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ON, K8N 5T7  
613-968-5211



## MARCH & APRIL

Can you believe that Spring is finally here!?

We had a great winter, but we need some of that sunshine to return.



## DID YOU KNOW?

SPRING IS FULL OF FUN FACTS, FROM THE "SPRING FEVER" FEELING CAUSED BY BLOOD VESSEL DILATION TO THE FACT THAT BABY BIRDS LEARN SPECIFIC SONGS AND ANIMALS CHANGE FUR COLOR, PLUS IT'S PEAK TIME FOR THUNDERSTORMS, BABY ANIMAL BIRTHS (LIKE BUNNIES AND FAWNS), AND THE RETURN OF MIGRATING BIRDS, ALL THANKS TO THE EARTH TILTING TOWARDS THE SUN, MAKING DAYS LONGER AND SMELLS STRONGER.



## GLOSSARY



- Birthdays
- Welcoming Spring time!
- Winter Olympics
- Hockey
- Weather updates
- Whats going on QVSS
- Getting ready for summer programs
- Recommended movies
- Grammy's



Bullseye, it's spring time!



## CLIENT REPORTS

### What are you most excited for now that it's spring?

**Jeanette:** "I am so excited that the warmer weather will be coming soon so I can wear my comfy shorts again!" "I am also looking forwards to playing baseball."

**Matthew:** "I'm getting excited for trip down East in May." "Each passing month means it's getting closer." "I am going to Nova Scotia to visit my family and going site seeing."





# *Birthdays*

## **APRIL**

**APRIL 1<sup>ST</sup> - DIAMOND KEEGAN**

**APRIL 4<sup>TH</sup> - ERIC KERIM & JEFF O'HARA**

**APRIL 7<sup>TH</sup> - APRIL RICHARDSON**

**APRIL 9<sup>TH</sup> - ADRIANNA MCEWEN**

**APRIL 12<sup>TH</sup> - CORY MARVIN**

**APRIL 15<sup>TH</sup> - CHEYENNE AKINS**

**APRIL 25<sup>TH</sup> - MARGARET O'SULLIVAN**

**APRIL 29<sup>TH</sup> - ALLAN DAWSON**

## **MAY**

**MAY 1<sup>ST</sup> - CHARLENE GOLLOHER**

**MAY 11<sup>TH</sup> - CASEY MOORE & MIKE VAJDA**

**MAY 12<sup>TH</sup> - BRAD HUNT & ALEX WELLBANKS**

**MAY 23<sup>RD</sup> - ALLIE POPE**

**MAY 25<sup>TH</sup> - ASHLYNN MCCABE**

**MAY 29<sup>TH</sup> - AMOS OLLEY**

## **JUNE**

**JUNE 1<sup>ST</sup> - DONNY ROGERS**

**JUNE 2<sup>ND</sup> - JEANETTE RUTTAN**

**JUNE 17<sup>TH</sup> - SARAH DALEY & DENISE STORMS**

**JUNE 20<sup>TH</sup> - RENEE R.**

**JUNE 24<sup>TH</sup> - JASON BARRY & JANICE HEASMAN**

**JUNE 28<sup>TH</sup> - JOHN BRUCE**



# 2026 GRAMMYS

THE GRAMMY AWARDS RETURNED TO L.A.'S CRYPTO.COM ARENA ON SUNDAY FEBRUARY 1ST WITH TREVOR NOAH HOSTING FOR THE SIXTH AND FINAL TIME AND AFTER MORE THAN HALF A CENTURY, CBS BROADCAST THE AWARDS SHOW FOR THE LAST TIME. IT WILL MOVE TO DISNEY OUTLETS IN 2027.

THE NIGHT'S MAJOR GRAMMYS WENT TO OLIVIA DEAN FOR NEW ARTIST, BILLIE EILISH AND FINNEAS FOR SONG OF THE YEAR, KENDRICK LAMAR WITH SZA FOR RECORD OF THE YEAR AND BAD BUNNY FOR ALBUM OF THE YEAR. THE MAJORITY OF THE 95 AWARDS WERE HANDED OUT AT THE NON-TELEVISED PREMIERE CEREMONY, HOSTED BY DARREN CRISS.

