

# CONNECTING YOU TO PLAY: JOOAY

## Jooay App Monthly Newsletter

September 2025

Vol. 51

### 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!

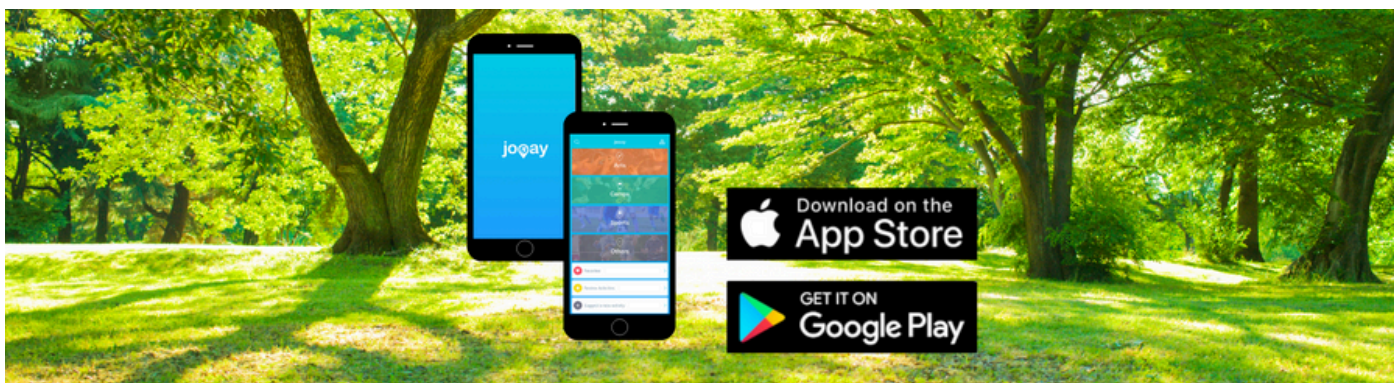
### ACTIVITIES

#### 1. Chair Yoga in Winnipeg, Manitoba

This fall, adults 18+ are invited to join Chair Yoga at the SJACP Fitness Studio. Running from October 4 to December 6, this gentle class adapts standard yoga poses using a chair for support. Participants will learn posture, breathing techniques, and relaxation strategies to improve balance and well-being.

The cost is \$89 for residents and \$178 for non-residents!

**[Click here to learn more!](#)**



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## 2. Indoor Soccer in Edmonton, Alberta

Athletes ages 14+ can join Indoor Soccer with Special Olympics Alberta! Sessions run Thursdays from October to March, 5:15 PM–6:15 PM, at the Edmonton Soccer Centre East, 12720 Victoria Trail NW, Edmonton AB T5A 5G4.

This recreation program is a fun way to stay active, build skills, and be part of a supportive community!

**[Click here to learn more!](#)**



***Special  
Olympics  
Alberta***

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## 3. Music and Friends Virtual Program

Come together each month to share and discuss different types of music! Whether you're looking to boost your spirit, talk about songs that help you through the day, or learn from your peers, this group is for you.

When: First Wednesday of every month, 7:30–8:30 p.m. on Zoom

Who: Open to all music lovers

Cost: Free (registration required)



**[Click here to learn more!](#)**





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## 4. Drama & Cooking Program in Montreal, Quebec

Tap into your creative side with this participatory theatre class followed by a hands-on cooking session. Each week, participants explore different cuisines and cooking techniques while also building confidence and creativity through drama.

The program runs Thursdays from 5:00–7:00 PM and is open to youth and young adults ages 14–29.

Member fee: \$280 | Non-member fee: \$400



**[Click here to learn more!](#)**

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## 5. Sledge Hockey in St. Johns, Newfoundland and Labrador

