

CONNECTING YOU TO PLAY: JOOAY

Jooay App Monthly Newsletter

January 2026

Vol. 55

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

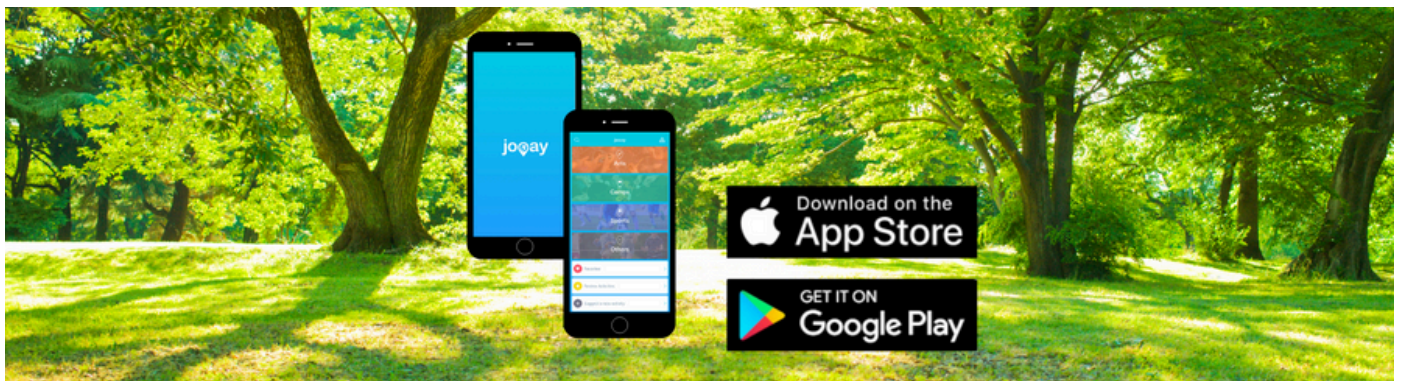
1. Arts Programs - StimuleArts (QC)

StimuleArts offers inclusive arts programs designed for children, youth, and adults with intellectual disabilities.



The program focuses on creative expression through a variety of artistic activities, providing participants with opportunities to explore the arts in a supportive environment.

[Click here to learn more!](#)



2. Taking Strides Calgary Winter Activities (AB)

Taking Strides Calgary offers a variety of programs this winter, including Adaptive Sport, Aquatics, Climbing, Rhythm & Strength, and a dedicated Teen Program.



Programs are offered on select dates from February to March and registration is now open. Program costs range from \$50 to \$85, depending on the specific activity and location varies. Use the link below to see all the details for each activity.

[Click here to learn more!](#)

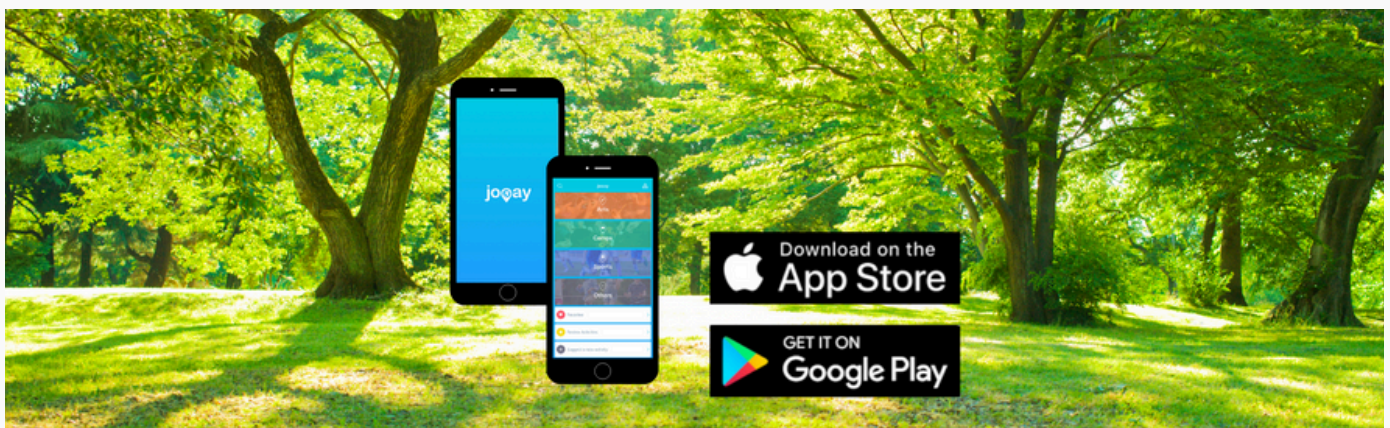
3. Variety Village March Break Camp (ON)

Variety Village is offering an inclusive March Break Camp from March 16-20, featuring MultiSport, Swim, and Adventure Camp options.



Designed to keep children active and engaged during the school break, camps are OCA-certified and open to members and non-members. Programs provide a safe, inclusive environment where campers can participate in sports, swimming, and skill-building activities.

[Click here to learn more!](#)



4. Ski de fond adapté CIVA (QC)

Centre d'intégration à la vie active (CIVA) is offering an adapted cross-country skiing activity on Saturday, February 21, from 10:00 a.m. to 4:00 p.m., at Parc de la Visitation. It costs 25\$ to become a member, however the activity itself is free.

Participants will be assigned a specific time slot once registration is confirmed by the CIVA team. This event provides an opportunity to try adapted skiing in an inclusive outdoor setting.



