

## **2023 Recreation Therapy Upcoming Events**

### **JANUARY 2023**

- Outdoor Program January Hunt: Jan 6-7
  - o This event will take place in Reynolds, GA in collaboration with the Morrow Farm. Participants will have the opportunity to attend a guided deer/boar day hunt on 225 acres on the Flint River. Participants will also have access to all-terrain vehicles and stocked ponds with onsite lodging available.
- Virtual E-Birding Clinic Jan 10
  - o This is an online educational bird watching series with Shepherd Center and the Georgia Audubon Society. This program includes 3 educational lectures, which will take place on January 10<sup>th</sup>, February 14<sup>th</sup>, and March 14<sup>th</sup>. Session topics will be determined closer to date.
- Virtual- Shepherd Center Moves Jan 17
  - o This 6 week course meets twice weekly on a virtual platform for cardio and strength training with Shepherd Center Recreation Therapist and Exercise Physiologist. The class will be held Tuesdays and Thursdays. Course runs from January 17<sup>th</sup> through February 23<sup>rd</sup>.

### **FEBRUARY 2023**

- Hands-On Video Games Clinic Feb 6
  - o This video game clinic will be with Shepherd Center Recreation Therapists and Contender eSports Gaming. This course offers educational and hands-on demonstrations. This clinic will take place at Contender eSports Gaming Center in Smyrna, GA.
- Health and Wellness Expo Feb 11
  - o This event will take place at Shepherd Center in collaboration with the Atlanta Tri Club. Various local vendors will also be present for this event. Participants will have the opportunity to receive information and attend educational sessions regarding Nutrition and Wellness, general adaptive sports options, and potential funding sources for leisure and recreation equipment. Participants will also be given the opportunity to trial and use various adaptive sports wheelchairs and equipment.
- Hands-On Horticulture Clinic: Feb 16
  - o This is a horticulture clinic at the Trellis Ability Garden located at the Callanwolde Fine Arts Center with Shepherd Center and Trellis Horticulture Therapy Alliance. This program will focus on a basic horticulture/nature craft session. Session topic will be determined closer to date.

## **MARCH 2023**

- Hands-On Fencing Clinic March 8
  - o This fencing clinic will be with Shepherd Center Recreation Therapist, Shepherd Center Sports Team Coordinator, and local disabled fencing athletes/instructors. This course offers educational and hands-on demonstrations. The clinic will take place at Shepherd Center in Atlanta, GA.
- Virtual Leisure Skill-ART (painting) March 21
  - o This program led by Shepherd Center staff may use acrylic or watercolor paints, soft pastels, oil pastels, and other art materials in mindful exercises and artmaking. Activity will be determined closer to program date.
- Hands- On Leisure Skill Clinic- Charlotte, NC March 25
  - o This event will take place in Charlotte, NC in collaboration with Adaptive Sports and Adventures Program (ASAP) and Back to Independence Rehab. Participants will have the opportunity to attend educational sessions regarding Nutrition and Wellness, general adaptive sports options, and potential funding sources for leisure and recreation equipment. Participants will also be given the opportunity to trial and use various adaptive sports wheelchairs and equipment.

## **APRIL 2023**

- Hands-On Adaptive Wheelchair Tennis Clinic April 2
  - o This tennis clinic will be with Shepherd Center Recreation Therapists and local disabled tennis athletes/instructors. This course offers educational and hands-on demonstrations. Clinic will be held at Lost Mountain Park Tennis Center in Powder Springs, GA.
- Virtual Seated Yoga April 6
  - o This 6 week online course meets on Thursdays with Shepherd Center Certified Yoga instructors. This course will focus on seated yoga and increase your knowledge and skills in yoga. Course runs from April 6<sup>th</sup>-May 11<sup>th</sup>.
- Hands-On Birding Clinic April 25
  - o This event offers a guided birding adventure at the Atlanta Botanical Gardens with Shepherd Center and The Georgia Audubon Society. This guided tour will increase your knowledge in birding, community mobility, and camaraderie with other birders.

## **MAY 2023**

- Hands-On Day Fishing Trip May 8
  - o Participants will have an opportunity to get out of the city and onto the water for a day fishing trip in Helen, GA. Fisherman will have access to a guided fly-fishing experience on a private creek. Limited spots available. Contact Outdoor Specialist Gavin McClintock at 404-350-7790 for more details.
- Hands-On Adaptive Wheelchair Tennis Clinic May 8
  - o This tennis clinic will be with Shepherd Center Recreation Therapists and local disabled tennis athletes/instructors. This course offers educational and hands-on demonstrations. Clinic will be held at Blackburn Tennis Center in Atlanta, GA.
- Hands-On Adaptive Golf Clinic May 11
  - o This golf clinic will be with Shepherd Center Recreation Therapists and Georgia State Golf Association. This course offers education and hands-on demonstrations. Event will be held at Bobby Jones Golf Course.
- Hands-On Adventure Skills Workshop May 19-21
  - o This three-day camp you will have the opportunity to participate in several outdoor activities while focusing on outdoors skills such as kayaking, tubing, jet skiing and so much more! This camp offers education and hands-on demonstrations. Adventure Skills Workshop is held at Camp ASCCA, a wheelchair-accessible facility in Jackson's Gap, Alabama. Includes meals, lodging and instruction.

