



- HELLO -

BEACHES

August 2026



Happy August!!

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 beaches 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



Tuesday, August 4 - Porch Goose - 1:00-2:00

Have you heard of the viral porch goose? Come make a mini version to dress up and display on your own porch! Who will win the best Sunbeam porch goose costume competition?!



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

Wednesday, August 5 - Guelph Lake Beach Day - 11:00 - 2:00

Bring your sunscreen - Sunbeam is going to the beach! Join us for a fun filled beach day at Guelph Lake. Don't forget your Conservation Area pass and a lunch to enjoy!



Cost: \$50 (+\$7.50 per person for park admission if needed)

Location: Guelph Lake - 7743 Conservation Rd., RR 4
Guelph, ON N1H 6J1

Format: Sign-up



Thursday, August 6 - Message In A Bottle - 1:00-2:00

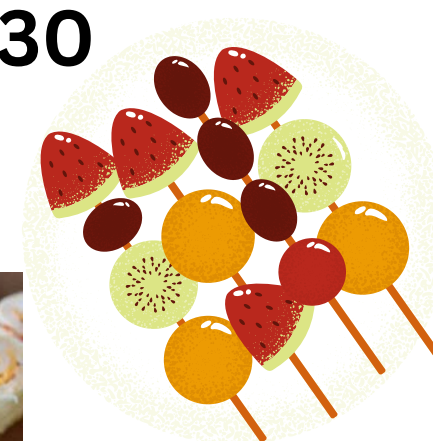
What is that? A secret message!? From you?! Come write your own secret message to keep safe in a bottle and give it away, or hide it to read later as a personal time capsule!



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

Friday, August 7 - Baking Friday- Turkey Roll Ups/Fruit Kebabs - 1:00-2:30

These no bake, yummy, bite-sized snacks are perfect for any picnic, BBQ or day at the beach!



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

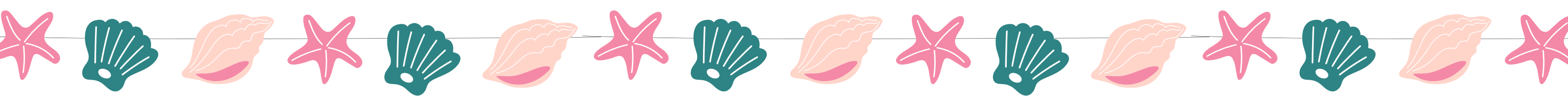


Tuesday, August 11 - Dance - 1:00 - 2:00

It's a beach party! Bring your dancing sandals and join us for this beach themed dance. Nothing but good vibrations over here!



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



Tuesday, August 11 - Karaoke - 5:30-7:00

Brush up on the songs of the summer for karaoke at Edelweiss Tavern! Bring your friends and family for an awesome evening filled with singing, dancing, and loads of fun!



Cost: \$40 **Location:** Edelweiss Tavern **Format:** Sign-up

Thursday, August 13 - Sailboat Race - 1:00-2:00

Come sail away with this awesome sailboat craft! Can you make it sturdy enough to withstand the race. On your marks.. get set... GO!



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

Friday, August 14 - Baking Friday - Seashell Pasta Salad - 1:00-2:30

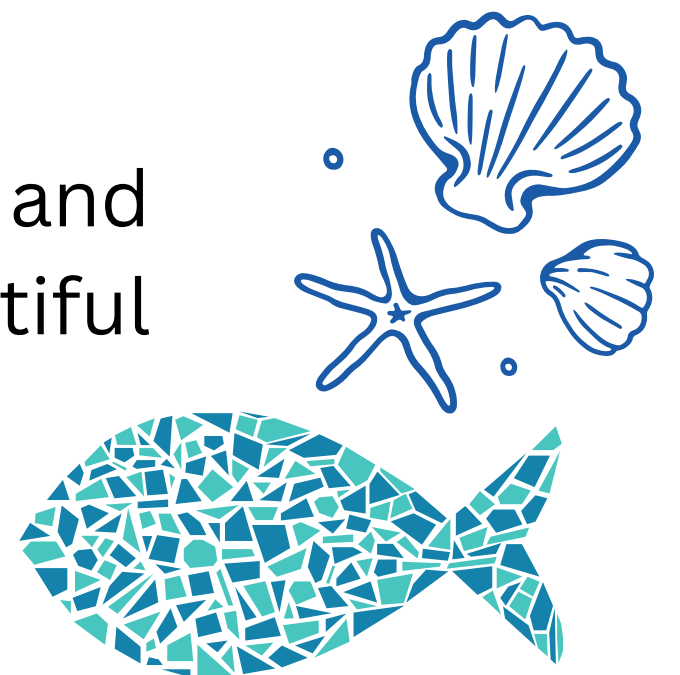
No seashell crunch here! What makes a better beach day lunch than seashell shaped pasta? Come make this delicious, healthy lunch that's perfect for any summer day.



