



# ALTERNATIVES COMMUNITY PROGRAM SERVICES

EST. 1986



## MARCH 2026 NEWSLETTER

[www.alternativescommunityprogramservices.ca](http://www.alternativescommunityprogramservices.ca)







# Christmas Concert



Our annual Christmas Concert filled the room with music, laughter, and pure holiday magic. Clients took to the stage with confidence and joy, performing a wonderful mix of festive songs that had everyone smiling from ear to ear. From classic carols to upbeat holiday favourites, each performance brought its own sparkle. It was a heartwarming celebration of talent, community, and the spirit of the season — a perfect way to kick off the holidays together.

# Santa for Seniors



Highland Park Funeral Centre & Cemeteries proudly hosted a Santa for Seniors collection, and the Alternatives team was thrilled to participate.

We shopped for local seniors to help make their holidays a little brighter.



# Staff Holiday Dinner



Alternative's staff members gathered for a festive holiday celebration filled with great food, laughter, and a well-deserved chance to unwind. It was a cheerful way to wrap up the year and celebrate everyone's hard work. Here's to an exciting year ahead!

# Gift Wrapping



Spreading holiday cheer in support of Big Brothers Big Sisters Peterborough! Our amazing Alternatives staff rolled up their sleeves and volunteered their time to wrap gifts for this year's festive fundraiser. The room was buzzing with joy, teamwork, and the spirit of giving — a wonderful way to make the season brighter for our community.

Shoutout to Ricki C, Ricki-Anne, Lori, Jackie, Kristy W, and Keith for their wrapping skills!

# Public Skate



We were excited to sponsor a free community skate at the Miskin Law Community Complex, where families and neighbours hit the ice for a fun, festive afternoon. The rink was full of laughter, energy, and holiday spirit!



## Alternatives Community Program Services

- Est. 1986  
"Building Community for Belonging, Acceptance and Growth"
- Adult Day Program
  - Employment Supports
  - Community Participation Supports
  - Transition Planning
  - Individualized Supports
  - Passport Brokerage
  - Daily Recreation Options Program

For more information visit [www.alternativescommunity.org](http://www.alternativescommunity.org)



# Polar Plunge

The Alternatives team made a splash on Sunday, February 1, 2026, taking the plunge in support of the Redpath Wellness Centre.



Their courage—and impressive tolerance for icy waters—helped drive meaningful impact for an important cause.

A heartfelt thank-you to everyone who donated, encouraged, and cheered them on. Your support made all the difference and the team was able to raise \$1,325 in support of Redpath Wellness!



# Valentine's Party



XOXOXO



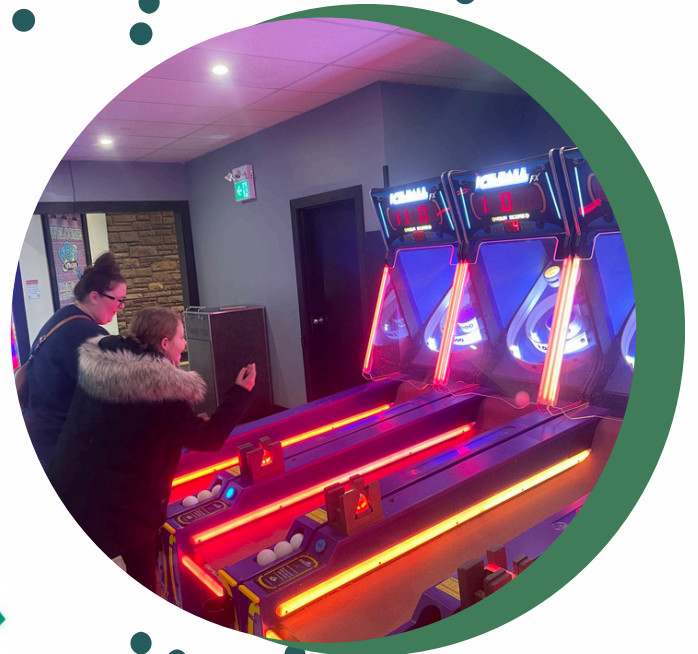
Our Valentine's Party on Friday the 13th was anything but spooky! Everyone enjoyed a fun, feel-good afternoon with pizza, karaoke, and plenty of laughs! From heartfelt love songs, to bold sing-alongs, the energy was warm, lively, and full of Valentine's spirit.



