

# D R O P

Daily Recreation Options Program



Fall 2021 Session

September 7<sup>th</sup> – October 29<sup>th</sup>

**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 September 7<sup>th</sup>- October 29<sup>th</sup>

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

## Monday

### **Mindful Mornings** 9:30-11:00

Let's learn all about healthy ways to start your day. From setting healthy morning routines and gratitude journaling to creating and talking about healthy breakfasts. This group is your key to making a positive change in your life starting first thing in the morning! A small healthy breakfast will be provided.  
Cost: \$215/ 6 weeks

### **BINGO @ Braidwood** 12:00-1:00

Let's get those bingo dabbers ready as we take on BINGO again in person! Let's meet at Braidwood for an hour of BINGO. There will be a prize chest and each winner will get to pick their prize.  
Cost: \$170/ 6 weeks

### **Graphic Animation** 2:00-3:00

Continue to create stunning graphics and animations utilizing software and design principles.  
Cost: \$200/ 6 weeks

*There will be no groups on September 6<sup>th</sup> or October 11<sup>th</sup>*

## Tuesday

### **Movie Night** 4:30-6:30

We are bringing our movie night to Braidwood! Let's get together and enjoy a movie. A small snack and a drink will be provided each week.  
Cost: \$300/ 8 weeks

## Wednesday

### **Fitness & Pizza in the Park** 12:30-2:00

Do you enjoy being outside in the fall? We will meet at Beavermead Park for a weekly fitness activity followed by a pizza lunch!  
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

### **Paint Night** 5:00-6:00

Who enjoys a night out of the house? Join me for an after-hours paint night at Braidwood! Follow along as we do lots of fall inspired step-by-step paintings. They make great gifts for family members or awesome fall decorations for around the house.  
**This group is being offered as a hybrid which means you can join in from home!**  
Cost: \$ 275/ 8 weeks

## Thursday

### **Explore the Town** 11:00-12:30

Each week we will meet up and explore an attraction in Peterborough. From local parks to Peterborough's greatest attractions, we will explore it. Is there an area in Peterborough that you have never been to that you want to check out? We will add it to our list!  
Cost: \$200/ 8 weeks

### **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** 3:30-4:30

Each week we will meet at Braidwood and complete walks and fitness challenges together. You will get the chance to add each other as friends on the Fitbit app so we can complete the challenges through there. There will be a variety of indoor and outdoor activities each week.  
Cost: \$200/ 8 weeks  
Cost with Fitbit: \$350/ 8 Weeks

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

**Red Font**- The groups in **RED** will be run in person. 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 Sept 3<sup>rd</sup>**

**Payments will be due upon receiving Invoice**

**Minimum 4 participants required for programs to run**

## Friday

## Saturday

### **Kahoot Klub!**

**9:30-10:00**

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

### **Art in The Park**

**11:00-12:00**

Let's get crafty in the park! Each week we will meet at the Nichols Oval pavilion and complete a different art activity.

Cost: \$275/ 8 weeks

### **Fast Food Fridays**

**1:00-2:00**

Every Friday we will meet at Braidwood for lunch from different fast food places around town. While we eat you will get to socialize with peers and enjoy small games and activities together. Meet new friends and continue to build existing friendships in the fun Friday afternoon activity.

Cost: \$300/ 8 weeks

### **Saturday Morning BINGO**

**10:00-10:30**

Do you like to stay in your pajamas on Saturdays? So do we! Join us Saturday mornings on Zoom for a few rounds of BINGO! A virtual card will be sent out each week.

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

## Day Trips

Stay tuned for some fun in-person day trips coming up in September and October!

# 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



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



## Alternatives Community Program Services

270 Braidwood  
Peterborough, Ontario, Canada  
K9J 1V3

Tel 705 742 0806 Fax 705 742 0943

Visit Us Today



[www.AlternativesPtbo.ca](http://www.AlternativesPtbo.ca)