



## 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 many mountain hikes, including a female veterans hike, a hike up Mount Katahdin, and various other hikes in collaboration with our partners, the Azimuth Check Foundation in NH.

Spots are limited and need to be signed up in advance for these multi-day events.

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](http://www.PinelandFarms.org/recreation/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.**

**For more information contact:  
Kristina Sabasteanski, OTR/L  
Director, Veterans Adaptive Sports  
VAST Program, Pineland Farms, Inc.  
[kristina@pinelandfarms.org](mailto:kristina@pinelandfarms.org)  
Cell Phone: 207-310-8694**



# 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
- Parabadminton
- Orienteering



- WC Tennis
- Bocce
- Cross-country skiing



- Snow Shoeing
- Cycling (hand & recumbent)
- WC Basketball
- Archery
- Biathlon
- Bowling



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](http://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](mailto:kristina@pinelandfarms.org)  
207-310-8694

OR

Offering **FREE** year-round activities  
every Wednesday 9am-noon as well as  
many other camps and 1 day events  
throughout the year!



**Weekly Programs**  
**Every Wednesday**  
**9am - noon**  
**at the Pineland Farms**  
**Outdoor Center**

25 Campus Dr., New Gloucester, ME





Pineland Farms, Inc. is a non-profit organization located on 5,000 acres in the beautiful rolling hills of Southern Maine with expansive views of the surrounding countryside. We support a number of agricultural and recreational initiatives to benefit the region. The Pineland Campus is home to the U.S. Biathlon Association (USBA) and the New England Nordic Ski Association (NENSA).

The VAST program is funded in part by a grant from the United States Department of Veterans Affairs.

**For more information:**

**[www.PinelandFarms.org/recreation/VAST](http://www.PinelandFarms.org/recreation/VAST)  
25 Campus Drive - New Gloucester, ME 04260**

