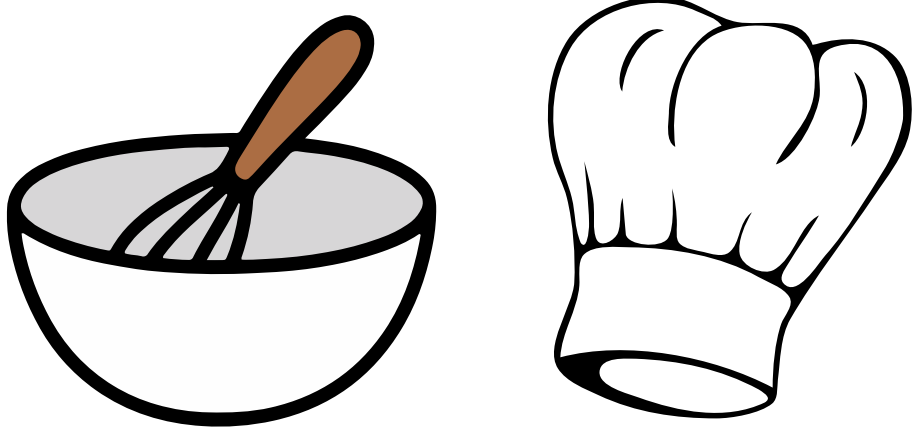




**Friday, January 2 - Baking Friday - Shortbread - 1:00 - 2:30**

Scotland shortbread is famous for it's dense, crumbly, and rich texture, which is perfect for a just after new years treat to keep up the holiday spirit!

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



**Tuesday, January 6 - Highland Cow Craft - 1:00-2:00**

These adorable fluffy cows will make you feel cozy and warm in this cold January weather! Join us as we use a variety of fun materials to make this craft!

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



**Thursday, January 8 - Loch Ness Sea Monster - 1:00-2:00**

Legend has it that the Loch Ness Monster lives in the Scotland Waters of Loch Ness, guess the name makes sense now! What does he look like? We'll find out when you make your own at this fun program!

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



**Friday, January 9 - Baking Friday - Cranachan - 1:00 - 2:30**

This no-bake dessert is also named “the King of Scottish desserts” and is very similar to a sweet parfait! Starring cream, berries, and oats, it's a refreshing dessert you'll love this winter!

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





### **Tuesday, January 13 - Dance - 1:00-2:00**

Switch your winter boots for fancy dance shoes at this music filled dance program!

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



### **Thursday, January 15 - Tartan Craft - 1:00-2:00**

A tartan is a patterned cloth, where each cloth is a different pattern for the family or “clan” they are worn by! Join us as you make your own Tartan pattern.

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



### **Friday, January 16 - Baking Friday - High Tea with Scones - 1:00 - 2:30**

Everything is better with a nice cup of tea, and tea is a national staple in Scotland! Come join us as we have our own high tea party with freshly baked scones prepared by you!

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



### **Tuesday, January 20 - Celtic Art - 1:00-2:00**

The Celtic Knot symbolizes interconnectedness and protection. Join us as we make our own version of these never ending knots in this creative program!

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



### **Wednesday, January 21 - Kingpin Bowling - 12:45-2:00**

Join us at Kingpin Bowling in Kitchener. Please arrive promptly at 12:45 so we can set up our bowling lanes in time to play! 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

**Location:** Kingpin Bowling - 425 Bingemans Centre Dr. Kitchener

**Format:** Sign-up





### **Thursday, January 22 - Fascinator Hats - 1:00-2:00**

These elegant, extravagant hats are worn at formal events such as weddings, tea parties, and horse races! Make one to wear at your own formal events in this creative, beautifying program!

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



### **Friday, January 23 - 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, January 27 - Thistle Craft - 1:00-2:00**

Thistles are Scotland's national flower, symbolizing pride and resilience. Fun fact: they were used to notify the Scots of invaders during battle as the invaders stepped on their thorns! Don't worry though, these thistles will be nice and soft to the touch!



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

### **Thursday, January 29 - Castle Making Birthday Party! - 1:00-2:00**

Is your birthday in January? Let's celebrate together by making some castles for our Kings and Queens of the month! But don't worry, you can still be a guest if your birthday isn't this month! Don't forget, you'll be going home with a party favour!

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



### **Friday, January 30 - Baking Friday - Melting Moments - 1:00 - 2:30**

These tea time treats are similar to oatmeal cookies, but topped with a yummy cherry, or topping of your choice! Join us as we make these tasty treats!

**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 205

Recreation  
and Wellness  
Sunbeam Community & Developmental Services

**SCOTLAND** ----> **BRAZIL**

DEPART: EDINBURGH, SCOTLAND JANUARY 31

ARRIVE: SAO PAULO, BRAZIL FEBRUARY 1

