PINELAND FARMS

VASH



OPPORTUNITIES FOR

VETERANS

Offering FREE year-round activities for Veterans with or without physical disabilities, TBI and PTSD

CAMPS & EVENTS

In addition to our weekly Wednesday program, we offer many one day and multi-day camps and events through out the year based on the interest from the veterans. During the winter months we offer many cross-country ski clinics, excursions and a Nordic Biathlon Camp. During the summer months, we offer a series of challenging events, including a dedicated hike for female veterans, a trek up Mt Katahdin, and various other hike and bike trips in collaboration with our partners, the Azimuth Check Foundation in NH. These multi-day events have limited spots and require advance registration.

Our mission with these extended camps is to spend more time with fellow veterans who may have had similar experiences in the military. It is less about the activity and more about the healing qualities of spending time with fellow veterans.
Our staff and volunteers are primarily made up of members who have served in the Armed Forces, or have clinical experience.

The VAST Program – Where Veterans Come Together



FOR MORE INFORMATION:

www.PinelandFarms.org/recreation/VAST

VAST

Veterans Adaptive Sports & Training



The Goal of our VAST program is to promote lifelong health and well-being of veterans with disabilities through regular participation in a VAST array of physical activities and sports. Any and all veterans with or without disabilities are encouraged to participate. Come and enjoy some outdoor activities and a sense of camaraderie with fellow veterans.

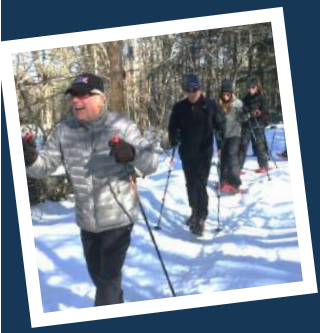
Research shows that daily physical activity for people with disabilities results in reduced stress, depression and secondary medical conditions and increases self-esteem, educational success, employment rates and quality of life.

WEEKLY ACTIVITIES

We strive to offer year-round activities based on the needs and wants of veterans. Programs are FREE and equipment is provided. Activities include:

- DISC GOLF
- FLY FISHING
- TRAIL WALKING
- PICKLEBALL





- WC TENNIS
- BOCCE
- CROSS-COUNTRY SKIING



- SNOW SHOEING
- CYCLING (hand & recumbent)
- WC BASKETBALL
- ARCHERY
- BIATHLON
- TAI CHI

New Activities, special events and trips are also planned throughout the year. Stay up to date by signing up for our weekly newsletter at: www.pinelandfarms.org/recreation/vast





HOW TO SIGN UP?

Contact
Kristina Sabasteanski, OTR/L
Director, Veterans Adaptive Sports
VAST Program, Pineland Farms, Inc.
kristina@pinelandfarms.org
207-310-8694

OR
just show up

To our FREE year-round activities
every Wednesday 9am-noon!



NEW MEETING LOCATION

Every Wednesday
9am - noon

In the Mt. Washington Room
(same building as the Commons Kitchen)

59 Pineland Dr., New Gloucester, ME

PINELAND FARMS

Located in the rolling hills of New Gloucester, Maine, PINELAND FARMS is a working farm, diverse business campus and educational and recreational venue that welcomes visitors to enjoy its beautiful rural landscape.

Pineland Farms' mission is to enrich Maine's communities by offering immersive educational opportunities related to agriculture and the natural environment, providing time and space for artists and students to develop their creativity, and encouraging a healthy lifestyle through recreation and the outdoors.

PLEASE VISIT OUR WEBSITE TO MAKE A TAX DEDUCTABLE DONATION TO VAST:

www.PinelandFarms.org/recreation/VAST

OR SEND DONATIONS TO:

Pineland Farms / ATTN VAST:
32 Farm View Drive
New Gloucester, ME 04260
Checks can be made out to:
Pineland Farms / VAST Donation

VAST is a program of Pineland Farms, Inc., a 501(c)(3) organization