



THERAPEUTIC RECREATION

program guide

October - December
2020

PARENT & TOT MUSIC THERAPY

Inspired Sounds Music Therapy wants to make music with you, virtually! Join us Wednesday mornings to reduce stress, boost positive energy and get your body grooving. If there is something your little one wants to hear, talk with JMCC Recreation Therapist Mallory to put in your request.

CRITERIA: Toddler must attend with a parent or guardian. All abilities welcome!

AGES: 0 to 6 years

WHEN: TUESDAYS, 6 to 6:30 p.m.
October 6 - November 10

WHERE: Zoom

COST: \$30



ADVENTURE EXERCISE

Let's make exercise fun while using our imaginations! Taking all safety precautions, we will get together and our Recreation Therapist will take us on weekly interactive exercise adventures. We may travel to outer space, or perhaps even take an under water adventure.

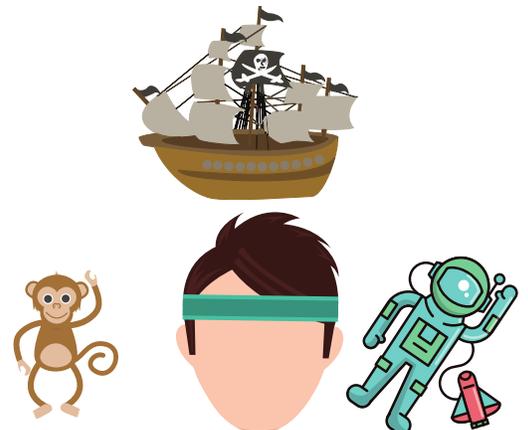
CRITERIA: Willingness to participate in light exercise with an open and creative mind.

AGES: 6 to 13 years

WHEN: MONDAYS 4:30 to 5 p.m.
October 12 through October 26

WHERE: JMCC Gym

COST: No cost



BOYS CLUB

Join like minded, cool guys to play games and talk about what it's like being a guy. In this group, we will explore everyone's unique abilities, promote positive self-esteem and confidence and make some new friendships.

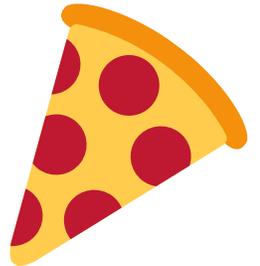
CRITERIA: Willingness to participate in group activity. Guys only!

AGES: 14 to 21 years

WHEN: WEDNESDAYS 4:30 to 5:30 p.m.
October 14 through October 28

WHERE: JMCC Gym

COST: \$5



LET'S GET CRAFTY

Teaming up with Occupational Therapy, this craft group will work on fine motor skills while creating beautiful masterpieces that participants will be able to bring home and show off to their families. Each week will provide a different theme to keep the sessions exciting and fun. Maximum number of participants for this group is 6.

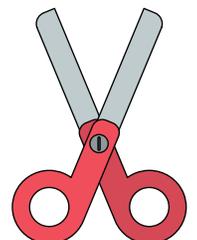
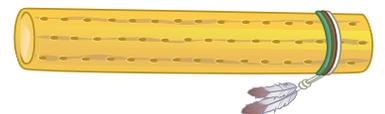
CRITERIA: Willingness to participate in arts and crafts and ability to follow instructions.

AGES: 5 to 8 years

WHEN: WEDNESDAYS 4:30 to 5:30 p.m.
November 4 through November 25

WHERE: JMCC Gym

COST: \$8



VIRTUAL PUMPKIN DECORATING

Let's come together online for some Halloween fun! Dressing up in our favourite costumes or wearing black and orange we will listen to our favourite festive tunes while decorating pumpkins.

CRITERIA: Willingness to participate in virtual activities.

AGES: ALL AGES

WHEN: THURSDAY 6 to 6:30 p.m.
October 21

WHERE: Zoom

COST: Families will be responsible for their own supplies.



ONLINE SCAVENGER HUNT

Let's go on a treasure hunt! Each week will have a theme of different treasures to be found around your own house. Once the treasures are found, each participant will have the chance to share with the virtual group what they found. This activity will promote creativity, build problem solving skills and boost self-esteem through peer interaction.

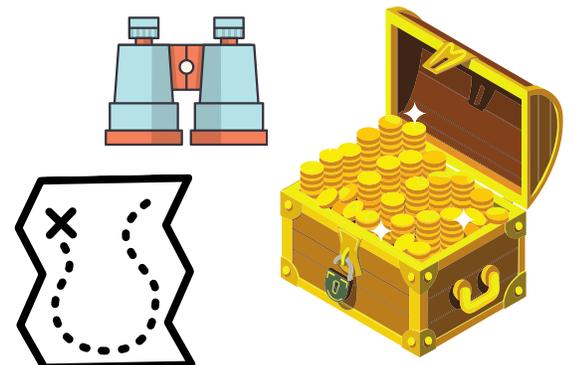
CRITERIA: Willingness to participate in virtual activities and ability to follow instructions.

