



THERAPEUTIC RECREATION

Updated
Program Guide

July
2021



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



ADVENTURE EXERCISE

Let's make exercise fun while using our imagination! Bring your siblings along as we travel to outer space or perhaps on an under water adventure? It will be up to the participants to choose our adventures and to decide what different things we see during our explorations.

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

AGES: 6 to 12 years

WHEN: Wednesdays, 2:30 to 3:15 p.m.
July 7 to July 28

WHERE: JMCC (outdoors)

COST: No cost



TREASURE 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: 5 to 10 years

WHEN: Mondays, 3:30 to 4 p.m.
June 28 to July 19

WHERE: Zoom

COST: No cost



MINECRAFT ESCAPE ROOM

I need your help to escape from a Minecraft world! By working as a team, solving puzzles and decoding mysteries, we can escape the great Minecraft. Don't play Minecraft? No worries, we will have tons of friends to help fill us in as we crack the case together.

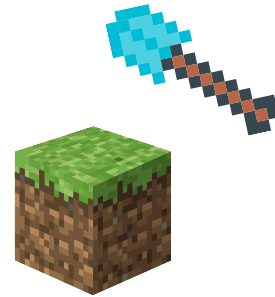
CRITERIA: All abilities welcome! Willingness to participate in virtual activities.

AGES: 8 to 16 years

WHEN: Thursday, 1 p.m.
July 8

WHERE: Zoom

COST: No cost



PARENT & TOT MUSIC THERAPY

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

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

AGES: 0 to 6 years

WHEN: Thursdays, 11 to 11:30 a.m.
July 15 to August 19

WHERE: Zoom

COST: \$30



GIRLS CLUB

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

CRITERIA: Willingness to participate in virtual activities. Girls only!

AGES: 15 to 19 years

WHEN: Mondays, 11 to 11:45 a.m.
July 5 to July 26

WHERE: Zoom

COST: No cost



SILLY SCIENCE

Who doesn't love a silly science experiment?! Together we will become mad scientists, get creative, spark curiosity, and put our science knowledge to the test.

CRITERIA: Able to follow simple instructions.

AGES: 8 to 15 years

WHEN: Tuesdays, 1:30 - 2:15 p.m.
July 6 to July 20

WHERE: JMCC (outdoors)

COST: \$5



FLOWER POWER

Lets get together virtually to share our love for art and flowers! JMCC will provide participants with a pot to decorate and a flower of their own to plant. We will talk about how to keep the flower happy and healthy while we engage our fine motor skills decorating and planting our new flower friends.

CRITERIA: Must be able to follow two step instruction.

AGES: All ages

WHEN: Tuesday, 11 to 11:45 a.m.
July 13

WHERE: JMCC (outdoors)

COST: No cost.



VIRTUAL TALENT SHOW

Skipping, magic, singing, or playing an instrument. Everyone has talent and it's time for you to show off yours!! If you would like help unlocking your talent, please consult with our Recreation Therapist, Mallory.

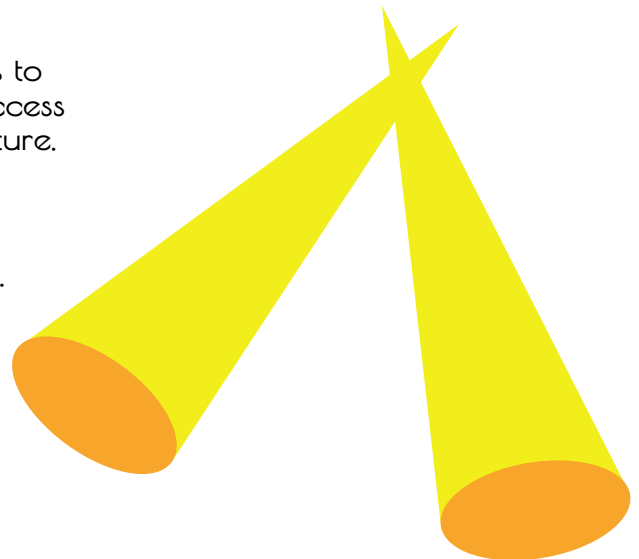
CRITERIA: All abilities welcome! Willingness to participate in virtual activities. Access to a device with a recording feature.