## BEST RED CARPET MOMENTS



JUSTIN BIEBER & HAILEY BIEBER



LADY GAGA



JAMIE FOXX



MILEY CYRUS



LAINAY WILSON

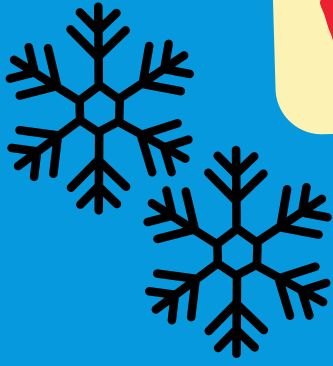


REBA MCENTIRE



THE PERFORMANCES WERE ASTONISHING TO WATCH! THEY ALL LOOKED LOVELY!





# WEDNESDAY'S

## WEATHER REPORT



FOR THE LAST TWO MONTHS WE RECORDED WEDNESDAYS FORECAST. WE OBSERVED THE "MEDIAN" TO SEE IF ITS A SLOW RISE IN TEMPERATURE FOR WELCOMING SPRING OR IF IT TOLD US SOMETHING COMPLETELEY DIFFERENT.

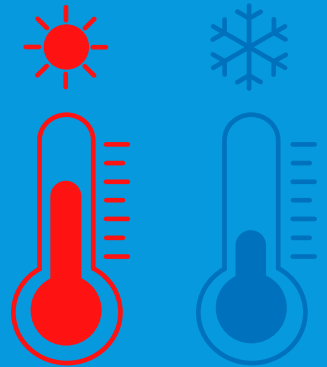
### FEBRUARY

**FEBRUARY 4<sup>TH</sup>** -9° & CLOUDY. FEELS LIKE -14°.

**FEBRUARY 11<sup>TH</sup>** 0° & CLOUDY. FEELS LIKE -6°.

**FEBRUARY 18<sup>TH</sup>** -2° CLOUDY. FEELS LIKE -8°.

**FEBRUARY 25<sup>TH</sup>** 2° CLOUDY/ WINDY. FEELS LIKE -6°



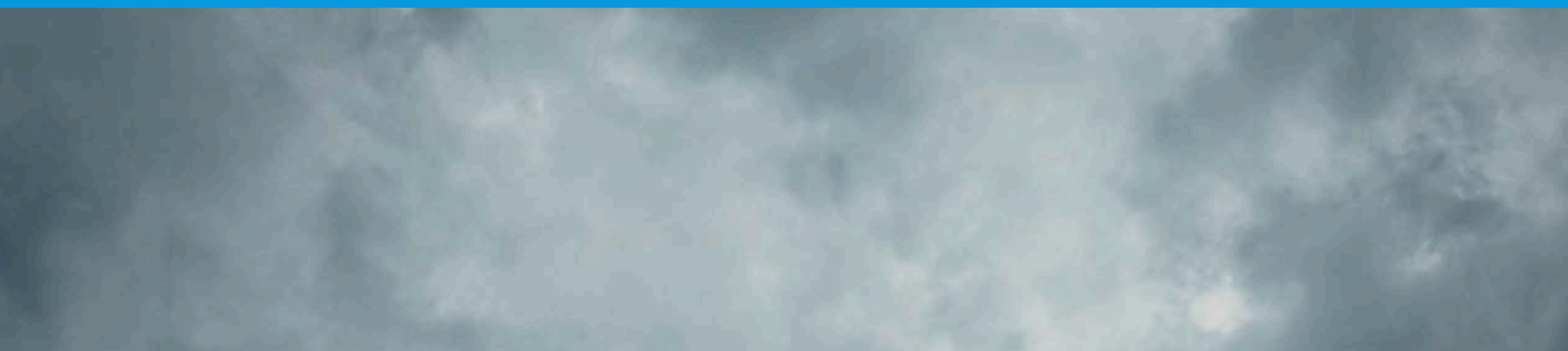
### MARCH

**MARCH 4<sup>TH</sup>**- 2° CLOUDY, FEELS LIKE -2°.

**MARCH 11<sup>TH</sup>**- 1° RAINING, FEELS LIKE -3°

**MARCH 18<sup>TH</sup>** - -9° CLOUDY , FEELS LIKE -4°

**MARCH 25<sup>TH</sup>** - 8° SUNNY, FEELS LIKE 0°





# hockey

WE HAVE TRACKED THE MAPLE LEAFS SCORES FOR THE MONTH OF FEBRUARY AND MARCH.

## FEBRUARY 2

MAPLE LEAFS **VS** FLAMES  
SOG: 22      SOG: 30  
4                      2

## FEBRUARY 3

MAPLE LEAFS **VS** OILERS  
SOG: 27      SOG: 36  
5                      2

## FEBRUARY 25

MAPLE LEAFS **VS** TBL  
SOG: 27      SOG: 38  
2                      4

## FEBRUARY 26

MAPLE LEAFS **VS** PANTHERS  
SOG: 30      SOG: 37  
1                      5

## FEBRUARY 28

MAPLE LEAFS **VS** SENATORS  
SOG: 23      SOG: 40  
2                      5

