

DROP

Daily Recreation Options Program



Winter 2023 Session

January 3-March 24, 2023

Alternatives

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

Programming

Life Skills
Job Development
Day Program
Weekly Activities
Social Skills
1:1 Specialized Programming
Community Integration
Passport Brokerage

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 24, 2023

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

Monday

YMCA Swimming

9:00-10:00

Start the week out with getting active in the water. Join us for a weekly swim at the YMCA.

Cost: \$265/9 weeks

*this group begins Jan 16

Baking Buddies @ Braidwood

11:00-12:30

Muffins, cookies, cupcakes, and brownies! Come bake and eat some delicious goodies each week.

Cost: \$435/11 weeks

Bowling @ Lakeview

1:00-2:30

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

Cost: \$440/11 weeks

Mall Evening Group

3:00-4:30

Meet us at Lansdowne Place and mix and mingle over dinner with friends.

Cost: \$525/11 weeks

Pool @ Riley's

5:00-6:00

Learn to break, hold a cue, hit the cue ball, sink balls into pockets and socialize.

Drink included

Cost: \$360/11 weeks

Tuesday

Check out our Tuesday Day Trips on the Special Events page!!

Movie Night

4:30-6:30

Let's get together and enjoy a movie and dinner at Braidwood with friends.

Cost: \$540/12 weeks

Wednesday

Sculpting @ Braidwood

9:30-11:00

We have teamed up with a professional sculptor to teach you how to work with clay using different techniques and tools.

You will create then glaze your masterpieces to be kiln fired.

Cost: \$510/12 weeks

Simple Meals @ Braidwood

11:30-1:00

Simple and delicious; learn to cook then apply your new skills in your own kitchen at home. Weekly recipe book will be created for everyone to keep at the end of the session.

Cost: \$435/12 weeks

YMCA Gym & Swim

1:30-3:30

We will spend the first half getting active in the gym or working out – then we will hop in the pool.

Cost: \$435/12 weeks

Thursday

Mall Social

9:30-10:30

Let's meet at Lansdowne Place and visit with friends. Drink and snack included.

Cost: \$315/12 weeks

Bowling @ Lakeview

11:00-12:30

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

Cost: \$455/12 weeks

Squash 57

1:00-2:00

Come and learn a new and exciting sport at the Peterborough Squash Club where the game is adaptive to the player. Clean dry non-marking running shoes are all that are required.

Cost: \$300/12

Graphic Animation @Braidwood

2:30-3:30

We are excited to announce that Graphic Animation will now be in person at Braidwood! Create stunning graphics and animations utilizing software and design principles.

Cost: \$430/12 weeks

Restaurant Etiquette

4:00-5:30

Weekly social with peers at a different restaurant each week. Become comfortable in different restaurants, learn how to order, and tip all while having dinner with friends.

Cost: \$585/12 weeks

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Friday

Saturday

Dance with Addison

10:00-11:00

Come and join Addison for some dancing fun. Learn new dance styles including jazz and hip hop all while having fun with friends and listening to music.

Cost: \$380/12

Fast food Fridays @

Braidwood

12:00-1:30

Every Friday we will meet at Braidwood for lunch from different fast-food restaurants around town. While we eat you will get to socialize with peers and enjoy games and activities together.

Cost: \$440/12 weeks

Laser Tag

2:00-3:00

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

Cost: \$425/12weeks

Saturday Mish Mash

10:30-12:00

Come and hang out with Jess!

Each week will be a different activity. Crafts, science, games and even community outings. The possibilities are endless!

Cost: \$505/12 weeks

Covid- 19 Protocols

Please note that masks and temperature checks are required to enter our building for all programming. Please contact Angie or Lori for more information.

DAY TRIPS & SPECIAL EVENTS

January

Learn to Sew
Tuesday Jan 10th and
Tuesday Jan 17th
3:30-5:00

We are excited to offer you an opportunity for a two day workshop to learn how to make your own pillow cover! An instructor will come into Braidwood to teach us how to sew using a sewing machine.
Cost: \$80

Escape Maze and Lunch
Tuesday Jan 10th
11:30-2:00

We are going to meet for lunch and then try out the new Turtle Power escape maze!
Cost: \$95

Dinner and a Movie
Tuesday Jan 31st
3:30-7:30

A night out with dinner and a movie! We will meet at a restaurant close to the Galaxy then go see a movie together!
Cost: \$120

February

Peterborough Pete's
Thursday Feb 9th
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: \$65

Sign Making Workshop
Tuesday Feb 14th
12:30-2:30

Design a love inspired decorative wooden piece. You will create a masterpiece in this instructed class using Chalk Couture paint methods.
Cost: \$60

Dinner and a Movie
Tuesday Nov 8th
3:30-7:30

A night out with dinner and a movie! We will meet at a restaurant close to the galaxy then go see a movie together!
Cost: \$120

March

Trampoline Park and
Reptilia Zoo
Tuesday Mar 7th
9:30-4:00

We will start this exciting day at Reptillia-an indoor reptile zoo in Whitby. Then we will head next door to Flying Squirrel Trampoline Park. Lunch is included.
Cost: \$250

Whitby Putting Edge
Tuesday Mar 21st
10:00-3:00

Let's head out of town to enjoy an indoor mini golf game . Lunch is included.
Cost: \$150

Matinee movie
Saturday March 25th
12:00-3:00

Let's get together for a Saturday afternoon matinee.
Cost: \$80

Ways to Pay

- Passports Funding
- ODSP
- Personal Funds

Please register by December 22, 2022, to avoid disappointment

Payments will be due upon receiving invoice.

Minimum 4 participants required for programs to run

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 funding?

Take the guess work out of managing your passports funding! We offer Passports brokerage 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+)
- Passports Brokerage (18+)

Contact:

Lori McKee at LoriMc@alternativesptbo.ca

Ricki-Anne Reid at RickiR@alternativesptbo.ca



For more info about our new location or how you can help please contact our Executive Director Lori Mckee
LoriMc@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