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@TherapeuticRecFCCC

Therapeutic Recreation Services Newsletter

Fall into Recreation Activities for All

The weather may be getting cooler, but warm up to these great rec activities that are close to home.

In This Issue:

- Five Counties Programs
 - o Family Adventure Night, Body Beat, Gymnastics, Little Guppie, Robotics
- Community Recreation Listings
 - o Find what's happening near you!

Therapeutic Recreation at Five Counties Children's Centre

- Works to promote and support the participation of children with disabilities in recreational activities so they can enjoy the many benefits that come with it.
- We provide the following services to clients:
 - o Help children develop leisure skills and knowledge.
 - o Provide loans of adapted recreation equipment.
 - o Work with community recreation providers to include children with special needs.



One-on-one Sessions with Recreation Therapist

Individual sessions are a way to explore recreation/leisure interests, target therapy goals and build specific skills needed to take part independently and successfully. **Call your Recreation Therapist to book a 1:1 session and learn more about the services available to you**

Community Partnerships and Resources

We promote other community programs/resources, while working with other agencies to identify and fill service gaps.

For more info and community resources, visit:



www.fivecounties.on.ca/therapeutic-recreation



In the Spotlight:

**Discover fun fall programs offered by
Special Olympics Peterborough**

Active Start

FUNDamentals

- See Inside for Full Details



Body Beats ***Fun, Fitness, Movement, Music***



Live virtual program to infuse play into your day!

Program for Therapeutic Recreation clients age 8+

Wednesdays, from Nov. 8-Dec. 13, 2023

Time: 4:30 to 5 pm

Join our Recreation Therapist Colleen Ristok to:

- **Exercise our body**
- **Move to the music**
- **Play games with friends each week**



To participate, youth should be:

- 8 years and older
- Able to safely use simple fitness equipment and drumming sticks
- Able to imitate instructor's movement (independently or with support from caregiver at home)
- Interested and able to participate virtually

Please register* in advance with Colleen at:

- Phone: (705) 748-2337, ext. 250
- Email: cristok@fivecounties.on.ca

*(*Consent to participate in virtual platform is required before participation link is sent)*



Family Adventure Nights

**Monthly Accessible Outdoor Activities & Exploration
for Therapeutic Recreation Clients
Ages 6 – 12 years
Fun for the Whole Family!**

**Join the fun with your child, together as a family and
build community relationships with other families.**

Thursdays, Oct. 19 and Nov. 16, 2023

Time: 4:30 to 5:30pm

*Location: Backyard Nature Space & Garden
Five Counties, Peterborough Site*

Oct. 19 – Fall and Halloween Festivities

Nov. 16 – Family Sports Night with

[P.L.A.Y. Sports](#)

Registration: To sign up or for more details,
contact Colleen Ristok, Recreation Therapist:

- Phone: (705) 748-2337, ext. 250
- Email: cristok@fivecounties.on.ca





Kawartha Gymnastics Partnership

We're proud to partner with Kawartha Gymnastics on a new program for kids of all abilities who are six years old and younger.

This program introduces kids to gymnastics and movement in a variety of forms.

Kids will utilize the floor, balance beams, bars, and trampolines to work on motor skills, balance, strength, flexibility, climbing and more!

This program is customized for everyone's needs!

When: Tuesdays, Oct. 3, 10, 17, 24, 31
Nov. 7, 14, 21

Time: 9:30-10:30 am

Location: Kawartha Gymnastics Club

Register: Cost \$90; [Click here](#) to sign up

For questions regarding registration or payment options/subsidy, contact:

- Jenna, Admin Support at Kawartha Gymnastics
(705) 743-0300 or
admin@kawarthagymnastics.ca
- Colleen Ristok, Recreation Therapist
cristok@fivecounties.on.ca

Come join the fun!





First Robotics is Coming

to Five Counties in Lindsay every Tuesday (Nov. 7-Dec. 12), 4-5:30 pm &
to Five Counties in Peterborough every Thursday (Nov. 2-Dec. 7), 4-5:30 pm

Join Us:

- Participants will work hands on with Robotic LEGO through interactive building activities/lessons
- Designed to inspire young minds with imaginative play and encourage skill-building
- Facilitated by Five Counties; program is intended to be therapeutic and goal-oriented in nature, with specialized supports and adaptations available



Program Goals:

