



ANNUAL GENERAL
MEETING 2024-25



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Annual General Meeting Agenda

Quinte Vitality and Social Support

Location: 1 Greenleaf Court, Belleville, ON K8N 5T5

1. Welcome

- Chair's Opening Remarks

2. Adoption of Previous AGM Minutes (2024/2025)

- Review and Approval of Previous Minutes
- Matters Arising from the Minutes

3. Financial Report

Presenter: Linda Goldrick

1. Presentation of Audited Financial Statements for the Previous Fiscal Year
2. Appointment of Auditors – Board of Directors

4. Annual Reports

- Chair's Report
- Executive Director's Report
- Program Manager's Report

5. Any Other Business

- Open Floor for Additional Items

6. Closure

- Closing Remarks by the Chair

2023-24 AGM Minutes

The following is the minutes of the Board of Directors meeting of **Quinte Vitality and Social Support (QVSS)** that was held at 1 Greenleaf Court, Belleville, Ontario, K8N 5T5 on September 30, 2024.

Welcome

The meeting was called to order by Dwayne Atkinson (Chairman) and he thanked everyone for attending.

Time of meeting

The meeting commenced at 06:42 p.m.

Attendance

Present were:

Dwayne Atkinson (Chair), Nick DeVries (Vice-Chair), Aptie Sookoo, Sara Stein, , Mike Vajda (Executive Director), Shannon Arbic (Program Manager), Scott Lambden (Treasurer), John Mark Robertson.

Absent were:

David Globe, Linda Goldrick

The reading of the mission statement

The mission statement was read by Dwayne.

Approval of the Agenda

The agenda for this meeting was presented by the Chair.

A motion to approve the September agenda was made by Nick. Second by John Mark. Motion carried.

Approval of June's Minutes

The minutes of the Board of Directors meeting June 24, was presented by the chairman.

There were no corrections or deletions.

A motion to accept the minutes of June 24, 2024 was moved by Aptie and seconded by Scott. Motion carried.

Financial Report

Mike presented the financial report that reflected the financial status of QVSS of August 31, 2024 and the followings were the highlights:

As of August 31, 2024 there is a surplus of \$9,205.66.

The Harry E. Foster Foundation has a balance of \$11,407.65

The Purchase Service Fund remains unchanged at \$73,446.30; as does Red's Diner at \$3,306.50.

A motion to accept the Financial Officer's report was moved by Sara and seconded by John Mark.

Motion carried.

Board of Directors and Staff 2025



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STAFF INFORMATION	
Executive Director- Mike Vajda Financial Officer-Linda Goldrick	Program Manager- Shannon Arbic
Charlotte Davison– FT Direct Care Worker Krupa Patel– FT Direct Care Worker Renee Ratusznyk– FT Direct Care Worker Allie Pope– FT Direct Care Worker Angela Walsh– FT Direct Care Worker Cheyenne Akins- FT Direct Care Worker	Nadezda Nelson– RPT Direct Care Worker Connie Thissen- PT Direct Worker Paul St. Pierre– PT Direct Care Linda Bosley– PT Direct Care Worker Haleigh Bryer- PT Direct Care Worker

Chair Report

Welcome to the 2025-2026 Annual General Meeting of Quinte Vitality and Social Support.

Our mission remains “to enhance the lives of adults with developmental challenges by providing a safe environment, meaningful programs and positive relationships, which promote social inclusion in the community”.

Our Vision continues to be “that all people will enjoy a quality of life as an accepted member of their chosen community”.

Over the last year, Quinte Vitality and Social Support has continued to provide meaningful day programs to individuals with developmental challenges. Through the professionalism of the Direct Support Staff, we increased the programming available to our long-standing clients and welcomed new clients into the agency. This very dedication of the Staff and Management of QVSS continues to demonstrate the meaning of Vitality, which is ‘the capacity for survival and to live or grow’. Each and every one of our amazing clients is a daily example of Vitality by remaining strong, compassionate and welcoming no matter the situation throughout. I thank you all for being so welcoming.

QVSS would not be the resounding success that it is without the dedication and commitment of the staff and management of the agency. Quite simply, your extraordinary efforts and commitment have allowed QVSS to respond to the needs of our community.

To our newest staff members, welcome to the team. You are encouraged to share your unique insights and experiences to help make QVSS the best it can be. That said, I also ask that you be mindful of the need of our clients for stability and structure.

To our staff that are struggling with illness or are overwhelmed by the magnitude of the world, we are all here for you. Do not suffer in silence. Reach out and you will be helped.

This past year has been another filled with change. Whether it is the loss of staff and clients, welcoming new staff and volunteers, resource challenges or the everyday stresses of life, QVSS continued to meet all challenges with strength and resilience. It is a source of pride to hear from people outside the agency that our QVSS family is recognized as being strong and supportive of one another. It is inspiring to know how well QVSS is regarded in the community.

A major development of this past year is QVSS' ability to restart the annual client trips. This fall, the first trip in many years will see the clients and staff make their way to Cuba for a much-anticipated adventure.

