

DROP

Daily Recreational Options Program



Winter Session
Jan 5th-Mar 27th 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 Jan 5th-March 27th, 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

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:\$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

Virtual Reality Experience

3:30 PM - 4:30 PM

Join us at Another World VR Arena for an immersive adventure that includes puzzle-solving challenges, encounters with zombies, and creative VR simulations.

Cost: \$350/11 weeks

Tuesday

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



Wednesday

Painting

9:30-10:30

Join our painting class where creativity flows, colours pop and every canvas becomes your own masterpiece. No experience required-just bring your imagination.

Cost: \$280/12 weeks



Dance!

10:30-11:30

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: \$340/12 weeks.

YMCA Gym & Swim

12:00-1:30

We will spend the first half of the group getting active in the gym or working out - then we will hop in the pool for a swim.

Cost: \$370/12 weeks

Amped up Music

2:00-3:30

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 instructor, Roy will guide you every step of the way.

Cost:\$485 /12 weeks

Men's Group with Ed and Abhi

Time: 5:30 PM - 7:00 PM

Come out for an exciting evening with the guys! Activities include: Axe throwing, billiards, martial arts and Nintendo Switch.

Cost:\$475 for 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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January

Dinner and a Movie

Tuesday Jan 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



Trampoline Park & Reptlia Zoo

Tuesday January 20th

9:30-4:00

We will start this exciting day at Reptlia, an indoor reptile zoo in Whitby. Then we will head next door to Flying Squirrel Trampoline Park. Lunch is included.
Cost: \$225

Peterborough Petes

Thursday January 22th

6:30-9:30

Come and cheer on the Pete's while visiting with friends. We will meet at Braidwood and walk to the Memorial Centre together.
Cost: \$65



February

Dinner and a Movie

Tuesday Feb 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



Playdium in Whitby

Tuesday February 10th

2:00-7:30

Playdium in Whitby offers an exciting escape filled with fun and adventure. With its extensive array of arcade games, it's the perfect spot to unleash your inner gamer. If you are feeling extra adventurous you can try out the thrilling rope course. 20-feet off the ground that tests your balance and agility. Dinner is included.
Cost: \$210
Cost with rope course: \$225

Virtual Reality and Dinner

Tuesday, February 24th

4:00-7:00

Join us at Another World VR Arena for an immersive experience filled with puzzle-solving adventures and creative simulations. Dinner will follow the activities.
Cost: \$75

March

Dinner and a Movie

Tuesday March 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



Oshawa Mall

Tuesday March

9:30-3:30

Whether you're looking to refresh your wardrobe or simply enjoy a day out, this shopping excursion offers something for everyone. Lunch is included.
Cost: \$175

Museum of Natural History

Tuesday, March 24th

9:30-2:30

Join us as we explore a fascinating array of exhibits at the Museum of Natural History in Trenton, including whale skeletons, dinosaur casts, fossils, and much more!
Lunch included.
Cost: \$175

All out of town trips include transportation departing from 270 Braidwood

Please register by Dec 12th, 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 14-21)
- 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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