

RECREATION THERAPY PROGRAMS

Open to all veterans receiving care at the
VAMC

**all abilities, all ages, all skill levels
welcome**

FALL/WINTER CALENDAR (Posted November 20, 2008)

Tuesday

10:00 – 12:00 Woodcarving
1:00 – 3:00 Painting
3:15 – 4:15 Open Gym

Wednesday

10:30 – 11:30 Woodcraft Kits (HHV)
12:30-2:00 Creative Writing
12:30-3:30 Hippo-therapy (horse
riding)
3:15-4:15 Open Gym

Thursday

10:00-3:00 Alpine Skiing/Snowboarding
(starting January 8, 2009)
1:00 – 3:00 Leather Crafts
12:00-4:30 Cross Country Skiing
(starting January 8, 2009)
3:15 – 4:15 Open Gym

Friday

9:35 – 12:30 Bowling
1:30-3:00 Cooking Class

Saturday

9:30– 11:30 Open Creative Arts
10:00-3:00 Alpine Skiing/Snowboarding
(starting January 10, 2009)
2:00 – 3:30 Water Volleyball and
Swimming

Special Events

FAMILY WEEKEND RETREAT

Park City
January 16-18, 2009 (limited space)
Spouses and children of all ages
welcome

CREATIVE ARTS FESTIVAL

Visual art, performance art, writing
February 17-20, 2009
Deadline for submissions: February 13
Winners are eligible for the National
Competition

TEAM ACTIVITIES

Currently recruiting veterans for:
Rugby Team
Sledge/Seated Hockey Team
Tennis
Rock, Folk and Jazz Bands

MOVE WALKS

One mile VA campus walks
12:00 Tuesday-Friday

Available in the Spring/Summer:

Bicycling
Golf
Yoga
Fishing
Camping
Canoeing
Mixed Media Sculpture Class
River Rafting in Moab

CONTACT INFORMATION:

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