# WEEKLY PROGRAMS <sup>12</sup> week session running from July 2 – Sept. 22 2019

Cost includes all program fees and staff support in a group setting

## Monday

## Drum-it-up

10:30-12:00 An interesting and fun workout led by Lynn & Leslie using music and drumming to get you motivated to move your body and have fun doing it. Cost: \$230/9weeks

#### Pool at Petrina's

1:00-2:30 Learn to break, hold a cue, hit the cue ball, sink balls into pockets and socialize. Pop included.

Cost: \$195/9 weeks

### Mon. Bowling

3:00-4:30 2 games of 5 Pin Bowling and shoe rental at Bowlerama. Cost: \$195/9weeks

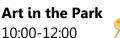
## **Restaurant Etiquette**

5:00-7:00

Weekly social with peers at a different local restaurant each week - restaurant etiquette, ordering, tipping, and manners will be topics covered. Dinner Included. Cost: \$400/9 weeks

\*No programs on Canada Day, Civil Holiday or Labour Day (July 1, Aug. 5, Sept. 2)

## Tuesday



Join us for a fun morning of doing arts and crafts at Nicholls Oval, while using the beauty of nature to motivate your creativity. Cost: \$280/12 weeks

## **Simple Meals**

1:30-3:30

Simple and delicious; learn to cook these recipes so you can cook them at home. Weekly recipe book will be created for each student to keep at end of the session. Cost: \$380/12 weeks

## **Galaxy Movie Group**

3:45-6:45 CINEPLEX Enjoy a weekly evening at Galaxy Cinemas. Each week group will vote on which movie they want to view. Cost: \$475/12 weeks with snack\* \$600/12 weeks \*Mini Combo Only\*

# Wednesday

## Mall Coffee Club

10:00-12:00 Lansdowne Place Catch up with friends and enjoy a cup of coffee over great conversation. Drink & snack provided. Cost: \$200/12 weeks

## **Pottery @ Busy Brushes**

10:30-12:00 **BUSY** Paint your own pottery fun! Each week you will pick a new pottery piece to paint that will then be fired in the kiln as a finishing touch. Cost: \$220/9 weeks No programs July 3rd-Aug.28th

## Mini Golf/Laser Tag

12:30-2:00 Each week we will play either Mini Golf @ Milltown or Laser tag @ Zap Attack! Come and get active. Cost: \$320/12 weeks

## **Baking Buddies**

2:30-4:30 Cookies, cinnamon buns, squares, brownies... oh my! Let's bake and eat some delicious goodies weekly. Cost: \$270/12 weeks

## Wed. Evening Group

4:30-6:30 Board games, crafts, baking, movie night & dance is just some of the fun offered. Dinner provided. Cost: \$350/12 weeks

# Thursday

## Driving Range & Par 3

10:00-12:00

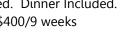
Tee it up for some fun! Join us at Liftlock Golf Course to hit some balls at the driving range and then head over to the Par 3 course. Cost: \$435/12 weeks

## Thurs. Bowling

1:00-2:30 2 games of 5 Pin Bowling and shoe rental at Bowlerama. Cost: \$260/12 weeks

## Thurs. Evening Group

4:00-6:00 Lets mix and mingle over dinner. Pizza party, dinner at the food court, restaurant meals, fish and chips, KFC and much more. Dinner provided. Cost: \$380/12 weeks



**DAY TRIPS** 

Fee includes admission, lunch, staff and travel. All day trips must be registered and paid in full <u>1 month in advance</u> of trip date to secure your spot. Limited space available.

**Canada's Wonderland** Thurs. June 20<sup>th</sup> 2019 Leave 8:00am – Return 6pm Cost: \$240

**Cedar Park** Tues. July 30<sup>th</sup> 2019 Leave 9am – Return 5pm Cost: \$145 **Includes Water Slide & Mini Golf**  You must register and pay for programs in full by May 31 2019 – Minimum 4 participants required for most programs

## Friday

#### **Brunch Club**

10-11:30 Each week enjoy creating a delicious meal all while socializing and connecting with friends. Cost: \$245/12 weeks

#### Kayaking/Canoeing

10-11:30

Come enjoy the sights and sounds on the water while paddling around Little Lake in your choice of kayak or canoe. Meeting at the Silver Bean Café. Cost: \$330/12 weeks

#### **Beach Games and Swim**

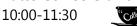
1:00-3:00

Get outside this summer and join us at Roger's Cove. You can workout on the outdoor gym equipment, play some beach games and go for a swim.

Cost: \$255/12 weeks

## Saturday

## Patio Coffee Crawl



Coffee Crawl is the best place to relax, meet new people and participate in fun conversation. Experience a new speciality coffee shop downtown each week with a coffee & snack provided. Cost: \$245/12 weeks

## Community Mish Mash

12:00-3:30 Students will meet at the YMCA and head out to participate in a local community activity each week. Hitting the Beach, going Bowling, Ptbo. Zoo, YMCA & attending local events are just a few of the activities arranged for this session. Cost: \$480/12 weeks

# **Individualized Services**

Alternatives offers a wide variety of services tailored to the needs and interests of each individual and family.

- Assist in creating a short or longterm plan to help individuals budget their funding dollars
- Broker and submit all receipts and paperwork as needed
- Customize 1:1 Supports to attend programs or activities
  - Alternatives Programs, Concerts, Sporting Events, Day Trips etc.
- Develop life and social skills
  - Apartment maintenance, baking, grocery shopping, budgeting
- Community Volunteering
  - Assist with obtaining and maintaining a placement
- Day/Evening Respite Care (no overnights)
- Transportation options available

## Ways to Pay

- Passports Funding
- ➢ HKPR Funding
- > Other Funding Programs
- > ODSP
- Personal Funds

Peterborough Exhibition Fri. Aug.9<sup>th</sup> 2019 Leave 12:30 – Return 6:30pm Cost: \$125 Blue Jays Game Wed. Aug.14<sup>th</sup> 2019 Leave 9:30am -Return 6:30pm Cost: \$215 Toronto Zoo Mon. Sept.9<sup>th</sup> 2019 Leave 9am – Return 6pm Cost: \$185

All Day Trips Leave from Trinity Church – 360 Reid Street – Please arrive 15 min prior to departure time