# DROP

## Daily Recreational Options Program



#### **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**

## **Tuesday**

## Wednesday

## **Thursday**

## 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



Check out our

**Tuesday Day Trips** 

on our Special

**Events page!!** 



#### 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 lets meet on Zoom for a hilarious night of trivia and games.
Cost:\$185/12 weeks

#### 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: \$430/12weeks

## 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

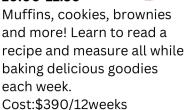
## Weekly Programs

#### 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



#### 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

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

## **January**

## **February**

### March

#### 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 sculped 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

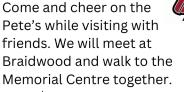
#### Dinner and a Movie Tuesday February 6th 3:30-7:30



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



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

#### 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

## 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

ALTERNATIVES COMMUNITY PROGRAM SERVICES **Visit Us Today** 









