



# ALTERNATIVES COMMUNITY PROGRAM SERVICES “Building Community for Belonging, Acceptance and Growth”

## FEATURED STORY “*Staying Connected*”

During the COVID-19 Pandemic, the Alternatives Community continues to stay connected through various activities online.



The Fundamental Skills Day Programs has continued to stay in contact with each other while doing groups such as Book Club, Bingo and Fitness groups. The Fundamental Skills Day Program staff are delivering packages to individuals and families with various engaging and fun activities inside!

**“Online classes are so fun!” - Candace Pearson**

Advanced Skills has stayed in contact with their community by posting videos in their new segment “Kathy’s Backyard Adventures”. In these videos, wildlife is often seen such as turtles, birds and bunnies. Be sure to check out our Facebook page “Alternatives Community Program Services Peterborough” next time your browsing.

D.R.O.P program continues to Virtually run groups! Groups include virtual fitness, cooking groups and coffee social! Be sure to check out the new D.R.O.P brochure for the June 2020 session. Sign up quick, because spots are limited!

[alternativescommunityprogramservices.ca/the-d-r-o-p](http://alternativescommunityprogramservices.ca/the-d-r-o-p)

If you haven't done so already, check out Alternatives newest video. Alternatives staff miss everyone and can’t wait to see everyone soon

<https://www.youtube.com/watch?v=FeZcD4dQ9CA>

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Alternatives Community Program Services (Peterborough) Inc. is a not-for-profit, charitable organization governed by a committed volunteer Board of Directors.

Alternatives strives to inspire and excite people of all abilities to enrich their skills, celebrate life and have fun with families, friends and neighbours by;

- ⇒ Fostering real friendships
- ⇒ Valuing personal and informed choices
- ⇒ Honouring personal worth and citizenship
- ⇒ Promoting life-long learning
- ⇒ Respecting personal safety and security
- ⇒ Enjoying healthy and active lifestyles

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Hello Everyone,

I hope everyone is doing well and keeping safe!

We are living in such uncertain times and are weary of the world around us. Fearing COVID 19 and how it impacts our communities and selves. Together, the world is trying to find a cure so we can return to life as we once knew it. Now during these challenging and scary times we are finding new ways of connecting and supporting one another.

We know you are all missing your everyday routines and your “normal” way of life. Your day to day activities are different than they used to be. Instead of getting up to go about your day maybe heading to work, school, day activities, the gym or out for a walk without much thought, we must now plan ahead and prepare for how that will happen. We must ensure we stay 6 feet (physical distancing) and have our masks on to help keep others safe. This is a lot of work and not much fun. It all seems very challenging and discouraging.

But with challenges comes opportunities. When we are faced with fear, we know that it will pass, and we will have brighter days. I believe we have found those opportunities, ways in which we can see our friends, family and to be able to participate in some of the activities we enjoyed before COVID 19.

Alternatives has continued to stay in touch with everyone through phone calls, virtual chats, and activities through social media. We have planned and created new opportunities for learning and fun. A new schedule of activities has been sent out for you to choose which activities would assist you in creating a fun filled week. A week that will allow you to interact with your friends, create a new routine while learning new and exciting skills.

Together we will create our new ‘NORMAL’! Together we will build a new, fun, and exciting program. “Building Community Together”.

I look forward to hearing and seeing everyone very soon. Take care, stay well, stay safe.

Sincerely,

Vikki



*Acceptance Builds Community.....*

*the ABC's of Alternatives*

[www.facebook.com/AlternativesPeterborough](http://www.facebook.com/AlternativesPeterborough)

[www.alternativescommunityprogramservices.ca](http://www.alternativescommunityprogramservices.ca)