

OUTPATIENT RECREATION THERAPY

APRIL 5TH - JUNE 25TH

Groups offered this 12 week season:

Sounds of Relaxation
Core & Stability
Life Through Stories
Book Club
Intro to Leisure: Magic
Tai Chi Chih
Healing Through Movement
Qigong in the Park
Seated Group Exercise
Intro To Leisure: Pottery
Creativity with Cardio
Drumming
Music for Wellness
Chair Yoga
Therapeutic Expression
Trauma Release Exercises
Group Exercise
Mind & Body for Cognition
Exploring Yoga
Social Games
Tai Chi Chuan
Intro to Leisure: Crafting

What is Recreation Therapy?

Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.

Wait... What?

The essence of Recreation Therapy is using leisure skills and activities in a therapeutic way.

I still don't quite get it?

If you haven't been able to sit still all week, or your mind is constantly running we are here for you. We offer a space to find the paintbrush or exercise style that allows your mind and body to be at ease. We then give you the skills to carry this into your daily life.

Face to Face

SOUNDS OF RELAXATION

Mondays from 9:00am-10:00am

A new program that consists of educating and engaging participants in various sound and music based relaxation techniques.

Telehealth

CORE & STABILITY

Mondays from 9:30pm-10:30pm

This program consists of education and practice on core strengthening exercises and how to utilize them in our day to day lives.

Hybrid

LIFE THROUGH STORIES

Mondays from 11:00am-12:00pm

This program offers a way to put our life stories on paper utilizing creative writing skills and prompts.

Telehealth

BOOK CLUB

Mondays from 1:00pm-2:00pm

Do you like to read? Do you enjoy discussing books? Would you like to explore being in a book club and have the experience to later join in a community book club? Here's an opportunity to enjoy reading a book, provided by the VA, and socialize with a small group of participants!

Face to Face

LEISURE EDUCATION: MAGIC

Mondays from 1:30pm-2:30pm

This program consists of various social and engagement techniques involved in presenting magic tricks. Each week a new trick will be learned!

Telehealth

TAI CHI CHIH

Tuesdays from 8:30am-9:30am

A specialized exercise program designed to energize the mind and body through a series of graceful, slow movements. This style focuses on individual movements and the repetition of them. It focuses heavily on breathing patterns.

Face to Face

HEALING THROUGH MOVEMENT

Tuesdays from 10:00am-11:00am

This program consists of educating and engaging participants in the correct form and history of tai chi and chair yoga. Participants will also be educated on various breathing techniques to accompany their movements.

Face to Face

QI GONG IN THE PARK

Tuesdays 10:00am-11:00am

Qi Gong is about strength and building energy. Breath, meditation and movement are combined in a seamless practice help manage pain, reduce stress, alter consciousness and create a deep sense of peace, wellbeing and better health. This group will be held in Indian Steele Park.

Hybrid

SEATED EXERCISE GROUP

Tuesdays from 1:00pm-2:00pm

This program offers a therapeutic social environment built to foster social engagement and skills.

Face to Face

INTRO TO LEISURE: POTTERY

Wednesdays from 9:00am-10:00am

This program is an introduction to the basics of hand building pottery. It will provide education on the basic steps as well as provide resources for participation in the community.

Telehealth

CREATIVITY WITH CARDIO

Wednesdays from 9:30am-10:30am

This program is a chance to experience cardio exercise from a new perspective! Participants will engage in education and practice on various cardio forms available in a home setting. REQUIREMENTS: Independent transitions from floor to standing and back.

Face to Face

DRUMMING

Wednesdays from 10:30am-11:30am

A program to aid in one's overall well being utilizing a variety of drums and percussion instruments. This program's focus is on self-expression through creative outlets.

Telehealth

MUSIC FOR WELLNESS

Wednesdays from 11:00am-12:00pm

No music skills required, just a love for music! This group provides Veterans an opportunity to explore music as a therapeutic tool to make positive changes in mood and emotional state, interact socially with others and work together in a group setting. Veterans will learn to understand how music and rhythm can benefit their physical, emotional and spiritual wellness. Some examples of interventions may include: drumming, music & movement, Tibetan bowl relaxation, guided meditation, and musical improvisation.

Telehealth

CHAIR YOGA

Wednesdays from 1:30pm-2:30pm

This group is a gentle form of yoga performed from a seated position to promote relaxation, increase flexibility, improve physical strength, enhance focus, and assist with pain management.

Hybrid

THERAPEUTIC EXPRESSION

Thursdays from 9:00am-10:00am

This group aids in one's overall well-being using a variety of creative outlets including music, art (both independent and collaborative), and creative writing in a focused setting.

Hybrid

TRAUMA RELEASE EXERCISES

Thursdays from 9:30am-10:30am

This class teaches self-help techniques that target the parasympathetic nervous system to release deep muscular patterns of stress, tension, and trauma.

Hybrid

GROUP EXERCISE

Thursdays from 10:30am-11:30am

Each group consists of seated or standing exercise which includes: stretching, resistance band exercises, flexibility, and low impact cardio. For this group participants will need to be able to independently move from a seated to standing position.

Face to Face

MIND & BODY FOR COGNITION

Thursdays from 1:00pm-2:00pm

A group specially designed for people with cognitive impairments to provide participants with an opportunity to engage in a small group atmosphere using a variety of creative outlets, including music, art, humor, reminiscing, and games.

