

DROP

Daily Recreational Options Program



Winter Session
Jan 2nd - March 22th
2024

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
Community Integration
Passport Brokerage

About us

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

Acceptance Builds Community

Weekly Programs

12 week sessions running from Jan 2 - March 22, 2024

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

Monday

YMCA Swimming

9:00-10:00

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

Cost: \$260/10 weeks



Martial Arts & Self Defense

10:30-11:30

We have teamed up with a certified instructor to develop martial arts and self-defense skills. Suitable for all fitness levels

Cost: \$390/10 weeks

Mall Lunch Social

12:00-1:30

We will meet at Lansdowne Place for lunch and a visit with friends.

Cost: \$370/10 weeks

Afternoon Delight: Winter Edition

2:00-3:30

Play pool, go bowling, hang at the mall, Starbucks and seasonal activities around the city. Each week will be different and fun.

Guaranteed to keep you busy!

Cost: \$360/10 weeks

BINGO @ Home

6:00-6:30

Let's stay in and play BINGO together on Zoom

Cost: \$130/10 weeks



Tuesday

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



Wednesday

Painting & Crafts @ Braidwood

9:30-11:00

Learn a variety of painting techniques involving water colours & acrylic as well as different art styles utilizing various mediums. Instructed by a local artist.

Cost: \$395/12 weeks



Simple Meals @ Braidwood

11:00-12:30

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: \$380/12 weeks



YMCA Gym & Swim

1:00-3:00

We will spend the first half of the group getting active in the gym or working out - then we will hop in the pool for a swim.

Cost: \$400/12 weeks

Trivia Night! @ Home

6:00-6:45

Snuggle up in your coziest clothes at home and let's meet on Zoom for a hilarious night of trivia and games.

Cost: \$185/12 weeks

Thursday

Mall Social

9:45-10:45

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

Cost: \$350/12 weeks



Bowling @ Lakeview Bowl

11:00-12:30

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

Cost: \$455/12 weeks



Lunch Social

12:30-1:30

Let's meet for lunch after bowling at a nearby restaurant.

Cost: \$430/12 weeks

Games in the Hub

2:00-3:30

Pickleball, axe throwing, board games and BINGO are just a few examples of the activities that we will be enjoying during this fun and active afternoon.

Cost: \$345/12 weeks



BINGO

3-3:30

Who loves to play BINGO? This group will be a hybrid event. Meet us at Braidwood to play or if your prefer-join us through Zoom.

Cost: \$220/12 weeks

Evening Group

3:30-6:00

A great night out at Braidwood. Enjoy movies, games and dinner while spending time with friends

Cost: \$420/12 weeks

Weekly Programs

12 week sessions running from Jan 2 - March 22, 2024

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

Friday

Baking Buddies @ Braidwood



10:00-11:30

Muffins, cookies, brownies and more! Learn to read a recipe and measure all while baking delicious goodies each week.

Cost: \$390/12 weeks

Fast Food Friday

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



Ways to Pay

- Passport Funding
- ODSP
- Personal Funds

Day Trips & Special Events

12 week sessions running from Jan 2 - March 22, 2024
Cost includes all program fees and staff support in a group setting

January

Dinner and a Movie
Tuesday January 9th
3:30-7:30



A night out with dinner and a movie! We will meet at Galaxy Cinemas and pick a film to watch. Then walk to a near by restaurant for dinner together!
Cost: \$110

Escape Maze and Lunch
Tuesday January 16th
11:30-2:00

We are going to meet for lunch and then try out the Super Jail Escape maze!
Cost: \$85

Pottery with Megan
@Braidwood
Wednesday January 24th
Wednesday January 31st
9:30-11:00

This two day workshop will have you creating a beautiful sculpted piece of art. Week one, you will sculpt your piece. The following week you will glaze your work to then be fired in a kiln for completion.
Cost:\$70

February

Dinner and a Movie
Tuesday February 6th
3:30-7:30



A night out with dinner and a movie! We will meet at Galaxy Cinemas and pick a film to watch. Then walk to a near by restaurant for dinner together
Cost: \$110

Peterborough Pete's
Thursday February 15th
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



Pottery and Dinner
Tuesday February 20th
4:00-7:00

Let's get creative at Busy Brushes then enjoy dinner together at Boston Pizza
Cost: \$90

Laser Tag and Dinner
Tuesday February 20th
4:00-7:00

Let's meet at Zap Attack for a friendly match of laser tag then head to Boston Pizza for dinner
Cost: \$85

March

Dinner and a Movie
Tuesday March 5th
3:30-7:30

A night out with dinner and a movie! We will meet at Galaxy Cinemas and pick a film to watch. Then walk to a near by restaurant for dinner together
Cost: \$110

Whitby Putting Edge
Tuesday March 19th
10:00-3:00

Let's head out of town to enjoy an indoor mini golf game
Lunch is included.
Cost: \$180



Oshawa Centre Shopping
Tuesday March 26th
9:30-3:30

Let's head out of town and tackle some shopping.
Lunch is included.
Cost: \$175



All out of town trips include transportation departing from 270 Braidwood

Please register by December 21, 2023 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.

Contact

Lori Bell or Angie Keating to register

Lorib@Alternativesptbo.ca
Angiek@Alternativesptbo.ca

705-742-0806
ex 252 or 247

Meet Us



Did you know we broker Passport Funding?

Take the guess work out of managing your passport funding! We offer passport brokerage services and submit the paperwork and receipts, so you don't have to.

LOOKING FOR MORE INFORMATION ABOUT OUR OTHER AMAZING PORGRAMS?

- Building Bridges (ages 14-18)
- Advanced Skills (18+)
- Day Program (18+)
- Employment Supports (18+)
- Individualized Services (18+)
- Passports Brokerage (18+)



Contact

jackiec@AlternativesPtbo.ca
rickir@AlternativesPtbo.ca
torim@AlternativesPtbo.ca

Visit Us Today



270 Braidwood
Peterborough,
ON K9J 1V3



705-742-0806



www.AlternativesPtbo.ca