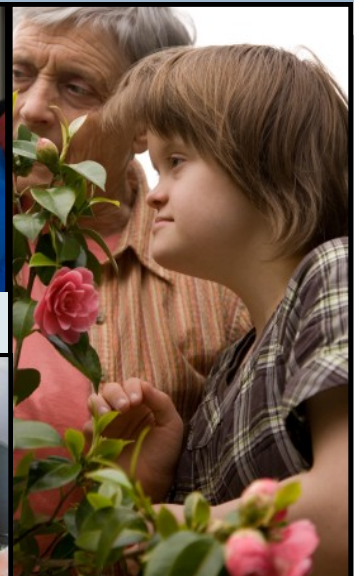


RecreACTIVE

Explore



Create



Discover

...computers, photography, literary arts, theatre, dance...

Therapeutic Recreation Programs

...recreational programs that provide a supportive, creative and inclusive environments

905-813-0336 or 1-877-855-7070

www.recrespite.com



Therapeutic Programming and Our Clients

Recreation therapy or therapeutic recreation has many benefits. These include improved physical fitness abilities, decreased stress, an improved sense of self-confidence and self-reliance, and enhanced self-esteem. While standard therapies tend to treat illness, recreation therapy can aid to develop and maintain great well being and quality of life.

Why RecreACTIVE?

Our programs have been designed to create a 'leisure and learn' model in a small group setting where individuals with similar impairment or challenge can come together. Our own therapeutic recreation staff have the ability to help individualize the goals and objectives for each participant, opportunity for new interest development, increased abilities and continued community engagement while creating a successful, enjoyable and inclusive environment.

Our Clients:

Our programs are created for those who are affected by (but not limited to):

- Alzheimer's disease or other related dementias (early onset or moderate stage)
- Mental health
- Acquired brain or spinal cord injuries
- Developmental disabilities: Down Syndrome, Autism Spectrum Disorders, Fragile X Syndrome
- Cerebral Palsy
- Multiple Sclerosis, Parkinson's Disease, Muscular Dystrophy, ALS, Cystic Fibrosis
- Stroke recovery (including those affected by Aphasia)



Locations

Recreational Respite believes in the power of community. We run our *RecreACTIVE* programs in a variety of supported and accessible locations throughout various communities.

Locations available:

- Etobicoke (east and central locations)
- Mississauga (east, central and west locations)
- Brampton Flower City Seniors Centre
- Oakville (downtown and west locations)

If you live in a group home, supportive housing, assisted living or other community living environment and you are not able to get to one of our locations, speak to us about bringing our programs to your group!

905-813-0336 or 1-877-855-7070



Registration and Table of Contents

Table of Contents:

All programs are listed in full detail on our website including the goals and benefits of each program design.

Here are the programs topics that are offered:

- Community Outreach Projects.....page 6
- Computers.....page 7
- Creative Arts.....page 8
- Exercise classes.....page 9
- Literary Arts.....page 10
- Photography.....page 11
- Stress and Relaxation.....page 12

All of our programs are offered to those who are affected by:

Memory Impairments and Mental Health

Physical Challenges or Impairments

Developmental Disabilities

Rehabilitation Support for Acquired Brain or Spinal Cord Injuries

Registration Process:

All participants upon initial registration, will be required to sign a waiver and a registration form that can be obtained from us electronically (email), mail or fax but must be done **before** first day of class.

If you have questions about specific needs for your loved one, locations and times, please call us 905-813-0336 or 1-877-855-7070



Programs

Community Outreach



Community Outreach

Community Outreach programs offers a truly unique approach to giving back to a community that participants otherwise may not have been able to contribute because of physical limitations, cognitive impairments or simply, accessibility.

Our program has been designed to encourage it's participants to choose a charity (or many) in which they would like to support (short or long term). Our recreation therapist will then help drive the goal of the project and support the vision through initial contact, encouragement and direction of the project and the final implementation. Giving individualized meaning to the participant, an active role in society, empowerment and a sense of worth and role.