I wish to applaud the efforts of the United Way Day of Caring that benefitted QVSS. This diverse team of volunteers from United Way of Quinte and Proctor & Gamble did amazing work in staining our pergolas in the front and back as well as refreshing our gardens.

Applause is also due for the QVSS "Giving Back" group. These exemplary folks, clients and staff, are outstanding ambassadors to the community and an inspiration to all.

As a dedicated and committed group of volunteers, the Board of Directors continues to assist the staff and management in governance of the Agency to ensure that we continue to provide the necessary programming and support to all our QVSS family.

To the dedicated Board Members of QVSS, our Vice Chair: Nick Devries, our Secretary: Sara Stein, our Treasurer: Scott Lambden as well as Aptie Sookoo and John Mark Robertson, I thank you for your continued commitment and support to QVSS. I challenge each of you to provide the very best oversight, guidance and support the agency through the everchanging current events and requirements.

I have been both humbled and motivated while to be allowed to serve as Board Chairperson of Quinte Vitality and Social Support over these past years. I remain amazed and inspired by the examples of compassion and inclusion that are exhibited on a daily basis by everyone who makes up the QVSS community.

I continue to hold my belief that QVSS is resilient and am absolutely convinced that our QVSS community will be here for many years to come, ever advancing the place of our clients within the community.

Thank you to every supporter of QVSS and I look forward with excitement to another great year with QVSS.

Executive Director Report

Over the past year, QVSS has continued to grow, adapt, and strengthen our role as a leader in providing meaningful support to adults with developmental challenges. Guided by our mission to create a safe environment, offer meaningful programs, and foster positive relationships, we have worked hard to ensure that each person we serve feels included, empowered, and valued within our community.

Looking back, this has been one of the most challenging periods in our organization's history. Nearly every aspect of QVSS was affected, from staffing transitions and operational adjustments to ongoing facility demands. The sudden passing of our colleague and friend, Yvonne Kent, was felt deeply by all of us, and her legacy continues to inspire our work.

Despite these challenges, the resilience and commitment of our staff, participants, and community partners enabled us to move forward with strength and determination. Together, we remain focused on our mission, guided by a renewed sense of purpose and a clear vision for the future.

This year brought several changes to our staffing structure. With retirements, departures, and recruitment hurdles, we recognized the importance of streamlining our staffing model to reduce overhead while still ensuring that our participants receive the high-quality support they deserve. These changes were not easy, but they were necessary to strengthen our long-term sustainability. At the same time, we were fortunate to welcome new talent. Krupa Patel, Cheyenne Akins, and Connie Thissen joined our team. As we continue to rebuild, our focus remains on helping staff "gel" as a cohesive team. Over the past four years, we have lost nearly 50% of our core staff—many with more than 20 years of experience—so team building and training remain a top priority.

The union decertification application brought forward by staff was uncharted territory for all of us. The process was complex, emotional, and at times challenging. It tested our resilience, but with the support of the Board, we navigated it successfully. Following the decertification process, attention turned to negotiating a new collective agreement. With rising global costs and limited agency funds, reaching a fair deal was not easy. While our staff deserved more than we could offer, we were able to negotiate a three-year agreement that provides stability for both staff and the agency.

Our facility also faced significant repair and maintenance challenges this year. During a health and safety walkthrough, a growing crack in the drywall raised concerns. Taskforce Engineering conducted a full inspection, which revealed foundation settlement in the northwest corner of the building due to poor drainage. This caused structural damage to the masonry walls and ridges in the floor slab, posing trip hazards. The repair cost was just under \$40,000, but fortunately, it was covered under a Grants Ontario request. Other significant projects included repairs to the pergola through the

Day of Caring project and the replacement of a heat exchanger, which was funded by the Ministry.

We are deeply grateful for the ongoing generosity of the Harry E. Foster Foundation. This year, we were once again fortunate to receive a \$25,000 donation. Their kindness makes a real difference—helping us provide new equipment, enrich our programs, and reduce costs for our clients. Thanks to their support, our participants continue to have more opportunities to learn, grow, and thrive. I would also like to extend my gratitude to the United Way of Quinte for their continued support of our Collective Kitchen program. This funding enables us to offer participants valuable opportunities to develop cooking skills, share nutritious meals, and experience the sense of community that comes from working together.

Despite a year marked by trials, I am immensely proud of what we have accomplished together. As we look forward, our focus will remain on enhancing the quality of our programs, deepening community partnerships, and ensuring every individual has the opportunity to live the life they choose.

Our mission is clear: to enhance lives, empower adults, support abilities, strengthen community, and foster inclusion. This past year has tested that mission, but it has also proven that the values we uphold are stronger than any obstacle we face.

I want to extend my sincere gratitude to our dedicated staff, whose compassion, creativity, and resilience form the foundation of everything we do. To our Board of Directors, thank you for your unwavering leadership, guidance, and commitment to our mission, primarily through the challenges we have faced this past year. To our community partners, we are grateful for your collaboration and support, which help us strengthen our programs and expand opportunities.



