

CONNECTING YOU TO PLAY: JOOAY

Jooay App Monthly Newsletter

December 2023

Vol. 30

ABOUT THE NEWSLETTER

Welcome to the Jooay newsletter! Jooay is a free mobile and web app (<https://jooay.com/>) that helps children with disabilities and their families locate leisure opportunities that are close to where they live; accessible and inclusive; suit their needs and abilities; match their preferences; and can help them develop and participate in society.

Stay tuned for monthly updates on adapted leisure events and opportunities, as well as updates related to the Jooay App and our community. Let's help children get more involved in leisure together!

ACTIVITIES

1. An easy way to get moving as a family after school!

An easy way to get moving as a family after school—no scheduling required!

This small trick can work wonders to motivate your family to get outside more after school, in the evenings and on weekends. Before you know it, you'll forget about the to-do list!

[Read here](#)



2. Para Ice Hockey, BC

SportAbility CP Sports of BC offers various programs like para ice hockey. Para Ice Hockey (formerly known as Sledge Hockey) is an adapted version of stand-up ice hockey.



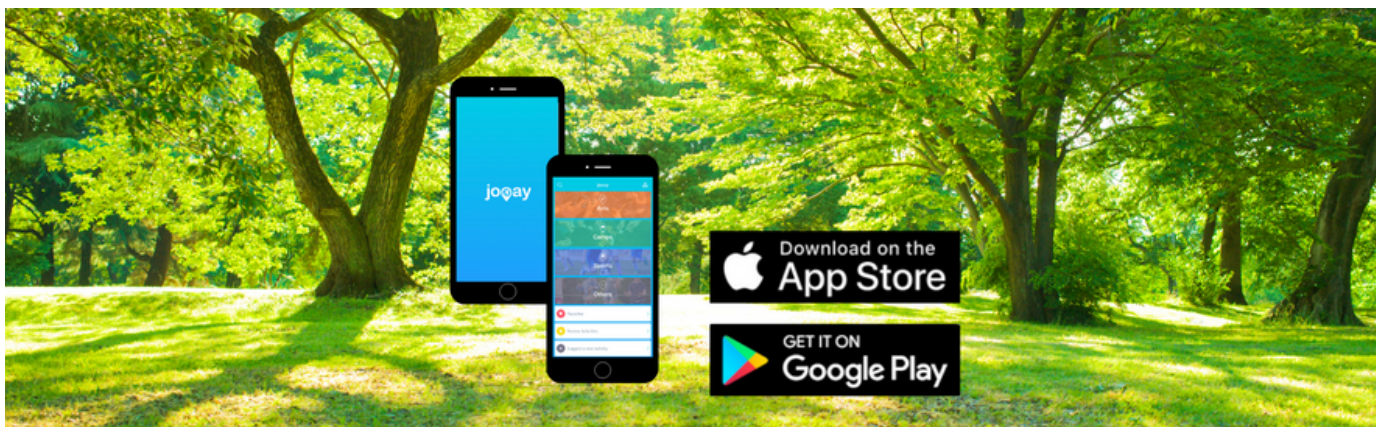
Register here:
Para ice hockey

3. Skating, Alberta

Skating lessons at Vivo are offered for people of all ages, abilities and comfort levels. All skating lessons at Vivo are designed to help all individuals learn how to skate and improve their skating skills. Participants learn to be comfortable on the ice by playing games and developing primary balance and coordination skills while progressing with each level.



Register here:
Skating



4. Adaptive Snowsports, BC

BC Adaptive Snowsports provides opportunities for individuals with physical and/or cognitive differences to get out skiing or snowboarding on the hills and mountains across British Columbia.

More information here:

[BC Adaptive Snowsports](#)



5. Snow Day Activities

The holidays are soon upon us and you should already find out how you want to spend time with your kid!

If you do not find out yet, don't worry!
we have some plans for you!

There are plenty of activities that can help you to spend quality time with your kid inside and outside!

Here is the list of activities:

[Snow Day Activities \(1\)](#)

[Snow Day Activities \(2\)](#)



6. Online 1-day Winter Camp

Let's celebrate the season together!
Join Easter Seals for a one-day virtual camp!

Program activities will include Winter Crafts, Holiday Karaoke, fitness activities, and lots of games!

