



QVSS Summer Program Package 2026

Here is your summer program package to review and complete. Could you kindly return your pick sheet to any of the QVSS staff members by **May 1, 2026**. This will help secure your spot in the activities you have chosen.

When the new programs begin, please make sure you have the necessary equipment for each selection that you have made. Failure to bring the appropriate clothing or equipment can result in you having to return home. **A list of items** needed for your new programs will be sent home with your new schedule in a few weeks.

All programs begin at **9:00 a.m.** and end at **3:00 p.m.** Please arrive on time for your program. If you arrive late, you may have to make alternative transportation arrangements to get to your activity or even return home. Please consider any early transportation pick-up when choosing your programs, as some occur in the community. Please consider **ANY food restrictions** when selecting any cooking or baking programs.

The following page is your “pick” page. You **MUST circle the numbers** underneath the program name that reflect your 1st, 2nd, 3rd, 4th, 5th, etc., choices, and only on the days you attend QVSS. If you need help filling it out, please do not hesitate to call the agency at 613-968-5211, ext. 223, or to ask any questions or raise concerns.

Here's to a great summer everyone!!!
Sincerely,

Shannon Galic

Program Choices for Summer 2026~Return May 1st, 2026

Monday AM	Fishing FEE	Wondrous Walkers	Drumming & Chair Fit	News & Views	Beat the Heat	Card Class FEE	Fun with Friends
Radio <input type="checkbox"/>	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7
Monday PM	Cool Cookin' FEE	Games Galore!	Arts & Crafts FEE	The Pampered Pod- FEE	Beat the Heat	Fun with Friends	
Radio <input type="checkbox"/>	1-2-3-4-5-6	1-2-3-4-5-6	1-2-3-4-5-6	1-2-3-4-5-6	1-2-3-4-5-6	1-2-3-4-5-6	
Tuesday AM	Disc Golf	The Karaoke Krooners	ASL	Beat the Heat	Geocaching	Greenleaf Gallery	Fun with Friends
Radio <input type="checkbox"/>	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7
Tuesday PM	Bingo FEE	Puzzle Peace FEE	Sew Happy! FEE	Oldies but Goodies	Fun with Friends		
Radio <input type="checkbox"/>	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5		
Wednesday AM	Fishing FEE	On the Road Again- FEE	Loving Looming	Beat the Heat	Shop Til You Drop	Gardening Club	Fun with Friends
Radio <input type="checkbox"/>	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7	1-2-3-4-5-6-7
Wednesday PM	Dart Vaders	On the Road Again- FEE	Embracing Embroidery FEE	Coffee Cup FEE	Fun with Friends		
Radio <input type="checkbox"/>	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5		
Thursday AM	Art in the Park FEE	Go Golf! FEE	The Karaoke Krooners	Beat the Heat	The Pampered Pod	Fun with Friends	
Radio <input type="checkbox"/>	1-2-3-4-5-6	1-2-3-4-5-6	1-2-3-4-5-6	1-2-3-4-5-6	1-2-3-4-5-6	1-2-3-4-5-6	
Thursday PM	Joy of Gems FEE	The QVSS Collective	Bingo FEE	Sweet Treats FEE	Fun with Friends		
Radio <input type="checkbox"/>	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5		
Friday AM	Fishing FEE	Wondrous Walkers	Beat the Heat	Sports Central	Fun with Friends		
Radio <input type="checkbox"/>	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5		
Friday PM	Greenleaf Gallery FEE	Movie & Popcorn FEE	Movin' N Groovin'	Nifty Knitters	Fun with Friends		
Radio <input type="checkbox"/>	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5		

Your Name: _____.

SESSION RUNS FROM JUNE 1ST TO OCTOBER 2ND, 2026.

Cost of Programs

You will receive a bill for any paid programs you sign up for 30 days after new programs start. This will allow time for any changes to occur. Thanks.

