WEEKLY INPERSON¹² week session running from Sept 21 – Dec 11

Cost includes all program fees and staffing.

Monday

Tuesday

Fun with Fabric

10:00-11:30 Each creative project will incorporate fabric into the design.

Cost: \$275/11 weeks

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

Pool at Petrinas

2:00-3:30

Learn how to break, use chalk, hold a cue, line up a shot, and sink the balls all while having fun in this community based group. *soft drink included Cost: \$225/11 weeks

Let's get Take Out

4:00-6:00 Let's bring the Restaurant aroup to US. We will order take out from a restaurant and enjoy a meal together. Cost: \$400/11 weeks

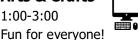
Coffee Social

10:30 - 12:00

Join us at Alternatives for a coffee and treat. While we sip on our cup of coffee we can catch up with each other.

Cost: \$200/12 weeks

Arts & Crafts



Together let's get messy and creative. Craft time is always a good time! Cost: \$320/12 weeks

Galaxy Movie Night 3:45-6:45

Movie night is back! Weekly we will decide as a group which new box office hit to watch together. Cost: \$475/12 weeks With Snack: \$600/12 weeks

Wednesday

Love Yourself

10:00-11:30 Group activities are based around self-awareness, mindfulness and self-care. Cost: \$230/12 weeks

Outdoor Explore & More 12:00-2:00

Let's meet at Beavermead for some outdoor fun. Each week a fun new outdoor activity will be explored. *Dress for the weather. Cost: \$275/12 weeks

Paint Night

3:00-4:30

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. Cost: \$275/12 weeks

Thursday

Pizza and Board Games

12:00-1:30 Introduce a new game to the group, or play one we already have. This group is sure to be yummy and fun! Cost: \$275/12 weeks

Sign Language

1:30-2:30 Learn the alphabet, count to 50, animals, colours, expressions and some basic conversation skills. *not a certified instructor Cost: \$160/12 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

Let's get Take Out

4:00-6:00 Let's bring the Restaurant

group to US. We will order take out from a restaurant and enjoy a meal together. Cost: \$435/12 weeks

Want to Sign Up!?

Contact JenB@AlternativesPtbo.ca or Call 705 742 0806



Milltown Mini Golf

Thursday Oct 1 2020 10:00-12:00 Cost: \$40 *drink included You must register and pay for programs in full by Sept 18, 2020 Minimum 4 participants are required for most programs

Friday

Fun with French

11:00-12:00

Through games, basic conversations, activities and teaching this group is sure to expand your vocabulary. Cost: \$160/12 weeks

Ready, Set, Experiment

12:30-2:00 Science is fun, and these fun experiments will prove it! Together we will make learning exciting with hands on learning. Cost: \$250/12 weeks

Walk and Talk

2:00-3:30 Getting out and exploring the city on foot is a perfect way to end the week. Lots of interesting things to see, scavenger hunts to do, and paths to explore. *Dress for the weather Cost: \$175/12 weeks

Saturday

Weekend Mish Mash

10:00-1:00 Anything goes; crafts, experiments, movies, games, music, social time, outdoor walks... This group has it all. *light lunch provided weekly Cost: \$600/12 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 longterm 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

All participants must wear a mask while in programs



Ways to Pay

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

PLEASE NOTE: Group listed above are IN PERSON Groups with 🔄 are offered both online and in person. Please check our "red" ONLINE brochure