



Summer Program Package 2023

Hello EVERYONE! We have made it through the last few years of the pandemic and a huge thank you is extended to all of you for your perseverance, patience and understanding. Here is your summer program package to look over and fill out. If you could kindly return your pick sheet to any of the QVSS staff members by **May 1st, 2023**, this will aid in securing your spot in the activities you have chosen.

When the new programs begin, please make sure you have the required equipment necessary for each selection that you have made. Failure to bring the appropriate clothing/equipment can result in you 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 occur out in the community. Please consider **ANY food restrictions** when choosing any of the 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 are at QVSS. If you need help to fill 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,

Shannon Arbie

Program Choices for Summer 2023~Return May 1/23

Monday AM	Fishing	Wondrous Walkers	Drumming/Chair Exercise Class	Picnic in the Park	Beat the Heat	Book Club	Internet Café
	1234567	1234567	1234567	1234567	1234567	1234567	1234567
Monday PM	Cool Cookin' FEE	Games Galore!	Card Class FEE	Picnic in the Park	Beat the Heat	Life Learning	Internet Cafe
	1234567	1234567	1234567	1234567	1234567	1234567	1234567
Tuesday AM	Bowling FEE	Geocaching	Karaoke	ASL	Beat the Heat	Internet Cafe	
	123456	123456	123456	123456	123456	123456	
Tuesday PM	Bingo FEE	Puzzle Peace	Craft Corner FEE	Oldies but Goodies	Spa	Internet Cafe	
	123456	123456	123456	123456	123456	123456	
Wednesday AM	Fishing	On the Road Again FEE	Yoga	Wondrous Walkers	Beat the Heat	Sweet Treats	Internet Cafe
	1234567	1234567	1234567	1234567	1234567	1234567	1234567
Wednesday PM	Brown Baggin' It!	On the Road Again FEE	Fitness Fun FEE	Coffee Talk	Beat the Heat	Giving Back	Internet Cafe
	1234567	1234567	1234567	1234567	1234567	1234567	1234567
Thursday AM	Art in the Park FEE	Go Golf! FEE	Downtown Core and More!	Beat the Heat	Games Galore!	Internet Cafe	
	123456	123456	123456	123456	123456	123456	
Thursday PM	Joy of Gems	Social Scene	Bingo FEE	Let's Learn Safety	QVSS Choir	Internet Cafe	
	123456	123456	123456	123456	123456	123456	
Friday AM	Fishing	Wondrous Walkers	Beat the Heat	Sew Happy and So Much More!	Sports Central	Internet Cafe	
	123456	123456	123456	123456	123456	123456	
Friday PM	Greenleaf Gallery	Sew Happy and So Much More!	Movie & Popcorn FEE	Q Productions	Internet Café		
	12345	12345	12345	12345	12345		

Your Name: _____ **. This session runs until September 29, 2023.**

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.

Card Class	Monday P.M.	\$1/week
Cool Cookin'	Monday P.M.	\$1/week
Bowling	Tuesday A.M.	\$1/week
Brown Baggin' It	Wednesday P.M.	\$6/week
Bingo	Tuesday P.M.	\$1/week
Craft Corner	Tuesday P.M.	\$1/week
On the Road Again	Wednesday-All Day	\$5/week
Sweet Treats	Wednesday-A.M.	\$2/week
Fitness Fun	Wednesday-P.M.	\$2/week
Bowling	Thursday A.M.	\$1/week
Art In the Park	Thursday A.M.	\$1/week
Go Golf!	Thursday A.M.	\$6/week
Muffin Madness	Thursday A.M.	\$1/week
Coffee Talk	Thursday P.M.	\$1/week
Bingo	Thursday P.M.	\$1/week
Movie and Popcorn	Friday P.M.	\$1/week

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

Summer Program Descriptions

Monday to Friday, A.M., and P.M. placements 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 broadcast as closely as possible. It does not actually use an FM signal but is piped through the house PA system in QVSS. Individuals that have an interest 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 available. Connect with Shannon to discuss a timeslot that suits your schedule.

Monday to Friday

Red's Internet Café

Come and hang out in our internet café while enjoying free, unlimited internet access over a cup of coffee or beverage that can be purchased at the diner counter. Our internet café will be open all week and users are urged to bring their own tablets or phones to use. Staff will be available for help and assistance all week. See you there!

