

Therapeutic Recreation Services

Newsletter



FALL / WINTER 2011

Community Links~ Northumberland County

CADS Durham-
Disabled Skiing
(905) 885-6147
disabledskiingontario.com

Lakeshore Bullets – Junior
Sledge Hockey, Port Hope
(905)885-7652

Northumberland Predators
Intermediate Sledge Hockey
(705) 295-1538
www.fishabilitysports.org

Snoezelen Room -
Community Living West
Northumberland
(905) 372-4455 Ex.t 223

Special Needs Swim
Jack Burger Sports Complex,
Port Hope. Wed. 3-4pm
(905) 885-2472

Town Park Rec. Centre
Port Hope (905) -885-7908

Northumberland YMCA
(905) 372-0161
www.northumberlandymca.com

Northumberland
Special Olympics,
Sarah Todd (613) 475-3036

Mirabel Morgan Farm
Therapeutic Riding
Year round - Bailieboro
(705)939-6485



Five Counties



Family Skating Day !!!

Saturday, November 12th, 2011

1:00 to 3:00pm

Five Counties clients of all abilities and ages and their families are invited to join us for our Annual Family Skating Day! Fun for everyone in the family!

Location: Bewdley Arena & Community Centre

7060 Lake St, Bewdley.

(Just 20 minutes south of Peterborough or 15 minutes north of Port Hope)

Pre- registration required. Contact (705) 748-2337 or 1-888-779-9916

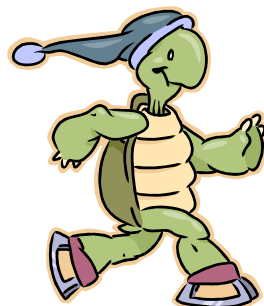
Colleen Ristok Ext. 250 or cristok@fivecounties.on.ca

Registration Deadline: Friday, October 28th

Some specialized equipment will be available to trial (E.g. Sledges and Skating aids).

All children must be accompanied on the ice by a parent or caregiver.

Children under 16 years must wear a CSA approved helmet.



**Community Links ~
Peterborough County**

Kawartha Blazers
Junior Sledge Hockey Team
Mondays, Evinrude Arena
Connie :705-874-9122
www.kawarthablazers.com

Kawartha Komets
Exceptional Hockey-Special
Needs Program
Carol & David Fisher
www.kawarthakomets.com

Peterborough YMCA-
Special Needs Swim
Program (SNAP)
705-748-9622
www.peterboroughymca.ca

Peterborough YMCA
Teen Adventure Group
705-748-9622
www.peterboroughymca.ca

Peterborough ~
Special Olympics
Bill Strobe, Coordinator
w.strobe@cogeco.ca
705-742-6697

Trent Aquatics
705-748-1432
www.trentu.ca/athletics/
aquatics/

Peterborough
Sport & Wellness Centre
705-742-0050
www.peterborough.ca/pswc

Soundable~
Therapeutic Music Services
Theresa McKay
(705) 932-3798, Millbrook
www.soundable.ca

Paranordic Skiing at
Kawartha Nordic Ski Club
Nadia Smith
nsmith@ccski.com
or
casey@wildrock.net

Music & Movement



A Musically fun Parent & Child program for

Children ages 2-5 years with disabilities

*Songs and rhymes to develop phonetic awareness

*Tapping, clacking, and ringing rhythm instruments in time with music

*Improve hand-eye coordination

*Instrument play to strengthen fine motor skills

*Developmentally-appropriate songs

*Developmental Domains targeted: expressive language, cognitive skills,
gross motor skills, fine motor skills and social-emotional development

Register Today!

Tuesdays 4:30pm- 5:00pm Bi-weekly program

October 4th- December 13th Five Counties Children's Centre

872 Dutton Rd. Peterborough Site

For more information or to register for this program

Please contact Tanya Keast, Recreation Therapist At (705)748-2337 ext. 251



Abilities Arts Festival ~Celebration of Disability Arts & Culture

Looking for some creative inspiration? Take a look at

www.abilitiesartsfestival.org

This is an Arts Festival like no other...

This month long festival, based in Toronto, features professional artists from every realm of the arts community including; musicians, singers, dancers, visual artists, filmmakers, photographers, authors, poets and more.

