

CONNECTING YOU TO PLAY: JOOAY

Jooay App Monthly Newsletter

December 2025

Vol. 54

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!

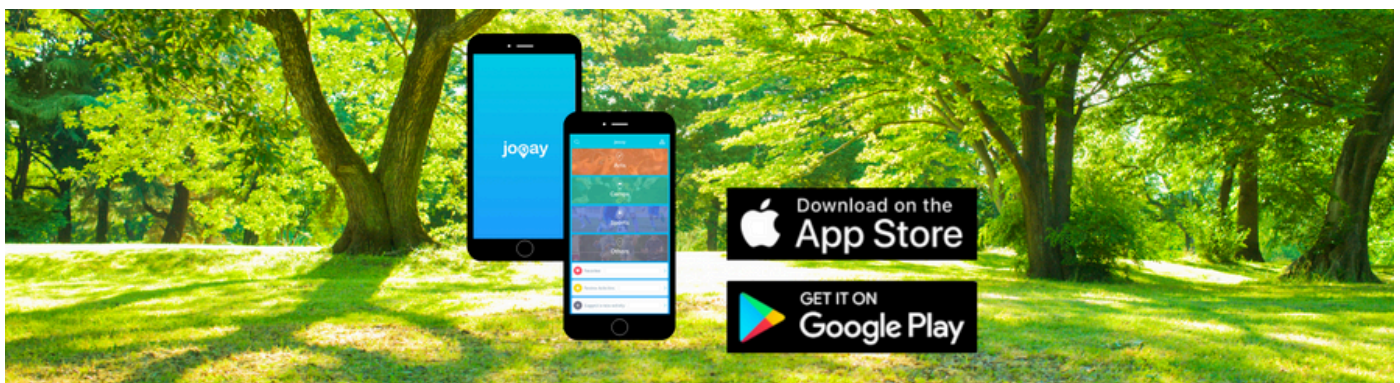
ACTIVITIES

1. BAMDANCE Inclusive Dance Classes (ON)

BAM Dance offers inclusive dance classes for kids, teens, and adults with disabilities across Toronto and the GTA. The 10-week winter session runs from January 5 to March 19, 2026, and focuses on mindfulness, creative dance, interaction, and skill-building, with adaptations to support different abilities.



[Click here to learn more!](#)



2. Intro to Dance Class at Centre d'Art de Prévile (QC)

Dance classes run on Saturday mornings for a 7-week session and are designed for children ages 18 months to 3 years.



This program introduces toddlers, accompanied by an adult, to creative movement through imaginative play, musical games, and simple guided motions that support coordination, confidence, and early musicality—building a strong foundation for future dance and music learning. Classes take place in Saint-Lambert.

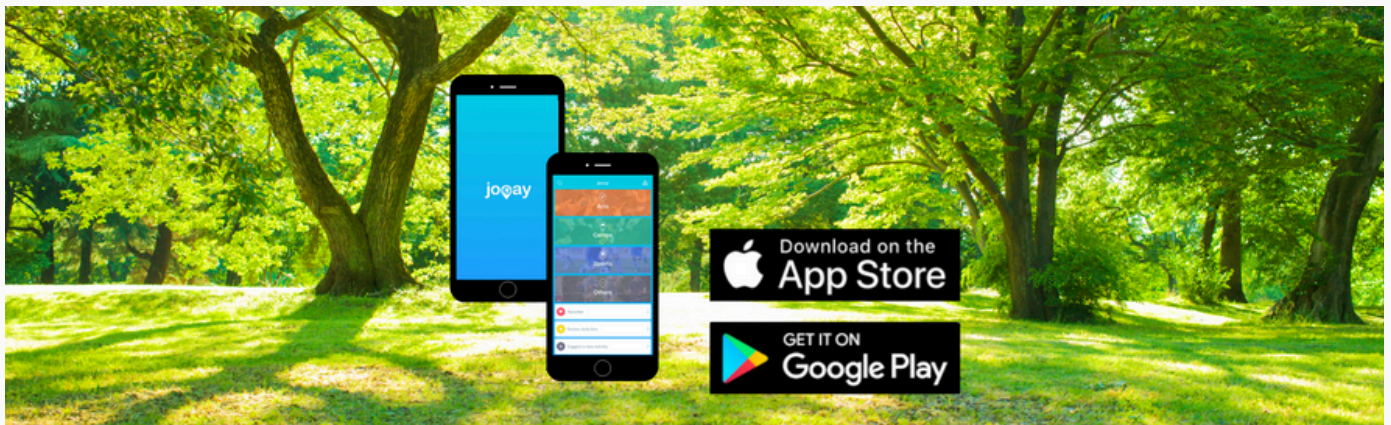
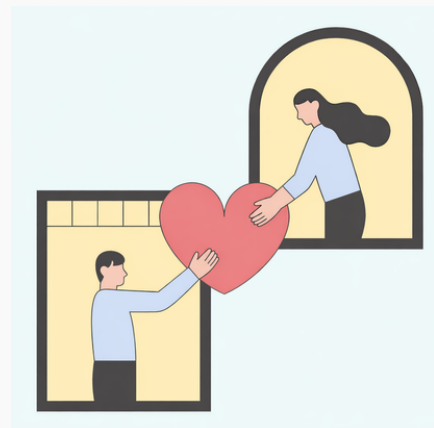
[Click here to learn more!](#)

3. INTERSECTIONS Grief Peer-Support Group

Designed for teens who are on the autism spectrum and/or with intellectual disabilities, and are navigating grief. Offered virtually for six weeks to teens in Canada. No cost. Spaces are limited.

This peer-support group runs each Wednesday from February 4 - March 11 7:00-8:00 pm ET.

