

# RH Health PLUS



**Adaptive Sports & Recreation Programs** in Collaboration with CAPEable Adventures, Inc.

## May 2010

Date/Time	Event	Other information
05/07/2010- 05/21/2010 4:00 to 6:00 p.m.	<b>Back in the Swing (BITS)</b> Adaptive Golf (Fee \$40) All Levels and Abilities	Sandwich Hollows, E Sandwich, MA 3 Classes (Fridays) Registration: 508.833.4167
5/15/2010 11:00 a.m. to 3:00 p.m.	<b>Adaptive Sports and Recreation Fair</b> Free to the public Come experience adaptive sporting opportunities available here on Cape Cod and across New England. Golf, kayaking, cycling, sailing, curling, skiing, and much more!	Event will be held in the RHCI parking lot located at 311 Service Road in East Sandwich, MA Information: 508.566.3298 CAPEable Adventures, Inc. Northeast Passage Disabled Sports New England
05/16/2010 10:00 a.m.	<b>Extended Cycling Ride</b> Adaptive Cycling (\$10 Rental Fee) All Levels and Abilities	Cape Cod Rail Trail, Dennis, MA Registration: 508.566.3298

## June 2010

Date/Time	Event	Other information
06/02/2010—BYOE 06/16/2010—BYOE 06/30/2010—MC 5:30 p.m.	<b>RHCI Riders Club</b> Cycling Club meets every other Wednesday from Memorial Day to Labor Day.	Cape Cod Canal Trail, Sandwich, MA Every Other Wednesday Information: 508.566.3298 BYOE—Bring Your Own Equipment MC—Mini Clinic (cycles available)
06/05/2010 8:00 a.m. to 5:00 p.m.	<b>First Swing In-service</b> Learn how to instruct and mentor participants in adaptive golf. This full day course is appropriate for clinicians, mentors and volunteers. There is no fee to attend. Registration is on a first come first served basis.	Classroom (RHCI) and on course instruction (Sandwich Hollows) provided by the National Amputee Golf Association. Registration: 508.833.4167 or Register online at: <a href="http://www.rhci.org/events/detail?occurrence_id=746001">http://www.rhci.org/events/detail?occurrence_id=746001</a>



# June 2010 Continued

Date/Time	Event	Other information
06/07/2010	<b>RHCI Golf Classic</b> The RHCI Golf Classic is a fundraising event that supports RHCI programs and services. Sponsorship opportunities and public foursomes are available.	Hyannisport Club For more information please call 508.833.4042 or visit us online at <a href="http://www.rhci.org/how-you-can-help/philanthropy/special-events/golf-tournament/">http://www.rhci.org/how-you-can-help/philanthropy/special-events/golf-tournament/</a>
06/08/2010- 06/22/2010 4:00 to 6:00 p.m.	<b>Back in the Swing (BITS)</b> Adaptive Golf (Fee \$40) All Levels and Abilities	Captain's Course, Brewster, MA 3 Classes (Tuesdays) Registration: 508.833.4167
6/12/2010 Saturday 12:00 to 4:00 p.m.	<b>Introduction to Kayaking Clinic</b> Adaptive Kayaking (Fee: \$20) Beginner	Camp Lyndon, Sandwich, MA 1 Class Registration: 508.566.3298
06/26/2010	<b>Introduction to Sailing Clinic</b> Adaptive Sailing (Fee: \$20)	Bourne, MA 1 Class

# July 2010

Date/Time	Event	Other information
07/01/2010 3:00 to 6:00 p.m.	<b>Back on Course</b> Adaptive Golf (Fee: \$30) Prerequisite: BITS	Holly Ridge, Sandwich, MA 1 Class (Thursday) Registration: 508.833.4167
07/06/2010- 07/20/2010 4:00 to 6:00 p.m.	<b>Back in the Swing (BITS)</b> Adaptive Golf (Fee \$40) All Levels and Abilities	Holly Ridge, Sandwich, MA 3 Classes (Tuesdays) Registration: 508.833.4167
7/10/2010	<b>Flat Water Kayak Trip</b> Adaptive Kayaking (Fee:\$20) Prerequisite: Intro Kayaking Clinic	Location:Johns Pond, Mashpee, MA Registration: 508.566.3298
07/14/2010—BYOE 07/28/2010—BYOE 5:30 p.m.	<b>RHCI Riders Club</b> Cycling Club meets every other Wednesday from Memorial Day to Labor Day. (\$10 fee for MC equipment use)	Cape Cod Canal Trail, Sandwich, MA Every Other Wednesday Information: 508.566.3298 BYOE—Bring Your Own Equipment MC—Mini Clinic (cycles available)
7/22/2010 2:00 to 5:00 p.m.	<b>Youth Back in the Swing (YBITS)</b> Adaptive Golf (Fee \$20) All Levels and Abilities	Holly Ridge, Sandwich, MA 1 Class (Thursday) Registration: 508.833.4167
7/23/2010 through 7/25/2010	<b>International Curling Tournament</b> Wheelchair curling athletes from all over the world will compete in a three day Bonsel.	Spectators only. Competition is not open to the general public. Cape Cod Curling Club Falmouth, MA
07/24/2010	<b>Introduction to Sailing Clinic</b> Adaptive Sailing (Fee: \$20) Beginner	Bourne, MA 1 Class Registration: 508.566.3298

