

CONNECTING YOU TO PLAY: JOOAY

Jooay App Monthly Newsletter

November 2025

Vol. 53

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!

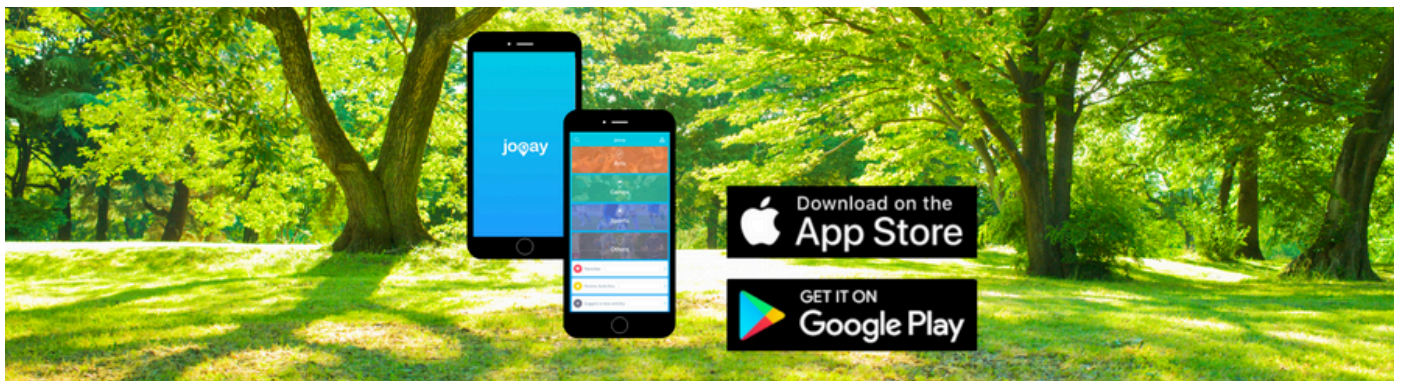
ACTIVITIES

1. Ausome Cooking Program (NS)

The Ausome Cooking Program aims to help autistic youth ages 15 and up to learn the importance of cooking skills. The program will cover meal planning, following recipes, and life skills.



[Click here to learn more!](#)



2. CADS Calgary Adaptive Ski & Snowboard Lessons (AB)

CADS Calgary offers adaptive ski and snowboard lessons for participants ages 6 and up, using specialized equipment and trained volunteers to make winter sports accessible to a wide range of abilities.



Lessons are grouped by age, skill level, and support needs, with options like sit-ski, blind, and neurodiverse groups. The focus is on learning skills, gaining confidence, and enjoying the slopes!

[Click here to learn more!](#)

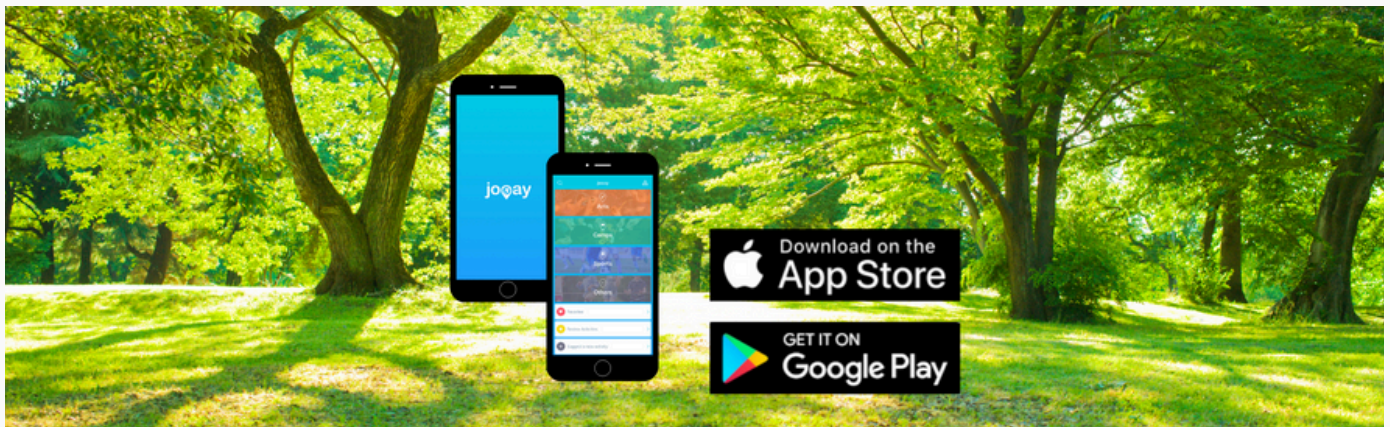
3. Avalanche Kids Special Needs Hockey Program (QC)

Avalanche Kidz offers an inclusive skating and hockey program for children ages 4-13 who have learning or developmental needs such as ADHD or autism. Sessions are 45 minutes and focus on fun, confidence, and basic skating and hockey skills.

The program provides a supportive environment with activities tailored to each child's abilities. Participants learn skating basics, stick-handling, and shooting while building social skills and enjoying time on the ice.



[Click here to learn more!](#)



4. CNIB Virtual Accessible Yoga

The CNIB Accessible Yoga program is a virtual class designed to make yoga welcoming and inclusive for everyone, regardless of physical ability or experience. Participants will move at their own pace while focusing on breathwork, mindfulness and gentle movement.