Join the next group:
groups@recrepiste.com
1-877-855-7070



4. MOVE by GoodLife Kids

MOVE by GoodLife Kids is a free physical activity and fitness program for youth ages 12–21 with autism and intellectual disabilities across Canada. With both virtual and in-person options, the program is led by specially trained coaches and support agents who use adaptive programming to meet the unique needs of each participant in a fun and inclusive environment.

A typical class includes a short discussion, warm-up, 1–3 exercise circuits with games or dancing in between, and a cool-down. The program runs year-round, with classes offered up to three times per week.



[Click here to learn more!](#)

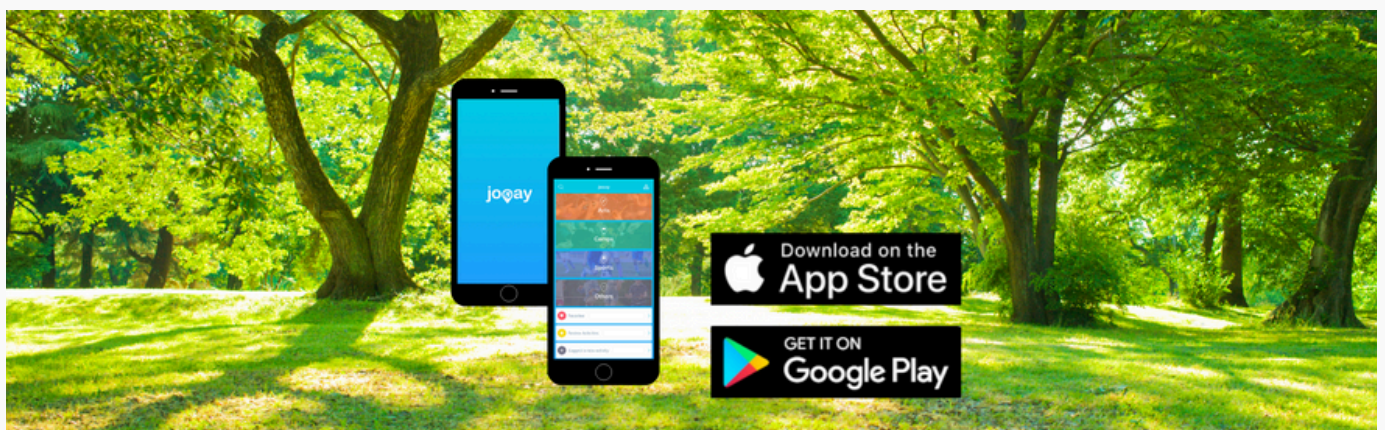
5. City of Kelowna Para Ice Hockey (BC)

Para Ice Hockey in Kelowna, BC, is designed to support skill development, teamwork, and enjoyment on the ice in a welcoming environment.

Sessions take place at Rutland Arena (West Ice Rink) on Saturdays from 11:30 a.m. to 12:30 p.m., running from January 10 to March 14.



[Click here to register!](#)



6. Easter Seals Nova Scotia Learn to Sledge (NS)

Learn to Sledge Hockey is an inclusive program offered by Easter Seals Nova Scotia for children ages 6 to 18 living with physical and/or cognitive disabilities. Sessions take place on Saturdays from 9:00 to 10:00 a.m. at the Greenfoot Energy Centre in Bedford, with the winter session running from January 17 to March 21, 2026, and Sundays from 9:00 to 10:00 a.m. in Yarmouth (dates TBA).

Equipment, including sledges and sticks, is provided. Participants are asked to bring a CSA-approved helmet, winter gloves, a winter coat and pants, and warm boots.



[Click here to learn more!](#)

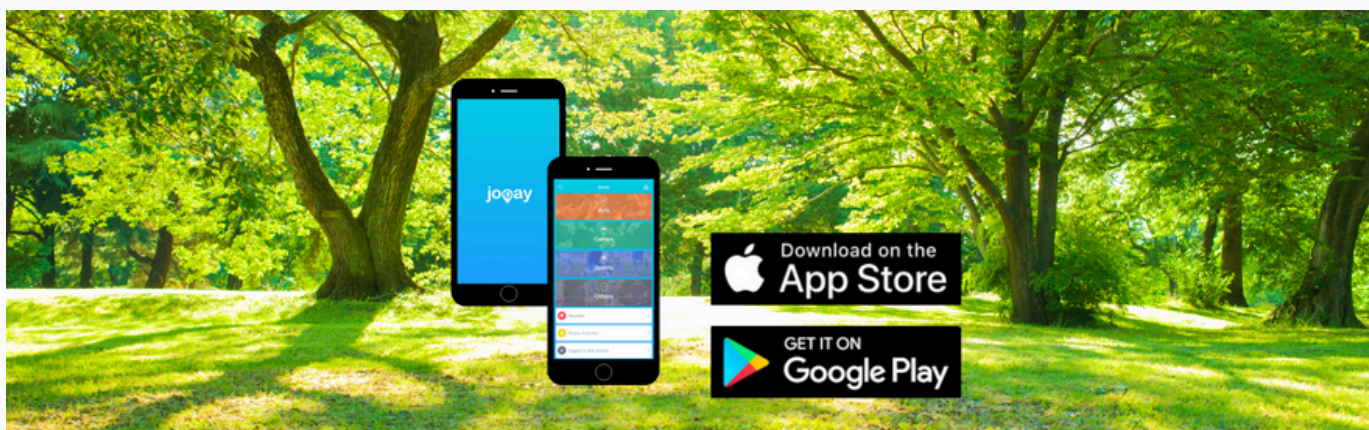
7. Karaoke Night CNIB St. John's (NL)

Karaoke Night is a fun, in-person social event hosted by CNIB St. John's where participants can sing, dance, laugh, and connect in a welcoming environment.