# CPSS and SIL Program Adventures

CPSS and SIL continue to stay active in the community, taking part in a variety of enjoyable group activities.

Recent outings have included trips to Neb's Fun World for arcade games and other recreational fun, shared meal outings at local restaurants, and cooking groups where participants work together to prepare meals, learn new skills, and enjoy the social time.



# Pink Shirt Day



Pink Shirt Day on February 25 brought a bright pop of colour and a powerful message to our community. By wearing pink, we joined a nationwide stand against bullying and celebrated kindness, inclusion, and looking out for one another. A small act, a big impact—and a great moment to capture in photos.





# Pancake Day



Pancake Tuesday brought delicious energy from the Day Program as the team whipped up an impressive spread of fluffy pancakes. Staff and participants filled the space with laughter, syrup, and plenty of second helpings. The highlight of the morning was Denise's creation: a perfectly crafted Alternatives-themed pancake that stole the show and added an extra dash of fun to the celebration.

# Empty Bowls

Members of the Alternatives leadership team were proud to attend the 22nd annual Empty Bowls event on February 27. This long-standing community fundraiser now supports One City's daily meal program, which serves more than 250 meals each day. It was a meaningful afternoon and an honour to stand behind a cause addressing real hunger in our community.





# One Million Meals

Get ready for an inspiring community event as One Million Meals Peterborough returns on Saturday, April 11, hosted at Rhema Christian School.

Volunteers from across the region will come together to pack 73,360 meals—a milestone that would push the initiative past one million meals packed for people in need. It's a high-energy, family-friendly day built around teamwork, impact, and the joy of giving back. Join the movement, lend a hand, and be part of local history in the making!



**Let's Get Packing!**



If you can't attend but still want to make an impact, donations are a meaningful way to help provide meals for communities facing food insecurity. Contributions of any size directly support the meal-packing efforts and help push the initiative toward its million-meal milestone.

Simply scan the QR code here or visit:

<https://www.zeffy.com/en-CA/team/team-alternatives>

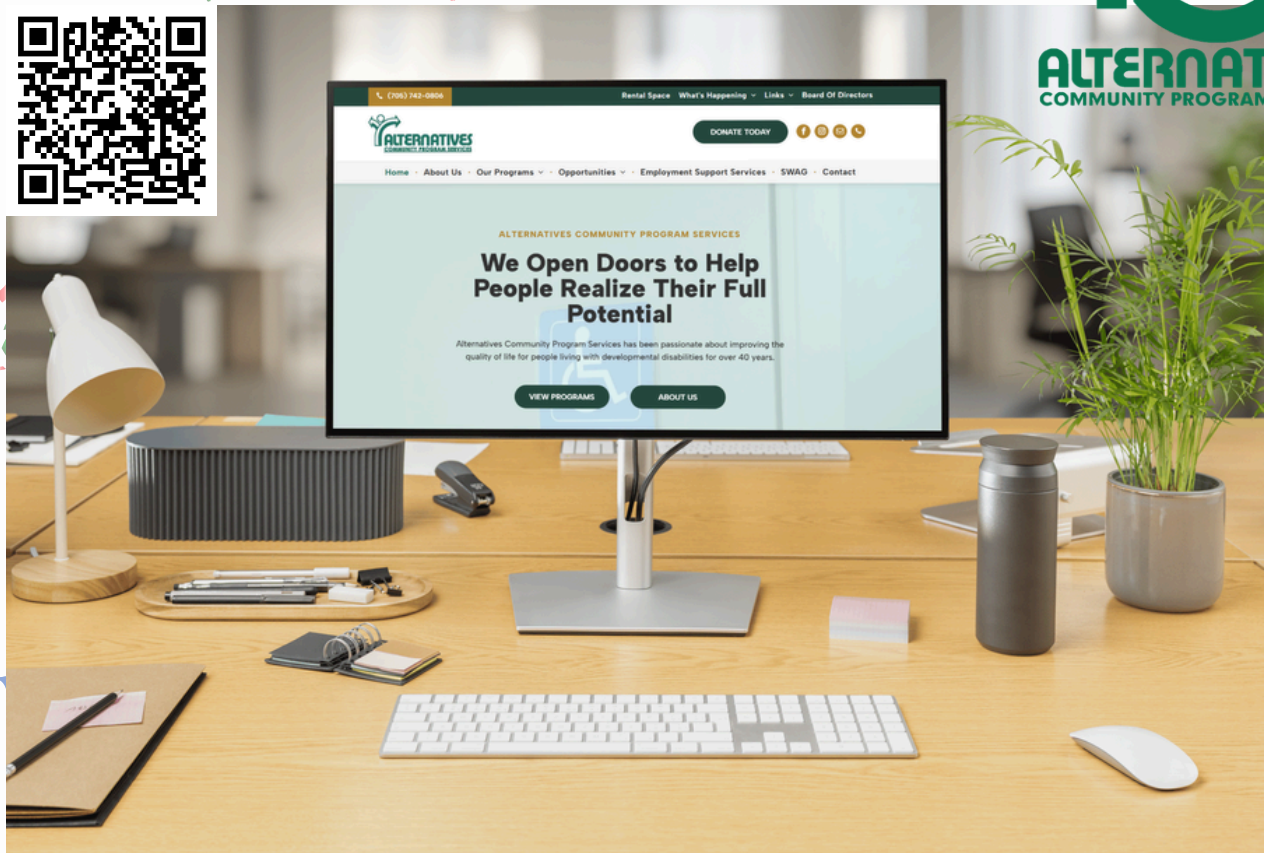




# Website Launch!



Scan here to check it out!



As we welcome 2026, we're excited to celebrate a milestone that means so much to all of us at Alternatives: 40 years of impact, innovation, and community. For four decades, people have come together through our programs to create meaningful change and open doors to new possibilities. To mark this special anniversary, we're thrilled to introduce our brand-new website—a fresh, modern space that reflects who we are today and the vibrant future we're building together. A few sections are still being updated, but we invite you to explore, discover what's new, and see how we're evolving. Your engagement has always guided our growth, and this next chapter is no different.

Visit the new site:

<https://www.alternativescommunityprogramservices.ca/>





# Good News Stories!

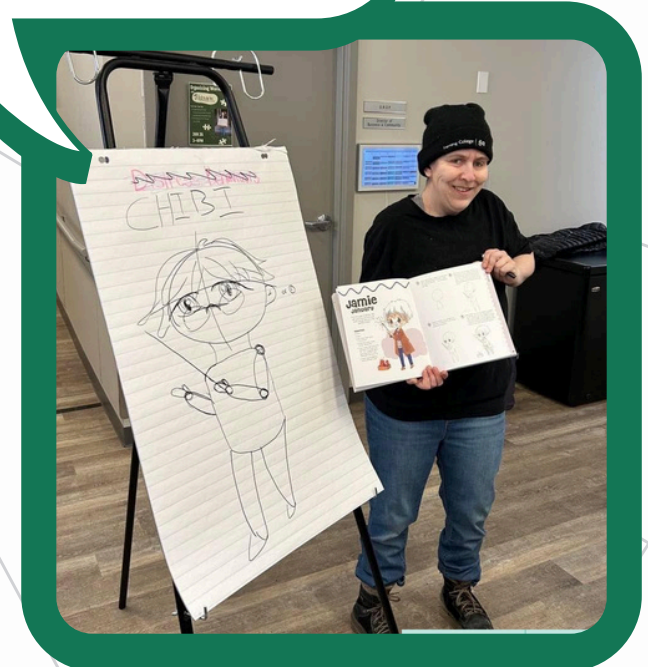
A group of individuals from the Advanced skills program has independently created their own monthly group where they pick a different restaurant to enjoy together!

A volunteer has been running accessible yoga and bowling in Day Program!  
All participants are loving it and participating actively!

A weekly cooking group hosted by our Day Program staff is helping clients build independence, strengthen kitchen safety skills, and have fun while they cook!

The Drop Group is thriving!  
Our drawing circle has come full circle—  
one talented student has become the teacher! Creativity at its best!

An individual from Employment Supports has secured a full time job after lots of hard work and dedication to the job search process!  
Many others have secured part time work!  
Woohoo!!



# Thanks for reading!



Our next quarterly issue will arrive in  
June—see you then!



Charitable Gaming aims to provide stable, consistent, and direct fundraising opportunities for organizations that support programs and services in communities across the province.

