



Fall & Winter Program Package 2025

We are nearing that time of year when we start planning for fall. ALREADY! Time sure does fly when you're having fun, and we've had a lot of that these last few months! If you could kindly return your pick sheet to any of the QVSS staff members by August 29th, 2025, this will aid in securing your spot in the activities you want to participate in.

When the new programs begin, please make sure you have the required equipment for each selection that you have made. Failure to bring the appropriate clothing/equipment can result in your having to return home. A list of items needed for your new programs will be sent home with your 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 programs take place in the community. Please consider ANY food restrictions, as making accommodations isn't always easy/possible.

The following page is your "pick "sheet. 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 are at 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.

**Happy fall to ALL!!!
Sincerely,
Shannon Arbic**

Program Choices for Fall/Winter 2025

Monday AM	Brown Baggin’ It FEE	Wondrous Walkers	Drumming/Chair Exercise Class	Discovery	In From the Cold	QVSS Ambassadors	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	Soup’s On FEE	Games Galore	Card Class FEE	Yoga	In From the Cold	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	Bowling FEE	Karaoke	ASL	In From the Cold	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			
Tuesday PM	Bingo Fee	Puzzle Peace	Craft Corner FEE	Oldies but Goodies	Spa FEE			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		
Wednesday AM	Collective Kitchens-FEE	News & Views	Let’s Get Physical-FEE	Wondrous Walkers	In From the Cold	Shop ‘Til You Drop	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	Collective Kitchens-FEE	Card Class FEE	Let’s Get Physical FEE	Coffee Talk FEE	In From the Cold	Story Time	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	
Thursday AM	Axe Throwing FEE	Darts of Hazard	Sweet Treats FEE	Art Attack 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 PM	Joy of Gems FEE	QVSS Committee	Bingo FEE	Spa 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	Wondrous Walkers	In From the Cold	Sports Central	Karaoke	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’ & Groovin’	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				

Name; _____

Please return by August 29, 2025. This session runs from October 6, 2025, to May 29, 2026.

Cost of Programs

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

Brown Baggin' It	Monday A.M.	\$6/week
Soup's On	Monday P.M.	\$2/week
Bowling	Tuesday A.M.	\$3/week
Bingo	Tuesday P.M.	\$1/week
Spa	Tuesday & Thursday P.M.	\$1/week
Craft Corner	Tuesday P.M.	\$2/week
Collective Kitchens	All Day Wednesday	\$10/week
Let's Get Physical	All Day Wednesdays	\$10/week
Coffee Talk	Wednesday P.M.	\$1/week
Card Class	Wednesday P.M.	\$2/week
Sweet Treats	Wednesday A.M.	\$2/week
Axes & Allies	Thursday A.M.	\$9/week
Art Attack	Thursday A.M.	\$2/week
Bingo	Thursday P.M.	\$1/week
Joy of Gems	Thursday P.M.	\$2/week
Movie and Popcorn	Friday P.M.	\$2/week
Greenleaf Gallery	Friday P.M.	\$5 for the session

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

Fall & Winter Program Descriptions

Monday to Friday, A.M. and P.M.-Placements are available

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. Limited spots are available. Connect with Shannon to discuss a timeslot that suits your schedule.

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

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 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 and Fridays A.M.

In From the Cold

This is a program for those of you who want to beat the fall and winter blues, stay warm, and have fun at the same time. We will enjoy many leisure activities from day to day. Examples include console gaming, Wii games, computers, board games, cards, crafts, puzzles, and more! We hope to see you there!

Monday A.M., Wednesday A.M. and Friday A.M.

Wondrous Walkers

You will get in shape while walking along the track at the Quinte Sports & Wellness Centre. Everyone attending can go at their desired pace, whether for leisure or physical fitness. You must bring your indoor running shoes and are encouraged to bring a music player and plenty of water. The group will head somewhere after their trek for a refreshment break, so please bring money for this. We hope you will join us!

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 answering the phone, 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 QV Ambassador today!

Monday A.M.

Drumline & Chair Exercise

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

Monday A.M.

Discovery Class

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

Monday A.M.**Brown Baggin' It**

This program focuses on meal prep for individuals who need help preparing lunches for the week. This class will include making lists, budgeting, general kitchen and cooking skills, learning portion control, and nutritional information. Those who live independently or at home would be the targeted demographic and ideal candidates for this program. **Three** lunches will be made and sent home weekly with each participant, which will be nutritional, affordable, and delicious! Yum!

Monday P.M.**Soup's On!**

Participants in this group will learn how to make hearty and flavourful soups with what they have in their 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 thermos, cleaned and with a good lid.

Monday P.M.**Yoga:**

Yoga uses breathing techniques, exercise, and meditation to help improve overall health and happiness. Yoga consists of holding specific poses, which will 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 afternoon. Hope to see you there!

Monday P.M**Games Galore!**

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. Join in the extreme laughs and fun!

Tuesday A.M.**Bowling**

Strike it up! Participants will spend the morning at the Quinte Bowling Alley playing 5-pin bowling with their peers. At break time, a canteen will be available for those wanting refreshments.

Tuesday A.M. & Friday A.M.**Karaoke**

Do you love to sing and dance? Love music and performing? If so, Karaoke is the program for you! Warm up those 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 us communicate during our days together.

