

THERAPEUTIC RECREATION PROGRAMMING

2023-2024

FALL/WINTER



JESS JONES
RECREATION THERAPY
CONNECTION · CREATIVITY · CURIOSITY



FALL & WINTER 2023-2024

Community - Family Programming

WWW.JESSJONESRECREATIONTHERAPY.CA

WELCOME



Hi There!

**I'M JESSIE, FOUNDER, EXECUTIVE DIRECTOR
& THERAPEUTIC RECREATION SPECIALIST.
WELCOME TO JESS JONES RECREATION
THERAPY INC.**

Welcome! Thank you for your interest in our Therapeutic Recreation (TR) and Inclusion Support Programs at Jess Jones Recreation Therapy Inc. We are excited to get to know you!

By choosing us as your allied healthcare partners in therapeutic recreation programming, you can be sure that your residents are being given 100% meaningful-centered support through all five domains of wellness, positive experiences and feelings.

Our core values of CONNECTION, CREATIVITY and CURIOSITY bind together all that we do as a company to provide you with the ultimate resident experience. Our experienced staff work with seniors as they age in place and are GPA & Dementiability certified to ensure an inclusive, safe and brave space. In addition, our staff are Vulnerable Sector Checked, R/TRO certified, Food Handlers Certified and are trauma, FASD and ASD informed.

New features have been included in this year's program guide! You will notice Wellness Domains highlighted on each page to give you quick reference. In addition, all of our programs now include goals and objectives with attendance sheets to ensure the highest quality of communication with you and your team. Your family progress notes are *our* family progress notes. Count us as part of your Recreation Team!

Let's do this!

How to use this Program Guide

As you sift through our program guide, you will notice the name of the program, description, keywords, benefits, and domains of wellness. The cost will be included in the description information along with any special information (Travel fees for example).

Weekly & Monthly Programs

Many of our programs are available to book per session, as you need. You have control of how often you book us. However, every program in this book can be upgraded to a 1-year subscription (pre-booked dates for 1 year) to receive up to 10% off your total program cost.

12-Month Programs (1-year commitment)

We offer a selection of 12-month programs that do require a 1-year commitment. The reason we design our programs in this way is to ensure relationship-building, structure for goals/objectives to be met, and consistency with session topics. All of our 12-month programs include a certificate of completion (each resident will receive a certificate).

Domains of Wellness Quick Reference Guide

Use our quick reference guide to plan your TR programming! Each program in our catalogue includes the symbols below to indicate what domains of wellness the program supports. If the symbol is LIT up then it means the program emphasis is on this domain! If all FIVE domains are lit - it's a POWER UP program!



SOCIAL



SPIRITUAL



PHYSICAL



COGNITIVE



EMOTIONAL

MUSIC PROGRAM



FALL & WINTER



FEEL THE RHYTHM: HAND DRUM CIRCLE

60-minute Session

Group size: 5-15

Cost: \$140/session travel fee (65 cents/KM) if anywhere outside of London, Ontario. Book a 1 year suscription to receive 10% off!

All supplies are provided.

*Facilitated by Owner, Musician & Therapeutic Recreation Specialist
Jessie Jones*

Feel the Rhythm: Hand Drum Circle is an opportunity for residents to play hand drums, learn new rhythms, and immerse themselves with the music ranging from different themes! The sessions facilitate learning new rhythm patterns both independently and with partners, eventually progressing to an ensemble setting. Each session comprises of grounding, energizing and calming portions. The program can be adapted to meet the needs of each individual.

Keywords: Spiritual, Connection, Rhythm, Music, Emotional wellness, Cognitive wellness, Social health, Physical wellness

Benefits: Fine motor gross skills, listening, reminiscing, cognitive improvement/development, mindfulness, social connectedness, problem solving skills, boosts self-esteem and self-efficacy

“
When I drum, I feel happy
and have lots of fun. It
makes me feel good.

-Evy, Age 10, Leukemia
Survivor
”



MUSIC PROGRAM

NEW

FALL & WINTER



SONGBIRDS: EXPRESSIVE MUSIC

60-minute session

Group Size: 5-15

Cost: \$140/hour + Travel Fee (65 cents/KM) anywhere outside of London, Ontario - Book a 1 year suscription to receive 10% off!

