

# CONNECTING YOU TO PLAY: JOOAY

## Jooay App Monthly Newsletter

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March 2026

Vol. 57

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### 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!

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### ACTIVITIES

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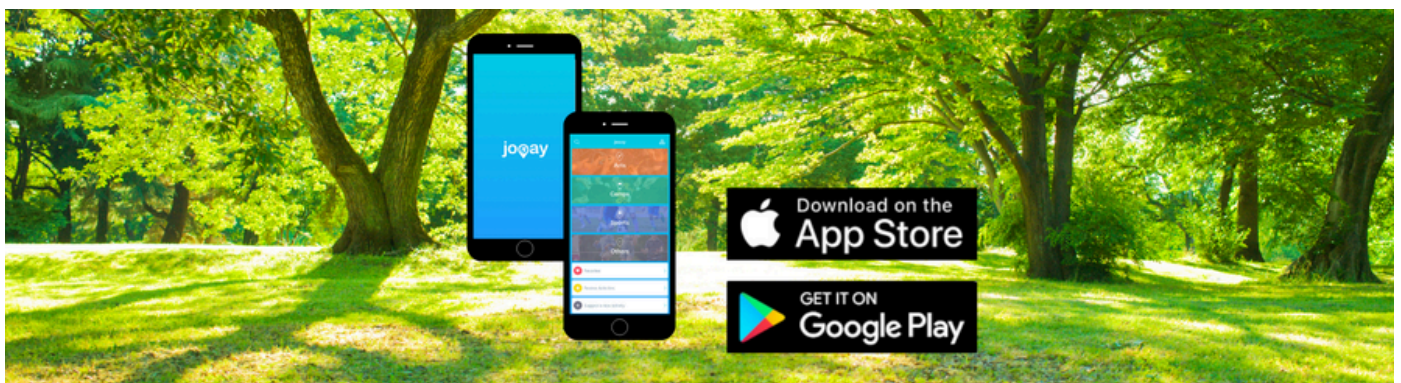
#### 1. Variety Village Swim Lessons (ON)

Variety Village offers inclusive swim lessons for all ages and abilities, including parent-and-tot, youth, teen, adult, and adapted one-on-one instruction.



The spring session begins March 21 and focuses on building water safety, confidence, and swimming skills in a supportive environment.

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



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## 2. Supporting Mealtime KidsAbility (Virtual Workshop)

KidsAbility is offering a virtual workshop for parents, caregivers, and professionals to explore mealtime challenges from a behavioural perspective



and learn practical strategies to support positive routines, introduce new foods, and better understand behaviour at the table.

The session takes place April 9, 2026, from 9:30-11:30 a.m. Registration is now open!

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

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## 3. Flower Power Bloom Wellness Collective (AB)

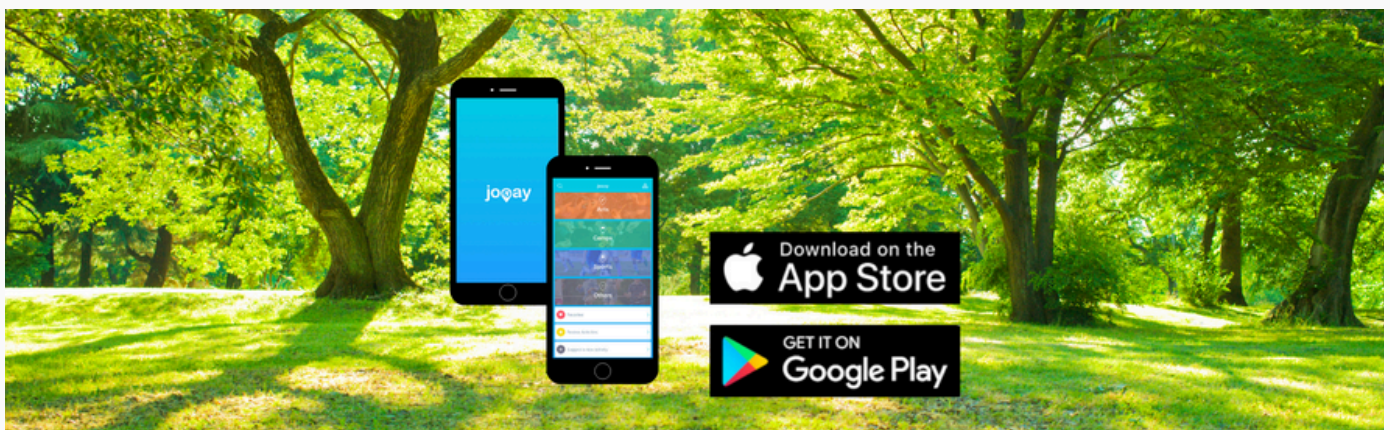
Bloom Well is hosting a fun and inclusive dance event for individuals with disabilities ages 15-30, featuring music, dancing, and opportunities to connect with others in a “nightclub vibe” setting.



Taking place March 28 from 6:30-8:30 p.m. at Janus Academy in Calgary, this event encourages participants to express themselves, socialize, and enjoy a lively, supportive atmosphere.

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

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## 4. Spartans Summer Camp CrossFit Belleville (ON)

CrossFit Belleville offers an engaging summer camp for children ages 5-13, combining outdoor games, age-appropriate CrossFit-style workouts, creative activities, and team challenges in a fun and supportive environment.

The program focuses on building confidence, teamwork, and healthy habits, with hands-on learning. Camps run July 6-10 and August 10-14 from 9:00 a.m. to 4:00 p.m., with a cost of \$250 + tax.



