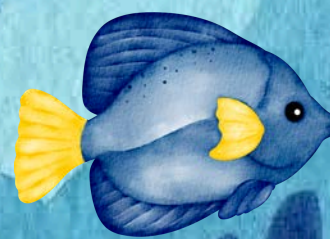




UNDER THE SEA

July 2026





Happy July!!

This year's theme is a little bit different. We will be exploring the beauty of nature and what it has to offer! This month, we will be exploring under the sea in our sunshine season!

All Tuesday/Thursday afternoon programs will be offered at **Sunbeam Community and Developmental Services (Room 4).**

All Friday Baking Programs will be at **Sunbeam Community and Developmental Services (Life Skills Room).**

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, July 2 - Waterday - 1:00-2:00

The weather is getting hotter, and that means it's the perfect time to get in the water! Join us to beat the heat in this waterfilled program!



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

Friday, July 3 - Baking Friday - Under the Sea Cupcakes - 1:00 - 2:30

Ariel would love these sea-themed cupcakes with her other thing-a-ma-bobs! They're almost too pretty to eat! We're getting creative with this delicious program!



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

Tuesday, July 7 - Dance - 1:00-2:00

Show your groovy moves at this fun dance! Fish tails, feet, or wheels, anything works!



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

Thursday, July 9 - Aquarium Jars - 1:00-2:00

Bring the sea home with you in these adorable aquarium jars! Watch your fish swimming in an underwater world of your creation through water, plants, and pebbles as you create the perfect home for your everlasting fish!



Cost: \$30 **Location:** Sunbeam - Room 4 **Format:** Sign-up

Friday, July 10 - Baking Friday - Crab Sandwich - 1:00 - 2:30

These sandwiches have a special ingredient you probably haven't thought of before, crab! With a cold, refreshing, fishy salad sandwiched in a buttery, flakey croissant, these sandwiches are perfect for a beach day or picnic!



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

Saturday, July 11 - Laurel Creek Picnic - 11:00-3:00

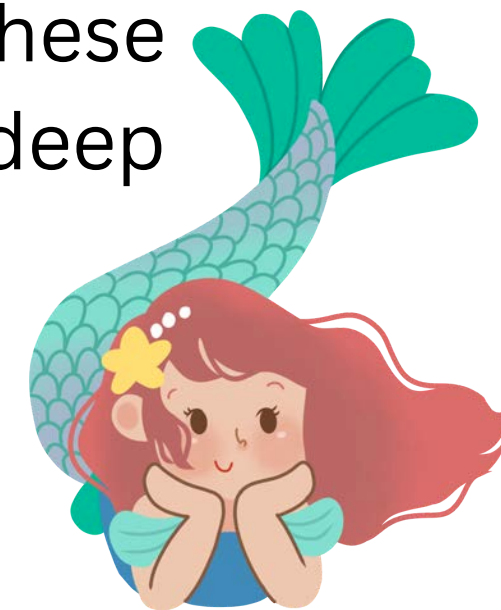
Speaking of picnics... Bring those crab sandwiches you made yesterday to Laurel Creek Conservation area for our picnic! Even if they aren't crab sandwiches make sure to bring a packed lunch to enjoy while here with friends! Don't forget your Conservation pass.



Cost: \$50 **Location:** Laurel Creek **Format:** Sign-up

Tuesday, July 14 - Mermaid Craft - 1:00-2:00

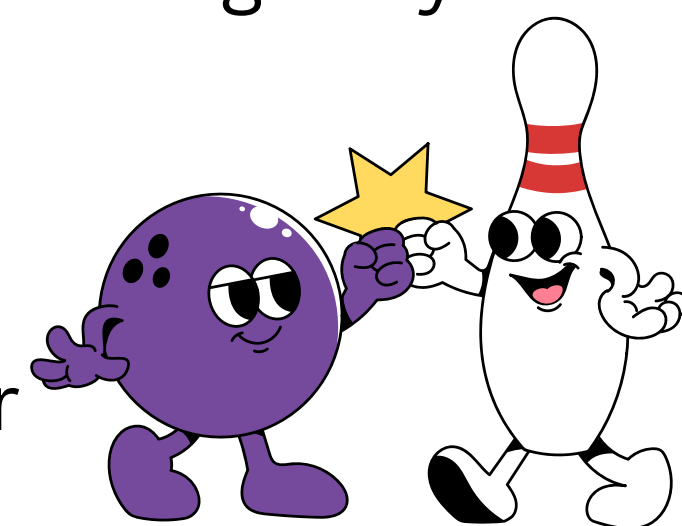
What was that you saw? Ariel?! Bring out your inner fish with these adorable mythical half human half fish creatures that swim the deep dark depths of the sea!



Cost: \$30 **Location:** Sunbeam - Room 4 **Format:** Sign-up

Wednesday, July 15 - 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, July 16 - Seashell Craft - 1:00-2:00

The beauty of the ocean comes in sea shells! Join us as we make beautiful sea shell decorations to decorate your house!



Cost: \$30 **Location:** Sunbeam - Room 4 **Format:** Sign-up

Friday, July 17 - Baking Friday - Beach Cookies - 1:00 - 2:30

Summer is the best time to be at the beach, but a mouthful of sand usually isn't the most pleasant feeling, unless it's a cookie! These beach cookies are fun to decorate, and delicious to eat!



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

Tuesday, July 21 - Jellyfish Craft - 1:00 - 2:00

These flowy, colourful, bouncy creatures of the sea are absolutely adorable, and perfect to hang up for decorations! Did you know: they don't have a brain, heart, or bones, but have survived millions of years in the sea?! Talk about super creature!

