

## 2024 Recreation Therapy Upcoming Events

### JANUARY 2024

- January Hunt Jan 4-5
  - o This event will take place at Morrow Farms. Participants will have the opportunity to get out of the city and enjoy a guided deer/boar day hunt on 225 acres on the Flint River in Reynolds, GA. Hunters will also have access to all terrain vehicles and stocked ponds with onsite lodging available.
  
- Virtual E-Birding Clinic Jan 9
  - o This virtual event will take place via Zoom with three 2-hour classes over a 3-month time frame. Participants will have the opportunity to join the Shepherd Center and Georgia Audubon for an online education series on birdwatching. Series topics will be determined closer to the program dates. This program starts in January and will run once a month through March.
  
- Riveria Maya Trip with Wheel the World Jan 9-14
  - o This event will take place in Riveria Maya, Mexico. Participants will have the opportunity to join Shepherd Center and Wheel the World for an international adventure through Mexico. Please note, participants will be responsible for securing their own airfare for this event.
  
- Snow Ski Clinic with the National Ability Center Jan 22-26
  - o This event will take place at the National Ability Center in Park City, Utah. Participants will have the opportunity to join Shepherd Center and the NAC for snow skiing in addition to various other activities. This trip is targeting individuals who have experienced a spinal cord injury. Please note, participants will be responsible for securing their own airfare for this event.

### FEBRUARY 2024

- Virtual E-Birding Clinic Feb 13
  - o This virtual event will take place via Zoom with three 2-hour classes over a 3-month time frame. Participants will have the opportunity to join the Shepherd Center and Georgia Audubon for an online education series on birdwatching. Series topics will be determined closer to the program dates. This program starts in January and will run once a month through March.
  
- Winter Horticulture Clinic: Feb 15
  - o This event will take place at the Callenwolde Fine Arts Center in Atlanta, GA. Participants will have the opportunity to join Shepherd Center and Trellis Horticulture Therapy Alliance for a horticulture clinic that will focus on a basic horticulture/nature craft session. Program activity will be basic flower arranging.
  
- February Boxing Clinic: Feb 21
  - o This event will take place at Pepper Boxing in Atlanta, GA at the Buckhead location. Participants will have the opportunity to join Shepherd Center and Pepper Boxing instructors for an educational overview on boxing and a 50-minute fitness class. This course offers educational and hands-on demonstrations. Equipment will be provided.

- February BurnAlong Series: Cardio Feb 9, 13, 20, 27
  - o This event will take place online on the BurnAlong platform. Participants will have the opportunity to join Shepherd Center instructors for a live 45-minute cardio based fitness class. This course offers educational and hands-on demonstrations.

## **MARCH 2024**

- Fencing Clinic March 6
  - o This event will take place at Shepherd Center in Atlanta, GA. Participants will have the opportunity to join Shepherd Center Recreation Therapists, Shepherd Center Sports Team Coordinator, and local disabled fencing athletes/instructors. This course offers educational and hands-on demonstrations. Equipment will be provided.
- Dillsboro Art Clinic March 9
  - o This event will take place at the Jackson County Green Energy Park in Dillsboro, NC. Participants will have the opportunity to join Shepherd Center and local artisans to create various art mediums. Potential art projects include: glass blowing, blacksmithing, hand clay building, and ceramics. This course offers educational and hands-on demonstrations. Equipment will be provided. Please note, participants will be responsible for securing their own transportation for this event.
- Virtual E-Birding Clinic March 12
  - o This virtual event will take place via Zoom with three 2-hour classes over a 3 month time frame. Participants will have the opportunity to join the Shepherd Center and Georgia Audubon for an online education series on birdwatching. Series topics will be determined closer to the program dates. This program starts in January and will run once a month through March.
- Charlotte Clinic March 23
  - o This event will take place in Charlotte, NC at the Back to Independence Rehab gym. Participants will have the opportunity to join the Shepherd Center, and Back to Independence Rehab for a day clinic. This course offers educational and hands on demonstrations focusing on fitness/exercise, yoga, and nutrition education. Please note, participants will be responsible for securing their own transportation for this event.
- March BurnAlong Series: Strengthening March 5, 12, 19, 26
  - o This event will take place online on the BurnAlong platform. Participants will have the opportunity to join Shepherd Center instructors for a live 45-minute strength based fitness class. This course offers educational and hands-on demonstrations.

## **APRIL 2024**

- Pickleball Clinic April 7

o This event will take place at ITA Atlanta in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and local disabled pickleball athletes/instructors to learn more about wheelchair pickleball. This course offers educational and hands-on demonstrations. This program is being funded by the ALTA Foundation.

- Birdwatching Clinic at the Atlanta Botanical Gardens April 16
  - o This event will take place at the Atlanta Botanical Gardens. Participants will have the opportunity to join the Shepherd Center and The Georgia Audubon Society in this guided birding adventure. This guided tour will increase your skill and knowledge in birding, community mobility, and camaraderie with other bird watchers. This program will also offer lunch at completion of guided tour.
  