The event takes place on the second Wednesday of every month from 6:00 to 8:00 p.m. NST at CNIB St. John's, with the next session on January 14, 2026. Registration is required for all sessions, and participants are asked to RSVP at least one full business day in advance.

[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 left corner, 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?

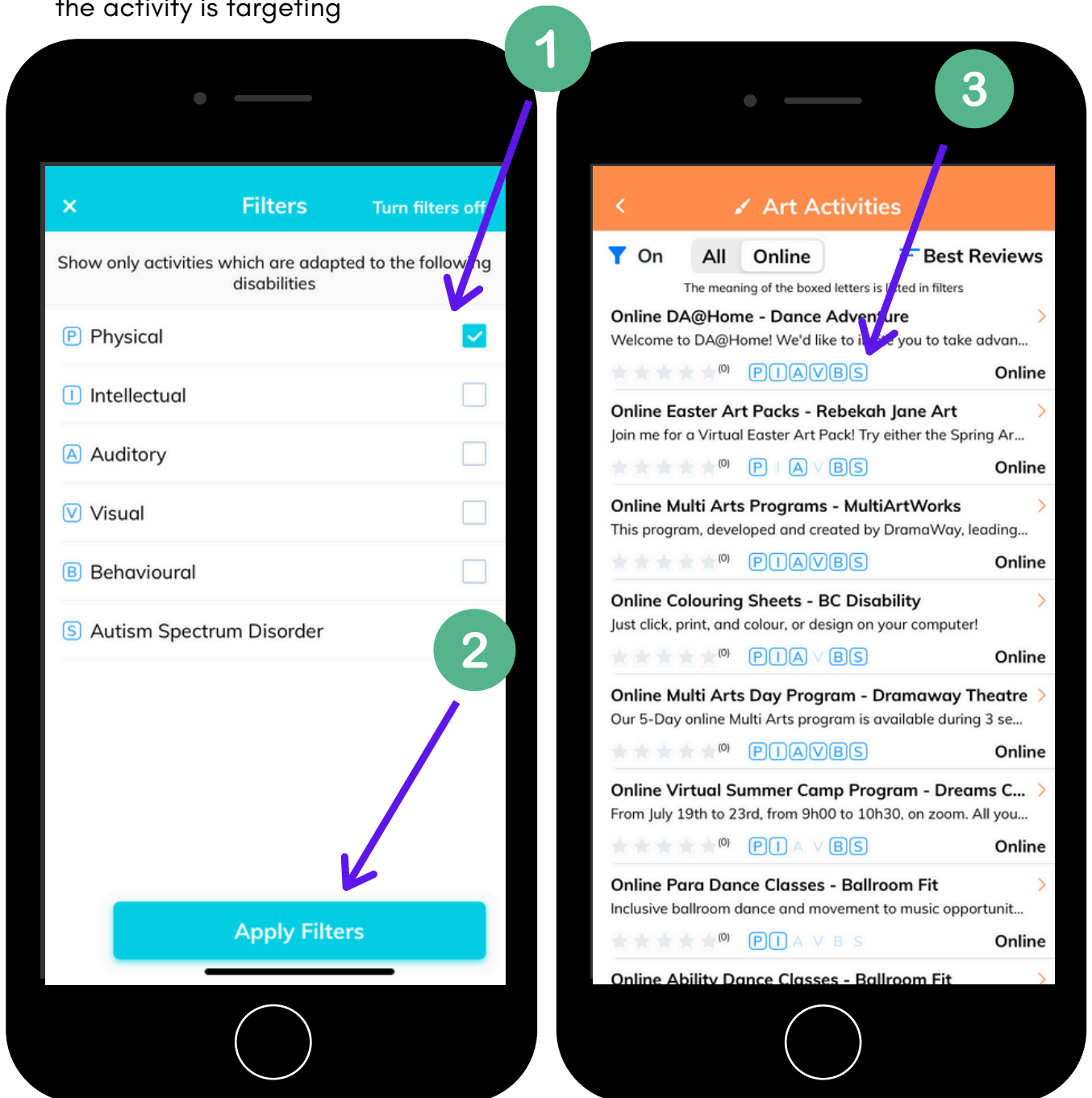
SEARCHING FOR THE TYPE OF SPECIAL NEED

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



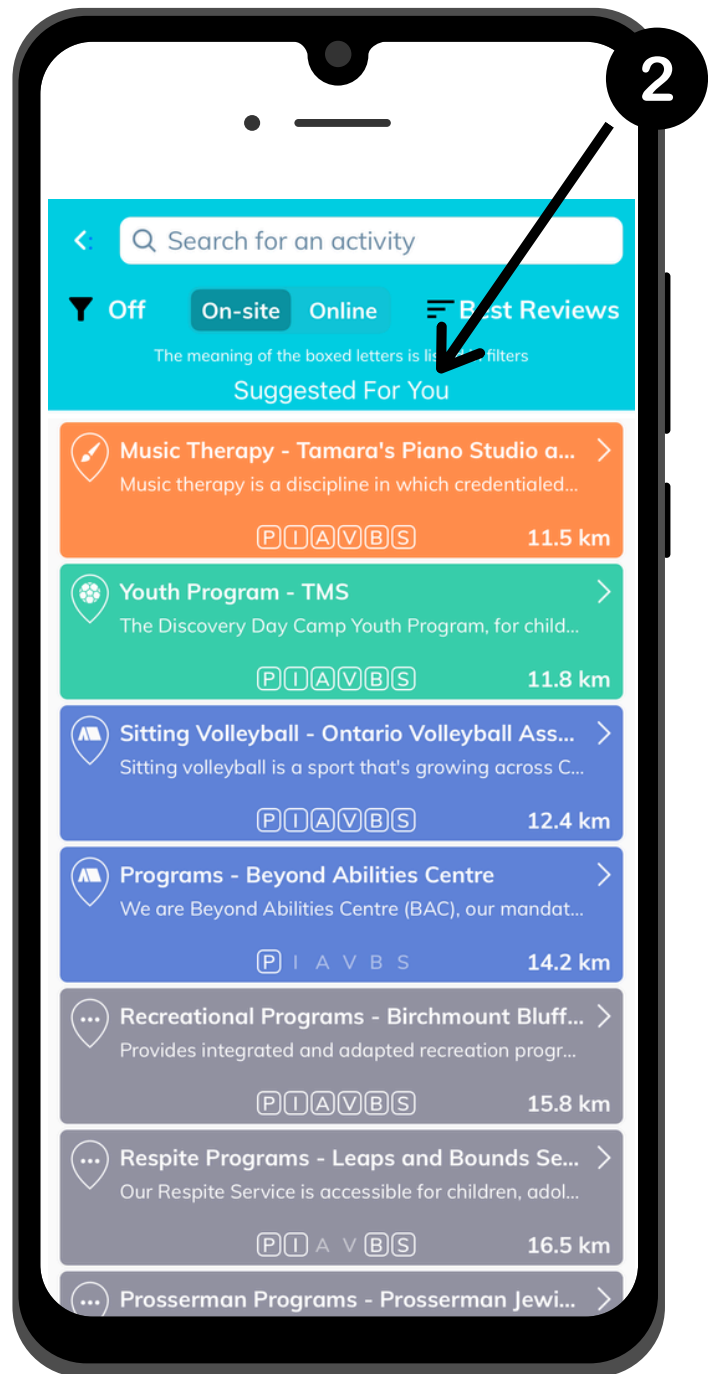
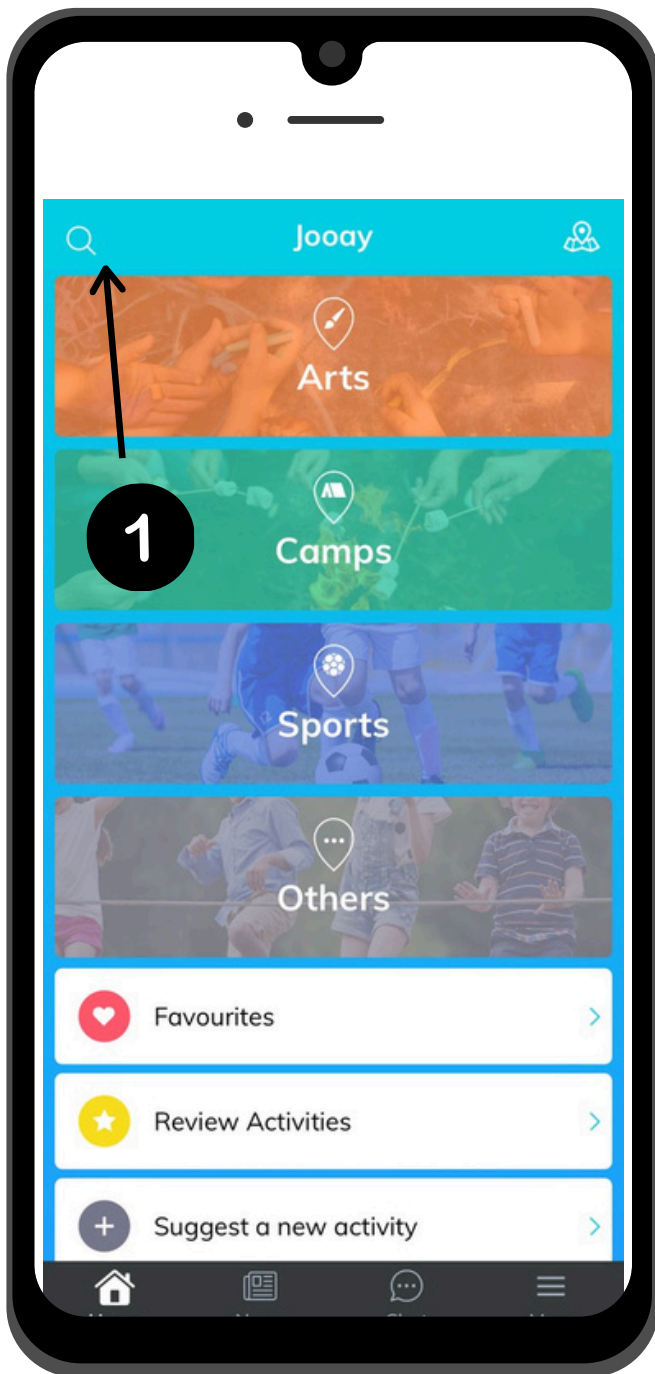
HOW TO GET THE MOST OUT OF THE JOOAY APP?



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?