The projects may include such contributions through craft and art, resource search and find, raising awareness efforts through bake sales or goods collections and much more!

This program is sure to improve or enhance sense of accomplishment, contribution, role in community, teamwork and overall emotional well being.

Duration of each class: 2hr (1X week for 6 weeks= 12 hours)

Computers



LifeLong Learning (in a digital world)

The LifeLong Learning Program is aimed at offering a supportive environment in which learning to use a computer creates greater connections and convenience, and opens up new opportunities for learning, belonging and staying vital.

The participant will learn the basics of computers including: web browsing and search tools, basic games, email, file saving and sharing, office works (excel, word and power point).

Duration of each class: 2hr (1X week for 6 weeks= 12 hours)

Creative Projects and Extended Interests

Participants will take part in this extension of the LifeLong Learning program to create digital projects that will include the creation of: calendars, electronic greeting cards, making a newsletter and more! Participants will feel more at ease with various programs beyond the basics of browsing.

Duration of each class: 2hr (1X week for 6 weeks= 12 hours)

Resourceful One: A Guide to Helpful Information

There is nothing better than having control over your own decisions and being knowledgeable enough to make them. This program will provide an opportunity to teach participants how to find resources they are searching for on the internet. Each participant is encouraged to bring a list to each class of supports or services they would like to explore. The program will offer a list of useful sites pertinent to general interest as well as the participants specific needs such as: Information on health or health care, travel, shopping, recipes, finance support etc.

Participants will have needed to take the LifeLong Learning program or have a basic knowledge of how to browse the internet

Duration of each class: 2hr (1X week for 4 weeks= 8 hours)

Creative Arts



Theatre

The Theatrical program is designed to strengthen abilities and develop new skills, build confidence, broaden the range of expression of feelings, experience positive interactions and develop new relationships.

This fun and highly interactive program offers an opportunity to learn various aspects of theatre such as: dialogue, monologue and improvisation through music and props.

Duration of each class: 2hr (1X week for 6 weeks= 12 hours)

Fine Arts

The Fine Arts program involves various painting projects that will provide many avenues for stimulating creativity and expression of feelings through the range of colors, shapes, and brush strokes involved in its process, and the diverse nature of images which can be created. Discussion about the content of a painting can also become detailed and meaningful.

Music will play a role in this program evoking both creativity and emotion.

Duration of each class: 2hr (1X week for 4 weeks= 8 hours)

Rhythmic Round Circle

The Rhythmic Round Circle program is aimed at providing an opportunity for creative expression and movement, using music and rhythm.

This program will encourage and inspire participants to partake in a variety of rhythmical patterns and sequences using traditional and non traditional musical instruments, for both physical and mental stimulation.

Duration of each class: 2hr (1X week for 4 weeks= 8 hours)



Programs

Exercise

Duration of each class: 1hr-Exercise and 1hr-Wellness workshop (2X for 4 weeks =16 hours)

Better Balance

The Better Balance program is aimed at increasing and maintaining practical fitness, strength and health. Participants will be challenged through a variety of mild cardiovascular, coordination, strengthening and stretching exercises. Walking and mobility will be assessed, and challenged to prevent falls.

Fun and Fitness

The Fun and Fitness program is aimed at increasing and maintaining functional fitness, strength and health. Participants will be challenged through a variety of cardiovascular, coordination, strengthening and stretching exercises.

Flex-Ability

The Flex-Ability program is aimed at providing gentle stretches and movements to improve and maintain physical function, optimal movement and health. This program will move participants through a variety of range of motion exercises and joint movements to maintain proper and healthy circulation, reduce pain and muscle shortening, improve and maintain flexibility and joint function, and reduce the risk of injury.

Moving to Music

The Moving to Music program is aimed at providing gentle, low-impact exercise to improve and maintain functional fitness. This program will move participants through a variety of creative cardiovascular, strengthening, balance and coordination exercises to improve and maintain physical movement, strength, ability and health.

