

RECREATION & SOCIAL OPPORTUNITIES RESOURCE LIST

| Organization Name | Category | Website Link/Address |
|--|--|--|
| Access Anything | Adventure Travel Info for People with Disabilities | www.accessanything.net |
| Accessible Golf | Physical and Social | www.accessgolf.org |
| Access Sports Experiences | Physical and Social | www.accesssportsexperiences.org |
| Activity Booklet | Cognitive - Many activities and games compiled by Jennifer Jorgensen, CTRS | Activity Booklet |
| All Riders Up | Physical and Social | www.allridersup.org |
| AMC Summer Movie Camp | Cognitive and Social | AMC Movies |
| American DanceWheels Foundation | Physical and Social | www.americandancewheels.org |
| ArtReach | Cognitive and Social | www.art-reach.org |
| Assistive Technology | Assistive Technology information | Increasing Independence Through Assistive Technology |
| Aquatic Access Inc. | Info on accessible aquatic access | www.aquaticaccess.com |
| Bowling for Kids | Physical and Social | www.kidsbowlfree.com |
| Brain Injury Association of America (BIAA) | Website will also list all of the State BIA's | www.biausa.org |
| Brain Line | Brain Injury Info and Resources | www.brainline.org |
| Breathe2Relax App | Emotional | Breathe2Relax |
| Bumble Friends | Social | Bumble |
| Canine Partners for Life | Social - Volunteering | Canine Partners for Life |
| Council on Brain Injury (CoBI) | Social and Cognitive – online classes and information | ReDiscover U |
| Council on Brain Injury (CoBI) | Cognitive and Spiritual - information and resources | ReDiscover U |
| Cultivate the Moments | All Domains | Cultivate the Moments |

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| Disabled World | Cognitive – information and resources | www.disabled-world.com |
| Eastern Amputee Golf Association (EAGA) | Physical and Social | www.eaga.org |
| Expressive Poetry | Cognitive and Emotional | Expressive Poetry |
| Factory Tours USA | Physical, Social, Cognitive | www.factorytoursusa.com |
| Fighting Back Scholarship Program | Physical/Social - In person and virtual personal training/fitness | www.fightingbacksp.org |
| 5 Love Languages | Social | https://www.5lovelanguages.com |
| 5 Love Languages – Love Nudge | Social | www.5lovelanguages.com/lovenudge |
| Games for the Brain | Cognitive - Games | www.gamesforthebrain.com |
| Go Philly | All types of places & activities around Phila, PA | www.gophillygo.org |
| Health.com | Physical - Health and Fitness | www.health.com |
| House Party | Social | www.houseparty.com |
| Hope After Head Injury | Emotional/Social /Spiritual | www.hopeafterheadinjury.com |
| Hope Springs Equestrian | Physical and Social | hope-springs.org |
| Jack Box Games | Cognitive - Games | www.jackboxgames.com |
| Krempels Brain Injury Foundation in New Hampshire | Physical/Social - Virtual and In Person Groups and Activities | www.krempelscenter.org |
| Lessons in Kayaking | Physical | Lessons in Kayaking |
| Living Well with a Disability | Physical | livingandworkingwell.ruralinstitute.umt.edu |

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| Love Your Brain | Physical and Social | loveyourbrain.com/meditation-library |
| Lumosity | Cognitive - Games | www.lumosity.com |
| Meals on Wheels America | Social - Volunteering | www.mealsonwheelsamerica.org |
| Meditation with the Jellyfish | Emotional/Spiritual | MorningMeditOcean |
| Meet Up | Social | www.meetup.com |
| Move United | Physical - Inclusive Sports | moveunitedsport.org |
| MSN Games | Cognitive - Games | zone.msn.com/en-us/home |
| Museums and Galleries from Home | Virtual Travel | Travel and Leisure Museums & Galleries |
| MyLife Meditation App | Emotional/Spiritual - Meditation and Relaxation | My Life |
| National Aquarium in Baltimore | Travel and Virtual | www.aqua.org |
| National Center on Accessibility | Info about accessible parks, recreation and tourism | www.ncaonline.org |
| National Center on Physical Activity & Disability | Resource Center on health promotion for people with disability. | www.ncpad.org |
| National Library Service | Cognitive | www.loc.gov/nls |
| National Parks | Travel | nationalparks.org |
| National Park Foundation | Travel – Virtual Visits | National Parks |
| National Sports Center for the Disabled | Physical | www.nscd.org |
| Nextdoor Neighbors | Social | nextdoor.com |
| Not Just for Kids | Cognitive and Physical | Best Ideas for Kids |
| PA Center for Adapted Sports | Physical Adapted Sports – virtual | www.centeronline.com |



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| | and/or person | |
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| Personal Mission Statement | Cognitive - Personal Development | msb.franklincovey.com |
| Pittsburgh Symphony Orchestra | Emotional/Spiritual | Pittsburgh Symphony Orchestra |
| Putting Clinic by the Council on Brain Injury (CoBI) | Physical - Golf (putting) instruction | Putting Clinic |
| Rails to Trails | Physical | www.railstotrails.org |
| Share Your Story | Social | Temple University – Share Your Story |
| Small Things Philly | Social - Volunteering | smallthingsphilly.org |
| Spotify | Emotional/Spiritual | www.spotify.com |
| Staying Sharp | Cognitive - Games | stayingsharp.aarp.org |
| Storm Harbor Equestrian | Physical and Social | Storm Harbor Equestrian Center |
| Tai Chi Training Videos | Physical - Health and Fitness | Tai Chi Training |
| TBI and Faith | Spiritual | TBI and Faith |
| TED Talks | Cognitive | ted.com/talks |
| The Rec Toolkit | Activities and Ideas in all domains | The Rec Toolkit |
| Thorncroft Equestrian Center | Physical and Social | www.thorncroft.org |
| Three Rivers Adaptive Sports | Physical and Social | www.traspa.org |
| Thumbtack | Recreation and Leisure Opportunities | Thumbtack |
| Uncovering Pennsylvania | Travel | uncoveringpa.com |
| Very Well Mind | Cognitive, Emotional, Spiritual | verywellmind |
| VSA Arts International | Cognitive – Arts | Kennedy Center |
| Wanderlust Travel Videos | Travel Virtually Around the World | Wanderlust |
| Yoga with Adriene | Physical – Online Yoga and Fitness | yogawithadriene.com |



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| Yoga with Sherry Zak Morris | Physical - Yoga Sitting Down | Yoga with Sherry Zak Morris |
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