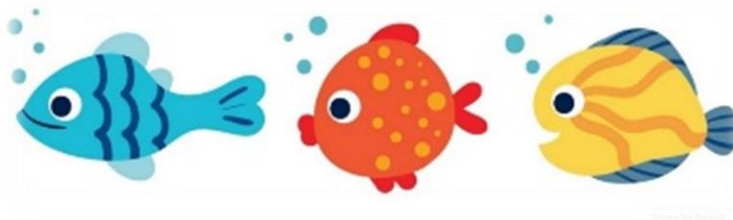
- Opportunity to explore new leisure interests through Science, Technology, Engineering, and/or Math (STEM)
- Practice and develop decision making and problem-solving skills
- Opportunity to practice following written, pictured, and verbal directions/instructions
- Practice socialization skills in a group setting

Participant Requirements:

- Kids aged 7+ years involved with Therapeutic Recreation Services at Five Counties
- Children must be interested in participating in the selected Robotics program as well as be motivated to work towards a selected goal throughout the session
- Children must be able to participate in a structured 1.5-hour group program safely & successfully
- Children must be able to follow 1-2 step directions and simple rules

NOTE: 1:1 support is not provided. Children who require dedicated 1:1 support are invited to attend with a support worker/caregiver. Contact us if unsure whether your child needs additional support.

Please RSVP by contacting: Caitlin Ivany, Recreation Therapist
Phone: (705) 748-2337 ext. 249 or Email: cviany@fivecounties.on.ca



Little Guppies - Northumberland Parent & Child Swim Time

This program provides an opportunity for caregivers and children to enjoy dedicated play time together and build comfort in the water!

In this open swim time, families can explore the world of water together, using songs and toys to have fun and meet other families from Five Counties Children's Centre.

A Recreation Therapist will be in attendance to facilitate the program.

Participant Requirements:

- For clients of Five Counties Children's Centre.
- Children not yet toilet trained must wear pool pants, as regular diapers not permitted in the pool.

Cost:

- There is no fee, but families must pre-register for the program. Contact **Colleen Ristok** (see below) to complete registration/consent package

Northumberland County

Oct. 23 to Dec. 4, 2023 ~ (no class on Nov. 13)

Mondays: 10-11 am (alongside the Family Swim)

Therapy Pool, Jack Burger Sports Complex (60 Highland Dr.) in Port Hope

To Register, Contact:

Colleen Ristok, Recreation Therapist Coordinator

1-888-779-9916, Ext. 250 or ristok@fivecounties.on.ca





What's Happening in Our Community – Fall 2023

Please check with organization for program details



Resource Listings in Peterborough, Kawartha Lakes, Northumberland, Haliburton/Minden



Take a Hike: Accessible Trails to Enjoy This Fall

It's the perfect time to explore and enjoy the beautiful fall colours on accessible trails!



In Peterborough:

- High Falls
- Lakefield Trail
- Lakefield Rotary Greenway Trail
- Otonabee River Loop
- Promise Rock Nature Area Trail

In Lindsay/Kawartha Lakes:

- Marsh Boardwalk Trail
- Balsam Lake Lookout Trail
- Plantation Trail

Ontario Trails Council: Find a full list of accessible trails in your community.

- Visit: www.ontariotrails.on.ca/find-a-trail/all-regions/all-cities/accessible

Community Support (Quick Links)

- **Autism Ontario Events**
Visit: www.autismontario.com/events
Subscribe to **Autism Ontario Newsletters**
Email: centraleast@autismontario.com
- **Kerry's Place East Region**
Visit: www.kerrysplace.org/support-and-services/east-region
- **Council for Persons with Disabilities**
Visit: www.pcpd.ca
- **Canopy Support Services**
Visit: www.canopysupport.ca
- **Community Living Trent Highlands:**
Visit: www.clth.ca
- **Peterborough Child & Family Centres**
Visit: <https://ptbocfc.ca>
- **EarlyON Child and Family Centre**
Visit www.oeyc.ca/index



ACCESSIBLE PLAYGROUNDS ONTARIO
FUN FOR EVERYONE

Find Accessible Playgrounds Near You

Accessible Ontario Playgrounds: is a new website that provides information, photos and locations for 200+ accessible playgrounds in Ontario. Users can also share information about new accessible play structures.

