DROP

Daily Recreational Options
Program



April 1st-June 20th 2025

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 April 1st-June 20th, 2025

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

Monday

Tuesday

Check out our

Tuesday Day Trips

on our Special

Events page!!

Wednesday

Thursday

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: \$260/10weeks

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:\$440/10 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:\$320/10 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:\$395/10 weeks

Men's Group 5:00 - 6:30 PM

Join us for a fun evening with the guys and explore new activities! Engage in axe throwing, darts, pool, and golf, among other exciting options.

Cost: \$500/10 weeks.

Breakfast Club 9:00-10:00

Let's share a light breakfast and exercise together. We will discuss the importance of a healthy lifestyle. Cost:\$385/12 weeks

Painting & Sketching 10:00-11:30

Learn a variety of painting techniques involving water colours & acrylic as well as different sketching styles utilizing various mediums. Instructed by a local artist. Cost: \$395/12 weeks

Dance! 11:30-12:30

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

Music 1:00-2:30

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.

The expertise and passion of our instructors will guide you every step of the way. Cost:\$485 /12 weeks

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: \$440/12weeks

Graphic Animation and Stop Motion

2:00-3:30

This course is perfect for budding artists and animators eager to explore the fascinating world of animation and stop motion. 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:\$600/12 weeks



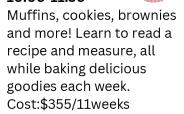
Weekly Programs

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Friday

Baking Buddies @ Braidwood 10:00-11:30



Pizza & Switch 12:00-1:00

Let's get together for a round of Mario Kart while enjoying a pizza lunch!
The 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:\$ 340/11 weeks





Ways to Pay

- Passport Funding
- ODSP
- Personal Funds

Day Trips & 12 week sessions running from April 1st-June 20th, 2025 Special Events Cost includes all program fees and staff support in a group setting

April May June

Dinner and a Movie Tuesday April 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 nearby restaurant for dinner together! Cost: \$115

Tiny greens and lunch Tuesday April 8th 11:30-1:30

Get creative and build your own unique succulent terrarium.

Lunch is provided.



Lunch and Lift Lock Escape Maze Tuesday April 8th 12:30-3:00

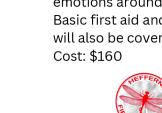
At Lift Lock Escape you will be placed into a story, in which you have to find hidden objects, figure out clues and solve puzzles using strategy, creativity, and logic.
Lunch is included.

Cost: \$75

CN Tower Tuesday, April 29th 9:00 AM - 4:00 PM

Experience the excitement of the CN Tower! Lunch is included.

Cost: \$270



Dinner and a Movie Tuesday May 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 nearby restaurant for dinner together.

Cost: \$115

Toronto Zoo Tuesday May 20th 9:00-3:30

Let's explore the Toronto Zoo.

Lunch is included. Cost:\$240

Staying Home Alone Course Wednesday May 7th, 14th, 21st 4:15-6:15

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.

Dinner and a Movie Tuesday June 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 nearby restaurant for dinner together.

Cost: \$115

Kawartha Settlers Village Tuesday June 10th 9:00-1:30

Take a step back in time as we visit this historic village in Bobcaygeon. Experience what life was like for pioneers in the Kawarthas. A picnic lunch will be provided Cost: \$140

Self-Care Day Date: Tuesday, June 17th 11:00-1:30



Come and indulge in some self-care as we enjoy a relaxing nail session at The Ten Spot! We'll have lunch together afterwards at Cora's Cost: \$115 for manicure and lunch. \$135 for pedicure and lunch.

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+)



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ALTERNATIVES

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