Hybrid

EXPLORING YOGA

Fridays from 9:00am-10:00am

Yoga class designed to introduce yoga experience incorporating a variety of yoga formats to promote relaxation, increase flexibility, improve physical strength, enhance focus, and assist with pain management. Individuals need to be able to easily move from the floor to standing without assistance.

Face to Face

SOCIAL GAMES

Fridays from 10:00am-11:00am

This program offers a therapeutic social environment built to foster social engagement and skills.

Telehealth

TAI CHI CHUAN

Fridays from 10:30am-11:30am

A specialized exercise program designed to energize the mind and body through a series of graceful, slow movements. This style focuses on a series of movements, typically by repeating the series to ensure proficiency.

Face to Face

INTRO TO LEISURE: CRAFTING

Fridays from 1:30pm-2:30pm

A program offering a basic introduction to various crafting skills. The program will cover various skills as well as how to engage independently in the community.



Face to Face Groups:

Meet in Person at the Hospital

- Sounds of Relaxation
- Leisure Education: Magic
- Healing Through Movement
- Qi Gong in the Park
- Intro to Leisure: Pottery
- Drumming
- Mind and Body for Cognition
- Social Games
- Intro to Leisure: Crafting



Hybrid Groups:

Meet in Person or through Telehealth

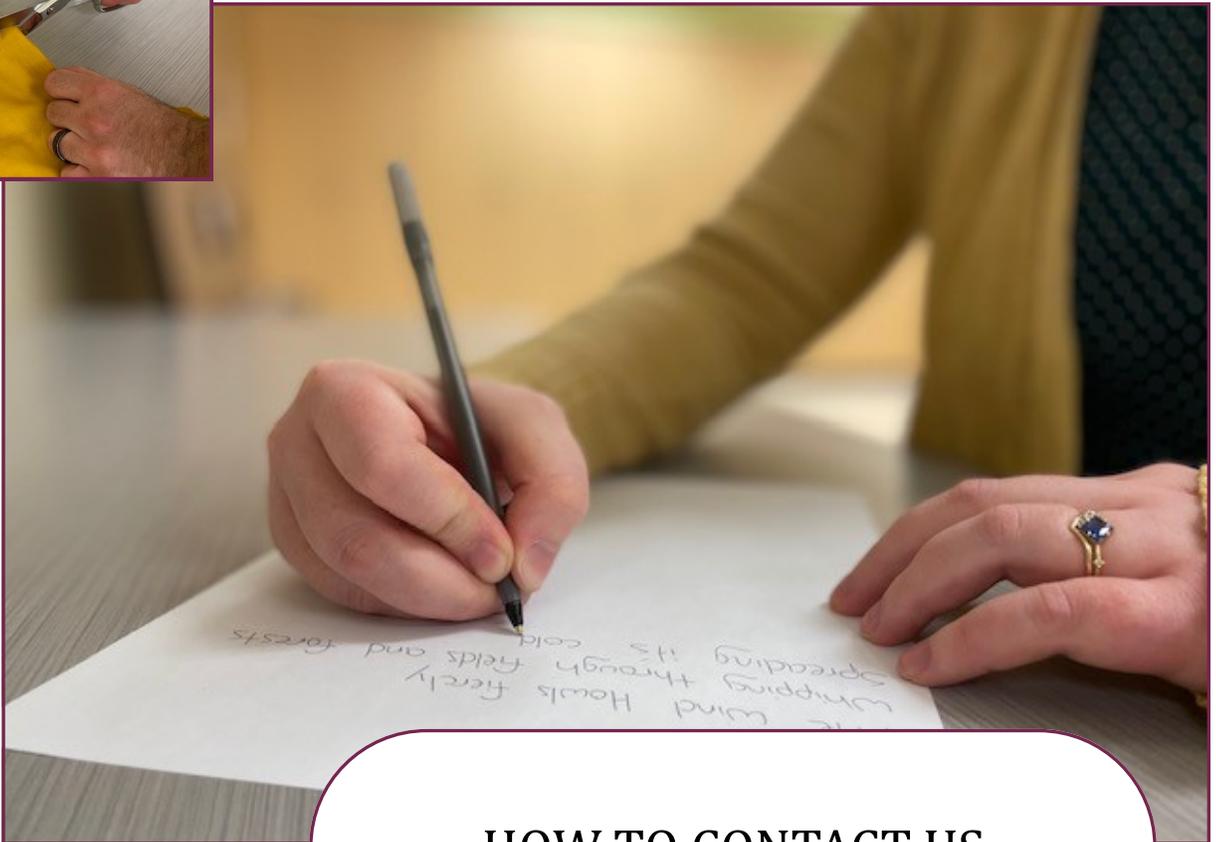
- Life Through Stories
- Seated group Exercise
- Therapeutic Expression
- Trauma Release Exercises
- Group Exercise
- Exploring Yoga



Telehealth Groups

Meet through our computers

- Core & Stability
- Book Club
- Tai Chih Chih
- Creativity with Cardio
- Music for Wellness
- Chair Yoga
- Tai Chi Chuan



HOW TO CONTACT US

Call us at (602)277-5551 ext. 7250