

CONNECTING YOU TO PLAY: JOOAY

Jooay App Monthly Newsletter

March 2024

Vol. 33

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. Standing Adaptive Tennis

There's an underground movement growing in popularity for people with a physical disability – standing adaptive tennis.

It's the perfect inclusion sport for fun, fitness, and friendship, and you can get involved.

[Click here to learn more!](#)



2. Spring Programs - Ausome Ottawa

Gear up for spring programs — Fitness with Friends, Track & Field, Gymnastics and Soccer!

[Click here to learn more!](#)



3. How to Make a Meal Plan

This program explores the benefits of meal planning and encourages participants to consider some staple meals that they enjoy to eat throughout the week. Participants are guided through meal planning strategies that focus on realistic, nutritionally balanced, and customizable choices, supporting independence, confidence and physical well-being.

[Register](#) today!



4. Bust a Move Dance

Ready to leave winter behind and dance into spring? 🌸

Join BAMD's 10-week dance program!

[Find out more here!](#)



5. Vecova Summer Camp

Fuel your sense of adventure and make this summer one to remember!

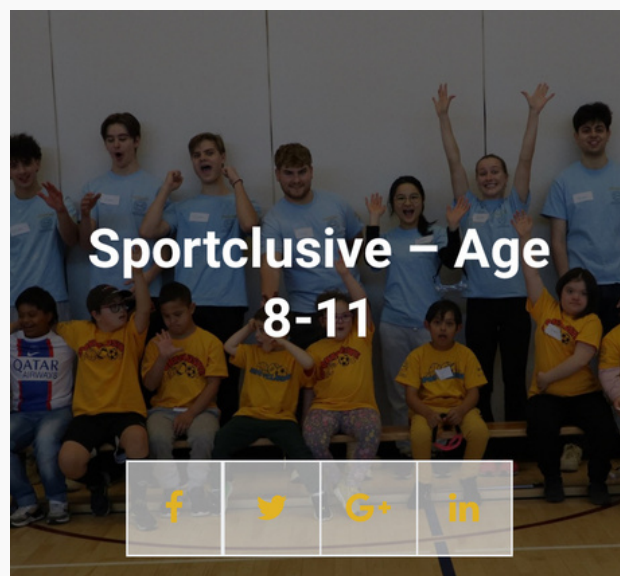
They even offer convenient drop-off and pick-up options to extend your child's stay at camp, making it even more flexible and enjoyable!

[To register, click here!](#)



6. Sportclusive Spring 2024

Participants will have the chance to enhance their sports, physical activity, and social skills by engaging in various sports activities, many of which align with Special Olympics pathways. With guidance from skilled coaches and volunteers, the team will tailor an individualized approach for each athlete based on the Quality Participation Framework to foster social connections and friendships to promote lifelong active participation.



[Click here to find out more!](#)

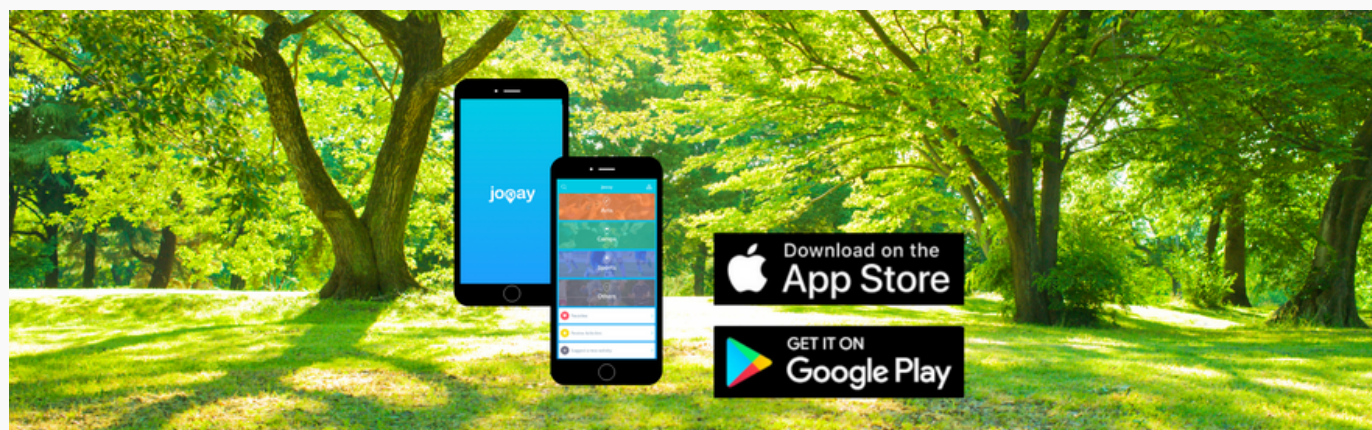
7.Jooay was featured!

