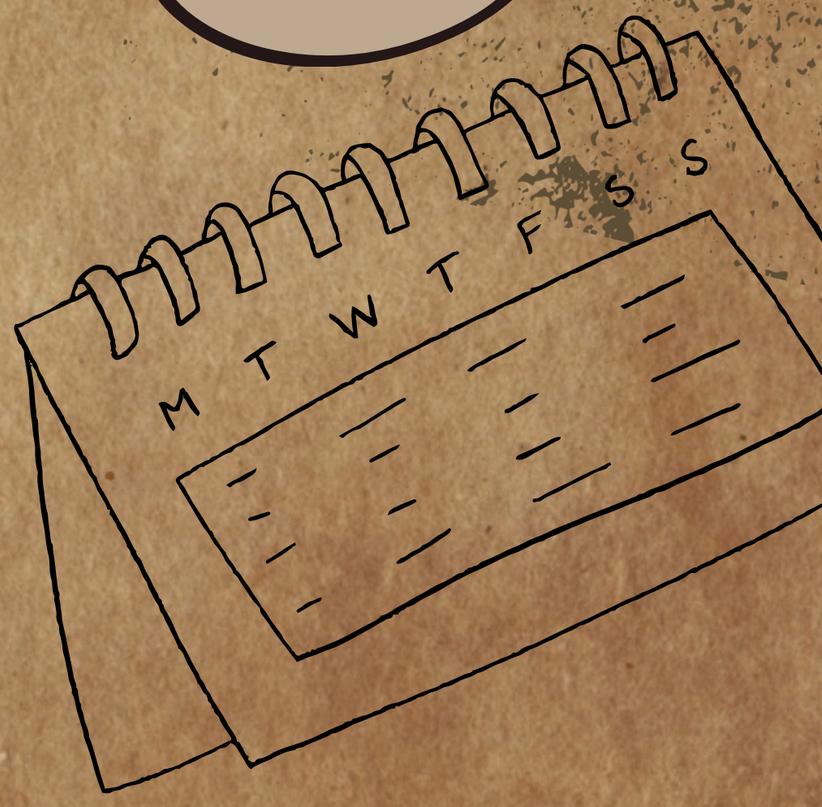


A JOURNEY THROUGH HISTORY: REMEMBERING THE PAST

NOVEMEBER 2026





sunbeam
COMMUNITY & DEVELOPMENTAL SERVICES

Come join us!

A month packed with adventure.

Recreation and Wellness
Sunbeam Community & Developmental Services



Happy November!!



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 remembring the past in our harvest season.

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

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, November 3 - <u>Thankful Tree</u> - 1:00-2:00



Being thankful is important all year round, and remembering and giving gratitude is a great wellness practice! Join us as we reflect on all the things we are thankful for, and make this beautiful statement tree to hang up in your house!

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

Thursday, November 5 - <u>Egg Carton Poppies</u> - 1:00-2:00



Poppies are a symbol of remembering, so let's make these beautiful egg carton poppies to show our respects to Veterans all around.

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

Friday, November 6 - <u>Baking Friday - Lemon Poppyseed Cookies</u> - 1:00-2:30

With zesty lemon and crunchy poppyseeds, these cookies will tingle your tastebuds and leave you wanting more!



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

Sunday, November 8 - <u>Sunday Funday</u> - 10:00-2:00

Join us for this fun all day event! We will be making a delicious surprise lunch in the morning, and in the afternoon will be reflecting on ourselves by making our very own vision boards! What a wonderful day!



Cost: $60 **Location:** Sunbeam Gym **Format:** Sign-up



Tuesday, November 10 - <u>Poppy Spin Wheels</u> - 1:00-2:00



Poppies are popular this month! These spinning wheels are absolutely adorable! Spinning in the wind, they're great to keep by a window, or attach to a wheelchair and watch them go!

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

Thursday, November 12 - <u>Fall Diffuser Stones</u> - 1:00-2:00
The scents of fall await you with these fun to make diffuser stones! Hang them up around the house to enjoy the fall scents all month long!



