



# THERAPEUTIC RECREATION

Program guide

August  
2021



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



## MUSIC, ART & NATURE

Together at Malden Park, we will explore nature, create beautiful art, and listen to relaxing music. This group will focus on our imagination and creativity while reducing stress to help us feel relaxed and worry free while having fun with friends.

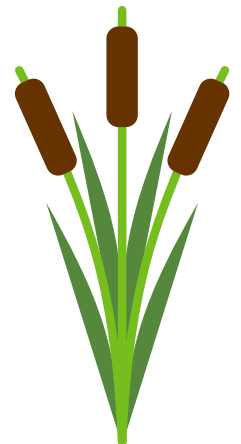
- CRITERIA:** All abilities welcome.
- AGES:** 6 to 15 years.
- WHEN:** Wednesdays, 10:00 to 10:45 a.m.  
August 4 to August 25
- WHERE:** Malden Park
- COST:** \$10



## GOOD MORNING POINT PELEE!

Have you ever been to the southernmost point in midland Canada? Let us go check it out! On this fully accessible adventure, we will explore and travel through the marsh lookout boardwalk while completing a nature scavenger hunt. We will then take a shuttle and head down to the point! You will not want to miss this fun day with friends! For more information about this adventure, contact Mallory Reiner.

- CRITERIA:** Willingness to participate in an outdoor activity. Trails are accessible.
- AGES:** all ages
- WHEN:** Monday, 9:00 to 12:00 p.m.  
August 9
- WHERE:** Point Pelee
- COST:** \$8 per adult



# SPLASH PAD

Amherstburg's, Austin Toddy Jones Park has a lot to offer to families this summer. Whether it be a relaxing picnic under a shaded tree, playing grounder on the amazing jungle gym, or cooling off in the splash pad, this park has something for everyone. On this day, we will gather in the shade for some fun self esteem-building and social games. Once we have gotten to know our new friends we will have the choice to stay and play on the jungle gym or cool off in the splash pad.

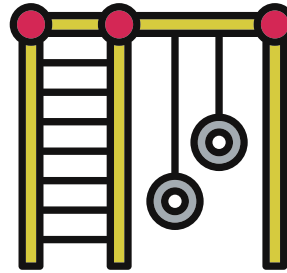
**CRITERIA:** All abilities welcome!

**AGES:** All Ages

**WHEN:** Tuesday, 11 to 12 p.m.  
August 10

**WHERE:** Amherstburg Splash Pad  
Austin Toddy Jones Park

**COST:** No cost



# SKIP SKIP HORRAY!

I am not sure about you but at JMCC we love to skip! Whether you are a beginner or consider yourself an expert come on out and we will practice new skills and old skills while making new friends. Our grand finale for this group will be creating a skipping routine to show our parents on our last day.

**CRITERIA:** Must bring your own skipping rope. Willingness to participate in group activities.

**AGES:** 7 to 16 years

**WHEN:** Mondays, 11 to 11:45 a.m.  
August 16 to 30

**WHERE:** JMCC (outdoors)

**COST:** No Cost



# POKEMON GO!

Let's work in teams to catch, train, and battle Pokémon with friends at JMCC. Grass, water, or fire, what Pokémon do you want to catch? We will team up based on our Pokémon preference to catch them all. You will not want to miss this exciting experience, just do not forget your smart phone!

**CRITERIA:** Must have access to a smart phone.  
All abilities welcome!

**AGES:** 7 to 19 years

**WHEN:** Tuesdays, 3 to 3:45 p.m.  
August 17 & 31

**WHERE:** JMCC (outdoors)

**COST:** No cost



# KICK BALL!

It's time to get a little competitive with a fun game of kick ball! Not only will the game get our bodies moving but we will also have fun cheering on friends, building self-esteem, and making some sweet plays. Not sure how to play? Not to worry, we will teach you how, it's quite simple. Now let's get on the field!

**CRITERIA:** All Abilities Welcome!

**AGES:** 10 to 17 years

**WHEN:** Tuesdays, 11:00 am - 11:45 a.m..  
August 24 & 31

**WHERE:** JMCC (outdoors)

**COST:** No Cost



## MINI GOLF

Mini golf is a great way to get active while having fun with your friends! Never played before? No problem! After learning how to swing the putter and where to aim the ball, you will be a pro in no time. Come on out and play this awesome course with us!

**CRITERIA:** Must be able to follow two step instruction.

**AGES:** 14-21

**WHEN:** Tuesdays, 3:00 to 4:00 p.m.  
August 10 & 24

**WHERE:** On The Water  
354 Croft Dr, Tecumseh

**COST:** \$20



## MAD HATTER'S BIRTHDAY! ESCAPE ROOM

It's the Mad Hatter's Birthday! He just loves playing games and making as little sense as possible. Can we figure out his puzzles and solve our way through Wonderland? Let's put our teamwork and problem solving skills to the test as we riddle our way through this awesome escape room.

**CRITERIA:** Willingness to participate in group activities.

**AGES:** 15 to 21 years

**WHEN:** Wednesday, 5:00 to 6:00 p.m.  
August 18

**WHERE:** Hidden Trail Escape Rooms  
3147 Tecumseh Rd East

**COST:** \$25







## 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.