

CONNECTING YOU TO PLAY: JOOAY

Jooay App Monthly Newsletter

October 2024

Vol. 40

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. Adapted Taekwondo, AB

Tiger Taekwondo provides skilled instructors that use traditional training techniques, to help students achieve balance between body, mind, and spirit. The instructors adapt each lesson to meet the goals and abilities of each participant. You will have the opportunity to be tested and move on to the next belt level.

[Click here to learn more!](#)

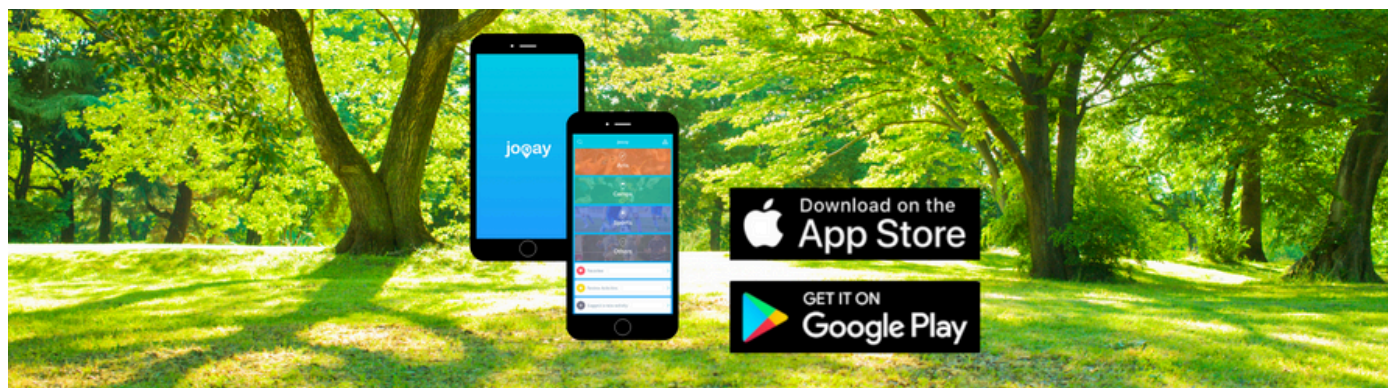


**ADAPTED
TAEKWONDO**

Saturdays
10:00 - 11:00 am
Tiger Taekwondo
McKernan Community Hall.

REGISTER NOW
www.parasportsab.com

The graphic features a blue background with yellow circular accents. It includes images of people practicing Taekwondo, including one person in a wheelchair performing a kick, and a man in a white Taekwondo uniform demonstrating a technique.



2. Cooking Class in Toronto, ON

Join DSAT Toronto for their cooking class at The Loft Leaside!

Open to individuals with Down Syndrome ages six and over, attend with a caregiver or support person. This fun and inclusive activity allows your child to learn to cook different dishes and batter up various desserts.



[Click here to learn more!](#)

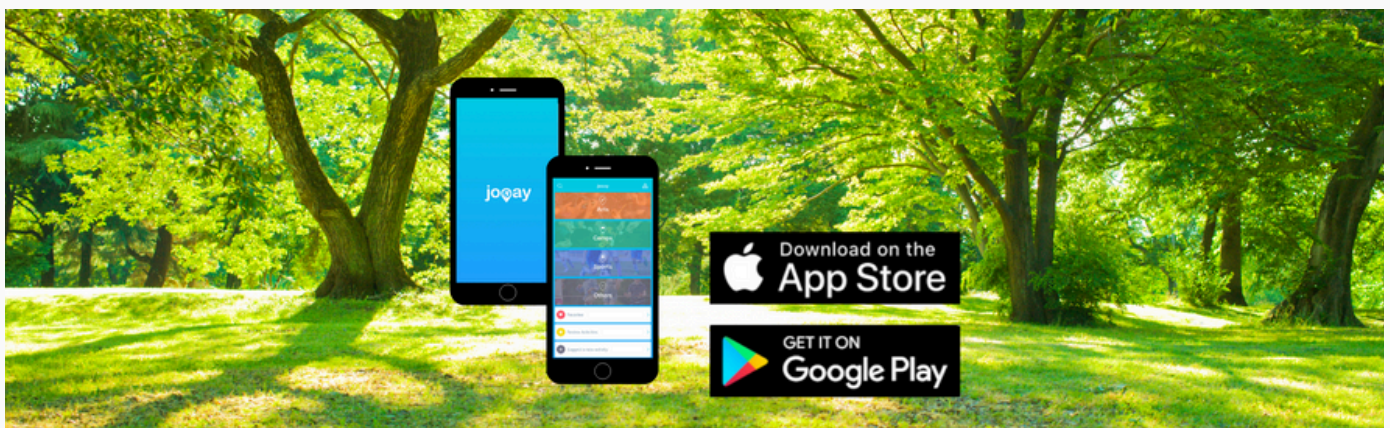
3. Dance Without Limits for Children in Calgary, AB

Cerebral Palsy Alberta is hosting dance classes in partnership with Ballet Edmonton. This program allows youth and young adults with disabilities to feel like dancers, tailored to their needs.