Classes run every Monday from 5:30 to 6:30 p.m. ET via Zoom. A yoga mat, water bottle and open mind are all you need! Just be sure to register at least one business day in advance.



[Click here to learn more!](#)

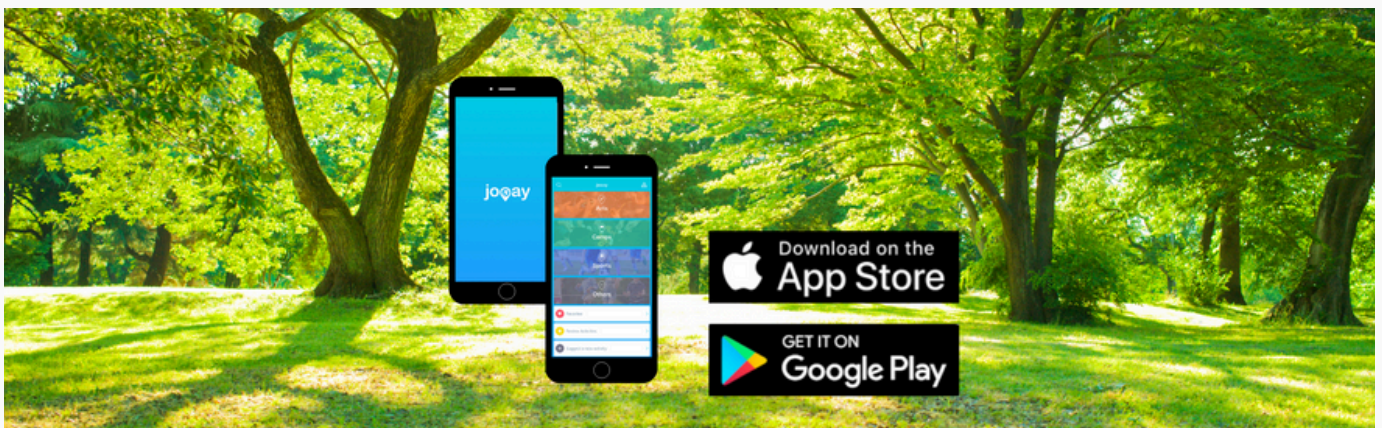
5. DramaWay Dance Programs (ON)

DramaWay's Dance Programs offer inclusive winter dance classes for ages 14+, providing a supportive space to explore movement and learn original choreography. The winter session runs weekly and welcomes dancers of all experience levels.



Classes are offered on Wednesdays at Swansea Town Hall and Thursdays at The York School, giving participants a fun, creative outlet during the winter months.

[Click here to register!](#)



6. Kids of Note Choir (SK)

Kids of Note welcomes singers ages 7 to 15 (and The Notations for ages 16+) to join vibrant, inclusive performance choirs that are open to youth of all abilities who love to sing. Rehearsals take place on Wednesdays at 5 p.m. at Grosvenor Park United Church in Saskatoon, with the next session running January to April, 2026 and fees of \$175 for the half-year.

Participants gain performance experience, build vocal and teamwork skills, and enjoy community in an encouraging, musical setting.



[Click here to learn more!](#)

7. Mont Gleason Ski Resort Assisted Ski (QC)

Mont Gleason's Assisted program offers adaptive downhill skiing for individuals with physical disabilities using sit-skis and other accessible equipment. Trained volunteers provide support to ensure a safe and enjoyable experience on the slopes.



Each reservation includes a two-hour assisted ski session and lift access for both the participant and their guide.

[Click here to register!](#)



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 leftmost phone shows the JOOAY logo on a blue screen. The middle phone displays the app's main menu with categories: Arts, Camps, Sports, and Others, along with options for Favorites, Review Activities, and Suggest a new activity. The rightmost phone shows a list of 'Art Activities' with details for each, including titles like 'Online DA@Home - Dance Adventure' and 'Online Easter Art Packs - Rebekah Jone Art', along with ratings and 'Online' status. In the top right corner, there is a 'GET IT ON Google Play' button. In the bottom center, there is a 'Download on the App Store' button with the Apple logo.

THE UPGRADED VERSION OF THE JOOAY APP

HOW TO GET THE MOST OUT OF THE JOOAY APP?

