

DROOP

Daily Recreation Options Program



Summer 2021 Session

July 5th – August 28th

ONLINE & INPERSON SESSION

Our program

Our programs are designed to help everyone that comes through our doors, achieve their personal goals and potential.

What we offer

Life Skills
Job Development
Day Program
Weekly Activities
Social Skills
1:1 Special Programming
Community Integration
Respite Services

About Us

Established in 1986, our programs serve Peterborough and the surrounding areas supporting individuals living in our community with special needs.

Acceptance Builds Community

WEEKLY PROGRAMS

8 week session running from July 5th- August 28th

Cost includes all program fees and staff support in a group setting

Monday

Monday Meals 12:00-1:00

Do you find yourself not wanting to cook on Mondays? Join Monday meals and receive a mix of home cooked meals and popular takeout food delivered right to your door. Recipes books and food safety tips will be included in this meal delivery group. There will be no Zoom call accompanied with this group.

Cost: \$300/ 7weeks

Graphic Animation 2:00-3:00

Continue to create stunning graphics and animations utilizing software and design principles.

Cost: \$230/ 7 weeks

Creative Canvas 3:30-4:30



Join us at Braidwood on Mondays to make creative canvas's using paint, buttons, popsicle stick and so much more. Let's get creative and have some fun!

This group is being offered as a hybrid group which means you are able to join in from home as well using the zoom Platform.

Cost: \$260/ 7 weeks

There will be no groups on August 2nd 2021

Tuesday

Pizza and Fitness in the Park

12:00-1:30

Let's take advantage of this beautiful weather and take our Fitness group to Beavermead Park! After getting our sweat on, we will sit down together and enjoy a pizza lunch. A drink will be provided for the lunch, but make sure you pack extra water to keep hydrated while we workout.

Cost: \$290/ 8 Weeks

Tuesday BINGO 2:00-2:30

If you have always wanted to try out a fully virtual bingo group, now is your time to try! A link will be sent out each week with your virtual bingo card. You will need access to zoom as well. Hop online and let's see who get's that BINGO first!

Cost: \$145/ 8 weeks

Movie Night 4:00-6:00

Since we can't go to the movie theatres right now, we have brought the movie theatre to you! Grab your blanket, make your snacks, and hop online for a movie night with your peers.

Cost: \$235/ 8 weeks

Wednesday

Explore the Town 11:00-12:00

Each week we will meet up and explore an attraction in Peterborough. From the iconic Liftlocks to the Peterborough zoo, this will be an educating and fun way to get outdoors this summer. Throw on your running shoes, grab your water and let's explore the town!

Cost: \$200/ 8 weeks

Pottery Painting 1:00-2:00

In collaboration with Busy Brushes Peterborough, we will be meeting for an hour online to paint and decorate a new piece of pottery each week. A list of pottery pieces will be given to you as you sign up so you can select the pieces you would like to paint. Packages will be delivered to your door with the proper paint and pottery pieces prior to group each week.

Cost: \$290/ 8 Weeks

YOGA with Elke 3:00-4:00



Join Elke for an hour of energizing and achievable yoga every Wednesday. Whether you're new to yoga or someone who has lots of experience, this group is a good fit for everyone!

Cost: \$310/ 8 weeks

Thursday

Glee Club 1:30-2:30



We have collaborated with Soundspeaks Peterborough to build self-esteem, social skills, and friendships all while sharing our love for music! You will be given the chance to write songs, participate in a variety of music activities and games and listen to your favorite songs. Sign up today!

Cost: \$450/ 8 weeks

Minimum 5 people to run this group.

Fitbit Frenzy 4:00-5:00

Let's enjoy the sunshine and take our Fitbit group outdoors! We will meet at Braidwood each week and complete walks and exercises together. Tracking and journaling our steps and taking our heart rates are just a few things we will be doing in this group. Fitbits are included in the group cost.

Cost without Fitbit: \$200

Cost with Fitbit: \$350

BLACK- The groups in **BLACK** will be run online using the Zoom Platform for the full 8 weeks

RED- The groups in **RED** will be run in person at the listed location for the full 8 weeks. All safety protocols will be in place and a mask **MUST** be worn even for our outdoor groups. If we are unable to continue these groups in person, they will be modified and ran through our online Zoom platform.

You must register by July 2nd

Payments will be due upon receiving Invoice

Minimum 4 participants required for programs to run

Friday

Saturday

Kahoot Klub!

10:00-10:30

Kahoot is an interactive online trivia platform that has tons of topics such as Disney, food, famous cartoon characters and so much more. Log onto zoom and Kahoot at the same time to interact with peers as we battle against each other for the Kahoot champion! Think you have what it takes to win gold?

Cost: \$145/ 8 weeks

Beach Buddies

12:30-2:00

Join us at Rogers Cove every Friday to take advantage of the splash pad, beaches and climbers! There will be tons of beach activities and park games done throughout this session. Grab your sunscreen and your bathing suit and let's head to the beach!

Cost: \$275/ 8 weeks

Saturday Morning Social

10:00-10:30

Do you like to stay in your pajamas on Saturdays? So do we! Join us Saturday morning for a half hour social with your peers. Feel free to wear your pajamas, bring your coffee and hop on zoom. From your favorite thing that happened through the week to your weekend plans, we can't wait to what you have to share with us!

Cost: \$145/ 8 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
- **Day/Evening Respite Care (no overnights)**

Ways to Pay

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

RECORDED SESSIONS

Is there a group running that you are interested in, but the timing doesn't work for you? Or maybe you don't enjoy the zoom platform? Look for the  icon beside the groups that offer a recorded version! Recorded sessions will be sent out after the group time and all supplies will be delivered to your door so you can participate at your own pace.

How to get started

Read through our brochure to determine the programs you are interested in attending.

Contact Jessica
705-760-0996

JessicaD@AlternativesPtbo.ca



Meet with Jess for an intake meeting to sign up for programs and supports.

Did you know we broker passports money?

Take the guess work out of managing your passports money! We offer Passports management services and submit all the paperwork and receipts, so you don't have to.

LOOKING FOR MORE INFORMATION ABOUT OUR OTHER AMAZING PROGRAMS?

- Building Bridges (ages 14-18)
- Advanced Skills (18+)
- Day Program (18+)
- Employment Supports (18+)



Contact Lori Mckee
LoriMc@AlternativesPtbo.ca

THE BRAIDWOOD NEIGHBOURHOOD PROJECT



For more info about our new location or how you can help please contact our Executive Director Vikki
VikkiE@AlternativesPtbo.ca



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Visit Us Today



www.AlternativesPtbo.ca