

Recreation Reboot

Expanding Opportunities, Removing Barriers

At Homeward Bound, Inc. (HBI), we believe recreation is vital to a fulfilling life. In 2025, we are launching Recreation Reboot, an initiative expanding access to recreational activities for individuals with disabilities. Too often, recreation is not prioritized for people with disabilities. We are renewing our commitment to ensuring everyone we serve experiences meaningful recreation. This program will foster community engagement, enhance wellbeing, and create limitless opportunities for fun, learning, and personal growth.

Key Components

We will offer a diverse range of activities, including but not limited to:

- Adaptive Mobility & Fitness Making movement accessible and enjoyable for all.
- Art & Music Therapy Encouraging creative expression and emotional well-being.
- **Community Outings & Travel** Connecting individuals with their communities through exciting excursions
- Social Gatherings Strengthening relationships through shared experiences

The Impact: What This Means for Our Residents

- Increased Engagement More opportunities to explore interests and build connections.
- Personal Growth Encouraging independence, creativity, and confidence.
- A True Sense of Belonging Recognizing every individual's abilities as strengths, not limitations.

At HBI, all staff play an important role in creating an enriching environment for resident recreation.

WE NEED YOU

<u>Building</u> <u>Community</u> <u>Partnerships</u>

Recreation Reboot will foster partnerships with local organizations, businesses, and volunteers to create a network of opportunities that support inclusive and engaging recreational experiences.

Get Involved!

PARTNER | DONATE | VOLUNTEER

We welcome staff, community members, and partners to support this initiative and help us make recreation truly accessible for all. Together, we can ensure that individuals with disabilities experience no boundaries in what life has to offer!

For more details, reach out to our Recreation Coordinator. Missy Hoscheid | mhoscheid@hbimn.org | 763-367-0872