

Join us for some fun activities to build skills, inspire your creativity and connect with other kids & families! **To participate in a virtual activity, you must register with Recreation Therapists [Tanya](#) or [Colleen](#) to receive your consent to participate form.** Once consent is received you will get your email link to participate.

Family Yoga Night

with **Angela Demeester, Certified Yoga Instructor for Special Needs**

Join this virtual event on the evening of **January 28**, offered by Five Counties. This is a great opportunity to meet Angela and try a yoga and mindfulness class, prior to registering for her virtual community program. ([see program flyer](#))
To register contact Tanya at tkeast@fivecounties.on.ca



Girlz Club

Virtual Social group Winter & Spring 2021
For Therapeutic Rec. youth ages 12-15. Join us for virtual fun, laughter, friendship & movement

Wednesday 5:15pm-6:15pm
Winter session ~ February 17 - March 31
Spring session ~ April 28 - June 2

Cost: \$50 12-week program
Registration deadline January 13
Contact: Tanya Keast tkeast@fivecounties.on.ca
705-930-7585

Virtual Lego & Games

For Therapeutic Recreation clients ages 8-12



Mondays 4:30pm-5:00pm
Feb 1- March 8th

Join Colleen & Tanya on zoom to show and tell Lego creations & play games with friends

Registration deadline January 18
Contact: Colleen Ristok
cristok@fivecounties.on.ca



Virtual Yoga and Mindfulness

for Five Counties Therapeutic Recreation & Physiotherapy clients ages 7-11

Wednesday 4:15pm - 5:00pm ~ 6 weeks
February 17- March 31 (*No class March 17*)

Registration deadline January 13
Contact: Tanya Keast tkeast@fivecounties.on.ca
705-930-7585

Little Notes

Parent & Child Music with Melissa

Live Virtual Program

A Musically Fun Parent & Child program for children five years and younger involved with Therapeutic Recreation at Five Counties.

February 2 - March 30
Tuesdays 10:30am – 11:00am

Registration deadline January 18th
Contact: Colleen at cristok@fivecounties.on.ca

Family FUN! Winter/Spring 2021 Recreation & Leisure for the whole family!

For Therapeutic Recreation clients ages **10-14**
Tentative Thursday evenings:
February 11, March 11, April 8, May 13

These special events will either be on zoom with a community partner or outdoors in the community.
***More info to come*

Registration is required two weeks prior to each monthly event **by emailing Tanya at tkeast@fivecounties.on.ca**



Junior Family Fun Adventures

Monthly special events for the whole family to enjoy together. For children **ages 6- 10 years**.

Monthly themes feature a new game, sport, creative art or hobby and community resources to share. Events will be held virtually.

Thursdays 4:30 -5:00pm
February 4, March 4, April 1, May 6th

Contact: Colleen cristok@fivecounties.on.ca



IT'S SNOW TIME!

We have Adapted Snow Sleds, Ice Sledges (with pushers) and Adapted Skating Aids available for FCCC families to trial and borrow for home use.

Please contact Colleen to arrange a loan cristok@fivecounties.on.ca



Join us on Facebook! Find us at [@TherapeuticRecFCCC](https://www.facebook.com/TherapeuticRecFCCC) for info about upcoming programs, special events (both FCCC and in the community) & much more!