

Spring 2024  
(March, April, May)

Rocky Mountain VA Medical Center  
1700 N. Wheeling St.  
Aurora, CO 80045

## SCI/D Recreational Therapy

### Spring 2024 Newsletter

Recreational Therapy has planned some exciting opportunities to look forward to this spring! These group opportunities serve as means for you to get back into meaningful activity, socialize with fellow Veterans, develop and practice healthy lifestyle skills, and work towards your personal recreation and leisure goals.

**\*Please note at this time, meals and transportation will be not provided for outings & events. Make sure to stay hydrated and bring your own snacks and water bottle!\***

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#### **To RSVP for programs or learn more, contact:**

**Jonas Ely, CTRS**

**Jonas.Ely@va.gov**

**720-201-7045**

#### What is recreational therapy?

Recreation Therapy is a treatment service designed to restore, remediate, and rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness, and reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition.



#### National Events

##### **National Veterans Creative Arts Festival**

May 11<sup>th</sup>-18<sup>th</sup>, 2024

Denver, Colorado

<https://department.va.gov/veteran-sports/national-veterans-creative-arts-festival/>

##### **National Veterans Wheel Chair Games**

July 25<sup>th</sup>-30<sup>th</sup>, 2024

New Orleans, LA

Applications due April 5<sup>th</sup>

Contact Jonas Ely if interested

##### **National Veterans Golf Clinic**

September 8<sup>th</sup>-13<sup>th</sup>

Riverside, Iowa

Applications due May 1<sup>st</sup>

Contact Jonas Ely if interested

## UPCOMING EVENTS:

### **Adaptive Mountain Biking**

When: Fridays

April 12<sup>th</sup>, May 10<sup>th</sup>

Time: 1pm-3pm

Where: Wonderland Lake Parking Lot

4201 Broadway, Boulder CO 80304

### **Try Scuba**

When: Friday, April 19th

Time: 10am-12pm

Where: A-1 Scuba

1603 W Bellview Ave, Littleton, CO  
80120

**\*Please note, a Doctor must clear you for this Scuba event. Contact Jonas for paperwork. Good for one year.**

### **Wash Park Roll N Stroll**

When: Wednesdays

April 2th, May 8<sup>th</sup>, May 22<sup>nd</sup>

Time: 10am-12pm

\*Meet at Denver South High Parking Lot



### **Pickle Ball w/ US Adaptive Court Sports**

When: Saturday

March 16<sup>th</sup>, April 13<sup>th</sup>

Time: 1-3 pm

Where: RMR VA SCI/D Courtyard,  
Dining Room

### **NeuAbility Adaptive Gym Workout**

When: Wednesdays

March 6<sup>th</sup> & 20<sup>th</sup>

April 3<sup>rd</sup> & 17<sup>th</sup>

May 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup>

Time: 10:00am-11:00am

Where: NeuAbility

East 78<sup>th</sup> Avenue, Denver, CO 80229

**RSVP: [Jonas.ely@va.gov](mailto:Jonas.ely@va.gov), 720-201-7045**

# River DEEP Winter Programs



## Intro to Blacksmithing/Welding

When: 3/23, 4/27, 5/18

Time: 9am-12pm

Where: Kilroy's Workshop, Inc.,  
7358 Cole View, Colorado Springs, CO 80915

## Archery

When: 3/17, 4/21,

Time: 10am-1pm

Where: Rocky Mountain Specialty Gear  
Kipling St B, Wheat Ridge, CO 8003

## Denver Art Classes

When: 3/5, 4/16, 5/21

Time: 4:30pm-6:30pm

Where: Art Students League of Denver  
200 Grant St, Denver, CO 80203

## Fencing

When: 3/9, 5/11

Time: 12:30pm-2:00pm

Where: Denver Fencing Center  
1930 S Navajo St, Denver, CO 80223

## Cottonwood Center Art Class

When: 3/4, 4/1, 5/6

When: Monday, January 8th

Time: 6pm-8pm

Where: 427 E Colorado Ave  
Colorado Springs 80903

## Try Scuba

When: 5/18

Time: 4:30pm-7pm

Where: 557 Milwaukee St, Denver, CO

\* medical forms due 1 week prior\*

**RSVP to Jonas Ely: 720-201-7045**

### **Disclaimer:**

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Connect with the PVA

**The Paralyzed Veterans of America is focused on serving Veterans who have experienced Spinal Cord Injury or dysfunction. They are a leading advocate for quality health care, research and education, benefits, and civil rights.**

