

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. <i>Make a Holiday Card List</i>	2. 5:00p.m. Paris Santa Claus Parade and Hot Chocolate Warm Up
3.	4. 1:30p.m. Music Therapy (Tentative)	5. 11:00a.m. Craft Club: Holiday Ornaments	6. 1:30p.m. Music Therapy (Tentative) 6:30p.m. Christmas Coffee House Rehearsal	7. 1:00p.m. Echol Bowl	8. <i>Make your Favorite Crockpot Meal</i>	9.
10.	11. 1:30p.m. Music Therapy (Tentative) 6:00p.m. Christmas Coffee House	12. 1:00p.m. Gingerbread House Decorating	13. 1:30p.m. Music Therapy (Tentative)	14. 2:00p.m. Dog Therapy	15. 6:30p.m. White Elephant Holiday Party	16.
17.	18. 1:30p.m. Music Therapy (Tentative)	19. 6:00p.m. Outdoor Club: Niagara Falls Winter Festival of Lights	20. 1:30p.m. Music Therapy (Tentative)	21. 1:30p.m. Holiday Card and Cookie Exchange	22. 11:00a.m. Virtual Holiday Bingo	23.
24.	25. <i>Spend Some Time with Family or Friends</i>	26. <i>Relax with a Hot Drink</i>	27. 1:30p.m. Music Therapy (Tentative)	28. 1:00p.m. & 6:30p.m. Kitchen Club: Appetizers	29. 6:30p.m. New Year Mocktail & Appetizers Social	30.

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

ACTIVITY	TIME-\$-LOCATION	DEADLINE	ADDITIONAL INFORMATION
Friday December 1 st <i>Make a Holiday Card List</i>	Independent	Independent	The holidays are coming up! Who would you like to give or send a Holiday card to?
Saturday December 2 nd Paris Santa Claus Parade and Hot Chocolate Warm Up	5:00p.m.-No Cost-MPR & Downtown Paris *details on where to meet will be communicated once finalized*.	Nov 26 th	<p>Introducing our Parade Watch party, a first-of-its-kind event that will transform the way we celebrate! Picture this: gathering with your Sensity community, cheering on the parade participants, and soaking in the holiday magic. We will be watching the parade together as a group, along the parade route where we can all come together, share the excitement, and witness the parade's wonders up close and personal.</p> <p>But wait, there is more!</p> <p>Following the Parade Watch Party, get ready to join us for a Warm-up Social, where laughter, camaraderie, and good times will be the order of the day.</p> <p>The group will meet in the MPR at the Resource Centre. Bring your chair for seating to be shuttled to the watch spot. At 5:00p.m. the group will walk to our designated spot to watch the parade together in the downtown area. If you plan on driving, please meet us at the communicated watch spot. The Parade will start at 6:00p.m. wear warm clothing. When the parade is done warm up at the Resource Centre with Hot chocolate and baked goods 😊.</p> <p><i>*Public sidewalks, please be prepared for the possibility of some crowding*</i></p>
Tuesday December 5 th Craft Club: Holiday Ornaments	11:00a.m.-No Cost-MPR	Nov 3 rd	Jingle all the way over to the Resource Centre to make a beautiful holiday ornament! There will be

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			instructions provided for a yarn wreath or yarn gnome, you can also get creative with the supplies provided!
Wednesday December 6 th Music Therapy (Tentative)	1:30p.m.-\$15.00-MPR	Dec 3 rd	Join Ash in creating our very own Sensity band! Come get your music making on, with the music therapy you know and love!
Wednesday December 6 th Christmas Coffee House Rehearsal	6:30p.m.-No Cost-MPR/Zoom	*Please arrange with Activity Coordinator on what your performance will be ahead of date*	Are you performing this upcoming Christmas Coffee House? This evening we will follow the itinerary for the evening and practice our performances to get ready for a night to remember! *Please arrange independently for Individuals to practice within the program before date of rehearsal and night of event*
Thursday December 7 th Echo Bowl	1:00p.m.-\$5.00- Echo Bowl 760 Colborne St, Brantford, ON N3S 3S1	Dec 3 rd	Bring your game on! Play a single game of bowling with max 3-4 people each lane. Scores will be kept track of for bowling banquet that is planned to take place in Spring 2024, more details closer to date. *Ramp at entrance, ramp for bowling lane if requested as there is a small step, bowling assists if requested, wheelchair accessible bathroom*
Friday December 8 th <i>Make your Favorite Crockpot Meal</i>	Independent	Independent	Make a cozy crockpot meal for this evening and share your recipe to activity@sensity.ca
Monday December 11 th Music Therapy (Tentative)	1:30p.m.-\$15.00-MPR	Dec 6 th	Join Ash in creating our very own Sensity band! Come get your music making on, with the music therapy you know and love!
Monday December 11 th Christmas Coffee House	6:00p.m.-\$3.00, virtual no cost-MPR/Zoom link to watch	Dec 3 rd	Come enjoy coffee and donuts while some of our friends do special performances for the holiday season! *Individuals performing do not pay associated fee of entry. Please arrive at 6:00p.m. or if needed for preparation 5:30p.m.