More information here:

[Online 1-day Winter Camp](#)

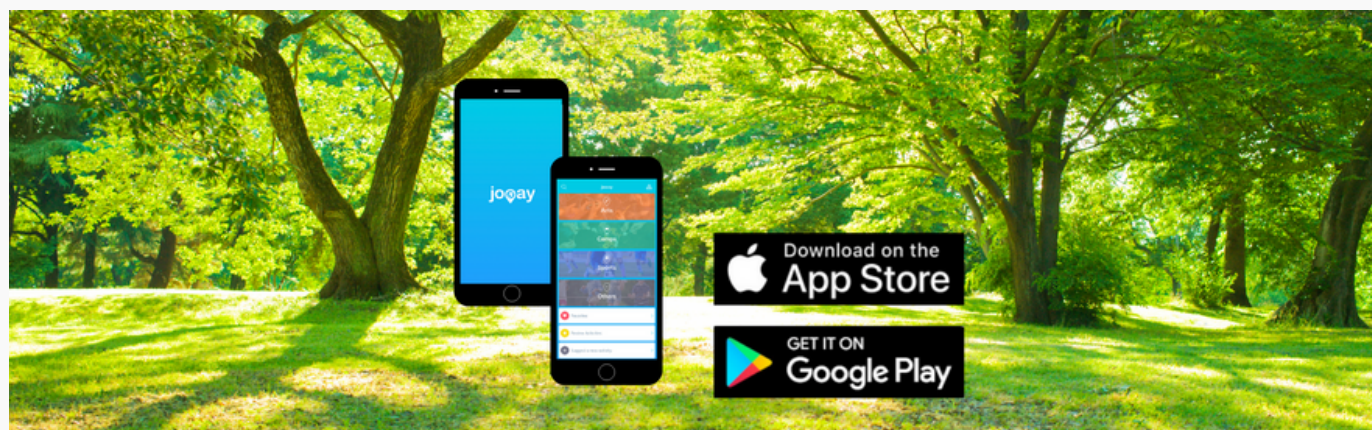


7. Canadian Adaptative Snowsports (CADS), Online

CADS offers an online 90-minute interactive training called "Countdown" which is designed to provide ski & snowboard instructors and parents with practical and inclusive tools and strategies to help create positive experiences for participants of diverse learning abilities.



Click [here](#) to learn more about this program



JOOAY APP UPDATES

**BE SURE TO DOWNLOAD OUR UPGRADED ANDROID
VERSION OF THE JOOAY APP!**

**FIND IT TODAY ON THE PLAY STORE & DISCOVER OUR
NEW FEATURES.**

BE SURE TO CHECK OUT THE 'ONLINE' ACTIVITIES TAB!

