

WHAT'S THE BUZZ?

"Making a Difference for People Who Make a Difference"

Alternatives Annual Appreciation BBQ

Alternatives is getting geared up for our Annual Appreciation Barbecue to thank everyone for their involvement and support of our programs. We've booked the Nicholl's Oval Pavillion at 725 Armour Rd. for Wednesday June 15, 2016, 5:00 - 7:00. We will be serving up Jumbo Hot Dogs with some help from M&M's Meat Shops. This is a rain or shine event! For more information contact Sheila at 705-742-0806



Alternatives Cook Book!

Alternatives is working on putting together a cookbook with recipes from students, caregivers and staff. We're calling on readers to submit their favourite recipe to share with everyone. Recipes can be submitted to DebraT@AlternativesPtbo.ca. Deadline for submissions is Friday May 27th.

Drum Fit!?

Alternatives has teamed up with the wonderful and energetic people at Drum Fit to bring a highly engaging and physically active program. Drum Fit isn't just drumming on exercise balls, it combines movement, music and rhythm. Drum fit raises your heart rate, boosts creativity, improves hand-eye coordination, builds brain connections and is crazy fun! Drum fit runs every Monday from 4:00 PM to 6:00 PM in Morrow Hall at Trinity United Church. Check out the program that has parents asking to join!



Interested? There is a new session starting May 2nd. Drum fit will run for 8 weeks on Monday's from 4:00 - 6:00 (except for May 23rd). Cost for the group is \$160, cheques payable to Alternatives, 264 Stewart St.

Contact Kathy: KathyS@AlternativesPtbo.ca (705) 742-0806

You're Invited to...

PARD Therapeutic Riding Open House

When: May 29, 1:00- 4:00 PM

Where: 1372 4th Line Rd.

South Dummer

PARD Therapeutic Riding is a not-for-profit organization that has provided a riding program for over 25 years to individuals of varying ages and abilities.

- Learn about our program
- Meet our PARD horses
- Meet our instructors and volunteers
- Watch lessons of riders at different skill levels
- Join us for refreshments
- Immediately followed by orientation

For more information, visit them on Facebook, or e-mail at: INFO@PARD.CA

Kayaking

Alternatives has teamed up with Peterborough Pedal 'n' Paddle again this summer to bring a morning of kayaking & canoeing on the Otonabee River. The group will take off on Friday May 27th and continue weekly (except for statutory holidays, July 29th and August 4th) until Labour Day weekend, weather permitting. Space limited, contact Sam for more details: SamH@AlternativesPtbo.ca

Spring Fling

Alternatives Annual Spring Fling Dance was another great success as we reached the decade mark for this awesome event! We had approximately 300 individuals in attendance from Alternatives and High Schools around Peterborough. We tore up the dance floor at the Venue and filled our belly's with Pizza, snacks and drinks, compliments of Alternatives Community Program Services. We're already looking forward to doing it all over again next year!



Above: Individuals get their groove on at Alternatives 10th Annual Spring Fling Dance at the Venue, Peterborough.

Visit Our Website...

or connect with us on Facebook and Twitter...



www.AlternativesCommunityProgramServices.ca



www.Facebook.com/AlternativesPeterborough



www.Twitter.com/Alternatives