# August 2010

Date/Time	Event	Other information
08/02/2010- 08/16/2010 4:00 to 6:00 p.m.	<b>Back in the Swing (BITS)</b> Adaptive Golf (Fee \$40) All Levels and Abilities	Olde Barnstable, Marstons Mills, MA 3 Classes (Mondays) Registration: 508.833.4167
08/11/2010—MC 08/25/2010—BYOE 5:30 p.m.	<b>RHCI Riders Club</b> Cycling Club meets every other Wednesday from Memorial Day to Labor Day. (\$10 fee for MC equipment use)	Cape Cod Canal Trail, Sandwich Every Other Wednesday Information: 508.566.3298 BYOE—Bring Your Own Equipment MC—Mini Clinic (cycles available)
08/14/2010 10:00 a.m.	<b>Extended Cycling Ride</b> Adaptive Cycling (Fees Vary) All Levels and Abilities	Shining Sea Path, Falmouth, MA Registration: 508.566.3298
08/14/2010 1:00 p.m. to 3:00 p.m.	<b>Introduction to Kite Flying Clinic</b> All skills and abilities	Falmouth, MA Registration: 508.566.3298
08/21/2010	<b>Flat Water Kayak Trip</b> Adaptive Kayaking (Fee:\$20) Prerequisite: Intro Kayaking Clinic	Location: TBD Registration: 508.566.3298

# September 2010

Date/Time	Event	Other information
09/01/2010 3:00 to 6:00 p.m.	<b>Back on Course</b> Adaptive Golf (Fee: \$30) Prerequisite: BITS	Holly Ridge, Sandwich, MA 1 Class (Wednesday) Registration: 508.833.4167
09/07/2010- 09/21/2010 4:00 to 6:00 p.m.	<b>Back in the Swing (BITS)</b> Adaptive Golf (Fee \$40) All Levels and Abilities	Captain's Course, Brewster, MA 3 Classes (Tuesdays) Registration: 508.833.4167
09/11/2010 Saturday 8:30-11:00 a.m.	<b>11th Annual RHCI CanalWALK</b> Feel good event of the year! Come join us for a 3.2 mile walk along the Cape Cod Canal to celebrate the victory of getting back to life after illness or injury. Teams and individual walkers are welcome.	Please call 508-833-4042 or visit <a href="http://www.rhci.org">www.rhci.org</a> and click on "How You Can Help" for more information.
9/17/2010 through 9/19/2010	<b>Wounded Warrior Project</b> Weekend retreat to Cape Cod for wounded veterans and their fami- lies. Weekend will include camp- ing, cycling, kayaking, sailing, fishing, golf and much more.	This event is not open to the general public. For more information on this program please visit the Wounded Warrior Project website at <a href="http://www.woundedwarriorproject.org/">www.http:// www.woundedwarriorproject.org/</a>

# RHCI Rehabilitation Services

## Physician Services

Diagnostic evaluation, treatment, consultation (all sites) Appointments: 508-833-4160

## Parkinson's Center

Neurological evaluation; Screenings for mobility, daily activities. Monday & Wednesday (by appt.) RHCI Sandwich: 508-833-4160

## Outpatient Services

- Physical, Occupational and Speech Therapies
- Audiology, Hearing Aids
- Low Vision Program

- roadSMART Driver Assessment
- Wheelchair/Equipment Clinic

## Pediatric Services

- Physical, Occupational and Speech Therapies
- Alternative and Augmentative Communication
- Aquatic Therapy
- Central Auditory Processing (CAP)
- Feeding & Swallowing Program
- kidsSPEAK Speech Groups
- Orthotics/Prosthetics Clinic
- Wheelchair Clinic

Services vary by location. Get more details at [www.rhci.org/outpatient](http://www.rhci.org/outpatient).

## RHCI Site Phone Numbers

RHCI-Sandwich 508-833-4141  
RHCI-Yarmouth 508-771-1300  
RHCI-Orleans 508-240-7203  
RHCI-Plymouth 508-927-7424  
RHCI for Children 508-833-1060

## Support Groups & Services

### Aphasia Community Group

First Wed., 10 a.m. 508-833-4268

### Mild Brain Injury and Aneurysm

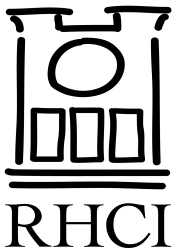
Third Sat., 2 p.m. 508-833-4241

### Stroke Peer Visitation Program

Contact Jim Graham 508-833-4043

### Stroke Survivors' Support Group

Second Wed., 1:30 pm 508-833-4043



**Rehabilitation Hospital  
of the Cape and Islands**  
*Expert Care, Exceptional Caring*

311 Service Road  
East Sandwich, MA 02537  
(508) 833-4004 [www.rhci.org](http://www.rhci.org)

# Get back to life through our Adaptive Sports Program!