- Visit: www.accessibleplaygroundsontario.ca/



What's Happening in Our Community – Fall 2023

Community Programs – Peterborough/Northumberland

- **Peterborough Recreation Services**
Visit: www.peterborough.ca/en/explore-and-play/recreation-programs.aspx
- **YMCA of Central East Ontario (Peterborough/Trenton)**
Visit: <https://ymcaofceo.ca/>
- **Kawartha Gymnastics Club (Specialized/Adaptative Programs)**
Visit: www.kawarthagymnastics.ca/specialized
- **Peterborough Public Library**
Visit: www.ptbolibrary.ca/en/index.aspx
- **Peterborough Child & Family Centres**
Visit: <https://ptbocfc.ca/>
- **YMCA Northumberland (Cobourg)**
Visit: <https://ymcanrt.org/>
- **Epic Gymnastics (Port Hope)**
Visit: <http://epicgym.ca/>
- **Child and Family Centres EarlyON - Northumberland County**
Visit: www.northumberland.ca/en/living-here/child-and-family-centres-earlyon.aspx
- **P.L.A.Y. Sports Peterborough – Multisport Program, Physical Literacy and Pop-Up Play**
Visit: www.playsportsptbo.com/

SOUNDSPEAKS


Songs for the Senses



THIS MUSIC THERAPY GROUP WILL FOLLOW A SENSORY BASED APPROACH, INTENDED FOR INDIVIDUALS WITH COMPLEX SPECIAL NEEDS WHO WOULD BENEFIT FROM EXPLORING MUSIC THROUGH VIBRATION AND SOUNDS. IT WILL FOCUS ON HELPING INDIVIDUALS STIMULATE AS WELL AS REGULATE THEIR SENSORY SYSTEMS.

Wednesdays 2:00pm - 3:00pm
September 20th - December 20th
\$420 + HST

FOR MORE INFORMATION
info@soundspeaksmusictherapy.com
(705) 957-0340
www.soundspeaksmusictherapy.com



Soundspeaks
Music Therapy

Hippocampe Chair

- Available at no cost to Five Counties families and schools through the Equipment Loan program.
- Our all-terrain wheelchair helps children with mobility challenges join in all the fun the outdoors can offer! With wheels for warm weather and skis for snow, kids can take part in the fun in all seasons!
- Contact Therapeutic Recreation at Five Counties for details on booking the Hippocampe Chair. Call 1-888-779-9916, ext. 249 or ext. 250



NOTE: Community resources and programs listed here are provided by external agencies (please check with service provider for full details about program)



What's Happening in Our Community – Fall 2023

Community Programs – Kawartha Lakes/Haliburton

- **BGC Kawarthas**
Visit: www.bgckawarthas.com
- **City of Kawartha Lakes (Activities and Recreation)**
Visit: www.kawarthalakes.ca/en/activities-and-recreation.aspx
- **Township of Minden Hills (Recreation Programs)**
Visit: www.mindenhills.ca/en/things-to-do/recreation-programs.aspx
- **EarlyON Child and Family Centre**
Visit: <https://www.kawarthalakes.ca/en/living-here/earlyon-child-and-family-centres.aspx>
- **Lindsay Gymnastics Centre:**
Visit: www.lindsaygc.ca
- **Kawartha Lakes Sports and Recreation Council (Adaptive Recreation Options):**
Visit: https://klsrc.ca/activity-result/?sft_post_tag=adaptive-recreation-options
- **City of Kawartha Lakes Aquatics – Lindsay Recreation Complex pools and the Forbert Memorial Pool in Bobcaygeon:**
Visit: www.kawarthalakes.ca/en/things-to-do/pools-and-swimming.aspx
- **Lindsay Makerspace – Kawartha Lakes STEAM Education, Activities and Camps:**
Visit: <https://pinnguaq.com/makerspaces/lindsay>
- **Kawartha Lakes Public Library:**
Visit: www.kawarthalakeslibrary.ca/en/index.aspx
- **Haliburton County Public Library:**
Visit: www.haliburtonlibrary.ca

Family Fun This Fall



Abby Gardens: Located in Haliburton! Your destination for fresh local food, outdoor exploration and more year-round.

- **Visit:** <https://abbeygardens.ca/>

Windmill Point Alpaca Farm: A family-friendly farm located in Coboconk offering Alpaca experiences.

- **Visit:** <https://windmillpointalpacas.com/>

Fall in Kawartha Lakes: Explore and enjoy the beautiful fall colours!

- **Visit:** www.explorekawarthalakes.com/en/explore/fall-in-kawartha-lakes.aspx

Therapeutic Horse Riding

Walk About Farm Therapeutic Riding: in Minden

- **Upcoming Event:** Community Thanksgiving Celebration: Oct. 7
- **Visit:** <https://walkaboutfarmtra.com/>

Therapeutic Horse Riding in Lindsay (T.H.R.I.L)

- **Visit:** <https://thrill.ca/>



NOTE: Community resources and programs listed here are provided by external agencies (please check with service provider for full details about program)



What's Happening in Our Community – Fall 2023

Community Programs – Something Special is Happening!