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

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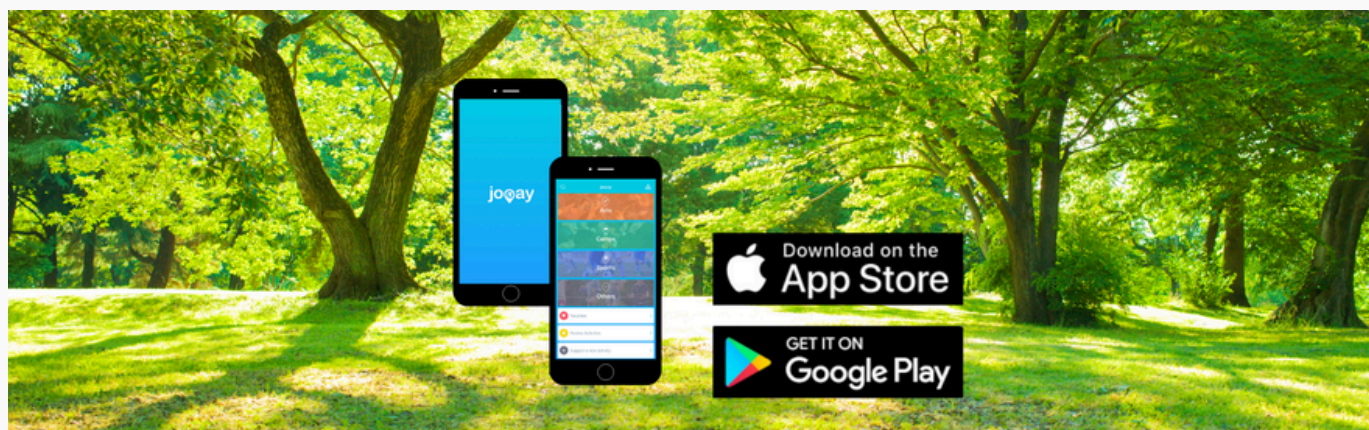
## 5. Life Skills Program Centre du Sablon (QC)

This engaging program helps youth build independence through real-life experiences in a fun, supportive environment. Participants develop social skills, explore their strengths, and practice emotional self-regulation.



Activities include role-playing, cooking, motor skill development, sports, gardening, and outings. Sessions run April 1 to June 10, 2026, on Wednesdays, with groups assigned after assessment. Cost is \$382 + \$19.50 membership.

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



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## 6. Wheelchair Basketball ARLPH Laurentides (QC)

Discover a dynamic and inclusive sport where athletes use specialized sport wheelchairs to dribble, pass, and shoot. Open to beginners, this program encourages fun, teamwork, and active participation in an accessible environment.

Sessions take place on Saturdays from April 18 to June 20 (no session May 16), from 12:00 PM to 1:00 PM at École des Ramilles in Blainville. The cost is \$150 for 9 sessions.



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

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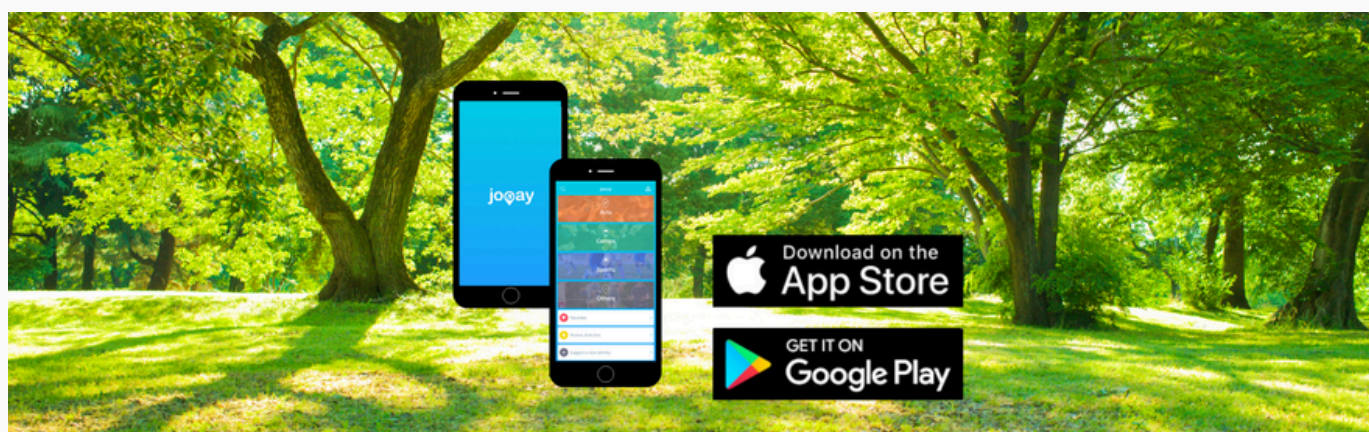
## 7. Cooking Club Prescott Club Inclusion Halifax (NS)

Join a fun and social cooking program where participants prepare and share meals together. With Supper, Brunch, and Lunch Club options, it's a great way to build independence, confidence, and connection.

Sessions run throughout the month at Club Halifax, with meals accommodating various dietary needs. Cost is \$30 per event.