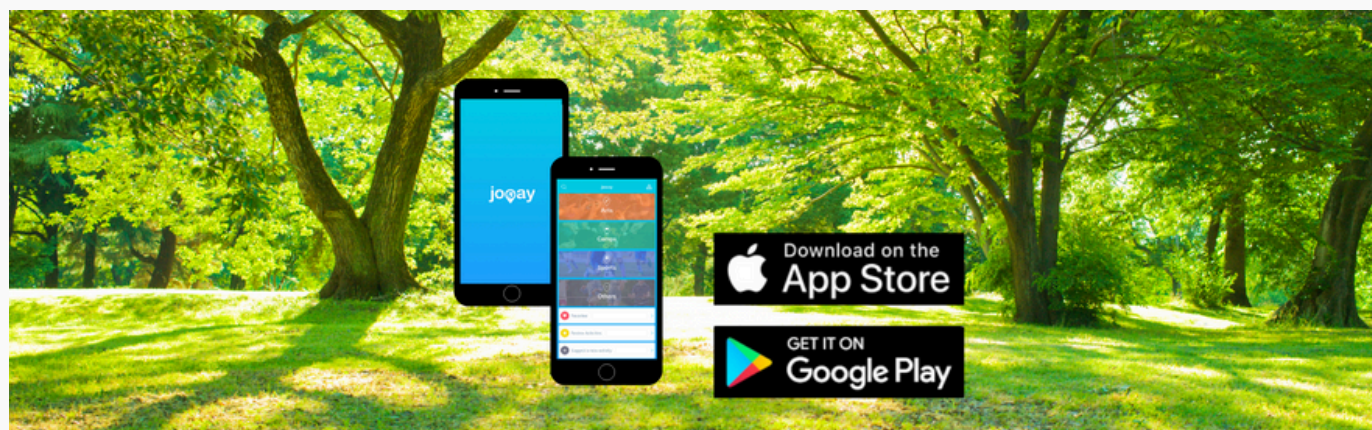
Take to the ice this fall with Sledge Hockey! The 2025 season runs for 8 weeks, beginning October 18 and ending April 4. Sessions take place Saturdays from 1:30–2:20 PM.

Please note: There will be no sessions on January 31, February 14, and March 28.



Cost: \$200 for the season

**[Click here to register!](#)**



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# AIMPA's Evidence-Based Recommendations

We are excited to feature **AIMPA's** (Assisting, Informing, and Motivating Physical Activity) **evidence-based recommendations** that help organisations promote and support physical activity for children and youth with disabilities.

## 1. Use clear and consistent definitions

Organisations should provide families with consistent definitions of terms such as 'physical activity', 'adapted', 'accessible', 'integrated', and 'inclusive'.

## 2. Provide clear and detailed information

Organisations should share detailed information with families about their physical activity programs, staff, and facilities.

## 3. Share the benefits of physical activity

Organisations should explain the specific benefits of physical activity for children and youth with disabilities.

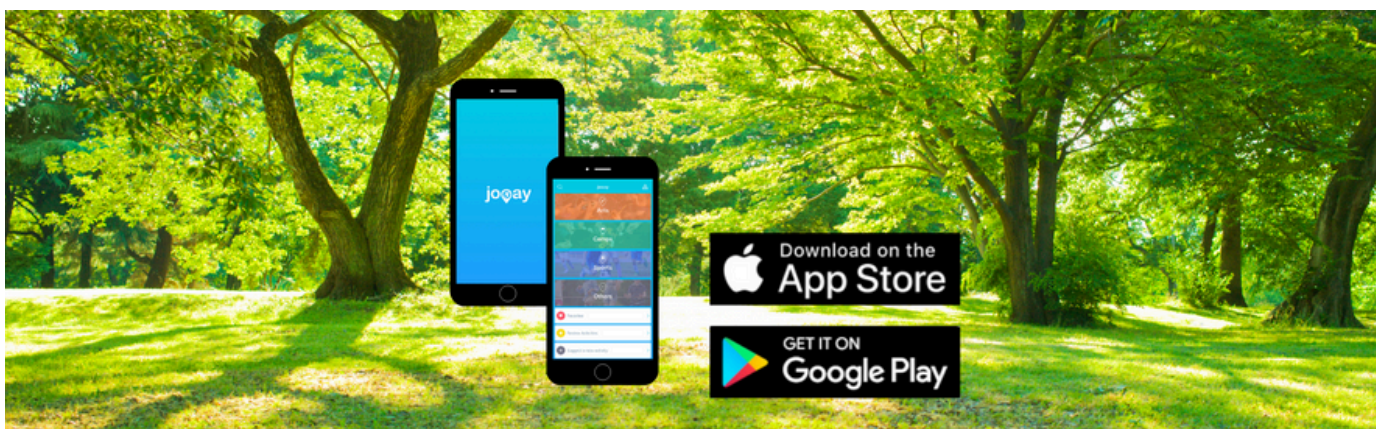
## 4. Offer tools and resources

Organisations should provide ideas, tools, and resources to help families support participation, set goals, make plans, and track progress.

