


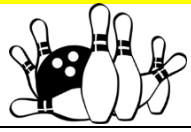








November



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| Independent Activity Group Activity | 1 11:00am Part 1: Emptying the Pumpkins for Pumpkin Bread!  | 2 11:00am Part 2: Making Sweet Pumpkin Bread with Janette | 3 2:00pm Music Therapy 6:30pm Black Canvas Leaf Painting  | 4 11:00am Triple C Farm Movie with Goats 7:00pm Night Music Therapy | 5  <i>happy fall</i> | 6 |
| 7 | 8 11:00am Walk at Apps Mill 2:00pm Fall BINGO | 9 1:30pm Echo Bowl Bowling  | 10 2:00pm Music Therapy 6:30pm Game Night at the RC with Prizes! | 11 1:00pm Remembrance Day Thumb Painting  | 12 2:00pm Music Therapy | 13 1:00pm Steel Wheel Brewery and Chili Lunch  |
| 14 | 15 5:00pm Borealis Grille & Bar 7:00pm Gift of Lights at in Kitchener | 16 11:00am Regular BINGO 2:00pm Homemade Butternut Squash Soup | 17 2:00pm Christmas Concert Practice 6:30pm Collaborative Art Project with Hailey | 18  1:30pm Decorating Display for Drive Thru Lights | 19 2:00pm Christmas Concert Practice | 20 |
| 21 | 22 1:30pm Tea Craft with Chey! 3:00pm Brainstorm & Snacks for Christmas Display | 23 1:30pm Echo Bowl Bowling  | 24 2:00pm Christmas Concert Practice 6:30pm Day 1 Creating the Christmas Display | 25  12:00pm Therapeutic Walk with Alpaca's in London | 26 2:00pm Christmas Concert Practice | 27 6:00-8:00pm Holiday Carnival @Harmony Square (Brantford) |
| 28 | 29 1:30pm Get Christmas Tree @St. James Church | 30 7:00pm Niagara Falls Festival of Winter Lights | | |  | |

TO PRE-REGISTER: 1-877-760-7439 EXT 102 or ACTIVITY@SENSITY.CA

Note: No shows or last minute cancellations must still pay costs

| ACTIVITY | REGISTER BY | LOCATION | COSTS | SPECIAL NOTES |
|--|--------------------------------------|---|--|--|
| Virtual Music Therapy (Every Monday) | Evening Before | Zoom | No Cost | Join Markeeta and friends in a fun and exciting, 30 minute Group Music Therapy Zoom session! Sign up for this activity on Google Docs. |
| Snoezelen Room (Every Wednesday and Friday) | Contact Activities Department | Snoezelen Room | No Cost | The Snoezelen Room is a sensory stimulating room full of lights, music and funky chairs. This runs every Wednesday from 1:00pm-9:00pm and every Friday from 9:00am-5:00pm. Email to sign up. |
| Indoor Exercise (Wednesday and Friday) | Contact Activities Department | Outside of Resource Centre by Shed | No Cost | Indoor Exercise take place outside of the Resource Centre by the shed. This features the tandembike, corn hole, Connect 4, wheelchair accessible swing, seated swing, hammock, single person trampoline, and more! This runs every Wednesday from 1:00pm-9:00pm and every Friday from 9:00am-5:00pm. Email to sign up. |
| ImmersX Chairs (Every Wednesday and Friday) | As Soon as Possible | MPR or Music Room | No Cost | Come relax and unwind with the ImmersX Chairs that vibrate to the sound of the music. This runs every Wednesday from 1:00pm-9:00pm and every Friday from 9:00am-5:00pm. Email to sign up. |
| Music Therapy (Every Wednesday and Friday) | The Day Before | Sensory Garden or MPR | No Cost | Kyla and Hailey lead an hour-long Sensory Singing session in the Sensory Garden or the Multi-Purpose Room (weather dependent). Come join the live and interactive Music Therapy we have all know and love! Sign up for this activity on Google Docs. |
| Black Canvas Leaf Painting | Oct 29th | MPR | No Cost | Have you ever used a black canvas? Well, today will be the day! You will be painting different leaves to press on the canvas, to create a wonderful and unique fall painting. |
| Triple C Farm: Movie with Goats | Oct 29th | 500 Carlisle Rd W, Ancaster, ON L9G 3L1 | \$10.00 IV: Free | Time to watch a movie, with what... GOATS!? The furry, friendly animals will be running around us while we watch the movie. Bring your own lunch, if you plan to stay and have that after. We are also able to check out the rest of the farm if you missed out last time. |
| Night Music Therapy | The Day Before | MPR | No Cost | Join Kyla and Hailey in a Nighttime Music Therapy, where we can relax and unwind from a busy day. |
| Walk at Apps Mill | The Day Before | 308 Robinson Road Brantford, ON N3T5L7 | No Cost | Since this activity got cancelled last month, let's take advantage of this fall weather and enjoy a walk in the colorful forest with your friends! |
| Fall BINGO | Nov 5th | Zoom | No Cost | Let's see what we can find on this BINGO card that we have been seeing on our walks! |
| Echo Bowl Bowling | Friday Before | 760 Colborne St, Brantford, ON N3S3S1 | 1 game @\$5.00 or 2 games \$10.00 | Are you ready to ease back into the game you all loved to play? Bowling! Let's see who still has the skills and come out to play with your |