To our volunteers, your generosity of time and spirit continues to enrich the lives of those we support. And most importantly, to the individuals and families we serve, thank you for allowing us to be part of your journey—you are the heart of QVSS and the reason we strive each day to create a more inclusive and supportive community.

Program Manager AGM Report- By Shannon

General Summary

Strength got us through another challenging year. With many lows, we had many highs. Focusing on the successes, I wanted to highlight a few of them.

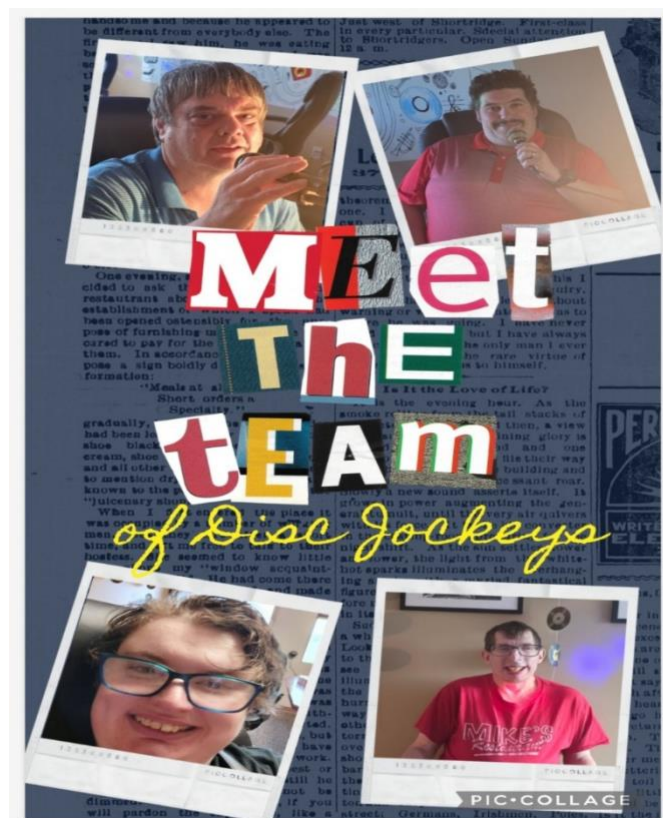
In the fall of 2024, we gave tours to groups of students from different high schools: St. Teresa's in Belleville and Coburg District High School.

Everyone, including their teachers and EAs, was impressed with our building, the layout and the programs offered. Many of them left excited, knowing this was the place they planned to attend after graduation.

Mike and I attended the Stroke Christmas Social with members of our choir and karaoke groups on December 17th at the Parkdale Community Center. Our clients spread cheer through song to all who gathered that afternoon. We all left with smiles and a sense of community.

After Christmas 2024, and with the money donated by The Foster Foundation, our DJs, collectively, were able to redo the Radio Room. A new floor plan was created. They researched items to decorate the room, including cool lighting. They put up retro photos of their favourite radio DJs and added posters of their favourite bands on the walls. A giant mural was mounted, and all current DJs have signed it since.

They are so proud of this new, revamped space and are excited to be spinning tunes even more so now. These additions piqued the interest of others who hadn't tried this program before. We had several new clients sign up in the spring and they are loving it!



Programs

Summer went smoothly, but there were numerous challenges and changes to the fall programs due to significant imbalances in enrollment. After meeting and discussing the possibilities at the staff development day in September, a revamp was done, doubling up to accommodate where needed, and in some cases, scrapping a program

altogether. The results aided all problem areas, and the session started and finished without a hitch.

Client Updates

Diamond began the "Home of Your Own" program with CLB in September 2024 in hopes of living independently in time.

Tracy moved in October 2024 as her family home providers retired.

Julia finished on November 15th , 2024, after 47 years with QVSS. She moved away to the Kingston area with her FHP.

In January 2025, Emma moved to her new home through CLBA, where she is living with two other ladies, semi-independently.

Intake/Students/P&P

Allie excels and continues to manage our Intake, ISPs and students while also attending monthly Pressures and Priorities meetings. Although we had a handful of clients leave, she managed to replace them with new individuals, all paying with Passport funding, thereby generating extra revenue for our agency.

Staffing

This year presented significant staffing challenges. The sudden loss of long-term staff member Yvonne Kent, coupled with retirements, leaves of absence, and an unusually high level of sick leave, placed considerable strain on program operations.

Nevertheless, our full-time staff demonstrated resilience and commitment, supported by the dedication of our call-in team, ensuring that programs continued without interruption.

Cheyenne Akins, well known to all the staff, officially joined QVSS on January 25th , 2025. She had been a one-on-one staff member with a woman who attends our programs, so we knew she had a great work ethic, was highly motivated and showed potential to be a great asset to the team. She proved us right! She jumped in, full force, and the programs ran without skipping a beat.

NEP/Diner

Brandon continues to excel in all aspects of his job. His work ethic, adaptability, and organizational skills are perfect. The diner continues to generate revenue, cleaning is thorough, and HPEPH is happy with its orders.