Under the direction of a Dance Instructor, each participant's move is supported to ensure the program's full benefits. It combines physical therapy and the opportunity to experience a variety of dance styles, which is sure to boost confidence and self-esteem!



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



4. Virtual Young Adult Programs Across Canada

Recreational Respite is offering November programs for young adults ages 16 and over.

Their group programs aim to provide independent skill mastery for those who want to acquire new skills with productive outcomes. These programs will cultivate life skills, promote self-care, and support transitions or integration into community life.

[Click here to learn more!](#)

November 2024						
Young Adults (ages 16+)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Virtual Group Programs Cost: \$20/Program (1 hour) *Series Cost: \$80 for 4-week commitment/series All programs are run online via Zoom and scheduled in Eastern Time For more information or to register, email groups@recreationalrespite.com or call 1-877-855-7070.						
					1 2:30pm Bullying Awareness & Prevention 6:30pm TGIF Game Night	2 2:30pm The Bookworm's Book Club: Short Stories
	4 2:30pm Deep Dive: The First Car 6:30pm The RecRoom (Series): Art & Mixed Media	5 2:30pm Memory Masters 6:30pm Skills for Success: Adapting to Change	6 2:30pm Muscles & Me: Pilates 6:30pm Friendship Circle (Series)	7 2:30pm Falling for Photography 6:30pm Skills for Success: How to Approach People	8 2:30pm Create Your Own Poppy 6:30pm TGIF Game Night	9 2:30pm The Bookworm's Book Club: Short Stories
10 2:30pm Deep Dive: Walt Disney 6:30pm The RecRoom (Series): Art & Mixed Media	11 2:30pm Deep Dive: Walt Disney 6:30pm The RecRoom (Series): Art & Mixed Media	12 2:30pm Cultural Dance Exploration: Indian Dance 6:30pm Skills for Success: Squeaky Clean (Personal Hygiene)	13 2:30pm Muscles & Me: Swimmer's Exercise 6:30pm Friendship Circle (Series)	14 2:30pm Practicing Healthy Sleep Habits 6:30pm Skills for Success: The Domains of Well-Being	15 2:30pm All the Colours of the Rainbow (2SLGBTQ+ allyship) 6:30pm TGIF Game Night	16 2:30pm The Bookworm's Book Club: Short Stories
17 2:30pm Deep Dive: Rayles 6:30pm The RecRoom (Series): Art & Mixed Media	18 2:30pm Deep Dive: Rayles 6:30pm The RecRoom (Series): Art & Mixed Media	19 2:30pm Escape Room: Eco Squad 6:30pm Skills for Success: Choices Challenge	20 2:30pm Muscles & Me: Olympic Sports 6:30pm Friendship Circle (Series)	21 2:30pm Journaling 6:30pm Skills for Success: The Importance of Saving	22 2:30pm Karaoke 6:30pm (Free) Peer-to-Peer: Card Games! "Bring a Friend"	23 2:30pm The Bookworm's Book Club: Short Stories
24 2:30pm Deep Dive: The North Pole 6:30pm The RecRoom (Series): Art & Mixed Media	25 2:30pm Deep Dive: The North Pole 6:30pm The RecRoom (Series): Art & Mixed Media	26 2:30pm Fitness & Nutrition 6:30pm Skills for Success: Confidence & Self Esteem	27 2:30pm Muscles & Me: Heart Health 6:30pm Friendship Circle (Series)	28 2:30pm Online Trip: Jurassic Park 6:30pm Skills for Success: Communicating in Your Community	29 2:30pm Celebrating Us! (Group Identity Poster) 6:30pm TGIF Game Night	30 2:30pm The Bookworm's Book Club: Short Stories
Inclusion • Participation • Social Health • Connectivity To learn more about Recreational Respite and our services, visit us at www.recreationalrespite.com						

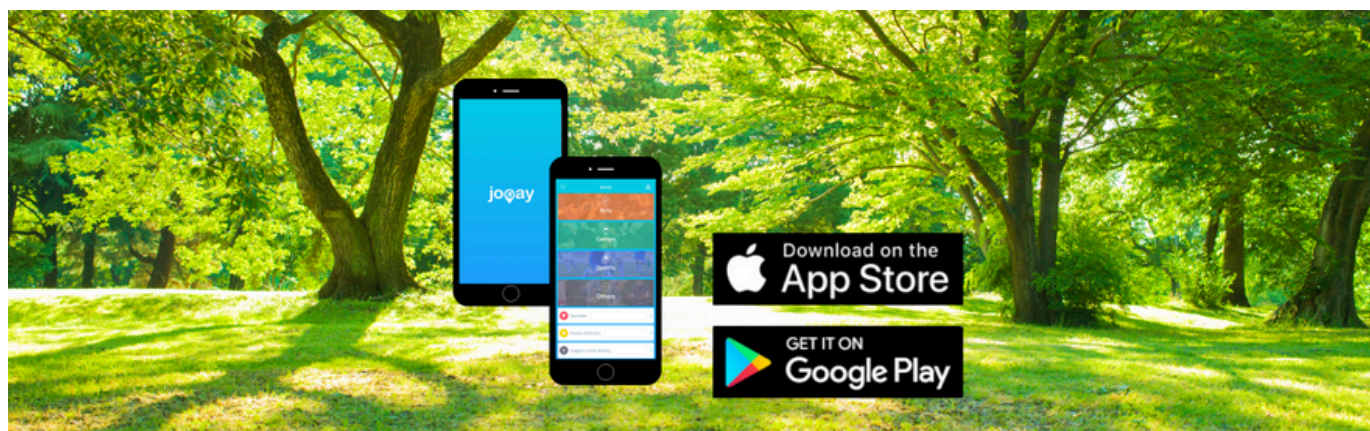
5. Wheelchair Basketball across British Columbia

BC Wheelchair Basketball proudly presents wheelchair basketball for anyone to play!