Mondays, Tuesday A.M, Wednesdays, Thursday A.M. and Friday 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. Examples of indoor activities include console gaming, Wii games, computers, board games, cards, crafts, and puzzles. The backyard and gardens will be available as well, so participants will have an even larger "playground" to use during this program. Basketball, ball hockey, bird watching, reading, and lounging can be enjoyed after stepping outside into our backyard oasis as well.

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

Wondrous Walkers

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

Monday A.M.

Picnic In the Park

This group will pick a park to explore and picnic in. Places may include Cobourg beach, parks in Trenton and Tweed, Conservation Areas, Zwicks Park and the Napanee waterfront park. Everyone will enjoy their packed lunches and refreshments under a tree and on a blanket. We will stroll or hike while we look and listen for birds. We will take photos of the ones we find and look them up in our "Bird Watching Guide". It will be a relaxing way to enjoy our day and explore nature at the same time. Be sure to bring \$2 for a beverage in case we decide to stop along the way.

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 the dance music being played. Our chair exercises will also help with your cardio and strength training, all while having a blast!

Monday A.M.**The Book Club**

This group will spend their time at the public library in beautiful downtown Belleville. After spending some time reading and perusing the library, the group will meet up at the café on the main floor for some refreshments. Please bring money for your refreshments. Hope you will join us!

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 both exciting and relaxing for those of you who decide to join us! Hope to see you there as it will be a REEL-Y good time!

Monday P.M.**Life Learning**

Participants will learn a broad range of information on subjects pertaining to every day living. Subjects will include health and safety in the home and community, budgeting, bill payment, cooking, laundry, entertaining, App's, Computer/Phone safety, home maintenance, basic first aid, pet ownership, food borne illness prevention, cooking, diet and nutrition. It will also involve discussions and presentations on friendship, manners, etiquette, tolerance, bullying, gossiping, budgeting, money and banking skills, literacy, phone skills and etiquette, family dynamics, and communication skills. This is a great option for anyone living alone or who will be in the near future.

Monday P.M.**Card Class**

You will spend the afternoon being creative and crafty in this class. We will be making an assortment of seasonal cards (e.g., Birthday, Father's Day, Thanksgiving, Canada Day, Thanksgiving etc.) as well as tags that you can place on gifts for that special someone. We will use the Cricket and Cuddle Bug machines which are special cutters for embellishments. Use of our "Creative Memories" tools will help you design and decorate your projects. All items will be supplied for this class.

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. & Thursday A.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:

Geocaching 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. A typical cache is a waterproof container that is hidden in nature with its co-ordinates listed online and can also contain items for trading, usually toys or trinkets of little value. Geocaching is often described as a game of high-tech "hide and seek" or "treasure hunt". This will prove to be a blast for everyone who joins!

Tuesday A.M. & Thursday A.M.

Bowling

Strike it up! Participants will spend the morning at the Quinte Bowling alley playing 5-pin bowling with their peers. There is a canteen available for those who wish to purchase refreshments at break time.

Tuesday 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 would like to learn how to communicate with your friends and peers, join this group! Trained staff will teach you finger-spelling, basic signs and phrases which will help us communicate with each other during our days together.

Tuesday 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 make-up 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 show and movie favorites 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 a ton lot of 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 doing crosswords, word searches and puzzles. You can bring yours from home or we will supply you with what you need. Hope to see you there!

Wednesday A.M.**Sweet Treats:**

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

Wednesday-All Day**On the Road Again**

We will spend our day traveling on the open road. We will be checking out the scenery and stopping at museums, breweries, casinos, wineries, parks, locks, historical sites and so much more! Bring your lunch and some \$ if you wish to buy refreshments or souvenirs along the way. See you then!

Wednesday A.M.**Yoga:**

Yoga uses breathing techniques, exercise and meditation and helps to improve overall health and happiness. Yoga consists of holding certain poses and positions 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 morning. Hope to see you there!

Wednesday P.M.**Coffee Talk**

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

Wednesday P.M.**Fitness Fun**

This group will head to the Wellness Center to work on their fitness goals by using the workout studio equipment. There are treadmills, ellipticals, weight machines and free weights that can be used during your fitness journey. Let's Pump it UP!

Wednesday P.M.**Giving Back**

Do you care about others and your community? Then this is the group to join. We will volunteer our time doing acts of kindness and offering our help to those in need. It always feels good to help others...join us for rewarding experiences this summer!

