



## Fall Program Package 2019

I'm hoping that everyone has had an amazing summer and that you are looking forward to the switch over of our programs next month. Here is the QVSS Fall Program Package for you to look over. **Please read all the information carefully as there are always changes.**

Again, I will be meeting with all participants personally to help them choose their recreation programs. This will take place on Monday, August 26, 2019, between 8 a.m. and 3 p.m. It has been an enormous success over the last several years and I will continue to ensure everyone is completely satisfied with their final decisions and schedule. Any family members or caregivers interested in sitting in on this meeting are welcomed and encouraged to do so.

When the new programs begin on September 30, 2019, 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.**

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 building and some occur out in the community.**

Please do not hesitate to call me at 613-968-5211 extension 226 if you have any questions or concerns.

Sincerely,

*Shannon Arlic*

## Program Choices for Fall 2019

Monday AM	Nifty Knitters	Wondrous Walkers	Social Media	In from The Cold	Story Time	Internet Cafe	
Monday PM	News & Views	Shop 'Til You Drop!	Social Media	In from The Cold	W5 <b>FEE</b>	Internet Cafe	
Tuesday AM	Bowling <b>FEE</b>	Craft Corner <b>FEE</b>	Muffin Madness! <b>FEE</b>	Karaoke	In from The Cold	Reality Check	Internet Cafe
Tuesday PM	Bingo <b>FEE</b>	Coffee Talk <b>FEE</b>	The Brainy Bunch	Oldies but Goodies	Scrap booking & Lap booking <b>FEE</b>	Soup's On <b>FEE</b>	Internet Cafe
Wednesday AM	Meet Me at The Library	Games Galore	Let's Get Physical! <b>FEE</b>	Brown Baggin' It <b>FEE</b>	In from The Cold	News & Views	Internet Cafe
Wednesday PM	Discovery	Wondrous Walkers	Let's Get Physical <b>FEE</b>	Computer Fun	In from The Cold	Embracing Embroidery	Internet Cafe
Thursday AM	Bowling <b>FEE</b>	QVSS Dart League	Collective Kitchens <b>FEE</b>	In from The Cold	Joy of Gems	Internet Cafe	
Thursday PM	Spa	Social Scene	Bingo <b>FEE</b>	Let's Learn Safety	QVSS Choir	Collective Kitchens <b>FEE</b>	Internet Cafe
Friday AM	Games Galore	Wondrous Walkers	He Shoots, He Scores!	Sew Happy!	In from The Cold	Internet Cafe	
Friday PM	Tech Talk	Greenleaf Gallery	Movie & Popcorn <b>FEE</b>	Sew Happy!	Internet Cafe		

**This session begins September 30, 2019 and runs until May 29, 2020.**

## Cost of Programs

W5	Monday P.M.	\$20 for entire session
Muffin Madness	Tuesday A.M.	\$33 for entire session
Bowling	Tuesday A.M.	\$66 for entire session
Craft Corner	Tuesday A.M.	\$33 for entire session
Coffee Talk	Tuesday P.M.	\$49.50 for entire session
Bingo	Tuesday P.M.	\$33 for entire session
Scrap/Lap Booking	Tuesday P.M.	\$66 for entire session
Soup's On	Tuesday P.M.	\$33 for entire session
Brown Baggin' It	Wednesday A.M.	\$192 for entire session
Let's Get Physical	Wednesday-All day	\$64 for entire session
Bowling	Thursday A.M.	\$64 for entire session
Collective Kitchens	Thursday-All Day	\$192 for entire session
Bingo	Thursday P.M.	\$32 for entire session
Movie and Popcorn	Friday P.M.	\$32 for entire session

Please Note; 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.

Thank you.

**ALL OF THESE PROGRAMS ARE ELIGIBLE  
FOR PASSPORT FUNDING! PLEASE ASK  
LINDA GOLDRICK FOR DETAILS OR  
DIRECTION!**

## Fall 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 of music (supporting Canadian content), news and community updates, weather updates, QVSS updates, talk shows, interviews, advertising and any other public interest topics. Limited spots available.

If you have an interest in being a host announcer and creating a fan base of followers, please see or call QVSS at 968-5211 and ask for Duane. He can give you more details about this innovative program and will help you get set up with a time slot that suits your schedule.

**Monday to Friday, all day**

**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. Please be aware that QVSS will do its best to monitor websites but cannot fully guarantee anyone's access to adult sites while using the internet café's internet. Hope to see you there!

**Mondays, Tuesday A.M, Wednesdays, Thursday A.M. and Friday A.M.**

**In from The Cold**

This is a program for those of you who want to beat the fall & winter blahs, stay warm and have fun, all at the same time. We will enjoy many leisure activities from day-to-day. Examples of these include console gaming, karaoke, Wii games, computers, board games, cards, crafts, puzzles and so much more! If you are also interested in bringing in your own modeling kit, staff will be available to help with your project. Hope to see you there!