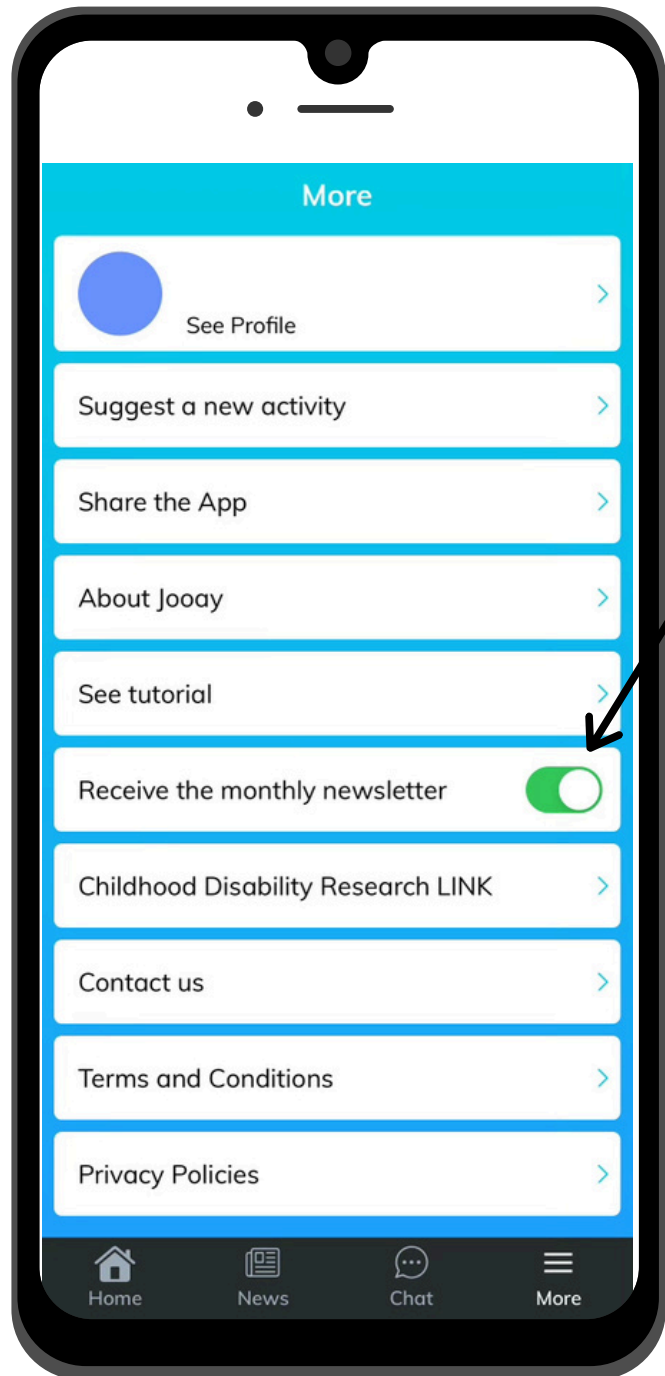
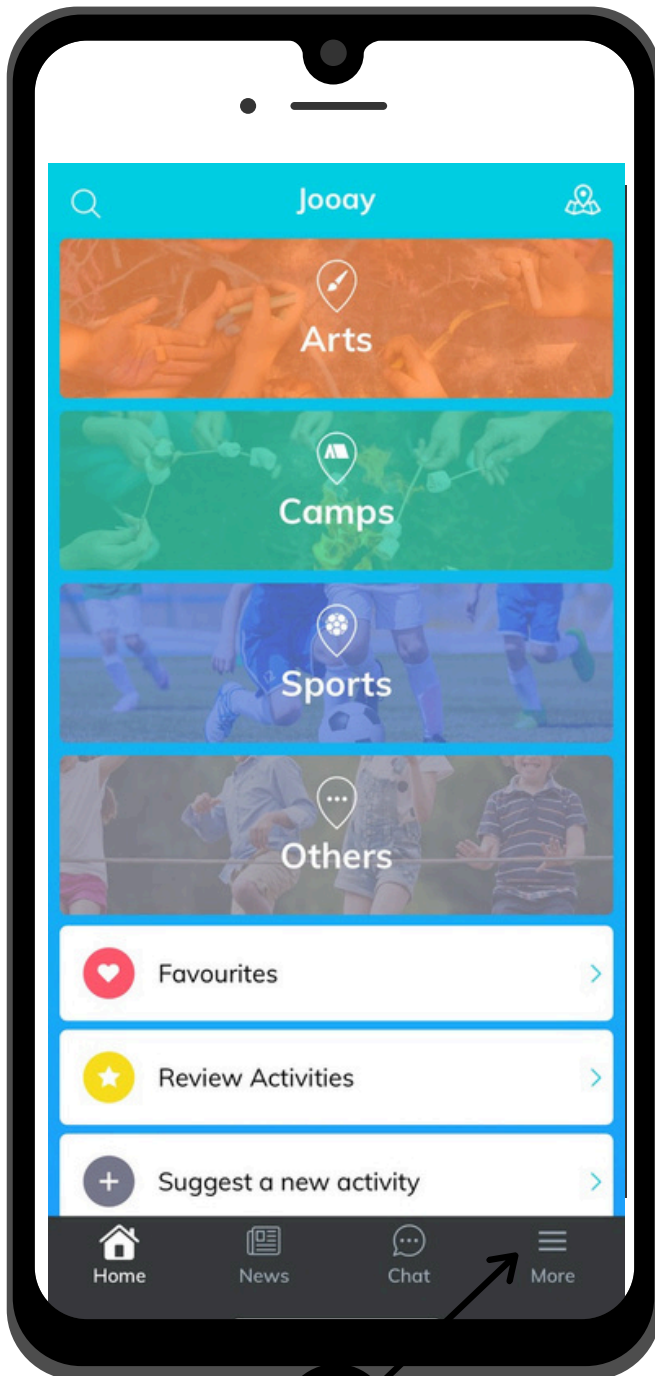
Stay
TUNED

