



## Happy Holidays!

George Jeffrey Children's Centre is currently re-opening to the public on a gradual basis. We are working with clients both in-person and virtually through Zoom or telephone. New guidelines are in place to ensure the safety and well-being of all clients, staff and visitors. George Jeffrey Children's Centre and the Adolescent Program continues to be thinking about all of our Youth Friends!

### IN THIS EDITION

1. Centre Update/Fun

activity

2. Parade of lights

3. Therapeutic Recreation

4. Therapeutic Recreation

To remain up-to-date check our website ([www.georgejeffrey.com](http://www.georgejeffrey.com)) and the Facebook page. In case you missed them! The April to September Youth Newsletters are on our website if you would like to check them out.


A friendly reminder: Our Newsletters is now running quarterly - September, December, March and June.

If there is something you would like to see in the next newsletter or questions you may have, please go to this survey: <https://www.surveymonkey.com/r/FBYF2LM>

If you have a concern or question for your therapist, please call reception at (807-623-4381 ext. 0) and they will connect you with the appropriate staff member.


WINTER

Wonderland



Winter is so much fun because you can \_\_\_\_\_ and \_\_\_\_\_ in the \_\_\_\_\_ snow. It's important to dress in \_\_\_\_\_ and \_\_\_\_\_ in order to stay outdoors. There are many winter sports, like \_\_\_\_\_ and \_\_\_\_\_. It's also fun to build a \_\_\_\_\_ and dress him in \_\_\_\_\_, with a \_\_\_\_\_ for a \_\_\_\_\_. It's nice to \_\_\_\_\_ by a warm \_\_\_\_\_ enjoy a cup of \_\_\_\_\_ after \_\_\_\_\_ in the snow all day.

(verb) (verb) (adjective)  
(article of clothing) (article of clothing)  
(adjective)  
(adjective) (sport)  
(sport) (noun)  
(article of clothing) (noun)  
(part of the body) (verb)  
(noun) (adjective)  
(drink) (verb-ing)



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**23RD ANNUAL**
  
*Parade of Lights*
  
 Presented by **tbaytel**
  
**Saturday, December 10th, 2022 at 7:00 p.m.**
  
[www.paradeoflights.ca](http://www.paradeoflights.ca)

**PROUDLY SUPPORTED BY**

**AND OUR TRUCKING COMMUNITY**
  
 Walkers will be along the Parade Route collecting
   
 Cash Donations in support of

			
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**COME OUT AND SUPPORT SPECIAL NEEDS CHARITIES IN THUNDER BAY**
  
 PARADE OF LIGHTS C/O TBPA - P.O. Box 29035 THUNDER BAY, ON P7B 6P9



We would like to hear from you for our next edition! We would like to include pictures of things you have been doing over the past few months! From artwork, to playing with siblings, to hanging out with your family! If you want to be included in the next Newsletter, please email them to [info@georgejeffrey.com](mailto:info@georgejeffrey.com); include your name and why you enjoy doing that activity!

## Recreation Corner

Hey Gang! Just because the temperature is starting to drop it does not mean that you need to stay inside to do your recreation activities. The key to staying warm during cold weather activities is dressing in layers! They should fit comfortable with each other and not feel too tight. As the temperature and your activity level change you can add or remove layers. Wear these layers on your top and bottom to keep your whole body warm. Please remember to listen to your body and seek shelter when you're feeling cold.



**It is also important to keep your head, hands and feet warm! There are options for how to do this as well.**

### Base Layer:

The purpose of the base layer is to keep your skin as dry as possible by wicking away the sweat and moisture. You want your base layer to fit snug and comfortable against your body. Base layers come in many different materials such as polyester, nylon, merino wool and silk and are light weight, medium weight, or heavy weight.

### Middle Layer:

The purpose of the middle layer is to hold as much body heat as possible to protect you from the cold. Typically thicker means warmer but it also depends on what the material is. Middle layers come in polyester fleece, wool or down and synthetic fills.

### Outer Layer:

The purpose of the outer layer is to protect you from the elements such as wind, rain, and snow. The outer layer should also be breathable so that the moisture that your base layer does wick away has somewhere to escape from. Any shell that is waterproof and breathable should keep you warm and dry.

### Head:

Wool and synthetic toques will keep your head warm. Ensure that your toque covers both your ears. It is important to cover your face in the cold weather to prevent frost bite. This can be done with a neck warmer pulled over your mouth and nose or balaclava.

### Hands:

Gloves or mitts can be worn to keep your hands warm. Mitts are warmer than gloves because all your fingers are in one pocket sharing their warmth. Just like the layers for you body, mitts that have an insulated layer underneath a waterproof shell are going to keep your hands warmer and dryer.

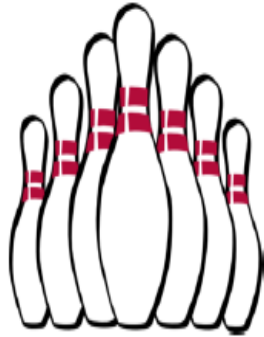
### Feet:

To keep your feet warm you need to think about your socks and your boots. You can layer using the same idea as you would for your body. When buying your boots remember to take into account

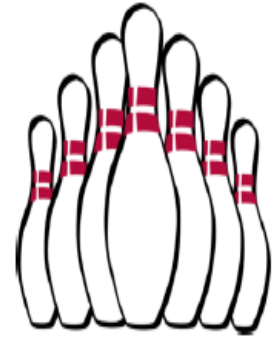


**I hope you all have fun doing some recreation activities outdoors this winter!**

~Stacey Collie~ Recreation and Leisure  
Facilitator



# Drop in Bowling



Mario's Bowl

710 Memorial Ave

The 1st and 3rd Tuesday of the month

September –December

(beginning September 20)

Registration 4:15-4:30pm

Bowling 4:30-5:30pm

\$5/bowler/day

Open to all GJCC clients

Call Stacey at 623-4381 ext 6805 for more information