Fishing	Monday A.M.	\$15 for the session
Card Class	Monday P.M.	\$30 for the session
Arts & Craft	Monday P.M.	\$30 for the session
Cool Cookin'	Monday P.M.	\$30 for the session
The Pampered Pod	Monday P.M.	\$15 for the session
Greenleaf Gallery	Tuesday A.M.	\$5 for the session
Puzzle Peace	Tuesday P.M.	\$5 for the session
Sew Happy!	Tuesday P.M.	\$32 for the session
Bingo	Tuesday P.M.	\$16 for the session
On the Road Again	Wednesday-All Day	\$150 for the session
Fishing	Wednesday A.M.	\$15 for the session
Coffee Cup	Wednesday P.M.	\$15 for the session
Embracing Embroidery	Wednesday P.M.	\$30 for the session
Art In the Park	Thursday A.M.	\$32 for the session
Go Golf!	Thursday A.M.	\$96 for the session
The Pampered Pod	Thursday A.M.	\$16 for the session
Joy of Gems	Thursday P.M.	\$16 for the session
Bingo	Thursday P.M.	\$16 for the session
Sweet Treats	Thursday P.M.	\$32 for the session
Fishing	Friday A.M.	\$14 for the session
Movie and Popcorn	Friday P.M.	\$28 for the session
Greenleaf Gallery	Friday P.M.	\$5 for the session

**THESE PROGRAMS ARE ELIGIBLE FOR PASSPORT FUNDING!
ASK SHANNON FOR DETAILS!**

Summer Program Descriptions

Monday to Friday, A.M. and P.M.

QVSS In-House Virtual Radio Program

NAME - QVSS 52.1 FM

The virtual radio broadcast program uses special software in a studio environment to replicate live radio broadcasts as closely as possible. It does not use an FM signal; instead, it is piped through the house PA system in QVSS. Individuals interested will have the experience of being a radio broadcaster. The format will include playing music, sharing news and community information, weather updates, QVSS updates, talk shows and interviews. **Please ensure you check the box on your pick sheet for the day of the week and a.m. or p.m.**

Monday to Friday
Fun With Friends

Come hang out in our internet café and enjoy free, unlimited internet access with a cup of coffee or beverage purchased at the diner counter. Our internet café will be open all week, and users are urged to bring their own tablets or phones. Staff will be available for help and assistance all week. If computers aren't your thing, why not grab a few friends, a board game or a deck of cards and use this space to have some fun and laughs? Hope to see you there!

Mondays, Tuesday A.M., Wednesday A.M., Thursday A.M., and Friday A.M.
Beat the Heat

Looking for a fun way to stay cool this summer? Join us for a program packed with awesome activities both indoors and outdoors! From video games, Wii, computers, board games, cards, crafts, and puzzles—there's never a dull moment inside.

Step outside and enjoy our backyard oasis, where you can play basketball or ball hockey, relax with a good book, do some bird watching, or just kick back and soak up the fresh air. Whether you're in the mood to play, create, or chill, this program has something for everyone—come beat the heat with us!

Monday A.M. and Friday A.M.
Wondrous Walkers

You will get in shape while walking along the track at the Quinte Sports & Wellness Centre or Bayshore Trail. Everyone attending can go at their desired pace, whether for leisure or physical fitness. You are encouraged to bring an MP3 player or IPOD and plenty of water. After their trek, the group will head somewhere for a refreshment break. Be sure to bring in \$2+ each week to buy yourself a coffee. Join us!

Monday A.M.
Drumming & Chair Fit

Get ready to move, groove, and feel the beat! This high-energy cardio program combines drumming and fitness for a fun, full-body workout. Using drumsticks and fit balls, participants will drum along to upbeat music while improving coordination and endurance. The fun continues with chair exercises that build strength and support cardio fitness—all in an engaging and accessible way. It's a great way to stay active, boost energy, and have a blast while working out!

Monday A.M., Wednesday A.M., & Friday A.M.
Fishing

Come and catch the "Big One"! This group will enjoy the sights and sounds of Belleville's waterfront while fishing. It will prove to be exciting and relaxing for those who decide to join us! Hope to see you there as it will be a REEL-Y good time!

