

DROP

Daily Recreational Options Program

ALTERNATIVES
COMMUNITY PROGRAM SERVICES

Summer
Session
July 5th-
Sept 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

11 week session running from July 5th-Sept 26th, 2026

****No groups the week of July 27th-August 3rd****

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

Monday

Tuesday

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: \$235/9weeks

Martial Arts & Self-Defense 10:30 -11:30

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:\$400/9 weeks

Mall Lunch Social

11:45-12:45

We will meet at Lansdowne Place for lunch and a visit with friends.

Lunch is included.

Cost: \$325/9 weeks

Live Music @ The Silver Bean

1:00-2:00

This is an excellent opportunity to immerse yourself in the vibrant local music scene while enjoying a refreshing beverage while socializing with friends.

Cost: \$310/9 weeks



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

Downtown Market

9:00 – 11:00

We will meet at Braidwood before heading downtown for a drink at either Silverbean or Starbucks, followed by an exploration of the market.

Cost:\$430/11 weeks



Dance!

11:30-12:30

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: \$330/11 weeks.

Afternoon Adventures:

Summer Edition

1:00-3:00

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

- Go to the beach
- Ice cream
- Outdoor games
- Bowling with friends
- Exploring local museums
- Hiking scenic trails

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

Cost: \$420/11 weeks



Mall Social

9:45-10:45

Let's meet at Lansdowne Place and visit with friends. Drink and light breakfast included.

Cost: \$340/11 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:\$430/11 weeks



Lunch Social

12:30-1:30

Let's meet for lunch after bowling at a nearby restaurant.

Cost: \$430/11weeks

Yoga with Gavin

2:00-3:00

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:\$320/11 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: \$595/11 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:\$356/11weeks



Pizza and Switch

11:30-1:00

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:\$ 335/11 weeks



Ways to Pay

- Passport Funding
- ODSP
- Personal Funds



Day Trips & Special Events

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July

Dinner and a Movie

Tuesday July 8th

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: \$120

Cedar Park Resort in Bowmanville

Tuesday July 14th

9:30-3:00

Waterslide, splash pad and pools. There's something for everyone on this trip. Lunch is included

Cost: \$175

Candle Making

Tuesday July 21st

10:00-12:00

Learn the basics of candle making. Customize your own candle from start to finish by selecting your own scents, melting and pouring natural soy wax, placing wicks and decorating with pressed florals, stickers, glitter, sprinkles and other creative embellishments for a truly one-of-a-kind design.

Cost: \$80

August

Dinner and a Movie

Tuesday Aug 4th

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: \$120

Cobourg Beach

Tuesday August 18th

9:30-2:30

Let's soak up the summer sun and have a dip in beautiful lake Ontario. Bring your sunscreen, sunglasses, and a sense of adventure! We'll have beach games, a picnic with delicious snacks, and plenty of time to relax on the sand.

Cost: \$125

The Big Apple

Tuesday August 25th

9:00-2:00

Discover the Big Apple in Colborne! Enjoy a round of mini golf, visit the petting zoo, and savor lunch from a variety of food vendors. 5 hours.

Cost: \$170

Sept

Dinner and a Movie

Tuesday September 8th

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: \$120

Langley Camp

Tuesday September 15th

Time 10:00-2:00

Join us for a fun outdoor adventure at Langley Park Scout Reserve! Enjoy the day around the campfire as we cook our meal over the open fire, explore the property and learn about nature through plant and tree identification activities. There will also be games, laughter, and perhaps a campfire singalong!

Cost: \$100

Little Canada

Tuesday September 29th

8:30-4:30

Discover the magic of Canada in miniature at Little Canada — one of Toronto's most unique and immersive attractions. This indoor attraction offers a fun, interactive experience where you can explore miniature versions of our country through detailed miniature landscapes, iconic landmarks, animated cityscapes, and thousands of tiny moving figures.

Cost: \$250

All out of town trips include transportation departing from 270 Braidwood

Please note
There are no groups the week of
July 27th-August 3rd

Please register by June 19th 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.Alternativescommunityprograms.ca