



Facilitate meaningful community based activities that encourage choice, independence and inclusive engagement in the community



Assist people through short and/or long term planning around competitive employment, volunteer and/or leisure opportunities;



Assist people to connect with others who share similar interests & experiences to help with future planning & making informed choices.





# ReConnect

A social-recreational program



**for everyone**

Ontario  
Trillium  
Foundation



Fondation  
Trillium  
de l'Ontario

An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario

## Introducing ReConnect....

A virtual social recreation program designed to “ReConnect” people funded by a grant from Ontario Trillium Foundation”



“ReConnect” with old friends or meet new friends



Learn new skills



Get active

Suitable for all ages & abilities - the goal is to have fun and “ReConnect” with other people.

“ReConnect” is a NEW social- recreation program that encourages participants to join new activities, explore a leisure lifestyle and enhance social skills.

Suitable for people of all ages and abilities, “ReConnect” programs are delivered by inclusive recreation experts whose aim is for everyone to have fun and connect with other people.

## Fall Virtual Programs Monday Oct 3- Friday Dec 16, 2022

### Monday

10am-11am  
Mindfulness



1pm-2pm  
Geography



### Tuesday

10am-11am  
Fitness



1pm-2pm  
Life Skills



### Wednesday

10am-11am  
Art



1pm-2pm  
Word Games



### Thursday

10am-11am  
Science



1pm-2pm  
Reading



7pm-8pm  
Trivia & Games



### Friday

10-11am  
Math



1pm-2pm  
Brain Games



## Virtual Program Descriptions



### Mindfulness & Wellbeing

Focusing our well-being is very important, especially during stressful times. In this program, we will learn about ways to improve our well-being, manage stress, and use mindfulness in our daily lives.



### Fab, Fit & Fun

Let's stay active, and have fun doing it! This program will include a variety of exercises, from seated to standing, and yoga to dancing.



### Unleash Your Inner Artist

Unleash your inner artist in this weekly art program. We will do a variety of arts and crafts, including painting, drawing, and themed crafts.



### So Much Science

Get out your goggles and lab coat! We will be doing a variety of fun and exciting experiments, while also learning about the science behind them.



### Number Ninjas

In this program, we will work on a variety of different math concepts. We will practice our skills and learn how we can use them in our daily lives.



	<p><b>Go Go Geography</b></p> <p>Join in this virtual program to learn about countries and cultures around the world, go on armchair travels, and explore some of the beautiful places our world has to see!</p>
	<p><b>Life Skills</b></p> <p>Life skills are an important part of our daily living. These skills can help us to increase our independence, make friends, and participate in new hobbies. In this program, we will talk about different life skills such as personal hygiene, community safety, nutrition and healthy eating, and social skills.</p>
	<p><b>Literacy</b></p> <p>In this virtual program, we will do a variety of activities working with words, such as opposites, rhyming, idioms, and adjectives.</p>
	<p><b>The Reading Crew</b></p> <p>Bring your cup of tea and a cozy blanket while we spend this program reading a few different books and short stories. We will talk about the stories we read and some activities related to the themes.</p>
	<p><b>Trivia &amp; Games Night with Rochelle</b></p> <p>Put your thinking caps on! Have a fun evening doing trivia with friends!</p>
	<p><b>Brain Games</b></p> <p>Fun Friday! This program will consist of different activities each week – they will be different games that get us thinking and exercising our brains.</p>