Financial

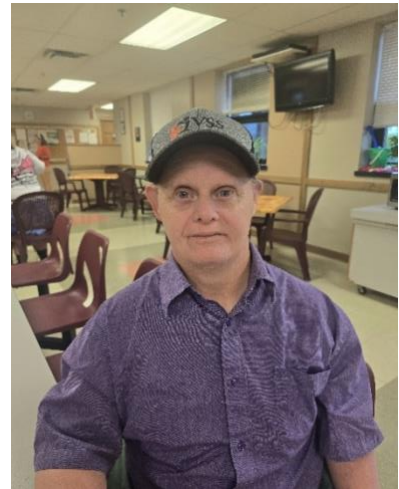
Linda and I continued to connect once a week to work on things. I continued to learn and became more confident in my appointed duties.

We worked together doing the T4S for all staff in February 2025, and notes were taken as they were processed. I hope to be able to do this independently next year.

I experienced my second audit with Eric Reynolds. It was a team effort between Linda, Mike and me in preparing for it to take place in July. I learned a lot, and it was completed without issue.



Through the fundraising efforts of our Social Scene, QVSS was able to provide a token of appreciation to all participants. The decision was made to create custom QVSS hats and T-shirts, which were distributed to everyone who attended, fostering both recognition and community spirit.



Closing Remarks

Again, this past year has had many obstacles and challenges, both personally and within our team. We survived it all, which in turn, built strength and resilience.

“Persistence and resilience only comes from having been given the chance to work through difficult problems”. ~Gever Tulley

I know that with these struggles, we became stronger and better as a team and agency. I look forward to continuing to make positive impacts on those we serve next year and years to come.

Finance Officer's Report

2024-2025

Financial Highlights

Quinte Vitality & Social Support

Q.V.S.S. successfully completed the fiscal year with a small surplus being returned to MCCSS.

We continue to monitor our expenses closely, while still providing quality services.

Generous donations from United Way of Quinte and The Harry E. Foster Foundation have continued to enable us to reduce costs for our participants in recreation programs.

Thank you to everyone that contributed to Q.V.S.S.

With Regards

Linda Goldrick
Finance Officer

QVSS Highlights 2024/25

This past year, QVSS has focused on strengthening our foundation—both literally and figuratively—through building improvements, staff development, community engagement, and new partnerships.

Building & Infrastructure

- Significant repairs and maintenance were completed, including installing a second emergency light in the back stairwell, replacing the heat exchanger, and repairing damage caused by drainage settlement.
- These investments ensure our building continues to be a safe and welcoming space for all.

Staff Development & Training

- Dedicated staff development days featured guest speakers from other agencies, fostering learning, collaboration, and fresh service support ideas.
- Our Fire Plan was updated and a new locked Fire Safety Plan box was installed at the entrance for safety compliance.

Funding & Support

- We were awarded \$25,500 from the Foster Foundation, enabling essential upgrades such as program chairs, laptops and tablets, DJ room conversion, supplies, and equipment for Reds.
- We also received a \$270 donation through United Way Kingston from an anonymous donor, with spending decisions led by the Social Scene Committee.

Partnerships & Community Connections

- Minister Parsa, Minister of Children, Community and Social Services, toured QVSS alongside our Program Supervisor, meeting with staff and participants. His follow-up letter expressed appreciation for our work.
- New collaborations were developed with St. Theresa Catholic School and the Hastings School Board to support student transitions to QVSS. An open house is planned for parents and board members.
- QVSS successfully hosted a visit from Campbellford District High School's LLS class, with overwhelmingly positive feedback on our programs.

Organizational Growth

- Launch of our new QVSS website, improving visibility and accessibility.
- Ratification of a three-year union contract, providing stability for staff and programs.

- By-laws were updated to align with the Ontario Not-for-Profit Corporations Act (ONCA).

Celebrating Our Direct Care Workers at QVSS 🌟

At QVSS, our direct care workers are at the heart of everything we do. Each day, they bring dedication, compassion, and creativity to their work, ensuring that the individuals we support not only receive excellent care but also enjoy meaningful recreational opportunities that foster joy, connection, and fulfillment.

Their patience, kindness, and commitment create lasting impacts in the lives of people with developmental disabilities. From organizing engaging programs to encouraging participation and brightening days with genuine care. Every day, QVSS staff consistently go above and beyond to create a supportive and inclusive environment. I can't say enough. Their kindness and commitment make a lasting difference—and we couldn't be more grateful! 🌟



We extend our deepest gratitude and a definite thumbs-up for their hard work and passion—they are the true champions of QVSS. ❤️

The following staff reports shine a light on the many recreational and educational activities offered at QVSS and within our community. These experiences do more than fill the day—they nurture growth, spark joy, and strengthen connections. Most importantly, they help the individuals we support feel valued, included, and celebrated as part of our community.

QVSS Recreational Direct Care Reports

Cheyenne's Report

QVSS Ambassadors

The ambassadors took pride in the assistance they had in cleaning/ tidying the diner. They have a schedule and daily routine where they sanitize all the tables and chairs after every break. The ambassadors take initiative in being a part of making QVSS shine while fellow clients and families walk through the front doors.