**Monday A.M. Wednesday P.M. and Friday A.M.**

**Wondrous Walkers**

You will get in shape while walking the track at the Quinte Sports & Wellness Centre. Everyone attending can go at their desired pace; for leisure or for physical fitness. You must bring your **INDOOR** running shoes and are encouraged to bring a MP3 player or IPOD and plenty of water. The group will head somewhere afterwards for a refreshment break after their trek so please bring money for this. Hope you will join us!

## **Monday A.M.**

### **Story Time**

This class will spend their time reading books from our QVSS library. There will also be times where 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 interesting for all who join!

## **Monday A.M.**

### **Nifty Knitters**

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

## **Monday-All Day**

### **Social Media Group**

The group will continue to maintain the QVSS website and Facebook with information that is relevant, up to date, informative and fun. The group will also develop advertising video/audio clips for all QVSS events and promotions. This will increase QVSS' presence to connect to other agencies, people and the community through social media outlets chosen by the group. If you are a dynamic person and have an interest in social media, this is the program for you. Hope you will join us!

## **Monday P.M.**

### **News and Views**

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

## **Monday P.M.**

### **Shop 'Till You Drop**

If you love to shop or don't get the chance to get out and do your own errands, then this is the group for you! The staff will be involved in assisting you with lists of items needed, making "smart" purchases as well as helping you with gift ideas when it's time to shop for a special person or occasion. Please note that the staff involved with this group will be in close contact with family members, family home providers and group home staff to get input on the individuals' shopping needs. Each person will be responsible to bring in their money

every week for their shopping excursion. Please bring some \$ for coffee in case we stop for a refreshment while we are out. Come out and “Shop ‘Till You Drop!”

### **Monday P.M.**

#### **W5**

The Five W’s are questions whose answers are considered basic in information gathering or problem solving. They are often mentioned in journalism, research and police investigations. They constitute a formula for getting the complete story on a subject.

During this season, we will explore the local history of Belleville and surrounding areas on our Smart Board by asking the five W’s; who, what, where, when and why. We will visit historical houses and museums to further our knowledge and understanding of these places and their roots. Put on your explorer hat and let’s go! It is sure to be an exciting time!

### **Tuesday A.M.**

#### **Muffin Madness**

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

### **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.**

#### **Reality Check**

This program is geared to those individuals who want to work on themselves; their interactions with others, socialization and personal skills. There will be a wide variety of topics discussed and covered in this group; friendship, manners, etiquette, tolerance, bullying, gossiping, budgeting, family dynamics, communication skills and so much more. Hope to see you there!

### **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 chords and join us.

**Tuesday 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!

**Tuesday A.M.**

**Craft Corner**

Join us and tap in to your creativity and imagination while completing numerous craft projects throughout the 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.**

**Scrap Booking & Lap Booking**

Scrapbooking is a method of preserving, presenting and arranging personal and family history in the form of a book, box or card. Typical memorabilia include photographs, printed media, and artwork. Scrapbook albums are often decorated and frequently contain extensive journaling.

Lap booking is kind of like scrap booking but with a bit of a twist. A lap book is a collection of stories, pictures, or drawings that are related to a topic of interest to the lap books' owner. The purpose of the lap book is two-fold. First, the lap book engages the participant in an activity that he or she enjoys and demonstrates passion. Second, through the lap book, the participant has an outlet to share his or her passion or interests with others. If you are crafty, creative and want to preserve your memories and share your stories, please join us!

**Tuesday P.M.**

**Soup's On!**

Participants of this group will learn how to make hearty and flavorful 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 will bring a container of their soup home with them to enjoy at the end of the day. Each participant must bring in their own thermos, cleaned and with a good lid for this.

**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 whole lot of laughs for everyone who joins! Hope to see you there!

## **Wednesday-All Day**

### **Let's Get Physical**

This group will spend the entire day getting in tip-top shape; swimming, walking and using the workout gym at the Quinte Health and Wellness Center. Every person who signs up will be responsible for their own transportation to and from the center as well as bringing their own lunches/drinks/snacks for the day in a small cooler bag. Please pack your bathing suit, towel, toiletries, indoor running shoes and MP3 player. There are lockers available for anyone wishing to store their items for the day; all you need is your own lock and key. There is a canteen with limited summer 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.)**

## **Wednesday A.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!

## **Wednesday A.M., Friday 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 and so many more! We will be keeping track of scoring to see who is in the running for the monthly prize. Come join in the extreme laughs and fun!



**Wednesday A.M.**

**Meet Me at the Library**

This group will spend their morning at the library in beautiful downtown Belleville. You can choose to meet the group there or catch the bus with us from QVSS; the choice is yours. If you are not familiar with the busing system, this would be a fantastic opportunity as staff will guide and teach you the ins-and-outs. After spending some time reading books, using the computers or perusing the library, the group will meet up at the café on the main floor for some refreshments. Please bring \$ with you for your purchases. The group will then catch the bus and return to the agency for lunch. Please bring \$2.50 for your bus fees each way; to and from the library. Hope you will join us!

