



Connex Activity	Description	Fee
Bowling	Join Connex in going bowling at Bowlerama, where you can take part in 5 or 10 pin bowling with a group.	\$10 + \$18 Support fee
Bingo	Join a group at Connex to play Bingo! There are prizes available for those who get winning rows.	\$5 + \$18 Support fee
Movie at the Galaxy	Come with Connex to see a movie at the Galaxy Cineplex in Peterborough.	\$15 + \$18 Support fee
Coffee & Social	Come to Connex for coffee, juice or water and chat with your friends and the group.	\$5 + \$18 Support fee
Tai Chi	Join Connex as two instructors come in and show us how to perform tai chi (done in chairs so those in wheelchairs can be included also).	\$9 + \$18 Support fee
Intro to Photography	Come to Connex as a guest comes in to show us how to take proper pictures and then go outside with us and take your own. Facilitator is Barry Challice.	\$10 + \$18 Support fee
Crafts at Connex	Come to the Connex space and take part in whatever crafting activities we have running during the allotted times.	\$30 + \$18 Support fee
Pet Therapy	Join us as a different pet comes in each week for us to pet and then have conversations with the rest of the Group.	\$5 + \$18 Support fee
Lunch Out	Join us as we explore the variety of restaurants around our lovely city, test your pallet and try something New.	\$30 + \$18 Support fee
Chapters	Joins us as we walk around Chapters and look at the different books and other items that Chapters has for sale. Includes a coffee or beverage of your choice.	\$5 + \$18 Support fee
Intro to Loom Knitting	Join Connex as we follow instructions on how to Loom Knit.	\$20 Supply fee + \$18 Support fee
Scrapbooking	Bring your pictures to Connex as we guide you on how to make a scrapbook of your own to keep your memories forever.	\$5 + \$18 Support fee
Men's Group	Come to Connex to connect with other men and have a conversation together.	\$5 + \$18 Support fee
Petes Games	Join Connex as they cheer on their hometown hockey team, the Peterborough Petes.	\$25 + \$18 Support fee
Independent Living	Join us as we work through the important skills needed for independence within your home and community. We Will work through skills such as developing a budget, creating grocery lists/meal plans and making/attending Medical appointments, plus any other skills the group want to work through.	
Pool at Petrina's	Includes a pop and one refill. We learn the art of playing pool and enjoy light conversation with new people.	\$5
Spa	Come get pampered. Hair, nails, make-up tutorials. We provide the necessities.	\$10
YMCA	Join us in either the pool, work-out room or multi-purpose gym.	\$10
Music Trivia	Join us as we play songs from the 50's, 60's, 70's and 80's and reminisce about the 'Good Ol' Days'.	\$5
Activity Haven	Join us as we take in music from the Activity Haven Choir. Coffee, tea and cookies are served at Approximately 10:30.	\$5