Cost: \$30 **Location:** Sunbeam - Room 4 **Format:** Sign-up



Thursday, July 23 - Pirate Hats - 1:00-2:00

Aaaaarg me hearty.... Pirates love being stylish, which means having fancy schmancy hats! Make and decorate your own pirate hat in this program and walk the red carpet plank!



Cost: \$30 **Location:** Sunbeam - Room 4 **Format:** Sign-up

Friday, July 24 - Baking Friday - Sharkuterie - 1:00 - 2:30

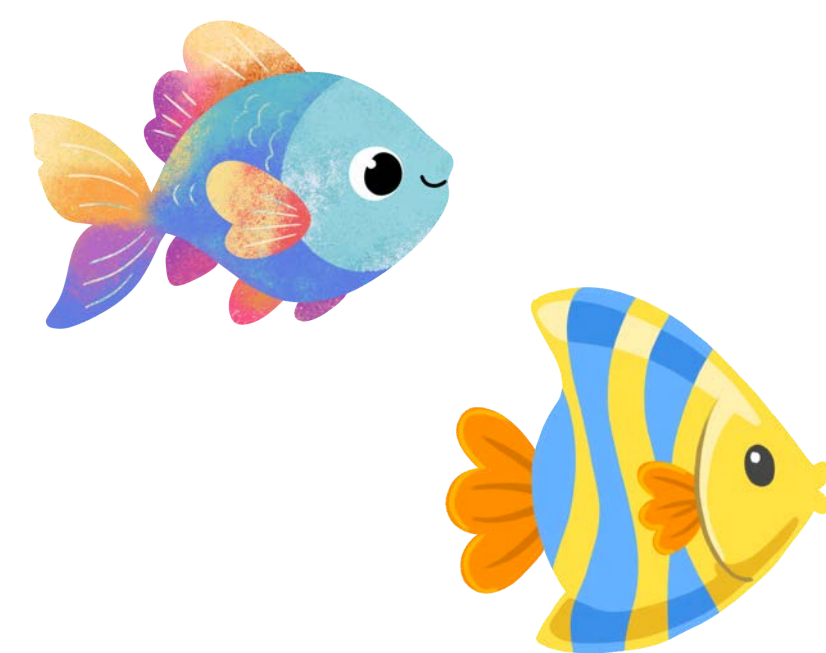
Does something smell fishy to you...? Charcuterie boards are all the rage, but have you heard of a SHARKuterie board?! Join us to make these fun sea themed tasty boards for your next under the sea party!



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

Tuesday, July 28 - Fish Decorating - 1:00 - 2:00

The sea is full of all different kinds of beautiful unique fish, so let's decorate our own in this fishy program!



Cost: \$30 **Location:** Sunbeam - Room 4 **Format:** Sign-up

Wednesday, July 29 - Best of Friends Concert - 11:00-2:00

The best of friends are coming back for this concert, and with them is a BBQ! Food purchases are \$10 each for staff and clients, so when signing up let us know if you'd like a meal as well!



Cost: \$40 **Location:** Sunbeam Outside **Format:** Sign-up

Thursday, July 30 - Pirate Hunt - 1:00-2:00

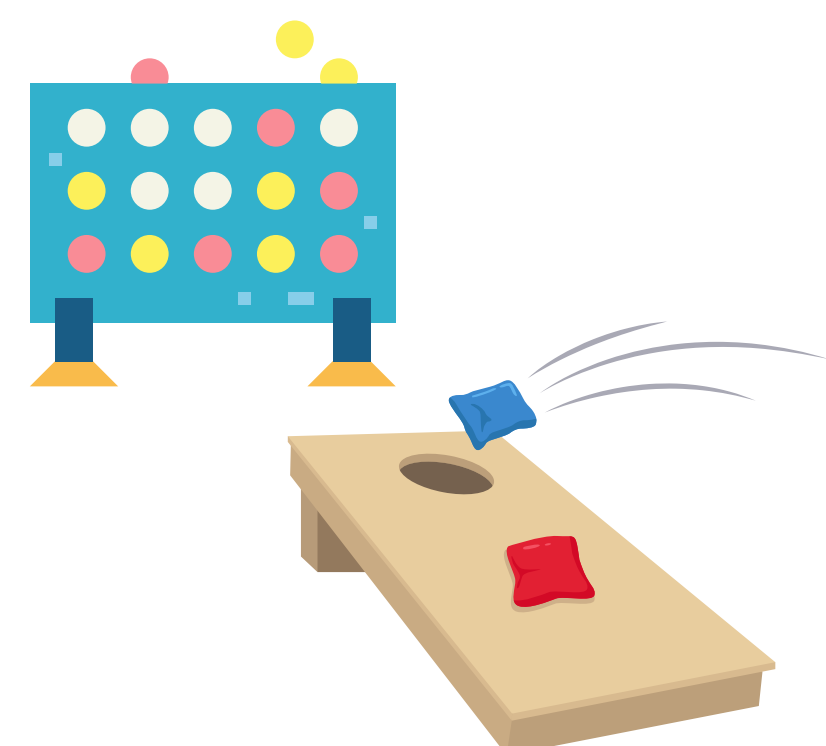
"X" marks the spot mates! Celebrate this months birthdays with us and follow the fish to find the treasure and get a prize!



Cost: \$30 **Location:** Sunbeam - Room 4 **Format:** Sign-up

Friday, July 31 - Games Day - 1:00-2:30

Join us outside in the nice warm weather to play some games! How fun is that?



Cost: \$30 **Location:** Sunbeam - Outside **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>**

BEACH TIME

COMING AUGUST 2026

