



THERAPEUTIC RECREATION

program guide

January - April
2021

Therapeutic Recreation HEALTH DOMAINS

social health

- encourages social interaction in a fun + non-threatening environment
- maintains + increases a level of socialization
- encourages sharing of thoughts + opinions with others



emotional health

- provides an opportunity for clients to express thoughts + feelings through creative process
- promotes feelings of accomplishment
- promotes a healthy expression of emotions



spiritual health

- provides an opportunity to engage in spiritual uplifting in a non-threatening environment
- helps manage stress + anxiety
- promotes self-expression



physical health

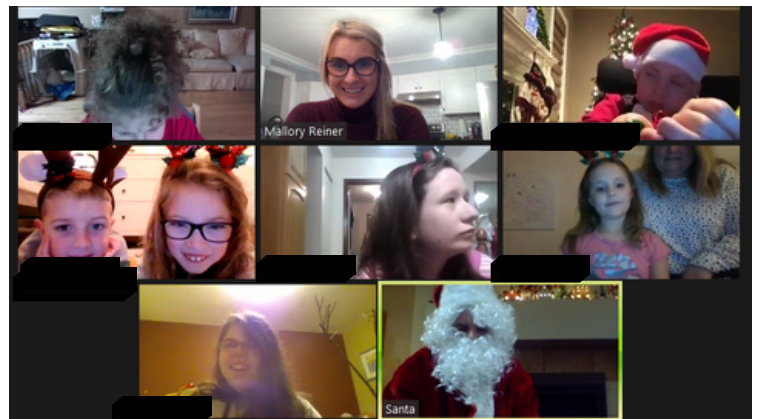
- provides exercise that is fun, safe + appropriate for all levels of cognitive + physical ability
- promotes physical activity by providing opportunities to engage in simplified + adapted activities that use familiar sports equipment



cognitive health

- encourages thought processes involving strategic thinking, logic + decision-making
- maintains + improves long-term + short-term memory
- encourages sharing of thoughts, opinions + prior knowledge on familiar subjects

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



DRAMA CLUB

Join us on a journey as we step into a world of familiar stories and create new ones of our own. Participants can expect to play, create, learn, and have fun!

CRITERIA: Willing to participate in virtual activities.

AGES: 7 to 14 years

WHEN: MONDAYS, 6 to 6:30 p.m.
January 18 - February 22

WHERE: Zoom

COST: No cost

ADVENTURE CLUB

Each week we will travel on a different adventure using our wonderful imaginations! This group will promote creativity, problem solving skills, and encourage participants to work together with peers.

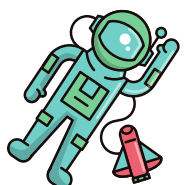
CRITERIA: Willingness to participate in virtual activities.

AGES: 6 to 13 years

WHEN: WEDNESDAYS, 6 to 6:30 p.m.
January 20 to February 24

WHERE: Zoom

COST: No cost



PARENT & TOT MUSIC THERAPY

Inspired Sounds Music Therapy wants to make music with you, virtually! Join us Tuesdays to reduce stress, boost positive energy and get your body grooving. If there is something your little one wants to hear, talk with JMCC Recreation Therapist Mallory to put in your request.

CRITERIA: Toddler must attend with a parent or guardian. All abilities welcome!

AGES: 0 to 6 years

WHEN: TUESDAYS, 6 to 6:30 p.m.
February 2 - March 9

WHERE: Zoom

COST: \$30



ADVENTURE EXERCISE

Let's make exercise fun while using our imaginations! Taking all safety precautions, we will get together with our Recreation Therapist who will take us on weekly interactive exercise adventures. We may travel to outer space, or perhaps even take an under water adventure.