**[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 star 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?

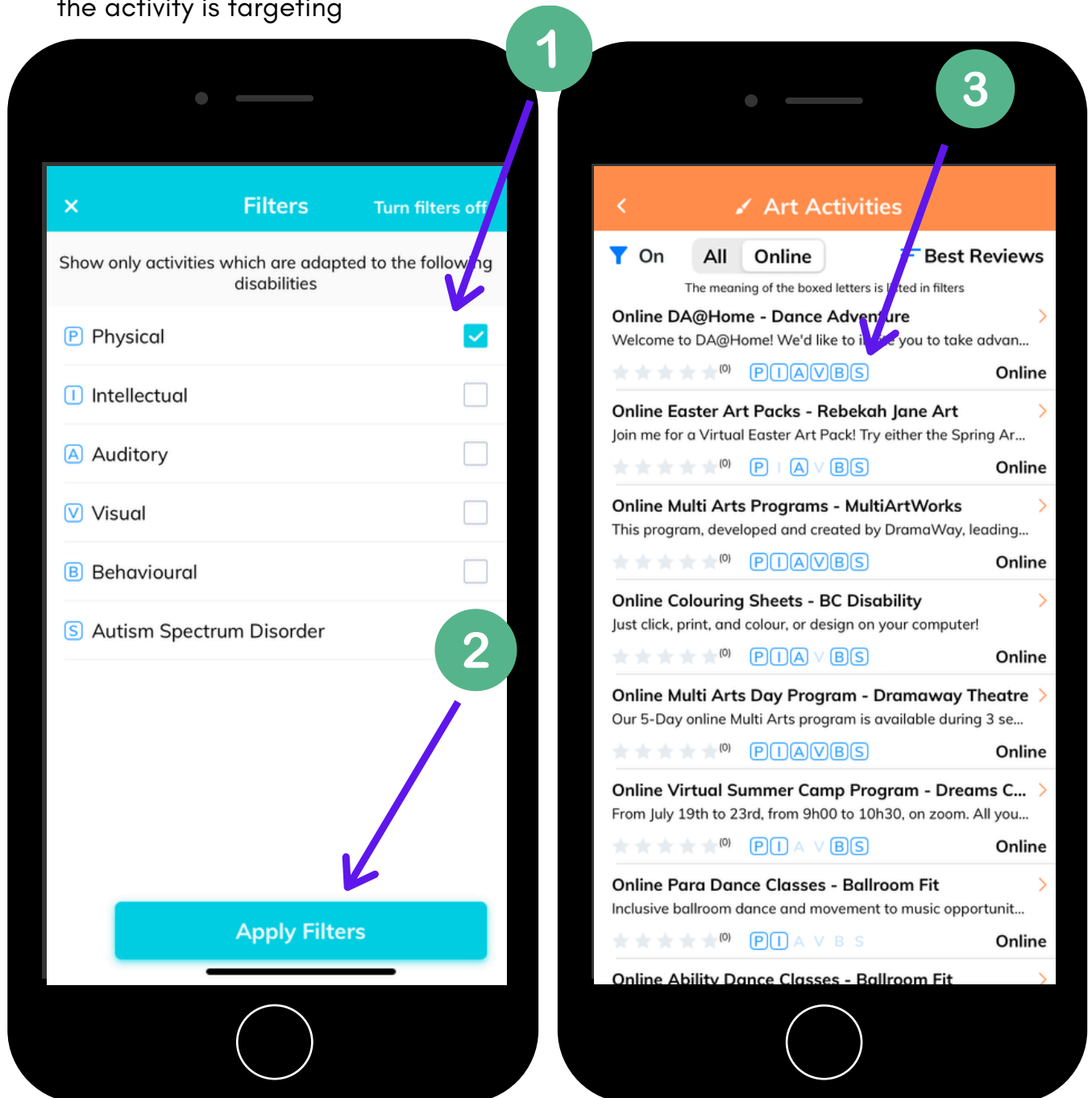
### SEARCHING FOR THE TYPE OF SPECIAL NEED

