

DROP

Daily Recreational Options Program



Autumn Session

Sept 30th- Dec 20th
2024

Alternatives

Our programs are designed to help everyone that comes through our doors 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 Sept 30-Dec 20th, 2024

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

Monday

YMCA Swim 9:00-10:00

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

Cost: \$280/11weeks



Sculpting with Meg 10:30-12:00

The very talented Megan Cole has returned to DROP! Using clay and different techniques and tools, you will create then glaze your masterpiece to be kiln fired.

Cost:\$480/11 weeks



Simple Meals 12:00-1:30

Simple and delicious; learn to cook uncomplicated and budget friendly meals. Each session is designed to enhance your cooking skills and boost your confidence in the kitchen. Bon appétit!

Cost:\$350/11 weeks

Martial Arts & Self Defense 2:00-3:00

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

Cost:\$430/11 weeks

Pool @ Riley's 5:00-6:00

Learn to break, hold a cue, sink balls into the pocket and socialize. Drink included.

Cost: \$340/11 weeks



Tuesday

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

Wednesday

Painting & Crafts 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

Dance! 11:00-12:00

We have teamed up with Velocity School of Dance for an exciting class at Braidwood.

Learn new dance styles including jazz and hip hop all while having fun with friends and listening to music.

Cost: \$340/12 weeks



Drama Club 12:30-2:00

We have partnered with a professional stage manager who is passionate about teaching the art of acting, and stage presence in a supportive environment.

So, step into the spotlight and let your imagination take centre stage as you get ready for an end of session performance

Cost: \$485/12 weeks



Music with Roy 2:00-3:00

This engaging and interactive class is perfect for aspiring musicians of all levels. This group will have you singing, playing and writing your own music.

Roy's expertise and passion for music will guide you every step of the way.

Cost:\$410 /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: \$355/12 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



Graphic Animation and Stop Motion 2:00-3:30

Learn to create stunning graphic art and animations utilizing software and design principals. Classes will be located downtown at Beofor Studios.

Cost: \$495/12 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

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:\$390/12weeks

Pizza & Switch

11:30-1:00

Let's get together for a round of Mario Kart while enjoying a pizza lunch! This event is open to all skill levels, so whether you're a seasoned racer or a complete beginner, you'll find plenty of fun!

Cost:\$ 355/12 weeks



Ways to Pay

- Passport Funding
- ODSP
- Personal Funds

Day Trips & Special Events

12 week sessions running from Sept 30-Dec 20th, 2024
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October

Dinner and a Movie Tuesday Oct 1st 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 Oct 17th 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

Staying Home Alone Course Monday Oct 21st & 28th 4:00-6:00



Working with Heffernan First Aid, become confident when staying home alone. Learn what to do in an emergency, safely go in and out of your home, discuss the emotions around being alone. Basic first aid and internet safety will also be covered.
Cost: \$125

Halloween Sweater Tuesday Oct 29th 10:00-2:00



Teaming up with Beofor Studios, this spooktacular event will have you designing and printing your own spooky sweatshirt to take home. Pizza lunch included
Cost:\$155

November

Dinner and a Movie Tuesday Nov 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

Canadian Automotive Museum Tuesday Nov 5th 9:30-2:00

Discover Canada's automotive history at the museum in Oshawa. The gallery includes vehicles throughout the ages going back to 1887!
Lunch is included
Cost: \$180



Animated Holiday Cards and Buttons Tuesday November 26th 9:30-12:30

Join us for a fun-filled morning of creativity and innovation as we dive into the world of animated holiday cards and buttons. With the expert guidance of Beofor Studios, you'll learn how to design and assemble your very own festive creations that not only light up but also feature delightful animations.
Cost: \$120



December

Dinner and a Movie Tuesday Dec 3rd 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

Dorothy in Wonderland Sunday Dec 8th 12:30-3:30

We will meet for lunch then head to the Peterborough Theatre guild to watch this hilarious production, where the worlds of OZ and Wonderland collide together.
Cost: \$80



Oshawa Centre Shopping Tuesday Dec 10th 9:30-3:30

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



All out of town trips include transportation departing from 270 Braidwood

Please register by September 20th, 2024 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

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Visit Us Today



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www.Alternativescommunityprogramservices.ca