This program aims to help millions of Canadians across the country make new friends, stay physically and mentally fit, and express themselves. It also aims to help individuals with disabilities reintegrate into the community and regain their motivation.



[Click here to learn more!](#)



6. Early Intervention Group Program in Calgary, AB

Join the Canadian Centre for Development on Tuesday morning at CP Alberta for their physiotherapy, occupational therapy, and speech therapy group programs.

They are dedicated to serving children with developmental delays, disabilities, and those who are neuro-diverse. We excel in doing this through the expertise of their team, with many specialized modalities and equipment available for us to ensure success.



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

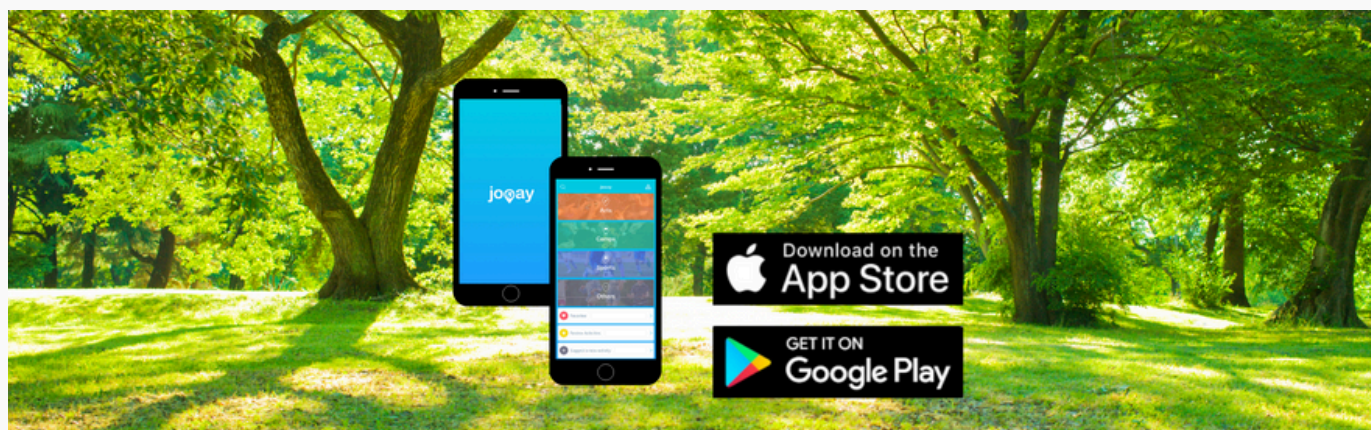
7. BBNC EarlyON November Program in Scarborough, ON

This fall, BBNC's EarlyON Learning and Parenting sector is offering programs tailored for children aged 0 to 6 and their families, designed to meet the diverse needs of our community.

These programs create opportunities for parents, guardians, and childcare providers to engage with children in social, educational, and recreational settings



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



JOOAY APP UPDATES

**HAVE YOU DOWNLOADED OUR UPGRADED VERSION
OF THE JOOAY APP?!**

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

The advertisement features three smartphones against a green and blue bokeh background. The largest smartphone on the left displays the 'jooay' logo on a blue screen. The middle smartphone shows the app's main menu with categories: Arts, Camps, Sports, and Others, along with a 'Favorites' section and buttons for 'Review Activities' and 'Suggest a new activity'. The rightmost smartphone displays the 'Art Activities' screen, listing various online programs such as 'Online DA@Home - Dance Adventure', 'Online Easter Art Packs', 'Online Multi Arts Programs', 'Online Colouring Sheets', 'Online Multi Arts Day Program', 'Online Virtual Summer Camp Program', 'Online Para Dance Classes', and 'Online Ability Dance Classes'. Each listing includes a star rating, a 'PAGES' indicator, and an 'Online' status. In the top right corner, there is a 'GET IT ON Google Play' button with the Google Play logo. In the bottom left corner, there is a 'Download on the App Store' button with the Apple logo.

**GET IT ON
Google Play**

**Download on the
App Store**

THE UPGRADED VERSION OF THE JOOAY APP

HOW TO GET THE MOST OUT OF THE JOOAY APP?

