

The focus of our new evening program is to bring adults with disabilities throughout the community together for an evening of friendship and fellowship.



Harmony
In Action



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COOKING SCHOOL (Evening Class)

Participants gain skills that assist in preparing meals at their home. They learn how to prepare meals based on their ability and dietary needs. Most of all they will be able to participate in a cooking class in the community.

Celebrity Chefs are invited on a monthly basis to teach our classes. Our goal is to have each individual learn a new technique or assist in preparing their meals with the assistance of accessible kitchen tools.

The target audience for our program is any individual in Windsor or Essex County with a disability that affects their ability to prepare meals on their own.

To enrich the lives of adults living with developmental and/or physical challenges by providing opportunities to succeed through positive social inclusion, individual choice, independence and rights. To ensure that safety and security for each individual is foremost and all information regarding clients is kept confidential and private.

Day Program:

Monday - Friday
7:30 am - 3:00 pm

After Hours:

Monday - Friday
3:00 pm - 6:00 pm

Phone: 519-252-1207

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www.HarmonyInAction.com

Charity# 11895 6770 RR0001

Activity Program





LEARN NEW SKILLS

PHYSICAL ACTIVITIES

Exercise and physical activity helps participants to reach their potential, both physically and mentally. Indoor or outdoor activities take place within a structured environment. These activities offer our participants a way to socialize outside of their homes. For many, being part of a group is not only emotionally satisfying, but it also allows them to share a part of themselves with others.

Activities include:

- swimming
- dance therapy
- aerobic activities
- Wii system
- visual and tactile techniques
- Scouts (Evening Class)
- nature walks
- scavenger hunts
- gardening
- bocce and shuffle board
- baseball

SMART BOARD

Teaching our clients life skills is an essential task. We do not want to decrease our ability or the effectiveness of teaching these skills because of the challenges of having such a diverse group of clients. Having a SMART Board helps us tremendously keep up with individual requirements. In obtaining a SMART Board, we are able to organize different levels of each subject on disks for the computer, resulting in less preparation time and a more efficient teaching environment.

MEET NEW FRIENDS

MUSIC THERAPY PROGRAM (Day and Evening Classes)

For participants with learning, intellectual or physical disabilities, emotional difficulties or other specific health-related issues, this program provides a vehicle for effective communication for those with no verbal language, addresses specific rehabilitation needs, provide a means of relaxation or stimulation, and offers emotional support.

Benefits:

- helps sustain memory
- encourages socialization, self-expression, communication and motor development
- stimulates cognitive functioning
- helps develop a wide range of speech/language skills

LIFE SKILL ACTIVITIES

A wide range of different activities our clients enjoy, depending on the time of the year and weather conditions. Our Arts & Crafts program explores watercolors, canvas or fabric painting, educational colouring, scrap booking or making jewelry from beads.

Benefits:

- develops creativity
- entertains adults of all ages
- alternative ways to express feelings and communicate

BE ACTIVE

SNOEZELEN ROOM

Our Snoezelen Room is a multi-sensory therapy room. Snoezelen Rooms are used to stimulate, relax, calm or energize. It is a non-threatening environment for children and adults with disabilities or other limiting conditions.

Participants experience:

- self-control
- autonomous discovery and exploration
- overcome inhibitions
- enhance self-esteem
- reduced tension
- improved memory and vocalization
- improved mood
- decreased negative behaviors
- decreased feeling of pain