Monday A.M.
Media Makers

Get ready to go behind the scenes and bring QVSS to life online! This revamped class isn't just about maintaining our website and Facebook—it's about creating fun, engaging content for all QVSS events and programs. Participants will make advertising videos and audio clips, help redesign the *News and Views* newsletter and prepare morning announcements for the week. It's a hands-on, creative, and laugh-filled way to learn new media skills, connect with the community, and show off QVSS to the world. Come join the fun and make your mark online!

Monday A.M.
Card Class

In this class, you will spend the morning being creative and crafty. We will make an assortment of seasonal cards (e.g., Birthday, Father's Day, Thanksgiving, Canada Day, etc.) and tags you can place on gifts for that special person. We will use the Cricket and Cuddle Bug machines, along with special cutters, for embellishments. Our "Creative Memories" tools will help you design and decorate your projects. All items will be supplied for this class.

Monday P.M.
Arts & Craft

Join us and tap into your creativity and imagination as you complete numerous arts and crafts projects throughout the summer months. All items will be supplied for this class. You will be creating numerous drawings, paintings, and other artworks, incorporating nature, materials, and more! We hope you join this class so you can let your creative juices flow.

Monday P.M.
The Pampered Pod

Treat yourself to a well-deserved break with this relaxing, rejuvenating program designed entirely with you in mind. Enjoy a selection of pampering experiences, including facials, manicures, foot soaks, and soothing massages, all in a calm, welcoming environment.

Enhance your look with a fresh hairstyle and explore simple makeup application techniques, while also learning about proper health and hygiene practices. Whether you're looking to unwind, boost your confidence, or try something new, this program offers the perfect opportunity to relax, refresh, and feel your best.

Monday P.M.
Cool Cookin'

Stay cool this summer while learning to whip up tasty meals! In this fun and hands-on program, participants will explore cooking with microwaves and air fryers—perfect for quick, easy, and safe meal prep at home.

Staff will guide you through timing, cleaning, safety, and all the handy features these appliances offer. You'll pick up meal ideas, watch demonstrations, and gain confidence

in the kitchen—ideal for anyone living independently and ready to get creative with their cooking

Monday P.M.
Games Galore!

Come try your luck with our fun, new, oversized board games. We will be playing giant Snakes & Ladders, Yardzee, Giant Jenga, Horse Races, Ping Pong, and so many more! We will keep track of the scoring to see who is in the running for prizes. Come join in the extreme laughs and fun!

Tuesday A.M.
Geocaching

For those who do not know what Geocaching is, it is an outdoor sport in which participants use a Global Positioning System (GPS) to hide and/or seek containers called "geocaches" or "caches" in the community. Geocaching is often described as a game of high-tech "hide and seek" or "treasure hunt." It has been a hit in the past, so come and join the group for a fun and fab time!

Tuesday A.M.
Disc Golf

Ready for a new way to play and have fun outdoors? Disc golf is a frisbee sport where you aim for a basket instead of a hole, using skill and strategy just like traditional golf. Players throw from a tee area toward the basket, taking turns until their disc lands in the basket.

Our course at Riverside Park is all set and waiting for you! After the game, treat yourself with a tasty refreshment—maybe a milkshake from Reid's Dairy, a Dollar Drink from McDonald's, or an ice cream cone. Come join the fun and show off your disc-throwing skills!

Tuesday & Thursday A.M.
The Karaoke Krooners

Do you love to sing and dance? Do you love music and performing? If so, Karaoke is the program for you! Warm up your vocal cords and join us.

Tuesday A.M.
ASL

Our deaf community at QVSS continues to grow. If you want to learn how to communicate with friends and peers, join this group! Trained staff will teach you fingerspelling, basic signs, and phrases to help you communicate during your days together.

Tuesday A.M.

Greenleaf Gallery:

This class will involve drawing and adult colouring sessions. Both have been proven to reduce stress and anxiety and increase creativity and overall happiness. Pinterest will be used as a teaching tool. Staff will create a beautiful “Gallery” wall to display everyone’s work. Hope to see you there!

Tuesday P.M.

