

Recreation & Creative Arts Therapies Offerings:

Photo Club meets in the Computer Lab, building 4

Walking Club meets in the Fitness Center, building 82

Open Studio meets in the Art Studio B32, building 4

Pottery meets in the Greenhouse, basement building 4

Archery meets in Parking Lot 10 —leaves PROMPTLY @ 12:20

Yoga meets in the VA swimming pool, building 82

Swim Clinic meets in the VA swimming pool, building 82

Ping-Pong and Full Court Basketball meet in the gym, building 82

Computer Classes meet in the Computer Lab, building 4

Racquet Ball and Rock Climbing meet in Parking lot 10—leaves PROMPTLY @ 10:10

Golf Clinic meets at Patriot Golf Course Driving Range

Gym Orientation meets in the Fitness Center, building 82

What is Recreation Therapy?

Recreation Therapy is a process that utilizes recreation and other activity-based interventions that are based upon the assessed needs of individuals with illness or disabling conditions. The purpose of the RT process is to improve or maintain physical, cognitive, social, emotional, and spiritual functioning in order to facilitate fuller participation in life.



What is Creative Arts Therapy?

Art therapy is a mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem, self-awareness, and achieve insight.



How do I participate in Recreation Therapy?

All you need is to be enrolled in the Bedford VA Healthcare System and cleared annually by your physician to participate in Therapeutic Recreation.

Do I need to be service connected?

No, you only need to be enrolled in VA

How do I start up?

Contact Outpatient Recreation Therapy Coordinator Nadene Landry for more information or to register.

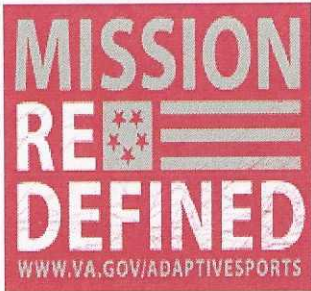
All participants must register at least 24 hours prior to attendance:
Nadene E. Landry, LMHC-ATR |
Outpatient Recreation Coordinator
Creative Arts Therapist
Office: Art Studio B32 Bldg. 4
Tel: 781-687-3199 | Cell: 781-382-5996
Email: nadene.landry@va.gov

<http://www.bedford.va.gov/>
Recreation Events & Classes posted on the Bedford Home Page!



BEDFORD VA OUTPATIENT RECREATION

SPRING/ SUMMER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Veterans Computer Lab Hours: Mon-Fri: 1030-1500 <u>Computer Classes:</u> Beginner: Tues. 11am Intermediate: Thurs 11am</p> <p>Gym Hours: Sun: CLOSED M-Sat: 0800-1830</p> <p>Personal Training is Available Upon Request Call 781-687-2118</p> <p>Pool Hours: Sun: CLOSED Mon-Sat 1130-1500</p> 		<p>1030 Ping-Pong 1100 Beginner Comp 1200 Full Court Basketball 1330 Photo Club 1700 Open Art Studio</p>	<p>0930 Pottery 0930 Walking Club</p>	<p>1000 Rock Wall-HAFB 1030 Ping-Pong 1100 Intermediate Comp. 1500 Yoga</p>	<p>0930 Walking Club 1030 Swim Clinic 1400 Gym Orientation 1300 Golf Clinic</p>	<p>9:00 Open Art Studio 1200 Open Swim</p>
		<p>1030 Ping-Pong 1100 Beginner Comp 1200 Full Court Basketball 1330 Photo Club 1700 Open Art Studio</p>	<p>0930 Pottery 0930 Walking Club</p>	<p>1030 Ping-Pong 1100 Intermediate Comp. 1230 Archery 1500 Yoga</p>	<p>0930 Walking Club 1030 Swim Clinic 1400 Gym Orientation 1300 Golf Clinic</p>	<p>9:00 Open Art Studio 1200 Open Swim</p>
		<p>1030 Ping-Pong 1100 Beginner Comp 1200 Full Court Basketball 1330 Photo Club 1700 Open Art Studio</p>	<p>0930 Pottery 0930 Walking Club</p>	<p>1000 Racquet Ball-HAFB 1030 Ping-Pong 1100 Intermediate Comp. 1500 Yoga</p>	<p>0930 Walking Club 1030 Swim Clinic 1400 Gym Orientation 1300 Golf Clinic</p>	<p>9:00 Open Art Studio 1200 Open Swim</p>
		<p>1030 Ping-Pong 1100 Beginner Comp 1200 Full Court Basketball 1330 Photo Club 1700 Open Art Studio</p>	<p>0930 Pottery 0930 Walking Club</p>	<p>1030 Ping-Pong 1100 Intermediate Comp. 1230 Archery 1500 Yoga</p>	<p>0930 Walking Club 1030 Swim Clinic 1400 Gym Orientation 1300 Golf Clinic</p>	<p>9:00 Open Art Studio 1200 Open Swim</p>

All participants must register via telephone or email **prior to attendance:**

Nadene E. Landry, LMHC-ATR | Outpatient Recreation Coordinator

Office: Art Studio B32 Bldg. 4 | Tel: 781-687-3199

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