## 5. Address barriers to participation

Organisations should share strategies that help families identify and overcome barriers to participation in physical activity.

**To learn more:** [Website](#) / [English PDF](#) / [French PDF](#)



# 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 UPGRADED VERSION OF THE JOOAY APP

### HOW TO GET THE MOST OUT OF THE JOOAY APP?

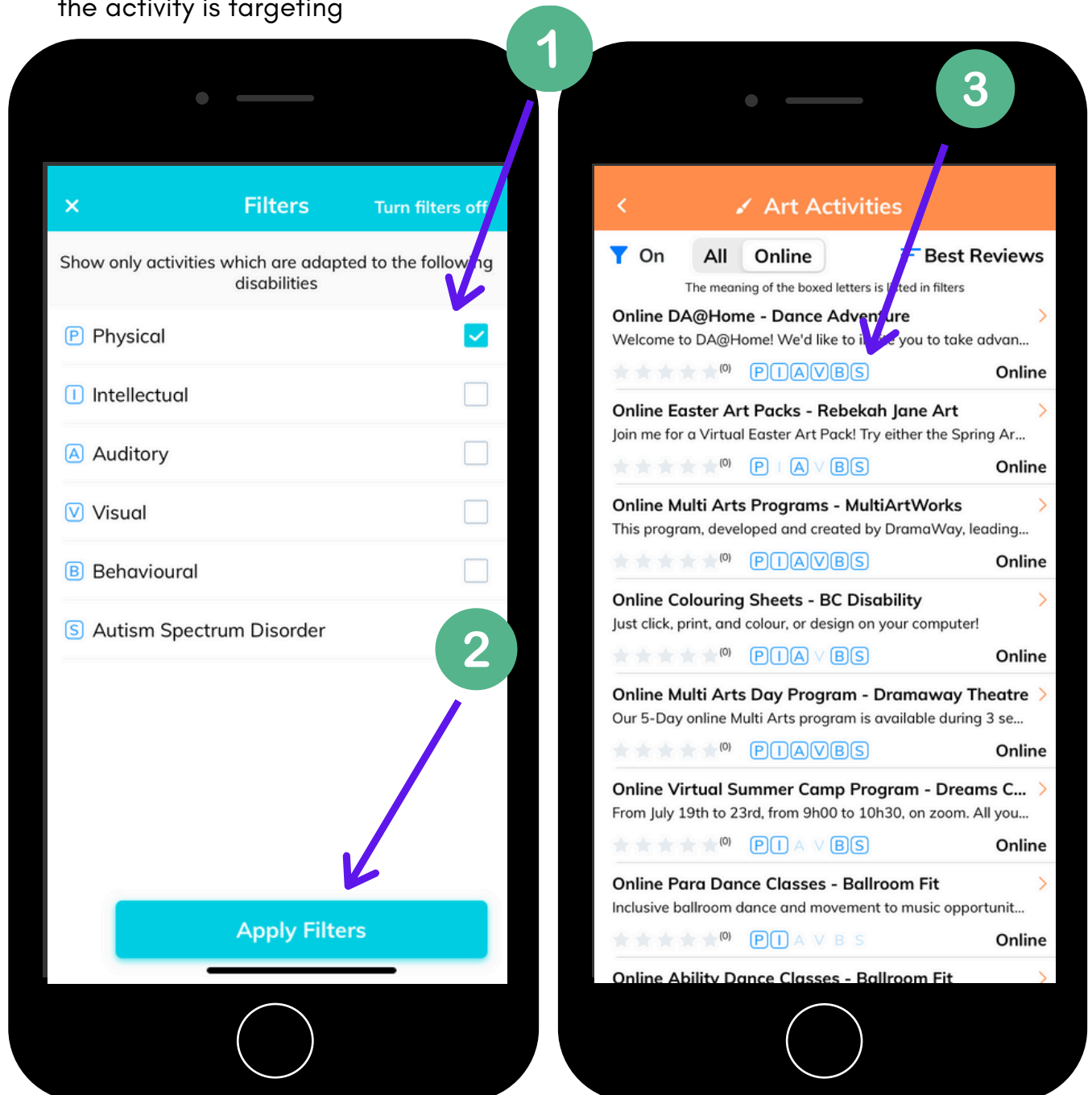
#### SEARCHING FOR THE TYPE OF SPECIAL NEED

