FREE NYC AREA RECREATIONAL PROGRAMS FOR VETERANS

VETERANS ON GUARD FENCING PROGRAM
Sponsored by the Fencers Club
Monday & Wednesday, 1pm – 3 pm
229 W. 28th St. 2nd Floor, NYC

This program teaches Vets epee fencing. Private lessons (FREE) are available, and Vets fence with other club members, as well as competing in fencing tournaments. Equipment provided. ***Disabled / wheelchair bound accommodations.***
www.fencersclub.org 212-807-6946

SOLDIERS UNDER SAIL SAILING PROGRAM
Sponsored by Hudson River Community Sailing
Thursday – 10 am to 1 pm
Sunday - 1 pm to 5 pm
Pier 66 (at West 26th St. and Hudson River Park), NYC

A sailing program that teaches Vets sailing on the Hudson River. Swimming skills not required.
Basic Keelboat Certification test offered – FREE
www.hudsonsailing.org 212-924-1920

VETERANS IN THE RING BOXING PROGRAM
Sponsored by Gleason' Boxing Gym
Tuesday 1-3 pm and Friday 2-4 pm (every other week)
Gleason's Boxing Gym
77 Front St., Brooklyn, NY
A group boxing class taught by boxing trainers and pro boxers. Vets have access to the gym anytime and can compete.
Disabled / wheelchair bound accommodations.
http://www.gleasonsgym.net/gleasonsgyminfo.html
718-797-2872

YOGA FOR VETERANS
Iyengar Yoga Institute - SATURDAYS, 12 – 1:30 pm
150 W. 22nd St. 2nd FL., NY, NY (press 2 to enter building)
212-691-9642
http://iyengarnyc.org/new-york-institute-daily-class-schedule/
Intergral Yoga Institute - WEDNESDAYS. 6:45-8:15 pm FREE
OTHER CLASSES ARE $10.00 FOR VETERANS
227 W. 13th St, NY, NY
212-929-0585
http://iyiny.org/
DISABLED /WHEELCHAIR BOUND ACCOMODATIONS - BOTH

Veteran Coordinator: The Wright Initiative ~ 917-893-2363 ~ thewrightinitiative@outlook.com

Leisure Resources

Inside the VA

-Psychosocial Clubhouse (Manhattan or Brooklyn): Various educational modules, art therapy groups (Brooklyn), music therapy groups (Manhattan), social programming/recreational outings, and billiards.

- Speak with your social worker, recreation therapist, or anyone else on your treatment team for a referral/more information.

-Outpatient Music Therapy (Manhattan VA): Fridays, 1:00-1:45 (except Federal Holidays). Open to all veterans, this group is an opportunity to express yourself, as well as learn non-verbal methods of communication and relaxation techniques using music. No musical experience required! Group meets in the NY Harbor Club (psychosocial clubhouse).

- For more information, contact Sarah Stein, MT-BC, LCAT at sarah.stein2@va.gov or (212) 686-7500 x7703

-Outpatient Art Therapy (Manhattan VA): Wednesdays, 11:00-3:00. Weekly group meeting in outpatient mental health clinic with open studio/art shop model (you don't need to stay for the entire four hours!)

- For more information, contact Saunders McMullian at William.McMullian@va.gov

-Wellness Center (16th floor, Brooklyn VA): fully equipped gym with billiards, open to veterans with medical clearance.

- For more information or a referral, speak with Recreation Chief Tom Smith or Margaret at x3760 in Brooklyn, or talk to the Recreation Therapist on your unit.

-Manhattan VA Learning Resources Center ("Learning Center") at 2225 North: Numerous patient health education classes given in our 2227N education classroom, including a Computer Question & Answer Session. See a listing of classes and valuable resources for Veterans on our internet page that you won't want to miss. Featured events change regularly and are posted on our bulletin board or displayed in the Learning Center. Computers are available to search health information and for independent use related to job hunting or skill building activities. Don't forget to visit us and ask for a health information consult with one of our librarians. We can access electronic databases with health information and print materials for you on a variety of health topics. We are happy to help with your information needs. Open hours: 9:00am-4:00pm, Monday-Friday (Closed Federal Holidays). For more information or questions, call 212-686-7500 x7682.

-Brooklyn VA Medical Library: Come request a health information consult with our librarian. We are happy to help with your information needs. Computers are available for health information and for independent use related to job hunting or skill building activities. Open hours: 8:00am-4:30pm, Monday-Friday (Closed Federal Holidays). For more information/questions, call (718) 836-6600 x3385.

-Yoga for PTSD (Manhattan campus): Weekly free yoga program specifically catered to Veterans who suffer from PTSD.

- For details and eligibility, call Lillian Sultan at (212) 686-7500 x3632

-Creative Writing Group (Manhattan): Meets weekly on Wednesdays; members bring prepared writing material (poetry, fiction, non-fiction, op-ed) to read and discuss with the group each week.

- For details and eligibility contact Dr. Michael Kramer at 212-686-7500 x3180

-NY Harbor Toastmasters Club: Learn to organize your thoughts and present them clearly and confidently, listen critically and lead others. Patricia Williams, ACB – President, 212-9513208, Yelena Ruzin, CC, Secretary 212-686-7500 x7345

-Volunteering at the VA: to volunteer at the Brooklyn campus of the VA, contact Yvette Cintron or Kayla Dillon at (718) 836-6600 x6786. If you'd like to volunteer at the Manhattan campus, contact Ramona Murrell at (212) 686-7500 x7794

Outside the VA

Arts/Social programming

-Art Therapy Outreach Center: Regular art therapy groups specifically for Male Veterans to address post-traumatic stress, homelessness, substance abuse, and re-entry into civilian life. There are also weekly groups specifically for Female Veterans to address the above listed issues as well as those unique to female veterans.

