

DROP

Daily Recreational Options Program



Spring Session
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

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.

Tuesday

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



Wednesday

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



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: \$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



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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:\$355/11weeks

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 & Special Events

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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.

Cost: \$85



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.

Cost: \$160



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

Please register by March 21st, 2025 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.Alternativescommunityprograms-services.ca