[Click here to learn more!](#)

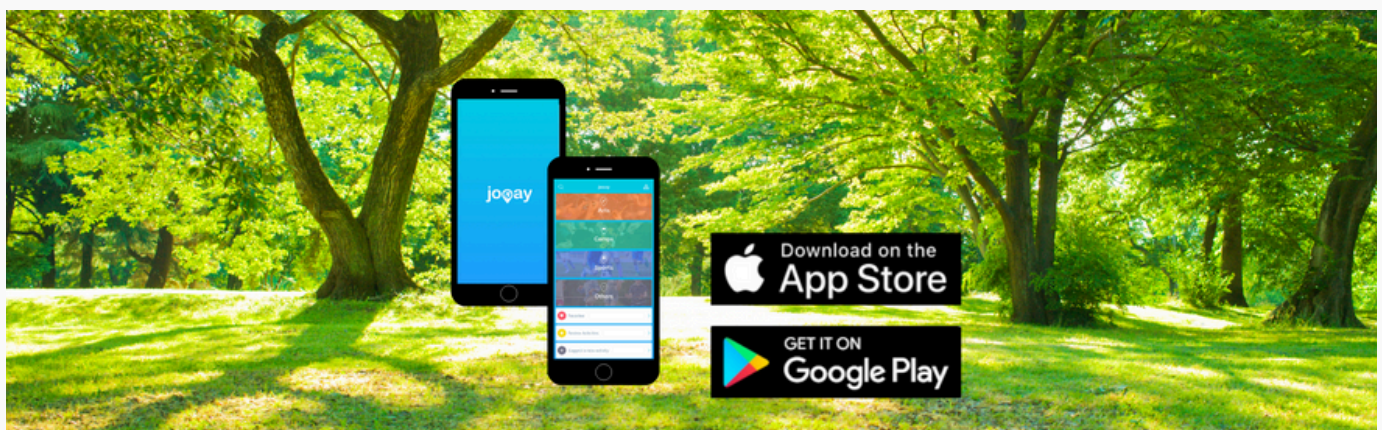
5. Friendship Circle of Montreal Spring Camp (QC)

Friendship Circle offers a Spring Camp running March 3-6, 2025, where children, teens, and young adults can build friendships with peers and one-on-one volunteers.



Camp days include engaging outings and activities that encourage social connection and participation. The cost is \$200 for the week, and the program is open to new families.

[Click here to register!](#)



6. Powderhounds Adaptive Skiing (BC)

People In Motion offers Powderhounds Adaptive Snow Sports, a program at Big White Ski Resort where children, teens, and adults with physical, cognitive, or sensory challenges can enjoy adapted skiing and snowboarding. Sessions run 7 days a week throughout the winter ski season, with two lesson blocks each day (10:00 am–12:00 pm and 1:00 pm–3:00 pm).

Instruction is tailored to each participant's needs including upright skiing, sit-skiing, and a snowboard option. Total program registration costs \$117 for the season with a one-lesson trial available;



[Click here to learn more!](#)

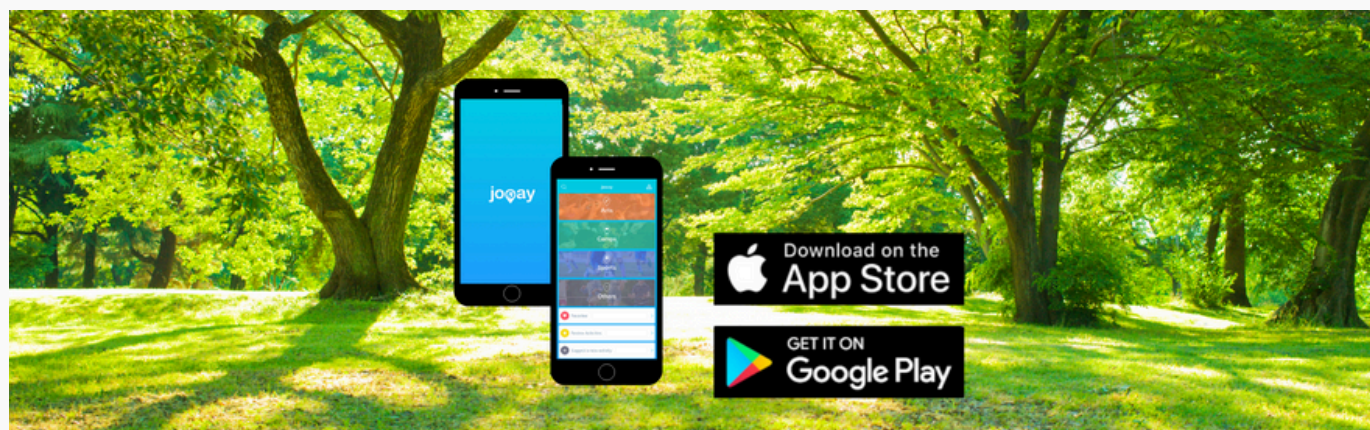
7. CNIB Evening Knitting (NS)

CNIB hosts Evening Knitting, a monthly in-person knitting group that welcomes both beginners and experienced knitters.



The group meets on the second Tuesday of every month from 6:00–8:00 p.m. AST at CNIB Halifax, where participants can explore different yarns and needles with support from sighted volunteers if needed. Registration is required, and participants are asked to RSVP at least one business day before the session.

[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 bokeh background. The leftmost phone shows the app's splash screen with the 'jooay' logo. The middle phone displays the 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?

