

March

Jackie's Celebrity Corner

Kyle Fundamental Skills

What do you like to do in your spare time?

Watch Nascar on tv and play my Xbox Hockey game

What is your favourite food?

Lasagna

If you could be any animal what would it be?

Bird so I could fly

What is your favourite Movie?

Hunger Games, I have seen all 3

Who are some of your friends?

Jerry, Greg and Nadene

Who do you live with?

Mom, Dad and 2 brothers Cody and Riley

Do you have any pets?

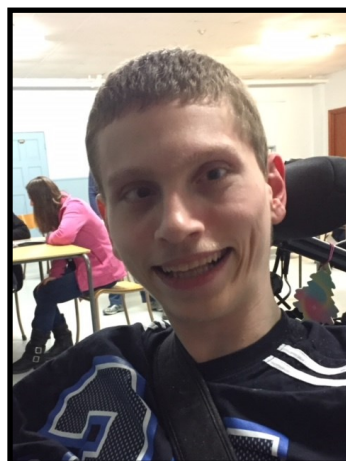
A sheepdog named Rocko

What is your worst fear?

Falling out of bed

What is a city or country you would like to visit?

Take a plane to Florida



Fundraising Updates

For the Love of Magic Show with the Amazing Vlad was a great success. A HUGE Thank you to Russelle Toyota, Ashburnham Reception Centre, That's a Wrap and Ben Weir from Sunlife Financial for their support. We are also grateful for the many amazing donations contributed for our silent auction.

WE COULDN'T DO THIS WITHOUT THE SUPPORT OF OUR COMMUNITY, FAMILIES AND THE VERY COMMITTED STAFF AT ALTERNATIVES.

THANK YOU!!!!!!



Swag line

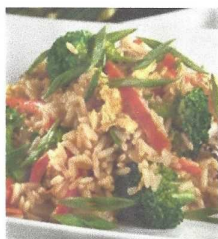


Contact Jackie to see more options..
JackieC@alternativesptbo.ca or
(705) 742-0806

Stir-Fried Rice

Ingredients

- 1 tablespoon oil
- 3 eggs, lightly beaten
- 1 (14.5 ounce) can chicken broth
- 1 (16 ounce) package frozen stir-fry vegetables, thawed
- 2 tablespoons soy sauce
- 2 cups Minute White Rice, uncooked



Directions

1. Heat oil in large skillet on medium heat. Add eggs; cook until set, stirring occasionally. Remove from skillet.
2. Add broth, vegetables and soy sauce to skillet; bring to boil. Stir in rice; cover. Remove from heat. Let stand 5 minutes.
3. Stir in cooked eggs. Serve immediately.



Advanced Skills

Our Art Gallery winter session is just wrapping up and the spring session will begin April 3rd.

Skill Builders continues to explore our community by traveling back in time at the Canoe Museum, Peterborough Archives and Hutchison House. We checked out the new Library, discussed safety in the community and had some fun tobogganing at the Court House on the hill.

The Valentines dance was a huge success. Special thanks to Bill at Saugeen Shafts for lending us his sound system. Speaking of Saugeen Shafts our Archery group is a huge hit with another month remaining before the end of this session and we have a couple of spots available.

We have so many great activities to explore like cooking, bowling, swimming, laser tag and evening groups on both Mondays and Thursdays nights.

Things We Do

Our qualified and experienced support staff provide a wide range of services and supports;

- daytime activity programs (e.g. cooking, healthy relationships)
- individual, customized supports
- personal goal setting
- new skill training
- access to social and recreational opportunities
- involvement in sports and wellness Programs (e.g. bowling, laser tag)
- connecting to groups of interest
- find volunteer opportunities
- prepare for employment
- involvement in evening activities with peers
- experience summer Rez-life programs
- involvement in summer day camps

Fundamental Skills Day Program Update

Love was in the air this month...

Valentines day is a big hit in our program. The day program individuals had the opportunity to participate in the Valentine's Day dance held by Alternatives. Lots of dancing, and socializing was had. They enjoyed some Valentine's treats while sharing Valentine cards with friends and staff.

The Shrove Tuesday Pancake lunch put on by the Day Program for the students and staff was enjoyed by many. Lots of smiles and full bellies.

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