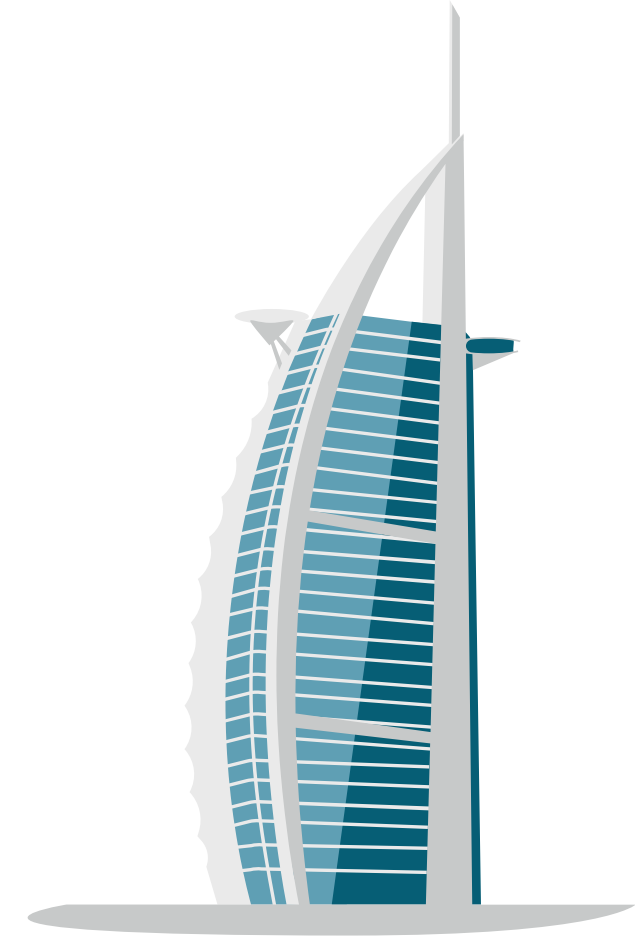


TRAVEL TO UNITED ARAB EMIRATES

Our last month of travelling the world!





Happy March!!

This month we are travelling to the United Arab Emirates (UAE)! UAE is known for its ancient civilizations, architecture, poetry, art, and tasty foods such as saffron and pistachios! Yum!

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



Tuesday, March 3 - Persian Rug Making - 1:00-2:00

These floral patterned, colourful rugs are a staple to a warm cozy home in these cultures! Hand-made is the way to go! Join us as we make our own to put in our homes!



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

Thursday, March 5 - Figurine Painting - 1:00-2:00

The United Arab Emirates is known for their pottery! Join us as we paint different figurines to decorate our houses!



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

Friday, March 6 - Baking Friday - Dubai Chocolate Cookies 1:00 - 2:30

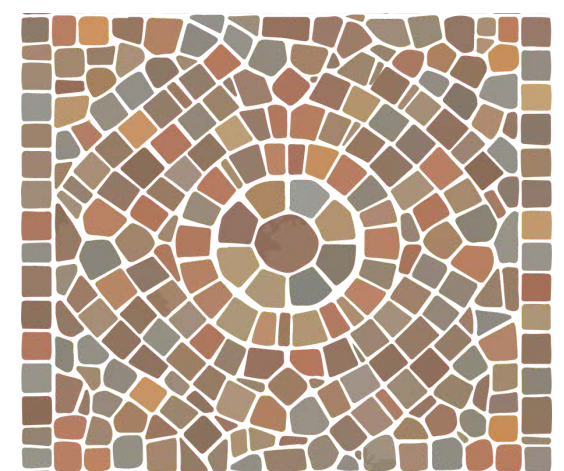
You've heard about the infamous Dubai chocolate, but have you heard of Dubai chocolate cookies?! This chewy cookie full of chocolate, pistachios, and the crunch of kunafa is the perfect combination you'll be craving for!



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

Tuesday, March 10 - Mosaic Picture Frames - 1:00-2:00

You may have seen Turkish lamps with all their beautiful stained glass patterns, but what would it look like as a picture frame? Join us for this picture-perfect program as we make these colourful pieces! What will your piece look like?



