



# THERAPEUTIC RECREATION

program guide

June - July  
2021



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



## 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. Paper and your choice of drawing utensil are required.

**CRITERIA:** Willing to participate in virtual activities.  
Able to follow simple instructions.

**AGES:** 10 to 16 years

**WHEN:** Tuesdays, 4:30 to 5:15 p.m.  
June 1 to June 29

**WHERE:** Zoom

**COST:** No cost



## LETS GET CRAFTY

This craft group will work on fine motor skills and socialization while creating beautiful masterpieces that participants will be proud to show off to their families.

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

**AGES:** 7 to 14 years

**WHEN:** Mondays, 5 to 5:45 p.m.  
June 7 to June 28

**WHERE:** Zoom

**COST:** Families will be responsible for their own supplies. (A list will be provided prior to group.)



# FAMILY YOGA

Coco is inviting all JMCC families to join us from a special yoga event! Grab your siblings and your parents to join us over zoom to learn the basics of yoga and learn the amazing benefits it has to offer our bodies.

**CRITERIA:** All abilities welcome!

**AGES:** All ages welcome

**WHEN:** Thursday, 6 to 7 p.m.  
June 3

**WHERE:** Zoom

**COST:** No cost



# TRIVIA

Lets play Trivia and put our knowledge to the test as we work as a team to answer trivia questions. Each week will be a new surprise theme! HINT: Harry Potter, Marvel, Video Games etc.

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

**AGES:** 7 to 19 years

**WHEN:** Thursdays, 5:30 to 6:15 p.m.  
June 10 to June 24

**WHERE:** ZOOM

**COST:** No cost



## ADVENTURE EXERCISE

Let's make exercise fun while using our imaginations! 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, 5:30 to 6 p.m.  
June 23 to July 14

**WHERE:** Zoom

**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 - 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.

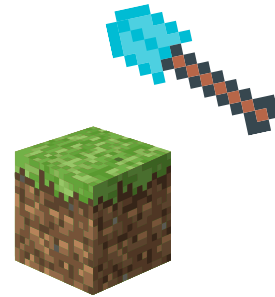
**CRITERIA:** All abilities welcome! Willingness to participate in virtual activities.

**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 - 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:** Willingness to participate in virtual activities.

**AGES:** 10 to 19 years

**WHEN:** Tuesdays, 1:30 - 2:45 p.m.  
July 6 to July 20

**WHERE:** Zoom

**COST:** Families are responsible for their own supplies for the experiments. (A list of supplies will be shared prior to each activity.)



# 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:** Willingness to participate in virtual activities.  
Must be able to follow two step instructions.

**AGES:** All ages

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

**WHERE:** Zoom

**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.

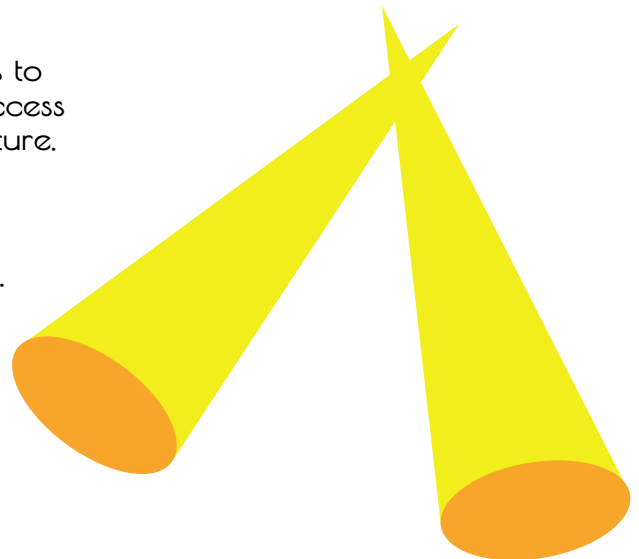
**CRITERIA:** All abilities welcome! Willingness to participate in virtual activities. Access to a device with a recording feature.

**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 preform silly movements, while getting a healthy sweat on.

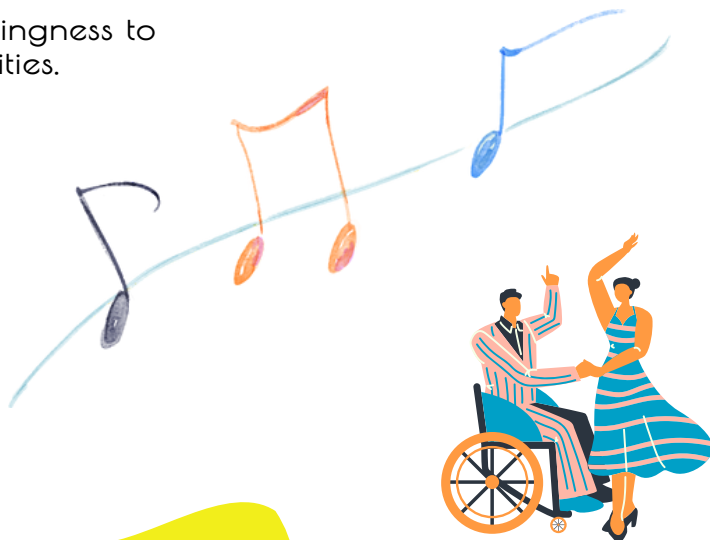
**CRITERIA:** All abilities welcome! Willingness to participate in virtual activities.

**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! Willingness to participate in virtual activities.

**AGES:** 8 to 15 years

**WHEN:** Wednesdays, 3 to 3:45 p.m.  
July 21 to July 28

**WHERE:** Zoom

**COST:** No cost.



# HORSE AND STABLE CAMP

Stay tuned for more information about this awesome opportunity!  
Limited spots available! Contact our Recreation Therapist Mallory  
with any questions.

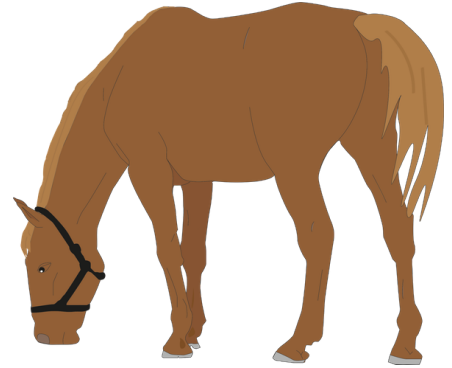
**CRITERIA:** Support workers welcome. Ability to follow direction.

**AGES:** 7 to 15 years

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

**WHERE:** Sara Parks Horsemanship

**COST:** \$150



COMING SOON....

STAY TUNED FOR AWESOME AUGUST PROGRAMMING!!





**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.