

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.

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

2020-2021 Calendar of Events

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

RECREATION THERAPY

Shepherd Center



RECREATION THERAPY

2020-2021

RECREATION THERAPY CALENDAR OF EVENTS



Shepherd Center
RECREATION THERAPY



2020-2021 Calendar of Events

DISCOVER SCUBA

**2020: Mar 4 • Mar 25
May 6 • Jun 3 • Jul 1
Jul 29 • Sep 30
Nov 4 • Dec 2**

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: \$25.

Contact: 404-350-7787

OVERNIGHT BIRD WATCHING RETREAT

April 24 & 25, 2020

Unicoi State Lodge
Cost: \$25. Registration required. Register online at shepherd.org/rec-therapy/events
Contact: 404-350-7785

ADVENTURE SKILLS WORKSHOP

May 15-17, 2020

This three-day nationally recognized outdoor workshop includes adaptive waterskiing,

scuba diving, fishing, kayaking, jet skiing, swimming, target shooting, zip-lining, basketball, 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
Contact: 404-350-7375

WATERSKI WORKSHOP

June, July, August 2020

Learn the fundamentals of adaptive skiing in this workshop led by professionally trained ski instructors. Designed for beginner and intermediate skiers.

Cost: \$25. Registration required. Register online at shepherd.org/rec-therapy/events
Contact: 404-350-7787

AJC PEACHTREE ROAD RACE WHEELCHAIR DIVISION

July 4, 2020

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 19-26, 2020

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.
Contact: 404-350-7787

BIRD-ABILITY 5TH ANNIVERSARY

September 29, 2020

Thanks to our partners The West Foundation and the Atlanta Audubon

Society, Shepherd Center will be hosting a morning of Bird-ability on the Atlanta Beltline and a celebratory lunch. All our past birders and newcomers welcome!
Cost: \$15. Registration required. Register online at shepherd.org/rec-therapy/events
Contact: 404-350-7785

SNOW SKI TRIP 2021

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.
Contact: 404-350-7787

Outdoor Activities

Cost and registration, Contact: 404-350-7790.

MORROW FARM HUNTS

Jan-Mar 2020

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 on-site lodging available.

DEEP SEA FISHING TRIP

August 2020

Panama City Beach, FL

CAMPING AND HUNTING TRIPS

Oct - Dec 2020

Tournaments

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

BASKETBALL

TBD

RUGBY

November 2020

SOCCER

January 2021

SOFTBALL

Summer 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 required. Register online at shepherd.org/rec-therapy/events
Contact: 404-350-7793

Mar 28	GA	Adaptive Golf & Tennis
Jun 6	TN	Handcycling & Kayaking
Jul 25-26	GA	Para-Triathlon Clinic
Aug 19	GA	Adaptive Golf
Aug 29	GA	TBD
Oct 24	TBD	

Fred, Shaler and Andrew Alias Sports Teams Program

Shepherd Center sponsors the following twelve competitive sports teams: basketball, bass fishing, fencing, handcycling, power soccer, quad rugby, riflery, softball, swimming, track, waterskiing and tennis.

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.