Oldies but Goodies

In this program, you will sit back and enjoy some good, old TV shows and movie favourites from the past like Bonanza, I Dream of Genie, I Love Lucy, The Dick Van Dyke Show, The Carol Burnett Show, A Star Is Born, Gone with the Wind, The Good, The Bad and The Ugly...and so many more! Let’s go back to those classic golden days of yesteryear!

Tuesday P.M. & Thursday P.M.

Bingo

This group will spend the afternoon playing bingo for \$ prizes in the large recreation room at QVSS. It is always a great time, and everyone who joins has a lot of laughs! I hope to see you there.

Tuesday P.M.

Puzzle Peace

Relax and enjoy an afternoon of interactive and independent play doing crosswords, word searches and puzzles. You can bring yours from home, or we will supply you with whatever you wish. Hope to see you there!

Wednesday-All Day

On the Road Again

We will spend our day travelling on the open road. We will check out the scenery and stop at museums, breweries, casinos, wineries, parks, locks, historical sites, and more! Bring your lunch and some \$ to buy refreshments or souvenirs. We’ll enjoy the day being tourists together!

Wednesday A.M.

Shop ‘Till You Drop

If you love to shop or don’t get the chance to go out and do your errands, this is the group for you! The staff will assist you with lists of needed items, make “smart” purchases, and offer gift ideas when shopping for a special person or occasion. Each person will be responsible for bringing their weekly money for their shopping excursion. Please bring some \$ for coffee if we stop for refreshment while we are out. Come out and “Shop ‘Till You Drop!”

Wednesday A.M.

***NEW!* The Gardening Club**

The Gardening Club offers participants a hands-on opportunity to connect with nature while learning the basics of planting, growing, and maintaining a garden. Participants will take part in activities such as planting flowers and vegetables, watering, weeding, and seasonal garden care.

This program promotes teamwork, responsibility, and environmental awareness while providing a relaxing and rewarding outdoor experience. Participants can enjoy watching their plants grow while building confidence and developing practical life skills.

Wednesday A.M.

***NEW!* Loving Looming**

This upcoming program offers a creative and relaxing space for participants to explore the art of wool weaving. Participants will learn basic looming techniques while creating a variety of projects, including scarves, toques, wall hangings, and decorative pieces.

This hands-on program encourages creativity, focus, and self-expression while also helping to develop fine motor skills and patience. With guidance and support, individuals can work at their own pace and build confidence as they complete unique, personalized creations.

Wednesday P.M.

The Dart Vaders

This program will include both individual and team play. You will learn the game's history, rules and safety while laughing with your peers. Does this sound fun to you? Dart right in and join our league!

Wednesday P.M.

***NEW!* Embracing Embroidery**

This class will bring together the sewing department to learn the fine art of embroidery. The participants will work independently throughout their time. You must be able to hand-sew, have good vision and fine motor skills. This group is an extension of our sewing group, "Sew Happy", so it should prove to test and challenge your knowledge.

Wednesday P.M.

Coffee Cup

Our Coffee Talk program includes purchasing the Belleville Intelligencer, discussing local and world events, and enjoying coffee and a treat. Everything is provided for this program. Stay in the loop and join this group!

Thursday A.M.

Art In the Park:

You will tap into your creativity and imagination as you complete numerous drawings, paintings, and other artworks, enjoying the beautiful surroundings of a park. During this class, you will have the opportunity to let your creative juices flow. Everything, including Zen and relaxation, will be provided for you.

Thursday A.M.

Go Golf!

This group will go to Nine Golf, a local driving range, and enjoy a fun-filled morning outdoors while learning some golf techniques. This class is ideal for beginners and pros...so come and get your swing on! The group will enjoy refreshments afterwards at their clubhouse, so be sure to bring \$ to cover the cost. Hope to see you there!

Thursday A.M.

The Pampered Pod

Treat yourself to a well-deserved break with this relaxing, rejuvenating program designed entirely with you in mind. Enjoy a selection of pampering experiences, including facials, manicures, foot soaks, and soothing massages, all in a calm, welcoming environment.