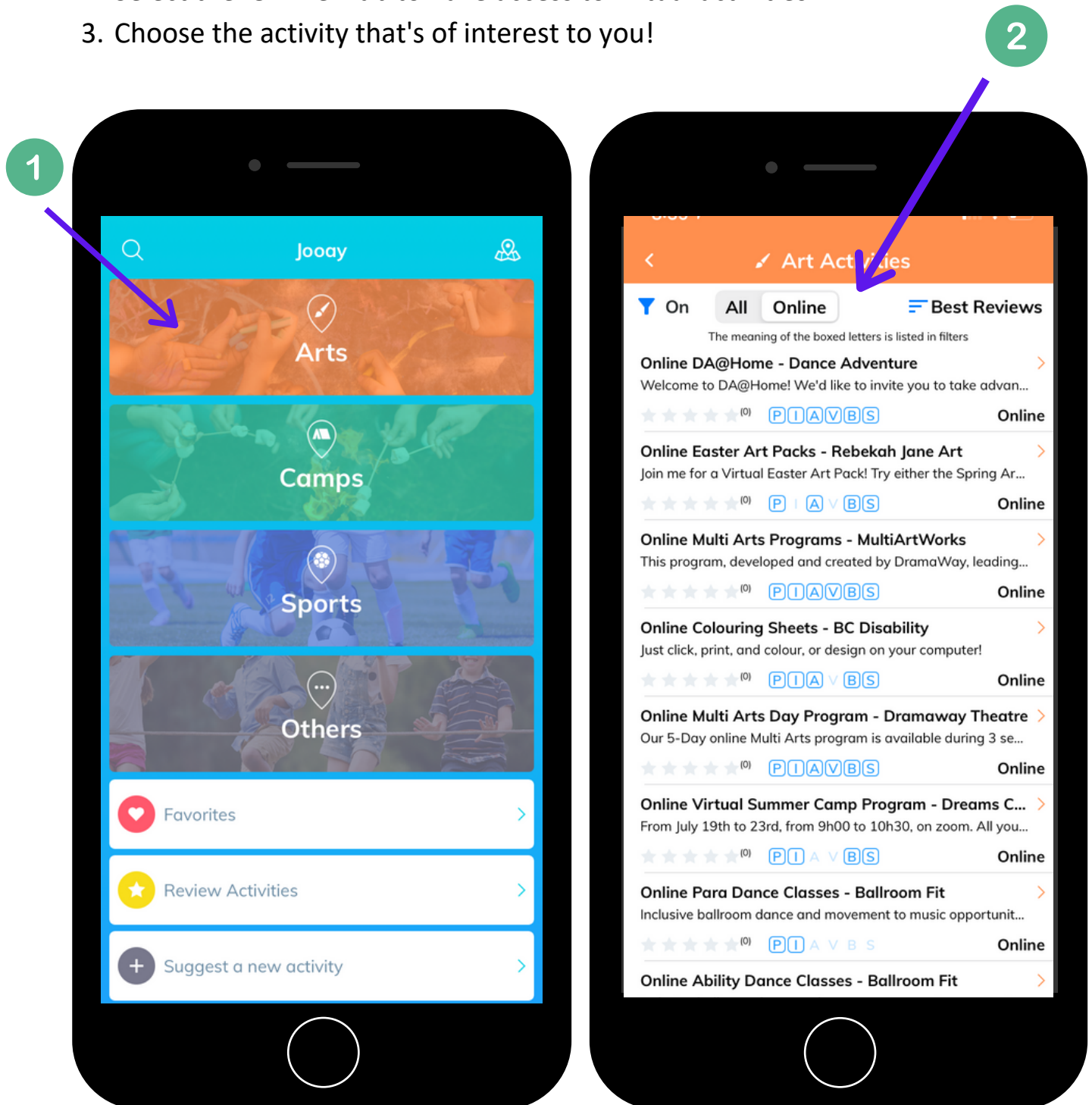


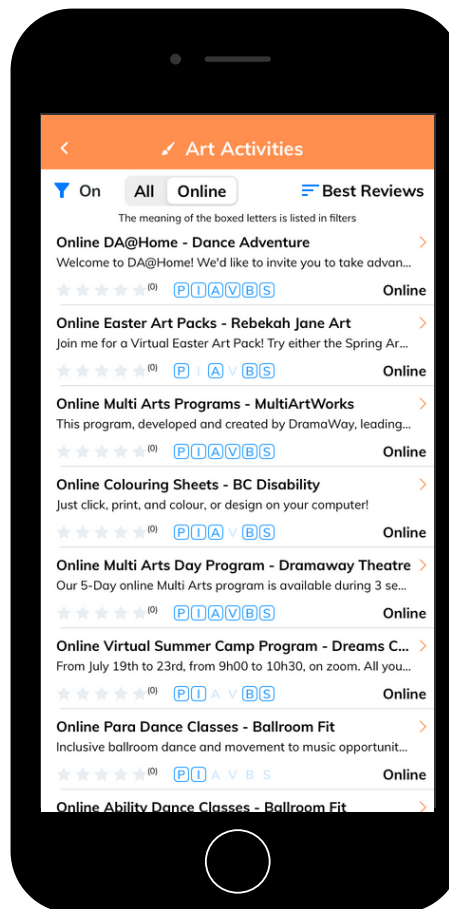
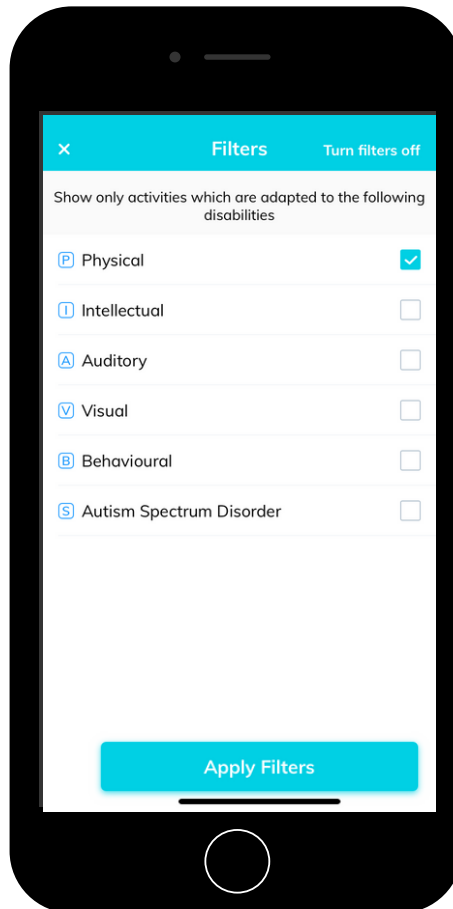
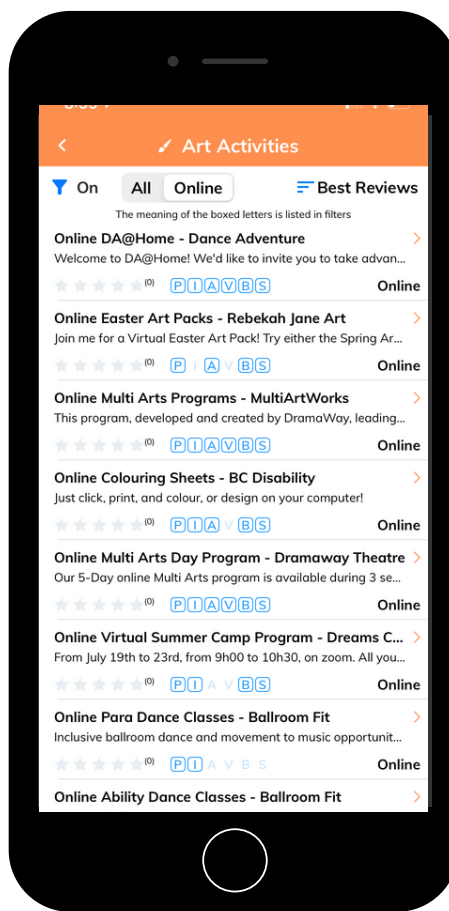
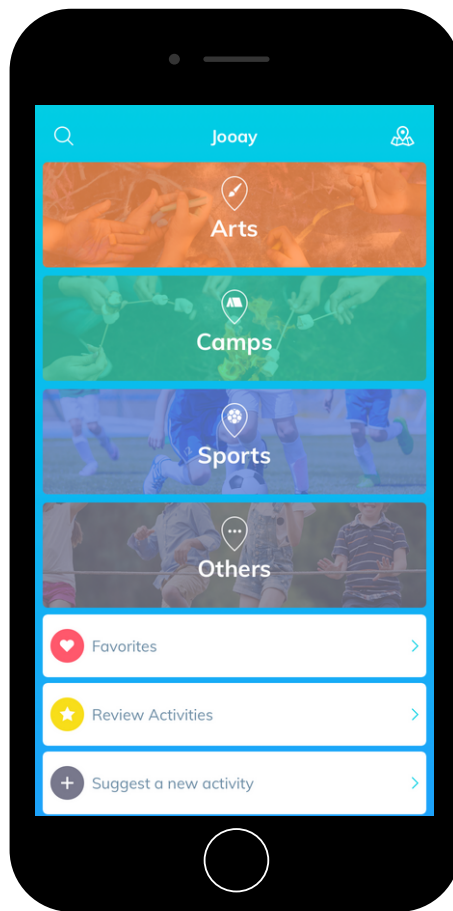
HOW TO GET THE MOST OUT OF THE JOOAY APP?

Tip #1: SEARCHING FOR ONLINE ACTIVITIES

When viewing an activity in the Jooy app ...

1. Select an option among the activity' categories
2. Select the 'Online' Tab to have access to virtual activities
3. Choose the activity that's of interest to you!





THE UPGRADED ANDROID VERSION OF THE JOOAY APP

HOW TO GET THE MOST OUT OF THE JOOAY APP?