## MARCH 2

MAPLE LEAFS **VS** FLYERS  
SOG: 31      SOG: 25  
2                      3

## MARCH 4

MAPLE LEAFS **VS** DEVILS  
SOG: 27      SOG: 47  
3                      4

## MARCH 7

MAPLE LEAFS **VS** LIGHTNING  
SOG: 29      SOG: 33  
2                      5



# hockey

CONTINUED.....

MARCH 10

MAPLE LEAFS  
SOG:18  
1



CANADIENS  
SOG:33  
3

MARCH 12

MAPLE LEAFS  
SOG:28  
6



DUCKS  
SOG:40  
4

MARCH 14

MAPLE LEAFS  
SOG:18  
2



SABRES  
SOG:33  
3

MARCH 15

MAPLE LEAFS  
SOG:26  
4



WILD  
SOG:38  
2

MARCH 17

MAPLE LEAFS  
SOG:27  
1



ISLANDERS  
SOG:34  
3

MARCH 20

MAPLE LEAFS  
SOG:26  
3



HURRICANES  
SOG:36  
4

MARCH 21

MAPLE LEAFS  
SOG:14  
2



SENATORS  
SOG:44  
5

MARCH 24

MAPLE LEAFS  
SOG:35  
4



BRUINS  
SOG:20  
2



# hockey

CONTINUED.....

MARCH 25

MAPLE LEAFS

SOG:18

4



RANGERS

SOG:43

3



MARCH 28 & MARCH 30

TBD AND WILL BE  
RELEASED ON  
SPORTNET



“OH! THE GOOD OL’ HOCKEY GAME, IS THE BEST GAME YOU CAN NAME. AND THE BEST GAME YOU CAN NAME, IS THE GOOD OL’ HOCKEY GAME.”



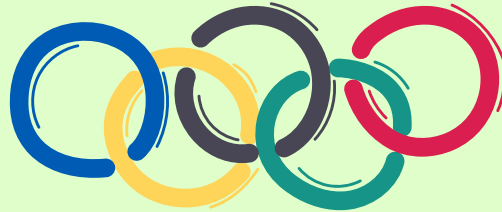
**SOG= SHOTS ON GOAL**

**TOTAL AMOUNT OF GAMES PLAYED: 17**  
**GAMES WON IN 2 MONTHS: 6**  
**GAMES LOST IN 2 MONTHS: 11**  
**AMOUNT OF SOG IN 2 MONTHS: 426**  
**AVERAGE SOG IN 2 MONTHS: 25.05**





# 2026 WINTER OLYMPICS



THE MILANO CORTINA 2026 WINTER OLYMPIC GAMES WILL MARK THE FOURTH TIME ITALY HOSTED THE OLYMPICS AND WAS THE 35TH WINTER OLYMPIC GAMES. WITH THE SPORTS AND VENUES SPREAD ACROSS THE CITY OF MILAN AND THE SLOPES OF CORTINA, IT TOOK THE WINTER OLYMPICS INTO MILAN FOR THE FIRST TIME.

