



THERAPEUTIC RECREATION

Program Guide

July to August
2022



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



WHEEL AND WALK FIT

Families! Grab your walking shoes and stroller or wheelchair, because its time for a walk. The goal of this program is to allow JMCC families to build lasting connections while taking a break from our daily routine and to boost our mental health with some fresh air and exercise. Join us each week at a new walking trail.

CRITERIA: All abilities welcome.

AGES: 0 to 6 years

WHEN: Mondays, 10:30 - 11:30 a.m.
July 11 - July 25

WHERE: Navy Yard Park,
Amherstburg

COST: No Cost



LETS DANCE

It is time to get our groove on and learn some new dance moves and practice some old ones. Emily is certified in rhythm works integrative dance and she is excited to dance with you all summer long! Each session we will work toward creating a team dance to showcase to our families at the end of group.

CRITERIA: All abilities welcome. If one-on-one support is required, please tell our recreation therapist during registration.

AGES: 6 to 15 years

WHEN: Tuesdays, 4 - 5 p.m.
Session 1: July 5 - July 26
Session 2: August 2 - August 23

WHERE: JMCC gym

COST: \$50 per session



BOWLING CLUB

Who doesn't love bowling! Let's meet at Rev's Rose Bowl for some strikes and laughs while we cheer our peers on in some bowling fun.

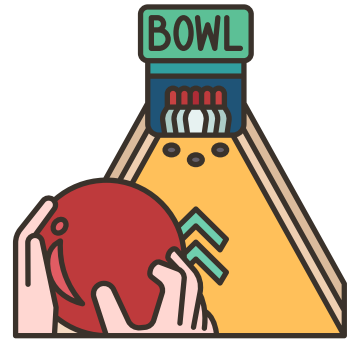
CRITERIA: All abilities welcome.

AGES: 7 to 18 years

WHEN: Mondays, 2:30 - 3:30 p.m.
July 11 - August 29

WHERE: Rev's Rose Bowl (2482 Dougall Ave, Windsor)

COST: \$4 per session (debit / credit only)



DROP IN AND PLAY

This unstructured social opportunity is to allow kids to come together and meet new friends and exercise in a safe and welcoming environment. This group will provide an opportunity for parents and guardians to mingle while their children enjoy playtime.

CRITERIA: All abilities welcome!

AGES: All ages

WHEN: Wednesdays, 10:30 to 11:30 a.m.
July 27 & August 24

WHERE: Play McGivney

COST: No cost



SKIP SKIP HOORAY

Did you know that skipping is not only a FUN activity, it also helps increase your endurance, balance, coordination, focus, muscle tone, and boost your self-esteem? During this program, we will work together as a team to create a fun jump routine to share with families at the end of the group. .

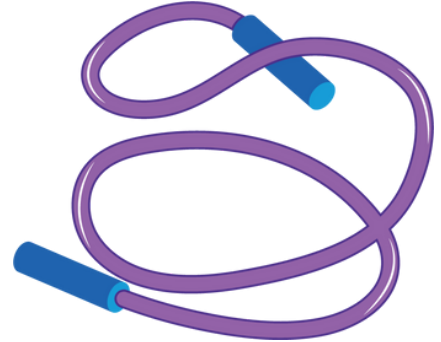
CRITERIA: Must be able to follow 2-step instruction.

AGES: 10 to 16 years

WHEN: Thursdays, 4:30 - 5:15 p.m.
July 21 - August 11

WHERE: JMCC Gym

COST: No Cost



SUMMER CRAFT

Kiana from Crafting for a Cure had so much fun crafting with JMCC last time; she has asked to come back for more! And of course we can't turn down an opportunity to get creative and put together another masterpiece. Arts and crafts is an excellent way to work on fine motor skills while building self-confidence and socializing with friends.

CRITERIA: All abilities Welcome

AGES: 6 to 13 years

WHEN: Wednesday, 4:30 - 5:30 p.m.
August 3

WHERE: JMCC Gym

COST: \$10



EXPLORING WITH FOOD PLAY

Shh! Don't tell the adults that we are playing with our food! In this social program, we will explore seeing, touching, smelling, and tasting while we play and explore with food. You will not want to miss out on this awesome group that will be happening once a month. Talk to our recreation therapist for more information.

CRITERIA: Interest in exploring new foods.
Must be able to follow two-step instructions.

