

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. 1:30p.m. Music Therapy 2:10p.m. Christmas Concert Brainstorm	2. 1:00p.m. Echo Bowl	3. 1:30p.m. Virtual Music Therapy	4.
5.	6. 1:30p.m. Music Therapy	7. 1:30p.m. "Down Melody Lane" Piano Performance	8. 1:30p.m. Christmas Concert Rehearsal	9. 2:00p.m. Dog Therapy	10. 1:00p.m. Health Club: DIY Trail Mix 1:30p.m. Virtual Music Therapy	11.
12.	13. 1:30p.m. Music Therapy	14. 12:30p.m. Burning Kiln Winery	15. 1:30p.m. Christmas Concert Rehearsal	16. 11:00a.m. Virtual Bingo	17. 1:30p.m. Virtual Music Therapy	18.
19.	20. 1:30p.m. Music Therapy	21. 11:00a.m. Outdoor Club: Benjamin Tree Farm (Postponed)	22. <i>Choose Something to Perform at the Christmas Coffee House</i>	23. 3:30p.m. CP Holiday Train	24. 11:00a.m. Christmas Coffee House Brainstorm 1:30p.m. Virtual Music Therapy	25.
26.	27. 1:30p.m. Music Therapy (Tentative)	28. 11:00a.m. Benjamin Tree Farm & Decorating the RC Holiday Tree	29. 1:30p.m. Music Therapy (Tentative)	30. 7:00p.m. Illumi		

TO PRE-REGISTER: Please access ShareVision

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

ACTIVITY	TIME-\$-LOCATION	DEADLINE	ADDITIONAL INFORMATION
Wednesday November 1 st Music Therapy	1:30pm-\$15.00-MPR	Oct 29 th	Join Ash in creating our very own Sensity band! Come get your music making on, with the music therapy you know and love!
Wednesday November 1 st Christmas Concert Brainstorm	1:30p.m.-No Cost-MPR	Drop-in	Do you want to be in this year's upcoming Christmas concert? Let's meet with Ash and talk about what you would like to do, see and hear!
Thursday November 2 nd Echo Bowl	1:00p.m.-\$5.00- Echo Bowl 760 Colborne St, Brantford, ON N3S 3S1	Oct 29 th	Bring your game on! Play a single game of bowling with max 3-4 people each lane.
Friday November 3 rd Virtual Music Therapy	1:30p.m.-\$15.00-Zoom	Oct 31 st	Join Sheena and friends in a fun and exciting virtual Group Music Therapy session!
Monday November 6 th Music Therapy	1:30p.m.-\$15.00-MPR	Oct 31 st	Join Ash in creating our very own Sensity band! Come get your music making on, with the music therapy you know and love!
Tuesday November 7 th "Down Melody Lane" Piano Performance	1:30p.m.-No Cost-MPR	Nov 5 th	"Down Melody Lane" is a musical experience in a fun and relaxing setting. Clara has 20 years of experience interacting with people and her performances. Clara is looking forward to giving us a beautiful 1-hour piano performance!
Wednesday November 8 th Christmas Concert Rehearsal	1:30p.m.-Regular Music Therapy Fees Apply- MPR	*Please attend brainstorm session before registration*	Are you performing in this years Christmas Concert? Join us to practice for our upcoming event!
Thursday November 9 th Dog Therapy	2:00p.m.-No Cost-MPR	Nov 5 th	Join us for a visit from our furry friends from Therapeutic Paws of Canada!
Friday November 10 th Health Club: DIY Trail Mix	1:00p.m.-No Cost-MPR	Nov 5 th	Join us in making your very own trail mix snack! Different options for your trail mix like dried fruit, granola, chocolate chips and nuts! Socialize with your friends afterwards and enjoy snacking on your creation 😊.

