



THERAPEUTIC RECREATION

Program guide

October to December
2021



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



ART SPLASH

From clay building to mosaic masterpieces, the leaders at Art Splash will help us explore our inner artists. This fun program will allow us to socialize with friends while working on our fine motor skills.

CRITERIA: All abilities welcome.

AGES: 7 to 14 years

WHEN: Mondays, 5 to 6 p.m.
October 4 - November 1

WHERE: JMCC Gym

COST: \$40



APPLE ORCHARD FUN!

The weather is getting cooler and the leaves are falling from the trees, it is the best time to pick some apples, play in a corn maze, and spend some time in the crisp air before it gets too chilly outside! Thiessen Orchard has farm-tastic attractions you won't want to miss! Register early as there are limited spots available!

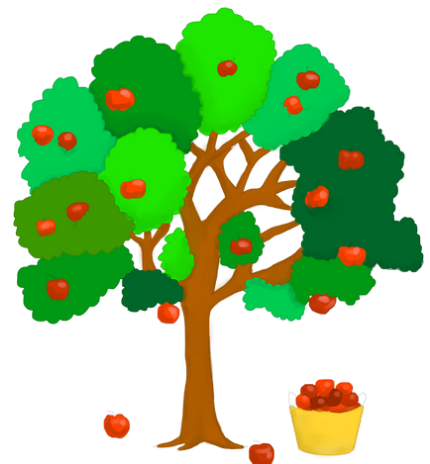
CRITERIA: Must attend with a guardian.

AGES: All ages

WHEN: Saturday, October 16, 10:30 a.m. to 12:30 p.m.
(registration deadline: October 11)

WHERE: Thiessen Orchard

COST: \$10



MESSY KITCHEN CLUB

Partnering with Sharing A Purpose to offer a fun and new opportunity! This workshop is designed to improve participants' skill set, knowledge, and safety of cooking and baking. The intention is to increase their independence so they may be able to utilize these skills on a daily basis to have a healthy and balanced lifestyle.

CRITERIA: Able to follow 2-step instructions.

AGES: 10 to 19 years

WHEN: Wednesdays, 4 to 5 p.m.
October 13 - November 17

WHERE: Roots 2 Wings
5650 Tecumseh Rd E

COST: \$50



HALLOWEEN FUN!

We love Halloween at JMCC and we are so excited to celebrate with you! At our celebration, we will decorate pumpkins, play silly Halloween games, and eat our favourite Halloween candy! Don't forget to either dress up in your favourite costume or black and orange to really get in the spirit. See you then!

CRITERIA: All abilities welcome!

AGES: All ages

WHEN: Thursday, October 28, 5 to 6:30 p.m.
Registration deadline: October 25

WHERE: JMCC Gym

COST: No Cost



TRY-A-SPORT

From basketball to soccer, hockey, or skipping - what's your favourite sport? Each week we will learn new skills and practice old skills while trying out different sports. Not sure which sport you will enjoy? This group is definitely for you! Together we will explore the world of sports and set goals for a successful and fun future in community sports.

CRITERIA: All abilities welcome.

AGES: 6 to 15 years

WHEN: Tuesdays, 5:30 to 6:15 p.m.
November 9 - November 30

WHERE: JMCC Gym

COST: No cost



PARENT AND TOT MUSIC THERAPY

Inspired Sound Music Therapy wants to make music with you! Join us Saturday evenings to reduce stress, boost positive energy and get your body grooving. Our music therapist takes song requests! If there is something your little one wants to hear, talk with JMCC Recreation Therapist Mallory to put in your request.

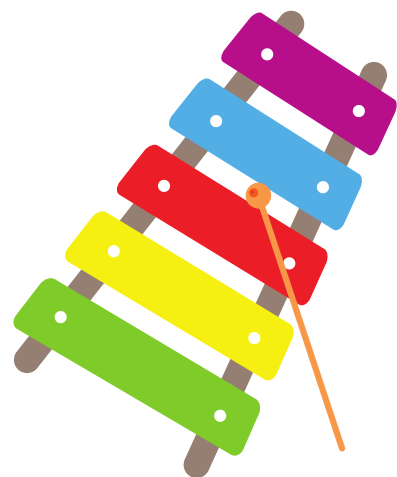
CRITERIA: All Abilities Welcome!

AGES: 0 to 6 years

WHEN: Saturdays, 5:30 to 6:30 p.m.
November 6 - December 11

WHERE: JMCC Gym

COST: \$30



NIGHT ON THE TOWN

Calling all young adults for a night out on the town! On Monday we will get together over Zoom to get to know our peers and decide where we would like to meet for dinner on Thursday. On this night we will also confirm transportation for everyone and any other important details. You will not want to miss this night of independence and fun! Contact Mallory, Recreation Therapist if you have any questions.

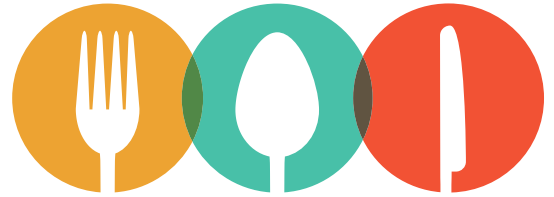
CRITERIA: All abilities welcome. Participants are responsible for transportation and the cost of the meal. Support workers are welcome.

AGES: 17 to 21 years

WHEN: Monday, November 8 at 6 - 7 p.m. -Zoom
Thursday, November 18 at 6 - 7 p.m.

WHERE: Dinner location on November 18 will be determined by group.

COST: Participants are responsible for their own meals.



GIRLS CLUB

Join like-minded, cool girls 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 while making new friendships.

CRITERIA: Willingness to participate in group activities. Girls ONLY!

AGES: 7 to 14 years

WHEN: Wednesday, 4:30 to 5:15 p.m.
December 1 to December 22

WHERE: JMCC Gym

COST: \$20



KARAOKE TIME

It's time to sing your hearts out! Let's get together Monday, December 6 to spread some cheer and joy through Karaoke, right in time for the holidays. On this night we will sing along to our favourite Holiday songs and some happy tunes to get our bodies grooving!

CRITERIA: All abilities welcome.

AGES: All ages

WHEN: Monday, December 6
5:30 to 6:30 p.m.

WHERE: JMCC Gym

COST: No cost



HOLIDAY PARTY

It's the most wonderful time of the year, so let's celebrate with all our friends at JMCCI Together we will dress in red and green, play some holiday games, and share some holiday treats. You won't want to miss this special event as we have a special visitor coming to see us. Hope to see you there!

CRITERIA: All abilities welcome

AGES: All ages

WHEN: Thursday, December 16
5:00 to 6:30 p.m.

WHERE: JMCC Gym

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.