- Horsemanship Clinic at Chastain Horse Park April 17
  - o This event will take place at Chastain Horse Park in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Chastain Horse Park for a horsemanship clinic that will focus on safety considerations, horsemanship information, and grooming and tacking.
  
- April Tennis Clinic April 28
  - o This event will take place at Blackburn Park in Brookhaven, GA. Participants will have the opportunity to join the Shepherd Center and local disabled pickleball athletes/instructors to learn more about wheelchair tennis. This course offers educational and hands-on demonstrations. This program is being funded by the ALTA Foundation.

## **MAY 2024**

- Fly Fishing Trip May 2
  - o This event will take place at a private creek in Helen, GA. Participants will have an opportunity to get out of the city and onto the water for a day fishing trip. Fishermen will have access to a guided fly-fishing experience on a private creek. Please note, participants will be responsible for securing their own transportation for this event.
  
- Spring Horticulture Clinic May 9
  - o This event will take place at the Callenwolde Fine Arts Center in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Trellis Horticulture Therapy Alliance for a horticulture clinic that will focus on a basic horticulture/nature craft session. Program activity will be determined closer to the program date.
  
- Adventure Skills Workshop May 17-19
  - o This event will take place at Camp ASCCA in Jackson's Gap, AL. Participants will have the opportunity to join the Shepherd Center for various outdoor, aquatic, and adventure-based activities. Please note, participants will be responsible for securing their own transportation for this event. Meals, lodging, equipment, and instruction are included.
  
- Golf Clinic May 30

o This golf clinic will be with Shepherd Center Recreation Therapists and Georgia State Golf Association. This course offers education and hands-on demonstrations. The event will be held at Bobby Jones Golf Course.

## **JUNE 2024**

- Handcycling and Kayaking Clinic in Chattanooga, TN June 2
  - o This event will take place in Chattanooga, TN. Participants will have the opportunity to join the Shepherd Center and City of Chattanooga Department of Parks and Outdoors for an outdoor clinic focusing on kayaking and handcycling. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event.
  
- June Boxing Clinic: June 12
  - o This event will take place at Pepper Boxing in Atlanta, GA at the Buckhead location. Participants will have the opportunity to join Shepherd Center and Pepper Boxing instructors for an educational overview on boxing and a 50-minute fitness class. This course offers educational and hands-on demonstrations. Equipment will be provided.
  
- June Water Ski Clinic June 15
  - o This event will take place at Lake Allatoona in Acworth, GA. Participants will have the opportunity to join the Shepherd Center and local disabled athletes to learn the basics of waterskiing. This course offers educational and hands-on demonstrations of adaptive water skiing. Please note there is a 200lb weight limit due to equipment capacity.
  
- Photography Clinic June 20
  - o This event will take place at Shepherd Center. Participants will have the opportunity to join the Shepherd Center and local photographer to learn more about adaptive photography. This course offers educational and hands-on demonstrations. Lunch will be included at this event.
  
- June BurnAlong Series: Yoga June 4, 11, 18, 25
  - o This event will take place online on the BurnAlong platform. Participants will have the opportunity to join Shepherd Center instructors for a live 45-minute yoga based fitness class. This course offers educational and hands-on demonstrations.

## **JULY 2024**

- Para-Tri Clinic July 13-14
  - o This two-day event will take place at the Alpharetta YMCA in Alpharetta, GA. Participants will have the opportunity to join the Shepherd Center and the Atlanta Tri Club for a clinic focusing on swimming, cycling, and wheelchair racing. This course offers educational and hands-on demonstrations. Participants will complete a mock tri at the end of the event.
  
- July Water Ski Clinic July 20

o This event will take place at Lake Allatoona in Acworth, GA. Participants will have the opportunity to join the Shepherd Center and local disabled athletes to learn the basics of waterskiing. This course offers educational and hands-on demonstrations of adaptive water skiing. Please note there is a 200lb weight limit due to equipment capacity.

- Steamboat Springs Clinic at STARS Ranch July 21-25
  - o This event will take place at the STARS Ranch in Steamboat Springs, CO. Participants will have the opportunity to join the Shepherd Center and STARS for various outdoor and adventure-based activities. This trip is targeting individuals who have experienced a spinal cord injury. Please note, participants will be responsible for securing their own airfare for this event. Meals, lodging, equipment, and instruction are included.
- July BurnAlong Series: Cardio/Strengthening July 2, 9, 16, 23
  - o This event will take place online on the BurnAlong platform. Participants will have the opportunity to join Shepherd Center instructors for a live 45-minute strength and cardio based fitness class. This course offers educational and hands-on demonstrations.