Tuesday & Thursday P.M.

Spa

Take a break and relax while enjoying a pleasant facial, manicure, foot soak and/or massage. Sit and be dazzled with a new hairstyle and look! We will touch upon makeup application and proper health and hygiene. This program is all about you...so come and pamper yourself.

Tuesday P.M.

Craft Corner

Join us and tap into your creativity and imagination while completing numerous craft projects throughout the summer months. All items will be supplied for this class. You will have the opportunity to let your creative juices flow during this class! 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-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 many laughs for everyone who joins! Hope to see you there.

Tuesday P.M.

Puzzle Peace

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

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 a refreshment while we are out. Come out and "Shop 'Till You Drop!"

Wednesday-All Day

Let's Get Physical

This group will spend the entire day getting in tip-top shape, swimming, walking, and using the Quinte Health and Wellness Center workout gym. Every person who signs up

will be responsible for their transportation to and from the center and will bring their lunches/drinks/snacks for the day in a small cooler bag. Please pack your bathing suit, towel, toiletries, indoor running shoes and music player. Lockers are available for anyone wishing to store their items for the day; all you need is your lock and key. There is a canteen with limited hours, so bring \$ if you wish to make a purchase. Hope to see you there! **(Please Note: Drop-off and pick-up times of participants must coincide with staff's hours of 8 a.m.-3 p.m. Subsidy is offered to residents of Belleville who use the Wellness Center. If you are interested in applying, call 613-966-4632 to find out the process).**

Wednesday-All Day **Collective Kitchens**

This program focuses on meal prep for those who need help preparing dinners for the week. This class will consist of making lists, budgeting, general kitchen and cooking skills, and learning portion control and nutritional information. Those who live independently or at home would be the targeted demographic and ideal candidates for this program. **Three meals** will be made and sent home weekly with each participant, which will be nutritional, affordable, and delicious! Yum!

Wednesday A.M. **News and Views:**

This class will be getting together to work on our very own agency paper that will be circulated bi-monthly. This paper will include articles of interest submitted by QVSS participants, upcoming events at the agency and in our community, birthday announcements, a thumbs up/thumbs down column, classified ads, success stories, and so much more! We hope to see you there with your notepad and pen in hand!

Wednesday P.M. **Card Class**

In this class, you will spend the afternoon 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 that 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.

Wednesday P.M. **Coffee Talk**

Our Coffee Talk program will include purchasing the Belleville Intelligencer and discussing local and world events while enjoying a cup of coffee. Everything is provided for this program. Stay in the loop and join this group!

Wednesday P.M. **Story Time**

This class will spend their time reading books from our QVSS library. There will also be times when the group will enjoy listening and watching books being read from the

online book sharing sites with use of our smartboard. It will prove to be both relaxing and enjoyable for all who join!

Thursday A.M.

Art Attack:

You will tap into your creativity and imagination while completing numerous drawings, paintings, and other pieces of artwork, incorporating nature, materials, and your body. We hope you join this class to let your creative juices flow.

Thursday A.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!

Thursday A.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!

Thursday A.M.

Axe & Allies

This group will spend the morning at Axes and Allies in Trenton. The activity of throwing axes or hatchets has proven to have many positive benefits: stress relief, cardio workout, improved eye-hand coordination, uplifted mood, socialization, endurance and full-body muscle activation. So let the axes fly and the good times roll!

Thursday P.M.

The Joy of Gems

This class will make jewelry: 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 wear or give as a gift to someone special. We 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!

Friday A.M.

Sports Central

This group will enjoy a morning full of fun while playing various sports and games in our backyard oasis, while the weather holds, or inside when the snow falls. Examples of

these are basketball, croquet, ladder ball, ball hockey, soccer, washer toss, cornhole, volleyball, badminton and many more. The group will also be keeping up to date with stats in the world of professional sports, having discussions and viewing past highlights. Come out and “have a ball” with us!

Friday P.M.

Movin' & Groovin'

Grab your dancing shoes, everyone! What could be more fun than moving and shaking 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, such as line, folk, disco, swing, jazz, and contemporary, to name a few. Staff will be teaching the group Tic Tok routines to post on our social media and choreograph a special routine to perform for the spring talent show. It will be a great way to end the week, get some exercise and have a blast with your friends.

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 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.

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.... action, comedy, drama, animation and more. Come and enjoy!

Risk Assessment for Fall Programs 2025

Craft Corner, In from the Cold, Joy of Gems, and Card Class-Glue guns are hot, and you could burn your fingers. Scissors are sharp, and you can cut your fingers.

Bowling-You will be lifting three-pound balls while bowling. You could drop one on your feet or pull your back while lifting it.

Soup's On, Collective Kitchens, Brown Baggin' It, Sweet Treats- The stove top/oven is hot while you cook. You could burn your hands or fingers if you are not careful. While using a grater and knives, you could cut your finger(s).

Wondrous Walkers-You could trip and fall.

Let's Get Physical, Sports Central, Games Galore, Movin' and Groovin', Drumming/Chair Exercise Class, Yoga-Tripping and muscle strains could occur.

Axe & Allies: You may drop an axe or object on your feet. Closed-toe shoes are a MUST in this program.

Darts of Hazard-you could prick your finger with a dart.

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, additional risks 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.

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.