Wellness Workshops The Wellness Workshop is a leisure education programs aimed at providing information, and teaching skills and techniques to support a healthy active lifestyle. Participants will learn essential tips regarding nutrition, hydration, footwear and foot care, as well as indoor and outdoor environmental hazards and safety. This program is offered in conjunction with all exercise and fitness programs. It is designed for people looking to enhance and elevate their active leisure lifestyle, or requiring knowledge and information about healthy living.

Literary Arts



Memoir Writing

Memoir writing offers the opportunity to record and celebrate one's life and create an avenue for reminiscing. This program will provide the opportunity to have a written account of one's life journey which will be cherished for generations to come. Participants will have a chance to validate as well as celebrate life accomplishments, increase social interactions, sense of self, confidence and positive engagement.

Duration of each class is 2 hours (1X week for 6 weeks= 12 hours)

Reading Circle

The Reading Circle program is for literature lovers! It is aimed at creating an environment for mental stimulation using reading. Participants will engage in and share the experience of reading in a group setting, and provide an opportunity for creative expression, social interaction and reminiscing.

Duration of each class is 2 hours (1X week for 4 weeks= 8 hours)

Literary Lovers

The Literary Lovers program is aimed at increasing and maintaining mental stimulation with reading. This program is designed for people who love reading and various types of literature, but are having difficulty maintaining their passion due to memory impairment or communication disorders. This program will teach participants about a various literary styles, as well as tools and techniques for searching and sorting through literary content i.e.: articles of review.

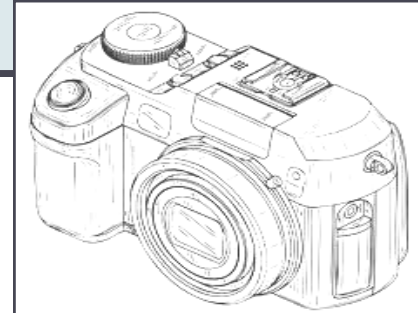
Duration of each class is 2hours (1X week for 4 weeks= 8hours)

Journal Writing

The Journal Writing program offers an opportunity to record day to day events and reflection, to record specific memories, to release stress and explore your emotions. This program offers participants various techniques to help encourage independence in their own care managing or simple day to day reflection.

Duration of each class is 2 hours (1X week for 6 weeks= 12 hours)

Photography



Digital Camera Basics

Photography provides both enjoyment, new skill development and creativity. It allows for personal growth and insight and creative artistic statements.

The program will focus on the basics of digital photography and the use of Photoshop to crop, edit and save your photo's.

Participants will be encouraged to offer peer to peer support and share what they have learned as a group, or individually.

Participants will need to bring their own digital camera (and instruction booklet) to every class

Duration of each class is 2 hours (1X week for 4 weeks= 8 hours)

Crafty Photography: Projects

Photography projects will include a variety of crafts using our digital photographs from Digital Camera Basics. Some of these will include: cards, collage and calendars, digital scrapbooks, photo slide shows, mailing labels and invitations.

Participants will be able to choose which project they would like to be a part of through a personal project plan and individual goals and objectives will be set.

Duration of each class is 2 hours (1X week for 4 weeks= 8 hours)

Stress and Relaxation



Refresh and Restore

The Refresh and Restore program is aimed at increasing and maintaining stress relief and stress management. Participants will practice a variety of creative and inspiring techniques including deep breathing, visualization, and stretching.

This program will be beneficial for people looking for physical and mental stimulation, with a desire to relieve and manage both mental and physical stress.

Duration of each class is 2 hours (1X week for 4 weeks= 8 hours)

Free Your Mind

The Free Your Mind program is aimed at increasing and maintaining mental concentration and focus using relaxation. This program is designed for people who are in need of an escape from the day to day stresses of mental and/or physical impairment.

Participants will practice a variety of creative techniques for stress relief and stress management that will inspire their senses.

Duration of each class is 2 hours (1X week for 4 weeks= 8 hours)