

## Amputee Recreational Support Group of Ohio

# 2015 Schedule of Planned Events

Jan 5 <sup>th</sup>	Mon	12 – 1 pm	Mt Carmel Support Group	Mt Carmel West
Jan 5 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Jan 9 <sup>th</sup>	Fri		Veteran Alpine Skiing & Boarding	Mad River Mountain
Jan 10 <sup>th</sup>	Sat	8:00 am –10 am	Applebee's on Ackerman from 8:00-10:00 Am	for the pancake fundraising breakfast.
Jan 12 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Jan 17 <sup>th</sup>	Sat	9:00 am – 11 am	Archery	Indian Village P/R
Jan 19 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Jan 24 <sup>th</sup>	Sat	9:00 am –10 am	Recreational Swimming	Hunter Pool P/R
Jan 26 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Jan 31 <sup>st</sup>	Sat	9 am – 3 pm	TAASC Alpine Skiing Challenge	Snow Trails
Feb 2 <sup>nd</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Feb 2 <sup>nd</sup>	Mon	12 – 1 pm	Mt Carmel Support Group	Mt Carmel West
Feb 7 <sup>th</sup>	Sat	9 am – 5 pm	ACA PV/OSU Training	OSU & Amputee Recreational Support Group
Feb 9 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Feb 16 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Feb 21 <sup>st</sup>	Sat	9:00 am –10 am	Recreational Swimming	Hunter Pool P/R
Feb 23 <sup>rd</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Feb 28 <sup>th</sup>	Sat	9:00 am -Noon	Walking/Running Prosthetic Clinic	OSU Rehab Center
Mar 2 <sup>nd</sup>	Mon	12 – 1 pm	Mt Carmel Support Group	Mt Carmel West
Mar 2 <sup>nd</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Mar 8 <sup>th</sup>	Sun		Arnold Indoor Rowing Challenge	Columbus Convention Center \$35pp
Mar 9 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Mar 14 <sup>th</sup>	Sat	9 am – 11 am	Team Building	Indian Village P/R
Mar 16 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Mar 23 <sup>rd</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Mar 27 <sup>st</sup>	Fri	5:30-9:00 pm	AAOP Spring Meeting (Booth)	Hilton Hotel, Easton Town Center
Mar 28 <sup>nd</sup>	Sat	7:30-4:00 pm	AAOP Spring Meeting (Booth)	Hilton Hotel, Easton Town Center
Mar 30 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High

<b>Apr 4<sup>th</sup></b>	<b>Sat</b>	<b>10 am – 1 pm</b>	<b>Amputee Zoo Outing</b>	<b>Columbus Zoo - \$10pp</b>
<b>Apr 4<sup>th</sup></b>	<b>Sat</b>	<b>9 am – 2 pm</b>	<b>Open Range Gun Shoot &amp; Lunch</b>	<b>Rayners Range (No Charge)</b>
Apr 6 <sup>th</sup>	Mon	12 – 1 pm	Mt Carmel Support Group	Mt Carmel West
Apr 6 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
<b>Apr 11<sup>th</sup></b>	<b>Sat</b>	<b>9:30-11:00</b>	<b>Gait Clinic (Optimus Prosthetics)</b>	<b>Adventure Center</b>
Apr 13 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Apr 18 <sup>th</sup>	Sat	8 am -10:30 am	Para-Rowing Clinic (Scull)	Griggs Boathouse
Apr 20 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Apr 25 <sup>th</sup>	Sat	9 am – 11 am	Wetlands Walk	OSU Wetlands P/R
Apr 27 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
May 4 <sup>th</sup>	Mon	12 – 1 pm	Mt Carmel Support Group	Mt Carmel West
May 4 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
May 9 <sup>th</sup>	Sat	9 am – 11 am	Bird Watching Adventure	Scioto Audubon Metro Park P/R
May 11 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
May 16 <sup>th</sup>	Sat	8 am -10:30 am	Para-Rowing Clinic (Scull)	Griggs Boathouse
May 18 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
May 25 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
May 30 <sup>th</sup>	Sat	8 am -10:30 am	Para-Rowing Clinic (Scull)	Griggs Boathouse
Jun 1 <sup>st</sup>	Mon	12 – 1 pm	Mt Carmel Support Group	Mt Carmel West
Jun 1 <sup>st</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Jun 6 <sup>th</sup>	Sat	9 am – 11 am	High banks Nature Walk	High banks Park P/R
Jun 8 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Jun 13 <sup>th</sup>	Sat	8 am -10:30 am	Para-Rowing Clinic (Scull)	Griggs Boathouse
Jun 15 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Jun 20 <sup>th</sup>	Sat	10 am -Noon	Amputee Agility Clinic	OSU Rehab Center
Jun 22 <sup>nd</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High
Jun 27 <sup>th</sup>	Sat	8 am -10:30 am	Para-Rowing Clinic (Scull)	Griggs Boathouse
Jun 29 <sup>th</sup>	Mon	5:30 pm –7 pm	Yoga for Amputees	Yoga on High