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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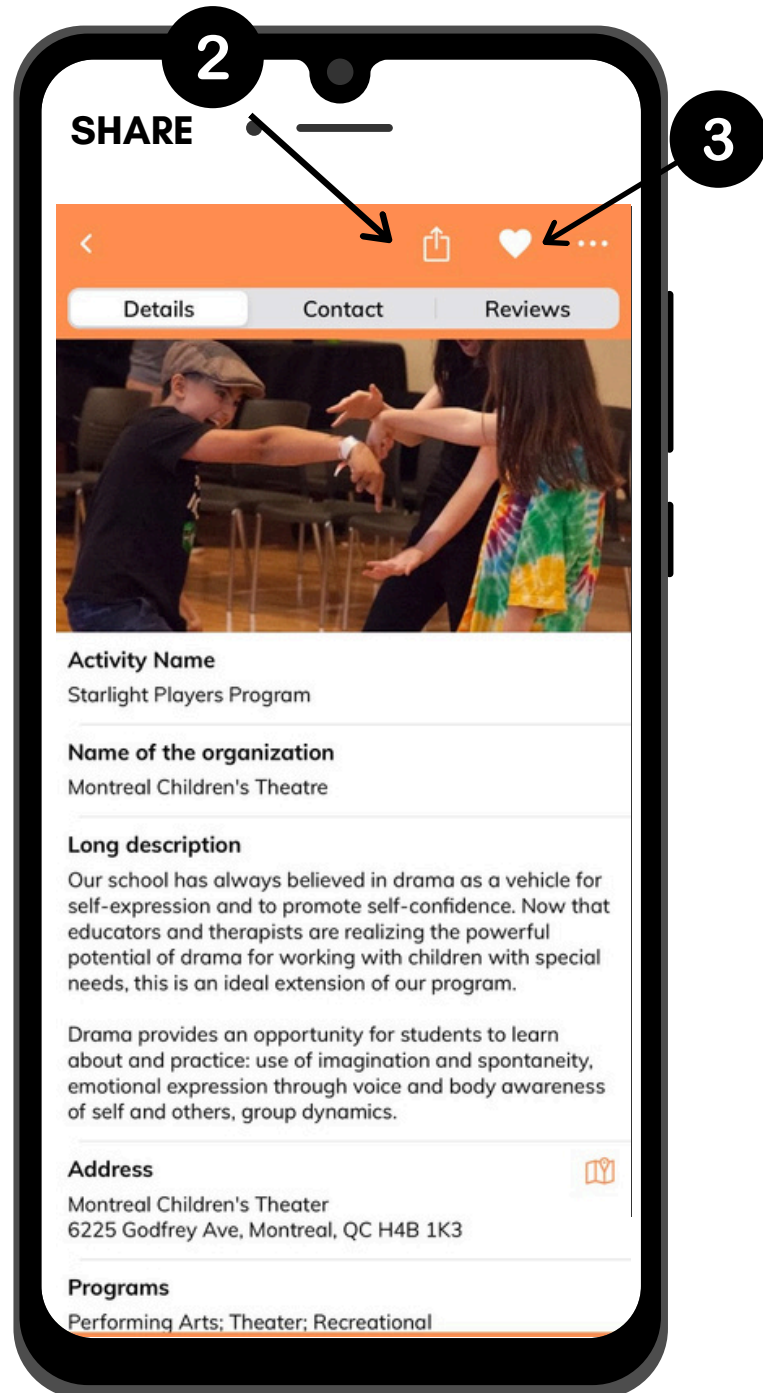
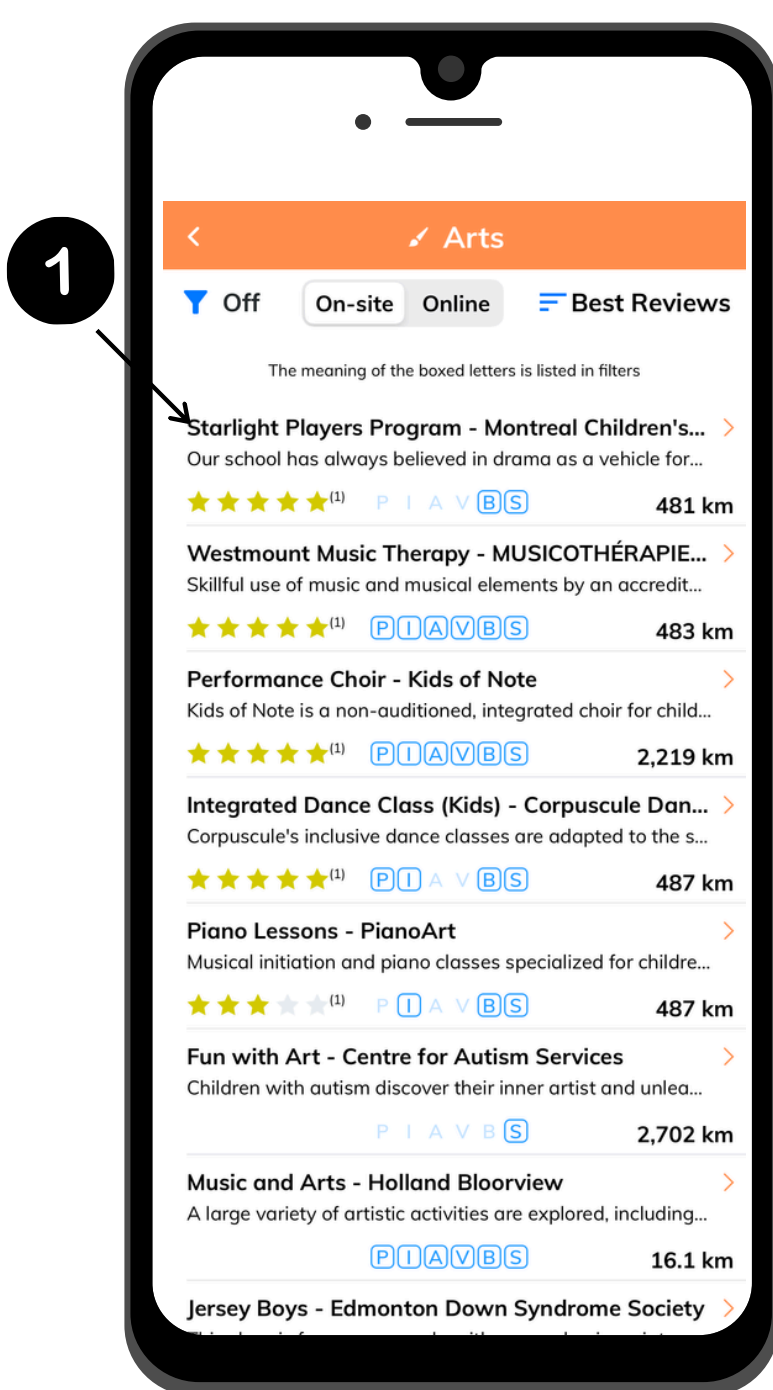


