

The John McGivney Children's Centre
presents

Winter Recreation Program Guide

**JANUARY-MARCH
2019**

Helping Abilities
Grow



JMCC Recreation Programs are here!

Therapeutic recreation enhances quality of life through the activities you love. Recreation therapists work closely with kids, youth, and families to educate and support in essential recreation participation. Different goals are discussed with our recreation therapist and will be achieved by participating in our winter programs.

If you're not sure what program would be best for your child, contact our recreation therapist or your child's therapist who would be happy to further assist you with any questions or concerns and connect your child with the program that is right for you!

Benefits of Recreational Therapy

- Improves social and communication skills
- Improves physical and cognitive abilities
- Increases confidence and self-esteem
- Encourages a greater sense of accomplishment

Registration

For registration, more information, or any questions, please feel welcomed to contact Mallory Reiner, Recreation Therapist, by phone or by email.

P: (519) 252-7281 ext. 523

E: Mallory.reiner@jmccentre.ca

Register at JMCC: We are hosting a registration event at JMCC on Saturday, December 15 from 1 to 3 p.m. Those who register that day will be entered into a draw to win WINDSOR SPITFIRES TICKETS!

Note: While costs help us to cover the expenses related to our recreation programs, if assistance with program fees is needed please contact Mallory Reiner.



join the fun

~Moms & Tots~

Description: Fun for toddlers and beneficial for moms! Toddlers will sing, read, and dance along to classic children's songs and nursery rhymes with our recreation therapist while moms have the opportunity to socialize with one another and members of our family services team.

Criteria: Toddler is able to attend the program with a parent or caregiver.

Age: 2-5 years

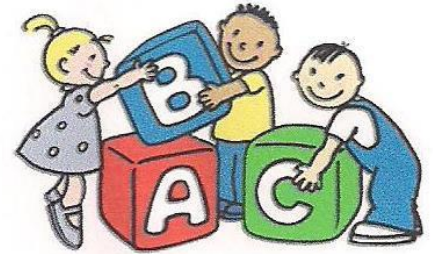
Where: JMCC

When: Fridays: January 11, 25, February 8, 22, and March 8

Time: 10 – 10:45 a.m.

Cost: Free

Registration due date: Monday, January 7, 2019



~Photo Voice~

Description: Explore your artistic side and express yourself through photography! Participants will learn about the basics of photography from an experienced photographer and will be given the opportunity to showcase their work to friends and family at the end of the program. Photography equipment will be supplied.

Criteria: Interest in learning about photography

Age: 14-18 years

Where: JMCC

When: Mondays: January 7, 14, 21, and 28 (tentative)

Time: 6 to 7 p.m.

Cost: \$20.00

Registration due date: Sunday, December 23, 2018



~JMCC Movement and Cheer Squad~

Description: The John McGivney Children's Centre is excited to announce our partnership with The North Star Cheerleading Club! North Star's experienced leaders will tailor a cheerleading program to ensure children of all abilities will have fun creating an exciting and safe routine that will allow all abilities to shine! The team will work together and work hard to successfully put on a showcase for friends and family.

Criteria: Willing to participate in a group activity, able to follow direction with minimal redirection

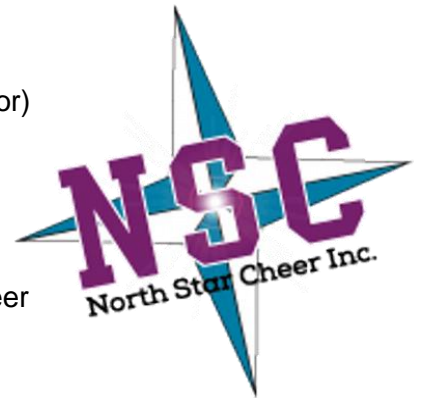
Age: 6-14 years

Where: JMCC and North Star Cheer (4080 North Service Rd E, Windsor)

Dates: Thursdays: January 10 – March 28

Time: 5:30 – 6:30 p.m.

Cost: \$125 (cost covers registration from our partner, A North Star Cheer practice T-shirt, cheerleading uniform, and use of a fully equipped cheerleading gym.)



Registration due date: Monday, January 7, 2019

~Teens Night Out~

Description: Once a month teens will get together for a fun night out! Our first hangout will be hosted at JMCC where we will decide as a group where to go each month.

Criteria: Willing to have fun!

Age: 15-18 years

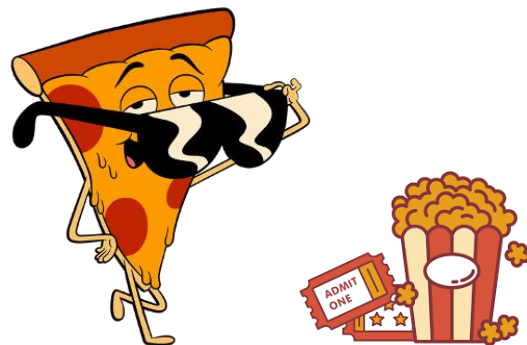
Where: First night will be hosted at JMCC

Dates: Fridays: January 18, February 22, March 22

Time: 6 – 7:30 p.m.