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

Friday, November 13 - <u>Baking Friday -</u>
<u>Hashbrown Casserole + Water Pie</u> - 1:00-2:30
Two popular meals from the Great Depression, hashbown casserole is a crunchy, potato filled dish with creamy creamed chicken soup keeping it all together, and water pie is made with, you guessed it, water! Try out these interesting affordable meals in this tasty program!



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



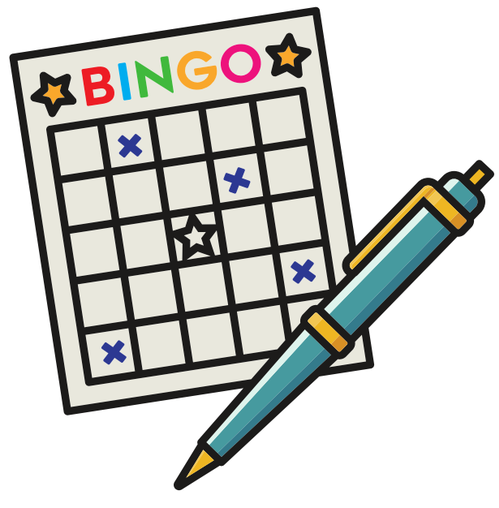
Tuesday, November 17 - <u>Crock-a-Doodle</u> - 1:00-2:00
The holidays are just around the corner, so why not do a crockadoodle project to give as a gift to a loved one! When signing up, please tell us which pottery piece you would like to paint!

Cost: $50 **Location:** KCC **Format:** Sign-up



Thursday, November 19 - <u>Musical Bingo</u> - 1:00-2:00
Can you recognize some of the greatest hits of the decades? Join us in this exciting “music of the decades” bingo and see what prizes are in store to win!





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

Friday, November 20 - <u>Baking Friday - Spiced Chocolate Chip Cookies</u> - 1:00-2:30

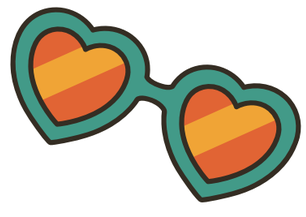
Spicing up a fave classic recipe, these spiced chocolate chip cookies are a tasty spin to the classic chocolate chip cookie we all know and love! Soft and chewy with warm molasses, cinnamon, and ginger flavours, they're still perfect to dip in some nice cold milk!



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

Tuesday, November 24 - <u>Decades Dance</u> - 1:00-2:00

Go back in time with us as we remember the greatest hits of the decades at this groovy dance!



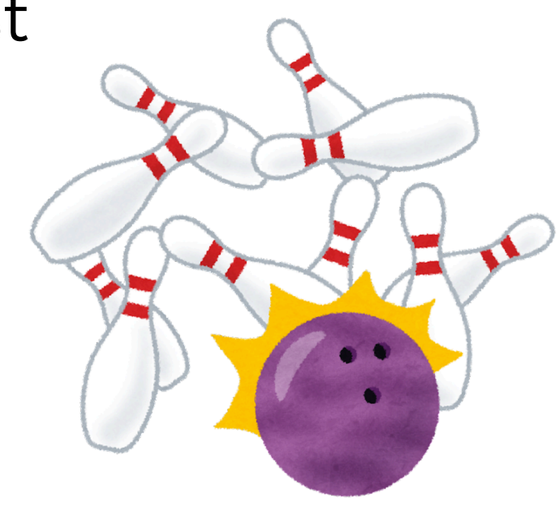




Cost: $17 **Location**: Sunbeam Gym **Format**: Sign-up

Wednesday, November 25 - <u>Kingpin Bowling</u> - 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, November 26 - <u>Memory Games Birthday Party</u> - 1:00-2:00

Test your memory and bring your competitive spirit in this fun-filled board game day full of memory games!





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

Friday, November 27 - <u>Pumpkin Banana Bread</u> - 1:00-2:30

Another fun spin off of everyone's favourite recipe, this banana bread spinoff gets even better in this pumpkin banana bread edition! Moist, and full of pumpkin spice, you might not go back to plain banana bread again! Delicious!



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 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 SOON...

DECEMBER

Celebrating

Harvest Season

2026