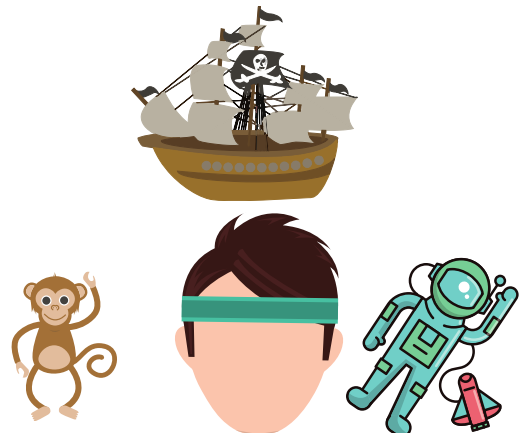
CRITERIA: Willingness to participate in light exercise with an open and creative mind.

AGES: 6 to 13 years

WHEN: Mondays, 4:30 to 5:15 p.m.
April 12 - May 3

WHERE: JMCC Gym (subject to change based on public health guidelines)

COST: No cost



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 some new friendships

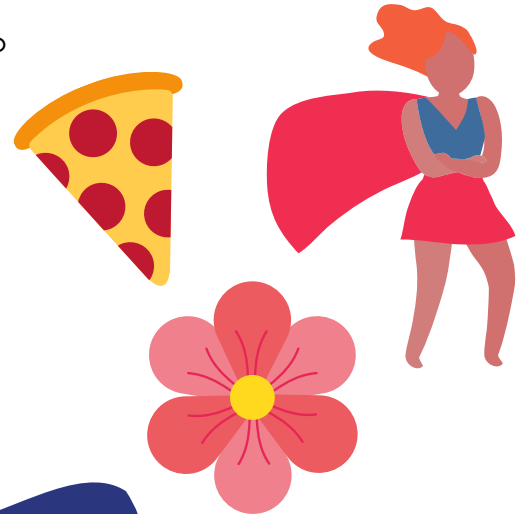
CRITERIA: Willingness to participate in group activity. Girls Only!

AGES: 7 to 15 years

WHEN: WEDNESDAYS 4:30 to 5:15 p.m.
February 3 - February 24

WHERE: Zoom

COST: No cost



DANCE

JMCC has partnered with Industry Dance Co. for some modified movement. Keeping our bodies active is so important for our health and what better way to do that then to have fun with music and with friends! Learn new skills and practice old ones from the comfort of your own home.

CRITERIA: All abilities welcome.

AGES: 4 to 19 years

WHEN: Saturdays, 11:00 - 11:45 a.m.
January 9 - February 13

WHERE: Zoom

COST: \$50



SIMPLE SNACKS

Each week participants will learn to create a yummy, simple snack while interacting with friends and following along with Recreation Therapist Mallory. This group will promote independence while working on fine motor skills and positive social interaction.

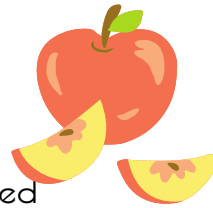
CRITERIA: Willingness to participate in a group activity. Must wear a mask the entire group visit and follow JMCC protocols. Able to follow two-step instructions.

AGES: 12 to 16 years

WHEN: Mondays, 5 to 5:45 p.m.
April 12 to April 26

WHERE: JMCC gym (subject to change based on public health guidelines)

COST: \$8



ONLINE ESCAPE ROOM

Each session will be themed differently for an online escape room. Participants will have to work together to solve puzzles, play games, and discover where the key is hidden to escape the virtual room. This group will promote positive social interaction and cognitive strategy.

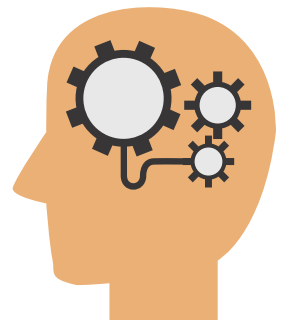
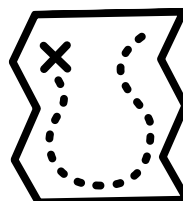
CRITERIA: Willingness to participate in virtual activities.