**Wednesday A.M.**

**The Brainy Bunch**

This class will spend their morning conducting small, safe and easy science experiments. The use of 2 science books that the agency owns as well as Pinterest and the internet will be used as a guide and reference. The use of recycling and nature objects will be searched for and used for many of the experiments. So, if you are curious, logical, ambitious and a problem solver then this class is for you! Hope to see you there!!!

**Wednesday P.M.**

**Discovery Class**

Come and discover new and exciting things each week. We will be spending time checking out the National Geographic and Discovery channels which will be available to us on the smart board. Learn about planets, cultures, the rain forest, animals, astrology, bodies of water and different countries and their history. There's always something new to learn!

**Wednesday P.M.**

**Computer Fun**

You will enjoy your time in our computer lab searching the net, e-mailing friends and family members and even learning basic computer skills with the use of our projector. You will also have the option to play Yahtzee, Solitaire, Pinball, Bejeweled, POGO, Wheel of Fortune and Deal or No Deal. Fun! Fun! Fun!

**Wednesday P.M.**

**Embracing Embroidery**

This class will join in the sewing department and learn the fine craft of embroidery. The participants will work independently throughout their time and will have a chance to use our new embroidery machine. They 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.

#### **Thursday-All Day**

##### **Collective Kitchens**

We will take a small group of people willing to share time, money and skills and place you together with a qualified staff to prepare healthy, appetizing and cost-saving meals. When all the conditions are met, the result is the recipe for collective cooking success. At the end of each class, you will have prepared 3 meals to be brought home in containers (provided by QVSS) to freeze and use later if desired. This program would be beneficial to people who are currently living on their own and want to learn how to cook for themselves. It is sure to be a rewarding and mouth-watering experience!

#### **Thursday A.M.**

##### **The Darts of Hazard**

This program will include both individual and team play. Scoring will be recorded by staff throughout the season. In the spring, a ceremony will take place where special prizes will be awarded to MVP players and the highest score will be mounted on our dart league trophy displayed at the agency. Does this sound fun to you? Dart right in and join our league!

#### **Thursday A.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.**

##### **QVSS Choir**

Participants of this group will learn styles of music, rhythms, instruments and how to sing as a group. They will sing songs appropriate to the time of year and will have the opportunity

to perform in front of an audience. There will also be the opportunity to learn sign language to some of the songs performed in class as well. So, if you love to sing and perform, then this is the class for you!

#### **Thursday P.M.**

##### **Spa**

Take a break and relax while enjoying a pleasant facial, massage, pedicure or manicure. 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!

#### **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 (i.e. treatment for minor cuts, bruises and bumps) and what to do in case of emergency at home, work and in the community too. There will be group discussions, activities and guest speakers throughout the program. It is always good information to have and review. Hope you will join us!

#### **Friday A.M.**

##### **He Shoots, He Scores!**

This group will involve all hockey enthusiasts!!! We will be organizing a hockey pool with a prize awarded at the end of the 2019-2020 season. We will read and discuss the history of hockey and past players. We will watch the highlights of the previous weeks' games. We will have guest speakers discuss their involvement and experiences. There is the possibility of hockey games to be played out back on our basketball court too! Come and join us as it will be a blast!

#### **Friday-All Day**

##### **SEW Happy!**

You want to learn how to **sew** and you have no idea where to start... start here! You'll find the **basics** and guidance you need to learn and love for **sewing**. You will learn to thread a needle, replace a button, make general repairs, etc. We will practice learning more sewing skills and improving on what was learned in the first class if you were already in this group. Hope to see you there as it will be SEW much fun!

#### **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 has created 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!

**Friday P.M.**

**Tech Talk**

Technology is advancing at a rapid pace and we rely more and more on computers. This class will teach you the basics about computers which will prove to be invaluable. Areas of learning will include; keyboard and mouse use, security and privacy, searching the internet (Chrome, Firefox, Xplornet), e-mailing, computer safety and much more. There will be plenty of hands-on exercises and encouragement. You will become computer confident and literate in no time!

## **Risk Assessment for Recreation Department 2019-2020**

**Craft Corner, In from The Cold, Joy of Gems**-Glue guns are hot, so you could burn your fingers. Scissors are sharp, so you could 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.

**Muffin Madness, Brown Baggin' It, Soup's On, Collective Kitchens**-The stove top/oven is hot while you cook. You could burn your hands or fingers if not careful. While using a grater and knives, there is a potential of cutting your finger(s).

**Let's Get Physical**-You could slip on the pool deck or get chlorine in your eyes. Could pull a muscle.

**Wondrous Walkers**-You could trip and fall.

**Let's Get Physical, Go Golf** -Muscle strains could occur.

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

**Sew Happy!** The use of needles and machines-could prick a finger

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.