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

Thursday, March 12 - Luck Bugs - 1:00-2:00

March is lucky month! Join us as we make these adorable luck bugs to use as lucky charms this season!



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

Friday, March 13 - Baking Friday - Persian Love Cake - 1:00 - 2:30

A floral and moist cake with accents of a variety of different flavours, made to celebrate love! Who wouldn't love! With touches of not only cardamom, rose, and citrus, but also crunchy almonds and pistachios on top, how can it get any better?!



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

Tuesday, March 17 - St. Patrick's Day Dance - 1:00-2:00

Get those dance shoes on and show us your best jigging! Wear green and yellow to get in the leprechaun spirit!



Cost: \$20 **Location:** Sunbeam Gym **Format:** Sign-up

Thursday, March 19 - Nowruz Celebration - 1:00-2:00

Nowruz is the Persian New Year, symbolizing nature, renewal, and light over darkness. It is celebrated with bonfires, lots of food, parades, performances, and festivals! In this program, we will be making flowers to symbolize renewal of the seasons and growth!



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

Friday, March 20 - Baking Friday - Rice Flour Cookies- 1:00 - 2:30

Called "Nan-e berenji," these are an absolute staple in the Persian New Year, and other big celebrations such as weddings! These melt-in-your-mouth cookies will leave you wanting more!



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

Tuesday, March 24 - Fabric Stamp Art - 1:00-2:00

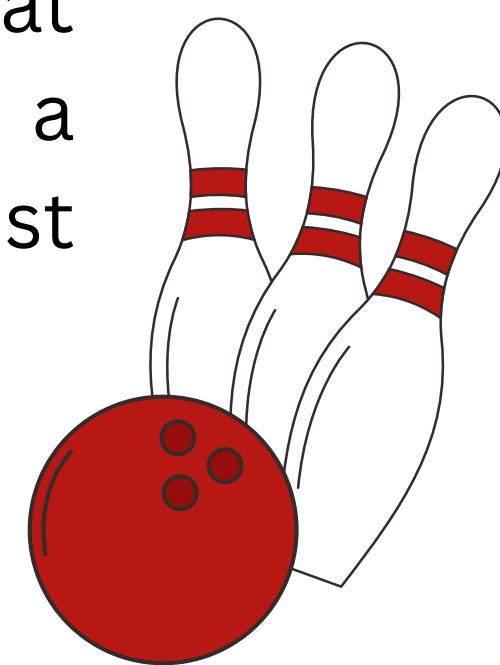
Design some unique artwork with fabric and stamps, a tradition in the United Arab Emirates, where they have a large textile industry. Join us as we make our very own designs at this fun program!



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

Wednesday, March 25 - 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

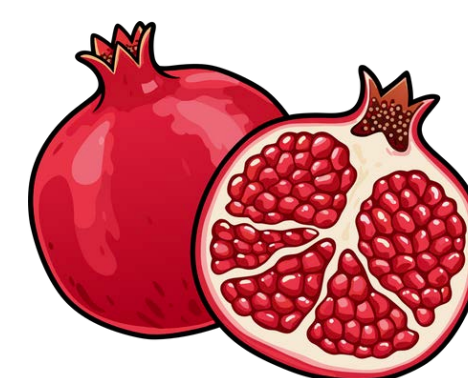
Format: Sign-up

Thursday, March 26 - Pomegranate Sensory - 1:00-2:00

Pomegranates grow all over the Middle East, and are popular in many dishes! Join us as we explore the world of pomegranates in this fruit filled program!



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



Friday, March 27 - 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! Please bring indoor shoes.