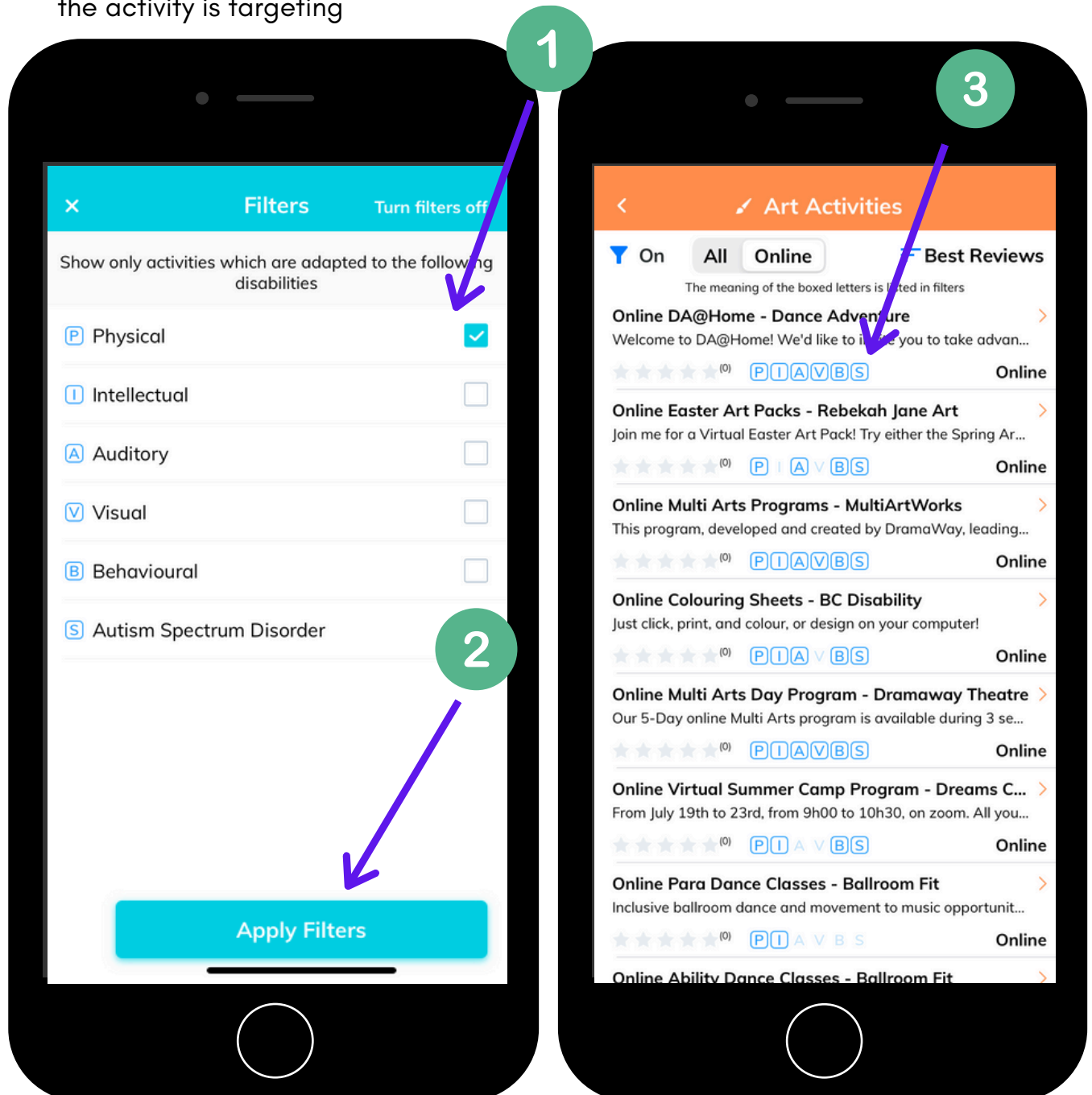
SEARCHING FOR THE TYPE OF SPECIAL NEED

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

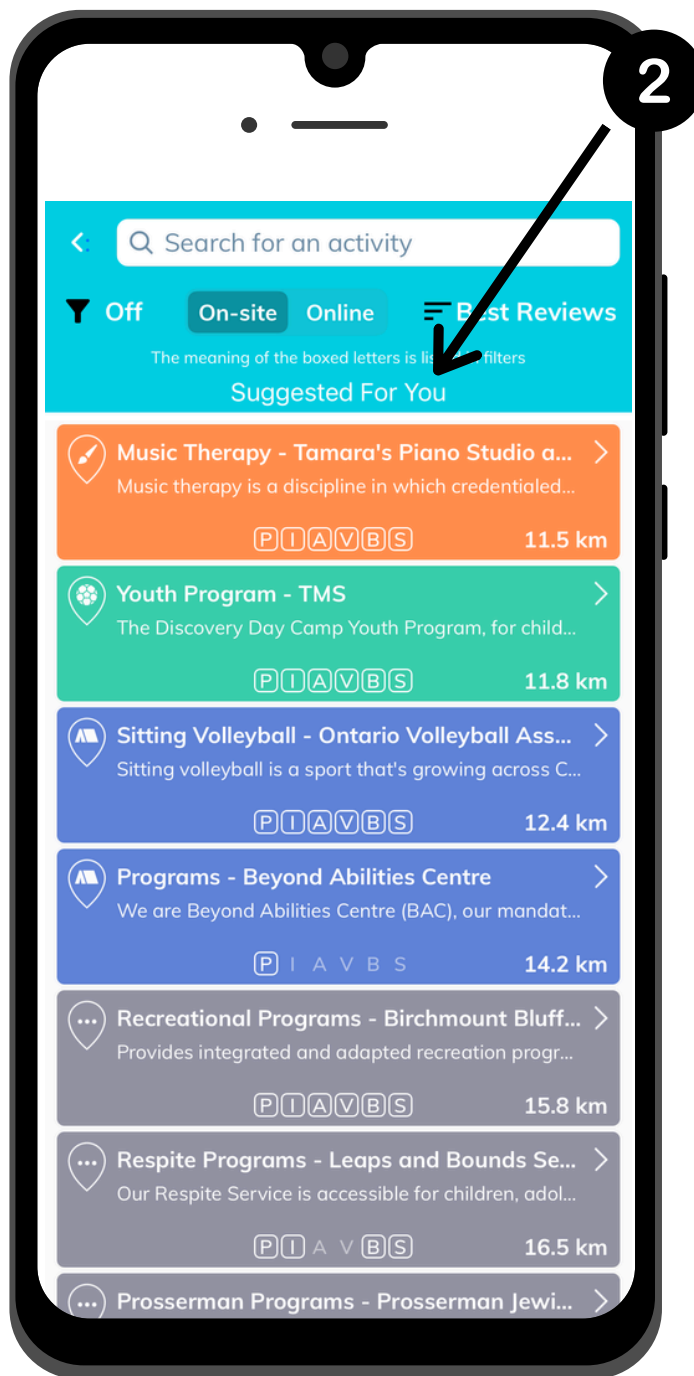
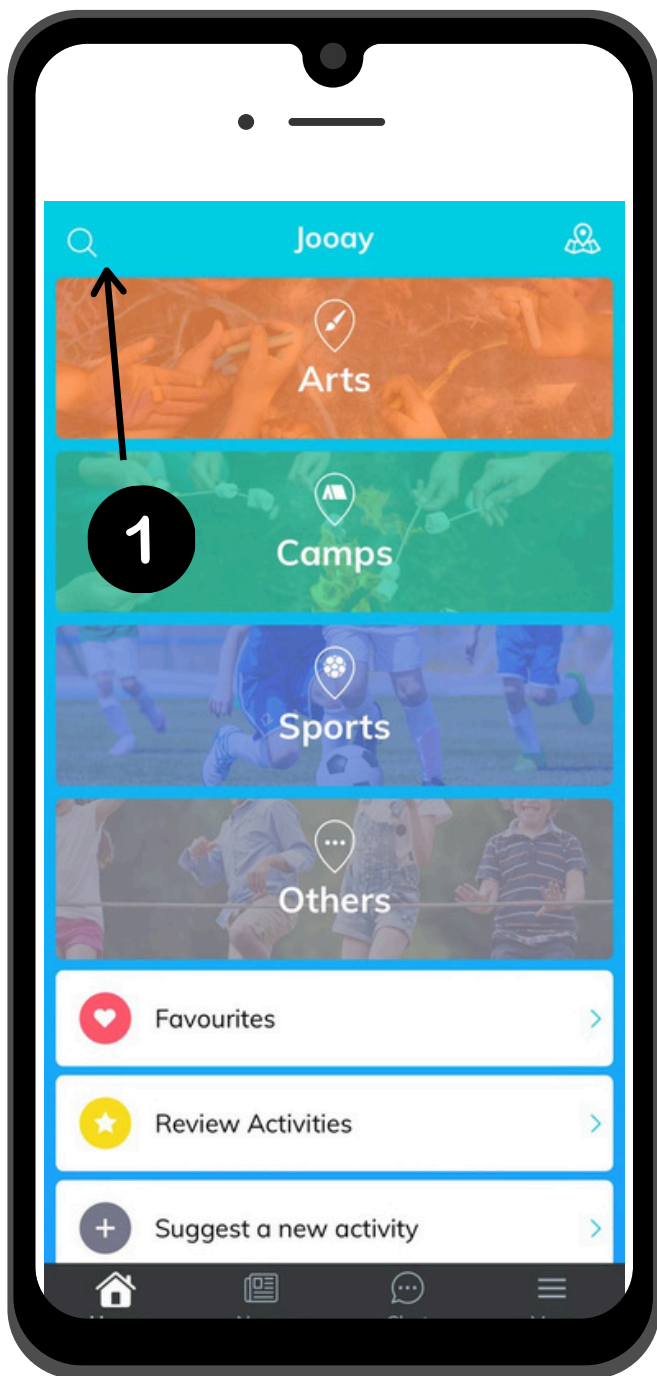


HOW TO GET THE MOST OUT OF THE JOOAY APP?

SUGGESTED FOR YOU

When viewing the new suggested activities

1. Click on the "Search" icon
2. Suggested activities will pop up under the search bar



HOW TO GET THE MOST OUT OF THE JOOAY APP?