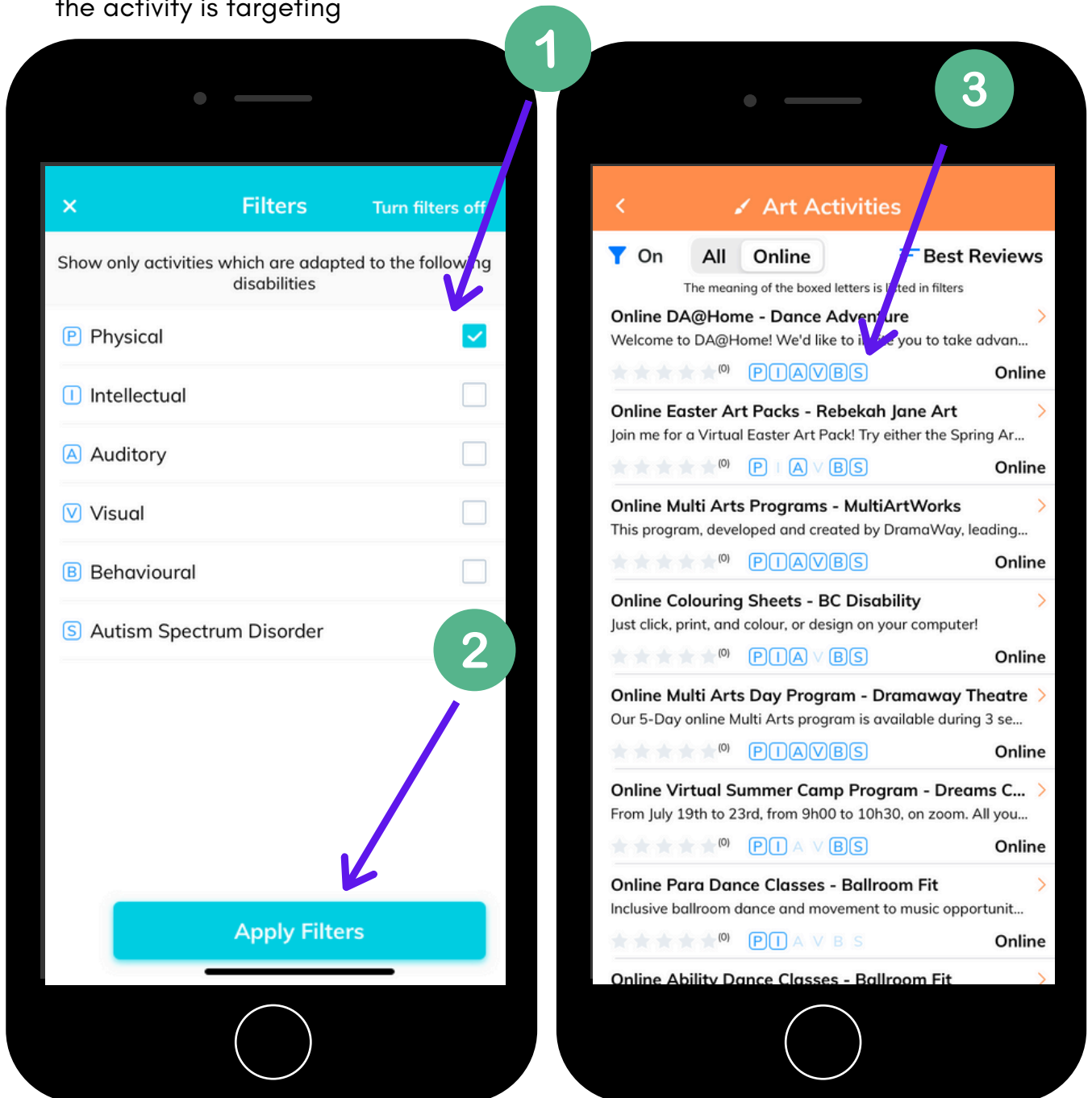
SEARCHING FOR THE TYPE OF SPECIAL NEED

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



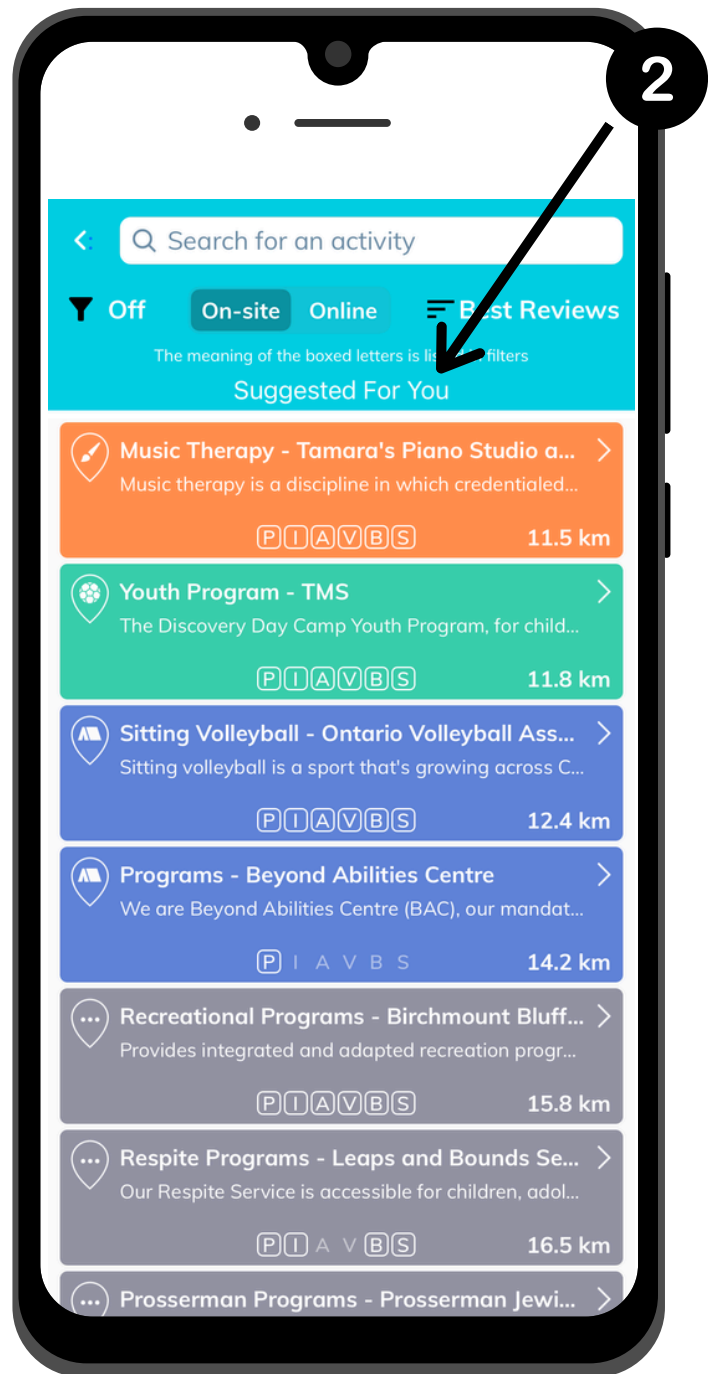