AGES: 0 to 21 years

WHEN: Registration deadline: June 20.
*Talent Show July 27 at 5 p.m!

WHERE: Zoom

COST: No cost.



ZUMBA

Let's get our bodies moving and grooving together with some fun music! Sitting or standing we'll have a blast while we perform silly movements, while getting a healthy sweat on.

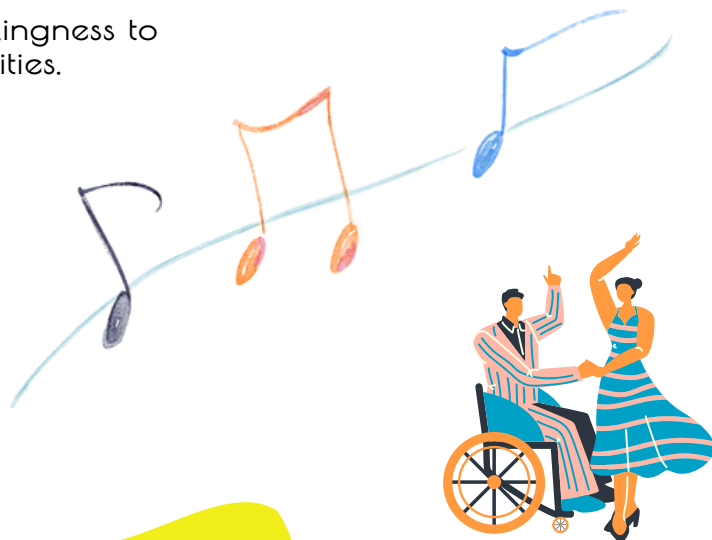
CRITERIA: All abilities welcome! Willingness to participate in virtual activities.

AGES: 10 to 19 years

WHEN: Thursdays, 1:30 to 2 p.m.
July 22 to July 29

WHERE: Zoom

COST: No cost.



CLUB CAMP

Let's get together virtually to recreate some of our favourite summer camp games! Together we will promote peer interaction, build positive self-esteem, enhance problem solving skills and get our bodies moving. If you LOVE fun, this group is for you! Have a game you wish to share with the group? Contact our Recreation Therapist, Mallory to share your ideas.

CRITERIA: All abilities welcome!

AGES: 8 to 15 years

WHEN: Mondays, 3 to 3:45 p.m.
July 12 to July 26

WHERE: JMCC

COST: No cost.



HORSE AND STABLE CAMP

Limited spots available! Contact our Recreation Therapist Mallory with any questions.

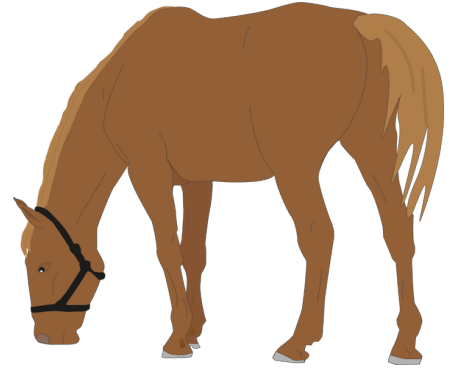
CRITERIA: Support workers welcome. Ability to follow direction.

AGES: 7 to 15 years

WHEN: Fridays, 10 to 11 a.m.
July 23 to August 27

WHERE: Sara Parks Horsemanship
7150 Essex County Rd 20,
Amherstburg, ON

COST: \$150



COMING SOON....

STAY TUNED FOR AWESOME AUGUST PROGRAMMING!!





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.