

Outdoor Recreation Programs

For People with Brain Injuries. Jan. – Feb., 2020



People with brain injuries and their family and friends are invited to join us for upcoming winter programs.

Skating—we will mix in with the public skate at the Fitzpatrick Rink in Holyoke. There are skate walker balance aids, helmets and sleds available for use at no charge. You can rent ice skates at the rink.

Outdoor winter activities—enjoy the winter trails by snowshoes, kick sleds, or seated xc skis. The experience will be facilitated by our staff and we travel together as a group. There will be bathrooms and a warming area at each location.

Call All Out Adventures for more information and to register at **413-584-2052**. You can also visit us online at www.alloutadventures.org or email us at info@alloutadventures.org

- The following programs are open to people with brain injuries and their guests.
- **\$5 program fee for outdoor winter activities.**
- **\$6 Entrance fee for ice rink. \$6 ice skate rental. No charge for ice sleds.**
- All program sites are wheelchair accessible. Call us for accessibility information.

Date:	Time:	Activity:	Location:
Tuesday, January 14	12-1:30PM and /or 1:30-3PM	Outdoor Winter Activities	Mt. Tom State Forest, 125 Reservation Rd. Holyoke, MA. Meet at Bray Lake concrete building. Enter park from Rte. 5
Tuesday, January 21	11:30AM – 2:20PM	Skating and Sled Skating	Fitzpatrick Ice Arena, 575 Maple St., Holyoke, MA
Tuesday, January 28	12-1:30PM and /or 1:30-3PM	Outdoor Winter Activities	DAR State Forest, 78 Cape St. (Rte 112), Goshen, MA
Tuesday, February 4	12-1:30PM and /or 1:30-3PM	Outdoor Winter Activities	Mt. Tom State Forest, 125 Reservation Rd. Holyoke, MA. Meet at Bray Lake concrete building. Enter park from Rte. 5
Tuesday, February 11	12-1:30PM and /or 1:30-3PM	Outdoor Winter Activities	DAR State Forest, 78 Cape St. (Rte 112), Goshen, MA
Tuesday, February 25	11:30AM – 2:20PM	Skating and Sled Skating	Fitzpatrick Ice Arena, 575 Maple St., Holyoke, MA



All Out Adventures
outdoor recreation for people of all abilities

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All Out Adventures is a 501(c)(3) non-profit organization based in Northampton that promotes health, community, and independence for people with disabilities and their family and friends through outdoor recreation.