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



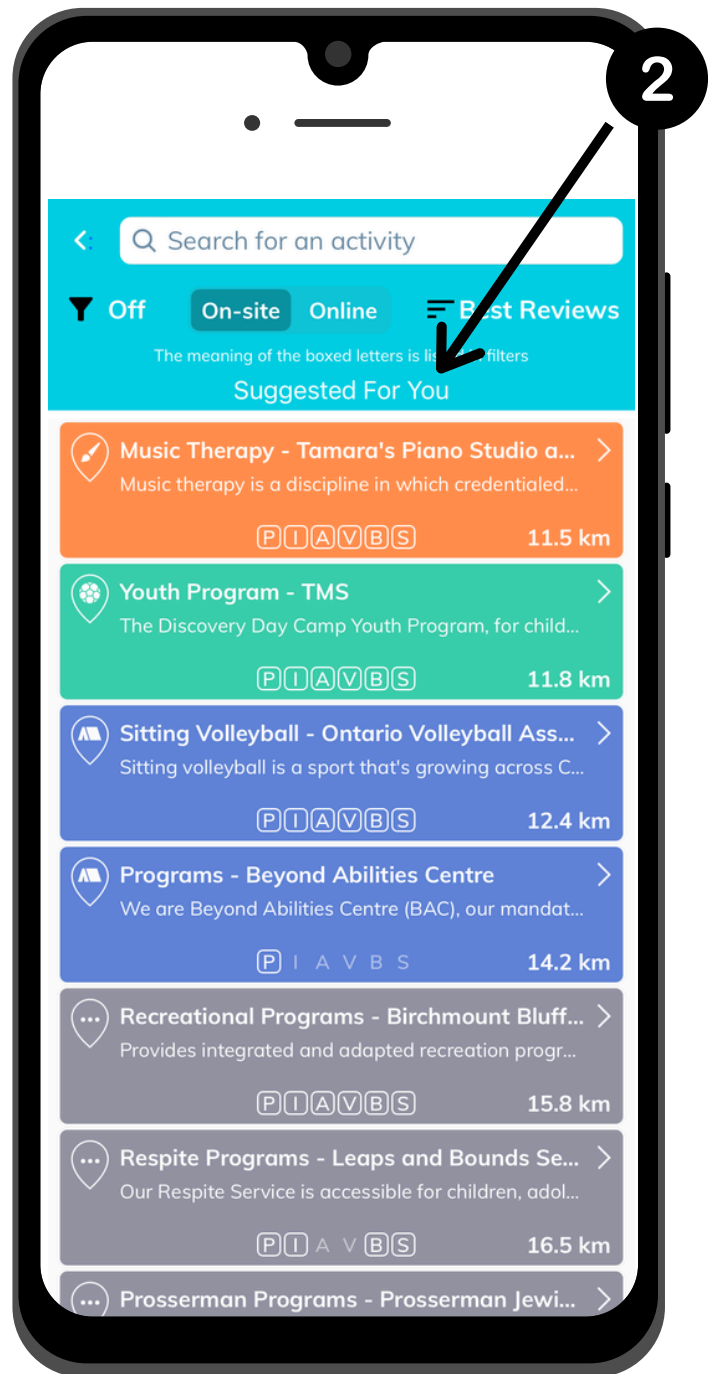
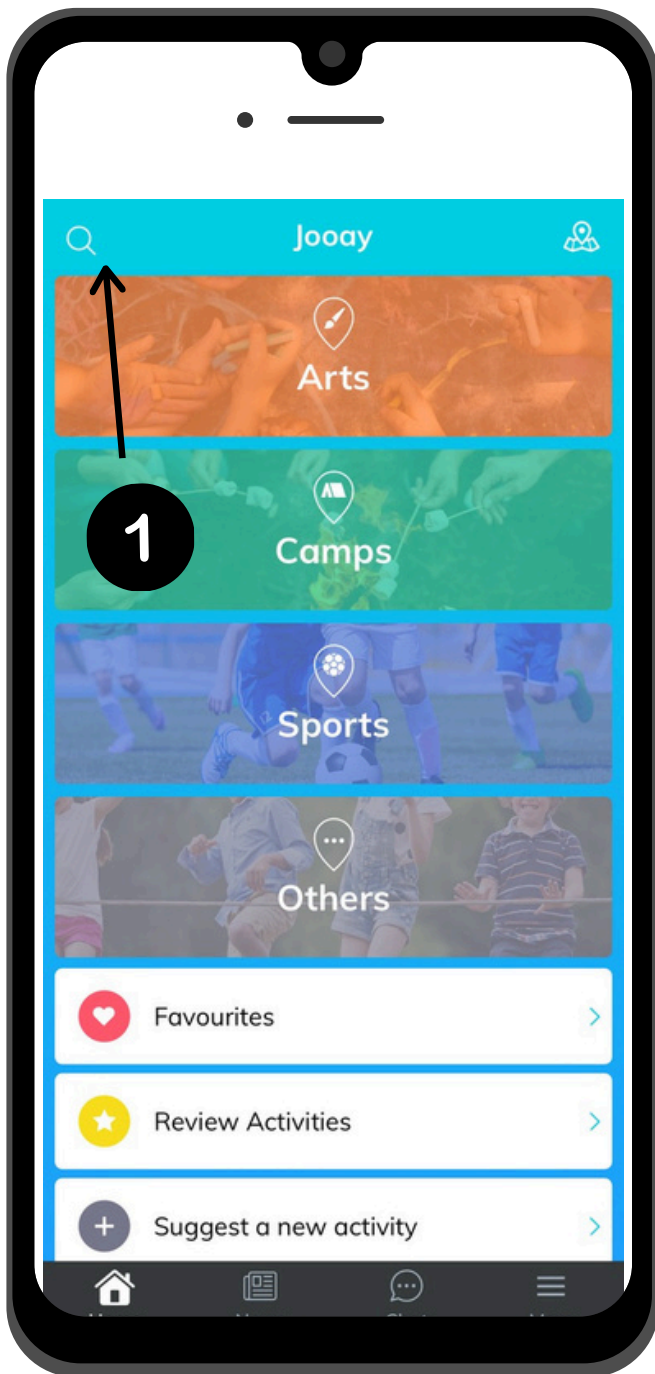
# HOW TO GET THE MOST OUT OF THE JOOAY APP?