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Tuesday December 12 th Gingerbread House Decorating	1:00p.m.-\$10.00-MPR	Dec 10 th	Planning on decorating a gingerbread house this year? Instead of decorating at home decorate a gingerbread house at the Resource Centre and build it with your friends! There will be a gingerbread house competition to follow where you can place your gingerbread house at the designated table to leave for voting 😊. Additional information about how to vote closer to date. If you cannot make the activity and would like to make a house independently for the competition, send a picture to activity@sensity.ca or arrange drop off with your ISC 😊
Wednesday December 13 th Music Therapy (Tentative)	1:30p.m.-\$15.00-MPR	Dec 10 th	Join Ash in creating our very own Sensity band! Come get your music making on, with the music therapy you know and love!
Thursday December 14 th Dog Therapy	2:00p.m.-No Cost-MPR	Dec 10 th	Join us for a visit from our furry friends from Therapeutic Paws of Canada!
Friday December 15 th White Elephant Holiday Party	6:30p.m.-\$10.00 budget for a gift to pick and purchase independently-MPR	Dec 10 th	Let's celebrate the holidays together! White elephant is like secret Santa but with a twist! Individuals will pick a random number upon arrival. Later in the evening when everyone has picked a number, the individual that gets number # 1 will pick a gift from under the tree first and open it showing everyone what they got! The individual who gets number #2 will get to decide if they want to take number # 1's gift or pick an unopened gift from under the tree. If they take # 1's gift, # 1 gets to pick a new gift! This will continue until we have gone through everyone 😊. Come rocking a Christmas sweater and bring your white elephant gift already wrapped to put under the tree. There will be music, dancing, socializing and our game of White Elephant!

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Monday December 18 th Music Therapy (Tentative)	1:30p.m.-\$15.00-MPR	Dec 13 th	Join Ash in creating our very own Sensity band! Come get your music making on, with the music therapy you know and love!
Tuesday December 19 th Outdoor Club: Niagara Falls Winter Festival of Lights	6:30p.m.-No Cost, Parking at Suggested Lot \$30.97 + HST- Suggested Parking: Falls Parking (Lot A) Behind the Power Station 6635 Niagara Pkwy, Meeting spot across the street at "Table Rock Bus Management Information Centre" (Subject to change)	Dec 13 th	<p>"The most enchanting of Niagara Falls attractions, the annual Winter Festival of Lights is Canada's largest free outdoor light festival. Experience the spectacular displays with millions of lights and larger than life displays across the tourism districts." Our group will be enjoying the light displays along the Niagara Parkway. Additional Information: https://wfol.com/ Winter Festival of Lights Video: https://www.youtube.com/watch?v=4XCkZbe-E2E</p> <p>*Public city paved sidewalks, accessible parking at suggested lot*</p>
Wednesday December 20 th Music Therapy (Tentative)	1:30p.m.-\$15.00-MPR	Dec 17 th	Join Ash in creating our very own Sensity band! Come get your music making on, with the music therapy you know and love!
Thursday December 21 st Holiday Card and Cookie Exchange	1:30p.m.-Bring your Holiday Cards for friends and Cookies-MPR	Dec 17 th	<p>Even the Grinch liked cookies! Make Holiday cards at home and exchange them at this super fun social! It is encouraged to bring a Holiday card for all participants 😊.</p> <p>Do you enjoy baking or even...shopping at the grocery store? Bring your favourite cookie for the holidays to share with friends. Baggies will be provided to take your exchanged cookies home. Bringing the recipe to your cookies is appreciated.</p>
Friday December 22 nd Virtual Holiday Bingo	11:00a.m.-No Cost-Zoom	Dec 17 th	Cheer is near! Play a fun game of Holiday theme bingo with your friends from home 😊.
Monday December 25 th <i>Spend Some Time with Family or Friends</i>	Independent	Independent	Happy Holidays! Spend some time today with a friend, family, neighbour, or roommate! Even if it's just a phone call 😊.
Tuesday December 26 th <i>Relax with a Hot Drink</i>	Independent	Independent	Wow the holidays can get busy! Take today to relax, regroup and enjoy your favorite hot drink or