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

Tuesday, August 18 - Beach Mosaic Art - 1:00-2:00

Collect all of your beach themed gadgets, gizmos, whosits and whatsits and turn them into art! Join us as we make beautiful beach themed mosaics for you to display all summer long.



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

Wednesday, August 19 - Shade's Mills BBQ - 10:30 - 2:00

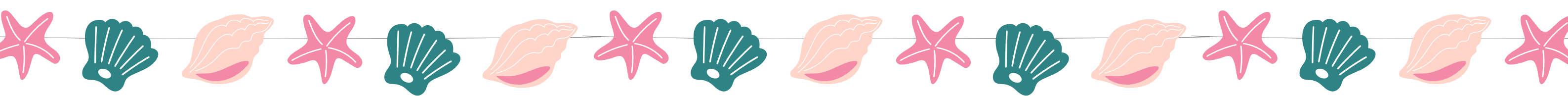
BBQ's are the best summer activities! Come join us at Shade's Mills for lunch, outdoor games, and some beautiful trail walks! Food tickets are \$10 each for staff and clients, so when signing up let us know if you'd like a meal as well! Don't forget your Conservation Area pass, we will be meeting at the Trail Shelter rain or shine!



Cost: \$40 (+\$7.50 per person for park admission if needed)

Location: Shade's Mills Conservation Area - 450 Avenue Road, Cambridge

Format: Sign-up



Thursday, August 20 - Beach Ball Craft - 1:00 - 2:00

You can't go to the beach without a beach ball! Make this fun, colourful beach ball craft with us to enjoy!



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

Friday, August 21 - Baking Friday - Starfish Cookies - 1:00-2:30

These adorable starfish cookies are almost too cute to eat! These no-bake treats are the perfect beach-themed snack for summer parties or ocean adventures.



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

Tuesday, August 25 - Sand Art - 1:00 - 2:00

Bring home the beach with this beautiful sand art! Simply outline a picture with glue, sprinkle on some sand, and watch your masterpiece come to life.



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

Thursday, August 27 - Summer Drink Birthday Party - 1:00 - 2:00

What better way to celebrate your birthday than with an ice cold drink? Mix up your own colourful, fruity beverage and enjoy!



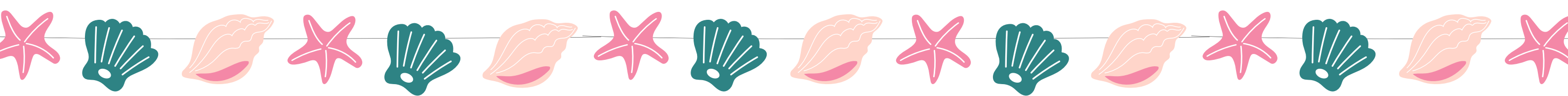
Cost: \$30 **Location:** Sunbeam - Room 4 **Format:** Sign-up

Friday, August 28 - Baking Friday - Sand Dollar Cookies - 1:00-2:30

These beach-themed cookies are perfect for a fun beach treat! Don't worry, you won't get any sand in your mouth while enjoying these delicious almond cookies!



Cost: \$33 **Location:** Sunbeam - Life Skills **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>**



FROM THE LAND

COMING SEPTEMBER 2026