Jul 11 <sup>th</sup>	Sat	8 am -10:30 am	Para-Rowing Clinic (Scull)	Griggs Boathouse
Jul 18 <sup>th</sup>	Sat	10 am – 6 pm	Para Water Skiing	Ampuski - Ostrander, OH
July 23 <sup>rd</sup> – July 25 <sup>th</sup>		Amputee National Conference		Tucson, Az.
Aug	Fri	10 am -3:00 pm	Ohio State Fair Outing	State Fair Grounds
Aug 16/17 <sup>th</sup>	Sat/Sun		WBNS Health Fair (Booth)	Columbus Convention Center
Aug 22	Sat	8 am – 3 pm	Canoe Livery Adventure	Parks & Recreation
Sep 18 <sup>th</sup>	Sat	7 pm – 8:30 pm	Platoon Boat Ride – Scioto	Indian Village P/R
Sep 22 <sup>nd</sup>	Mon	7 pm – 9 pm	2015 Event Planning Meeting	Indian Village Lodge P/R
Oct 16 <sup>th</sup>	Fri	5 pm -7 pm	Camp Fire and Evening Walk	Indian Village OEC P/R
Oct	Sat	10 am -Noon	Hangar 5K Amputee Run/Walk	Wolfe Park
Oct	Sat		REGATTA - Speakmon	Griggs Boathouse/Scioto River 2.8 miles
Nov 21 <sup>st</sup>	Sat	9 am – 11 am	Speaker	Indian Village P/R
Dec 12 <sup>th</sup>	Sat	9 am – 11 am	Archery	Indian Village P/R

**Other Area Support Group Meetings:**

**Mount Carmel West: POC:** Melissa Beachy, CTRS Recreational Therapist, Mount Carmel West 614.234.3905

January 5<sup>th</sup>  
February 2nd  
March 2nd  
April 6th

May 4th  
June 8th  
July 6th  
August 3rd

September 14th (due to Labor Day)  
October 5th  
November 2nd  
December 7th.

## Events To Be Scheduled:

Dancing Clinic  
Horseback Riding

Golf Clinics  
Urban Forestry Clinic

Swimming Clinics  
Tennis Clinics

## POC:

Robert Haas – ARSGOCO Facilitator [rhaas@columbus.rr.com](mailto:rhaas@columbus.rr.com) 614-288-5105 Mary Beth Moore – Paralympic Liaison [MBMoore@Columbus.gov](mailto:MBMoore@Columbus.gov) 614-645-5648  
Ray Blankenship – IT Coordinator [rayb777@columbus.rr.com](mailto:rayb777@columbus.rr.com) 614-357-2093