AGES: 5 to 10 years

WHEN: Tuesdays, 1:30 - 2:30 p.m.
July 19 & August 23

WHERE: JMCC

COST: \$5



HORSE AND STABLE CAMP

Grab your cowboy boots and cowgirl hats and join us at Sarah Parks Horsemanship for a morning filled with ranch excitement. With the guidance from certified instructors, the cowgirls and cowboys will have the opportunity to interact with the many horses on the ranch. Participants will learn the in's and out's of working on a ranch with grooming and riding the horses, and preparing treats to feed them. The benefits of this program include reducing anxiety, increasing self-esteem and focus. Have fun with horses and meet new friends!

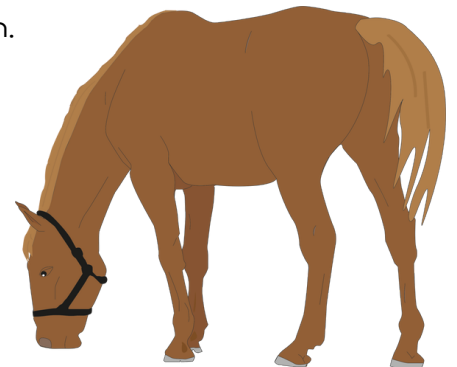
CRITERIA: Ability to follow instruction with little redirection.

AGES: 6 to 13 years

WHEN: Fridays, 10 - 11 a.m.
July 22 - August 26

WHERE: Sarah Parks Horsemanship

COST: \$150



PARENT AND TOT YOGA

Its time to unwind and relax with Rebecca from Lumina Family Yogan! Rebecca loves to help families maintain healthy relationships through heart-centred mindfulness and yoga practice. Not only will this session benefit your child, it will also help develop a stronger bond between parent and child.

CRITERIA: Must attend with a guardian

AGES: 0 to 5 years

WHEN: Tuesdays, 4:45 - 5:30 p.m.
August 8 - August 29

WHERE: JMCC gym

COST: \$40



CAN-BIKE

Certified Can-Bike instructors are ready to help you learn to ride your bike! Before we pedal, we will make sure your helmet is properly fitted, go over your ABC bike checklist, and discuss bike safety. Once the important stuff is out of the way, bikers will begin to learn and explore the freedom of riding a bike.

CRITERIA: Riders are encouraged to bring their own bike and helmet. If you do not have a bike, please discuss options with our recreation therapist. Child must be able to follow 2 step instruction without redirection and have the ability to get on and off their bike independently.

AGES: 8 to 15 years

WHEN: Thursday July 28 & Friday July 29
10:30 a.m. - 12:30 p.m.

WHERE: Windsor Bike Kitchen

COST: \$50



JMCC's GOT TALENT

It's time to show off your abilities at our annual JMCC's Got Talent, talent show. This year we are back in person and we are SOO excited to see what new skills you have learned or what familiar ones you have been practicing. Contact our Recreation Therapist to set up your audition time today!

CRITERIA: All abilities welcome

AGES: All ages

**REGISTRATION
DEADLINE:** August 1

PRACTICE DATE: August 17 @ 4:30 - 5:30 p.m.

TALENT SHOW: August 31 @ 6 p.m.

WHERE: TBD

TICKET PRICE: \$5



COMMUNITY RECREATION OPPORTUNITIES

SWIMMING LESSONS

This program provides children with exceptionalities the opportunity to learn swimming skills while improving communication skills, coordination, body awareness and social functioning. Children must be accompanied by a caregiver willing to be in the water if necessary. This program is a 1:4 ratio and is eligible for P2P.

CRITERIA: All abilities welcome

WHERE: Windsor International Aquatic and Training Centre

**REGISTRATION
CONTACT:** 519-255-1161

COMMUNITY RECREATION OPPORTUNITIES (continued)

MIRACLE LEAGUE

We welcome players with unique ability who want to play the game that we all love! Miracle League is an experience for the entire family, come out and watch and enjoy an afternoon of fun with dancing, music, and exciting baseball!

For more information please visit Miracle League websites or contact our Recreation Therapist.

CRITERIA: All abilities welcome

COST: \$45 per session

WEBSITES: <https://www.farrowriversidemiraclepark.com/>
<https://amherstburgmiracle.com/>



HONOURABLE NINJA'S

A fun therapeutic program that teaches children to train in the "art" of martial arts, acquiring special skills to accomplish their mission to fight their challenges. This program builds self-esteem, confidence, self-respect and self-discipline along with special breathing techniques, which improves focus and concentration. Participants also learn how to work with others and follow directions from their instructors. These skills contribute to the well-being of children physically, spiritually and emotionally.

CRITERIA: All abilities welcome

COST: No Cost

WEBSITE: <https://www.inhonour.ca/programs-17/kids-beating-cancer-honourable-ninjas>





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.