



# Precious Minds



Bringing CARE, SUPPORT & HOPE to individuals with developmental disabilities and their families since 1999.

Spring 2022 NEWSLETTER

We were so thankful to start our winter programming in February, so great to have our Skills for Life and Super Strikers Bowling groups together again! A big thank you to Trinity United Church, Uxbridge Baptist Church and Parish Lanes for welcoming us back. We look forward to offering additional programs this spring as things continue to reopen! We will also be offering family information sessions/workshops, stay tuned for more information on these exciting opportunities.

We ask that families continue to do a self screening before leaving their home to join programming, the questionnaire can be found on the homepage of our website. Thank you for continuing to help us keep our Precious Minds community safe and healthy during this time.

Check out our spring program offerings listed below. For more details visit [www.preciousminds.com](http://www.preciousminds.com)

## Spring Programs

Program Coordinator, Elizabeth Runnalls ([erunnalls@preciousminds.com](mailto:erunnalls@preciousminds.com))

### Brock Friends

Participants gather weekly for games, art and LEGO™ while building valuable friendships.

Location: Cannington Baptist Church

Thursday: April 21 - May 26

Ages: 6 yrs.+

Time: 4:00pm-5:15pm

Cost: \$75 (6 weeks)

### Super Strikers Bowling

A Tuesday evening gathering to encourage friendships and hone our bowling skills!

Location: Uxbridge Bowl

Tuesday: March 22 - June 14

Ages: 12 yrs.+

Time: 7pm-8:15pm

Cost: \$152.75 (13 weeks)

### Fitness Zone Swim & Games

A weekly program designed to support basic water safety and regular exercise.

Location: UxPool

Sunday: March 27 - May 8

Ages: 6 yrs.+

Time: 2pm-4pm

Cost: \$120 (6 weeks)

Please Note: No Fitness Zone Gym & Swim on Easter Sunday (April 17).



Our Super Strikers Bowling Group!  
Friendship, Physical Activity & FUN!



A big THANK YOU to  
our Super Strikers  
Sponsors!



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Precious Minds is  
thankful for the support  
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2 Campbell Drive, Suite 719  
Uxbridge ON L9P 0A3  
905.982.0882  
[www.preciousminds.com](http://www.preciousminds.com)  
CR# 86747 6319 RR0001

### Skills for Life - Adult Day Program

Program Coordinator, Melissa Hutchins  
(mhutchins@preciousminds.com)



The Skills for Life - Adult Day Program was created in 2015 to provide meaningful, daytime opportunities for adults with developmental disabilities. Members in the program engage in a variety of educational, physical, recreational, and creative activities in a positive environment while creating community and having fun together!

**Locations:** Trinity United Church & Uxbridge Baptist Church

**Tuesday (TUC):** March 22 - June 14 and/or

**Thursday (UBC):** March 24 - June 16

**Ages:** 18 yrs. +

**Time:** 9:00am - 3:00pm (6 hours)

**Cost:** \$780 (13 weeks)

For more details about the Skills for Life Program, please visit: [www.preciousminds.com/programs](http://www.preciousminds.com/programs)

Our **Weekly Zoom Café** is a great opportunity for members to connect virtually and encourage each other! Together, members participate in a 'feature theme' of the week. Each member is given the opportunity to share and ask questions or they can choose to listen and enjoy the conversation.



### How to Register for a Spring Program

We require a specific number of participants in order to run each of our programs. Please email Heather admin@preciousminds.com to register. Once it is determined that the program will run you will receive email confirmation and an invoice from Precious Minds. The preferred payment methods include etransfer to admin@preciousminds.com, credit card or cheque (made payable to Precious Minds Support Services). **Please wait to receive an invoice before paying for a program.**

### Looking for Ways to Support Precious Minds?

Become a Monthly Donor or Make a One-Time Donation  
[www.preciousminds.com/donate](http://www.preciousminds.com/donate)

Volunteer! Various opportunities available!  
[www.preciousminds.com/joinourteam](http://www.preciousminds.com/joinourteam)



### Mark your Calendars!

Our 17th Annual Golf Tournament in support of our 2022 programming will be held on:

**Thursday, September 22, 2022**  
**Cherry Downs Golf Club**

Sponsorship/Registration Information will be coming soon!



### Summer Camp

Only 4 more months until Camp!

We are busy planning and preparing for our 19th Summer Camp Experience!

Registration Information will be available soon!



Skills for Life participants with their art;  
Summer Camp participants having some fun!

**New to Precious Minds?** Please contact Heather Goldsmith, Administrative Coordinator to begin the intake process and determine which programs are the right fit for your family member.

To learn more about Precious Minds and the programs and services we offer, visit: [www.preciousminds.com](http://www.preciousminds.com), or call 905.982.0882.



PLEASE DONATE NOW

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