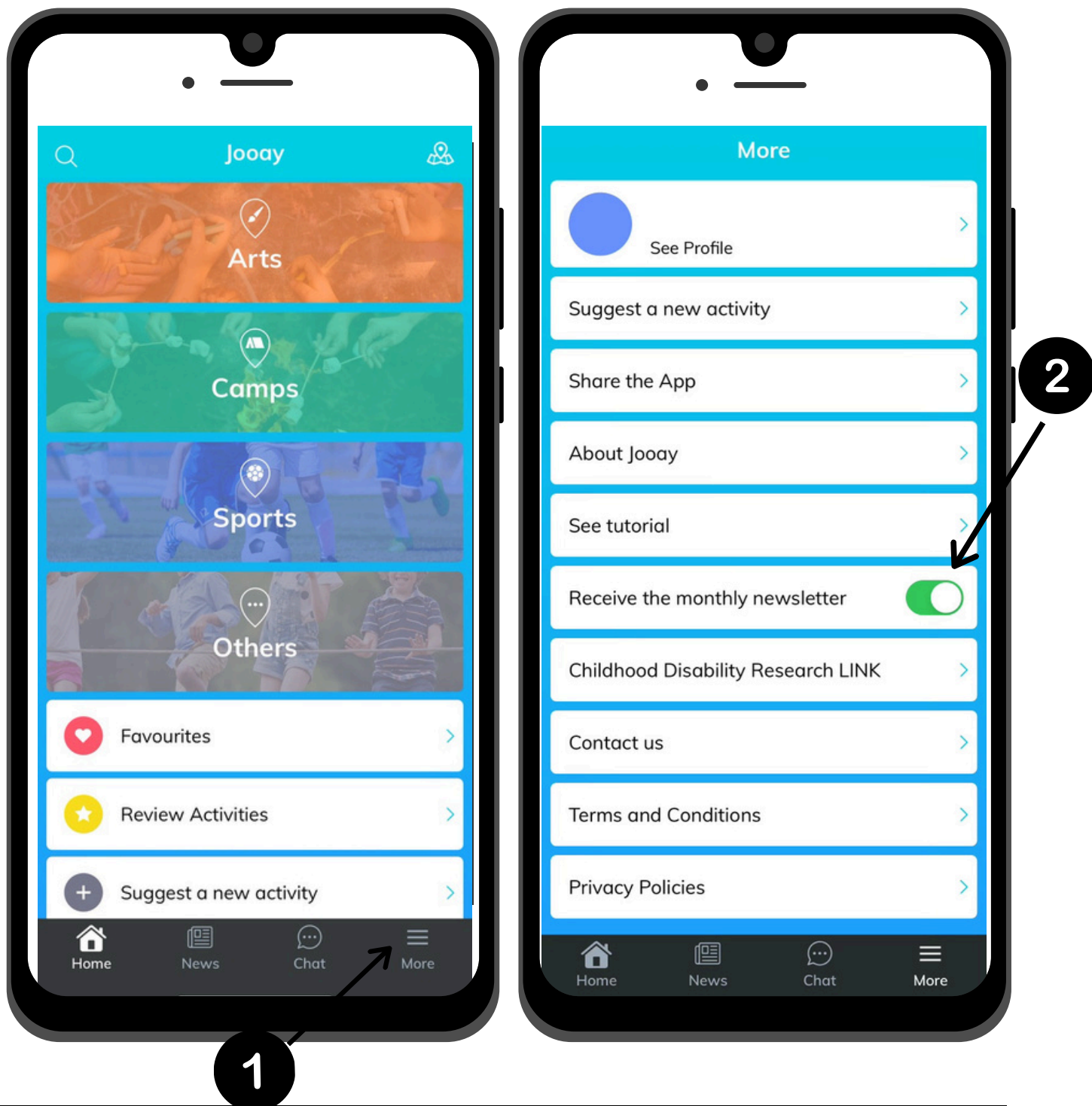
Stay
TUNED

RECEIVE THE MONTHLY NEWSLETTER

You can now receive the monthly newsletter which just a click of a button

1. Click on the "More" icon on the bottom left of your screen
2. Click on the "Receive the monthly newsletter" button

When it turns green, the newsletter will be sent to your email every month



HOW TO GET THE MOST OUT OF THE JOOAY APP?