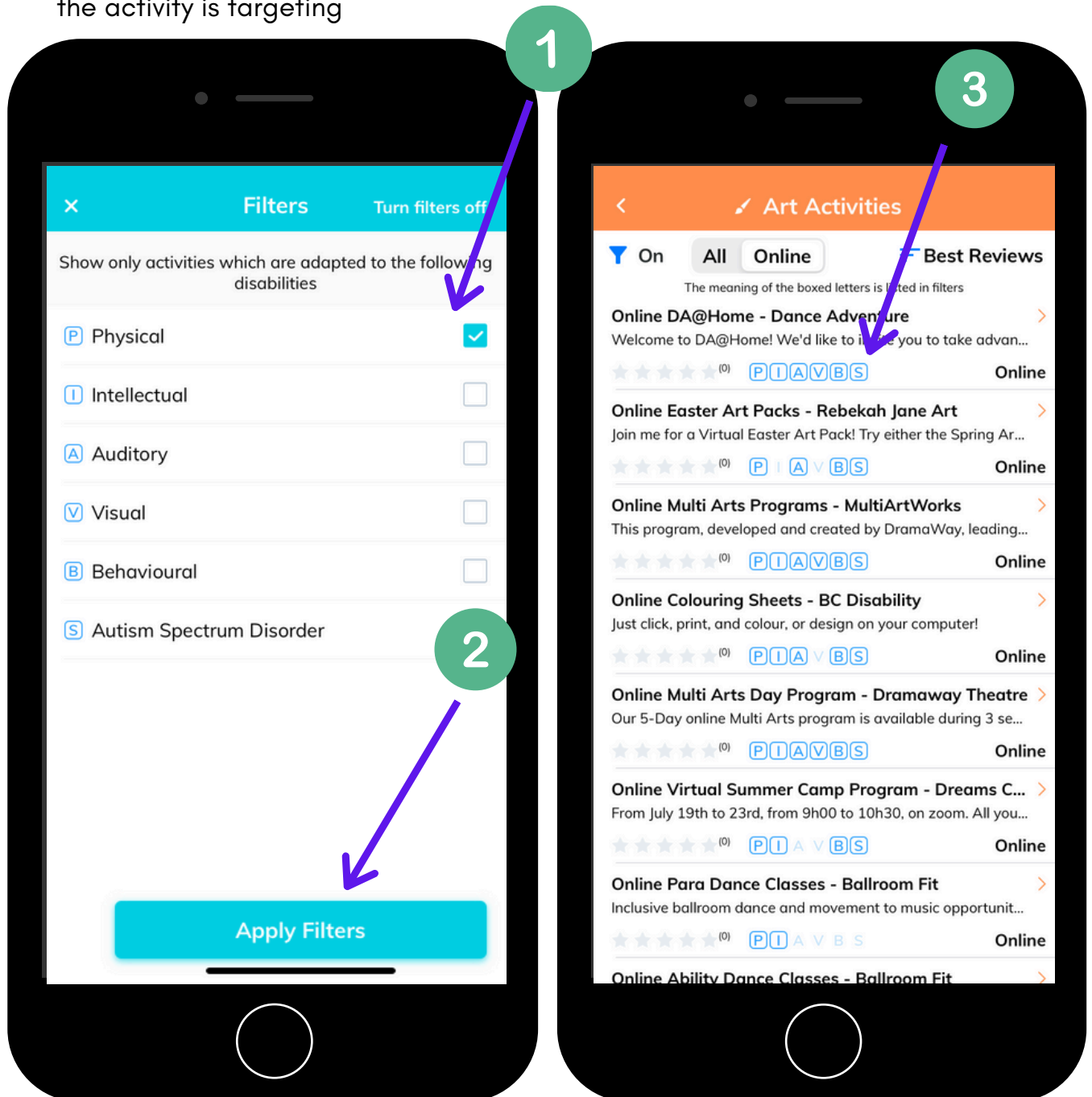
SEARCHING FOR THE TYPE OF SPECIAL NEED

When viewing an activity in the Jooyay 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