Wednesday P.M.**Brown Baggin' It**

This program focusses on meal-prep for those of you who need help getting lunches prepared for the week. This class will consist of making lists, budgeting, general kitchen and cooking skills, learning portion control and nutritional information. Those who live on their own or at home would be the targeted demographic and ideal candidates for this program. **Three** lunches will be made and sent home every week with each participant that are nutritional, affordable, and delicious! Yum!

Thursday A.M.**Art In the Park:**

You will tap into your creativity and imagination while completing numerous drawings, paintings, and artwork pieces all while enjoying the beautiful surroundings of a park. You will have the opportunity to let your creative juices flow during this class. Everything will be provided for you, including Zen and relaxation!

Thursday A.M.**Downtown Core & More**

This group will head to the Downtown area to explore and enjoy. We will shop the second-hand shops and boutiques, visit the market, take walks along the pier and Zwick's Park, have refreshments at cafes and tour art galleries. On rain days, we will enjoy visiting the public library, ice cream at Reid's dairy or a stop in at the casino. We will be tourists for the morning. Hope you will join us as it will be an exciting time! Be sure to bring money with you too!

Thursday A.M.**Go Golf!**

This group will go to a local driving range, Bayview Golf and enjoy a fun-filled morning outdoors while learning some golf techniques. This class is ideal for both 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 spend their time making jewelry of all sorts, earrings, necklaces, rings and bracelets. It will be very relaxing for the participants and a way to use their fine-motor skills. Each participant will be able to bring home their project when finished to sport themselves or to give as a gift to someone special. Hope to see you there!

Thursday P.M.**The Social Scene**

Do you like organizing, planning, fundraising and being creative? If so, this is the group for you! We will be organizing dances and parties for the agency, making decorations for special events and celebrations, researching, and planning of agency trips, nominating the "achiever of excellence" within our agency, going on shopping excursions and so much more. Why not get involved? Become a member today!

Thursday P.M.**Let's Learn Safety**

This group will get together and go over health and safety rules and regulations, do's and don'ts and what is expected of you regarding the workplace, at home and in the community. This group also makes up a part of the QVSS Health and Safety committee and will complete monthly inspections of the building and its equipment. The group will also go over basic First Aid (e.g., treatment for minor cuts, bruises, and bumps) and what to do in case of emergency at home, work and in the community. It is always good information to have and review.

Thursday P.M.**The QVSS Choir**

Do-Re-Mi-Fa-So-La-Ti-Do!!!! Do you love to sing? Perform? Then this is the program for you! The QVSS Choir will get together every Thursday afternoon and sing to their heart's content. Our choir may be called upon to do special performances for the Talent Show, Remembrance Day ceremonies, the Christmas Bash, showcasing everyone's talent. Hope you will join our group!

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 be keeping up to date with stats in the world of professional sports, have discussions and view past highlights. Come out and "have a ball" with us!

Friday-All Day**Sew Much More!**

If you love sewing, embroidery, knitting, cross stitching and gem art, then this is the group to join. You will spend half or the full day enjoying one or several of these favourite pastimes. Everything will be supplied for a project you'd like to try. It will be sew much fun!

Friday P.M.**Q Productions**

Lights! Camera! Action! Q Productions, our new theater troupe, will work as a group with a common goal; to put on a great stage production in time. During this process, your experience will teach you about communication, confidence, teamwork, and improvising. Besides these many benefits, you'll make new friends, relieve some stress, and have a lot of laughs along the way. Hope to see all thespians on stage!

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

This class will involve drawing sessions as well as adult colouring sessions. Both have been proven to reduce stress and anxiety and increase one's creativity and overall happiness. The use of 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. A variety of movies are shown throughout the program.... action, comedy, drama, animation and more. Come and enjoy!

Risk Assessment for Recreation Department 2023

***All outdoor programs have risk of sunburn if sunscreen is not used. Please apply before arriving for your program. ***

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

Bowling-You will be lifting 3 lb. balls while bowling. You could drop one on your feet or pull your back while lifting them.

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

Muffin Madness, 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, there is a potential of cutting your finger(s).

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

Wondrous Walkers-You could trip and fall.

Fitness Fun, Go Golf, Sports Central, Games Galore-Tripping and muscle strains could occur.

Sew Much More-you could prick your finger with a needle.

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, there may still be some involved that have not been mentioned. If you are concerned of any possible 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 in the agency during a participants' time with us is at their own risk and cannot be replaced by QVSS.