




















Fall 2023 Therapeutic Playroom Programs and Locations

Therapeutic Playroom Coordinator: Shawna Perkins, ext. 6268

Therapeutic Recreation Playroom Team: Madison Da Silva, Randy Mulder, Shreeya Poudyal ext. 6280

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning 9:30 - 11:30	Let's get Moving! 	Playroom Free Play 	 Playroom free play	 Music Therapy 11:00	Small Group Snoezelen visits  Free play in playroom	Magic Hands! Cut, paste, thread, build, and feel; explore with your hands! 	Art Let's Create! 
Location	Playroom 3E100	Playroom 3E100	Playroom 3E100	Playroom 3E100	Playroom 3E100	Playroom 3E100	Playroom 3E100
Afternoon 1:30 - 3:30	Playroom: Free Play! 	Playrooms: Free Play! Art Activities 	Sensory Play or Baking 	Playroom Free Play 	Look, Touch, Smell, Listen 	Playroom: Imagination Stations  *Rec Swim 2:15 - 3:15 sign up required *	Free Play 
Location	Playroom 3E100	Playroom 3E100	Playroom 3E100	Playroom 3E100	Playroom 3E100	Playroom 3E100	Playroom 3E100
Evening 6:00 - 7:30	Playroom Closed	Playroom Closed	Playroom: Free Play!  *Rec Swim 6:25 - 7:25 sign up required *	Playroom Free Play  Pet Visiting 7:00 - 7:30 gym	Free play in playroom  *Rec Swim 6:25 - 7:25 sign up required *	STEAM: Engineering and Technology for young explorers! 	Free Play 
Location	*ask TR staff for music therapy schedule updates		Playroom 3E100	Playroom 3E100	Playroom 3E100	Playroom 3E100	Playroom 3E100

Program locations and activities are subject to change. Programs are for inpatients only. Please contact your Playroom team if you have any questions!

Room Locations/Extensions

Therapeutic Playroom (3E100) x 6280
Snoezelen (3E115) x 6273
School Gym (0W300) x 3433
Conference Centre or Atrium (first floor)
Activity Rooms (0E245) x3560

Playroom Team

Therapeutic Playroom: x6280

Shawna Perkins x6268

Madison Da Silva x3498

Randy Mulder x6278

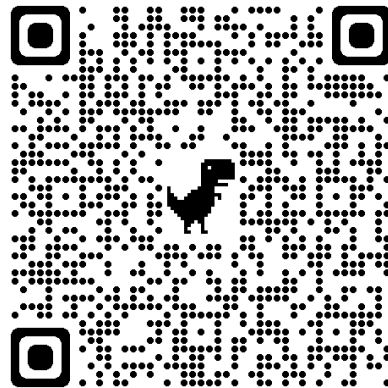
Shreeya Poudyal x6209

Notes

Please drop into our Therapeutic Playroom Programs, which are located on the third floor (3E100).

We can accommodate a limited number of children in the Therapeutic Playroom programs. During busy times, playroom staff will organize a rotation to ensure all have a chance to come and play!

Scan QR code for Inpatient Therapeutic Recreation program updates and special events



Toy Lending Program

If you are looking for toys, crafts, games, puzzles, or activities for your room, please speak with a member of the Therapeutic Playroom team! We are happy to provide you with some fun activities for use on your own time! We are not currently loaning toys, but we have a number of items to choose from that you can keep and use for your enjoyment during your inpatient stay!

Swimming for In-Patients-

Our clients are welcome to join recreational swims in our onsite therapy pool with their physician and caregiver consent. Our program focuses on the recreational benefits of water and addresses the individual needs and preferences of each swimmer. **Sign up required for small group swim (maximum 3 clients).**

Please contact your Therapeutic Recreation Specialist (TRS) to indicate that you wish to swim. Once eligibility has been established you can be scheduled for swim.

Inpatient Swim Times:

Inpatient TR Swim in Small Pool:

- Monday at 6:25 – 7:30
 - Wednesday at 6:25 – 7:30
 - Thursday afternoons: 2:15 – 3:15
- *Group size of 8 clients per swim**

***Public swim**

*Family and siblings welcome to join – bring red lanyard
*inpatient must be signed up for Big Pool Swim list and caregiver must be able to support child independently in pool. Speak with your TRS for more details and information. This is a public program attended by community members.

Public Swim Family Swim Times:

Mondays 6:30 p.m. - 7:30 p.m. (September 25 to December 18)
Saturdays 1:45 p.m. - 2:30 p.m. (September 23 to December 2)
Pool Closures on Saturday October 7 and Monday October 9

Program Descriptions

Free Play

Drop in to request an activity you would like to participate in. Options could include; imaginative play, exploration of various toys and activities, arts and crafts, movement, songs, stories and sensory activities.

Snoezelen Room

The Snoezelen room uses music, lighting effects, gentle vibrations, tactile sensations and aromatherapy to provide opportunities for relaxation and a unique sensory experience.
***Limited capacity – small group visits of 1 – 3 clients**

Arts and Crafts

Art provides opportunity to create, construct, express, plan, and experiment. Join us to explore line, shape, textures, and colours using a variety of materials in our arts and crafts programs.

Sensory Play

Let's let our senses be our guide as we explore the world around us through touching, hearing, smelling, and looking. Activities can include exploration of sensory toys, mixing ingredients for a magic concoction, and following directions for a baking activity.

STEAM Activities

STEM stands for Science, Technology, Engineering, Art, and Math. Through play-based activities, young children can explore, observe, ask questions, and predict in small structured groups or in individual play. Get ready for building with blocks, experimenting with cause and effect, introduction to technology in play, and mixing recipes!

Story Time

Explore books and storytelling through reading and play!

Let's Get Moving

Balls, big blocks, parachute, and movement with music- let's move our bodies in play!

Imaginative Play

Join us at one of our imagination stations; cars, trains, dolls, play kitchen, and more!