

# WEEKLY

**6 week session running from Aug 4 – Sept 11**

Cost includes all program fees and online staff guided groups

**MUST** have access to the internet and ZOOM to participate.

## Monday

### Show and Share

10:00-11:00

Each week show the group something unique – maybe it's a pet, a talent, or a fun news article.

Cost: \$50/4 weeks

### Virtual Graphic Design

1:45-2:45

Continue to create stunning graphics and animations utilizing software and design principals. Let's create avatars, 3D graphics, special FX, stop motion, 2D animation and drawing Ghibli style.

\*Must have been previously enrolled in course pre-covid

Cost: \$75/4 weeks

### Fitness Mondays

3:00-4:00

Want to be more active? Let's begin to achieve those fitness goals by stretching, and trying out different workouts that are achievable for everyone.

Cost: \$50/4 weeks

**\*No programs on Aug 3, and Sept 7 2020**

## Tuesday

### Amazing Animals

10:00 – 11:00

The world is full of unique animals. Let's get together and explore and learn about animals we may have never heard of before or know little about.

Cost: \$75/6 weeks

### Arts & Crafts

12:30-1:30

Fun for everyone! Supplies delivered to your door to complete weekly online guided crafts.

Cost: \$100/6 weeks

### Trivia Talk

2:00-3:00

Trivia is a fun way to learn –how many answers will you get correct? How many new facts will you learn?!

Cost: \$75/6 weeks

## Wednesday

### Paint Party

10:00-11:00

You can choose to do the same painting as the group, or create something of your own. Learn how to mix colours, use different brush techniques and grow as an artist.

*Supplies delivered.*

Cost: \$100/6 weeks

### Self-Care

12:00 -1:00

Let's focus on you! Coping skills, emotional wellbeing, meditation and mindfulness techniques are just a few things covered in this group.

Cost: \$75/6 weeks

### Travel from Home

2:00 – 3:00

We may not be able to travel the world right now, but we can explore it right from the comforts of home. Each week 2 new countries will be featured. Together we will explore their language, flags, cultures, photos and more!

Cost: \$75/6 weeks

## Thursday

### Coffee Club

9:30-10:30

Let's wake up, get those coffee makers going and hop online for a virtual social coffee club.

Cost: \$75/6 weeks

### Photography 101

11:00-12:00

Want to learn some basic photography and simple editing skills. Each week a photography challenge will be assigned, students will be encouraged to share their photos with the group.

*Participants must own a camera.*

Cost: \$75/6 weeks

### Adult Colouring

1:30-2:30

Colouring can be calming and fun, and it can be even more fun as a group. This group is designed to be social, as well as therapeutic. Students will be dropped off an adult colouring book and each week together we will socialize while colouring – at the end we can show off our colourful works of art.

Cost: \$95/6 weeks

# BRING YOU THE FUN!

**We come to you one on one.**

Go for a walk, tech support, work on a craft, learn a new hobby, or simply just to be social

– the choice of activity is yours!

**You must register and pay for programs in full by Aug 5, 2020**

**Minimum 4 participants are required for most programs**

## Friday

### **Good News Club**

10:00-11:00

Let's talk about all the POSITIVE news that is going on around the world. Share your successes and get inspired by others feel good stories.

Cost: \$75/6 weeks

### **Fitness Fridays**

12:00-1:00

Want to be more active? Let's begin to achieve those fitness goals by stretching, and trying out different workouts that are achievable for everyone.

Cost: \$75/6 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**

### **Ways to Pay**

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

**Want to Sign Up!?**

**Contact JenB@AlternativesPtbo.ca or Call 705 742 0806**