



# Therapeutic Recreation

## VIRTUAL PROGRAM GUIDE

SUMMER  
2020



# THERAPEUTIC RECREATION

virtual program guide

Summer  
2020

# 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

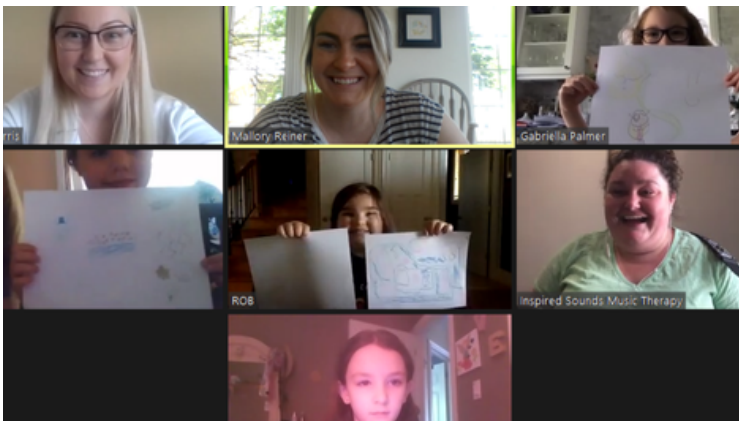
- provides exercise that is fun, safe + appropriate for all levels of cognitive + physical ability
- promotes physical activity by providing opportunities to engage in simplified + adapted activities that use familiar sports equipment



## 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.



## PARENT & TOT MUSIC THERAPY

### July 8 through August 12

Inspired Sounds Music Therapy wants to make music with you, virtually! Join us Wednesday 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:** Toddler must attend with a parent or guardian. All abilities welcome!

**AGES:** 0 to 6 years

**WHEN:** WEDNESDAYS 10 to 10:30 a.m.  
July 8 through August 12

**WHERE:** Zoom

**COST:** No cost.



## GIRLS CLUB

### July 16 & 30 & August 13 & 27

Join like minded, awesome girls virtually to enjoy fun activities, 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 as well as make new friendships.

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

**AGES:** 7 to 14 years

**WHEN:** THURSDAYS 1:30 to 2 p.m.  
July 16, 30, August 13, 27

**WHERE:** Zoom

**COST:** No cost



## MORNING MINDFULNESS

July 17 through August 14

Rise and shine with some virtual yoga! Join us Friday mornings for beginners' yoga with simple stretching and easy-to-do poses. Yoga is great for relaxation and it increases flexibility, strength and balance while promoting optimal health.

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

**AGES:** 10 to 21 years

**WHEN:** FRIDAYS 11 to 11:30 a.m.  
July 17 through August 14

**WHERE:** Zoom

**COST:** No cost.



## AFTERNOON CRAFT

July 7 through July 28

Let's get creative, virtually! Follow along with us Tuesday afternoons as we create some masterpieces. Arts and crafts promote fine motor skills, increase hand-eye coordination and can boost positive self-esteem.

**CRITERIA:** Willingness to participate in virtual activities and ability to follow instructions. Families are responsible for collecting the supplies for each art activity.

**AGES:** 8 to 15 years

**WHEN:** TUESDAYS 1:30 to 2 p.m.  
July 7 through July 28

**WHERE:** Zoom

**COST:** A list of supplies and prices will be provided prior to program start date.



## BOYS CLUB

### July 23, August 6 & 20

Join like minded, cool guys virtually to play games and talk about what it's like being a guy. 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 virtual activities and ability to follow instructions.

**AGES:** 10 to 15 years

**WHEN:** THURSDAYS 1:30 to 2 p.m.  
July 23, August 6 & 20

**WHERE:** Zoom

**COST:** No cost.



## LEGO FUN

### July 13 through August 10

Let's get building, virtually! Join us to learn about colours and patterns, practice our focus and work on our fine motor skills. This group will promote creativity as we experiment and have fun!

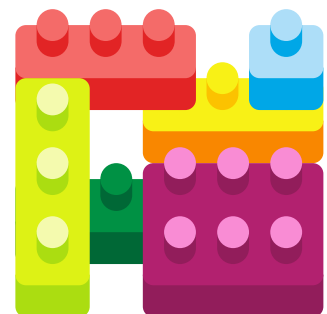
**CRITERIA:** Willingness to participate in virtual activities and ability to follow instructions. Participants must have their own Lego.

**AGES:** 5 to 10 years

**WHEN:** MONDAYS, 10:30 to 11 a.m.  
July 13 through August 10

**WHERE:** Zoom

**COST:** No cost.



## JACKBOX PARTY ONLINE GAMES

July 21 through August 18

Jackbox games will bring us together virtually for some online fun. The online games are easy to learn and fun to play so be ready to get creative and enjoy some laughs!