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

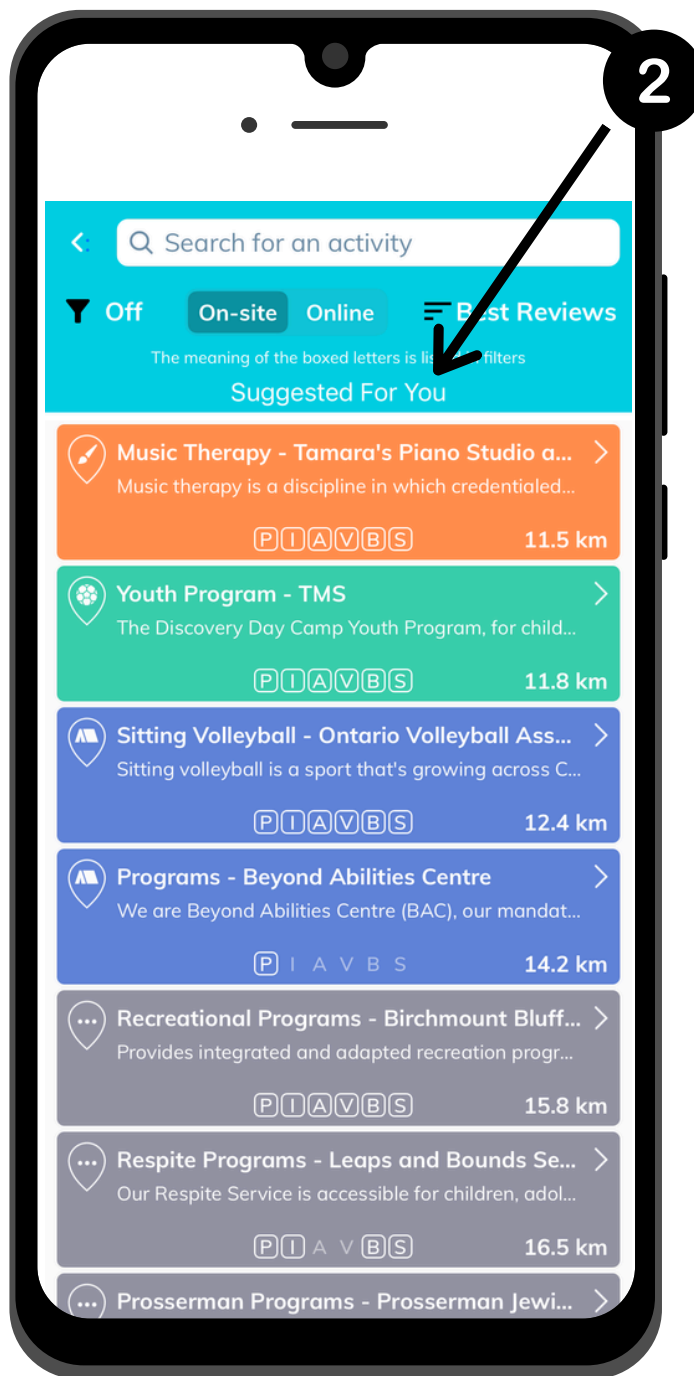
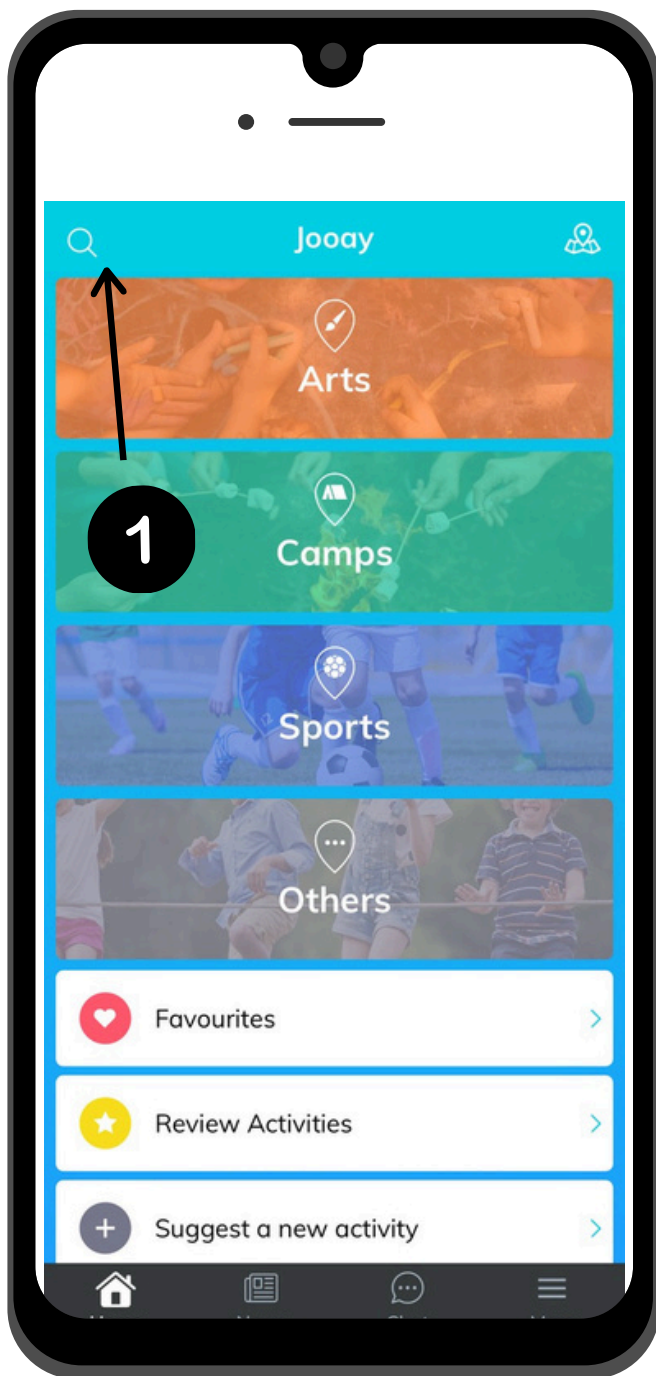