## TEAM CANADA



### GOLD MEDALS



- FREESTYLE SKIING X2
- SHORT TRACK
- SPEED SKATING
- CURLING



### SILVER MEDALS



- SHORT TRACK SPEED SKATING X2
- FREESTYLE SKIING
- SPEED SKATING
- ICE HOCKEY MENS
- ICE HOCKEY WOMENS
- SNOWBOARDING




























### BRONZE MEDALS



- FREESTYLE SKIING X2
- SHORT TRACK X2
- SPEED SKATING X3
- CURLING
- FIGURE SKATING

THE LAST WINTER OLYMPIC GAMES WERE HELD IN 2018 AND CANADA CAME HOME WITH 29 MEDALS!

THIS YEAR CANADA CAME HOME WITH 21 MEDALS

6	 SANHEIM Travis	24	 JARVIS Seth
7	 TOEWS Devon	27	 THEODORE Shea
8	 MAKAR Cale	29	 MacKINNON Nathaniel
9	 BENNETT Sam	35	 KUEMPER Darcy
10	 SUZUKI Nick	38	 HAGEL Brandon
13	 REINHART Sam	43	 WILSON Tom
14	 HORVAT Bo	44	 MORRISSEY Josh
17	 CELEBRINI Macklin	48	 THOMPSON Logan
20	 HARLEY Thomas		
50	 BINNINGTON Jordan		
55	 PARAYKO Colton		
61	 STONE Mark		
63	 MARCHAND Brad		
87	 CROSBY Sidney		
89	 DOUGHTY Drew		
93	 MARNER Mitch		
97	 McDAVID Connor		

# OUR TEAM CANADA MEN'S HOCKEY TEAM!!

# Let's Go





# What's Happening QVSS



## Art Program



ADAM M



ELLEN D



DENISE S

ST PATTY'S DAY CARDS- HATS WERE CUT OUT, COLOURED AND GLUED.  
ROSE FLOWERS-WERE CREATED OUT OF CUPCAKE LINERS, PAINTED AND GLUED!

## EMBROIDERED VALENTINE'S DAY CANVAS



APRIL RUTTAN



SUSAN B

WORKING HARD ON SEWING.



## INTRODUCING THE MUPPETS SHOW!

DENISE S, JASON P, BOB C, CATHY G, APRIL R, MARGARET

0

OUR ART PROGRAM HAS BEEN VERY BUSY THIS FALL WITH CREATING SOME BEAUTIFUL MASTERPIECES. WE HAVE MADE SOMETHING FOR EVERY POSSIBLE OCCASION. CHRISTMAS, VALENTINE'S DAY, ST. PATTY'S DAY, ETC!



STARS BASED OUT OF 5  
(1 BEING NOT THE BEST  
MOVIE AND 5 BEING  
AMAZING!)

# Movies we RECOMMEND



## #1 ANACONDA

STARS  5



YEAR RELEASED:  
2025

Best friends Griff and Doug have always dreamed of remaking their all-time favorite movie "Anaconda." When a midlife crisis pushes them to finally go for it, they assemble a crew and head deep into the jungles of the Amazon to start filming. However, life soon imitates art when a gigantic anaconda with a thirst for blood starts hunting them down.

## #2 THE BEVERLY HILLBILLIES

STARS  5



YEAR RELEASED:  
1993

Backwoods farmer Jed Clampett strikes oil on his land, and soon he and his clan have moved to the posh surroundings of Beverly Hills, Calif. As Jed, Granny, Elly May and Jethro adjust to completely new surroundings and culture, they must deal with an unscrupulous banker and his employees, who are scheming to get their money. Luckily, the banker's top assistant develops a soft spot for the Clampetts.

