

# D R O P

Daily Recreation Options Program



Winter 2022 Session

January 3- March 25

**ONLINE & INPERSON SESSIONS**

## **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

## **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

12 week session running from January 3 - March 25, 2022

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

## Monday

### **BINGO @ Braidwood (Hybrid)**

**10:00-11:00**

Let's get those bingo dabbers ready as we take on BINGO and try to win some prizes!

This group is being offered as a hybrid which means you can join in from home!

Cost: \$285/11 weeks

### **Bowling @ Lakeview**

**12:00-1:30**

Come and play 2 games of 5 pin bowling at Lakeview Bowl.

Cost: \$360/11 weeks

### **Intro to Sign Language**

**3:00-3:30**

Interested in learning sign language? Learn the alphabet, count to 20, animals, colours, expressions, and basic conversations.

\*Not a certified instructor

Cost: \$230/11 weeks

### **Movie Night Out**

**4:00-6:30**

We are continuing our movie night at Braidwood! Let's get together and enjoy a movie and have dinner together.

Cost: \$500/11 weeks

## Tuesday

### **Fitness**

**11:00-12:30**

Come feel fit and healthy at Braidwood by trying out active games, dancing, and Yoga. Enjoy a light snack afterwards.

Cost: \$395/12 weeks

### **Craft n' Creations**

**1:00-2:00**

Who loves to do crafts? We sure do! Come and join us each week and learn to work with paint, wood, clay and more!

Cost: \$360/12 weeks

### **Graphic Animation**

**3:00-4:00**

Create stunning graphics and animations utilizing software and design principles

Cost: \$395/12 weeks

### **Trivia Night**

**4:00-5:00**

Let's get together at the end of the day for a chat and play some trivia and games.

Cost: \$250/12 weeks

## Wednesday

### **Morning Mash-up**

**9:30-11:00**

Can't commit to one activity?

Neither can we! That's why we have made a group that will be a variety of activities from outdoor activities to science experiments and games.

Sign up today to have your say in an activity of your choice! Lunch provided.

Cost: \$465/12 weeks

### **Laser Tag**

**11:30-12:30**

Come and get active with an exciting friendly game of laser tag at Zap Attack!

Cost: \$370/12 weeks

### **Paint Class (Hybrid)**

**1:00-2:00**

Who enjoys painting? Join us for a morning of painting at Braidwood and receive your very own paint kit and easel to keep! Follow along as we do lots of winter inspired step-by-step paintings.

This group is being offered as a hybrid which means you can join in from home!

Cost: \$345/ 12 weeks

## Thursday

### **Mall Walk & Social**

**10:00-11:00**

Let's meet at Lansdowne Place for a walk. Chat with old friends or come to meet new people. Drink and snack provided.

Cost: \$275/12 weeks

### **Pottery @ Busy Brushes**

**11:30-12:30**

Paint your own pottery fun! Each week you will pick a new pottery piece to paint that will then be fired in the kiln as a finishing touch.

Cost: \$360/12 weeks

### **Swimming @ YMCA**

**1:30-3:00**

Grab your bathing suit! We are bringing back weekly swimming at the YMCA.

Cost: \$310/12 weeks

**BLACK Font-** The groups in BLACK will be ran in person. All safety protocols will be in place and a mask MUST be worn.

**RED Font-** The groups in RED will be ran online using the Zoom Platform for the full 12 weeks.

**Green Font-** The groups in Green are hybrid and individuals can choose either in person or online.

# Friday

# Day Trips

## **Music Madness** **9:00-9:30**

What are your favorite tunes? Let's listen and explore the many genres and talents of the music world. We will explore up and coming artists as well as learning the history of music and how it has evolved. We will end the group with Karaoke each week!

Cost: \$190/12 weeks

## **Bowling @ Lakeview** **10:30-12:00**

Come and play 2 games of 5 pin bowling at Lakeview Bowl.

Cost: \$395/12 weeks

## **Fast Food Fridays** **1:00-2:30**

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 during the fun Friday afternoon activity.

Cost: \$490/12 weeks

## **Peterborough Pete's** **January 20, 2021** **6:30-9:30**

Come and cheer on the Pete's as the take on the Ottawa 67's. We will meet at Braidwood and walk to the memorial Centre together.  
Cost: \$55

## **Galaxy Movie** **January 29, 2022** **12:00-3:00**

Enjoy an afternoon at the Galaxy Cinema. A snack will be included.  
Cost: \$60

## **Peterborough Pete's** **February 24, 2021** **6:30-9:30**

Come and cheer on the Pete's while visiting with friends. We will meet at Braidwood and walk to the Memorial Centre together.  
Cost: \$55

## **Galaxy Movie** **March 9, 2022** **4:15-7:00**

Enjoy an afternoon at the Galaxy Cinema. A snack will be included.  
Cost: \$60

# Individualized services

**Alternatives offers a variety of services tailored to the needs and interests of each individual and family.**

- **Assist in creating a short or long-term plan to support individuals in the community**
- **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

## Ways to Pay

- Passports Funding
- ODSP
- Personal Funds

**You must register by December 22, 2021**  
**Payments will be due upon receiving invoice.**  
**Minimum 4 participants required for programs to run**

### Covid- 19 Protocols

Please note that vaccine passports are required to enter our building for all programing. If you do not have a vaccine passport, you will be required to complete and present with a negative rapid antigen test before joining the group each day. Please contact Angie or Lori for more information.

If you are signing up for one of our community groups that we are offering, you will be required to bring your vaccine passport as they are required by most community locations to get in.

# How to get started

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

Contact Angie Keating or Lori Bell to sign up

705-742-0806 Ext. 247

LoriB@alternativesptbo.ca

AngieK@alternativesptbo.ca

Meet with Angie or Lori 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+)
- Individualized Services (18+)

Contact:

Lori McKee at LoriMc@alternativesptbo.ca

Katelyn Kemp at KatelynK@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

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Visit Us Today



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