Sports and activity are crucial for a child's development, but finding these opportunities can be challenging for those with disabilities.

Dr. Keiko Shikako's app addresses this issue by helping to connect families with children and youth with disabilities to leisure and activity programs in their communities across Canada.



[Read more here!](#)



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!

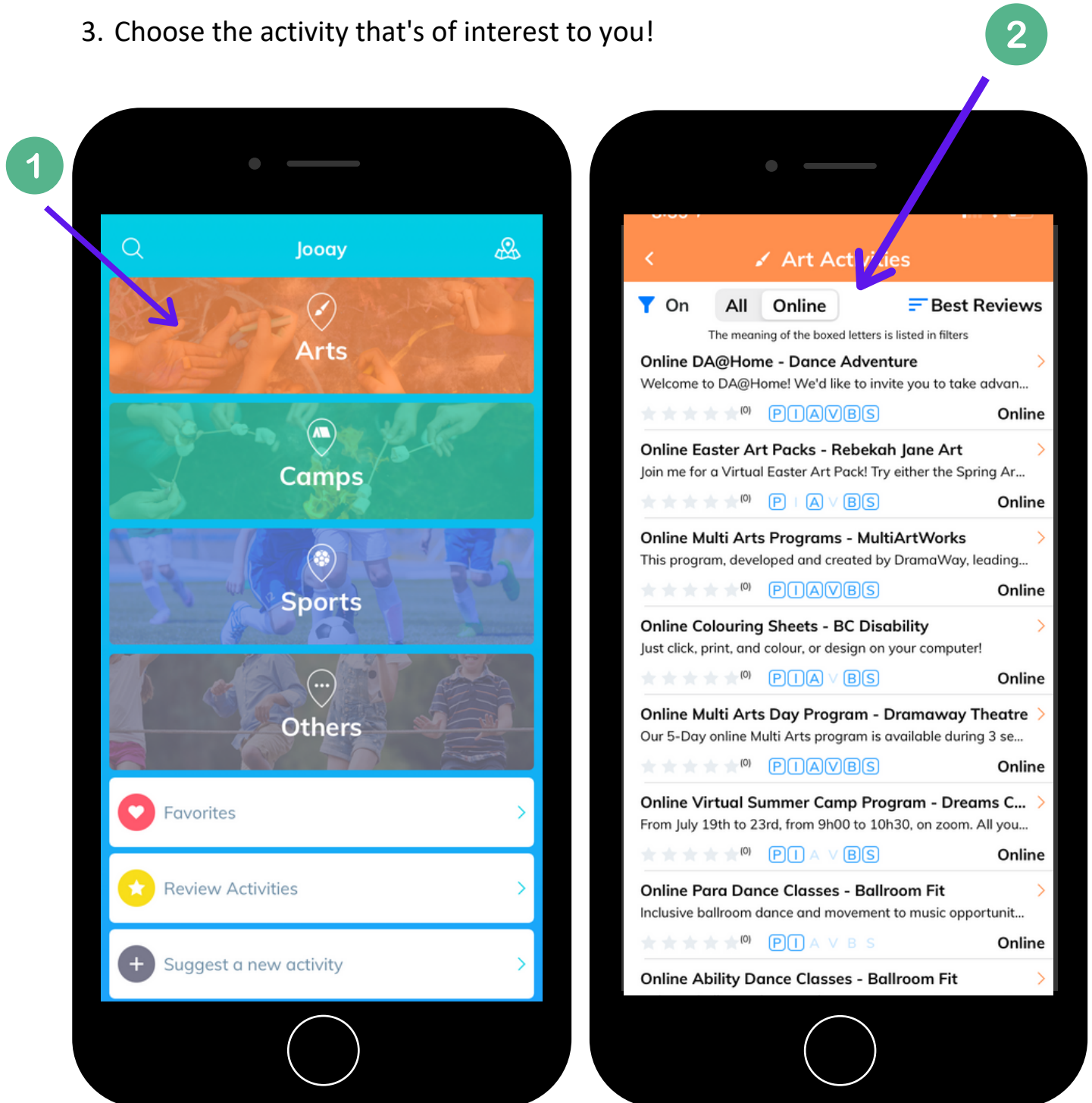


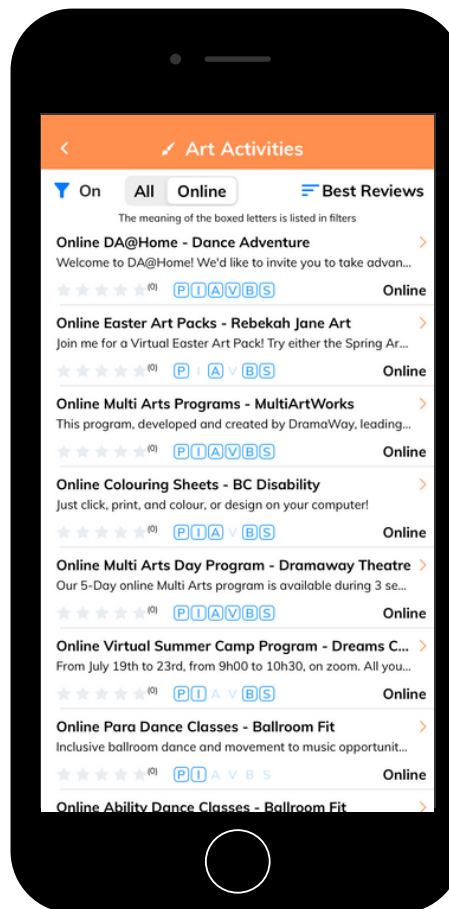
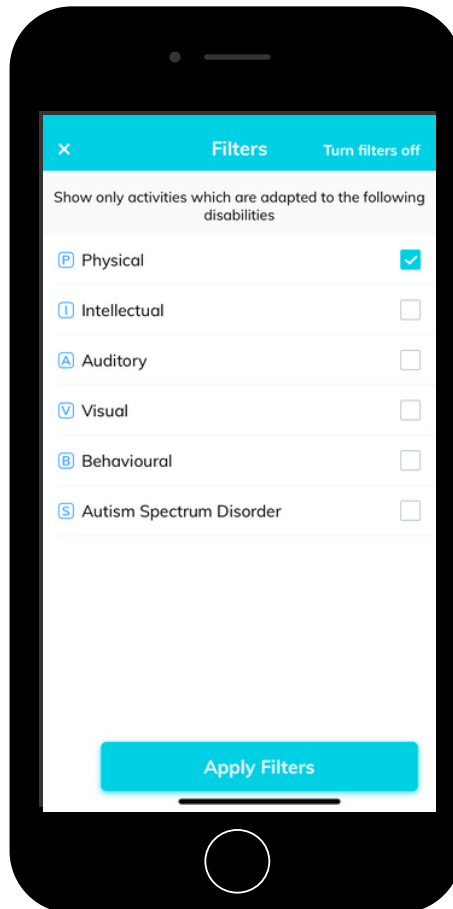