See the possibilities for inclusion, self-expression and culture through these festival events. It would be well worth a trip to one of the events listed on their 2011 calendar of events. * Scotiabank Nuit Blanche, *Film Festival, *Photography Exhibit, *The Neat Strange Music of Ahmed Hassan ~ composer and performer.





FUN & experience for youth ages 10 & up with physical disabilities

Move N' Grooove Dance Studio

Classes begin: September 12, 2011

Opportunity to trail a class
& pro-rate if starting class after September 12th

Time: Monday's 7:00pm – 7:45pm

Location: Move n' Grooove ~ 822 Rye St. Unit # 4

Cost: \$136.66

Student Requirements:

- * Interested and motivated to learn a range of dance styles
- * Able to follow 1 & 2 step directions and simple rules
- * Independently mobile with or without aids

Questions please contact Tanya Keast 748-2337 ext. 251 or
tkeast@fivecounties.on.ca

For a registration form please contact Tanya Keast
Please contact Julie Fallis and arrange payment
705-768-8428
Mng4@sympatico.ca

Have you heard about Power Hockey?

The game of Power Wheelchair Hockey is a fun and exciting sport with individual challenges as well as friendly competition for all. The Toronto Power Wheelchair Hockey League (TPWHL) is for kids and young adults with various disabilities who have limited upper body strength and mobility. The league works hard towards physical and emotional growth by teaching the game of hockey. This builds players into strong leaders in sportsmanship and team spirit, regardless of their skill level.

Be A Part of the Team! Come join in every Sunday from 11:00am - 3:00 pm

Location: Sunny View Public School, Toronto 450 Blythwood Road.

For more information call: Esther Dzura, President 416-690-1412 www.tpwhl.com



**Community Links ~
Haliburton &
City of Kawartha Lakes**

Specialized Kids Inclusive Swim (SKIS) Lindsay Rec. Centre
Wed. 4:30– 5:00 pm
(705)- 324-9112

Gymnastics
Lindsay Gymnastics Centre
www.lindsaygc.on.ca
(705)878-4597

Special Olympics ~ Kawartha lakes
Mike Debourbon
(705) 953-9910

Boys & Girls Club Programs
www.bgckl.com
(705) 324-4493

CADS– Disabled Skiing
Sir Sam's Ski Hill, Haliburton
Terry Maher
(705) 457-9604
terrymaher@sympatico.ca
www.disabledskiingontario.com

**Provincial Groups/
Opportunities**

Ontario Wheelchair Sports
www.ontwheelchairsports.org

Parasport Ontario
www.parasportontario.ca

Variety Village~
accessible sports facility
www.varietylvillage.ca
(416) 669-7167

Ability Online ~
online network with youth with
disabilities & illness
www.abilityonline.org

Access 2 Entertainment
www.access2.ca
Card provides free admission for
support persons accompanying
person with disability to movie.

RECREATION THERAPISTS

Tanya Keast ~ Ext. 251

tkeast@fivecounties.on.ca

City of Kawartha Lakes,
Peterborough & Haliburton

Colleen Ristok ~ Ext. 250

cristok@fivecounties.on.ca

Northumberland &
Peterborough Counties

THERAPEUTIC RECREATION SERVICES

Therapeutic recreation uses treatment, education and recreation services to help children with illnesses, disabilities and other conditions to develop and use their leisure in ways that enhance their health, functional abilities, independence and quality of life.

Services we offer:

- Assessment: (leisure interest and barrier inventories, skill observation)
- Leisure Education: (Exploring resources & working on leisure skills)
- Community Recreation Inclusion
- Special Events & Group Programs

Questions? Contact a Recreation Therapist!

We're on
the Web!
www.fivecounties.on.ca

FINANCIAL ASSISTANCE & RESPIRE

(Ask about eligibility criteria)

Canadian Tire Jumpstart

www.canadiantire.ca/jumpstart

1-877-616-6600

Kidsport Canada

www.kidsportcanada.ca

1-866-641-7767

The War Amps

CHAMP Program for Child Amputees

www.waramps.ca/champ/home.html

1-800-267-4023

Community Respite Partners

www.respiteservices.com

Looking for New Ideas?

You and your family can request ideas, support, adapted equipment, resources and creation solutions for recreation, leisure, sport or camps.

Please contact a Recreation Therapist to discuss what options may be available to you!



We are also looking for input from Five Counties families about recreation and leisure activities that are of interest to your child & family. We want to hear from you!