## 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?

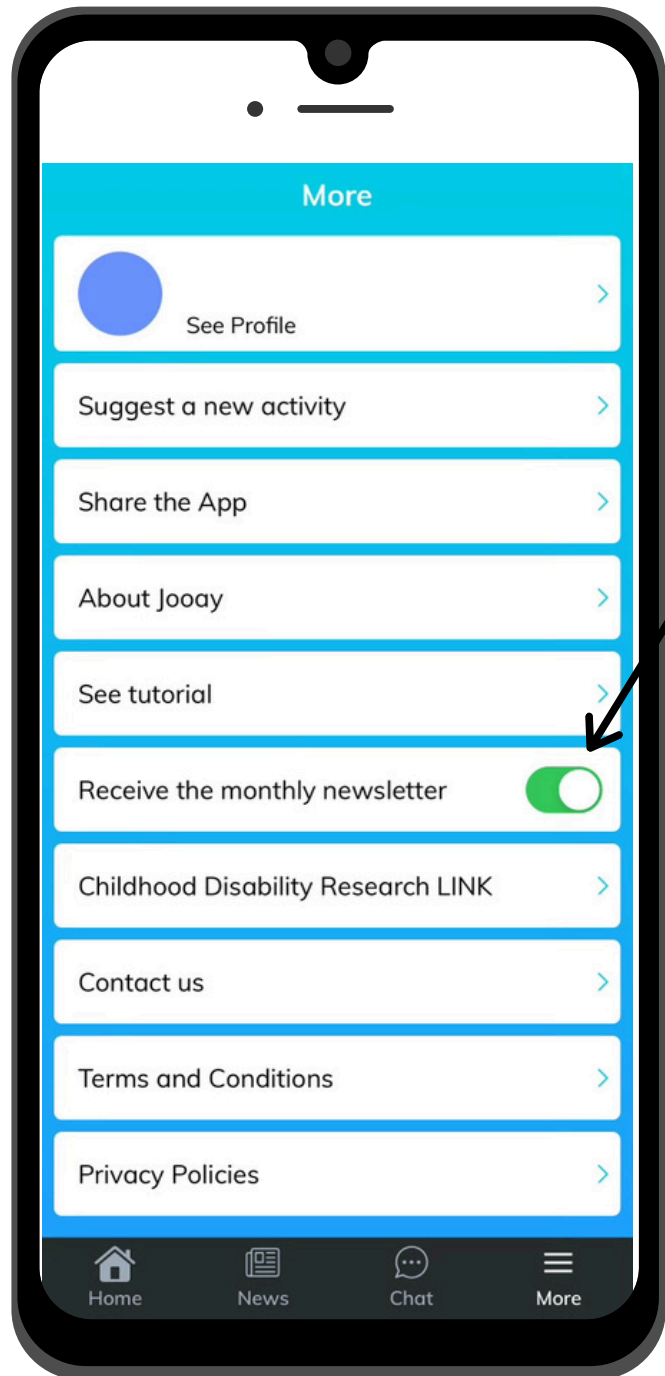
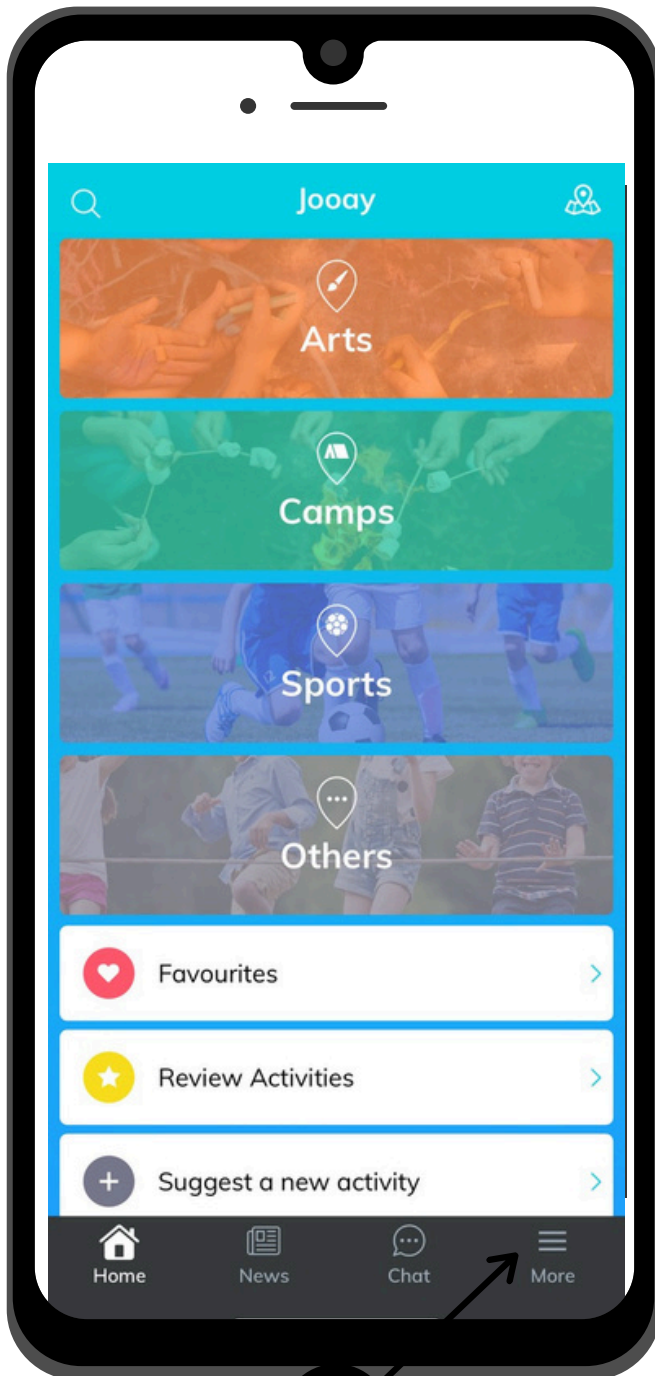
Stay  
TUNED