The ambassadors try to get as many duties as they can, as it makes them feel so important. They have expressed that it makes them feel so important and valued to help keep a clean atmosphere for their fellow friends and staff.

We have oiled doors this year, dusted all sensors to keep everyone safe, and one of their favourite jobs of all is assisting with the walkie-talkies at the end of the day. They love greeting the bus drivers and families while they walk in, picking up individuals.

The ambassadors have done a fantastic job this fall.



Moving and Grooving

Over the fall, we have learned many new dance moves. We like to follow along to "Just Dance" on YouTube, and we take turns requesting songs so we have every genre to rock out to.



We start every afternoon by doing our stretches as a group, and then we get sweaty! We have incorporated hula hoops and beach balls into our dancing to practice our hand/ eye coordination, as well as keeping it entertaining by playing freeze dance, musical chairs, party circle and plenty more!



Bingo

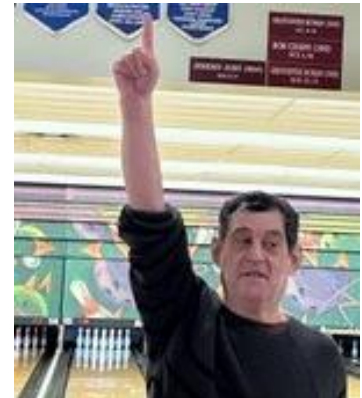
Everyone always has a fantastic time at bingo. Clients get so involved and excited for that number to be called. They all work in encouraging one another and have no problem in assisting each other when needed. Being in the bingo room is very heart-warming and a safe atmosphere.



Bowling

Each week, everyone worked so hard to "up their game". They have tried new techniques to try to get that big X on the screen!

Everyone has so much fun bowling at Quinte Bowl, and it's something they look forward to every fall.



Axes and Allies

This has been a great program choice. Everyone has a blast when we start throwing axes. They really care about their scores and how they can improve so



it's something they try really hard to work on.

Since the start of the program, everyone has hit the bullseye!





Games Galore



We found different games for everyone to play each

week. Some of the favourite games

were: Deal or No Deal, Jeopardy, Trivia, and bowling. Everyone had great participation skills, and overall, it was a very interactive, fun program!

In From the Cold

Each day clients came in with a task in mind. Some clients enjoyed crosswords, colouring, playing on the computer, building Lego, puzzles, plus many other things. It was a time for clients to wind down after their busy schedules throughout the week while being together.



Melody Maestros

This was a fun program. We have used boom whackers and started each day with our practice warm-ups. We then tried to pick a song we all liked and practiced that one for a few weeks. By the end of this program, we have learned many songs like the Mario theme song, All Star, and We Will Rock You.

We didn't only play with boom whackers. We also incorporated singing into our program. Some clients would sing while others were playing the maracas, egg shakers and drums.



Wondrous Walkers



Every day we would go to the Wellness Centre walking track and do laps together. During our walks we talked about our plans for the weekends, we learned some new things about each other like our favourite foods and overall we just had a good healthy walk with our friends. We met plenty of new people at the track and made more connections out in the community.

Summer Shut Down Party



This year, we decided to do a Western theme party. We had Mark McDonnell, the lead singer of Ambush, come out and perform some songs for everyone, so dance and sing along too. He was a fantastic guest and interacted with all of the clients at the end of the show, and gave them all autographs.

We also brought in a dunk tank for the clients to dunk the staff.

We got Mike V in this year, and the clients absolutely loved the idea of dunking him in the cold water.

While the dunk tank was happening, we

also had a cowboy boot piñata filled of goodies to the side for another game!

The staff worked hard to put on an excellent lunch. This year we had pulled pork on a bun, potato salad and birthday cake!

To finish off the summer party, we had our big dance. All the clients were laughing and singing. While the dance was happening, we announced some special awards. We had Achiever of the Month, the highest bowling scores, and the highest axe-throwing scores, among other achievements.





Talent Show We had a lot of acts this year to perform. We had singers, puppet shows, and an MC. We had three fantastic judges come in this year to judge each client on their performance. In first place we had Amos singing a John Lennon song, we had April and Sarah in 2nd and 3rd. April performed ASL to "Fight Song" and Sarah sang "Love Story."

Everyone had a great time with their friends, showing off their talents. It was a fantastic turnout and a blast.



Char's Report



Brown Baggin' it is when we get together to make three healthy lunches, which people then take home. We talk about nutritious choices and how to be safe in your kitchen at home when preparing food. We talk about the benefits of making homemade lunches versus already prepared food or takeout, both health-wise and cost-wise. For example, it is much more cost-effective to purchase the ingredients to make a lunchable at home, and it is better for you as well

Soups On is a great program where we learn that you can take several ingredients you have at home and put them together in a pot with some broth and seasonings to create a delicious pot of soup.

Everyone brings in a thermos, and they all go home with soup to enjoy that evening for supper or for lunch the next day.

Bowling is a great sport where everyone has fun together, no matter whether they are bowling ten-pin or five-pin. Everyone cheers each other on, and they are so happy when they get a spare or a strike. Some people get a turkey occasionally, and we try to get a photo when this happens.