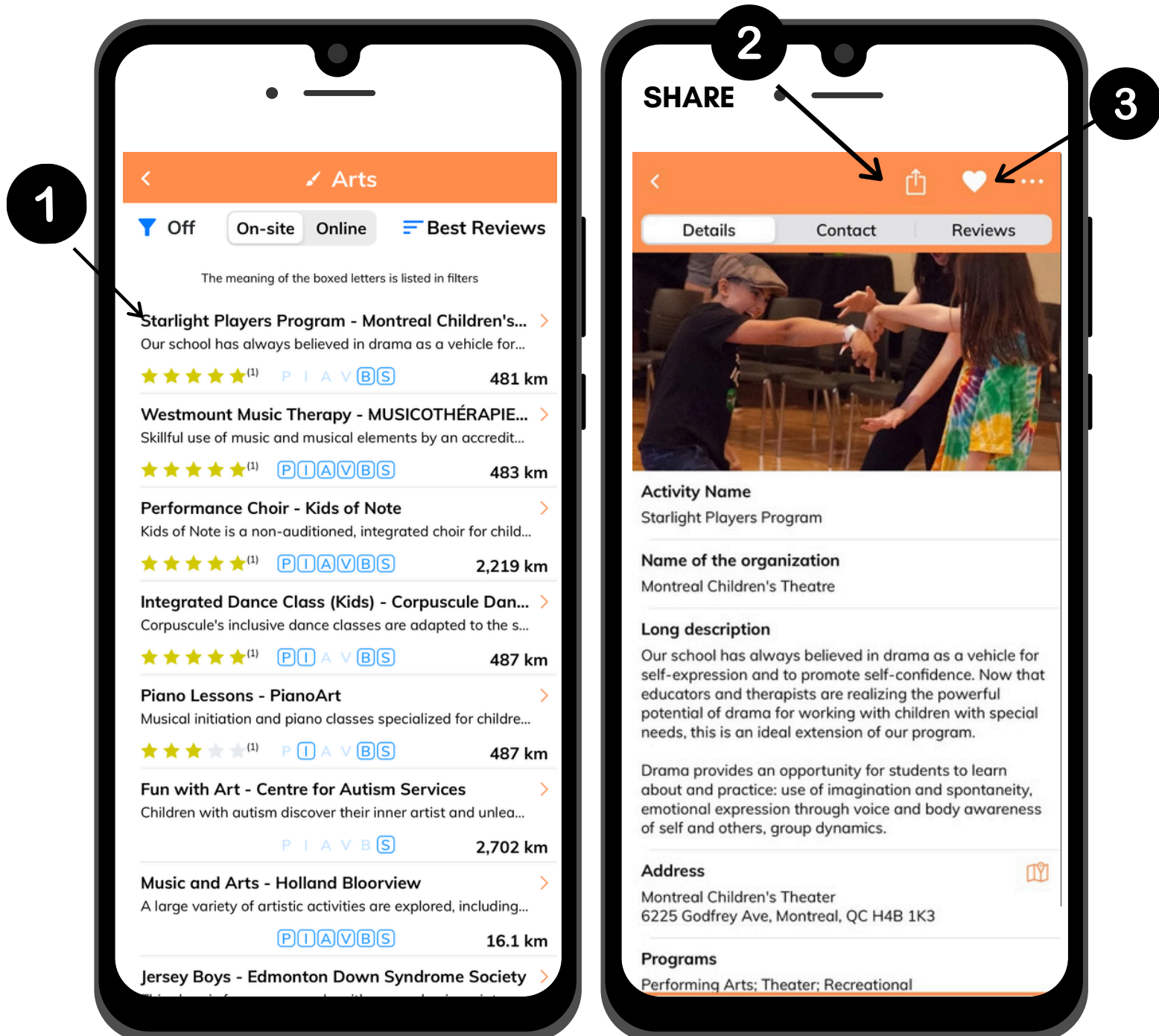


SHARE AND ADD TO YOUR FAVOURITES

You can now share the activities to others and like your favourite activity

1. Click on the activity of your choice
2. To **share**, click on the top right of the screen on the "Share" icon
3. To **favourite**, click on the heart so you can easily access it in your favourites folder

