



Therapeutic Recreation PROGRAM GUIDE

January to April
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.

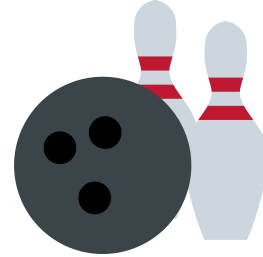


JMCC BOWLING CLUB

January 16 through March 26

Bowling is back by popular demand! Join us in Amherstburg for Thursdays filled with fun + positive energy! While bowling, participants work on important social skills by meeting new friends + cheering each other on!

- CRITERIA:** All abilities welcome
- AGES:** 7 to 19 years
- WHEN:** THURSDAYS 6 to 7 p.m.
January 16 to March 26
- WHERE:** The Fort Fun Centre
689 Texas Rd, Amherstburg
- COST:** \$60



TEEN YOGA CLASS

January 25 through April 25

We have partnered with Karli Kurkuz of Yellow Bus Yoga for this program designed to help teens unwind after a long month of school + other life stressors. Yogis will meet on the last Saturday of each month to de-stress while learning different breathing techniques, relaxing poses + deep stretches.

- CRITERIA:** Willing to participate in a calming setting + follow instructions
- AGES:** 12 to 19 years
- WHEN:** SATURDAYS 11 to 11:45 a.m.
Jan 25, Feb 29, Mar 28, Apr 25
- WHERE:** JMCC Gymnasium
3945 Matchette Rd, Windsor
- COST:** \$20



JMCC MASTER CHEFS

February 4 through March 10

Join us at Zehrs for a tasty time! This group will focus on kitchen utensil usage, basic meal preparation, kitchen safety, healthy food exploration + proper hygiene. Led by an experienced professional from the PC Cooking School, our JMCC team will support participants to promote chef success!

CRITERIA: Able to follow two-step instructions

AGES: 7 to 14 years

WHEN: TUESDAYS 5 to 6 p.m.
February 4 to March 10

WHERE: Zehrs
5890 Malden Rd, Windsor

COST: \$60



Zehrs™



PARENT & TOT MUSIC THERAPY

March 18 through April 22

Inspired Sounds Music Therapy wants to make music with you! Music therapy can reduce stress, boost positive energy + get your body grooving. This popular program has a limited number of spots so be sure to sign up fast! (Max: 8 participants)

CRITERIA: Toddler must attend with a parent or guardian

AGES: 1 to 4 years

WHEN: WEDNESDAYS 9:30 - 10:30 a.m.
March 18 to April 22

WHERE: JMCC
3945 Matchette Rd, Windsor

COST: \$60



MARCH BREAK drama camp



\$25

Monday, March 16
Tuesday, March 17
Wednesday, March 18
Thursday, March 19
Friday, March 20

CAMP RUNS DAILY
9 a.m. to 1 p.m.

Saturday, March 21
PERFORMANCE DAY
1 to 2:30 p.m.

AGES 10 to 21

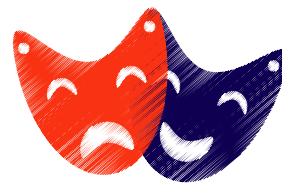
A PROGRAM FOR KIDS
INTERESTED IN LEARNING
ABOUT THE ARTS

ALL ABILITIES
WELCOME!

JMCC has teamed up with the University of Windsor Drama Department to offer an inclusive March break drama camp. This camp will explore creative expression through drama, dance and visual art activities that build communication, encourage the development of social skills and enhance self-esteem.

At the end of the week, campers will present their creative work to friends and family in the JMCC gymnasium. We welcome friends and families to join us before the presentation to meet the cast, production team and mingle with other families while enjoying refreshments.

Interested in drama but not interested in being on stage? No problem!
There are many other roles in creating a drama production. Release your artistic side and help design costumes, props, stage art and more!



REGISTRATION DEADLINE: MONDAY, MARCH 2

Thank you to the Windsor-Essex Community Foundation and Windsor Endowment for the Arts for supporting this March Break Drama Camp at JMCC.



University
of Windsor



Additional Recreation Opportunities IN OUR COMMUNITY

Find out more about these programs
along with others on our website:
jmccentre.ca/recreation-opportunities

LITTLE NINJAS

A fun therapeutic program that trains children in the art of martial arts and allows them to acquire special skills to accomplish missions and fight 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.

WINSTARS GYMNASTICS

Winstars offers a specialized gymnastics program which provides the opportunity for individuals of various abilities to be physically involved in gymnastics. Gross motor skills and body awareness will be challenged.

ROOTS 2 WINGS R2W FRIENDSHIP CLUB

R2W Friendship Club offers caregivers a break while their loved ones enjoy a fun time out socializing with peers and attending open mic nights, karaoke, games, hobbies, and dance nights! This is a great opportunity for ages 13+ to gain and maintain friendships while engaging in meaningful activities.

ACADEMIE STE-CECILE DANCE STUDIO

Movement and improvement dance classes are offered to youth with all levels of abilities. Instructors are trained from Rhythm Work Integrative Dance Program and offer a safe and caring environment so everyone can learn at their own pace.





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 designed for groups 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.



JMCC is like a family, a place we can trust with the well-being of our daughter. The Centre has so many programs that have allowed Micayla's abilities to grow stronger and they can benefit so many other children in our community!

- Eleonora Vitella, Micayla's mom



Cheerleading is something I never thought my daughter would be able to do. Before JMCC, she couldn't participate in many community recreational programs. Either they weren't athletic enough, they advanced too quickly or I wasn't comfortable with them due to her medical needs. Fatemah loves the JMCC classes and her coaches while I love that she is building skills and relationships with other kids. We are so thrilled that this program is in place and are committed for the long run!

- Yoanna Vadim, Fatemah's mom



I asked Tommy what he thinks about the bowling program: "It is sooooo good!" As a mom, it's fantastic to see him be a part of a league and JMCC has given him something to look forward to each week. I get home from work and he will say, "Hurry up mom, we have to get to bowling and see my friends!" That's what these teams are about: friendship, a sense of belonging and being accepted. Tommy looks forward to seeing his friends and therapists, giving high-fives, bowling and of course the blue slushies!"

- Jen Wright, Tommy's mom



The JMCC Cheer Squad is inclusive, supportive and a dream opportunity for my daughter to learn, grow and experience new things. Her face lights up when she walks into class and I've already seen so much growth in her!

- Joanna Conrad, Vivienne's mom