132 West 21st Street, 6th floor
New York, NY 10011 212.592.2755 info@atocny.org
**If interested, speak with Manhattan VA social worker Pio Cabada ((212)686-7500 x3158) for a referral and new group times

-Open Mic and Jam Session (called "The Poet WILL Be Televised"): Poetry and music jam session/open mic. Open to the public; admission is $5 but complementary for Veterans.

Takes place 8:00 pm on the 2nd Wednesday of every month at:
Funkadelic Studios
209 West 40th Street, Manhattan
**for more detailed info, go to: http://poettv.eventbrite.com

-Free advanced movie screenings: free movie screenings prior to release dates—these are occasional opportunities rather than regular daily/weekly program as those above. Movie tickets are available on these websites for specific cities nationwide; not all movies will be available in NYC, but those that are usually screen in Manhattan and occasionally in Brooklyn. Check the websites regularly for availability/movies that interest you.

1. **www.advancescreenings.com**
2. **www.cinemit.com**
3. **www.wildaboutmovies.com**
4. **Gofobo.com**

-Creative Writing Group: Columbia University Artist Teachers provide the opportunity to learn and practice to write creatively. Meets every Tuesday in Midtown Manhattan (call below number to confirm)

- All groups meet at NAMI-NYC Metro - 505 Eighth Avenue, Suite 1103, New York, NY 10018
- For questions/more information, call: 212.684.3264

-NAMI Social Support Groups: Weekly social groups on Saturday evenings at 5:30pm in Midtown Manhattan with rotating themes. The first Saturday of each month is movie night, second Saturday is

game night, third Saturday is pet therapy, fourth Saturday is humor/storytelling, fifth Saturday is expressive arts workshop. Cost is FREE and open to all interested participants.

- All groups meet at NAMI-NYC Metro - 505 Eighth Avenue, Suite 1103, New York, NY 10018
- For questions/more information, call: 212.684.3264

-Society of Artistic Veterans: provides education and opportunities for military veterans who are pursuing a careers in the arts. For questions/more information, email: info@socartvets.com

Sports/fitness

-Easter Seals of NY Camping and Recreation Program: largest provider of recreation and camping services for people with disabilities in the country. For questions/more information, call: 212-220-2290

-Lane 8 Bowling (Fort Hamilton): Low cost bowling ($1-3 per game, depending on time of day) for all Veterans. In addition to open walk-in/casual bowling, there are also 6-8 week and ongoing league programs, as well as tournaments—both friendly/recreational and competitive programs available.

- For more information on hours, rates, etc., go to: http://www.hamiltonmwr.com/bowling.php or call (718)630-4440

-Project Healing Waters: fly fishing program specifically for veterans. For the NYC chapter, there are meetings bi-weekly at the Manhattan JCC, as well as occasional outings.

- For specific information about when meetings are and more information about the program, contact Andy Roberts at andrew.roberts0304@gmail.com or 917-301-6831

-GallopNYC: therapeutic horseback riding in Brooklyn, free of charge for veterans, including those with spinal cord/brain injury, amputation, PTSD, visual impairment, anxiety, stress, or depression. Sponsored by Kings County VFW, with programs on Thursdays and Fridays.

- For more information and to find out availability, contact Joseph Tiralongo at VFWKingsCounty@gmail.com or (718) 812-9459

-Fencer's Club (Manhattan): Fencing is an exciting, fast-paced combat sport that is ideally suited for military Veterans. It is a physically challenging sport that fosters complex problem solving skills, encourages mental agility, and teaches focus and self-discipline. Fencing events can be contested in both Olympic (able-bodied) and Paralympic (adaptive) styles.

- Location: 229 W. 28th St., 2nd flr New York, NY 10001
- Email: info@fencersclub.org for more information

-Free Yoga for Veterans (multiple locations throughout NYC, the surrounding tristate area, and across the country): Yoga, stretching, and meditation, often catered to those who have experienced physical or emotional trauma. Each studio has different programming.

- To find a participating studio close to you, go to www.yogaforvets.org and type "New York" in the search box.

-Free Yoga for Veterans (one studio in Manhattan—not included in listings for above website): two free classes weekly taught exclusively for veterans by veterans. Other classes at the studio are open to the public but offered at a discount to Veterans.

- Call (646)569-5200 for class times
- Location: 227 W. 13th Street, Manhattan

-Soldiers Under Sail: Sailing program for veterans, sponsored by the Hudson River Community Sailing Organization. Free sailing on the Hudson, meets weekly on Thursdays 10am-1pm and Sundays 1pm-5pm Medical clearance required, however swimming skills are not required—life preservers provided.

- Meets at Pier 66-West 26th Street at West Side Highway, Hudson River Park
- Call (212)924-1920 for more information.

-Veterans in the Ring: Veteran boxing program at Gleason's boxing gym—both group and individual instruction. Medical clearance is required, however equipment can accommodate any and all disabilities. Open to all levels (beginner to expert). Equipment provided free, and no experience necessary. Meets Tuesday and Friday afternoons.

- Location: Gleason's Gym. 77 Front Street, Brooklyn, NY 11201
- Call: Jonathan Glasberg (212) 686-7500 x7779 or Debora Abrams-Wright at (917)-893-2363 for more information and registration

Vets 4 Warriors 24 Hour Peer Support Line www.Vets4Warriors.com
Veterans Crisis Line (new name for Suicide Hotline) available 24 hrs a day
(800) 273-TALK (8255) http://veteranscrisisline.net/go/