



Summer Program Package 2025

Here is your summer program package to look over and fill out. Could you kindly return your pick sheet to any of the QVSS staff members by **April 30, 2025**. This will aid in securing 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 reflects 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 if you have any questions or concerns.

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

Program Choices for Summer 2025~Return April 30th, 2025

Monday AM	Fishing FEE	Wondrous Walkers	Drumming/Chair Exercise Class	QVSS Ambassadors	Beat the Heat	Card Class FEE	Fun with Friends
Radio ☐	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	Discovery	Beat the Heat	Fun with Friends	
Radio ☐	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 FEE	Karaoke	ASL	Beat the Heat	Geocaching	Fun with Friends	
Radio ☐	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 PM	Bingo FEE	Puzzle Peace FEE	Soup’s On FEE	Oldies but Goodies	Media Makers	Fun with Friends	
Radio ☐	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	1-2-3-4-5-6	
Wednesday AM	Fishing FEE	On the Road Again FEE	Yoga	Beat the Heat	Shop Til You Drop	Fun with Friends	
Radio ☐	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	
Wednesday PM	Beat The Heat	On the Road Again-FEE	Muffin Madness FEE	Coffee Talk FEE	Darts of Hazard	Fun with Friends	
Radio ☐	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 AM	Art in the Park FEE	Go Golf! FEE	Karaoke	Beat the Heat	Spa	Fun with Friends	
Radio ☐	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 Committee	Bingo FEE	Sweet Treats FEE	Fun with Friends		
Radio ☐	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 ☐	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’	Fun with Friends			
Radio ☐	1-2-3-4	1-2-3-4	1-2-3-4	1-2-3-4			

Your Name: _____.

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.	\$14 for the session
Card Class	Monday P.M.	\$28 for the session
Arts & Craft	Monday P.M.	\$28 for the session
Cool Cookin'	Monday P.M.	\$28 for the session
Puzzle Peace	Tuesday P.M.	\$5 for the session
Soup's On	Tuesday P.M.	\$21 for the session
Bingo	Tuesday P.M.	\$14 for the session
On the Road Again	Wednesday-All Day	\$160 for the session
Fishing	Wednesday A.M.	\$16 for the session
Coffee Talk	Wednesday P.M.	\$16 for the session
Muffin Madness	Wednesday P.M.	\$32 for the session
Art In the Park	Thursday A.M.	\$32 for the session
Go Golf!	Thursday A.M.	\$96 for the session
Spa	Thursday A.M.	\$16 for the session
Joy of Gems	Thursday P.M.	\$32 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 but 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 off the box on your pick sheet under the day of the week, a.m. or p.m.**

Monday to Friday

Fun With Friends

Come and hang out in our internet café while enjoying free, unlimited internet access over 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, Tuesdays A.M., Wednesdays, Thursdays A.M., and Fridays A.M.

Beat the Heat

This is a program for those of you who want to beat the summer heat and have fun at the same time. We will enjoy many activities from day to day, both inside and out. Indoor activities include console gaming, Wii games, computers, board games, cards, crafts, and puzzles. The backyard and gardens will also be available, so participants will have an even larger "playground" to use during this program. Basketball, ball hockey, bird watching, reading, and lounging can also be enjoyed after stepping outside into our backyard oasis.

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 purchase a coffee for yourself. Join us!

Monday A.M.

Drumming

Our drumming is an energetic cardio class designed to get you moving! You will use drumsticks to hit a fit ball in time to the dance music being played. Our chair exercises will also help with your cardio and strength training while having a blast!

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 the waterfront in Belleville while participating in the sport of 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.

The QVSS Ambassadors

This new, exciting program seeks people who want to volunteer their time, giving back to the agency while learning some life skills. Staff will work with you during the class on Monday morning, and together, a plan will be specifically developed for your designated day as a QVSS ambassador. The list of things you could be taking care of could include watering plants, doing laundry, sweeping/mopping floors, collecting the mail, dusting, helping peers in their programs, gardening, snow removal, sanitizing tables and chairs, going on agency errands, and much more. The skills and knowledge gained in this program will easily transfer to home life while increasing your independence and confidence. Be a QVSS Ambassador today!

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, Thanksgiving, etc.) and tags you can place on gifts for that special person. We will use the Cricket and Cuddle Bug machines and 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 while completing numerous arts and craft projects throughout the summer months. All items will be supplied for this class. You will be completing numerous drawings, paintings, and artwork pieces, incorporating the use of nature and materials and so much more! We hope you join this class so you can let your creative juices flow.