Bingo is a fun game where everyone gets a chance to win a little money. Whether it's one line or a full card, people love to play and try to win the prize. With our bingo caller program it helps people play independently because the numbers are displayed on the TV and they hear the numbers being called.



Collective Kitchen is a wonderful and vital program which helps people acquire the skills and confidence to be able to cook at home in their own kitchens.

People who have never cooked before are making nutritious meals and learning

how to be safe while doing so.

Axe-throwing was a new program for us to learn and enjoy. People enjoyed going to Axes & Allies on Thursday mornings to their axe-throwing program and learning how to do this safely. As the months went on, people really improved their technique and aim, and as a result, their scores.



Walking is a great way of exercising that doesn't cost anything, and a great way to stay fit. When the weather is nice, we walk outside for as long as we can, and when the weather is too cold, we move indoors and walk the track at the wellness center.

Movie Popcorn is always a great way to end the week. Sit back and relax with your friends to enjoy the latest blockbuster and some popcorn.



Fishing is a great way to spend the morning relaxing with your friends while trying to catch the big one. When we return, everyone has a fishing story to share, and they are excited to talk about our morning and who caught fish.



Cool Cooking is a program we run for the summer programs, where people learn how to cook using an air fryer and a microwave. I realized that a lot of the people we work with have air fryers at home, and of course, everybody has a microwave. So, I thought we should have a program which teaches people how to cook with these devices.

Allie's Report

Go Golf: QVSS' golf program is always an absolute hit! It's perfect for golfers of all skill levels, providing a relaxed and enjoyable atmosphere.



Whether we're at the driving range perfecting our swings or having fun at mini golf when the range is full, everyone has a blast learning new skills. After a great

morning of golfing, we love to unwind with some refreshing drinks together, making for a truly great morning that they look forward to each week!



Darts of Hazzard: Our darts program has been a hit with



everyone, and it's no wonder why!

Mornings spent throwing darts, playing games, and honing our skills are always filled with laughter and good times. We listen to music and chat in between

turns, making it a super fun and social time. It's amazing to see how much everyone has improved since we started, which is truly amazing to watch. If you're looking for a great way to spend your mornings, darts is the way to go!





Sugarbush Trip: Our annual trip to the sugar bush is always a highlight of the year! This time, we headed over to Sandy Flats Sugar Bush, where the staff treated us wonderfully, as usual. We dove into the fascinating process of making maple syrup, enjoyed a fun tractor and wagon ride through the woods, and gathered around the fire to warm up. Plus, we were treated to a delicious sausage and pancake breakfast inside! After a long winter, it's such a great experience to get outside and have a blast at the sugar bush, and we can't wait to do it all over again next year!

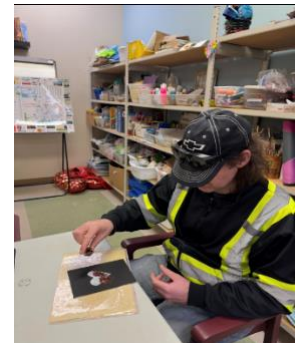
Krupa's Report



Arts, Crafts and Cards Class

This program is always a big hit and gives participants the opportunity to express their creativity. We make different cards and crafts for various holidays and special occasions, often gathering ideas as a group to inspire each other. Many love creating personalized cards for their loved ones, and it's heartwarming to see the thought and effort they put into each one. Creativity is a true gift, and it's wonderful to watch them bring their ideas to life. They're always so proud to share their finished pieces with

everyone at the agency—and many even give them as meaningful gifts to friends and family. They always do such a fantastic job!



Walking

During the colder months, we enjoyed walking indoors at the wellness center. In the summer, we explored various parks and trails, taking in the beauty of nature, making new friends, and greeting others along the way. After our walks, we often stopped by the mall to grab some refreshments. Everyone truly enjoyed their morning walks and the chance to chat and connect with friends!



Sweet Treats

Baking together is always a fun and rewarding experience that brings everyone closer. Whether it was a birthday coming up and we made a special cake, or just a regular day when we baked cookies, brownies, or even desserts like tiramisu, everyone looked forward to being part of it. Each person had their own role—measuring ingredients, mixing, decorating—and they all worked together wonderfully as a team. The best part was sharing the treats afterward and seeing the pride on everyone's faces. It wasn't just about baking—it was about bonding, learning new skills, and creating sweet memories together.





Angie's Report



Walking- I had the pleasure of taking a small group of enthusiastic individuals out for the walking program on the beautiful Bayshore Trail. After our walk, we all enjoyed a refreshing coffee, sharing laughter and energetic conversations about our shared experiences. This program runs all year, so even on days with less-than-ideal weather and during the winter months, we made the most of our time by utilizing the indoor track at the Wellness Center. Our summer excursions allowed us to connect with our fishing group, adding an extra layer of enjoyment to our outdoor exercise routine. Overall, these activities not only promote fitness but also foster a sense of community and camaraderie among participants. Here's to more happy and energetic walks ahead!