## 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?

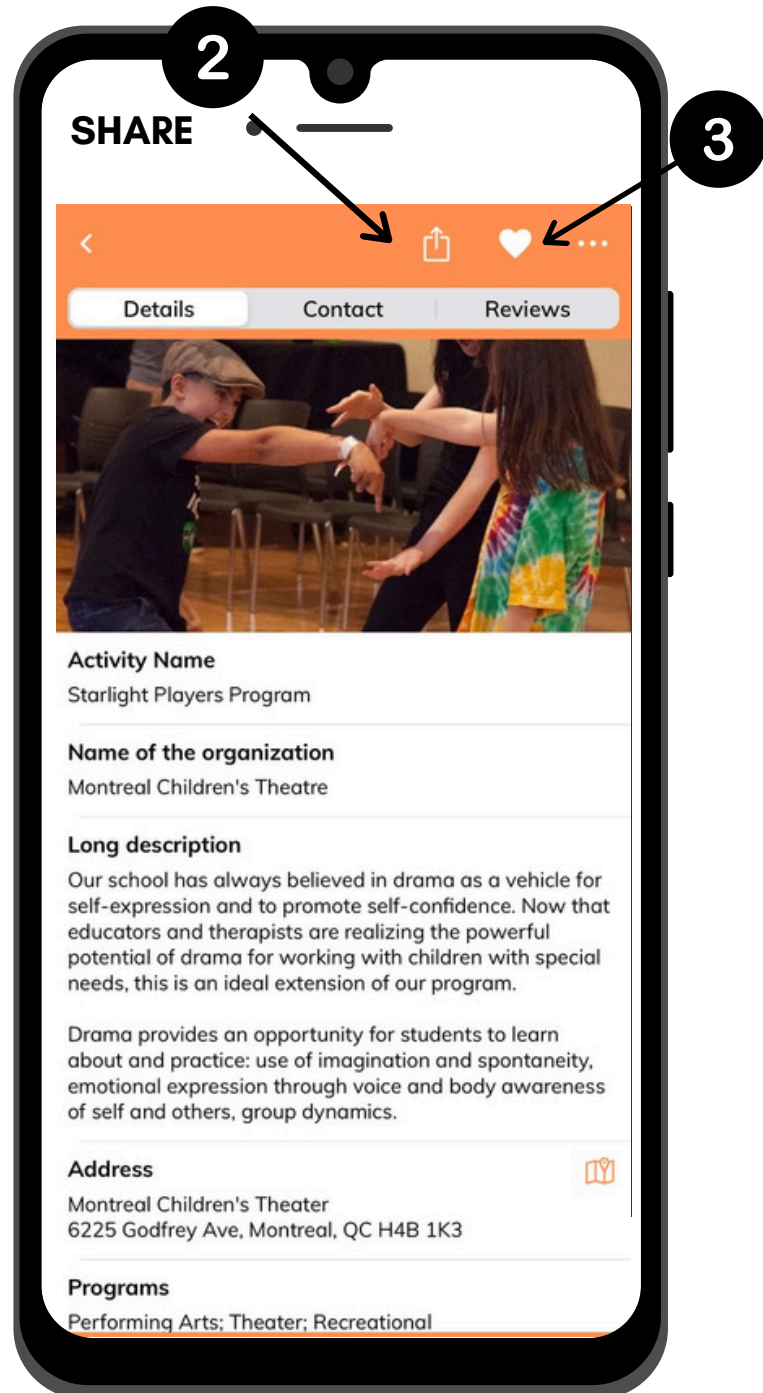
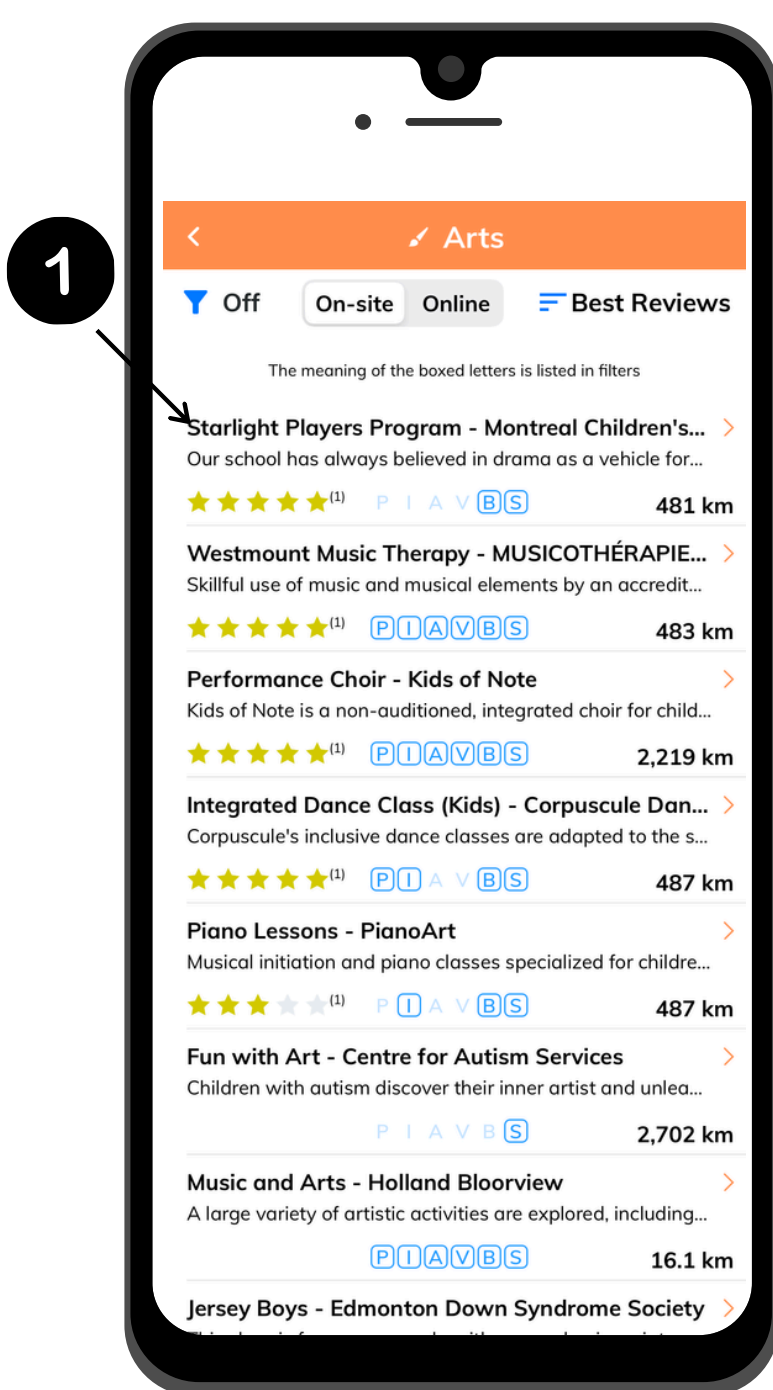