Cost: TBD based on outing

Registration due date: Friday, January 11, 2019



~Wheelchair Basketball~

Description: If you enjoy basketball and having fun, join us and learn the basic skills needed to join a community wheelchair basketball league. The program is proudly supported by The Ontario Wheelchair Sports Association.

Criteria: Interested in learning about adaptive sports, able to participate in group activity. Ambulatory participants welcome!

Age: 8-15 years

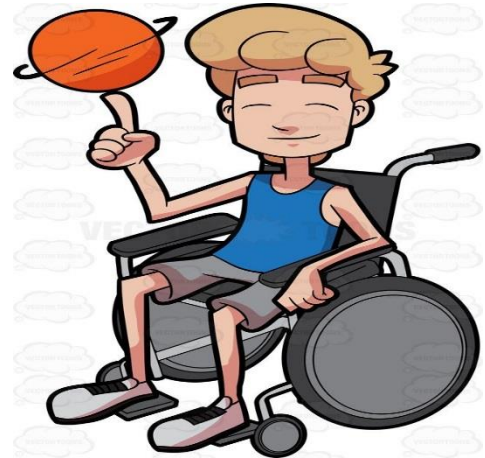
Where: JMCC

When: Tuesdays: February 12 – March 5 (4 weeks)

Time: 6 – 7 p.m.

Cost: \$20.00

Registration due date: Monday, January 28, 2019



~JMCC Chefs~

Description: Join us at Zehrs for a delicious and fun time! The group will focus on the preparation of basic meals, the use of different utensils, kitchen safety, and hygiene. The group is lead by an experienced professional from PC Cooking School while JMCC staff supports the participants to promote success.

Criteria: Able to follow two-step instruction

Age: 7-13 years

Where: Zehrs (Malden Rd location)

When: Wednesdays: February 6, 13, 27, and March 6

Time: 5:30 – 6:30 p.m.

Cost: \$35.00

Registration due date: Monday, January 21, 2019



~Bricks 4 Kidz~

Description: We are excited to announce that The John McGivney Children's Centre will be partnering with Bricks 4 Kidz! Bricks 4 Kidz is devoted to providing an extraordinary atmosphere for children, where we learn, we build, and we play with LEGO Bricks. Participants will work in teams to build relationships, self-esteem, and most importantly LEGO models! The professional staff from Bricks 4 Kidz and dedicated staff from JMCC will work together to ensure success of every participant.

Criteria: Interest in learning how to build unique LEGO models, able to follow two-step instructions, and willing to work in a group.

Age: 5-13 years

Where: JMCC

When: Mondays, February 25, March 4, 18, 25, and April 1 (5 weeks)

Time: 5:30 – 6:30 p.m.

Cost: \$50.00 (includes LEGO model and Bricks 4 Kidz t-shirt)



Registration due date: Monday, February 25, 2019

~Fitness Fun!~

Description: Be the first to climb our newly installed specialized fitness rock wall! Staying healthy and active has never been so fun here at JMCC. We provide a welcoming and safe environment for youth to feel comfortable while trying new equipment and learning about fun ways to stay fit.

Criteria: Able to follow instruction with minimal support or redirection, interested in learning about fitness and health.

Age: 7-14 years

Where: JMCC

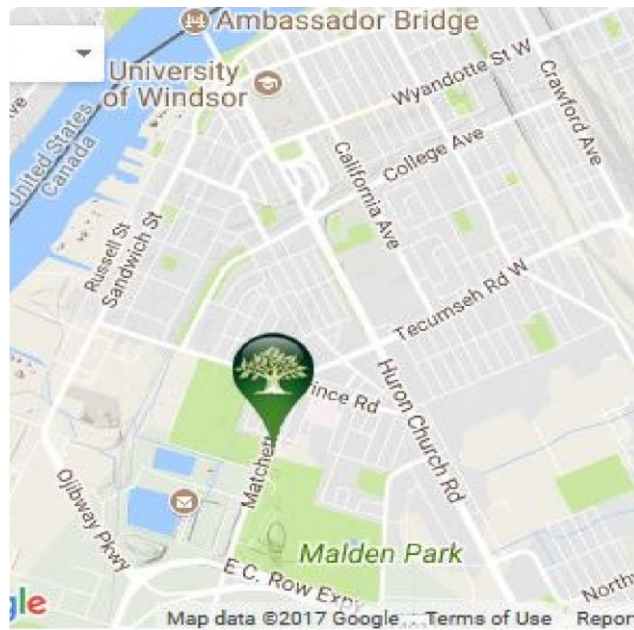
When: Thursdays: February 28, March 7, 21, and 28

Time: 4 - 4:45 p.m.

Cost: Free

Registration due date: Monday, February 11, 2019





3945 Matchette Road,
Windsor, Ontario

N9C 4C2

Hours: Monday – Friday

8 a.m. – 5 p.m.