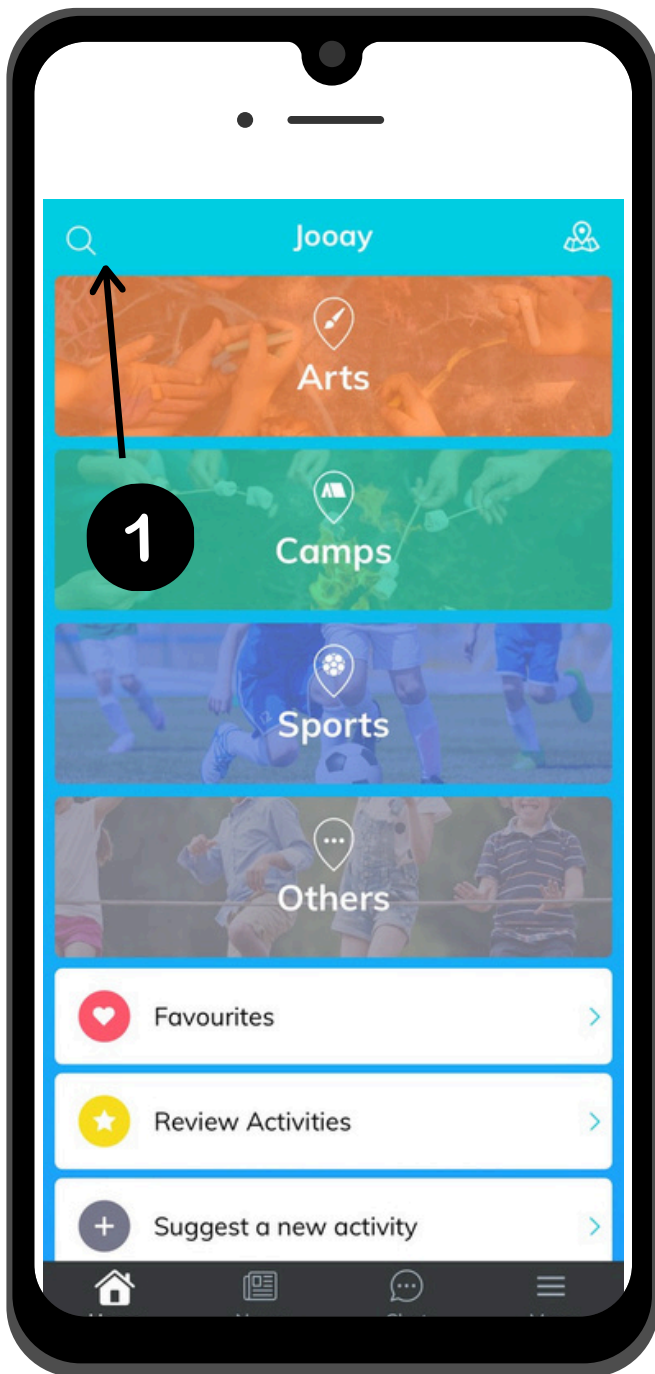
HOW TO GET THE MOST OUT OF THE JOOAY APP?



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?