## **AUGUST 2024**

- August Water Ski Clinic August 3
  - o This event will take place at Lake Allatoona in Acworth, GA. Participants will have the opportunity to join the Shepherd Center and local disabled athletes to learn the basics of waterskiing. This course offers educational and hands-on demonstrations of adaptive water skiing. Please note there is a 200lb weight limit due to equipment capacity.
- Climbing Clinic in Washington DC Aug 10
  - o This event will take place in Washington DC. Participants will have the opportunity to join the Shepherd Center and Catalyst Sports for a clinic focusing on adaptive climbing. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event.
- August Boxing Clinic: Aug 21
  - o This event will take place at Pepper Boxing in Atlanta, GA at the Buckhead location. Participants will have the opportunity to join Shepherd Center and Pepper Boxing instructors for an educational overview on boxing and a 50-minute fitness class. This course offers educational and hands-on demonstrations. Equipment will be provided.
- August BurnAlong Series: Tai Chi Aug 6, 13, 20, 27
  - o This event will take place online on the BurnAlong platform. Participants will have the opportunity to join Shepherd Center instructors for a live 45-minute tai chi based fitness class. This course offers educational and hands-on demonstrations.

## **SEPTEMBER 2024**

- Golf Clinic Sept 4

o This event will take place at Bobby Jones Golf Course in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center, Georgia State Golf Association, and local disabled golf athletes/instructors to learn more about adaptive golf. This course offers educational and hands-on demonstrations.

- Surfing Clinic in Charleston, SC Sept 14
  - o This event will take place in Charleston, SC. Participants will have the opportunity to join the Shepherd Center and Adaptive Expeditions for an outdoor clinic focusing on adaptive surfing. This course offers educational and hands-on demonstrations. Please note, participants will be responsible for securing their own transportation for this event.

- Camp Twin Lakes Weekend Clinic Sept 20-22
  - o This event will take place at Camp Twin Lakes in Rutledge, GA. Participants will have the opportunity to join the Shepherd Center and Camp Twin Lakes for various outdoor and adventure-based activities. Please note, participants will be responsible for securing their own transportation for this event. Meals, lodging, equipment, and instruction are included.

## **OCTOBER 2024**

- Hiking Clinic Oct 4
  - o This event will give the opportunity for participants to join the Shepherd Center to learn more about adaptive hiking. This course offers educational and hands-on demonstrations. Event location will be determined closer to the program date.
- Tennis Clinic Oct 6
  - o This event will take place at Blackburn Park in Brookhaven, GA. Participants will have the opportunity to join the Shepherd Center and local disabled pickleball athletes/instructors to learn more about wheelchair tennis. This course offers educational and hands-on demonstrations. This program is being funded by the ALTA Foundation.
- Birdwatching Clinic at the Atlanta Botanical Gardens Oct 8
  - o This event will take place at the Atlanta Botanical Gardens. Participants will have the opportunity to join the Shepherd Center and The Georgia Audubon Society in this guided birding adventure. This guided tour will increase your skill and knowledge in birding, community mobility, and camaraderie with other bird watchers. This program will also offer lunch at completion of guided tour.
- Fall Horticulture Clinic Oct 17
  - o This event will take place at the Callenwolde Fine Arts Center in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center and Trellis Horticulture Therapy Alliance for a horticulture clinic that will focus on a basic horticulture/nature craft session. Program activity will be determined closer to the program date.
- October BurnAlong Series: Education Series Oct 8, 15, 22

o This event will take place online on the BurnAlong platform. Participants will have the opportunity to join Shepherd Center instructors for a live 45-minute education-based classes regarding emergency preparedness, travel information, and health and nutrition.

## **NOVEMBER 2024**

- Virtual Art Clinic Nov 7
  - o This event will give the opportunity for participants to join the Shepherd Center and certified art therapists on a virtual platform via Zoom to participate in an art-based activity. This course offers educational and hands-on demonstrations. Program activity will be determined closer to the program date.
  
- Curling Clinic Nov 17
  - o This event will take place in Marietta, GA. Participants will have the opportunity to join the Shepherd Center and Peachtree Curling Association for a clinic that will focus on wheelchair curling. This course offers educational and hands-on demonstrations and equipment will be provided.

## **DECEMBER 2024**

- Bowling Clinic: Dec 4
  - o This event will take place in Atlanta, GA. Participants will have the opportunity to join the Shepherd Center for a clinic that will focus on bowling. This course offers educational and hands-on demonstrations and equipment will be provided.
  
- Snow Ski Clinic at the STARS Ranch: Dec 8-12
  - o This event will take place at the STARS Ranch in Steamboat Springs, CO. Participants will have the opportunity to join the Shepherd Center and STARS for snow skiing in addition to various other activities. Please note, participants will be responsible for securing their own airfare for this event. Meals, lodging, equipment, and instruction are included.
  
- December Boxing Clinic: Dec 11
  - o This event will take place at Pepper Boxing in Atlanta, GA at the Buckhead location. Participants will have the opportunity to join Shepherd Center and Pepper Boxing instructors for an educational overview on boxing and a 50-minute fitness class. This course offers educational and hands-on demonstrations. Equipment will be provided.
  
- December Hunting Clinic: Dec 17-18
  - o This event will take place at Morrow Farm. Participants will have the opportunity to get out of the city and enjoy a guided deer/boar day hunt on 225 acres on the Flint River in Reynolds, GA. Hunters will also have access to all terrain vehicles, and stocked ponds with onsite lodging available.

\*All programs are subject to date/time/location change