## #3 THE COUNTRY BEARS

STARS  5



YEAR RELEASED:  
2002

Like other celebrated rock-and-roll groups, the members of the legendary group the Country Bears were torn apart by the perils of their own success: ego, jealousy, and a little too much honey. The story of how eager young fan Beary Barrington can convince the bitter ex-members of the rock band to put aside their differences and perform a benefit concert to save Country Bear Hall, the legendary venue where the band got its start.

## #4 SPACE JAM

STARS  5



YEAR RELEASED:  
1996

Swackhammer, an evil alien theme park owner, needs a new attraction at Moron Mountain. When his gang, the Nerdluks, heads to Earth to kidnap Bugs Bunny and the Looney Tunes, Bugs challenges them to a basketball game to determine their fate. The aliens agree, but they steal the powers of NBA basketball players, including Larry Bird and Charles Barkley -- so Bugs gets some help from superstar Michael Jordan.



# Movies Continued

## #5 MARY POPPINS

STARS  →

YEAR RELEASED:  
1964

When Jane and Michael, the children of the wealthy and uptight Banks family, are faced with the prospect of a new nanny, they are pleasantly surprised by the arrival of the magical Mary Poppins. Embarking on a series of fantastical adventures with Mary and her Cockney performer friend, Bert, the siblings try to pass on some of their nanny's sunny attitude to their preoccupied parents.

## #6 TEENAGE MUTANT NINJA TURTLES: OUT OF THE SHADOWS

STARS  →

YEAR RELEASED:  
2016

The turtles face a new challenge when Shredder escapes from custody and joins forces with Baxter Stockman, a mad scientist who plans to use a serum to take over the world. Along for the ride are Bebop and Rocksteady, two dimwitted henchmen who provide plenty of muscle. Luckily, the turtles have their own allies in April O'Neil, Vernon Fenwick and Casey Jones, a hockey-masked vigilante. As the pizza-loving heroes prepare for battle, the notorious Krang also emerges to pose an even greater threat.

## #7 THOR RAGNAROK

STARS  →

YEAR RELEASED:  
2017

Imprisoned on the other side of the universe, the mighty Thor finds himself in a deadly gladiatorial contest that pits him against the Hulk, his former ally and fellow Avenger. Thor's quest for survival leads him in a race against time to prevent the all-powerful Hela from destroying his home world and the Asgardian civilization.



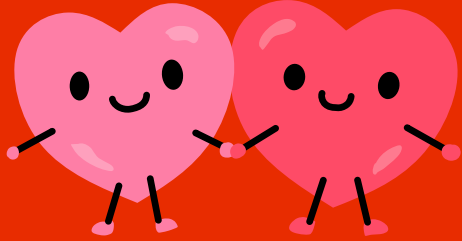
# Reminders!!



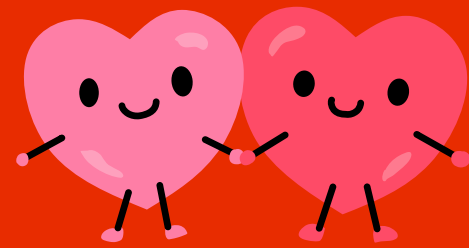
- Be kind to one another. Treat others how you would like to be treated. Show respect, lend a helping hand and be happy!
- If you plan on ordering lunch from the diner, place your order before program starts. This give Brandon enough time to prepare.
- We have a strict hands off policy. Please refer back to your handbook if needed. The hands off policy includes the following; hugging, holding hands, and cuddling. Everyone is to abide by this policy.
- Dress for the weather. The cold weather should be calming down soon, but we still will have days where it's chilly or rainy. Please dress in layers.
- If you make a mess, please clean up after yourself. Staff is always available to help when needed.