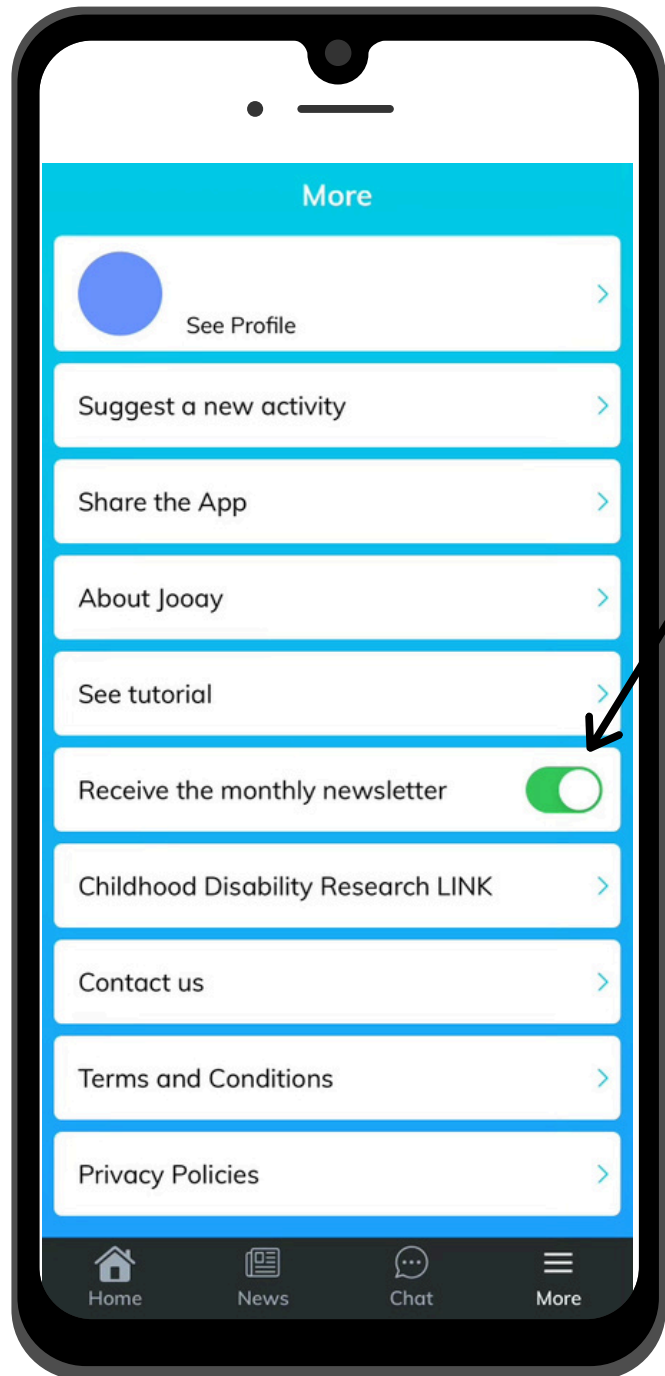
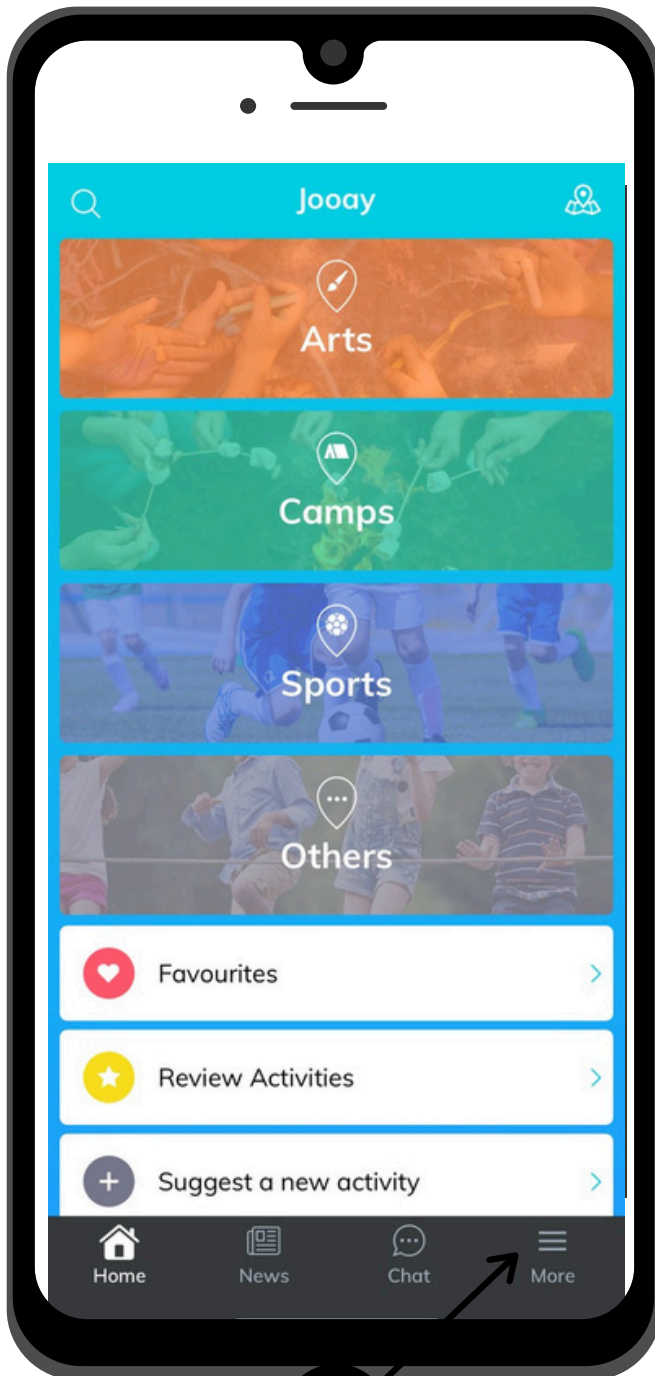
Stay
TUNED

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



HOW TO GET THE MOST OUT OF THE JOOAY APP?