AGES: 15 to 21 years

WHEN: THURSDAYS, 5 to 5:30 p.m.
April 1, 15, 29

WHERE: Zoom

COST: No cost.



MINDFULNESS MOVEMENT

Let's get moving together, virtually! This group is all about keeping our bodies healthy by improving flexibility and strength and improving our moods. This group is the perfect way to wind down for the evening.

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

AGES: 10 to 19 years

WHEN: WEDNESDAYS, 5 - 6:00 p.m.
March 17 - April 21

WHERE: Zoom

COST: \$60



VALENTINE'S DAY CRAFT

Lets get together virtually to put together a special craft this Valentine's Day!

CRITERIA: Willingness to participate in a virtual activity. Participants are required to supply own craft supplies.

AGES: 12 to 21 years

WHEN: THURSDAY, 5:30 - 6:15 p.m.
February 14

WHERE: Zoom

COST: Participants are required to supply own craft supplies. A list of what's needed will be provided a week prior to group.



DISNEY TRIVIA

Calling all Disney fans! Let's put our knowledge to the test and find out how much we really know about our favourite Disney characters and Disney movies.

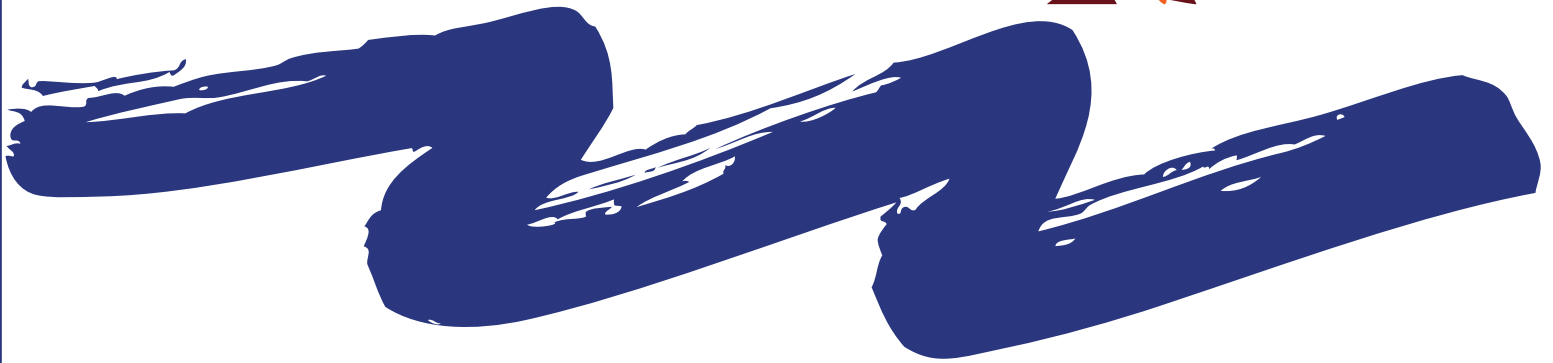
CRITERIA: Willingness to participate in virtual activities and ability to follow instructions. All abilities welcome!

AGES: Up to 21 years

WHEN: THURSDAY, 6 to 7 p.m.
March 11

WHERE: Zoom

COST: No cost.



FIT-OPOLY

Who doesn't love a game of Monopoly? Let's take it one step further and add some fun movement. Instead of playing with Monopoly money, participants will have to get up and move their bodies depending on where they land on the game board. Everyone is a winner in this game because we all get to have fun while exercising.

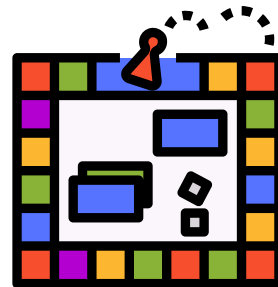
CRITERIA: Willingness to participate in a virtual activity. Able to follow two-step instruction

AGES: 5 to 8 years

WHEN: Mondays, 4 to 4:45 p.m.
February 8 and February 22

WHERE: Zoom

COST: No cost.





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.