

# WEEKLY INPERSON <sup>12 week session running from Sept 21 – Dec 11</sup>

Cost includes all program fees and staffing.

## Monday

## Tuesday

## Wednesday

## Thursday

### 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 group 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

1:00-3:00

Fun for everyone!

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

### 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

### 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](mailto: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

## Saturday

### 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

### 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 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

**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