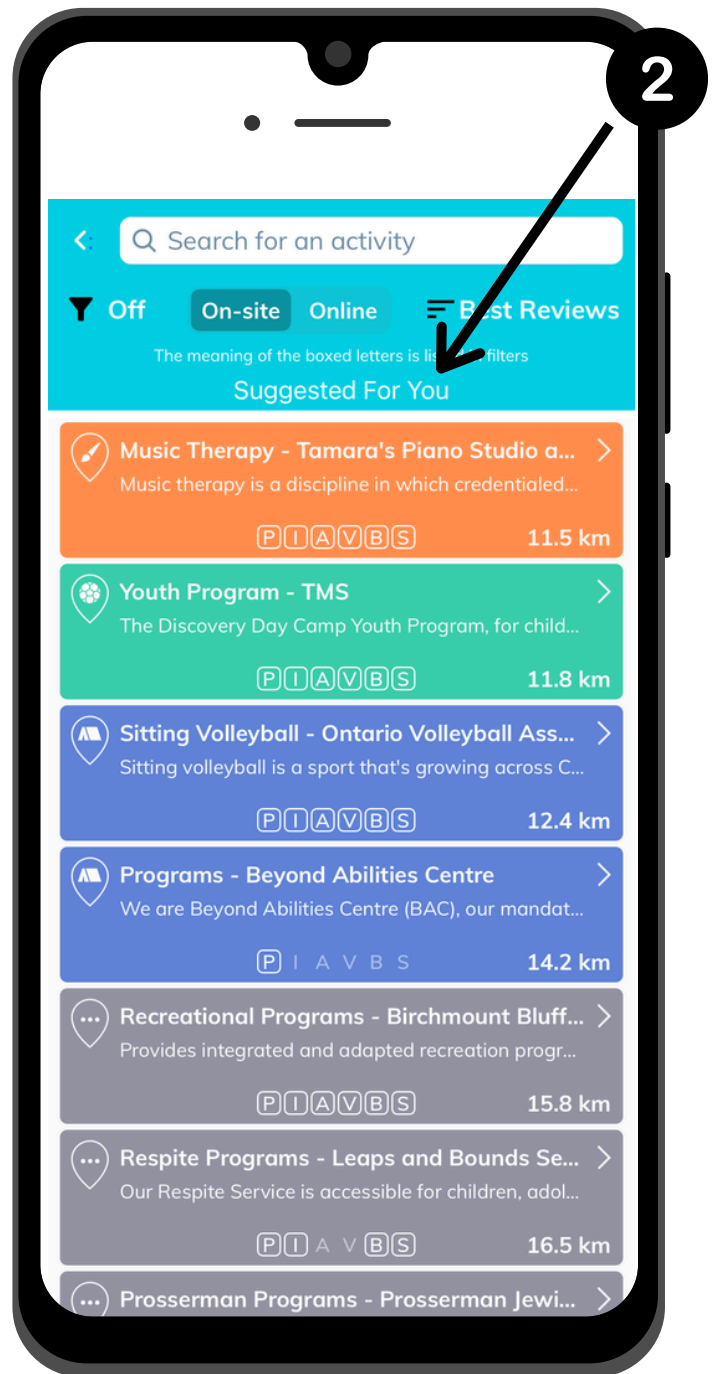
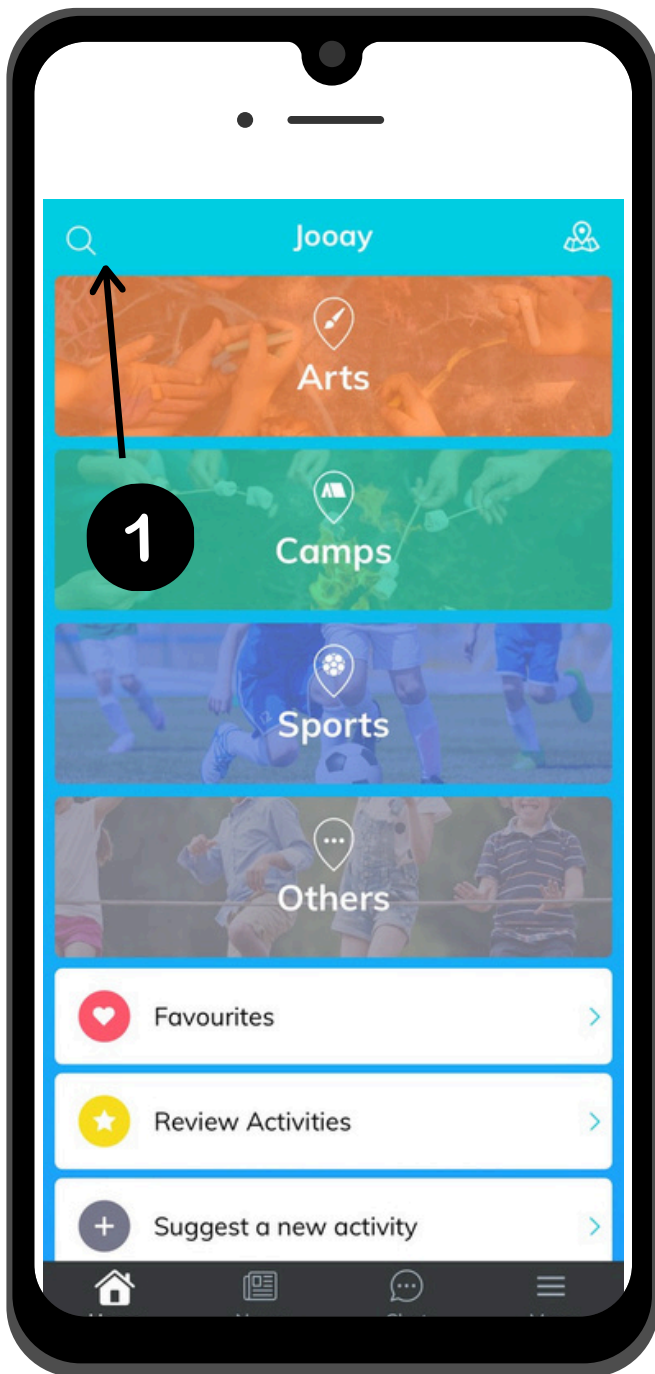
HOW TO GET THE MOST OUT OF THE JOOAY APP?



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?

