



GRAINS MAY 2026

Planting Season



Happy May!!

This year's theme is a little bit different. We will be exploring the beauty of each season and what it has to offer! This month, we will be celebrating grains in our planting season, as we start to see life growing!

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, May 1 - Baking Friday - Apple Blueberry Crisp - 1:00 - 2:30

With sweet, tart apples, juicy blueberries, and a cinnamon sugar oatmeal crumble on top, this warm, cozy dessert has the perfect amount of crunch, and served with ice cream, what could be better??



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

Tuesday, May 5 - Sensory Day - 1:00-2:00

There's no better way to use oatmeal than to put it on your face! Join us as we make oatmeal facials to use during the program or to take home!



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

Thursday, May 7 - Bird Feeders - 1:00-2:00

Grains aren't only for humans, animals enjoy them too! Hang these bird feeders up around your house and watch the birds munch on them!



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

Friday, May 8 - Baking Friday - Pasta Salad / Energy Balls - 1:00 - 2:30

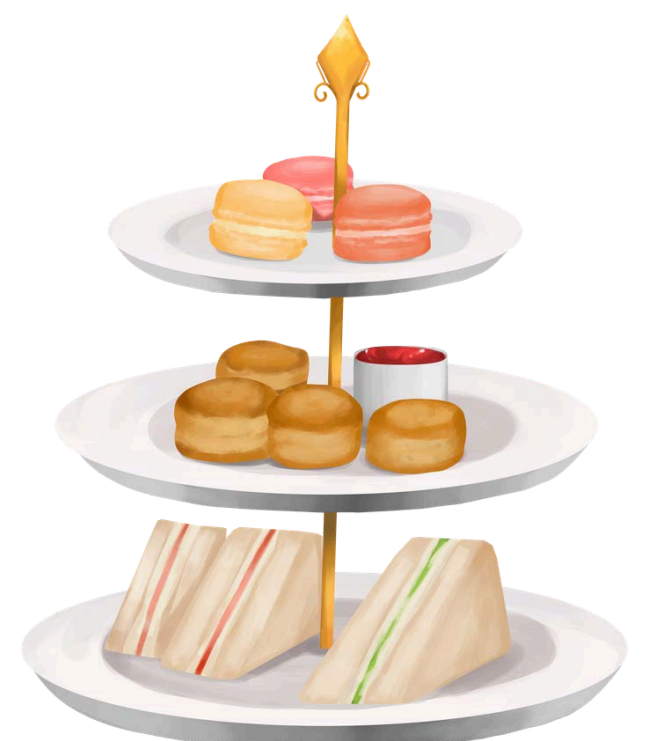
These no-cook (mostly) options are delicious, healthy, full of grains and will leave you feeling perfectly energized for summer coming soon! These are perfect make-ahead picnic options that you don't want to miss!

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



Saturday, May 9 - High Tea - 10:00-2:30

This program is to celebrate family! Spend the morning baking and preparing for an afternoon high tea with friends and family! We will also be cooking a yummy lunch! Please see the flyer to RSVP for this event!



Cost: \$65 **Location:** Sunbeam **Format:** Sign-up

Tuesday, May 12 - Corn Craft - 1:00-2:00

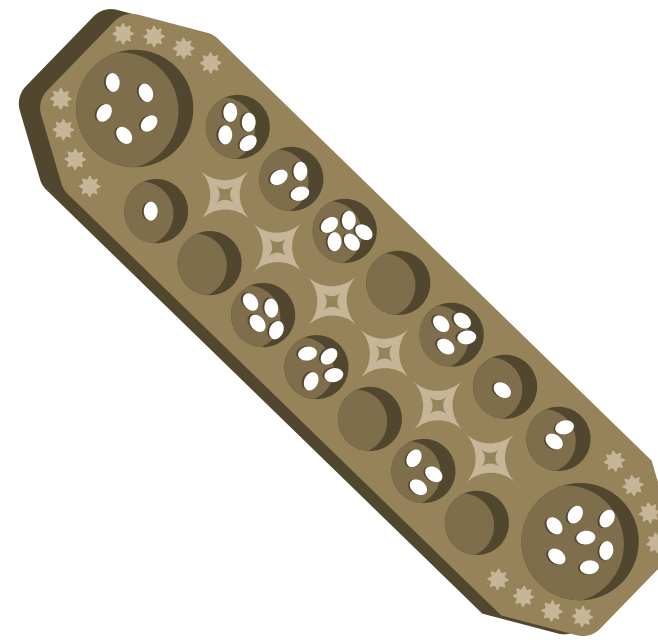
Join us as we make some fun corn crafts to honour our favourite grain!



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

Thursday, May 14 - Mancala Game - 1:00-2:00

One of the oldest games in the world, this game used to be played with beans, seeds, and nuts, who knew! Come learn how to play this historical game full of grains with us!



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

Friday, May 15 - Baking Friday - Zucchini Corn Fritters - 1:00 - 2:30

The two hottest summer veggies come together in this yummy crispy fritter! These fritters are perfect for any time of the day! A savoury breakfast? A mid-day snack? The side for a delicious dinner? Perfect for all occasions!



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

Tuesday, May 19 - Dance - 1:00-2:00

No dance partner? Don't worry! Join us for this fun friends dance, just don't forget your dance shoes!



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

Thursday, May 21 - Pasta Jewellery - 1:00-2:00

Not your conventional type of jewellery, this one you can eat! **Crunch!** Necklaces, bracelets, anklets, how will you wear your pasta?

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



Friday, May 22 - 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, May 26 - Mosaic Art - 1:00 - 2:00

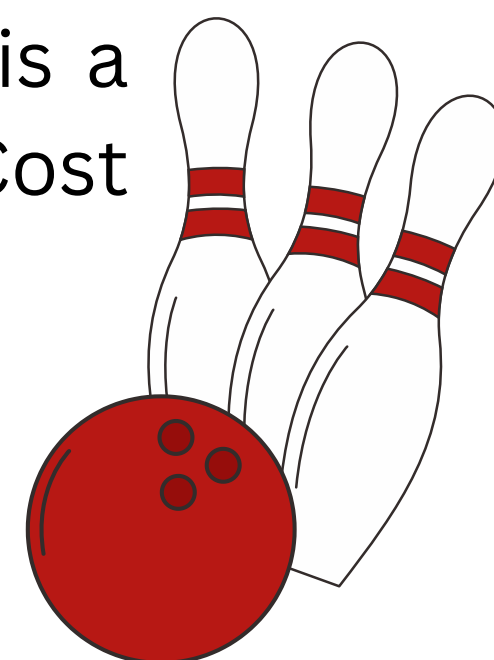
In this program it's okay to play with your food! Make beautiful mosaic art pieces out of different beans, lentils, and other legumes; Who knew there were so many colours of beans?!



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

Wednesday, May 27 - 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, May 28 - Spring Carnival - 1:00-2:00

May has the perfect weather, and what better way to enjoy it than with carnival games! Join us for some game fun in the sun, and for all the birthdays happening this month!



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

Friday, May 29 - Baking Friday - Strawberry Rhubarb Bars - 1:00 - 2:30

Similar to the apple blueberry crisp, these strawberry rhubarb bars are a convenient hand held version! A gooey, crispy, sweet, and tart combination, it'll have your senses tingling!



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>**

Coming up....

A MONTH OF FARMING

June 2026

