



## **January Adaptive Programming Highlights**

### **South Region**

**Adaptive Ice Skating at Asiaf Memorial Rink in Brockton**, 702 Belmont St., Brockton, MA 02301

**Sundays: January 5 and January 19 from 1:20 p.m.–3:10 p.m.**

Come as you are and play on the ice! Lace up a pair of conventional skates or slide around the ice in your wheelchair. Ice sleds, skate walkers, helmets, and ice grippers are also available. This program takes place during public skating time on a separate section of the rink. This program is for people with disabilities as well as their family and friends.

Free program, but pre-registration is required. To register or for more details, contact **All Out Adventures**: [info@alloutadventures.org](mailto:info@alloutadventures.org) or (413) 584-2052.

### **West Region**

**Adaptive Ice Skating at Fitzpatrick Skating Arena in Holyoke**, 575 Maple St., Holyoke, MA 01040

**Sunday: January 12 1:00 p.m.–2:50 p.m.**

Come as you are and play on the ice! Lace up a pair of conventional skates or slide around the ice in your wheelchair. Ice sleds, skate walkers, helmets, and ice grippers are also available. Activities include obstacle courses, a block tower to build up and skate through, and gentle hockey matches. This program is for people with disabilities as well as their family and friends.

Free program, but pre-registration is required. To register or for more details, contact **Laila Soleimani**: [laila.soleimani@mass.gov](mailto:laila.soleimani@mass.gov) or (857) 260-1519.

### **Central Region**

**Adaptive Outdoor Winter Recreation at Wendell State Forest in Wendell**, 392 Wendell Rd., Millers Falls, MA 01349

**Saturdays: January 18 and January 25 from 11:00 a.m. –3:00 p.m.**

Enjoy the winter woods with outdoor ice skating, sit-skiing, cross-country skiing, kicksledding, hiking, snowshoeing, and snowmobile rides (as weather conditions permit). Meet us at the Wendell State Forest Headquarters when you arrive! Bring a lunch and warm up next to the wood stove before heading out for a group excursion on the groomed trails! This program is for people with disabilities as well as their family and friends. Please come dressed warmly for winter temperatures, which may be as low as 10 degrees Fahrenheit.

Cost: Suggested \$5 per person donation. Pre-registration is required. To register or for more details, contact **All Out Adventures**: [info@alloutadventures.org](mailto:info@alloutadventures.org) or (413) 584-2052.

## **Boston Region**

**Adaptive Outdoor Winter Recreation at Leo J. Martin Ski Track in Weston, 190 Park Rd., Weston, MA 02493**

**Sunday: January 26 from 12:00 p.m. –4:00 p.m.**

This popular location offers outdoor recreation on a groomed course. Register for an hour-long adventure on the trails using a kicksled, sit-ski, cross-country skis, snowshoes, or ice grippers. This program is for people with disabilities as well as their family and friends. Please come dressed warmly for winter temperatures, which may be as low as 10 degrees Fahrenheit.

Cost: By donation. Pre-registration is required. To register or for more details, contact **Brenda Davies** at [outdooraccessma@gmail.com](mailto:outdooraccessma@gmail.com) or call/text: (413) 259-0009.

For more information check out the [DCR Universal Access webpage](#)