Special Olympics Ontario is a charitable agency that provides recreational opportunities for individuals with intellectual disabilities.

Special Olympics
Peterborough



NEW: Fall Program Start Up!

OCTOBER 10th-NOVEMBER 21st

Active Start

"Active Start is important to the future of Special Olympics. By involving young children with an intellectual disability in basic motor programs that focus on sport skills, we will ensure that they are successful, which means that they will make sport and physical activity a part of their life."

-Lois McNary, VP-Sport Special Olympics British Columbia



**Register
Now
Online!**

**Only \$20 for
an entire
calendar year
of
programming!**

Children of all abilities take part, and they all benefit!

Special Olympics Young Athletes, **Active Start**, is a **sport and play program** for children with **intellectual disabilities, ages 2-6**. Active Start introduces basic sport skills, like **balance, running, kicking, throwing and striking**. Active Start offers families, caregivers and community members the chance to share the joy of sports with all children. This is a 'parented' program where caregivers assist the athlete in developing essential skills by following the coach's directions/instructions, model skills and otherwise participate fully in activities alongside the athlete.

Physical activity is essential for healthy development. The key is to encourage basic movement skills because these skills do not just happen as the child grows older. These skills develop based upon the individual's hereditary, environmental, and activity experiences. Therefore, participation in programs that are active, safe and fun is our priority in this Active Start Program.

Session Start Date: Tuesday, October 10, 2023 *Welcome Night*

Session End Date: Tuesday, November 21, 2023

Session Start/Finish Time: 6:15pm-6:45pm

Program Duration: Every Tuesday from October 10th-November 21st, 2023* Excluding October 31st for Halloween

Program Location: St Alphonsus Catholic Elementary School gymnasium

Head Coach: Danielle Walters peterborough.youth@specialolympicsontario.ca

Are you interested in registering an athlete? Would you like to volunteer?

Please visit: <https://www1.specialolympicsontario.com/get-involved/> "BRAND NEW TO SPECIAL OLYMPICS"

AND/OR

email Danielle Walters peterborough.youth@specialolympicsontario.ca for more information!

NOTE: Community resources and programs listed here are provided by external agencies (please check with service provider for full details about program)



What's Happening in Our Community – Fall 2023

Community Programs – Something Special is Happening!



NEW: Fall Program Start Up!



OCTOBER 10th-NOVEMBER 21st

“Youth programming is important to the future of Special Olympics. By involving young children with an intellectual disability in basic motor programs that focus on sport skills, we will ensure that they are successful, which means that they will make sport and physical activity a part of their life.”

-Lois McNary, VP-Sport Special Olympics British Columbia



Special Olympics Young Athletes, FUNdamentals, is a sport and play program for children with intellectual disabilities, ages 7-12. FUNdamentals is a continuation of the Active Start program. This program transitions basic movement skills to basic sport and physical literacy skills while maintaining an atmosphere of fun and meaningful interaction. FUNdamentals offers families, caregivers and community members the chance to share the joy of sports with all children. This is a “partially parented” program where caregivers remain with the athlete to assist as needed in developing essential skills by following the coach's directions/instructions, model skills and otherwise participate as needed in activities alongside the athlete.

Physical activity is essential for healthy development. The key is to encourage basic movement skills because these skills do not just happen as the child grows older. These skills develop based upon the individual's hereditary, environmental, and activity experiences. Therefore, participation in programs that are active, safe and fun is our priority in this FUNdamentals Program.

Session Start Date: Tuesday, October 10, 2023 *Welcome Night*

Session End Date: Tuesday, November 21, 2023

Session Start/Finish Time: 7:00pm-7:45pm

Program Duration: Every Tuesday from October 10th-November 21st, 2023* Excluding October 31st for Halloween

Program Location: St Alphonsus Catholic Elementary School gymnasium

Head Coach: Danielle Walters peterborough.youth@specialolympicsontario.ca

Are you interested in registering an athlete? Would you like to volunteer?

Please visit: <https://www1.specialolympicsontario.com/get-involved/> “BRAND NEW TO SPECIAL OLYMPICS”

AND/OR

email Danielle Walters peterborough.youth@specialolympicsontario.ca for more information!