Thursday P.M.

The Joy of Gems!

Get ready to sparkle and shine! In this fun and relaxing program, participants will create their very own jewelry—including earrings, necklaces, rings, and bracelets. It's a great way to get creative, build fine motor skills, and enjoy some hands-on crafting time. Best of all, you'll leave with beautiful, handmade pieces to wear yourself or gift to someone special. Come join the fun and let your creativity shine!

Thursday P.M.

NEW! The QVSS Collective

Do you want to **glow, grow and give back with QVSS? Join us!** Participants in the QVSS Collective get to decorate, plan, celebrate, and support daily activities around the building—including health and safety checks! Answer phones, assist peers, keep spaces tidy, and watch your ideas come to life. With a personalized plan for every day, you'll gain skills, independence, and a sense of pride while having fun and giving back to your community

Thursday P.M.

Sweet Treats:

Do you have a sweet tooth and enjoy baking? Then you should join this group, as we will make all kinds of sweets to enjoy at the end of the day... cakes, cookies, muffins, squares, tarts, fudge, candy...YUMMY!

Friday A.M.

Sports Central

This group will enjoy a morning of fun while playing a variety of sports and games in our backyard oasis. Examples of these are basketball, croquet, ball hockey, soccer, washer toss, cornhole, volleyball, badminton and many more. The group will also stay up to date on stats in professional sports, discuss, and view past highlights. Come out and “have a ball” with us!

Friday P.M.

***MSW* Nifty Knitters**

This group will enjoy the end of their week by working on crocheting, knitting, cross-stitching, rug hooking and sewing projects. So, if you are handy with your hands, please join us!

Friday P.M.

Greenleaf Gallery:

This class will involve drawing and adult colouring sessions. Both have been proven to reduce stress and anxiety and increase creativity and overall happiness. Pinterest will be used as a teaching tool. Staff will create a beautiful “Gallery” wall to display everyone’s work. Hope to see you there!

Friday P.M.

Movin’ and Groovin’

Grab your dancing shoes, everyone! What could be more fun than movin’ and groovin’ your way into the weekend? Much like our Rally One dances, this group will get together for a few hours on Friday afternoons and dance ‘til their heart’s content! This group will also learn different dance styles from time to time like line, folk, disco, swing, jazz and contemporary, to name a few. It will be a great way to end the week, get some exercise and have a blast with your friends.

Friday P.M.

Movie & Popcorn

Sit back and relax! Finish your week off by enjoying a good movie, snacking on popcorn, and washing it down with a pop. Various movies are shown throughout the program... including action, comedy, drama, animation, and more. Come and enjoy!

Risk Assessment for Recreation Department 2026

*Please be advised that all outdoor programs have a risk of sunburn, bug bites, slips/trips or falls. Please apply sunscreen and insect repellent before arriving for your program. *

Art & Crafts, Beat the Heat, Joy of Gems, and Card Class-Glue guns are hot, so you could burn your fingers. Scissors are sharp, so you can cut your fingers.

Fishing-When baiting your hook, you could hook your finger.

Cool Cookin', Sweet Treats-The stovetop or oven is hot while you cook. If you are not careful, you could burn your hands or fingers. Using a grater and knives may also cut your finger(s).

On the Road Again- Sometimes, you will be in wooded areas or on rougher terrain and could trip and fall.

Sew Happy, Nifty Knitters, Embracing Embroidery-You could prick your finger on needles

Wondrous Walkers-You could trip and fall.

Go Golf, Sports Central, Drumming & Chair Fit, Games Galore, Movin' and Groovin'-Tripping and muscle strains could occur.

Movie & Popcorn-There is a potential choking hazard for some; please inform QVSS staff if so.

Although we do our best to minimize risks associated with the services provided, some risks not mentioned may still be present. If you are concerned about any potential risks or limitations associated with the programs and services provided by QVSS, please feel free to contact us. We will provide you with a detailed risk analysis. Thank you.

Please note that any items left in our vehicles or at the agency during a participant's time with us are at the participant's own risk and cannot be replaced by QVSS.