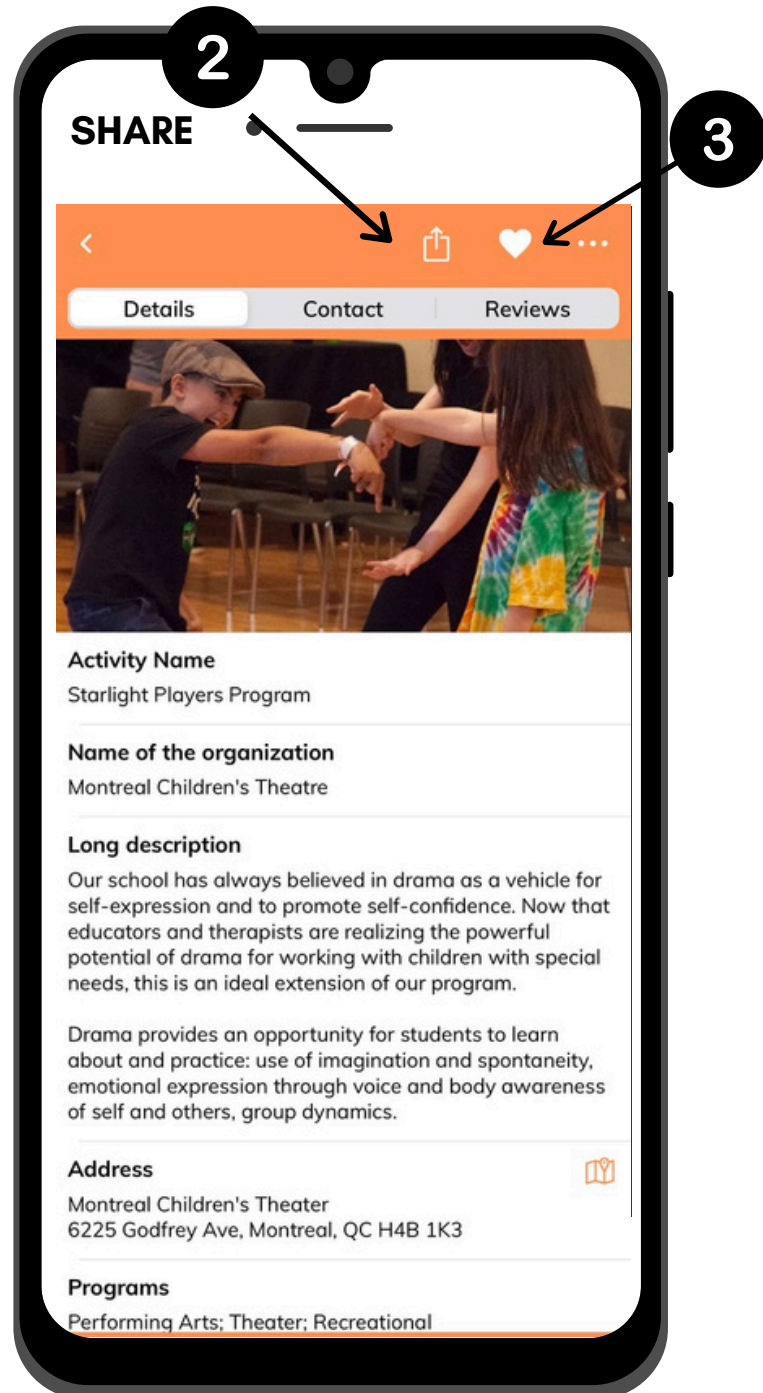
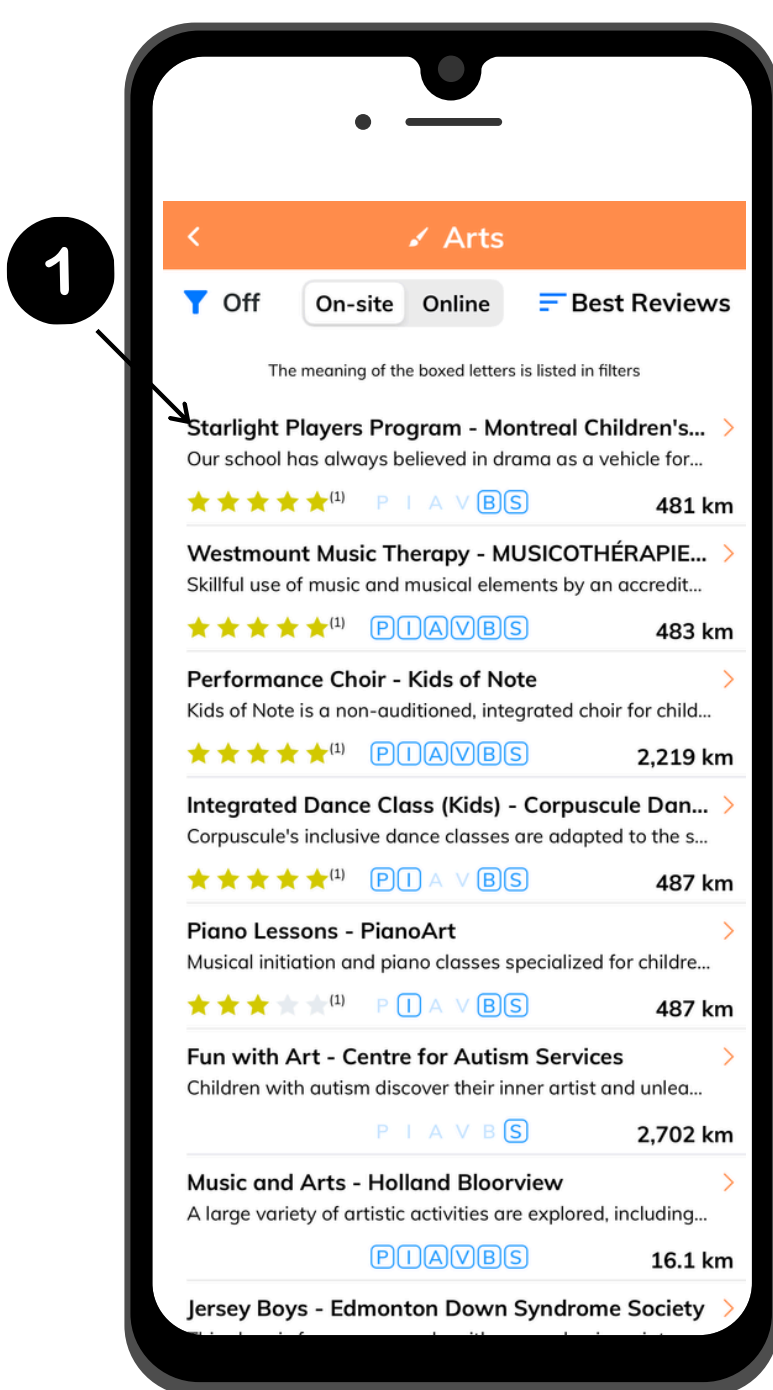


