



# THERAPEUTIC RECREATION

program guide

October - December  
2020

# Therapeutic Recreation HEALTH DOMAINS

## social health

- encourages social interaction in a fun + non-threatening environment
- maintains + increases a level of socialization
- encourages sharing of thoughts + opinions with others

## emotional health

- provides an opportunity for clients to express thoughts + feelings through creative process
- promotes feelings of accomplishment
- promotes a healthy expression of emotions

## spiritual health

- provides an opportunity to engage in spiritual uplifting in a non-threatening environment
- helps manage stress + anxiety
- promotes self-expression

## physical health

- provides exercise that is fun, safe + appropriate for all levels of cognitive + physical ability
- promotes physical activity by providing opportunities to engage in simplified + adapted activities that use familiar sports equipment

## cognitive health

- encourages thought processes involving strategic thinking, logic + decision-making
- maintains + improves long-term + short-term memory
- encourages sharing of thoughts, opinions + prior knowledge on familiar subjects

JMCC's recreation therapist incorporates these health domains into the design of each therapeutic recreation program.



## 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.

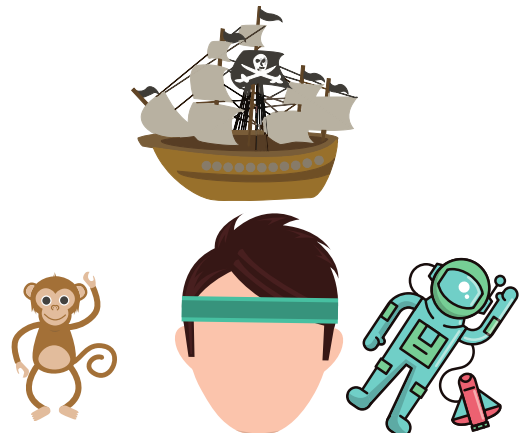
**CRITERIA:** Willingness to participate in light exercise with an open and creative mind.

**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.

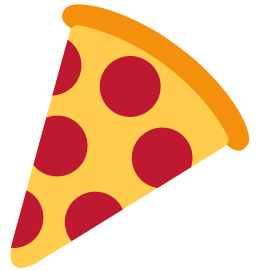
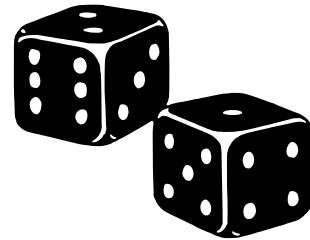
**CRITERIA:** Willingness to participate in group activity. Guys only!

**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.

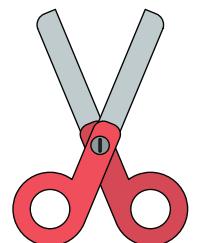
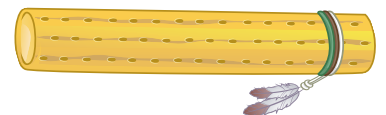
**CRITERIA:** Willingness to participate in arts and crafts and ability to follow instructions.

**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.

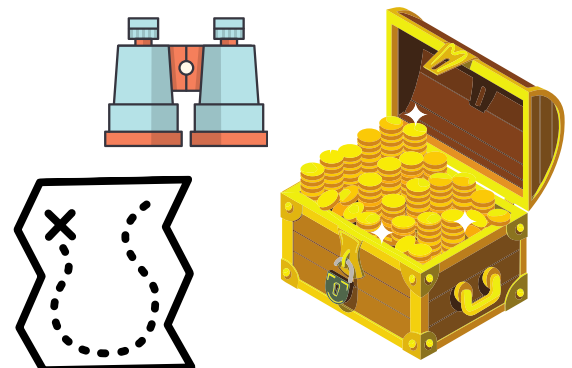
**CRITERIA:** Willingness to participate in virtual activities and ability to follow instructions.

**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!

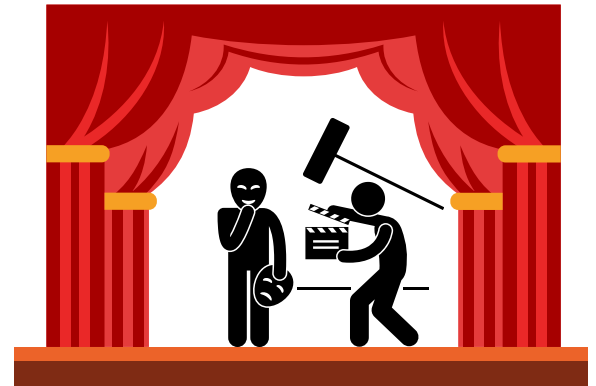
**CRITERIA:** Willingness to participate in virtual activities and ability to follow instructions. All abilities welcome!

**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](mailto: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.