

DROP

Daily Recreational Options Program

ALTERNATIVES
COMMUNITY PROGRAM SERVICES



Fall
Session
Sept 28th-Dec
18th
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 session running from Sept 28th- Dec 18th, 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

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:\$350/11 weeks

Movie Club 2:00-4:00



Hosted at Beofor Studios, watch a different genre each week and discuss favourite scenes and characters afterward. Make arts and crafts during the film. Help choose future movies. Snack and drink included.

Cost:\$495/ 11 weeks

Pool @ Riley's 5:00-6:00

Learn how to break, hold a cue, sink balls, and socialize. A drink is included.

Cost: \$375 for 11 weeks

Tuesday

American Sign Language 9:30-10:30

Learn the basics of sign language in this fun engaging class. You'll learn useful everyday signs, practice communication and build confidence in a supportive, welcoming class. No experience is needed—just bring your curiosity and enjoy learning together.

Cost: \$345/12 weeks

Yoga and Mindfulness with Gavin 11:00-12:30

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:\$480/12 weeks

Martial Arts & Self-Defense 1:00 -2:00

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

Cost:\$570/12 weeks



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! 11:30-12:30

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: \$360/12 weeks.



Craftopia 1:00-2:30

Who enjoys crafting? We certainly do! In this session, we will concentrate on creations inspired by fall and the holiday season. Roll up your sleeves and let's unleash our creativity together.

Cost: \$420/12 weeks

Gaming 2:30-3:30

Join our gaming group and enjoy virtual reality adventures and Nintendo Switch games in a fun, social setting. Whether you're new to gaming or already a fan, come connect with others, try something new, and have fun.

Cost:\$300/12 weeks



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Thursday

Mall Social

9:45-10:45

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

Cost: \$365/12 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: \$440/12 weeks

Afternoon Adventures:

Fall Edition

2:00-3:30

Play pool, go bowling, hang at the mall, crafts, baking and seasonal activities around the city. Each week will be different and fun. Guaranteed to keep you busy!

Cost: \$440/12 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: \$630/12 weeks



Friday

Bake it 'till you make it

9:00-10:30

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

Cost: \$385/12 weeks



Karaoke

11:00-12:30

Sing your favourite songs and enjoy music with others.

Build confidence in a fun, friendly, and supportive setting.

Everyone is welcome to join in!

Cost: \$300/12 weeks

Pizza and Switch

12:30-2:00

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: \$365/12 weeks



Ways to Pay

- Passport Funding
- ODSP
- Personal Funds

Day Trips & Special Events

12 week session running from Sept 28th- Dec 18th, 2026

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October

Dinner and a Movie

Tuesday Oct 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: \$120

Stillbrook Riding Stables

Saturday Oct 17th

1:00-4:00

Enjoy a guided ride through the countryside of Keene. Experience horseback riding in a relaxed, supportive setting.

Cost: \$160

Vanderview Farms

Tuesday Oct 20th

9:30-12:30

Celebrate the season with a trip to Vanderview Farms in Norwood for a fun corn maze adventure! Pick up a pumpkin or some gourds to brighten your home.

Cost: \$90



Improv with Linda Kash

Tuesday Oct 27th

10:00-11:30

Come and explore the world of improvisation with Canadian Actress, Linda Kash. Build confidence, encourage collaboration while having a whole lot of laughs, guaranteed

Cost: \$25

November

Dinner and a Movie

Tuesday Nov 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: \$120

Canadian Tank Museum in Oshawa

Tuesday Nov 10th

10:30-3:00

Explore a large collection of tanks, armoured vehicles, weapons, uniforms, and artifacts. Learn about Canada's military contributions from WWI through modern operations.

Lunch included

Cost: \$180

Oshawa Centre Shopping

Tuesday November 24th

9:30-3:30

Let's head out of town and tackle some holiday shopping.

Lunch is included.

Cost: \$185



December

Cookie Decorating

Tuesday Dec 1st

9:00-11:00

Join us for a morning of holiday cookie decorating with Emily Mae's Cookies and Sweets.

Cost: \$30



Holiday Sign Making

Tuesday Dec 1st

11:30-1:30

Join Heather from The Painted Pine for a step-by-step workshop to create your own holiday painted sign. Learn painting and stenciling techniques. All skill levels welcome.

Cost: \$60



Dinner and a Movie

Tuesday Dec 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: \$120

Holiday Manicure

Tuesday Dec 16th

10:00-1:00

Get into the spirit of the season with a holiday mani or pedi! A fresh set of nails is the perfect way to complete your look. Lunch included.

Cost: \$125



All out of town trips include transportation departing from 270 Braidwood

Please register by Sept 18th 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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