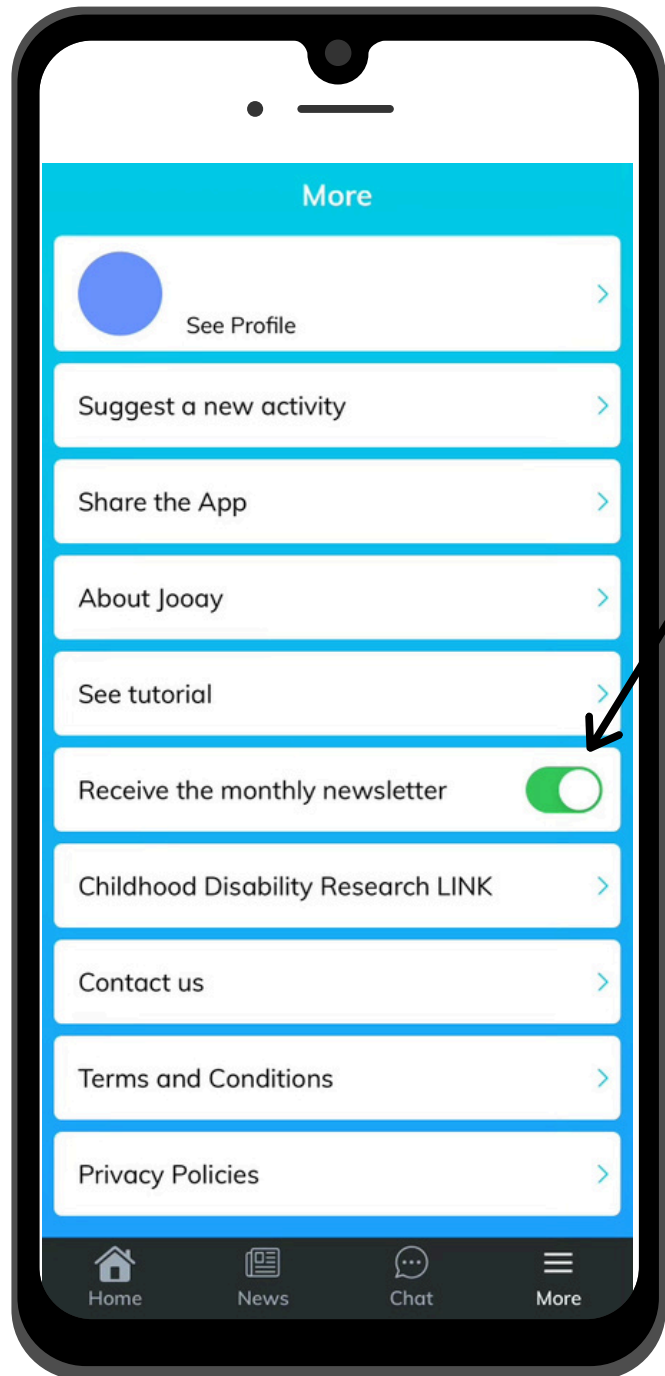
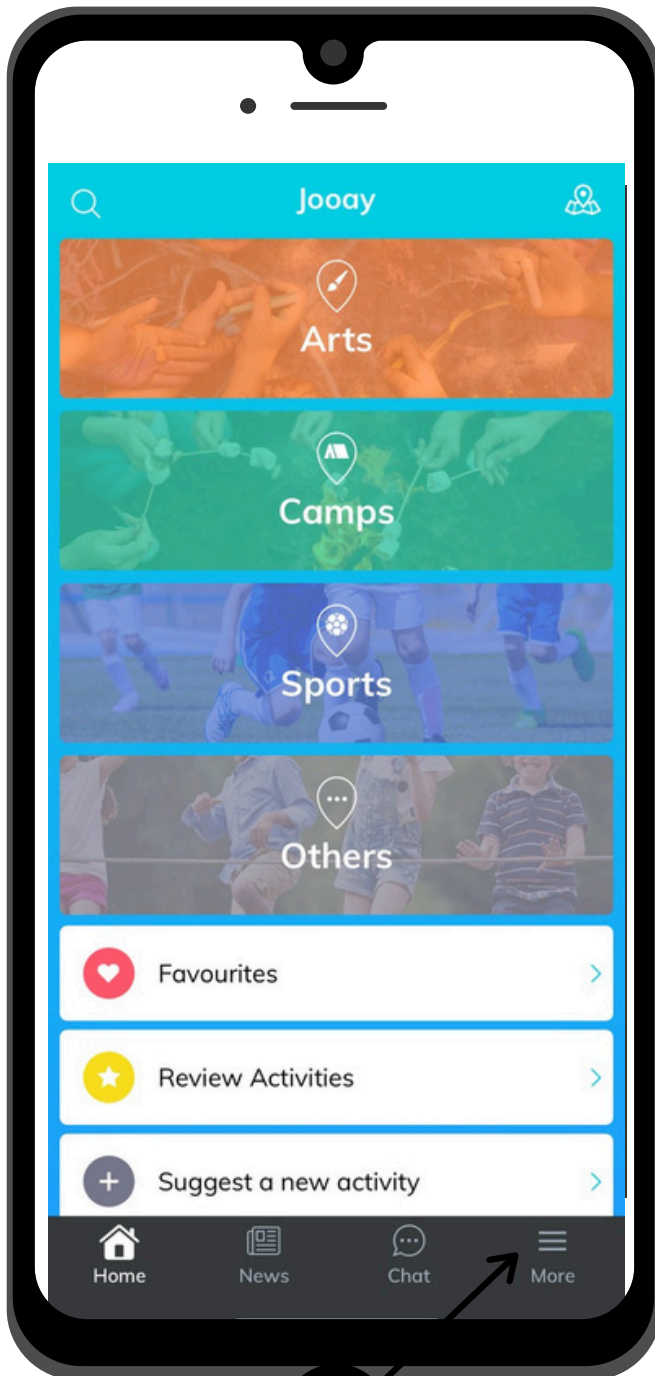
Stay
TUNED

