

WEEKLY PROGRAMS 12 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

Art in the Park

10:00-12:00



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



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



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



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 1 month in advance of trip date to secure your spot. Limited space available.

Canada's Wonderland

Thurs. June 20th 2019

Leave 8:00am – Return 6pm

Cost: \$240

Cedar Park

Tues. July 30th 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

10:00-11:30



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 long-term 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.9th 2019

Leave 12:30 – Return 6:30pm

Cost: \$125

Blue Jays Game

Wed. Aug.14th 2019

Leave 9:30am -Return 6:30pm

Cost: \$215

Toronto Zoo

Mon. Sept.9th 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