Monday P.M.

Discovery Class

Come and discover new and exciting things each week. We will check out the National Geographic and Discovery channels, which are available on our smart board. Learn about planets, cultures, the rain forest, animals, astrology, bodies of water, and different countries and their history. We also have a huge array of DVDs that focus on these subjects. There's always something new to learn, right?!

Monday P.M.

Cool Cookin'

Participants in this group will learn how to use a microwave and air fryer to cook meals at home. These small appliances are a perfect option for the summer months when it's hot so that you'll keep cool! Staff will teach you about timing, cleaning, safety, and their convenience features. This class will aid in meal ideas through demonstrations and would be ideal for anyone who lives independently.

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 be keeping track of 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 sporting activity in which the 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**

Disc golf, also known as frisbee golf, is a flying disc sport where players throw a disc at a target, using rules similar to golf. Players complete a hole by throwing a disc from a tee pad or tee area toward a basket, throwing again from where the previous throw came to rest, until the disc comes to rest in the designated basket. Disc golf targets are composed of a metal basket supported by a center pole, with chains hanging from an upper band. They are designed to catch the incoming discs, which then fall into the basket. Riverside Park can accommodate this new, exciting program, having a course already set up. All we need is YOU! Be sure to bring money for refreshments after the game (Reid's Dairy milkshake, McDonald's Dollar Drink Days or dollar ice cream cones). Yum!

Tuesday & Thursday A.M.**Karaoke**

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, which will help you communicate during your days together.

Tuesday P.M.**Media Makers**

This class will be a revamped version of what was once our social media group. Although it will continue to maintain the QVSS website and Facebook page, the group will also develop advertising video/audio clips for all QVSS events, programs, and promotions.

They will also redevelop our News and Views newsletter. We recently started our own TikTok account, so that will be something this group will work on while having a ton of fun and laughs! Altogether, the work done will increase QVSS's presence and allow it to connect to other agencies, people, and the community through social media outlets.

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-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.

Soup's On!

Participants of this group will learn how to make hearty and flavourful soups with what they have in their own cupboards and refrigerators at home. Each person will learn the skills needed to do this independently and bring a container of soup home to enjoy at the end of the day. Each participant must bring their own thermos, cleaned and with a good lid.

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 items needed, make "smart" purchases, and help you with 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.

Yoga:

Yoga uses breathing techniques, exercise, and meditation to improve overall health and happiness. It consists of holding certain poses and positions that help with range of motion, flexibility, and balance. This class will surely help you meet your fitness goals and is a relaxing way to spend the morning. I hope to see you there!

Wednesday P.M.

The Darts of Hazard

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.

Muffin Madness

The group will convene in the upstairs kitchen and spend the afternoon making muffins. This class will teach you simple measuring and baking skills that you can incorporate at home. Hope to see you there!

Wednesday P.M.

Coffee Talk

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 while completing numerous drawings, paintings, and artwork pieces while 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 a refreshment afterwards in their clubhouse, so be sure to bring \$ to cover the cost. Hope to see you there!

Thursday P.M.**The Joy of Gems!**

This class will make jewelry, including earrings, necklaces, rings, and bracelets. It will be relaxing for the participants and a way to use their fine motor skills. When finished, each participant can bring home their project to sport themselves or to give as a gift to someone special. Hope to see you there!

Thursday P.M.**The QVSS Committee**

Do you like organizing, planning, fundraising, and being creative? If so, this is the group for you! We will organize agency dances and parties, decorate for special events and celebrations, research and plan agency trips, nominate the “achiever of excellence” within our agency, go on shopping excursions, and so much more. Why not get involved? Become a member today!

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 full of fun while playing various 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 keep up to date with stats in professional sports, have discussions and view past highlights. Come out and “have a ball” with us!

Friday P.M.**Greenleaf Gallery:**

This class will involve drawing and adult coloring 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.

Movie & Popcorn

Sit back and relax! Finish your week off by enjoying a good movie while 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 2025

*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.

Wondrous Walkers-You could trip and fall.

Yoga, Go Golf, Sports Central, Drumming, 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 that have not been mentioned may still be involved. If you are concerned about any possible dangers or limitations related to 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 the agency during a participant's time with us are at their own risk and cannot be replaced by QVSS.