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			<p>if you are not sure what hot drink you want try one of the recipes below!</p> <ul style="list-style-type: none"> -Cranberry Orange Cider https://www.persnicketyplates.com/cranberry-orange-cider/ -Italian Hot Chocolate https://thegirlinspired.com/sinfully-delicious-thick-italian-hot-chocolate/ -Apple Cinnamon Tea with Ginger https://poshplate.us/cozy-apple-cinnamon-tea-with-ginger/
Wednesday December 27 th Music Therapy (Tentative)	1:30p.m.-\$15.00-MPR	Dec 20 th	<p>Join Ash in creating our very own Sensity band! Come get your music making on, with the music therapy you know and love!</p>
Thursday December 28 th Kitchen Club: Appetizers	1:00p.m. & 6:30p.m.	Dec 17 th	<p>Let's make some apps in the spirit of the Holidays!</p> <ul style="list-style-type: none"> -https://www.craftymorning.com/mini-sweet-pepper-poppers/ -https://www.mommafityndsey.com/keto-deviled-eggs/#recipe <p>Please note: Instructions to recipe's may be portioned in half.</p>
Friday December 29 th New Year Mocktail and Appetizer Social.	6:30p.m.-No Cost, bring an appetizer-MPR	Dec 17 th	<p>Let's celebrate the upcoming new year with friends! Enjoy this social with some fun party hats and glow sticks provided, pictures at the picture wall and an appetizer potluck! Make your favourite appetizer at home to bring to this celebration. Bringing the recipe for your appetizer will be appreciated.</p> <p>Featured mocktails:</p> <ul style="list-style-type: none"> -Cranberry Lemon Spitzer https://allthenourishingthings.com/real-food-cranberry-lemon-spritzer/ -Gummy Bear Mocktail https://simpleseasonal.com/recipes/gummy-bear-mocktails

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Please note:

- Please ensure you are signed up for an activity by deadline before attending. If you are not signed up and arrive to the activity, the Activities Department may/will not be able to provide supplies or space needed.
- Notes in descriptions on accessibility are given by the staff of the company and/or organizations activity is taking place. If you are unsure of the notes in the descriptions on accessibility, please contact company and/or organization directly.
- If you are no longer able to attend an activity, please inform your Activity Coordinator. No shows can affect the activities and individuals who participate.
- Independent activities are suggestions to individuals and/or programs. Supplies needed will be listed for individuals and/or programs in additional information and/or the google doc. The Activities Department does not provide supplies for independent activities unless communicated.
- Please bring your companion card for outings as some places require one for an intervenor be at no additional cost.
- **Cancellations after highlighted deadlines in descriptions must still pay associated fee.** This is due to some activities requiring deposit, tickets, or bookings after given deadline in description.
- **Music Therapy Cancellation:**
 - Please email activity@sensity.ca and ashmtinternship@gmail.com for Wednesday sessions.
 - Please email activity@sensity.ca and sheena@connectinginrhythm.com (or ashmtinternship@gmail.com) for Friday sessions.
 - Cancellations after 24hours must still pay costs.
- **Music Therapy last minute sign-up:**
 - If you wish to join a group music therapy session, but it is after deadline please email: activity@sensity.ca and the associated Music Therapist.
- **ImmersX Chair:** If you would like to book the ImmersX chair please email your request to activity@sensity.ca.

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