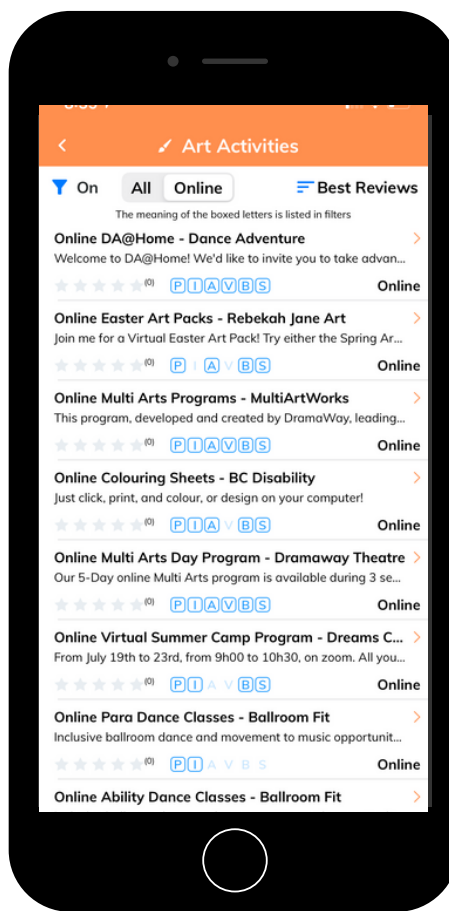
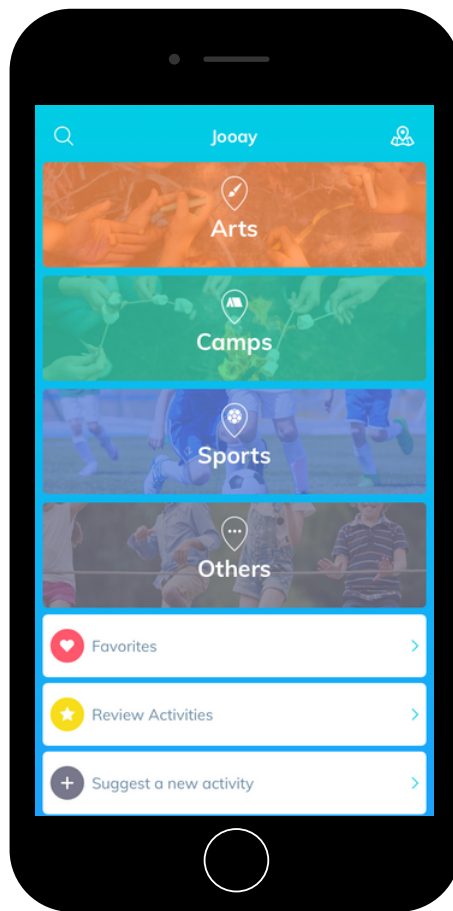
HOW TO GET THE MOST OUT OF THE JOOAY APP?

Tip #1: SEARCHING FOR ONLINE ACTIVITIES

When viewing an activity in the Jooay 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?