NOTE: Community resources and programs listed here are provided by external agencies (please check with service provider for full details about program)



What's Happening in Our Community – Fall 2023

Community Programs – Get Moving in Northumberland



NEW FOR 2023/24

We are so excited to introduce **Rhythm Works Integrative Dance (RWID)** to our **Just Dance Northumberland** community.

WHAT IS RWID

Rhythm Works Integrative Dance is a ground-breaking rhythm and dance program designed for children with learning differences and special needs.

RWID-certified instructors are trained to apply fun and functional dance movement to evidence-based practices commonly used in sensory integration, ABA therapy, kinesiology, and movement safety to help facilitate developmental goals.

Rhythm Works Integrative Dance is an inclusive class that focuses on foundational skill development, self-empowerment, independence and celebrating our diversity. Offered as individual or group classes, you can find RWID classes in dance studios/gyms, schools, community centers and therapy clinics across the world!

PROGRAM DETAILS

The next 6-week session will begin in mid-October. It will be available on Tuesdays before 4:30 p.m. (daytime) and Fridays after 5:00 p.m. (evening). The exact schedule is still to be determined based on the assignment.

REGISTRATION

Registration is more involved than traditional programs as we want the best outcome for your children. Please follow the steps listed below to sign up.

1. Reach out and let us know that you are interested.
2. Fill out the forms prior to the start of the session.
3. Book a time for an assessment class (options will be provided in the same email as the forms are sent.) After the assessment class, Miss Sabrina will organize classes in a way that works best for the children.

Forms and assessment times will be provided after initial reach out.
info@justdancenorthumberland.com



AT A GLANCE

6 WEEK PROGRAM

- Customized programming for your child
- Works with your PT
- Daytime and evening options
- \$97 + HST



SABRINA SMITH

RWID Certified Educator

Our very own Miss Sabrina is a RWID Certified Instructor– one of three in the province (currently).

NOTE: Community resources and programs listed here are provided by external agencies (please check with service provider for full details about program)



Community Programs – Embrace the Season!



- **ParaSport Ontario Online Resource Hub and Support Centre:**

- Provides parasport content for participants and athletes with disabilities, coaches, students, activity leaders, caregivers, educators and healthcare professionals. With a simple click on the sport or recreational activity of interest, you can access: sport leaders, experts, ambassadors, 35+ different parasports, 180+ clubs by region, sport/fitness/equipment resources, and more
- Visit: www.parasportontario.ca

- **Abilities Centre (in Whitby) Wheelchair Basketball**

- Wheelchair basketball is a youth program with a focus on developing fundamental skills, sportsmanship and a love for basketball. This is a co-ed program offered for children of all abilities.
- Suggested ages 11+
 - Tuesdays: 6:30-8 pm, \$90 (register today)
 - For more information, contact: sportandrec@abilitiescentre.org

- **Lindsay Skating Club**

- Location: Lindsay Recreation Complex
- Pre-CanSkate & CanSkate Program: This is geared to beginners of all ages, newcomers to Canada, and athletes with a disability. Start and end date: Oct. 11, 2023 to March 18, 2024
- Visit: www.lindsayskatingclub.com

- **Lindsay Curling Club**

- Registration deadline is Oct. 1
- Programs
 - Special Olympics Hardrockers (Monday 3:45-5 pm)
 - Little Rock Youth (Sunday 9:30-10:30 am)
- Visit: www.lindsaycurling.com

Sledge Hockey/Special Needs Hockey

Kawartha Blazers Sledge Hockey Team

- Visit: www.sites.google.com/site/kawarthablazers/

Northumberland Predators Sledge Hockey (FishAbility Sports Club)

Visit: <https://fsc.wildapricot.org/page-18102>

Kawartha Komets:

- Visit: www.kawarthakomets.com

Northumberland Bulldogs:

- Visit: www.facebook.com/NorthumberlandBulldogsHockey/

Electric City Maroon & White Special Needs Hockey Team, Peterborough

Visit: <https://electriccityspecialneedshockey.com/>



Contact Us

Therapeutic Recreation is located at:

**Five Counties Children's Centre
872 Dutton Road
Peterborough, Ontario K9H 7G1**

We're pleased to provide services in: Peterborough,
City of Kawartha Lakes, Northumberland County and Haliburton County

Programs and special events may be held at Five Counties or at rec facilities in your area.

To reach our Recreation Therapists:

**Toll-Free: 1-888-779-9916
or local: (705) 748-2337**

- Colleen Ristok, Ext. 250 or cristok@fivecounties.on.ca
- Caitlin Ivany, Ext. 249 or civany@fivecounties.on.ca