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Friday November 10 th Virtual Music Therapy	1:30p.m.-\$15.00-Zoom	Nov 7 th	Join Sheena and friends in a fun and exciting virtual Group Music Therapy session!
Monday November 13 Music Therapy	1:30p.m.-\$15.00-MPR	Nov 7 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 November 14 th Burning Kiln Winery	12:30p.m.-\$10.00 for wine flight, budget for additional i.e., lunch-1709 Front Road St. William, ON NOE 1P0	Nov 1st	Let's end Autumn off on a tasty note! This spacious winery has some tasty food where we can enjoy some lunch as a group. For dessert enjoy a flight of 3 different types of wine with your friends, while sitting by the outdoor firepit or inside in their comfortable back room. For additional information please visit: Burning Kiln Winery: Taste the Best Wines in Norfolk County *Wheelchair accessible indoors, accessible bathrooms, accessible outdoor firepits, ramp at entrance*
Wednesday November 15 th Christmas Concert Rehearsal	1:30p.m.-Regular Music Therapy Fees Apply - MPR	*Please attend previous rehearsal before registration*	Are you performing in this years Christmas Concert? Join us to practice for our upcoming event!
Thursday November 16 th Virtual Bingo	11:00a.m.-No Cost-Zoom	Nov 12 th	BINGO it's that time again. Join us for some rounds of fun bingo with friends online 😊.
Friday November 17 th Virtual Music Therapy	1:30p.m.-\$15.00-Zoom	Nov 14 th	Join Sheena and friends in a fun and exciting virtual Group Music Therapy session!
Monday November 20 Music Therapy	1:30p.m.-\$15.00-MPR	Nov 14 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 November 21 st Outdoor Club: Benjamin Tree Farm (Postponed)	11:00a.m.-No Cost, budget for additional i.e.gift shop-770 Benjamin Rd, Waterloo, ON N2J 3Z4	Nov 19 th	Let's look at some Christmas trees for the Resource Centre! We will be drawing names of the individuals who attend, and the name drawn will have there chosen tree cut down. Bring a packed lunch as there is an indoor area you can enjoy your lunch, some

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			complementary hot beverages and cookies! For more information please visit: https://www.benjamintreefarm.com/ *Wheelchair accessible in building and bathroom, farm grounds are gravel/stone can be uneven with grassy terrain*
Wednesday November 22 nd <i>Choose Something to Perform at the Christmas Coffee House</i>	Independent	Independent	Do you have a Holiday dance, talent, poem, song or even fact about the holidays you would like to perform at the upcoming Christmas Coffee House? Bring your idea to the Brainstorm session or email activity@sensity.ca if you cannot attend but want to be involved!
Thursday November 23 rd CP Holiday Train	3:30p.m.-No Cost, budget for additional i.e. vendors-Cambridge Location, Old Galt Train Station, 10 Malcolm Street	Nov 19 th	The CP Holiday Train is back! 3:00p.m. until 4:00p.m. will be the winter pre-fest show with live music, food and vendor's as well as a visit from Willy Melt and Santa! The train watch party will meet at 3:50p.m. in front of "Kitchen's Inc", more details closer to date. At 4:00p.m. the train will be arriving, and the CP holiday train concert will commence!
Friday November 24 th Christmas Coffee House Brainstorm	11:00a.m.-No Cost-MPR/Zoom	Drop-in	Do you want to be in this year's upcoming Christmas Coffee House or curious of what performances there may be? Let's meet and talk about what you would like practice at home in preparation of this fun event or what may happen!
Friday November 24 th Virtual Music Therapy	1:30p.m.-\$15.00-Zoom	Nov 21 st	Join Sheena and friends in a fun and exciting virtual Group Music Therapy session!
Monday November 27 Music Therapy (Tentative)	1:30p.m.-\$15.00-MPR	Nov 21 st	Join Ash in creating our very own Sensity band! Come get your music making on, with the music therapy you know and love!
Tuesday November 28 th Benjamin Tree Farm & Decorating the RC Holiday Tree	11:00a.m.-No Cost budget for additional i.e.gift shop-770	Nov 26 th	Let's look at some Christmas trees for the Resource Centre! We will be drawing names of the individuals who attend, and the name drawn will have there chosen tree cut down. Bring a packed lunch as there

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	Benjamin Rd, Waterloo, ON N2J 3Z4 & MPR		is an indoor area you can enjoy your lunch, some complementary hot beverages and cookies! For more information please visit: https://www.benjamintreefarm.com/ *Wheelchair accessible in building and bathroom, farm grounds are gravel/stone can be uneven with grassy terrain* Afterwards let's decorate our holiday tree from Benjamin Tree Farm together 😊.
Wednesday November 29 th Music Therapy (Tentative)	1:30p.m.-\$15.00-MPR	Nov 26 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 November 30 th Illumi	7:00p.m.-\$25 per individual, bring companion card, budget for additional i.e food, gifts-7174 Derrycrest Dr, Mississauga, ON L5W 1N4	Nov12th	Illumi is back! Let's enjoy this experience together again as we stroll through this winter wonderland 😊. "A magical and extraordinary nocturnal outdoor journey!" For more information on this massive lights show check out the links below! <ul style="list-style-type: none"> • https://mississauga.illumi.com/ • https://www.youtube.com/watch?v=o7E6g76yCCc *Flat paved ground, wheelchair accessible bathrooms*

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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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