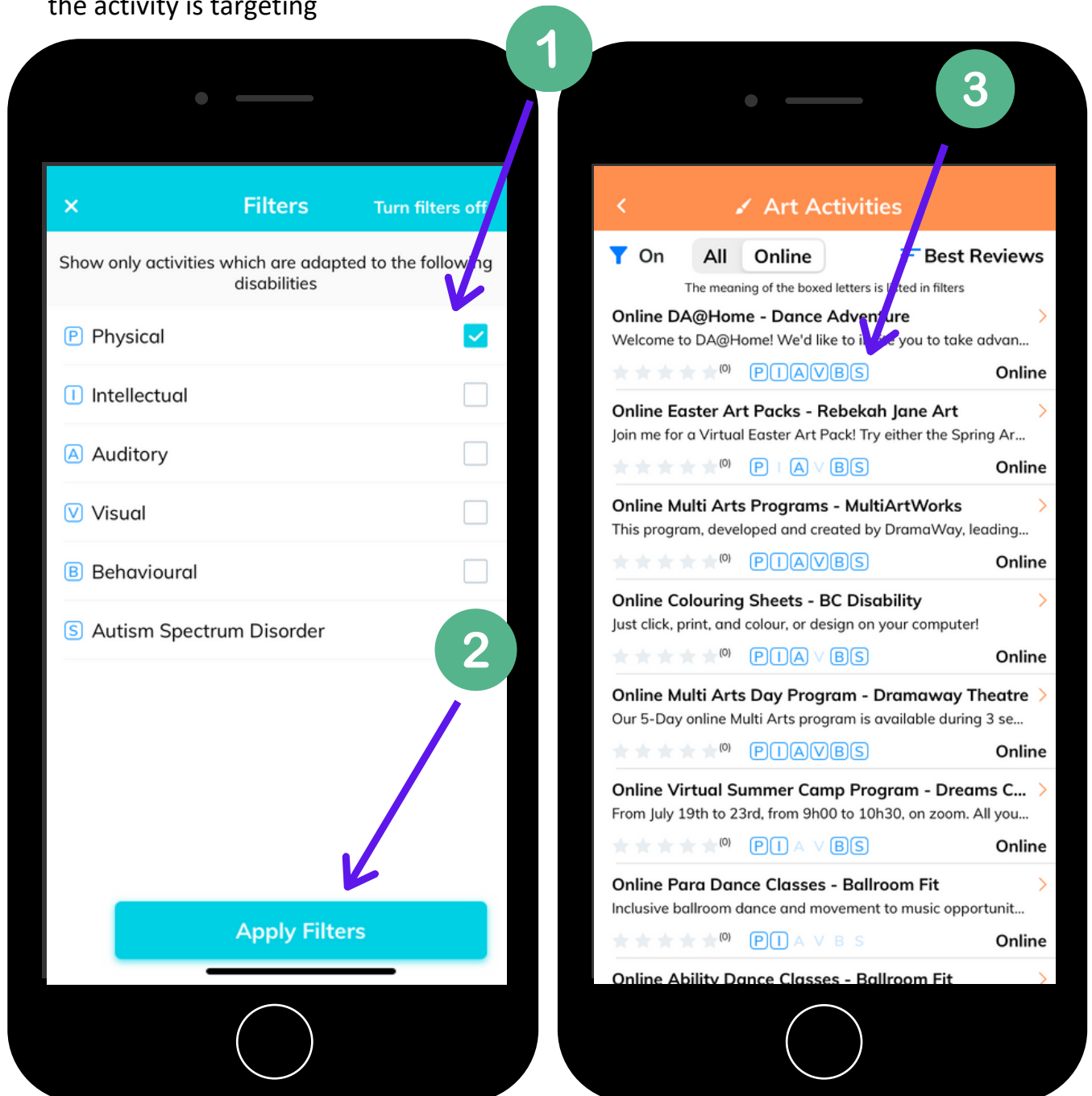
Tip #2: SEARCHING FOR THE TYPE OF SPECIAL NEED

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



Developmental Disabilities Awareness Month!

March is

#DevelopmentalDisabilitiesAwarenessMonth!

This year's theme is "A World of Opportunities"

- celebrating people and working together to remove obstacles. DDAM seeks to raise awareness of the barriers that #PWD still face in full inclusion in their communities.

#DDAM2024



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

contact: jooay@childhooddisability.ca

SOCIAL MEDIA

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@jooayapp

Join the Jooay Community Connecting to Play Facebook Group!



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



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