Supplies provided.



Songbirds is a compassionate and engaging singing group specifically designed for Families and children. Guided by the healing power of music, our program creates a nurturing environment where cherished memories are revived and new connections are formed.

Led by Musician and Therapeutic Recreation Specialist, Jessie Jones, Songbirds offers a harmonious journey through the timeless melodies of yesteryears. Our carefully curated repertoire features beloved songs from different eras, carefully selected to evoke nostalgia, spark joy, and ignite a sense of familiarity among participants.

Keywords: Music, Connection, Engagement, Expression, Stimulation, Well-being, Empowerment, Happiness

Benefits: Mental clarity, confidence, reduced blood pressure, increased sense of clarity, connection, social, fun.



CULINARY PROGRAM



FALL & WINTER



CULINARY ADVENTURES ARMCHAIR TRAVEL: CANADA EDITION

120-minute session

12-Month Program

Group Size: 10-20

Certificate of completion available

Cost: \$3600/year (\$300 per session OR \$15 per family member) + travel fee (65 cents/KM) if anywhere outside of London, Ontario

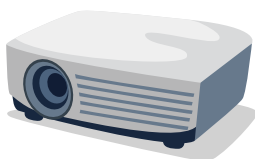
All supplies are provided.



Explore Canada from the comfort of your armchair! Travel with us as we take you on a multi-sensory experience. This program includes a full cooking demonstration, food samples, volunteering opportunities to help the chef cook PLUS a 100" Screen and projector that presents music, culture and food trivia and a fact file on each Province & Territory. In addition, participants will have the opportunity to help cook, dance, learn, eat and be social! The program includes a passport and destination stickers to be collected (collect all 13!) with a certificate of completion. PLUS a sensory table to explore the country. This program can be adapted to meet the needs of each individual.

Keywords: Culinary, Cooking, Social, Food, Sensory, Emotional, Cognitive wellness, Travel, Physical wellness, Curiosity, Connection, Creativity

Benefits: Fine motor gross skills, learning, reminiscing, cognitive improvement/development, social connectedness



CREATIVE WRITING PROGRAM



FALL & WINTER



WORDS HAVE POWER: CREATIVE WRITING

60-minute session

Group Size: 5+

Cost: \$140/session + travel fee (65 cents/KM) if anywhere outside of London, Ontario (Book a 1 year suscription to receive 10% off!)

All supplies are provided



Words have Power is a creative writing program that takes the participants on a reflective journey using poetry as our vehicle. Participants will enjoy listening to two pieces of poetry and/or being exposed to art and use the chosen pieces to work through writing their own unique, inspired pieces. This program allows for reflection, guided creative writing opportunities, and feedback.

Keywords: Spiritual, Reflection, Growth, Learning, Emotional healing, Creativity, Connection, Curiosity

Benefits: Social connectedness, fine motor gross skills, personal development, social and emotional wellness, recovery, lifelong learning, culture.



VISUAL ART PROGRAM

★ TOP
★ RATED

FALL & WINTER



CONSCIOUS CREATIVITY: EXPERIEMENT, EXPLORE, CREATE!

90-minute session

Group size: 10-15

Cost: \$200/per session + Travel fee (65 cents/KM) if anywhere outside of London, Ontario (Book a 1 year suscription to receive 10% off!)

All supplies provided.

Conscious Creativity is all about finding our flow through the creative process. Process art is about focusing on our sensory systems and intuition to let go of our expectations and feel our way through a piece of art. A multi-sensory experience, this program allows the individual to try new art mediums such as paint, clay, collaging, glue, beading, and jewelry making. Every class is built off the last class always following the lead of participants' likes and interests, and aiming towards group and individual objectives.

Keywords: Creativity, Connection, Curiosity, Art, Process, Sensory, Social, Emotional healing, Spiritual

Benefits: Imagination stimulation, problem-solving skills, boosts self-esteem and self-efficacy



“

I feel so much like myself when I make art with JJRT. They really know how to make me feel like I belong.

