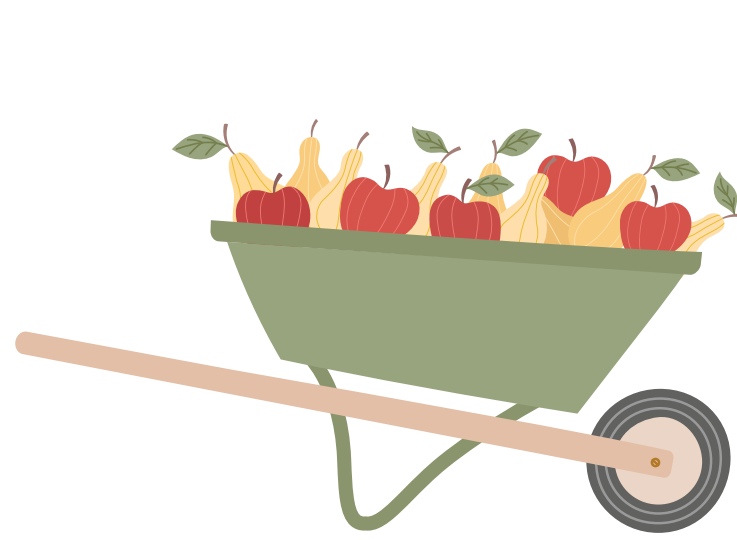


From the LAND

MUSIC-FOOD-FUN

SEPTEMBER 2026



Happy September!!

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 things from the land in our sunshine season!

All Tuesday/Thursday afternoon programs will be offered at **Kingsdale Community Centre (KCC) starting September 10th.**

Friday Baking Programs will be at **Sunbeam Community and Developmental Services (Life Skills Room) and starting Sept 18th, 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, September 1 - Sun Catchers - 1:00-2:00

Hold onto summer just a little longer! Create a colourful sun catcher with us and soak up every last ray of sunshine before fall arrives.



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

Thursday, September 3 - Egg Carton Mushrooms - 1:00-2:00

These little toadstools are perfect to bring on the colourful fall season! Join us to make these adorable little guys that you'll have all over your house in no time! Peek-a-boo!



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

Friday, September 4 - Baking Friday - Apple Cinnamon Buns 1:00-2:30

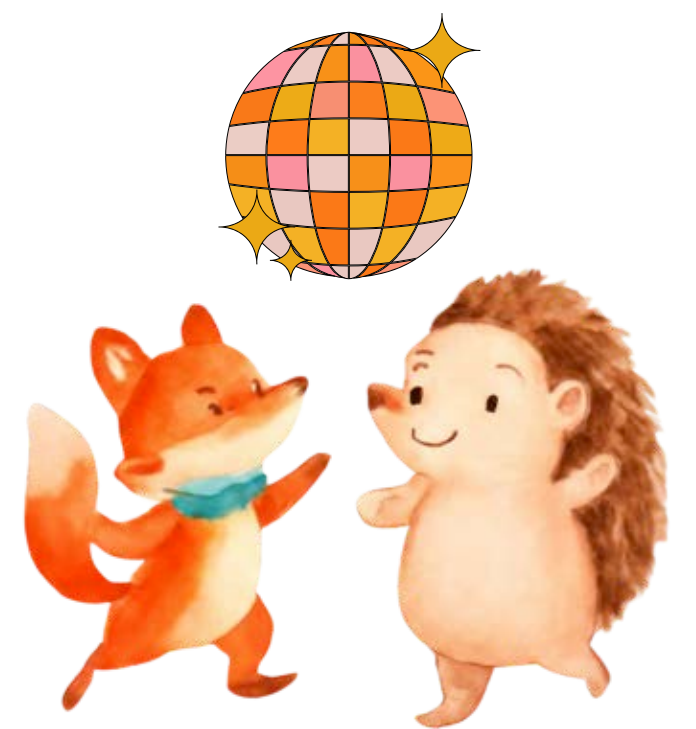
The only thing better than a cinnamon bun is an apple cinnamon bun! Come bake this cozy, warm, fruity dessert to ease your way into the fall spirit.