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



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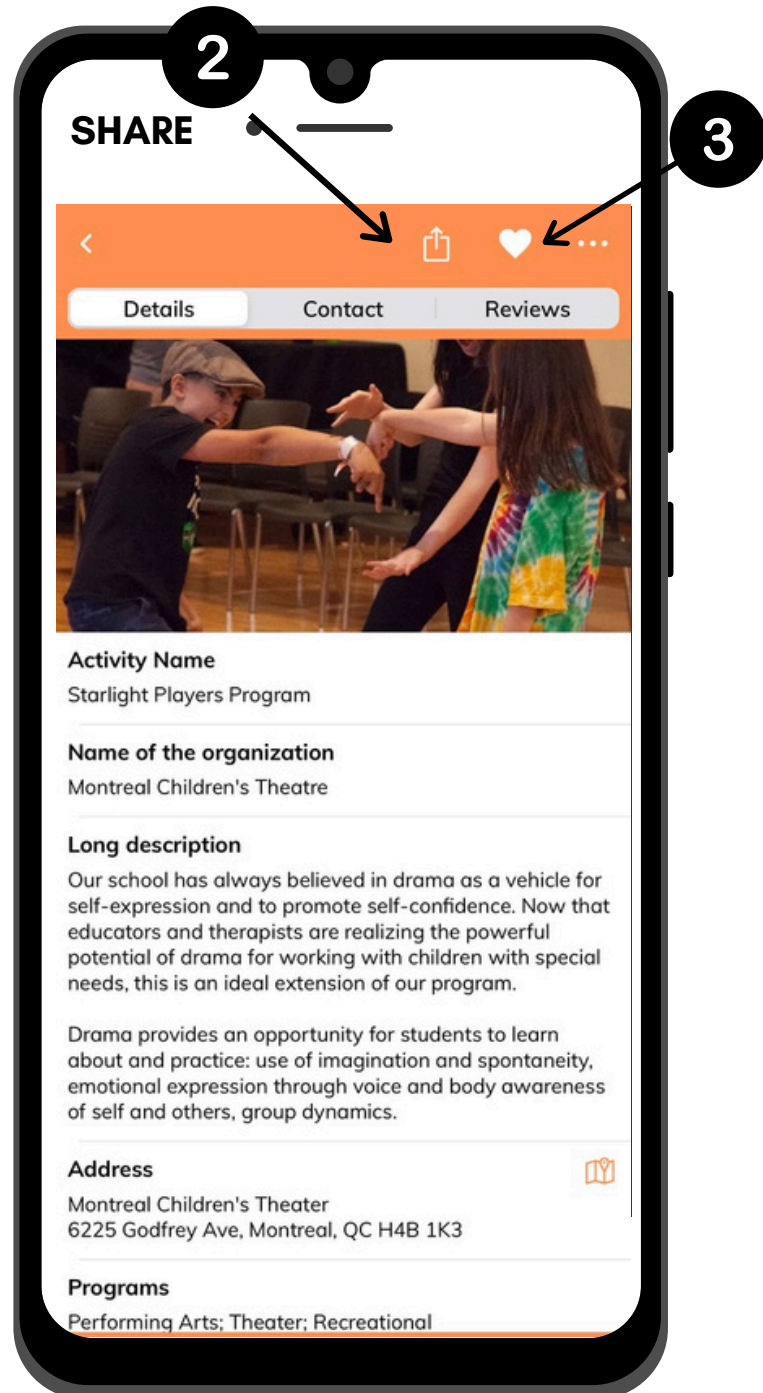
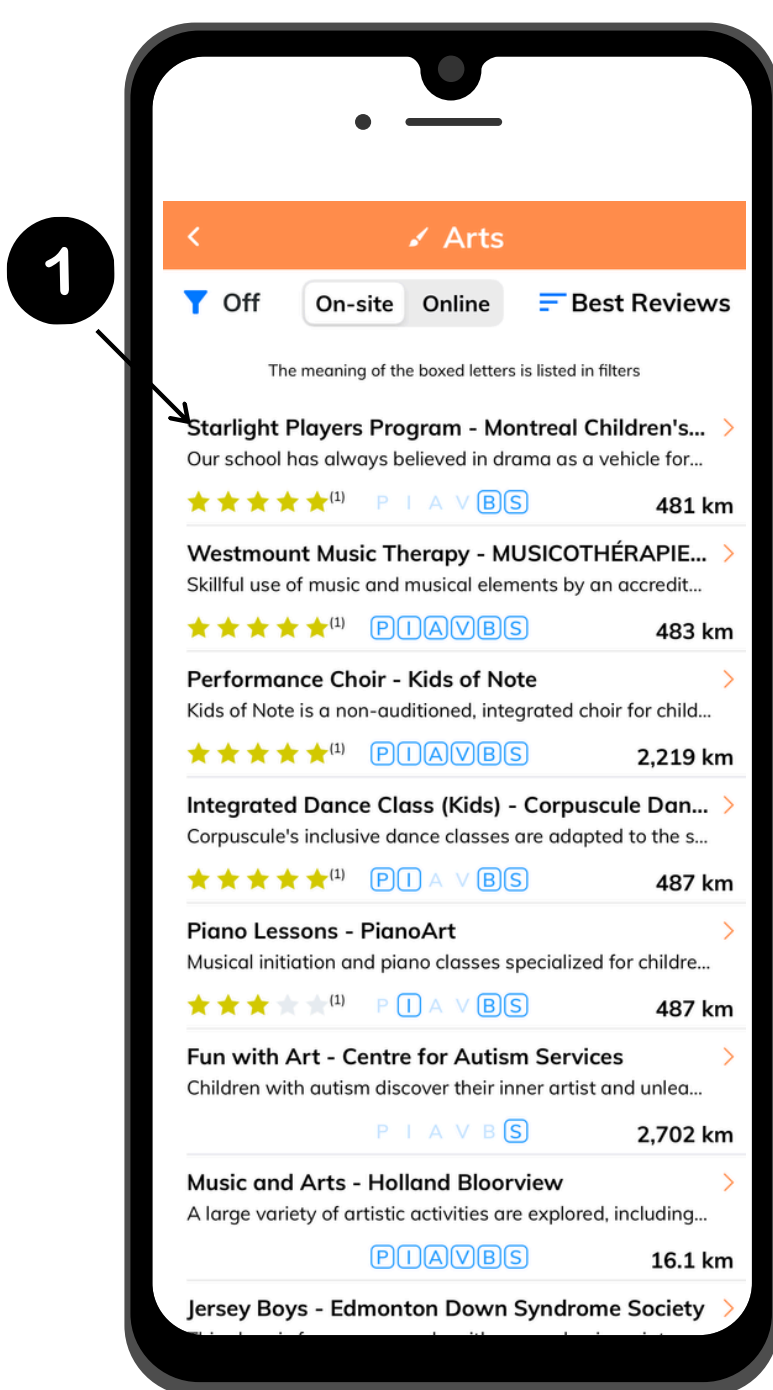