## **JUNE 2023**

- Hands-On Climbing Clinic June 3
  - o This event will take place in Chattanooga, TN. This course offers educational and hands on demonstrations for adaptive climbing.
- Virtual Self Defense Clinic June 6
  - o This 6 week online course meets one day a week with a trained martial artist and Defence Lab Instructor. This course will focus on learning the skill set to push with confidence and tools to defend yourself during a confrontation. Course runs from June 6<sup>th</sup>-July 18<sup>th</sup>.
- Hands-On Water Ski Clinic June 17
  - o This event will take place at Lake Allatoona in Acworth, GA. This course offers educational and hands-on demonstrations for adaptive water skiing.

- Hands-On Summer Horticulture Clinic

June 22

- o This is a horticulture clinic at the Trellis Ability Garden located at the Callanwolde Fine Arts Center with Shepherd Center and Trellis Horticulture Therapy Alliance. This program will focus on a basic horticulture/nature craft session. Session topic will be determined closer to date.

### **JULY 2023**

- Hands-On Adaptive Wheelchair Tennis Clinic

July 10

- o This tennis clinic will be with Shepherd Center Recreation Therapists and local disabled tennis athletes/instructors. This course offers educational and hands-on demonstrations. Clinic will be held at Blackburn Tennis Center in Atlanta, GA.

- Hands-On Water Ski Clinic

July 15

- o This event will take place at Lake Allatoona in Acworth, GA. This course offers educational and hands-on demonstrations for adaptive water skiing.

- Hands-On Mountain Biking Clinic

July 29

- o This event will take place in Knoxville, TN in collaboration with Catalyst Sports. This course offers educational and hands-on demonstrations for adaptive mountain biking.

### **AUGUST 2023**

- Hand-On Outdoor Program Deep Sea Fishing Trip

Aug 4-6

- o This fishing clinic will be with Shepherd Center Recreation Therapists for a deep-sea fishing trip. Location will be determined closer to program date.

- Hands-On Water Ski Clinic

Aug 5

- o This event will take place at Lake Allatoona in Acworth, GA. This course offers educational and hands-on demonstrations for adaptive water skiing.

- Hands-On Virginia Beach Family Day Clinic

Aug 12

- o This event will take place in Virginia Beach, VA at the YMCA at JT's Camp Grom. Participants and families will have the opportunity to participate in various recreation and leisure activities. Activities will be determined closer to date.

- Virtual Seated Yoga Aug 24
  - o This 6 week online course meets on Thursdays with Shepherd Center Certified Yoga instructors. This course will focus on seated yoga and increase your knowledge and skills in yoga. Course runs from August 24<sup>th</sup> through September 28<sup>th</sup>.
- Hands-On Target Shooting Clinic **TBD**
  - o This target shooting clinic will be with Shepherd Center Recreation Therapists for a target shooting at an indoor range. Location will be determined closer to program date.

### **SEPTEMBER 2023**

- Hands-On Adaptive Golf Clinic Sept 10
  - o This golf clinic will be with Shepherd Center Recreation Therapists and Georgia State Golf Association. This course offers education and hands-on demonstrations. Event will be held at Bobby Jones Golf Course.
- Hands-On Birding Clinic Sept 12
  - o This event offers a guided birding adventure at Brook Run Park, located in Dunwoody, GA, with Shepherd Center and The Georgia Audubon Society. This guided tour will increase your knowledge in birding, community mobility, and camaraderie with other birders.
- Hands-On Camp Twin Lakes Weekend Clinic Sept 15-17
  - o This event will take place in Rutledge, GA at Camp Twin Lakes. Participants and families will have the opportunity to participate in various recreation and leisure activities. Activities will be determined closer to date.
- Hands-On Woodworking Clinic **TBD**
  - o This woodworking clinic will be with Shepherd Center Recreation Therapists. This course will focus on the safety and basics of woodworking. Participants will also be given the opportunity to complete a small woodworking project. Activity and location will be determined closer to program date.

### **OCTOBER 2023**

- Hands-On Adaptive Wheelchair Tennis Clinic Oct 1
  - o This tennis clinic will be with Shepherd Center Recreation Therapists and local disabled tennis athletes/instructors. This course offers educational and hands-on demonstrations. Clinic will be held at Wills Park Tennis Center in Alpharetta, GA.

- Hands-On Fall Horticulture Clinic Oct 12
  - o This is a horticulture clinic at the Trellis Ability Garden located at the Callanwolde Fine Arts Center with Shepherd Center and Trellis Horticulture Therapy Alliance. This program will focus on a basic horticulture/nature craft session. Session topic will be determined closer to date.
- Hands-On 5k Race Oct 15
  - o Information to be provided closer to program date.
- Virtual Shepherd Center Moves Oct 17
  - o This 6 week course meets twice weekly on a virtual platform for cardio and strength training with Shepherd Center Recreation Therapist and Exercise Physiologist. The class will be held Tuesdays and Thursdays. Course runs from October 17<sup>th</sup> through November 30<sup>th</sup>.

### **NOVEMBER 2023**

- Virtual Leisure Skill-ART Nov 8
  - o This program led by Shepherd Center staff may use acrylic or watercolor paints, soft pastels, oil pastels, and other art materials in mindful exercises and artmaking. Activity will be determined closer to program date.

### **DECEMBER 2023**

- Outdoor Program November/December Hunt: Dec 1-2
  - o This event will take place in Reynolds, GA in collaboration with the Morrow Farm. Participants will have the opportunity to attend a guided deer/boar day hunt on 225 acres on the Flint River. Participants will also have access to all-terrain vehicles and stocked ponds with onsite lodging available.

\*In-person and online programs are subject to date/time/location change