- Joan, 18

”



FITNESS PROGRAM

DROM™
BEYOND DRUMMING



FALL & WINTER



DRUM CARDIO: DROM (DRUMMING & MEDITATION)

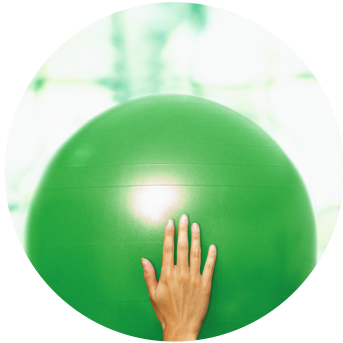
60-minute session

Group Size: 5-10

Cost: \$140/Session + Travel Fee (65 cents/KM) anywhere outside of London, Ontario (Book a 1 year suscription to receive 10% off!)

DROM CERTIFIED

Supplies provided.



Get your physical groove on while drumming! This fun, high-energy program provides participants with a fitness-based session that will move them, feel strong, and learn a few new beats! DROM is a unique combination of drumming (the DRUM) and meditation (the OM) to energize, relieve stress, bring clarity and calm - all while having fun drumming on an exercise ball. This program is easily adapted to meet the needs of each individual.

“

This class is great for my mind and body!

- Milly, 8

Keywords: Meditation, Fitness, Physical wellness, Recovery, Rehabilitation, Stress relief, Clarity, Calm, Drumming, Stretching, Low impact-High impact

Benefits: Mental clarity, physical fitness, reduced blood pressure, increased sense of clarity, connection, social, fun.



FITNESS PROGRAM



FALL & WINTER



MINDFUL SEAT: CHAIR YOGA

60-minute session

Group Size: 5-20

Cost: \$140/Session + Travel Fee (65 cents/KM) anywhere outside of London, Ontario (Book a 1 year suscription to receive 10% off!)

Supplies provided.



Through a combination of mindful movements, deep breathing, and guided relaxation, participants experience the benefits of yoga without the need for getting down on the floor. The chair becomes a prop that supports stability, proper alignment, and ease of movement, allowing participants to engage in a fulfilling yoga practice.

Beyond the physical benefits, "Calm and Centered" nurtures mental and emotional well-being. The practice of focused breathing and mindful movement helps seniors reduce stress, find a sense of calm, and cultivate inner balance. Participants are guided through relaxation techniques that promote a restful state, leaving them feeling refreshed, rejuvenated, and centered.

Keywords: Meditation, Fitness, Physical wellness, Recovery, Rehabilitation, Stress relief, Clarity, Calm, Mindfulness, Stretching, Low impact, Restoration

Benefits: Mental clarity, physical fitness, reduced blood pressure, increased sense of clarity, connection, social, fun



SPIRITUAL PROGRAM

NEW

FALL & WINTER



SOUL REVIVAL: RESTORATIVE LEISURE

60-minute session

Group Size: 5-15

12-Session Program (split anyway that works best for your home)

Cost: \$1680 + Travel Fee (65 cents/KM) anywhere outside of London, Ontario (\$9/Resident) - Book a 1 year suscription to receive 10% off! Supplies provided.



Welcome to "Soul Revival," a restorative leisure program designed to provide family members with a nurturing and uplifting environment for embracing the beauty of aging. Our program offers a carefully curated selection of interventions that support positive experiences, foster emotional well-being, and encourage deep reflection.

This is a 12-Session Program. Session Topics include the following: Mindful Meditation, Expressive Arts Therapy, Nature Immersion, Reflective Writing and more!

Keywords: Meditation, Fitness, Physical wellness, Recovery, Rehabilitation, Stress relief, Clarity, Calm, Drumming, Stretching, Low impact-High impact, Spiritual

Benefits: Mental clarity, physical fitness, reduced blood pressure, increased sense of clarity, connection, social, fun.