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

Tuesday, September 8 - Dance - 1:00 - 2:00

From the land to the dance floor! Celebrate the changing seasons with music and laughter at this month's dance!



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

Thursday, September 10 - Make Your Own Frisbee - 1:00-2:00

"Lookout!" "Catch!" Make these homemade frisbees for a few last fun-filled days outside enjoying the sunshine!

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



Friday, September 11 - Baking Friday - Mexican Street Corn - 1:00-2:30

Join us in making this Mexican “elote” inspired street corn. Featuring mayonnaise, cilantro, garlic, and a little chili powder for a kick. This street corn is going to be your new favourite BBQ edition!

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

Tuesday, September 15 - Apple Craft - 1:00-2:00

Apples are all the rage in the fall! These adorable wormy apple crafts will put a little “munch” to the season!



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

Thursday, September 17 - Pine Cone Creatures - 1:00 - 2:00

Get creative with these adorable pine cone creatures! Will you make a monster? Owl? Lion? The possibilities are endless!



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

Friday, September 18 - Baking Friday - Apple Bread - 1:00-2:30

Don't be fooled by the name! This recipe makes a cakey, moist, sweet loaf full of apples, cinnamon, and a little fall loving!



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

Tuesday, September 22 - Fall Fair - 1:00 - 2:30

What better way to welcome fall than with a fall fair?! Come celebrate September birthdays and the fall equinox with us and enjoy some cotton candy, games, a live band, and so much more!



Cost: \$50 **Location:** Sunbeam - Outside **Format:** Sign-up



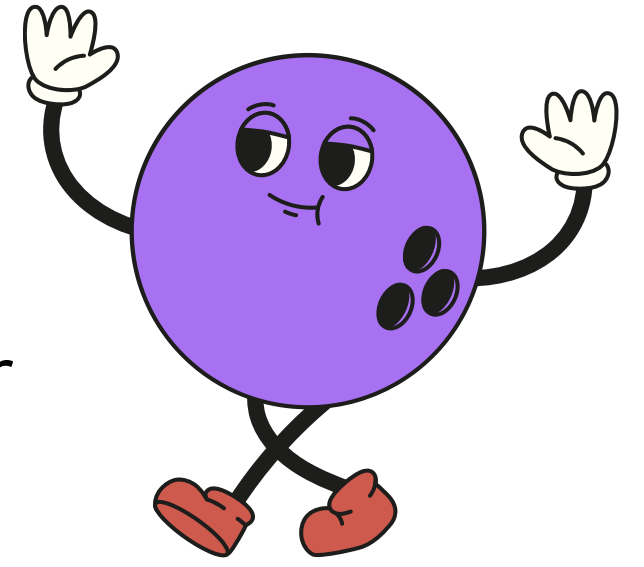
Wednesday, September 23 - Kingpin Bowling - 12:45-2:00

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, September 24 - Pumpkin Hats - 1:00 - 2:00

Who said pumpkins are just for carving? They also belong on your head! Perfect for photoshoots, get into the fall spirit by creating your very own pumpkin hat!

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



Friday, September 25 - Baking Friday - Apple Crisp - 1:00-2:30

Nothing says fall like a yummy apple crisp! This recipe is a bit of a cheating apple pie with it's soft fragrant apples and crispy oats on top, but with a little bit of ice cream, you won't even miss the pie crust!

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



Tuesday, September 29 - Leaf Art - 1:00-2:00

Fall is all about leaves, and now that it's almost over and the ground will be covered in snow, let's make some colourful leaf art so we can display them all winter!

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>**





WELCOME TO...

Harvest Season

Giving Thanks

Gather, Give Thanks, and Feast
Together

COMING OCTOBER 2026

