

# Leisure and Recreational Activities

The Polytrauma Network Site offers opportunities for leisure and recreation to support your recovery and well-being. A clinical assessment is required to help identify your goals and to ensure it is safe for you to participate in the program.

If you would like to participate, please contact Nafisa Kakar, Recreation Therapist @ (925) 373-4700 extension 35669 or Andy Duprey, Recreation Therapist @ (650)493-5000 extension 63288.

Activity date and times may change. All outdoor activities may be cancelled or modified due to weather.

## Current Offerings:

### **Archery**

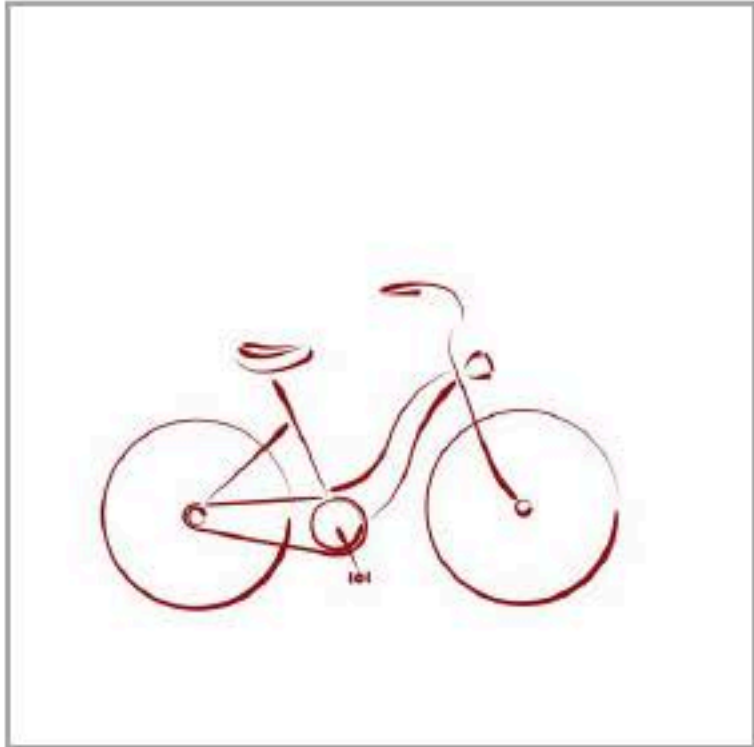


Archery is an ancient sport or skill of shooting with a bow and arrows, especially at a target. Archery can improve hand-eye coordination, focus and strength.

*Offered: 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month 10:30am-12:00pm- Stockton  
Tuesday and Thursday 11am- Palo Alto*

*Reservation Required.*

## Cycling



Cycling also known as biking or bicycling, is a low impact exercise that places minimal stress on joints. Through the practice of cycling one can improve strength, coordination and balance.

*Offered: Monday and Thursday 10am- San Jose  
Tuesday 11am and 1pm- Palo Alto  
Wednesday 11am- Palo Alto  
Tuesday 8:45am-Livermore  
Reservation Required.*

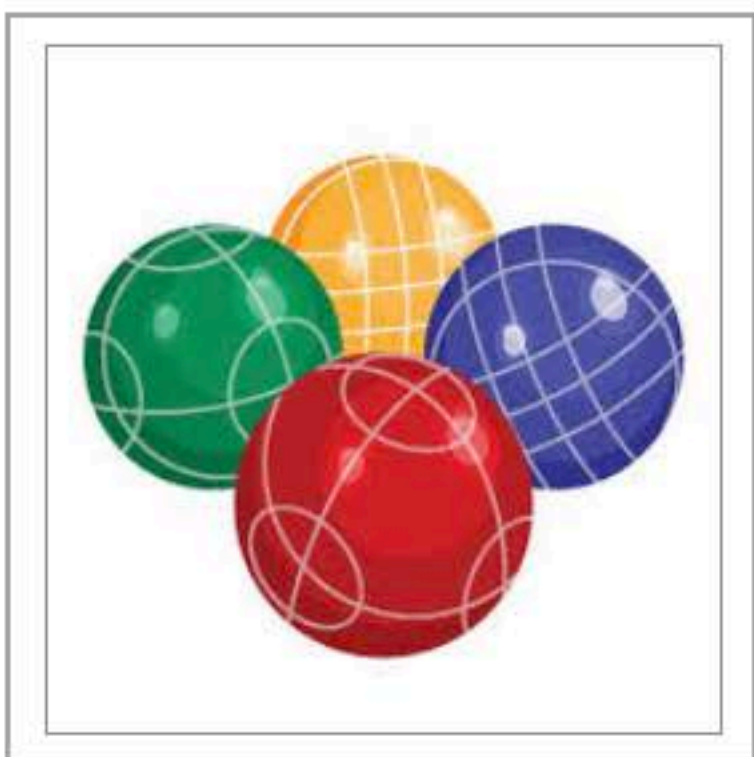
## Sculling



Sculling is the sport of rowing in a small narrow boat. Sculling is a great type of aerobic exercise that can promote weight loss and increase endurance. It is also a valuable alternative to high impact workouts, since the motion of rowing is natural and low impact.

*Offered: Tuesday 8:30am-10:30am-Stockton  
Reservation Required.*

## Bocce



Bocce is an ancient ball game. The objective of the game is to toss the bocce balls as close as possible to the pallina to earn points. Bocce ball is a great social activity that can improve coordination, flexibility, and reduce stress.

*Offered: Wednesday 10:00am- Livermore  
Reservation Required.*

## Therapeutic Horsemanship



Therapeutic Horsemanship is an equine-assisted activity. This activity can be an effective tool to improve motor coordination and balance.

*Offered: Friday 10am-12:00pm- Livermore  
Saturday 10am-12pm- Woodside-Horseback riding lessons  
Reservation Required.*

## Golf



Golf is a sport in which players use various clubs to hit balls into a series of holes on a course with as little strokes as possible. Through the regular practice of golf, one can reduce stress and anxiety levels, as well as improve physical fitness.

*Offered: Tuesday 8:30am-10:30am-Sacramento  
Fall lessons- various locations  
Reservation Required.*

## Kayaking



Kayaking is a watersport that involves paddling using a double-bladed oar and a small boat known as a kayak. The boats come in a variety of sizes and types, depending on their intended use, but most kayaks feature an enclosed deck that covers the legs

*Offered: Wednesday 6pm-8pm- Palo Alto  
Reservation Required*