# HOW TO GET THE MOST OUT OF THE JOOAY APP?

## 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?

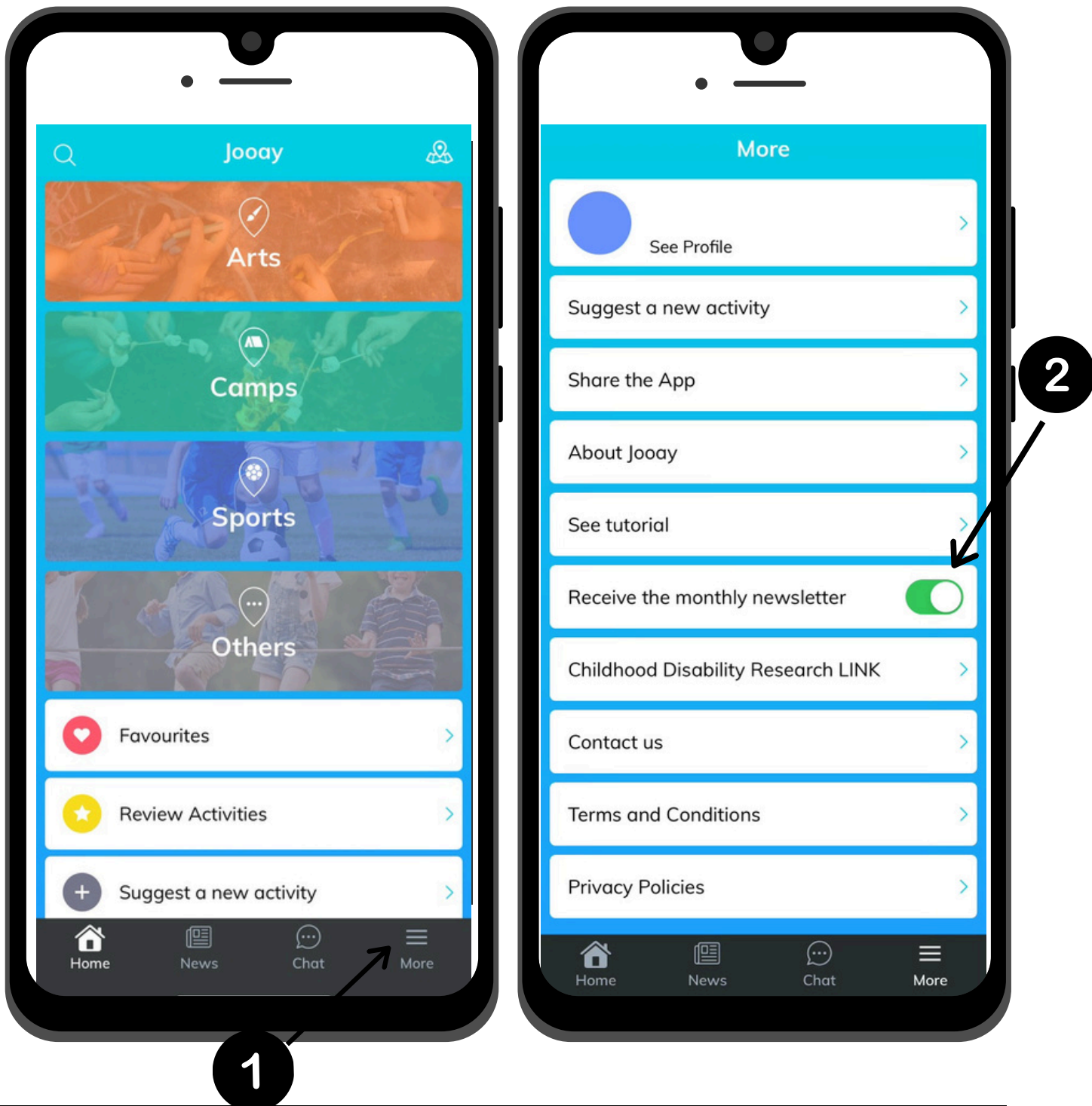
Stay  
TUNED

## 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?

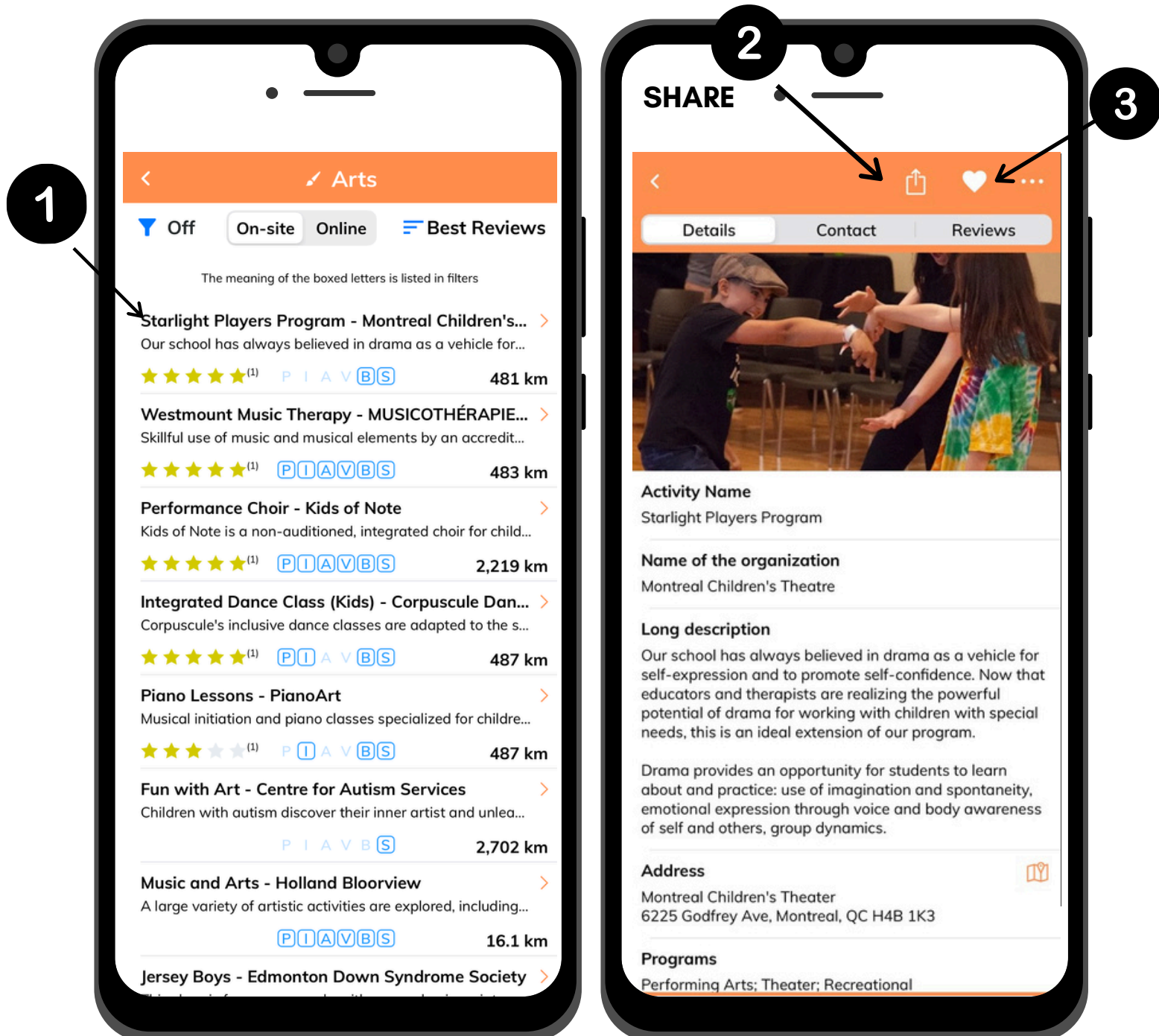


## SHARE AND ADD TO YOUR FAVOURITES

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