SHARE AND ADD TO YOUR FAVOURITES

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



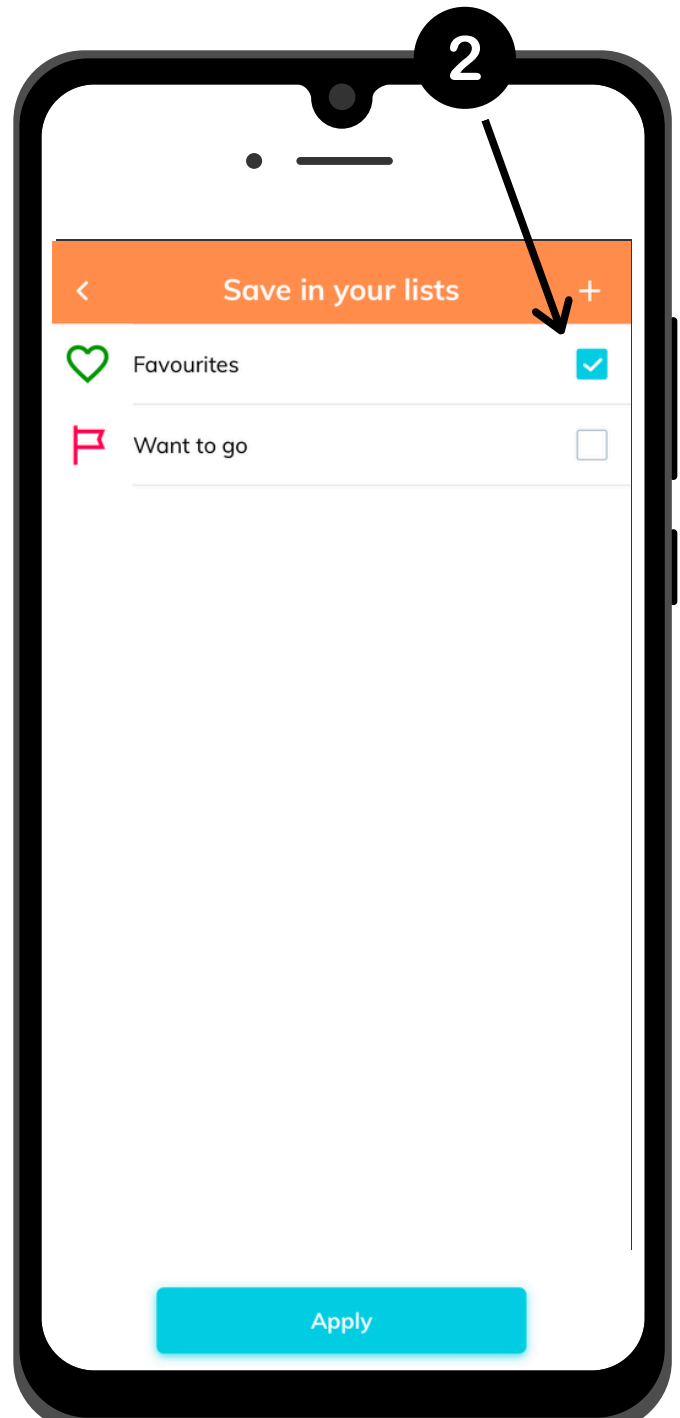
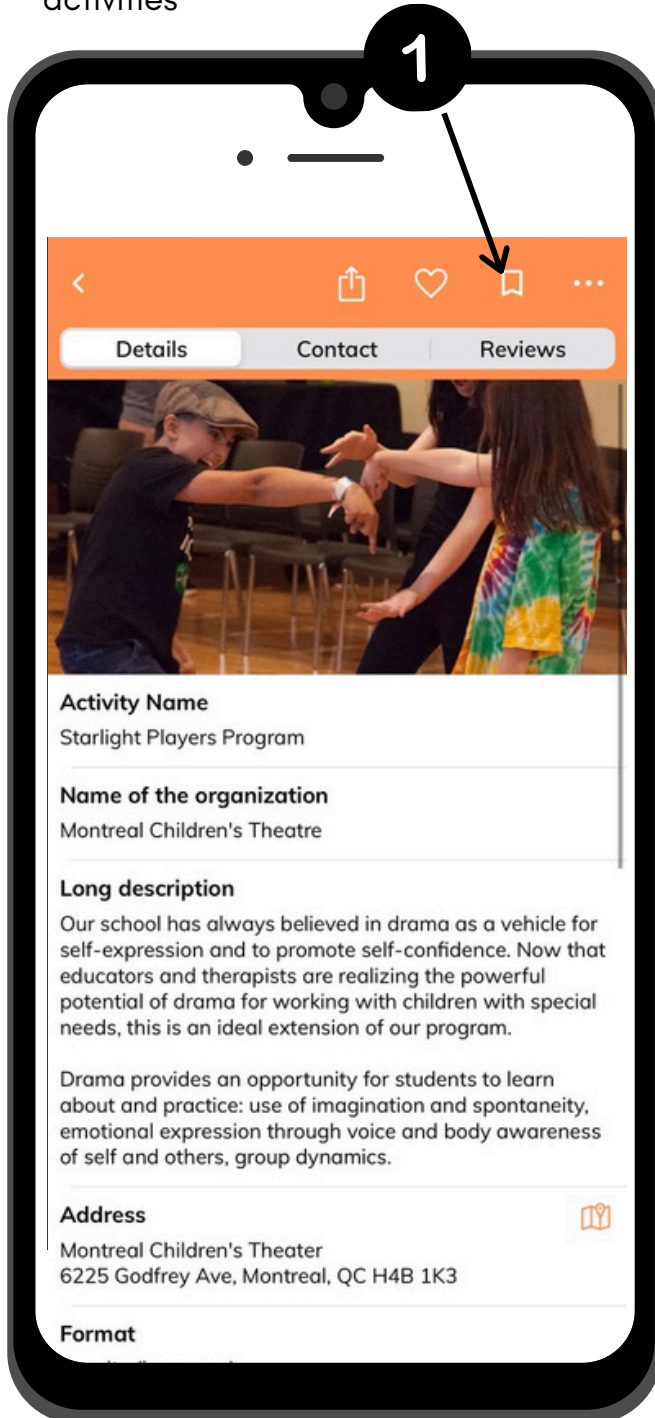
HOW TO GET THE MOST OUT OF THE JOOAY APP?