SPIRITUAL PROGRAM

NEW

FALL & WINTER



FOREST BATHING

120-minute session

Group Size: 5-15

12-Session Program (split anyway that works best for your home)

Cost: \$300 + Travel Fee (65 cents/KM) anywhere outside of London, Ontario - Book a 1 year suscription to receive 10% off!

Supplies provided.



Forest Bathing for Families is a rejuvenating and immersive nature experience that encourages families to connect with the natural world. Also known as "Shinrin-yoku" in Japan, this practice involves spending quality time in a forest or wooded area, engaging all senses to absorb the healing and calming benefits of the environment.

During a forest bathing session, families are guided through gentle and mindful activities such as slow walks, meditation, breathing exercises, and observation of the surroundings. The focus is on being present in the moment, appreciating the beauty of nature, and allowing stress and distractions to fade away.

Keywords: Meditation, Fitness, Physical wellness, Recovery, Rehabilitation, Stress relief, Clarity, Calm, Drumming, Stretching, Low impact-High impact, Spiritual

Benefits: Mental clarity, physical fitness, reduced blood pressure, increased sense of clarity, connection, social, fun.



TR PROFESSIONAL DEVELOPMENT

Looking for additional support for your Recreation Department?
Looking for Team Building Retreats and Corporate PD?

We are now offering Therapeutic Recreation PROFESSIONAL DEVELOPMENT for both Recreational Professionals AND interdisciplinary teams.

Jess Jones Recreation Therapy offers a dynamic professional development program designed to empower and enhance the skills of staff in the field of therapeutic recreation. Our program is tailored to equip recreation professionals with the knowledge, tools, and strategies necessary to provide high-quality therapeutic recreation services.

Through engaging workshops, interactive training sessions, and hands-on learning experiences, our professional development program focuses on cultivating excellence in therapeutic recreation practice. We delve into various topics, including assessment techniques, program planning, intervention strategies, documentation best practices, and the latest research and trends in the field.

Led by experienced and knowledgeable instructors, our program combines theoretical foundations with practical application, ensuring that participants gain valuable insights and acquire the necessary skills to excel in their roles. We prioritize a learner-centered approach, fostering an environment that encourages collaboration, reflection, and the sharing of best practices among participants.

At Jess Jones Recreation Therapy, we believe in the power of ongoing professional growth and development. Our program provides a platform for professionals to expand their knowledge base, stay up-to-date with industry advancements, and develop innovative approaches to enhance therapeutic outcomes for their clients.

By investing in our professional development program, staff members will not only enhance their own competencies but also contribute to the overall quality of care and service delivery within their organization. They will gain the confidence, expertise, and tools needed to create meaningful experiences, improve client outcomes, and make a positive impact in the lives of the individuals they serve.

Join us on this transformative journey of professional growth, as we empower recreation therapy staff to reach new heights of excellence in their practice. Together, let's advance the field of therapeutic recreation and promote the well-being and quality of life for those we serve.



JESS JONES
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CONNECTION • CREATIVITY • CURIOSITY

BOOK WITH US TODAY!

Jessie Jones, Executive Director & TRS

Email: info@jessjonesrecreationtherapy.com

Phone: 519.902.5377



PARTNER WITH US!

To book your program and professional development with us please contact us at the following:

Jessie Jones, Executive Director & TRS
Email: info@jessjonesrecreationtherapy.com

Phone: 519.902.5377

Connection | Creativity | Curiosity

Jess Jones Recreation Therapy Inc. is a social enterprise that provides therapeutic recreation services and programs to humans of all abilities across the lifespan. We design programs to enhance functional ability; leisure education to promote knowledge and attitudes, and resources to encourage recreational participation.

Consider us a part of your **team!** We work with you to achieve your family's individual needs. Each program includes goals, objectives and session outlines which includes attendance records and reports. Stop putting your residents into programming just for its sake, and use our Keywords and Benefits attached to each program to pair the appropriate programming with each individual.

Please speak with us today about program goals and objectives to complete your resident care plan and partner with Jess Jones Recreation Therapy Inc. - London's Leading Community Therapeutic Recreation Company!

Exploring the World of Therapeutic Recreation Together!



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FAMILY PROGRAMMING 2023-2024

Community/Family

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