Axes and Allies

Weekly, our team would head to Trenton and spend an enjoyable couple of hours engaging in axe throwing. Over the season axe throwing has been a fun and entertaining experience, not only allowed us to learn new skills but the atmosphere was lively,



with everyone sharing laughs and challenges as we honed our aim. One of the staff would slip out and bring back our favourite beverage, adding a delightful touch to our adventure. Overall, the day was a fantastic blend of excitement and teamwork, reinforcing our commitment to fostering a positive and enjoyable environment within our program.

Movies



Each new season in Movies we welcome a fantastic group of individuals who gather to enjoy a variety of films, complete with delicious popcorn and refreshing pop. The atmosphere was always lively and engaging, making the experience not only enjoyable but also entertaining for everyone involved. The combination of great movies and the friendship of the attendees created memorable moments that we look forward to continuing and enjoying

for years to come. Can never get enough movie time.

Out and About

Last season in the Out and About program, our group had the opportunity to explore a variety of engaging and entertaining locations, creating joyful experiences that fostered social interaction and learning. We visited local museums that offered hands-on



exhibits, allowing everyone to immerse themselves in the wonders of art and history. Additionally, our trips to parks and conservation areas provided the perfect backdrop for exploring nature and

enjoying the fresh air. Special places such as unique churches and historic cemeteries enriched our understanding of community heritage. Not to mention, our visit to the vibrant Big Apple and Primitive Design in Port Hope sparked creativity and curiosity among participants. Overall, these day trips proved to be both fun and beneficial, leaving lasting memories for everyone involved.

Naddie's Report

Beat the Heat!/ In From the Cold



This program was all about having fun, being creative, and spending quality time together. Everyone had the chance to take part in a wide range of activities—from card games and colouring to brain teasers, puzzles, and diamond art. Some people enjoyed relaxing with a good movie, listening to music, or playing video games like Wii bowling. Others simply liked chatting and laughing with friends. No matter what they chose to do, there was always something enjoyable going on. And every now and then, someone would discover something new or learn a little along the way. It was a space where everyone felt free to enjoy themselves in their own way.



Drumming

Our drumline class was a high-energy, fun-filled cardio workout that got everyone moving! Using yoga balls and drumsticks, we followed along with upbeat music—thanks to YouTube—for an exciting



and rhythmic session. We started off with chair-based exercises to build strength and boost cardio fitness and then shifted into drumming along with the beat of the music. The combination of movement and music created a lively, feel-good atmosphere. It was not only a great workout but also a joyful way to connect through rhythm. Everyone looked forward to it—and who doesn't love making music together?



Muffin Madness was a deliciously fun activity where we got creative in the kitchen! Each session, we searched for both classic and out-of-the-box muffin recipes—some were family favourites, while others were wild new ideas we couldn't wait to try. From sweet to savoury, simple to fancy, we mixed, baked, and laughed our way through the process as a group. The best part? Tasting our creations fresh out of the oven! Whether it was a gooey chocolate explosion or a cheesy veggie surprise, Muffin Madness always brought smiles, full bellies, and a little bit of flour everywhere.

Renee's Report

Joy of Gems is a fun and welcoming jewelry-making class. It's all about getting creative, making beautiful things, and having a great time together. In each class, we work on simple, hands-on projects that help build confidence, coordination, and self-expression. Whether it's stringing beads, picking out colours, or just enjoying good company, everyone gets a chance to shine. *Joy of Gems* is more than just making jewelry — it's about making friends, having fun, and celebrating what makes each person unique.