SHARE AND ADD TO YOUR FAVOURITES

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



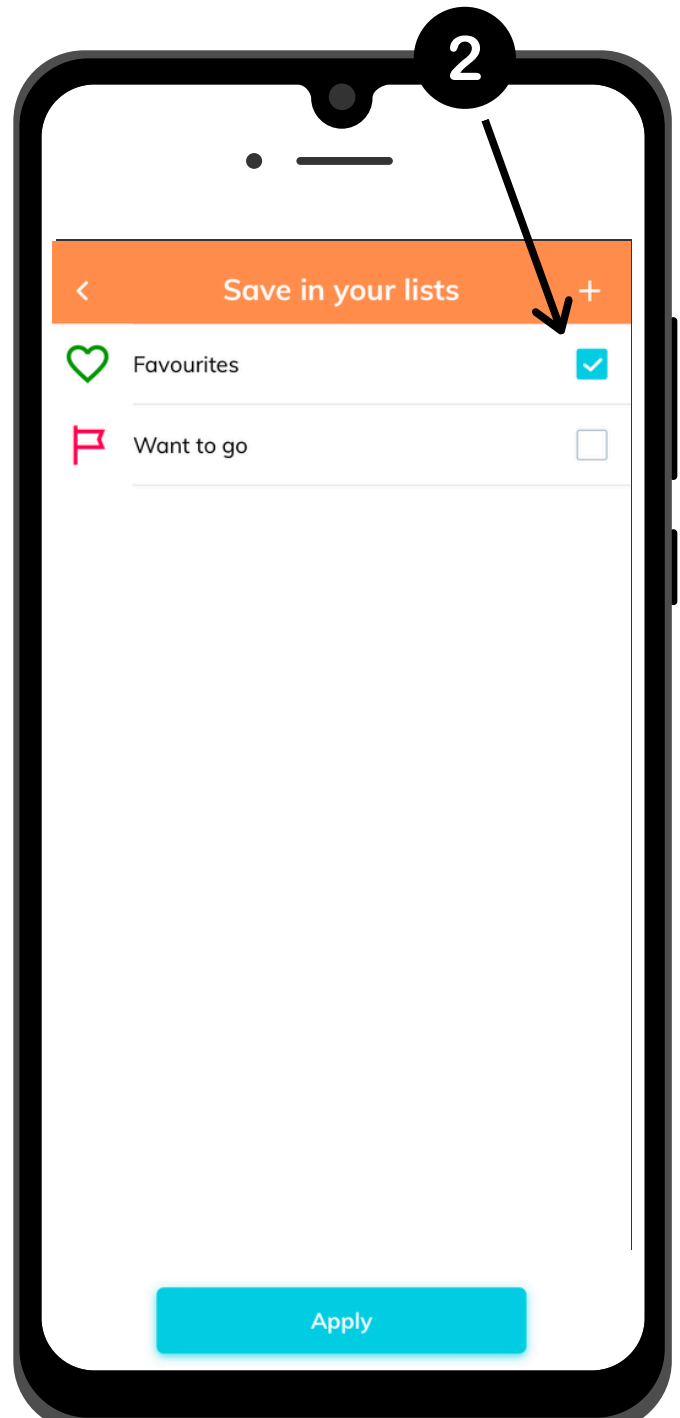
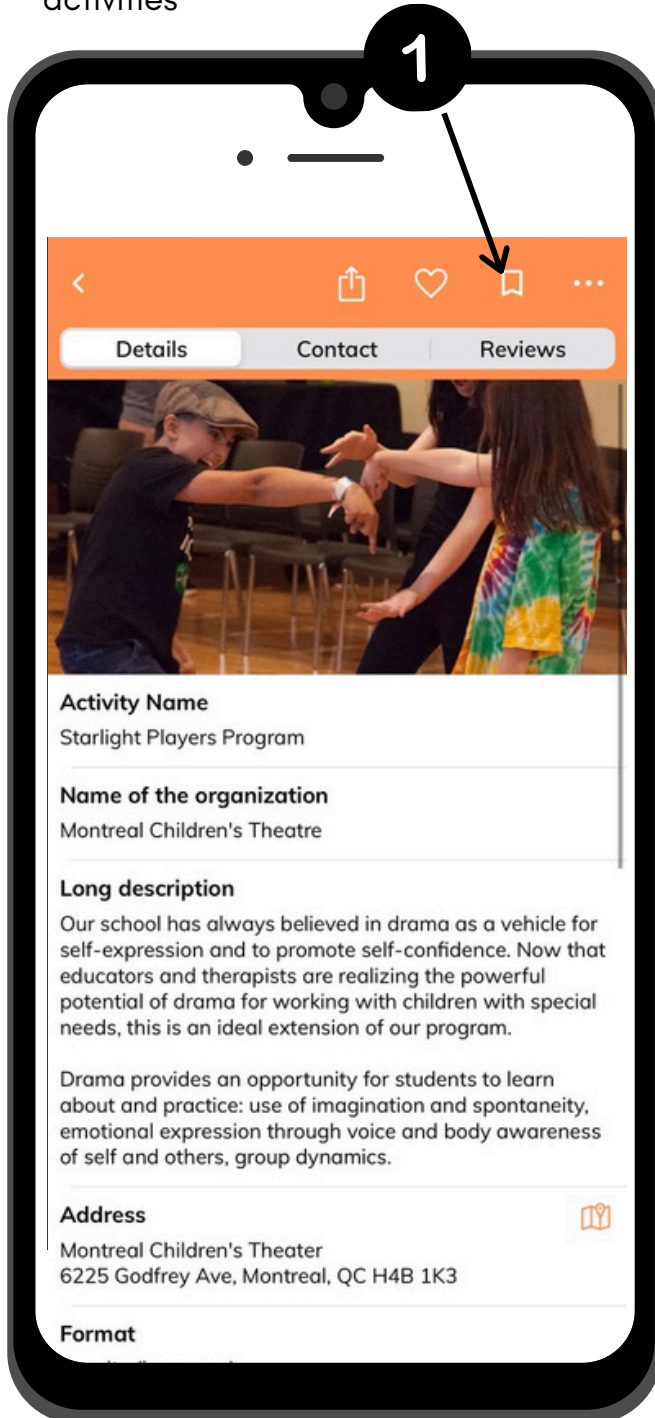
HOW TO GET THE MOST OUT OF THE JOOAY APP?



