



# THERAPEUTIC RECREATION

Program guide

January to May  
2022

# 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



## spiritual health

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



## emotional health

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



## 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



## 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

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



# PARENT & TOT SWIMMING

Come out to the Vollmer Complex and spend quality time with your child, while you have fun, learn, and socialize. Through structured in-water interaction between parent and child, JMCC recreation therapist and Vollmer instructors will stress the importance of play in developing water-positive attitudes and skills at an early age.

**CRITERIA:** All abilities welcome. Must attend with a guardian.

**AGES:** 1 to 5 years

**WHEN:** Tuesdays, 4 to 4:45 p.m.  
February 8 - April 12

**WHERE:** Vollmer Complex (2121 Laurier Pkwy, Windsor)

**COST:** \$92



# CP SOCCER

Internationally certified and licensed CP soccer coach Abeer Fara wants to see what JMCC's got! This awesome program breaks down barriers and helps children and youth learn new skills, stay active, meet new friends, and of course, have FUN! Haven't played soccer before? No problem, this program is for beginners and also for those who already have some soccer skills.

**CRITERIA:** Diagnosis of Cerebral Palsy and other neurological disorders, including stroke and traumatic brain injury. Walkers and wheelchairs encouraged!

**AGES:** 6 to 15 years

**WHEN:** Mondays, 4 to 5 p.m.  
February 7 - April 25

**WHERE:** JMCC gym

**COST:** \$20



## CHEER ABILITY

NorthStar Cheerleading, back by popular demand! This amazing opportunity will allow us to meet new friends, boost our self-esteem, and be a part of an amazing team experience. We will keep our bodies active by learning new skills and practicing different exercises. Friends and families will be amazed by our end of program showcase!

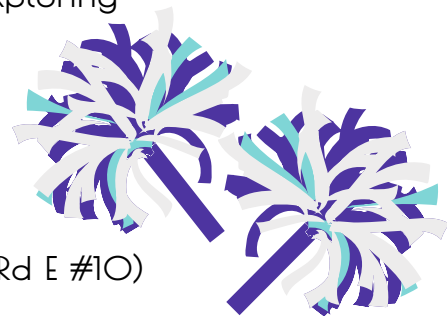
**CRITERIA:** Able to follow two-step instructions. Interested in exploring cheerleading and dance.

**AGES:** 7 to 18 years

**WHEN:** Wednesdays, 5:45 to 7 p.m.  
February 9 - April 13

**WHERE:** NorthStar Cheerleading Inc (4080 North Service Rd E #10)

**COST:** \$100



## STRIKE BOWLING LEAGUE

Bowling is a great way to relieve stress, keep our bodies moving, and show our friends support by cheering each other on. Let's set a goal for everyone to bowl a STRIKE by the end of the league!

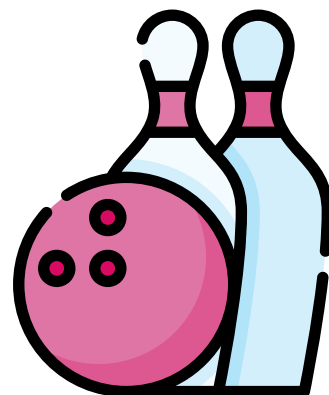
**CRITERIA:** All abilities welcome!

**AGES:** 13 to 21 years

**WHEN:** Mondays, 6 to 7 p.m.  
February 14 - March 21

**WHERE:** Revs Rose Bowl (2482 Dougall Ave, Windsor)

**COST:** Determined at door



# FAMILY CRAFT

Spring is in the air and what better way to celebrate the coming season with some family craft time! Goodbye snow and hello flowers and sunshine. You will not want to miss out on this unique spring craft!

**CRITERIA:** All abilities welcome!

**AGES:** All ages

**WHEN:** Tuesday, 4:30 to 5:30 p.m.  
April 14

**WHERE:** JMCC Gym

**COST:** No Cost



# BAND CLUB

Calling all rock stars! It's time to make a band! Inspired Sound Music wants to teach you to read music and play an instrument, to release your inner rock star! Whether you are a beginner or consider yourself a pro, this club will be a great way to meet new friends with similar interests, and ROCK ON!

**CRITERIA:** Able to follow two-step instructions. Interest in learning about music.

**AGES:** 10 to 17 years

**WHEN:** Fridays, 6:30 to 7:30 p.m.  
April 22 - May 27

**WHERE:** TBD

**COST:** \$40



# LEGO FUN

What's your favourite Lego creation to build? Join us to learn about colours and patterns, while we practice our focus and work on our fine motor skills. This group will promote creativity as we experiment and have fun!

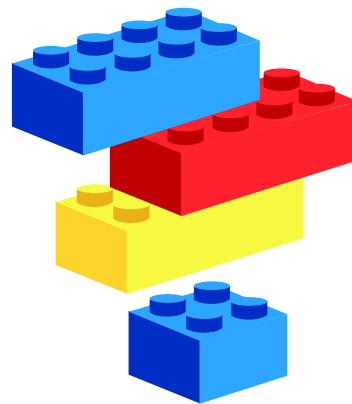
**CRITERIA:** Ability to follow instruction

**AGES:** 5 to 13 years

**WHEN:** Wednesdays, 4:30 to 5:15 p.m.  
April 6 - April 27

**WHERE:** JMCC Gym

**COST:** No cost



# EXPLORING FOOD WITH 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:** Monday, 1:30 to 2:30 p.m.  
March 14

**WHERE:** JMCC Gym

**COST:** \$5



# VOICELESS FEUD

Voiceless feud will be a night of gameplay, with a catch! Players will only be able to answer trivia questions with a form of augmentative communication. If you don't use augmentative communication, that's not a problem! This is an opportunity to learn about the different forms of communication and play with tools provided. For those of you who already use augmentative communication, this is a chance to show off your skills.

**CRITERIA:** Must play with augmentative communication (tools will be supplied if needed)

**AGES:** 8 to 15 years

**WHEN:** Monday, May 2  
4:30 to 5:30 p.m.

**WHERE:** JMCC Gym

**COST:** No cost



# VIRTUAL TREASURE HUNT

Under water adventures, fairy-tale forests, or perhaps an outer space excursion. There will be a new theme each week and we will find new treasures in our homes to share with our friends over Zoom.

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

**AGES:** 5 to 10 years

**WHEN:** Thursdays, 4 to 4:30 p.m.  
March 10 - March 31

**WHERE:** Zoom

**COST:** No cost





**MALLORY REINER**

JMCC Recreational Therapist



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## 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.