- If you are ordering from the diner, please wait your turn in line. We have had a lot of individuals wait until the line is clear and staff move on to other tasks to come up an order. Please be patient and wait with everyone else.



## VALENTINES DAY PARTY



- SOME PLAYED VALENTINE'S DAY BINGO, SOME SANG LOVE SONGS IN KARAOKE, AND OTHERS DID ARTS & CRAFTS BY CREATING A BEAUTIFUL ROSE!
- QVSS HELD A DANCE IN THE AFTERNOON.
- THERE WAS A MOVIE ALSO PLAYED FOR THOSE WHO WANTED TO RELAX.
- WE SOLD PINK CUPCAKES THAT SWEET TREATS MADE.



### PRIZES

50/50: JODI

COLOURING CONTEST: APRIL R

SPOT DANCE: BRANDON M

BEST DRESSED: MICHAEL F



When:  
Tuesday,  
March 17<sup>th</sup>

# Saint Patrick's Day



## What the intinerary looked like.

- 8 am- Coffee and Timbits for everyone
- 9 am- The choice of St Patrick's day bingo or Irish karaoke.
- 10 am- Break time and green cupcakes for sale made by Sweet Treats.
- 10:30 am- Back to bingo/karaoke.
- 11:30 am- Shepards Pie, Garlic bread and a pop.
- 12:30- Dancing along to some Irish tunes or watching a great Irish movie!



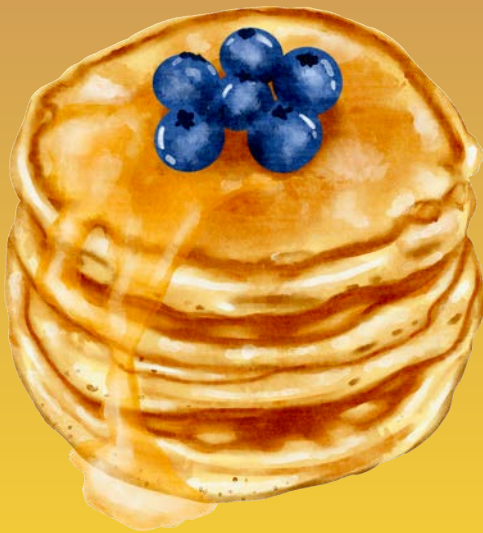
## Fun facts about Saint Patrick's day!

- Patrick became interested in Christianity and started teaching others about the religion
- "Patty" vs. "Paddy": Only North Americans typically call it "St. Patty's Day"; the Irish refer to it as "St. Paddy's Day" or simply Paddy.



# QVSS SANDY FLATS SUGAR BUSH TRIP!

- QVSS will be going to Sandy Flats Sugarbush on April 8th.
- They will have a tractor ride through the woods with a guided tour explaining the process of making maple syrup
- They will have a served breakfast with homemade pancakes, sausages, coffee, tea, etc.
- For those who are unable to make it, QVSS is also offering their own brunch to purchase! Yummy!





# MARCH MADNESS



- Daylight saving time (clocks "spring forward" one hour.) & National Women's day - **March 8th**
- Pi Day - Celebrates the mathematical constant- **March 14th**
- Saint Patrick's day - **March 17th**
- Spring Equinox: The official start of spring. - **March 20th**
- Holi: The Hindu festival of colors and spring.- **March 21st**
- Staff development day - **March 25th**

## Did you know?

Unique History: March was once the first month of the Roman calendar before January and February were added.

Calendar Coincidence: Each year, March ends on the same day of the week as June.

Inventions: Both the telephone (March 7, 1876) and Monopoly (March 7, 1933) were patented or invented in March.





Giving  
Hope  
Today

# THE SALVATION ARMY

Rosie volunteers at the Salvation Army.

She is a hardworking volunteer. She helps to wash and prep the vegetables, and serve customers.

Rosemary goes every Monday with her worker Julie. They start by bringing the food up to the kitchen by using a cart.