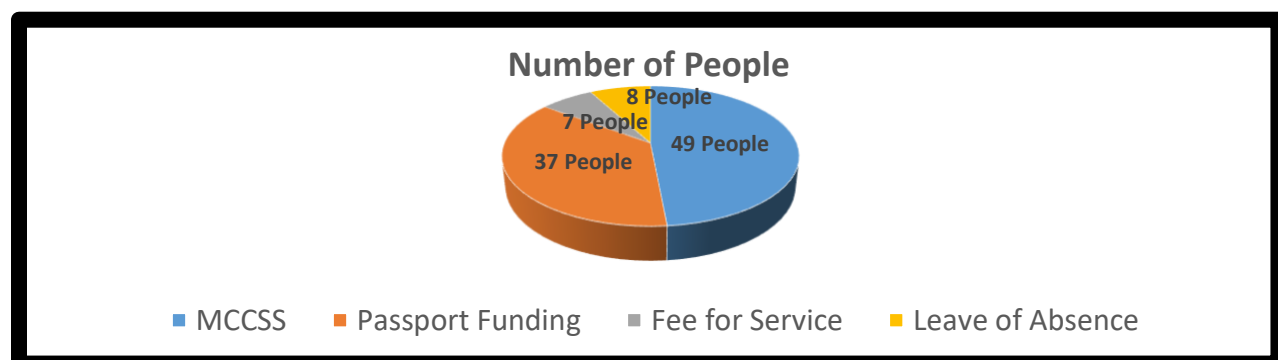
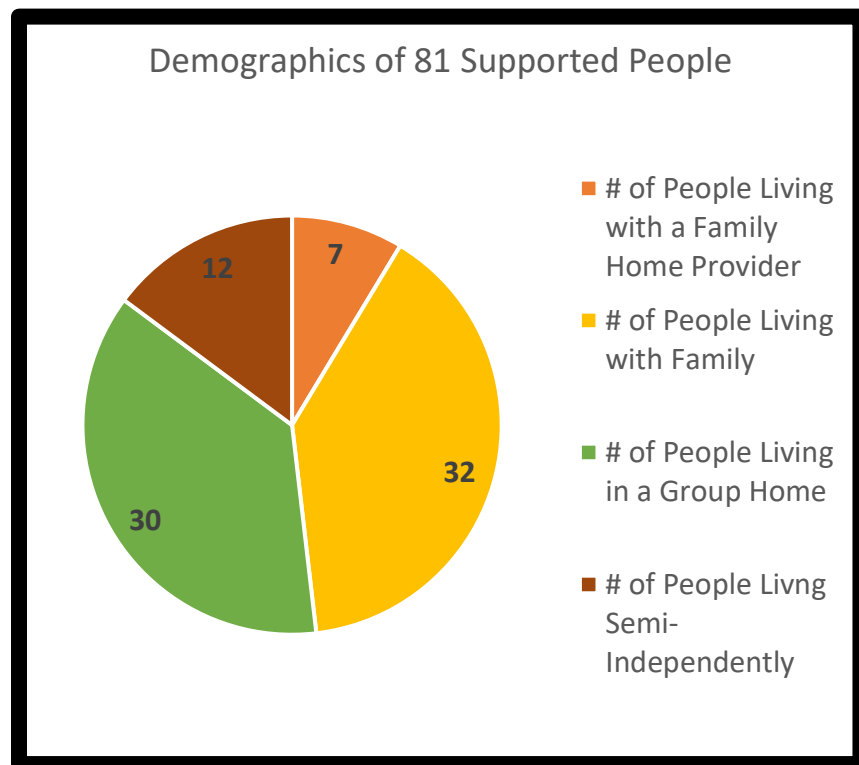
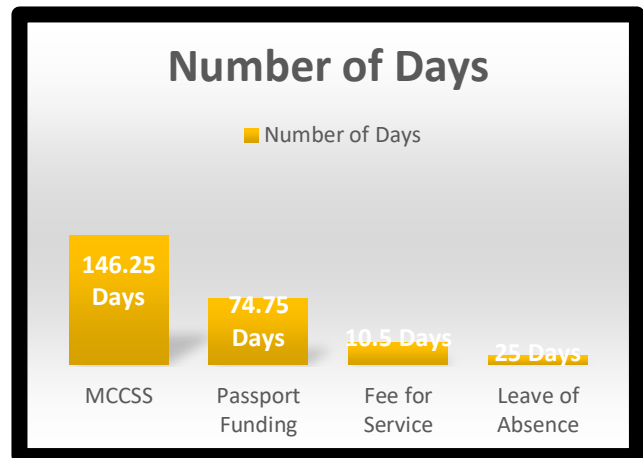
Art in the Park is a laid-back, outdoor art class where creativity and fresh air come together! Designed for all skill levels, this fun and relaxing class gives people a chance to explore different art materials while enjoying the beauty of nature. Whether we're sketching trees, painting skies, or just soaking up the sun, *Art in the Park* is all about expressing yourself in a calm, welcoming setting. It's a great way to get inspired, connect with others, and enjoy the outdoors—one brushstroke at a time!



Let's get physical at the

Wellness Centre is an easygoing, feel-good fitness class designed to get you moving and having fun! We mix things up with walking, swimming, and using the workout equipment—so there's something for everyone. It's all about staying active in a supportive, friendly environment where you can go at your own pace. Whether you're looking to build strength, boost energy, or just enjoy some good company while getting exercise, this class is a great way to feel better inside and out!

Present Demographic Support



Remembering the QVSS family members that we lost.

This past year, our Quinte Vitality and Social Support family experienced a profound loss with the passing of our dear colleague and friend, Yvonne Kent. Yvonne's dedication, compassion, and warmth touched the lives of everyone she met—staff, participants, and families alike. Her commitment to supporting adults with developmental challenges extended far beyond her role, leaving a lasting impact on our community.

We honour Yvonne's memory and the legacy she leaves behind. Her spirit will continue to inspire us as we move forward, carrying her passion for inclusion, empowerment, and kindness in all that we do.

Yvonne fell ill, was hospitalized, fought with all her might, but eventually passed away on November 29. Her loss was overwhelming to all the QVSS staff, clients and their families. As always, our team's strength persevered, and our committed call-in staff helped us manage for the next few months.

We also honour the memories of two valued participants who have been with QVSS for many years. **Kelly**, who passed away on July 31, 2024, and **Larry**, who passed on January 13, 2025. Their presence, personalities, and contributions enriched our lives and our community, and they will be deeply missed.



We remember Yvonne, Kelly, and Larry with gratitude for the joy, support, and inspiration they brought to all of us. Their spirits will continue to guide and inspire the work we do at QVSS.