

Temporary ONLINE ONLY DROP Session

January 4^{th,} 2021- January 29^{th,} 2021

All groups will be done through ZOOM. You must have access to internet and a computer.

Contact Jessica Doherty to sign up Jessicad@alternativesptbo.ca Office: 705-742-0806 ext. 247 Cellphone: 705-760-0996



Monday	Tuesday	Wednesday	Thursday	Friday
All Groups Will be done online through ZOOM. You must have access to Internet and a computer to join!				
Creative Canvas 11:00-12:00 Enjoy Creativity right from home with supplies delivered right to your door! Let's try out water painting, pastels and modeling clay all on a	Fitness Tuesday 12:00-1:00 It's Back! Join me for an hour of easy and attainable stretching, exercises and dances that are sure to get you moving!	No Bake Desserts 12:00-1:00 No oven? No Problem! Let's get creative and make no bake desserts right from the comfort of your own home. Supplies will be	B.I.N.G.O 11:30-12:30 Let's keep those numbers rolling and hop online for some BINGO! Using a fully online platform, we will experience BINGO a whole	Music Madness 10:00-12:00 Join us for an education yet fun journey as we explore music from around the world! Finish it off with dancing and signing to the
canvas. \$135/4 Weeks	\$100/4 weeks <u>New Year, New You</u> 1:00-2:00	delivered to your doorstep. *A Microwave may be needed* \$135/4 weeks	new way while learning and having some fun. \$100/4 weeks Social Hour	latest hit songs. It's sure to be a moving and grooving fun time! \$110/4 weeks
Graphic Animation 2:00-3:00 Continue to create stunning graphics and animations utilizing software and design principles. \$105/4 weeks	oo-3:00 active. Let's explore the different food groups, easy food recipes and achievable exercises you can do right from home!	The Book Nook! 3:00-4:00 Do you Enjoy listening to new books? Listen in as we read through a book of your choosing. There is no effort involved other than to sit back and let the book take your imagination on a journey of its own! \$100/4 weeks	1:00-2:00 Let's chat, catch up and talk all about life. From your funniest joke, to the activities you did on the weekend, I want to hear all about it! Join me and your peers for an hour of socialization. \$100/ 4 weeks YOGA With ELKE 2:30-3:30	Friday Mish Mash 1:00-2:00 Looking for something fun to do on a Friday afternoon? Join in on some fun activities such as at home scavenger hunts, show and tells and trivia games! \$100/4 weeks
	platforms such as Disney + and Netflix. Don't forget to bring your blanket and your popcorn! \$110/4 weeks		Join Elke for an hour of energizing and achievable yoga to start off your new year on the right foot! \$125/ 4 weeks	