## *Jeanette's weekend plans*

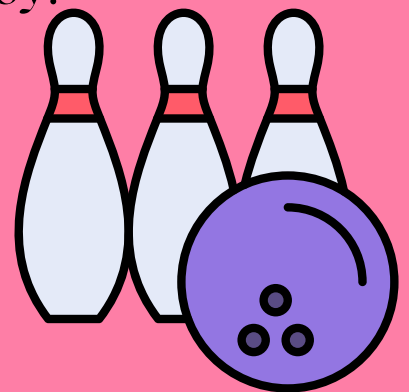
Jeanette has a fun-filled weekend coming up with family. She's going to her cousin's on Friday, and from there, they will head to her Dad's house to play some cards and eat pizza! She's so excited!  
**\*\*Update\*\***

Jeanette had a great Friday night and also did things that she did not expect to do. She ended up going to the Trenton Golden Hawks hockey game where she met a Canadian Olympic skater, "Trennt Michaud".



## *Dawson boys weekend plans*

Jeff and Allan look forward to their Saturdays because they go 10-pin bowling. They are in a league at the Belleville bowling alley. Jeff got strikes and Allan got spares! They really enjoy this hobby.



# REDS

## *Diner*

### Everyday Menu

- Hot dogs
- Hamburgers
- Cheeseburgers
- Chicken strips
- chicken burger
- Grilled Cheese
- French fries
- Onion rings



Make it a combo  
for \$7.00

\*A combo includes a  
main, fries/onion  
rings and a pop

### Other Items

- Pop- \$1.25
- Hot chocolate- \$1.00
- Tea- \$1.00
- Chips- \$1.25
- Chocolate bars- \$1.50
- Pudding-\$1.00



### Speciality Menu

(Specific days)

- Poutine
- Goulash
- Spaghetti and  
Garlic Bread
- Nachos



# Games Galore



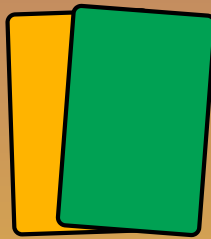
HA HA  
HA HA

Have you thought about joining games? The tummy laughs we share weekly are so contagious!

## Games played

- UNO
- Family Feud
- Who wants to be a millionaire
- Jeopardy
- Jenga
- Deal or no deal
- Plinko
- Hangman
- Ring toss
- Bean bag toss
- Bowling
- Darts
- Crazy eights

**PLUS MANY MORE!**



# BELLEVILLE NEWS UPDATE



March 10<sup>th</sup> 2026

Members of the Belleville Fire Department rescued a dog that wandered out onto the melting ice and managed to complete a successful rescue. It was a heartwarming story of courage, quick thinking and action, and a heartwarming picture of “man’s best friend” being pulled from the frigid waters of the Moira River.

Hopefully, the real message of this story isn’t lost behind the picture of our life-saving firefighters doing what they do best.



March 10<sup>th</sup> 2026

Students from Nicholson Catholic College took over Market Square in Belleville in protest of Premier Doug Ford’s cuts to OSAP.

Anna Baldwin Powell, the protest’s organizer, said that the cuts would impact over 200,000 students who depend on the program to fund their education.

Before the cuts to funding, students could receive 85% of their provincial OSAP funding as a grant, with only 15% as a repayable loan. Now only 25% would be considered a grant, and 75% becomes a loan that requires repayment.

March 11<sup>th</sup> 2026

As of early March 2026, gas prices in the Belleville-Quinte region have experienced significant increases which has been reported as stations transition to summer-blend fuel and respond to international supply pressures.

The latest hike we have seen in gas prices has been a total of 157.9 cents/L.

Regional Differences: Residents in Belleville and the surrounding area often experience higher prices compared to other regions due to the distance fuel is transported from terminals in Montreal.



**CAN YOU  
FIND ME ?**



Can you find Mr Mike? He is somewhere hidden in this newspaper. Be the first one to find Mike and come see Cheyenne for a free small fry and pop from Red's Diner.



**Good luck everyone!**