## SHARE AND ADD TO YOUR FAVOURITES

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



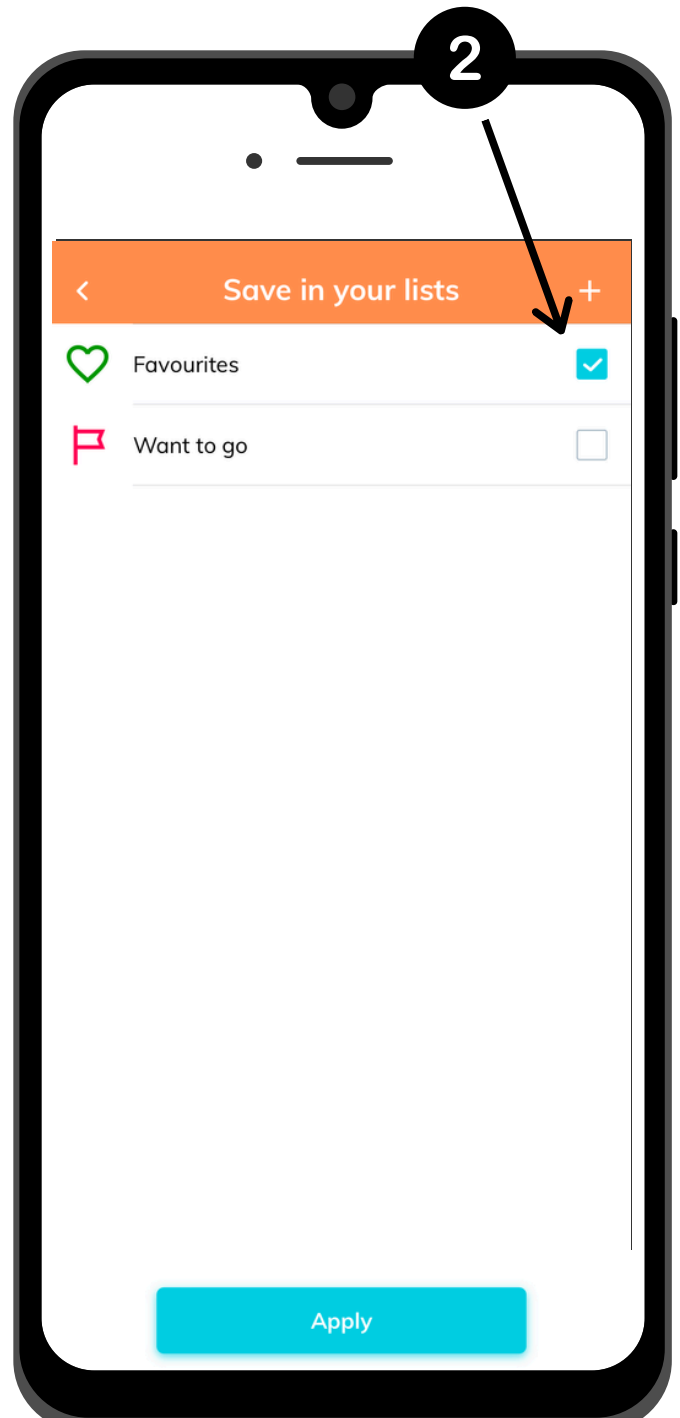
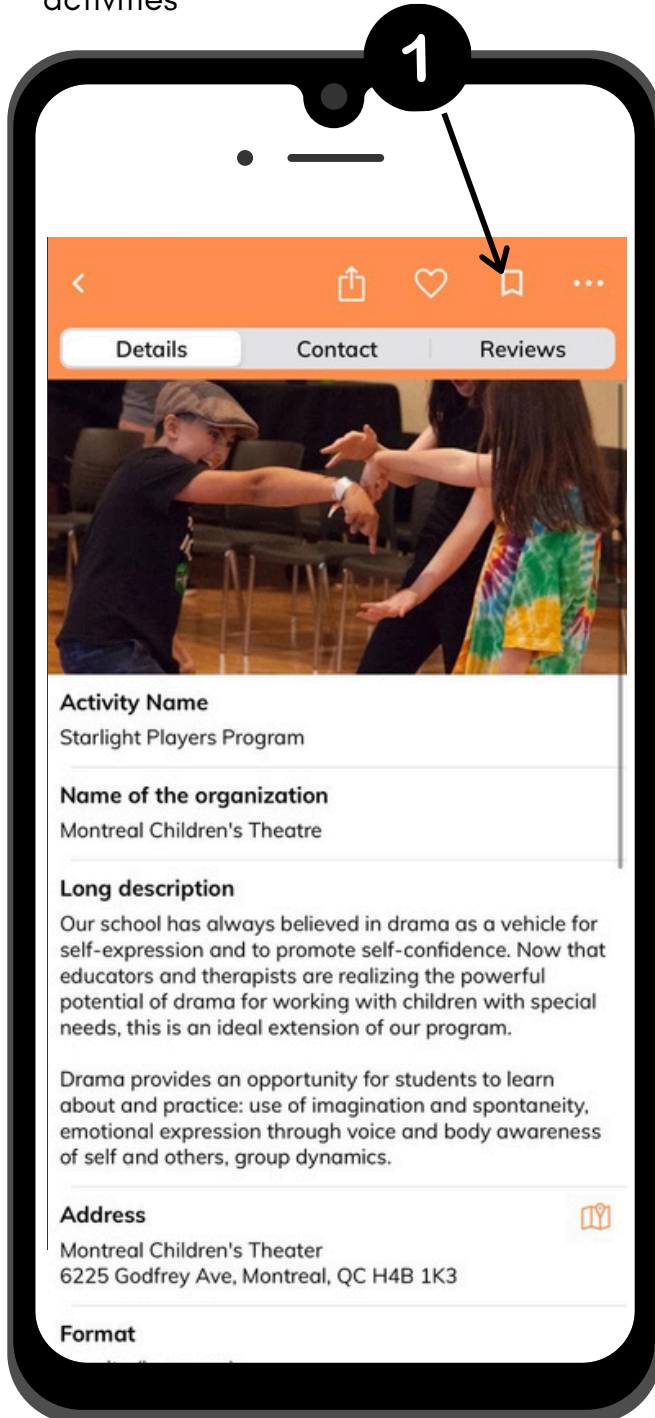
# HOW TO GET THE MOST OUT OF THE JOOAY APP?