SHARE AND ADD TO YOUR FAVOURITES

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



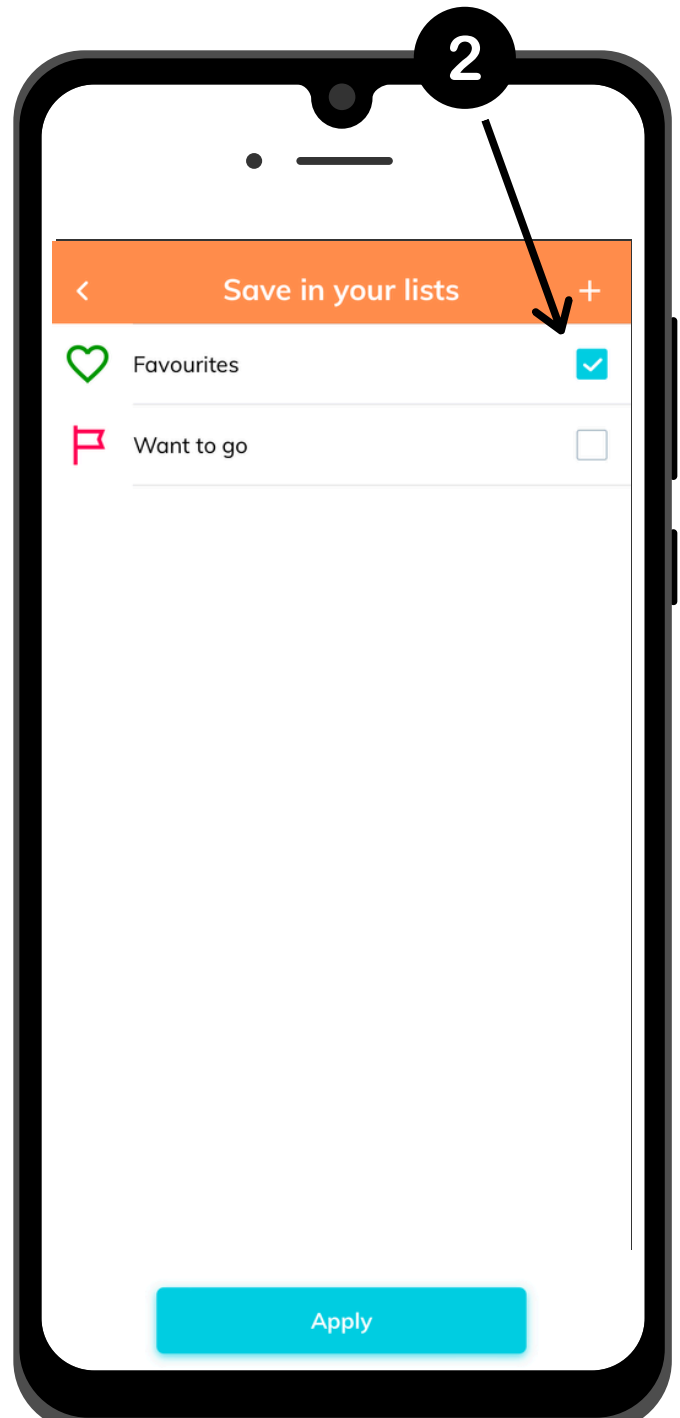
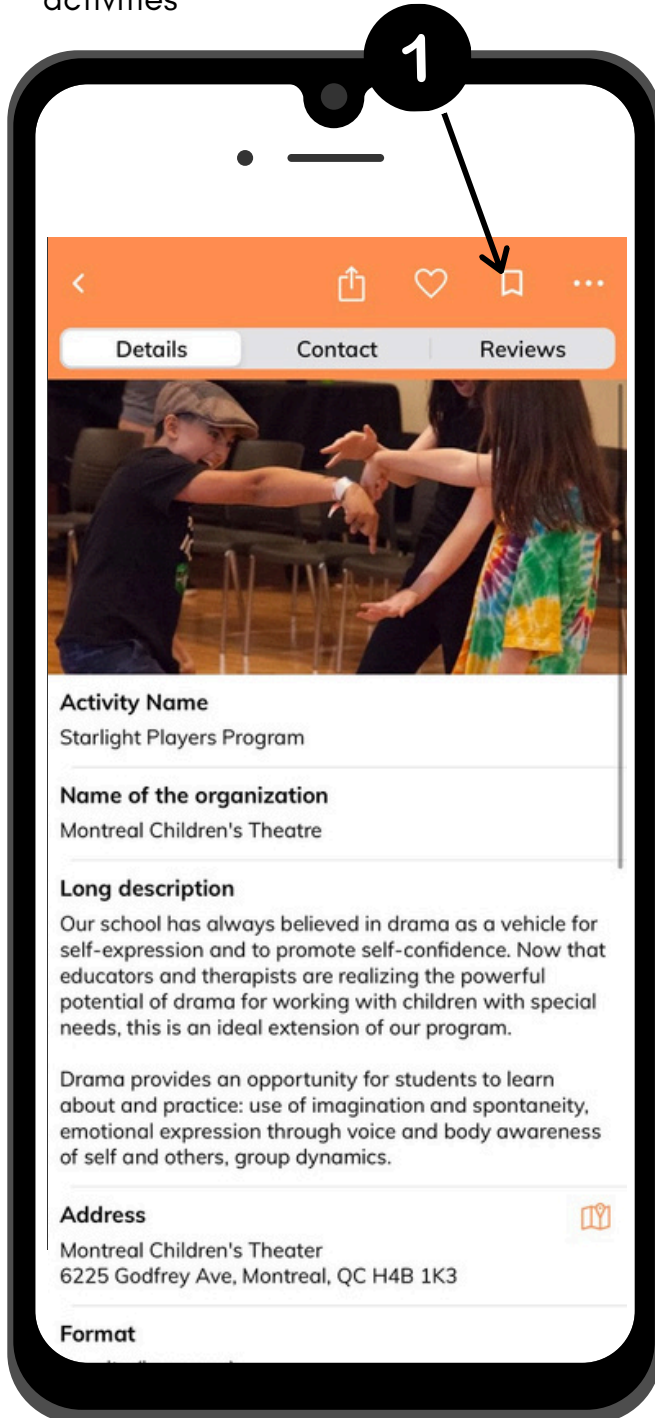
HOW TO GET THE MOST OUT OF THE JOOAY APP?