FAVOURITE



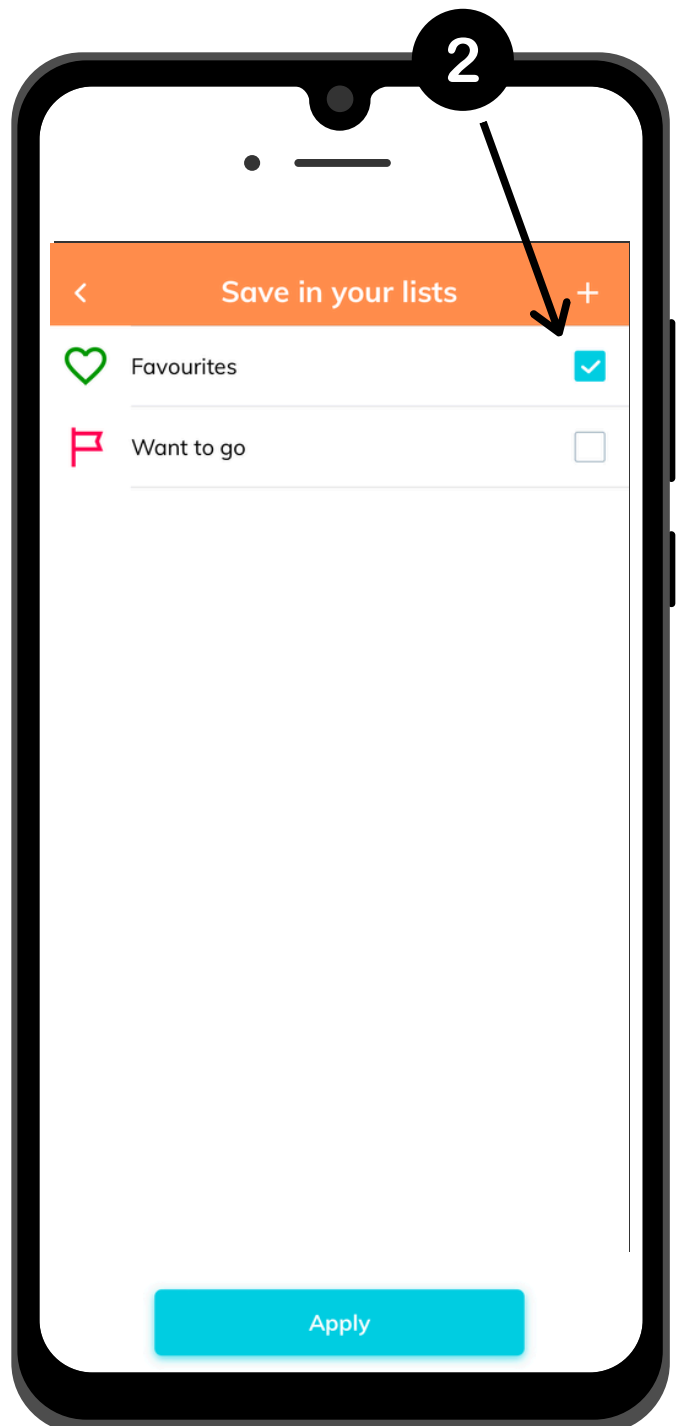
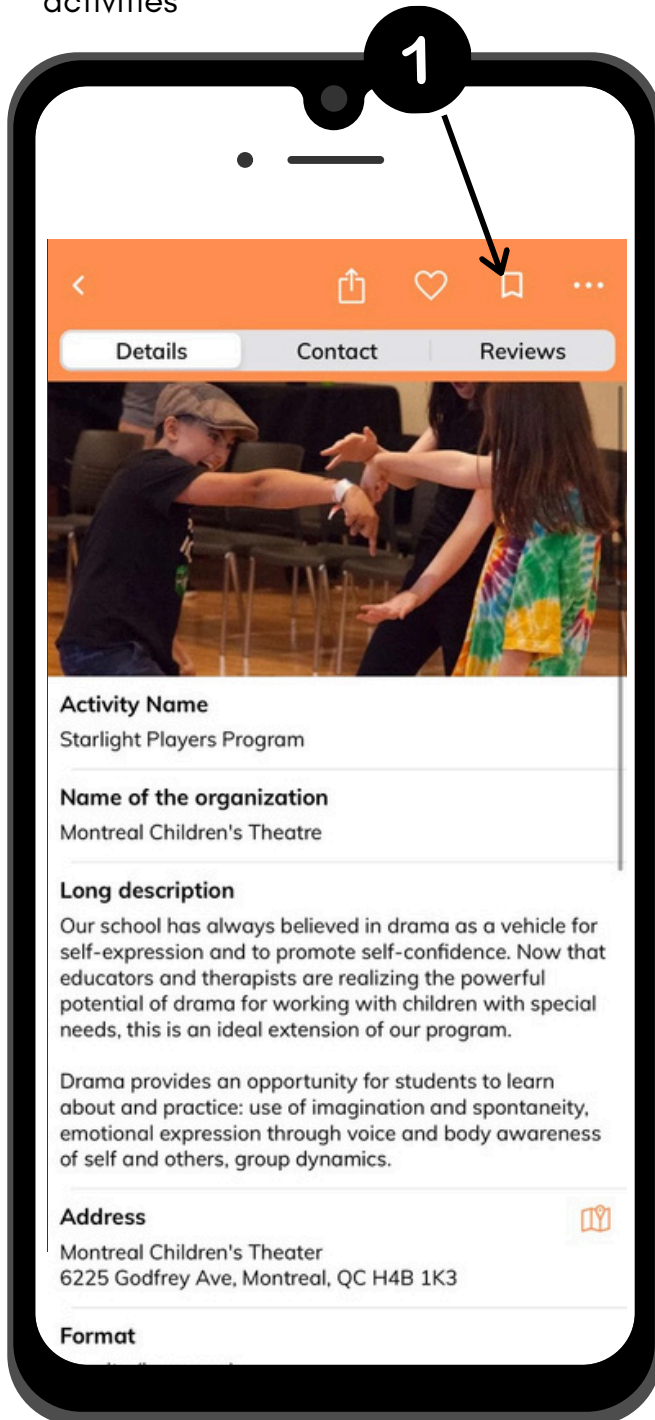
HOW TO GET THE MOST OUT OF THE JOOAY APP?



SAVED FOLDER

To add the activities in the bookmarked folder

1. Click on the activity of your choice
2. Tap on the "Bookmark" icon
3. Choose the folder you want the activity to be saved in to create a list of your favourite activities



KNOW OF A GREAT INCLUSIVE ACTIVITY? LET US KNOW!



SUGGEST A NEW ACTIVITY

Add your organizations on the Jooy App!

1. Click "Suggest a New Activity" on the bottom of the screen
2. Fill in the form with the information of the activity

--> We will review it and notify you as soon as the activity is added to Jooy!

1

2

Jooy

Arts

Camps

Sports

Others

Favourites

Review Activities

Suggest a new activity

Suggest a new activity

You can suggest an activity you know of to be included at Jooy. We will review it and you will be notified as soon as it is posted.

Picture

Category
Select one answer

Activity Name
Short answer text

Name of the organization
Short answer text

Description
Describe the program in 4-5 sentences

Address
Search for an address

Format
Select one answer

October is Disability Employment Awareness Month!

Jooay is here to recognize and celebrate the contributions of workers living with disabilities and to educate employers and the public about the value of a workforce that is inclusive of all skills, talents, and abilities!



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>



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