**If you would like to learn more about becoming a member, please contact Laura Gibson at 909-208-3635 or [laura@msepva.org](mailto:laura@msepva.org).**

**If you want to learn more about PVA benefits, please contact James Kelly at 720-723-3127 or [JamesK@pva.org](mailto:JamesK@pva.org).**

**You can also visit [PVA.org](http://PVA.org) for general information.**



**Paralyzed Veterans  
of America**

## Resources

PVA Adaptive Sports: [Adaptive Sports \(pva.org\)](http://pva.org)

B-Bold (Adaptive boxing/Para Brazilian Jiu Jitsu): [HOME | B-Bold \(bboldadaptiveliving.com\)](http://HOME | B-Bold (bboldadaptiveliving.com))

### **Grants Information for 1 year Gym Memberships and equipment**

Challenged Athletes Fund: [Military Program | Challenged Athletes Foundation](http://Military Program | Challenged Athletes Foundation)

Catch a Lift: [GYMS GIVING BACK – Catch a Lift \(catchaliftfund.org\)](http://GYMS GIVING BACK – Catch a Lift (catchaliftfund.org))

Semper Fi Foundation: [Home - Semper Fi & America's Fund \(thefund.org\)](http://Home - Semper Fi & America's Fund (thefund.org))

Guardian for Heroes Foundation: [Guardian for Heroes Foundation – Pure Charity](http://Guardian for Heroes Foundation – Pure Charity)

Lift For the 22: [Lift For The 22 – Welcome to Lift For The 22, a register 501\(c\)3 organization built to help and encourage veterans.](http://Lift For The 22 – Welcome to Lift For The 22, a register 501(c)3 organization built to help and encourage veterans.)

Move United: [Apply for the Warfighters Program - Move United \(moveunitedsport.org\)](http://Apply for the Warfighters Program - Move United (moveunitedsport.org))

Vet Tix: [Free event tickets for Veterans—www.vettix.org](http://Free event tickets for Veterans—www.vettix.org)

Mission 22: [Programs for Veterans – Mission 22](http://Programs for Veterans – Mission 22)

We Defy Foundation: [Apply For A Scholarship – We Defy Foundation - Helping disabled combat veterans reclaim their lives through Jiu Jitsu and fitness](http://Apply For A Scholarship – We Defy Foundation - Helping disabled combat veterans reclaim their lives through Jiu Jitsu and fitness)

**Adaptive Adventures**— <https://adaptiveadventures.org/> 303-679-2770

Free Veteran programs such as cycling, dragon boat, yoga, rock climbing, skiing, kayaking, waterskiing, whitewater rafting, indoor adapted skiing lessons year round, and more. All activities can be adapted to all skill levels and physical abilities. In person and virtual available.

**National Sports Center for the Disabled (NSCD)** — <https://nscd.org/> 970-726-1518

Free Veteran programs such as rock climbing, shooting, skiing, water sports (kayak, canoe, rafting, etc.), horseback riding, and more. All activities can be adapted to all skill levels and physical abilities. In person and virtual available.

**Comeback Yoga**—Live classes: <https://www.comebackyoga.org> 507-881-9642

Free yoga classes for Veterans. Virtual and in person available.

**Move United:** <https://www.moveunitedsport.org/> - Select Colorado in Locations Tab for list of organizations around Colorado providing adapted sports and veteran programs

**River Deep Fishing:** <https://www.riverdeepfoundation.org/> 303-881-0400

Fishing lessons for Veterans

**Victory Service Dogs:** <https://www.victorysd.org/>

Provides free service dog training to Veterans in Colorado Springs & Denver

**Archery School of the Rockies:** [www.archeryschooloftherockies.com](http://www.archeryschooloftherockies.com)  
719-272-4379