

About Shepherd Center

Shepherd Center, located in Atlanta, Ga., is a private, not-for-profit hospital specializing in medical treatment, research and rehabilitation for people with spinal cord injury and brain injury. Founded in 1975, Shepherd Center is ranked by *U.S. News & World Report* among the top 10 rehabilitation hospitals in the nation. At Shepherd Center, recreation therapy is integral to our mission of returning individuals to the highest level of independence and activities possible.



MEANINGFUL RECREATION

About Recreation Therapy

One of the best ways to adjust to lifestyle changes caused by a disability is to participate in meaningful recreation activities. In fact, research shows that positive recreation time can increase health and physical fitness, self-confidence, development of skills and competence, social interaction, quality of life and overall well being. It provides individuals with disabilities an opportunity to participate in activities that challenge expectations and stereotypes.

2019-2020 Calendar of Events

If you would like to be removed from Shepherd Center's Recreation Therapy mailing list, please call 404-350-7375 or email Sabrina.Harrison@shepherd.org



Shepherd
Center

RECREATION THERAPY

2020 Peachtree Road, NW
Atlanta, GA 30309-1465
404-352-2020 shepherd.org



RECREATION THERAPY

2019-2020

RECREATION THERAPY CALENDAR OF EVENTS



Shepherd Center
RECREATION THERAPY



2019-2020 Calendar of Events

DISCOVER SCUBA

2019: April 3 • June 5 • August 7 • October 2 • November 6 • December 4; **2020:** February 5 • March 4

This hands-on introductory class held in Shepherd Center's pool from 6 - 8 p.m. is open to anyone interested in exploring adaptive scuba diving. Class instructors are certified by the Professional Association of Diving Instructors (PADI) and the Handicapped Scuba Association (HSA). Cost: \$50.

OVERNIGHT BIRD WATCHING RETREAT

April 12, 2019
Unicoi State Lodge
Cost: \$25.
Registration required.
404-350-7785

ADVENTURE SKILLS WORKSHOP

May 17 - 19, 2019
This three-day nationally recognized outdoor workshop includes adaptive waterskiing,

scuba diving, fishing, canoeing, kayaking, jet skiing, four-wheeling, swimming, target shooting, wall climbing and more. Adventure Skills Workshop is held at Camp ASCCA, a wheelchair-accessible facility in Jackson's Gap, Alabama. Includes meals, lodging and instruction.

Cost: \$225. Registration required. *Register online at shepherd.org/asw*

WATERSKI WORKSHOP

June, July, August 2019
Learn the fundamentals of adaptive skiing in this workshop led by professionally trained ski instructors. Designed for beginner and intermediate skiers. Cost: \$50. Registration required.
404-350-7786

AJC PEACHTREE ROAD RACE WHEELCHAIR DIVISION

July 4, 2019
Whether you're a spectator or a racer, this annual event has

become a favorite Fourth of July tradition for many Atlantans. Showcasing more than 100 elite wheelchair athletes from around the world, the Peachtree is one of the largest, most competitive 10k wheelchair races in the country. Registration and qualifying time required. Contact 404-350-7787

SCUBA TRIP

September 21-28, 2019
Shepherd Center is teaming up with Divers@Sea for an adaptive diving trip to Bonaire. This all-inclusive trip includes round-trip airfare from Atlanta, hotel stay, boat dives and airport transfers. This trip is open to all skill levels and abilities, as well as family and friends. Cost: \$2,524. HSA certification required.
404-350-7786

BIRDWATCHING CLINIC

September 17, 2019
Chattahoochee Nature Center
Cost \$15.
Registration required.
404-350-7785

SNOW SKI TRIP

TBD
This trip features private adaptive ski instruction, airfare, equipment, lift tickets, accommodations and airport transfers. This trip is open to all

skill levels and abilities, as well as family and friends. Cost: TBD. Registration required.
404-367-1338

Outdoor Activities

Cost and registration, 404-350-7790.

MORROW FARM HUNTS

February 2019
A guided deer/boar day hunt on 225 acres on the Flint River in Reynolds, Ga. Hunters will have access to all terrain vehicles and stocked ponds with onsite lodging available.

WEST POINT LAKE FISHING/LODGE STAY

March 2019
This amazing two-night stay in a beautiful lakefront cabin includes a guided fishing trip by one of West Point Lakes' most experienced guide services.

DEEP SEA FISHING TRIP

July 2019
Panama City Beach, Fla.

WHITE WATER RAFTING

August 2019
Chattahoochee River
Columbus, Ga.

CAMPING AND HUNTING TRIPS

October - December 2019

Tournaments

Games are held in Shepherd Center's Livingston Gym and are open to the public. Cost: Free.

BASKETBALL

November 2019

RUGBY

November 2019

SOCCER

January 2020



Health & Wellness Clinics

These clinics are for individuals with a spinal cord injury, C-6 or below, and other disabilities with similar physical function. The clinics provide the opportunity to become physically active and gain insight to achieve a well-balanced lifestyle. Sports and activities vary. Cost: \$25. Registration is required. 404-350-7793

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| June 8 | Tenn. | Handcycling and Kayaking |
| July 27-28 | Ga. | Para-Triathlon Clinic |
| September 17 | Ga. | Adaptive Golf |
| October 26 | Ga. | Adaptive Golf /Handcycling/ Weight Room |

To register: shepherd.org/rec-therapy/events

Fred, Shaler and Andrew Alias Sports Teams Program

Shepherd Center sponsors the following twelve sports teams: basketball, bass fishing, fencing, handcycling, power soccer, quad rugby, riflery, softball, swimming, track and waterskiing and tennis. These teams enable people with disabilities to participate in sports in a competitive and/or recreational environment. For more information on becoming a team member, please call 404-367-1287. For all sports teams updates follow us on Facebook: Shepherd Center Sports Teams.

RECREATION THERAPY OUTPATIENT SESSIONS

Contact kelly.edens@shepherd.org

RECREATION THERAPY MISSION STATEMENT The mission of Shepherd Center's Recreation Therapy program is to help people with a temporary or permanent disability caused by injury or disease to lead healthy and active lifestyles as independently as possible through the use of recreation activities, providing education, skill development and community reintegration opportunities.