

WHAT'S THE BUZZ?



"Making a Difference for People Who Make a Difference"

Drum Fit

Alternatives has a fantastic new program starting on Monday's from 4:00 - 6:00 PM at Trinity United Church. Drum fit is drumming on exercise balls. It combines movement, music and rhythm. It is a highly engaging and physically active program. Drum Fit will run from February 29th- April 25th (closed on March 28). Contact Kathy for more details or to reserve a spot! Cost is \$160

KathyS@AlternativesPtbo.ca

Spring Fling Dance

It's almost that time of year again! Alternatives is getting ready to host our Annual Spring Fling dance on Thursday April 14th. We will be shaking off the winter blues in style, complete with a DJ, pizza, snacks and drinks, all compliments of Alternatives Community Program Services. Come get your groove on with us at The Venue, 286 George St. North from 10:00 AM- 3:00 PM. Don't miss out on an awesome time



Above: Kia and Sam jump into the icy waters of Chemong Lake.

Taking the Plunge!

On Sunday February 7th, Kia and Sam participated in the BEL Rotary Club 36th Annual Polar Plunge. Together they raised \$755 in cash and online donations that will go towards programs and equipment at the Day Program. A big thanks goes out to all friends and family who donated and supported our team freezing their nickers off!



Healthy Relationships

Jen and Penny will be running a Healthy Relationships group on Wednesday's from 10:00 AM - 12:00 PM. Sessions will begin February 24th and run until May 18th, with the exception of March 16th for March Break. Each session will cover the following topics:

- Feb. 24 - Introduction, Icebreakers
- Mar. 2 - Understanding Feelings and Emotions
- Mar. 9 - First Impressions, Personal Hygiene
- Mar. 23 - Personal Space, Consent, Public vs. Private
- Mar. 30 - Strangers, Acquaintances, Friends
- Apr. 6 - Flirting, Dating and Romance
- Apr. 13 - Human Body, Sex Education
- Apr. 20 - Contraception, Sexually Transmitted Infections
- Apr. 27 - Sexuality and the Law, Social Media
- May 4 - Healthy Relationships
- May 18 - Review, Wrap-up!

Group will be run in the Trinity Church Classroom at 360 Reid St. For further information or to sign up for this course, please call Penny at 705- 742-0806

Joke of the Month

Q: Why was the Chef embarrassed?

A: Because he saw the salad dressing!

Saying Goodbye...

On Thursday February 11, 2016, we said goodbye to Fern Rose. Fern was a regular part of the Fundamental Skills Day Program and her absence will be felt by all who had the privilege of knowing her. Fern's energy was contagious and she will be remembered greatly for her singing and dancing, especially at Karaoke group on Fridays. Our hearts and thoughts are with her family and friends during this time. Fern will be greatly missed and remembered always.

On Monday February 8, 2016, we said goodbye to Elsie Ellis. Elsie was the loving mother of Sean at the Fundamental Skills Day Program. Elsie was well known by staff and students for years of dedication to others and the community. Her kind and gentle manner will always be remembered. Sending warm thoughts and love to her family and loved ones.



"Always in our thoughts, forever in our hearts."

Visit Our Website...

or connect with us on Facebook and Twitter...



www.AlternativesCommunityProgramServices.ca



www.Facebook.com/AlternativesPeterborough



www.Twitter.com/Alternatives