## 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!**

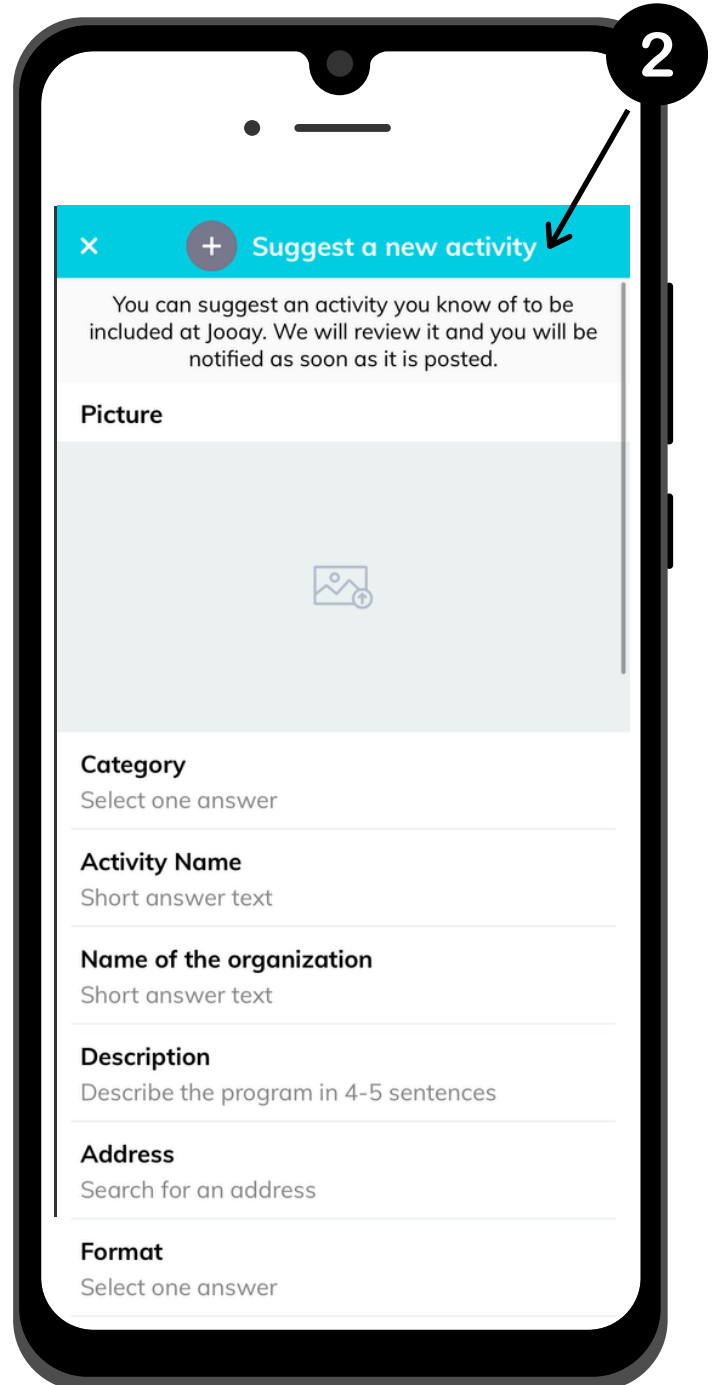
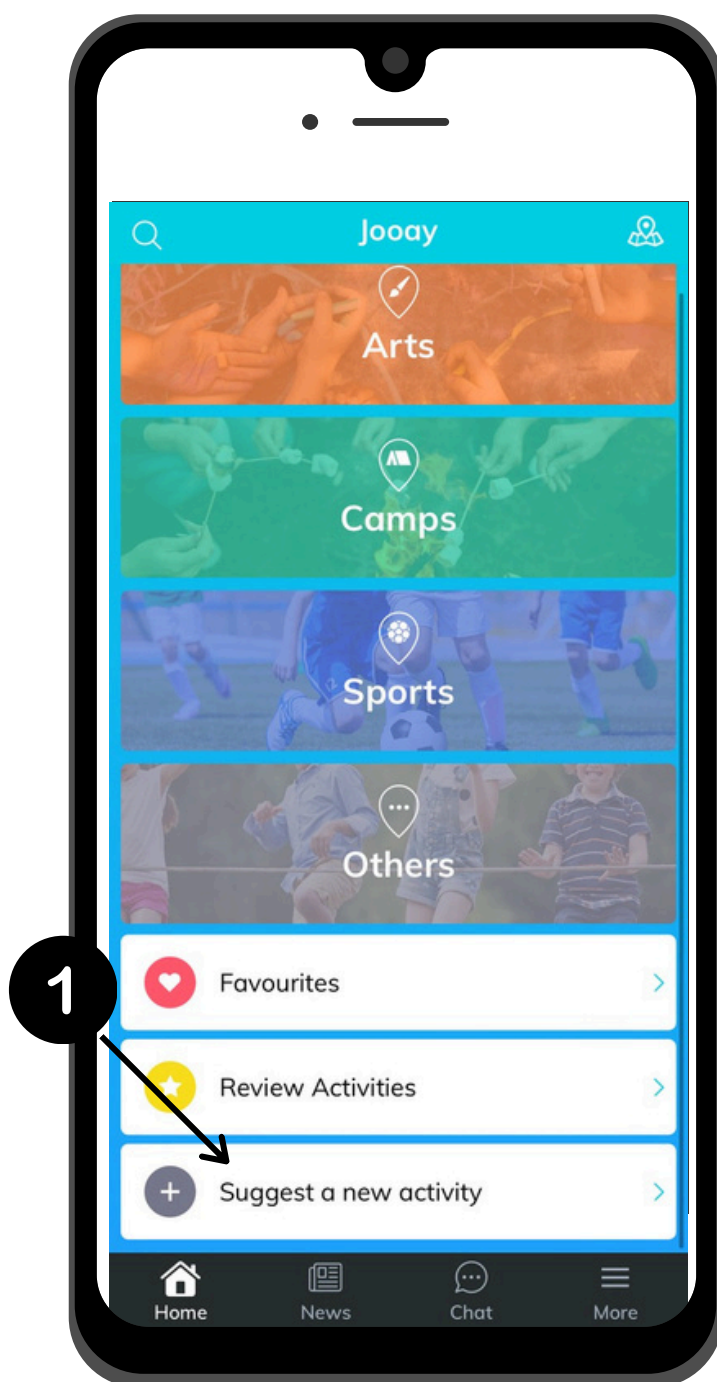


**SUGGEST A NEW ACTIVITY**

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!



# March 21st is World Down Syndrome Day

A special day to celebrate and recognise all people with Down syndrome, as well as their rights, inclusion, and well-being.



**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>