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!

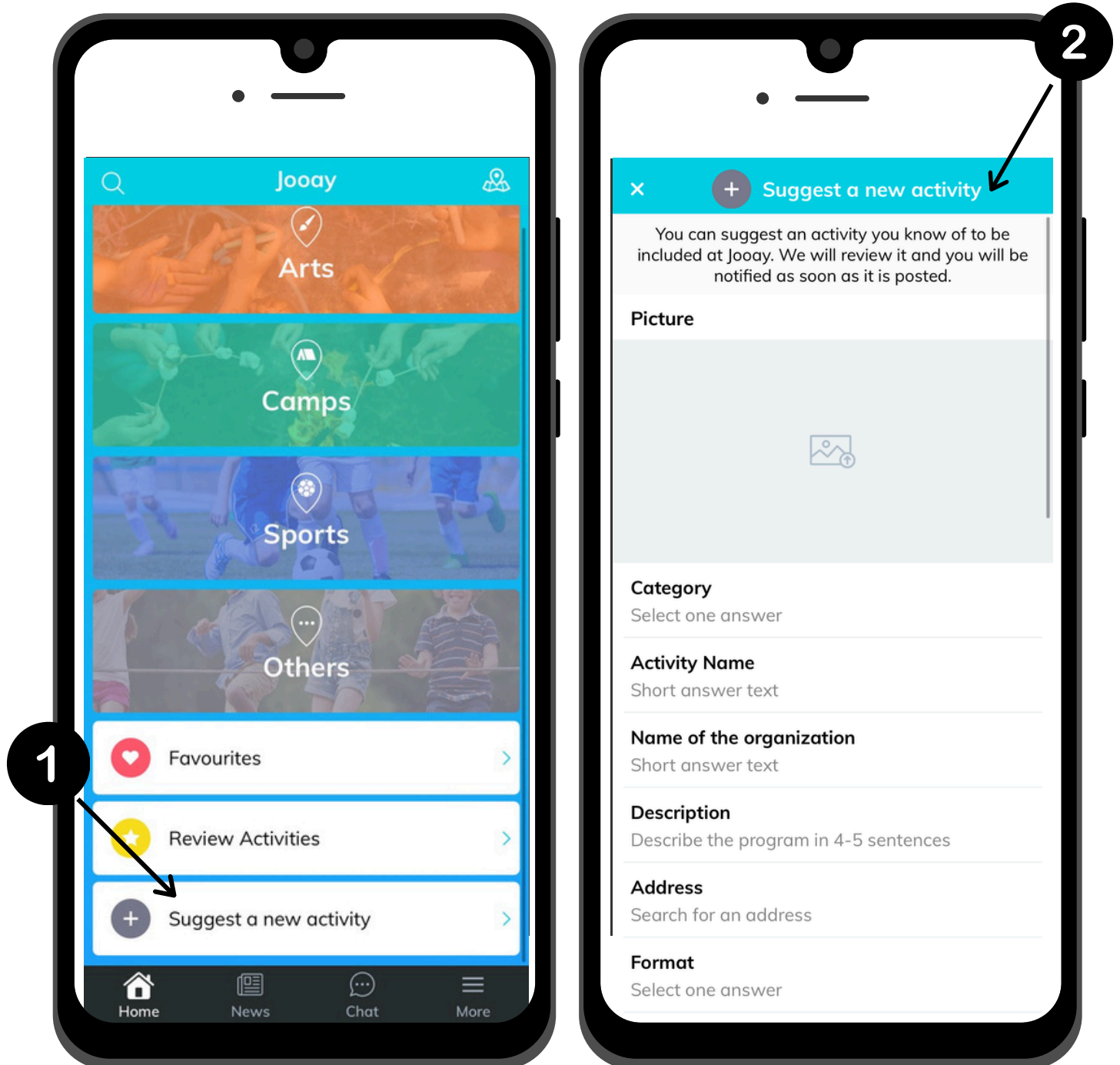


SUGGEST A NEW ACTIVITY

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!



January 4th is World Braille Day

This day recognizes the importance of Braille as a vital tool for communication, education, and independence for people who are blind or have low vision.



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>