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!

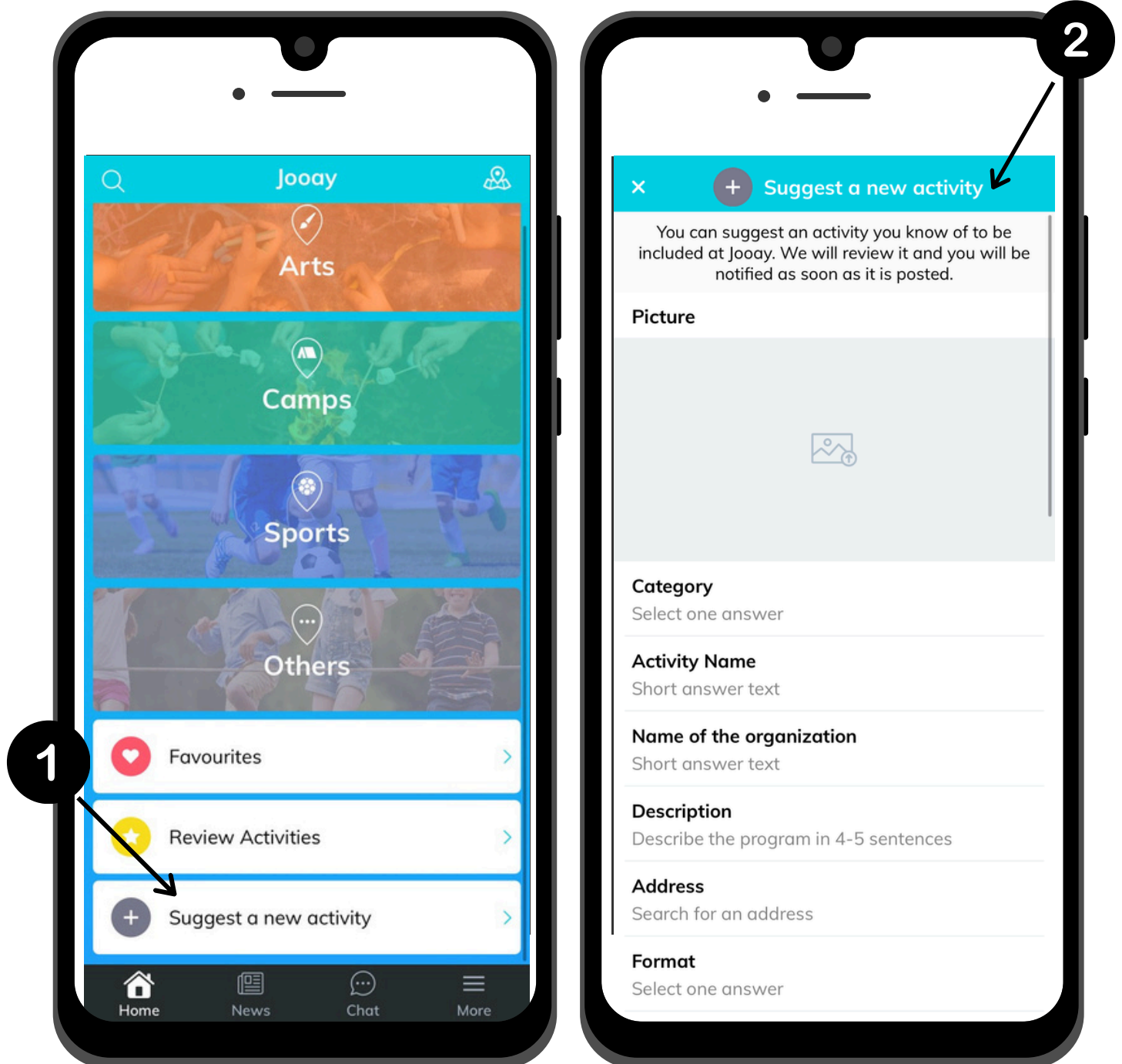


SUGGEST A NEW ACTIVITY

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!



November 20 is National Child Day!

This day celebrates children's rights to grow, play, learn, and participate fully in their communities.



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>