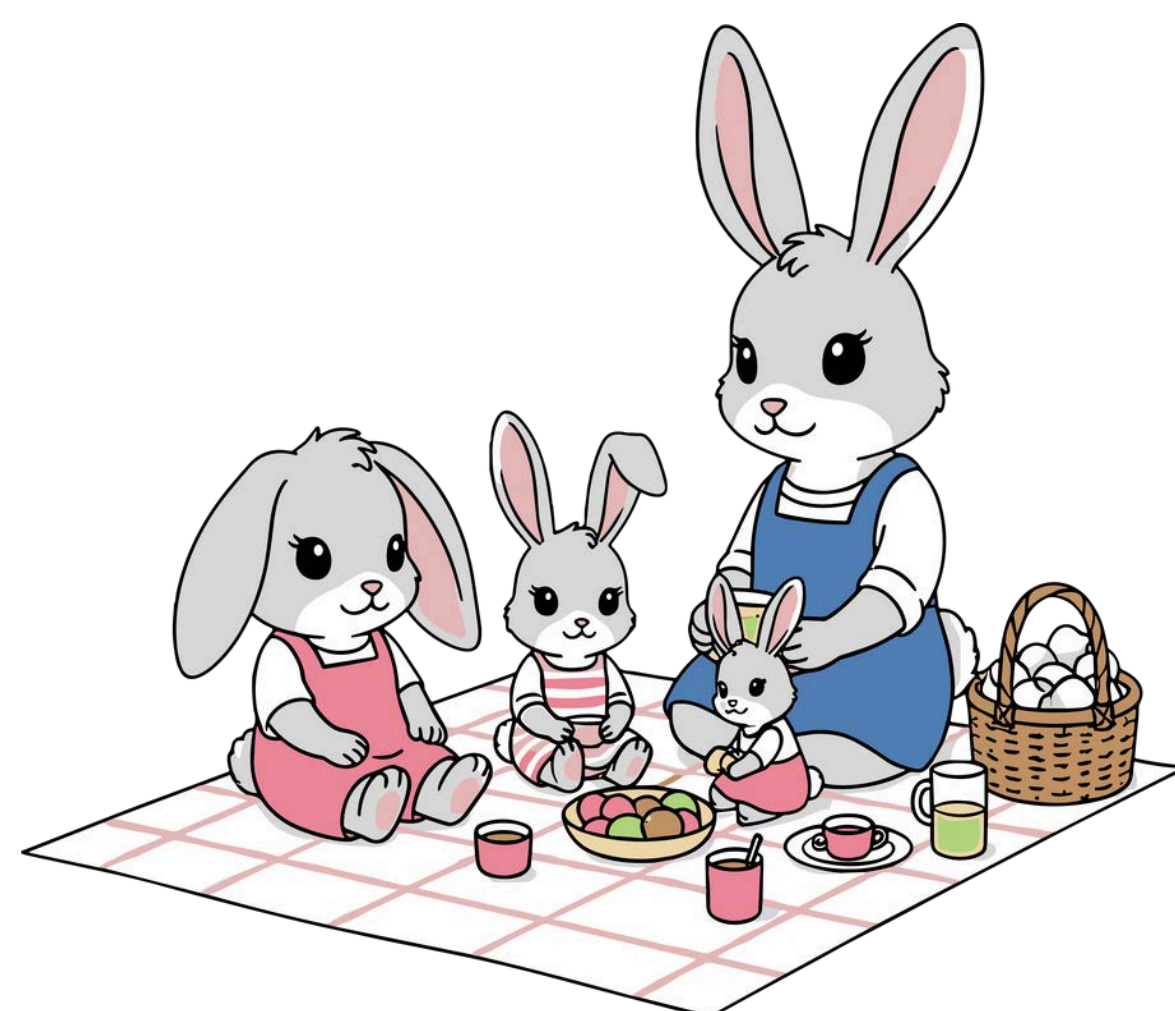


Cost: \$33 **Location:** CCCC **Format:** Sign-up

Tuesday, March 31 - Nature Day Birthday Party - 1:00 - 2:00

With Spring approaching and getting ready for picnics, and Easter just around the corner, what better way to celebrate than making baskets! Join us as we decorate beautiful baskets, and fill them with some exciting treats!

Cost: \$30 **Location:** KCC **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>**

Planting Season



Fruits and Vegetables
April 2026

*Some seasons are for blooming,
some for planting. Trust the pace
of your own becoming.*