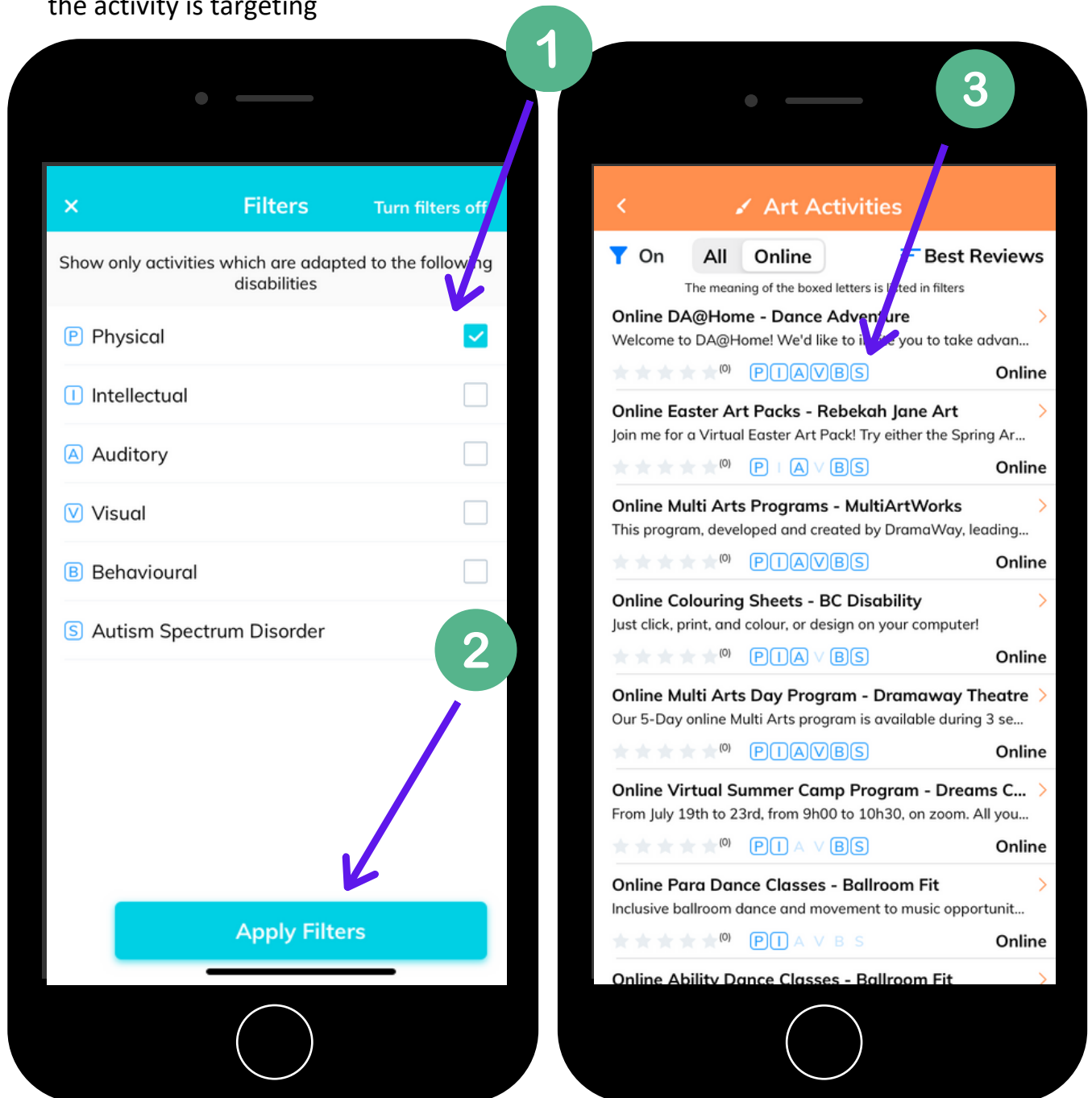
Tip #2: SEARCHING FOR THE TYPE OF SPECIAL NEED

When viewing an activity in the Jooay app ...

1. Select the filter of your choice
2. Click on "Apply Filters"

OR

3. When viewing activities, see the Letters which indicate the type of disability the activity is targeting



Happy Human Rights Day.

Human Rights Day is observed every year on 10 December — the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights (UDHR).

The Declaration states that each person is entitled to fundamental rights, including the right to equality, and the right to life, liberty and security of the person. It also recognizes the right to freedom of religion and speech and the right to participate in the cultural life of the community.

If you have any suggestions for our newsletter please let us know!

contact: jooay@childhooddisability.ca

SOCIAL MEDIA

Follow us! 



@Jooay



@jooayapp



@jooayapp

Join the Jooay Community Connecting to Play Facebook Group!



<https://www.facebook.com/groups/JooayCommunity>



 Download on the
App Store

 GET IT ON
Google Play