## Recreational Amputee Support Group of Central Ohio

### Activities Location Addresses

## Addresses:

Robert Haas: 76 Garden Rd, Columbus, Ohio 43214 (614) 288-5105  
Adventure Center: Franklin Park Indoor Adventure Center, 1755 E. Broad St., Columbus, OH 43203 (614) 645-5648 (Office)  
Indian Village Outdoor Education Center: 3200 Indian Village Rd., Columbus, OH 43221  
Griggs Boathouse: 3033 Thoburn Road | Columbus, Ohio 43221 (614) 645-3337 POC: Jody Stahr  
Cleo Dumaree: Athletic Complex, 276 S. Nelson Rd. Columbus, Ohio 43205  
Genoa Park: (Next to COSI)  
Scioto Audubon Metro Park: 400 W Whittier St, Columbus, OH 43215 (614) 445-1076  
Hunter Pool: Columbus Aquatics Center, 1160 Hunter Ave. Columbus, OH 43201  
Yoga on High: 1081 N. High St. (Short North) Columbus, Ohio 43201 614-291-4444 Free Parking  
Yoga on High TTI Location – 1020 Dennison Ave. Suite 201, Columbus, Ohio 43201  
Sled Ice Hockey Clinic – OhioHealth Ice Haus, 200 W Nationwide Blvd, Columbus, Oh 43215 614-246-3380  
VA Hospital, Cleveland, 0701 East Boulevard Cleveland, OH 44106 877-838-8262 | 216-791-3800  
Hilton Hotel, 3900 Chagrin Dr., Columbus, Ohio 43219 614-414-5000  
Ross County Service Center, 475 Western Ave, Chillicothe, Ohio POC Stacy Guerra (Pioneer Scholl) 740-773-2165  
Chiller Easton, 3600 Chiller Lane, Columbus, Ohio  
DSCC Eagle Eye Golf Course, 3990 E. Broad Street, Whitehall, Ohio 43213 POC: Lisa Lavelle (Fore Hope) 614-784-1111  
OSU Outpatient Rehabilitation Center, 2050 Kenny Road, Suite 2134, Columbus, Ohio 43221 614-293-4523 POC: Jennifer Fugitt, PT, MPT  
Columbus Zoo and Aquarium - 4850 Powell Rd, Powell, OH 43065 (614) 645-3400 Cost: \$10 pp \$7 park  
Crew Stadium – One Black & Gold Blvd., Columbus, Ohio 43211 614-447-4233 POC: Tyler Mowbray \$10 pp  
Wolfe Park, 105 Park Dr., Columbus, Ohio 43209 POC: Hanger Corp. POC: Jason Neuenschwander 614-562-4769  
Ampuski - 5501 Penn Road, Ostrander, OH POC Woody 334-332-8411  
Healing Waters Fly Fishing, John Davis 614-425-6160  
Columbus Clippers, 330 Huntington Park Lane, Columbus, Ohio 43215 Phone: (614) 462-5250  
Dublin Chiller located at 7001 Dublin Park Drive, Dublin, OH 43016 (614) 764-1000



Columbus



amputee  
coalition



Ticket Line:

### **Special Events:**

TAASC Alpine Skiing  
TAASC Veteran Skiing

Snow Trails 3100 Possum Run Rd, Mansfield, OH 44903

Phone:(419) 774-9818 [www.snowtrails.com](http://www.snowtrails.com)

Mad River Valley 1000 Snow Valley Rd, Zanesfield, OH 43360 Phone: (937) 599-1015

Arnold Indoor Rowing Challenge  
Rayners Gun Range

Columbus Convention Center Room B200-B201 Columbus Rowing Association  
10908 Rayner Ln, Blue Rock, OH 43720 Phone:(740) 674-7019 POC: Bob Fellow 614-861-1669

[joyce.fellows8264@att.net](mailto:joyce.fellows8264@att.net)

### **Clinics:**

### **Participating & Supporting Partners:**

Paralympic Sports Center – Columbus  
Parks and Recreation – City of Columbus  
The Adaptive Adventure Sports Coalition (TAASC)  
American Academy of Orthotists and Prosthetists (AAOP)  
Columbus Rowing Club  
DAV Ohio Warrior Sled Hockey Team  
Upper Arlington Para Rowing Team – Christopher Swartz  
Ohio Adaptive Sport Organization  
Amputee Coalition of America (ACA)  
Department of Veteran Affairs – Columbus and Chillicothe

### **Support Group Partners:**

Mount Carmel West Support Group: Melissa Beachy, CTRS Recreational Therapist, Mount Carmel West 614.234.3905

Tri-States Amputees 6:30 PM @ Church of the Saviour Pfeiffer Rd., Cincinnati, Ohio POC Call Lois 5138912442/John 5136164860 for info.

### **Website:**

<http://www.arsgcoh.org/>

### **FACEBOOK:**

<https://facebook.com/ARSGOCO>