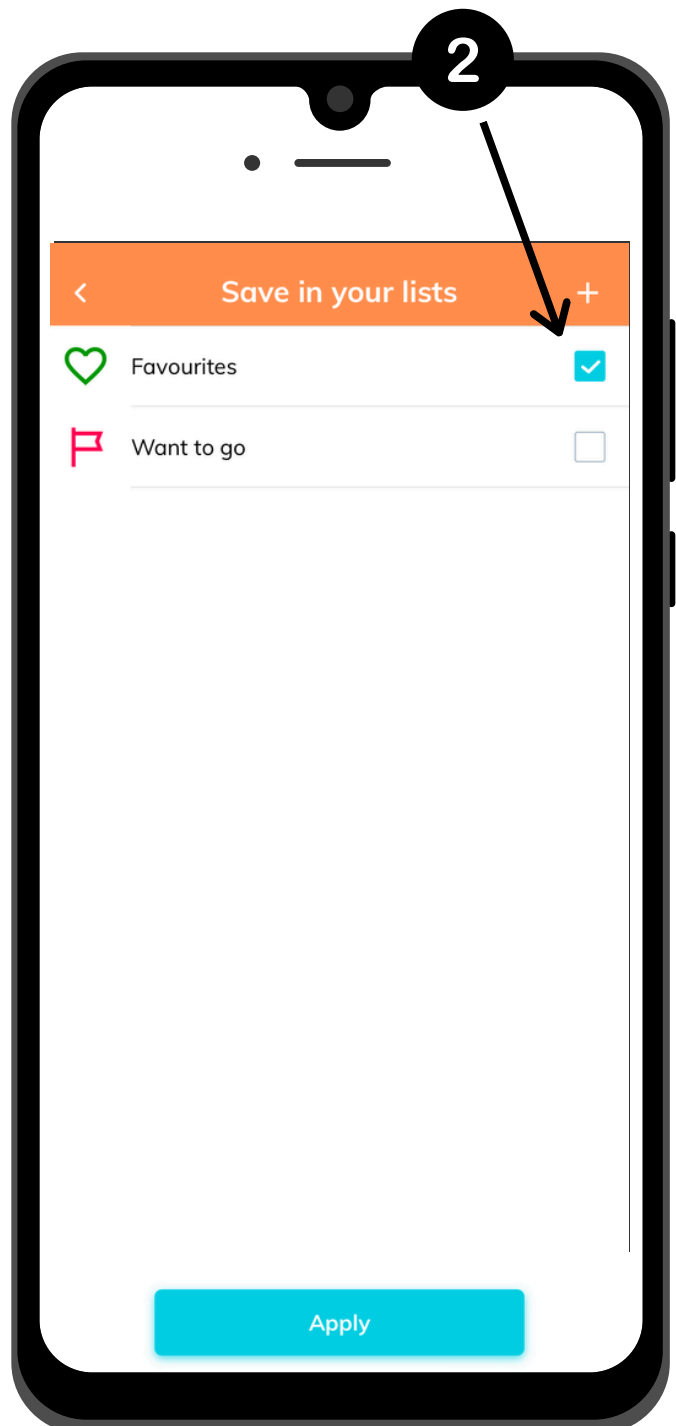
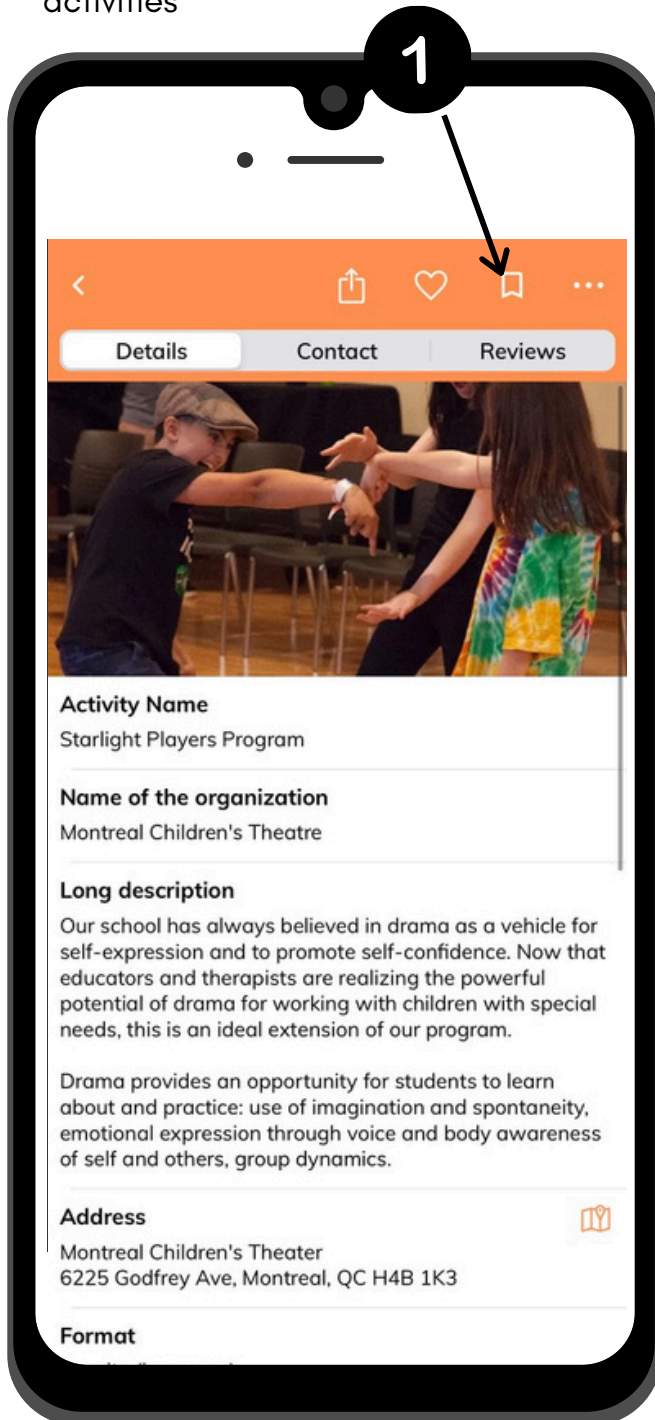
# HOW TO GET THE MOST OUT OF THE JOOAY APP?



## 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



## September is National Guide Dog Month!

This month is a time to celebrate the vital work of guide dogs and their handlers, and to support the organisations that train them.



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

contact: [jooay@childhooddisability.ca](mailto: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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