


WEEKLY PROGRAMS

12 week session running from January 6 – March 29
Cost includes all program fees and staff support in a group setting

Monday


Mall Coffee Club

10:00-12:00 
Socialize and hang out at the Lansdowne food court with old friends or come to meet new people. Drink & snack provided.
Cost: \$200/11 weeks

Pool at Petrina's

1:00-2:30
Learn to break, hold a cue, hit the cue ball, sink balls into pockets and socialize. Drink included.
Cost: \$225/11 weeks

Mon. Bowling

3:00-4:30 
2 games of 5 Pin Bowling and shoe rental at Bowlerama.
Cost: \$235/11 weeks

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: \$480/11 weeks

***No programs on Family day February 17th, 2020**

Tuesday


Art Gallery

10:00-12:00 
We have teamed up with the Art Gallery of Ptbo and the fabulous artist Anne Renouf. Anne is always coming up with fun art activities using different art supplies weekly.
Cost: \$295/12 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 everyone to keep at end of 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

Digital Photography

10:30-12:00
Let's have fun exploring the world through a lens. Learn photographic principles & techniques
Cost: \$385/12 weeks

Self Care

12:30 – 2:30
Let's focus on you! Coping skills, emotional wellbeing, meditation and spa days are just a few things covered in this group.
Cost: \$315/12 weeks

Baking Buddies

2:30-4:30
Let's bake and eat some delicious goodies weekly.
Cost: \$270/12 weeks

Wed. Evening Group

4:30-6:30
Let's play games, watch movies, try fun activities and get social. dinner incl.
Cost: \$350/12 weeks

Restaurant Etiquette

5:00-7:00
Weekly social with peers at a different local restaurant each week- restaurant etiquette, ordering, tipping, manners will be topics covered. Dinner included.
Cost: \$ 530 / 12 weeks

Thursday


Computer Basics

10:00-11:30
Let's have fun learning basic computer skills.
Cost: \$385/12 weeks

Graphic Animation

11:30-1:00
Put on your creative hats and bring your ideas to life in this fun Computer based course – basic 2D and 3D animation will be covered. Knowledge with computers required.
Cost: \$385/12 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

3:30-5:30
Let's 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

Peterborough Pete's

6:45 - 9:45
Cost: \$500/10 weeks
******No games on Jan 16 & March 26**

DAY TRIPS

Fee includes admission, lunch, staff and travel.
All day trips must be registered and paid for 1 month in advance of the trip date to secure your spot. Limited space available, non-refundable.

RIPLEY AQUARIUM

Tuesday Jan 21st 2020

Leave: 9 am – Return 6 pm

Cost: \$190.00

CAMP KAWARTHA

Thursday February 13, 2020

Leave: 10 am - Return: 4 pm

Cost: \$90.00

You must register and pay for programs in full by December 6, 2019

Minimum 4 participants required for most programs

Friday

YOGA

10:00 -11:00

Balancing mind & body with breath, movement and song

Cost \$295/12 weeks

Brunch Club

11:00 -12:30

Each week enjoy creating a delicious breakfast all while socializing and connecting with friends

Cost \$230/12 weeks

YMCA Gym & Swim

1:00-3:30

We will spend the first half getting active in the gym or working out – then we will hop into the pool.

Cost: \$285/12weeks



Friday Fun Night

4:00-6:00

Fun filled night with a variety of activities; music, movies, crafts, games, cooking, local activities and more.

Dinner provided.

Cost: \$330/12 weeks

Saturday

Down to Dance

10:00-12:00

Let's have fun learning dance styles; Hip hop, Latin. Get your dancing shoes on and groove it! Drinks and snacks provided

Cost: \$225/12 weeks

Community Mish Mash

12:00-3:00

Everyone will meet at Alternatives and participate in a local community trip activity each week; Maple fest, YMCA, Pool, Bowling, Laser Tag, are just a few of the outings 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

GLOW IN THE DARK MINI GOLF & IMAX THEATRE

Friday February 28th 2020

Leave : 11 am – Return 6:30 pm

Cost: \$145.00

Eaton Centre Shopping Trip

Monday March 23, 2020

Leave: 9:00am –Return: 4:00pm

Cost: \$125.00

Must Bring own spending money if shopping

All Day Trips Leave and Return from 270 Braidwood Avenue Please arrive 15 min prior to departure time