

WEEKLY ONLINE

12 week session running from Sept 21 – Dec 11

Cost includes all program fees and online staff guided groups
MUST have access to the internet and ZOOM to participate.

Monday

Fitness Mondays



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: \$140/11 weeks

Virtual Graphic Design

2:00-3:00

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: \$220/11 weeks

***No programs on Oct 12**

Tuesday

Coffee Social

9:30-10:30

Let's wake up, get those coffee makers going and hop online for a virtual social coffee club.
Cost: \$75/12 weeks

Trivia Talk

11:30-12:30

Trivia is a fun way to learn –how many answers will you get correct? How many new facts will you learn?!
Cost: \$150/12 weeks

Arts & Crafts



1:00-3:00

Fun for everyone!
Supplies delivered to your door to complete weekly online guided crafts.
Cost: \$300/12 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: \$250/12 weeks

Fun on Zoom

12:30-1:30

All done through Zoom we will play fun and creative webcam games right from the comfort of your own home. "What's that sound", Scavenger Hunts, Pic zoomed, fun with faces to name a few.
Cost: \$150/12 weeks

B.I.N.G.O

2:00 – 3:00

"Happiness is yelling BINGO"
Bingo cards will be delivered to your door, and small prizes will be handed out at the end!
Cost: \$200/12 weeks

Thursday

FORTNITE Social

9:30-10:30

Want to learn a new game? Or maybe you already play and want to meet new friends and be social! Fortnite is fun, free, online cooperative shooter game – work as a team and be the last team standing!
Cost: \$150/12 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: \$200/12 weeks

Yoga



3:00-4:00

Fun and friendly class that incorporates laughter, dance and positivity to promote smiles, happiness and togetherness that improves the mind, body and soul.
Cost: \$230/12 weeks

Want to Sign Up!?

Contact JenB@AlternativesPtbo.ca or Call 705 742 0806

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 Sept 18, 2020

Minimum 4 participants are required for most programs

Friday

French 101

10:00-11:00

Through games, basic conversations, activities and teaching this group is sure to expand your vocabulary.

Cost: \$160/12 weeks



Amazing Animals

12:00 – 1:00

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: \$150/12 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

Ways to Pay

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

PLEASE NOTE: Group listed above are ONLINE

Groups with  are offered both online and in person

Please check our "orange" IN PERSON brochure