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| | | | | friends! You do need to show proof of vaccination before entry. At all times, you will have to wear your mask inside. This includes when you are bowling or sitting at the table. |
| Game Night at the RC with Prizes! | Nov 5th | MPR | No Cost | We have tried weekend Game Day, but now its time to try Game Night with prizes! We have all of your favorite games like Jenga, cornhole, connect 4, bowling, along with some new ones like the Mobii Interactive Table, which is like a giant interactive video game! |
| Remembrance Day Thumb Painting | Nov 5th | MPR | No Cost | Remembrance Day painting, to thank the soldiers that fought for us. You can be creative and use your own method, or you can use your thumb as the poppy petals. We will be donating them to the local Paris Legion! |
| Steel Wheel Brewery and Chili Lunch | Nov 5th | 105 Powerline Rd, Brantford | See Menu | Come sit with your friends and try a few different kinds of local beer! Chili will be provided to warm you up, as we sit outside and enjoy the music and smells of the pine trees. The beer cost covers a small glass of a few different kinds of beer, to taste them all! |
| Borealis Grille & Bar | | 4336 King St E Kitchener, ON N2P 3W6 | \$30.00 IV: \$20.00 | Come out to a nicely heated patio, for a fun dinner with your friends, before seeing the Gift of Lights in Kitchener! |
| Gift of Lights at Bingaman's in Kitchener | Nov 12th | 425 Bingemans Centre Drive Kitchener, Ontario N2B 3X7 | 1 Vehicle, 8 Passengers \$25.00 | Gift of Lights in Kitchener is a drive-thru holiday light display with two tunnels and over 300 animated and static light displays! Enjoy this holiday spectacle from inside the comfort of your own vehicle and tune into Gift of Lights Radio at 103.3FM to get the whole experience. |
| Regular BINGO! | The Day Before | Zoom | No Cost | Join in to have a classic BINGO game with your friends! |
| Make Homemade Butternut Squash Soup | Nov 12th | Zoom | Grocery | Butternut Squash is one of the yummiest of the vegetable family. Join in to make homemade butternut squash, with dairy free options available. |
| Borealis Grille & Bar | | 4336 King St E Kitchener, ON N2P 3W6 | \$30.00 IV: \$20.00 | Come out to a nicely heated patio, for a fun dinner with your friends, before seeing the Gift of Lights in Kitchener! |
| Christmas Concert Practice | Nov 5th | MPR and Zoom | No Cost | Music Therapy turns into the Christmas Concert practice, starting November 17 th . This year will be a mix of virtual and in person concert, with some group recording as well. Let's make this the best one yet! |
| Collaborative Art Project with Hailey | Nov 12th | MPR | No Cost | Add your mark to the collaborative artwork exploring what disability means! Stop by and participate in this part of MT intern Hailey's final project! |

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| | | | | Consumers, Intervenors & Staff are all encouraged to participate! |
| Decorate the Christmas Display | Nov 12th | MPR or Sensory Garden (weather dependant) | No Cost | It's a Drive-Thru Christmas in Paris! Instead of gathering in downtown Paris to watch floats go by, people will drive to the Paris fairgrounds and remain in their vehicles to tour various Christmas displays. |
| Tea Craft with Chey! | Nov 19th | MPR | No Cost | Chey loves to create her own crafts, and my personal favourite was the one that she created with the inside of tea bag leaves! |
| Therapeutic Walk with Alpacas in London | Nov 19th | 33015 Sylvan Rd, Parkhill, ON N0M2K0 | \$15.00 IV: Free | First, you get to meet a herd of alpacas, and find out some interesting facts. They are said to be gentle, curious, and calm creatures. Then you get to take the alpaca for a walk down a quiet dirt road. After, you will be shown some products they offer that are made from alpaca fur. |
| Picking out Christmas Tree | Nov 19 | 8 Burwell St, Paris, ON N3L 2B5 | No Cost | It's that time of year again! Our friendly neighbours at St. James Church are ready to help us bring a beautiful Balsam or Fraser Fir Trees home to Sensity. |
| Holiday Carnival at Harmony Square | Optional | 89 Dalhousie St, Brantford | Free Admission | The City of Brantford is pleased to announce an outdoor Holiday Carnival at Harmony Square on Saturday, November 27, 2021 from 6:00 p.m. to 8:00 p.m. All activities are free and all COVID-19 safety protocols will be in place for outdoor events of this size. |
| Niagara Falls Festival of Winter Lights | Nov 26th | 6815 Stanley Ave, Niagara Falls, ON L2G 3Y9 | No Cost | Niagara Fall Lights include more than 50 larger than life displays with Canadian wildlife displays, trees wrapped in lights along the Niagara Parkway, the light show on the Toronto Power Generating Station, the two-storey tall Zimmerman Fountain, a Gingerbread house, light tunnel, and more! |