AGES: 6 to 12 years

WHEN: TUESDAYS, 6 to 6:30 p.m.
November 3 through December 8

WHERE: Zoom

COST: No cost.



DRAMA AND STORY PLAY

Join us on a journey as we step into the world of some familiar stories and create new ones of our own. Participants can expect to play, create, learn and of course, have fun!

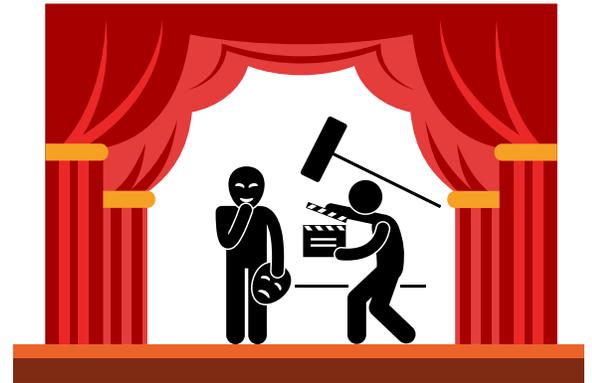
CRITERIA: Willingness to participate in virtual activities and ability to follow instructions. All abilities welcome!

AGES: 13 to 19 years

WHEN: MONDAYS, 6 to 6:30 p.m.
November 2 through December 7

WHERE: Zoom

COST: No cost.



VIRTUAL HOLIDAY SING ALONG

What better way to get into the Holiday spirit than coming together virtually for some festive Karaoke and Caroling. If there is a specific song you wish to sing, let our Recreation Therapist know ahead of time.

CRITERIA: Willingness to participate in a virtual activity. All abilities welcome!

AGES: All Ages

WHEN: THURSDAY, 5 to 5:30 p.m.
December 17

WHERE: Zoom

COST: No cost.



HOLIDAY TRIVA NIGHT

How many snowballs make up Frosty? Whats Rudolf's favourite snack? Let's put our Holiday knowledge to the test with some fun online trivial

CRITERIA: Willingness to participate in virtual activities and ability to follow instructions. All abilities welcome!

AGES: 7 to 15 years

WHEN: TUESDAY, 5:30 to 6 p.m.
December 8

WHERE: Zoom

COST: No cost.



FUN WITH MUSIC AND ART

Both music and art are great ways to relax, reduce stress, and boost positive self-esteem. This program will allow participants to get creative while listening to different sounds and their favourite songs.

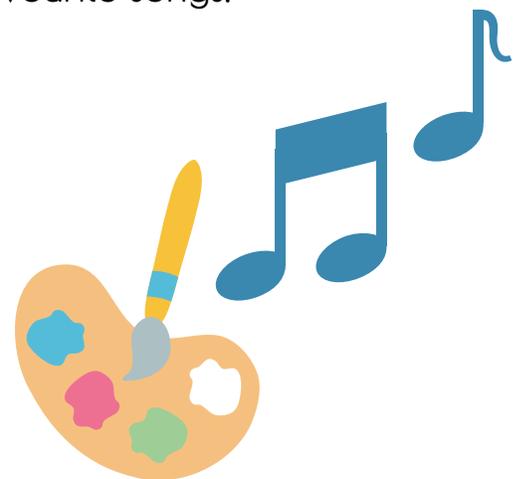
CRITERIA: Ability to follow instructions.

AGES: 10 to 16 years

WHEN: THURSDAYS, 5 to 5:30 p.m.
October 15 through November 19

WHERE: JMCC Gym

COST: No cost.





Mallory Reiner
JMCC Recreation Therapist



519-252-7281 ext. 523



Mallory.Reiner@jmccentre.ca

REGISTRATION + ADDITIONAL INFORMATION

For more information about any of our JMCC therapeutic recreation programs or other inclusive recreation opportunities in Windsor-Essex County, please contact Mallory Reiner, JMCC Recreation Therapist.

Mallory facilitates JMCC programs to enable children and youth to achieve quality of life and optimal health through meaningful participation in recreation and leisure. She is also available for one-on-one sessions with clients by appointment.

Mallory has developed many strong partnerships with community members and organizations and is able to help families navigate what community programs are suitable for each individual child. She also assists with eliminating barriers and making necessary adaptations to allow for full community participation.