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

**AGES:** 15 to 21 years

**WHEN:** TUESDAYS, 2 to 2:45 p.m.  
July 21 through August 18

**WHERE:** Zoom

**COST:** No cost.



## TREASURE HUNT

August 5 through 19

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:** 6 to 12 years

**WHEN:** WEDNESDAYS, 1 to 1:45 p.m.  
August 5, 12 & 19

**WHERE:** Zoom

**COST:** No cost.





## SEATED FIT

### August 3 through August 24

Lets get moving together, virtually! This group is all about keeping our bodies healthy by improving flexibility and strength and improving our moods! The group will be focusing on seated movements but those who wish to stand are welcome as well!

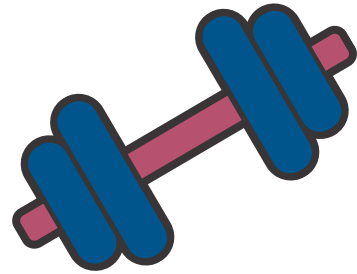
**CRITERIA:** Willingness to participate in virtual activities and ability to follow instructions. All abilities welcome!

**AGES:** 8 to 15 years

**WHEN:** MONDAYS, 1 to 1:30 p.m.  
August 3 to August 24

**WHERE:** Zoom

**COST:** No cost.



## TALENT SHOW

### August 13

Everyone has talent and it's time for you to show yours off!! Please contact our Recreation Therapist, Mallory for more information.

**CRITERIA:** All abilities welcome!

**AGES:** Up to 21

**WHEN:** Registration deadling: July 17  
"Audition" deadline: July 31  
Talent show premiere:  
August 13 at 5:30 p.m.

**WHERE:** Zoom

**COST:** No cost.





## SIMPLE SNACK

### July 23 through August 6

Families will be given a list of ingredients prior to the session and each week participants will learn to put together a simple snack independently while interacting virtually with friends and following along with JMCC Recreation Therapist Mallory.

**CRITERIA:** Willingness to participate in virtual activities and ability to follow instructions. Participants are required to supply own ingredients.

**AGES:** 12 to 21 years

**WHEN:** THURSDAYS, 11:30 a.m. to noon  
July 23 through August 6

**WHERE:** Zoom

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



## KARAOKE TIME

### August 18

It's time to sing your heart out, virtually! Let's get together Tuesday, August 18 to spread some joy through Karaoke. If you are just interested in dancing along and showing your support for our singers, speak with our Recreation Therapist.

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

**AGES:** Up to 21 years

**WHEN:** TUESDAY, 3 to 3:45 p.m.  
August 18

**WHERE:** Zoom

**COST:** No cost.



## THE NEW NORM

July 14

What do the arrows on the ground in the store mean? What does social distancing mean and why do I have to do it? How do I properly wash my hands? Join us virtually to learn more about COVID-19 in our community and how to stay safe.

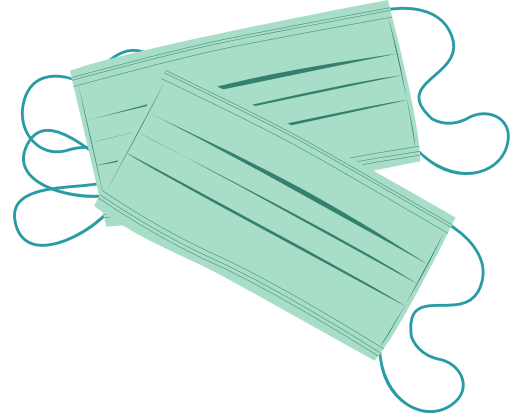
**CRITERIA:** Interested in staying safe and learning more about the COVID-19 pandemic.

**AGES:** 5 to 12 years

**WHEN:** TUESDAY, 2 to 2:30 p.m.  
July 14

**WHERE:** Zoom

**COST:** No cost



## SHOW & TELL

July 13 through July 27

Each week will be themed differently for your chance to show and tell, virtually! Participants will come to the group prepared to share their show and tell with friends, or if you would prefer to support the other participants and just watch, talk to our Recreation Therapist.

**CRITERIA:** All abilities welcome!

**AGES:** 7 to 13 years

**WHEN:** MONDAYS, 1:30 to 2 p.m.  
July 13 to July 27

**WHERE:** Zoom

**COST:** No cost.



## MUSIC & ART

### July 15 through July 29

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.

**CRITERIA:** All abilities welcome!

**AGES:** 7 to 16 years

**WHEN:** WEDNESDAYS, 2 to 2:30 p.m.  
July 14

**WHERE:** Zoom

**COST:** No cost



## ONLINE ADVENTURE

### August 17 & August 24

Let's go on an online adventure together! From the comfort of your own couch we can now explore the Detroit Zoo, Ripley's Aquarium, Disney Land, Mars, and so many more amazing places! This group is fun for all ages and will give participants the opportunity to explore different attractions around the world.

**CRITERIA:** All abilities welcome!

**AGES:** Up to 21 years

**WHEN:** MONDAYS, 11 to 11:30 a.m.  
August 17 and August 24

**WHERE:** Zoom

**COST:** No cost.





## 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.