

D R O P

Daily Recreational Options Program

ALTERNATIVES
COMMUNITY PROGRAM SERVICES



Spring
Session
April 6th-
June 26th
2026



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.

Weekly Programs

12 week sessions running from April 6th-June 26th, 2026

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

Using clay and different techniques and tools, the very talented Megan Cole will instruct you to create then glaze your masterpiece to be kiln fired.

Cost:\$480/11 weeks

Pizza & Switch

12:00-1:30

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

Martial Arts & Self-Defense

2:00 - 3:00

We have partnered with a certified instructor to help you develop martial arts and self-defense skills. This program is designed for individuals of all fitness levels.

Cost:\$485/11 weeks



Tuesday

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



Wednesday

Beyond the Brush: Painting and Sketching

9:30-11:00

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: \$410/12 weeks

Dance!

11:00-12:00

Join us for a dance class at Braidwood with Velocity School of Dance. Learn jazz and hip hop while enjoying music and fun with friends.

Cost: \$340/12 weeks.



Yoga with Gavin

12:30-1:30

This welcoming space requires no experience and focuses on simple stretches, calming breathing techniques, and guided relaxation to reduce stress and enhance body awareness.

Cost:\$345

Afternoon Adventures: Spring Edition

1:30-3:00

Join us for a season brimming with excitement! Participate in a variety of activities, including:

- Playing a game of pool
- Visiting a cozy coffee shop
- Bowling with friends
- Experiencing virtual reality games
- Exploring local museums
- Hiking scenic trails

Each week offers a distinct activity designed to keep you engaged all spring long.

Cost: \$420/12 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

Creative Art Club

2:00-3:30

This course is perfect for all budding artists, Comic and Animation fans. Learn how to create your very own Action Figures, Comic Strips, Greeting Cards, Buttons, Stickers, Characters/Creatures, Movies, Computer Animations, and more. Classes will be located at Beofor Studios Inc. at their downtown Studio.

Cost:\$495/12 weeks



Restaurant Etiquette

4:00 to 5:30

Each week, participants will enjoy a social gathering at a different restaurant, providing an opportunity to become comfortable in various dining settings.

Cost: \$620/12 weeks



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Friday

Bake it 'till you make it

10:00-11:30

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

Cost:\$385/12weeks



Easy Does It: Everyday

Meals

12:00-1:30

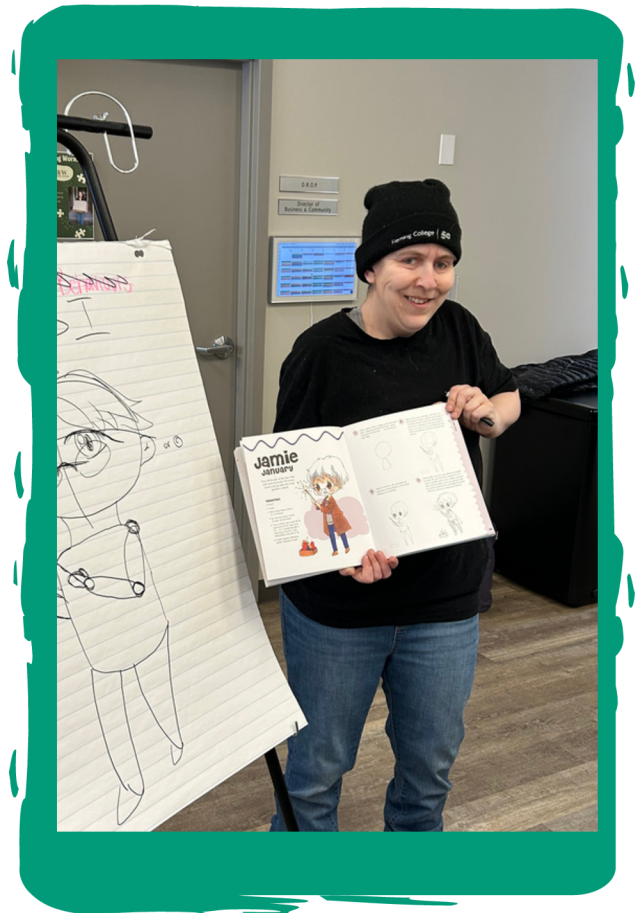
Simple and delicious; learn to cook uncomplicated and budget friendly meals.

Each session is designed to enhance your cooking skills and boost your confidence in the kitchen. Bon appétit!

Cost:\$380/12 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 7th 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

Sign Making Workshop Tuesday April 28th 10:00-12:00

Join us for a creative and fun-filled workshop where Heather, of The Painted Pine will guide guests step by step in completing their own beautiful painted sign. Participants of all experience will learn paint and stenciling techniques, as well as finishing touches to create a custom piece they'll be proud to display at home.
Cost: \$25

Royal Ontario Museum Tuesday April 21st 9:00-5:00

Dinosaur bones, fossils and artifacts from ancient civilizations are just a few of the things we will see as we explore ROM in Toronto. Lunch is included.
Cost: \$215



Dinner and a Movie Tuesday May 5rd 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

Sweet Fern Floral: Floral Arrangement Tuesday May 19th 10:00-11:00



Join us for an engaging spring floral workshop where you can design and arrange your very own fresh floral masterpiece in a mason jar from the guidance of Sweet Fern Floral. This experience will help you build confidence while unlocking your creativity and self-expression through flowers!
Cost: \$20

Toronto Zoo Tuesday May 26th 9:00-3:30

Let's explore the Toronto Zoo. A picnic lunch is included.
Cost: \$240



Dinner and a Movie Tuesday June 2nd 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

Activate and Mandarin in Pickering Tuesday June 9th 9:30-3:30

Step into the excitement at the world's first active gaming facility, where you take on the role of the player. Leap, climb, tackle challenges, as you navigate through various activities. Guaranteed an adventure packed with adrenaline. Afterwards we will enjoy a lunch buffet at the Mandarin.
Cost: \$245

Landmark Cinema Tuesday June 16th 1:00-6:30

Together, we'll travel to Whitby for a late lunch, followed by a movie in their premium seating.
Cost: \$200

****Departure times may be adjusted as movie times become available closer to event date****

All out of town trips include transportation departing from 270 Braidwood

Please register by March 20th 2026 to avoid disappointment

Payments will be due upon receiving invoice

Minimum 4 participants required for programs to run

HOW TO GET STARTED

Meet Us



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 14-21)
- 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