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!

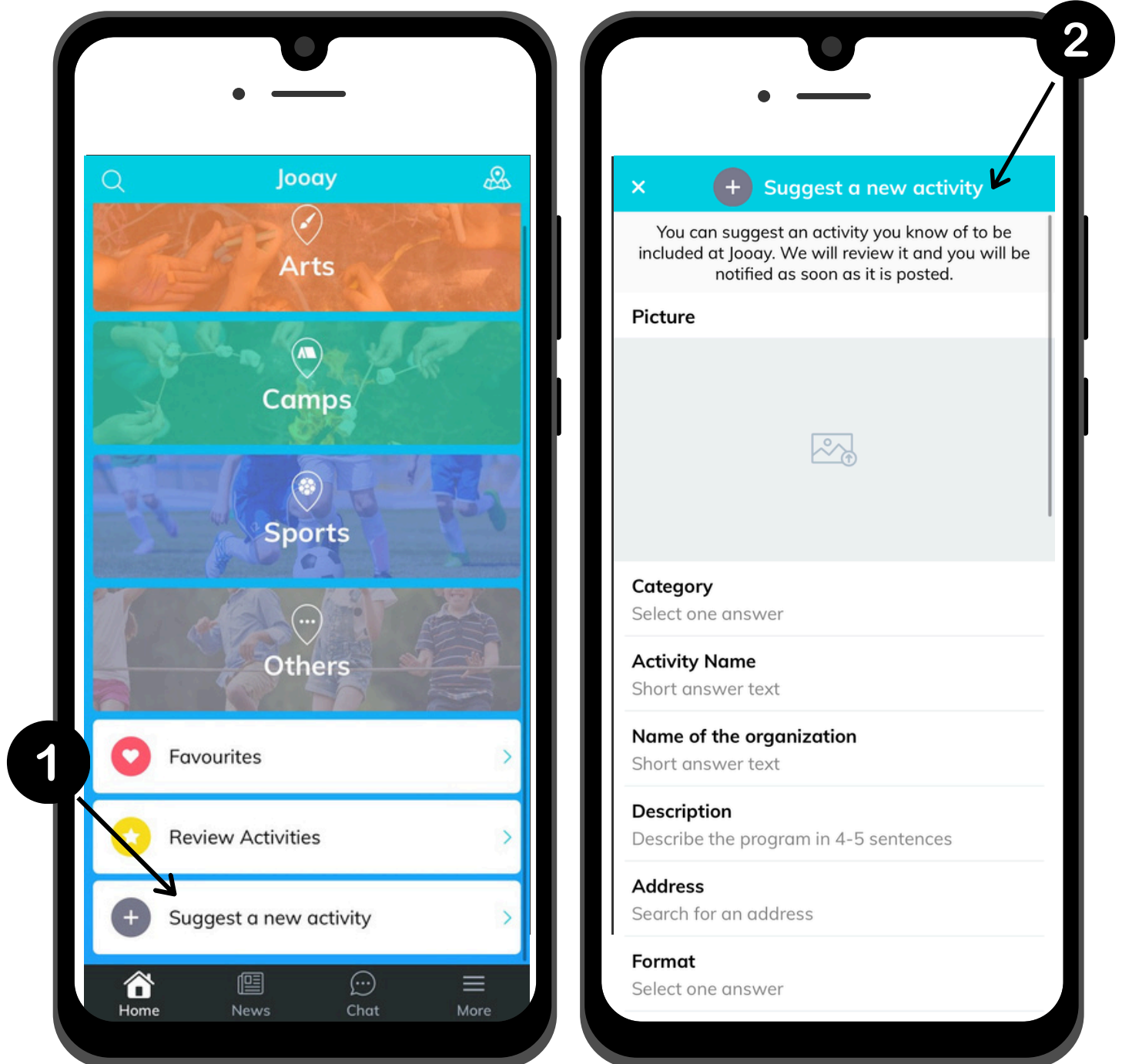


SUGGEST A NEW ACTIVITY

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!



December 3 is the International Day of Persons with Disabilities.

This day highlights the importance of inclusion, accessibility, and equal participation for people with disabilities.



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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