

Volunteer and Recreation Program
 By Facility
 (Programs not offered every day)

CRCF	MVRFCF	NECC	NSCF	NWSCF	SSCF
<ul style="list-style-type: none"> • Yoga • College Volleyball • Alcoholics Anonymous • College Class's, 1 each semester sponsored by Liberal Arts Prison Project • Fostering Hope and Strength W/Mercy Connections. • Vermont Works for Women Enrichment Nights • Nutrition Class. • Catholic Religious services (Service and Bible Study) • Christian Services (Service and Bible Study(s)) • Liberal Arts Prison Project Lecture Series (Ted Talk style) • Incentive Events (Social Events) 	<ul style="list-style-type: none"> • Harvest Prison Ministry • Bible Study • Teen Challenge: • Legion of Mary Rosary Service • New Beginnings Bible Study: • Communion Service/Bible Study: • Celebrate Recovery Monthly Workshop: • Making Recovery Easier: • Recovery Coaching: • AA: • Smart Recovery: • Monthly Turning Point Informational Workshop: • Parent's Support Group: • The Children's Literacy Foundation (CLiF) "Seminar for Parents". 	<ul style="list-style-type: none"> • Christian Ministry AA • NA • Parenting (PCAVT) CJC • Native American Recorded Books Voting • VT Humanities Council Catholic Church Meditation • Music - guitar group Jehovah's Witness 	<ul style="list-style-type: none"> • CCV 4 classes per semester • Coffee House – monthly live music; coffee and snack • VT Woodlands Assoc. – Art project • Crochet class • Guitar class • AA • Bible Study • Jehovah Witness • Baptist Service • Christian Service • Catholic Mass • Routine recreation tournaments – in unit – 24/year • Major recreation tournaments – March Madness; The Chase (NASCAR) • Major Events – Cookout 2 per year – with Department booths/prizes/contests and tournaments 	<ul style="list-style-type: none"> • Non-denominational church service • Non-denominational bible study • Baptist bible study • 1:1 pastoral visits • Rosary group • Jehovah witness bible study • Nurturing Father's class • AA meeting • Yoga class • Christian Bible study • Catholic Mass • Father/Child visits • Incentive Gym • Quarterly Grinder Night • Monthly Incentive Night (Bingo) • Rec. Food Sales • Open Ears Program 	<ul style="list-style-type: none"> • Guitar for beginners and those that just want to play, • Inmate guitar players that entertain in the Infirmary on Wednesday afternoons • Art Group • Yoga • Writers Workshop • Storytime (Books read by inmates and sent to their children) • Creative Writing/with a poetry emphasis • Meditation on Fridays • Alcoholics Anonymous • Narcotics Anonymous • Recovery Coach visits to India and

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<p>through Recreation Department</p> <ul style="list-style-type: none"> • Open Gym • Outside Recreation Event (Group Event) through the Recreation Department 	<ul style="list-style-type: none"> • Shaken Baby Syndrome 101 • The Angel Tree Christmas Project. • BROC Financial responsibility workshop. • Stafford Technical Center Informational Presentation: • Pesticide Application Class: (one or two offerings a year) • The VT Humanities Council (VHC) Connections program. • Music Appreciation: • Keyboard Lessons: • Performers/Performances: 		<ul style="list-style-type: none"> • DRAW ME – monthly art contest • In-house movies • In-house dramatic series • Exercise instruction • Yoga <p>Rec yard:</p> <p>Basketball Football (touch only) Soccer Horseshoes Track Dip/pull up bars Frisbees</p> <p>Endeavor Room/Library</p> <p>GYM (will re-open after unit construction is completed in a few months):</p> <p>Basketball Handball Ping pong Foosball</p>	<ul style="list-style-type: none"> • Guitars • Birthday Gift (ice cream) • Unit Tournaments • Facility Tournaments • Inmate Photos • Commissary • GTL Tablets • New Release Movies/TV Series • Daily Workout Video 	<p>Foxtrot Units twice a month currently</p> <ul style="list-style-type: none"> • Bible Study monthly in India • Book Discussion Group twice/month • Starting Writers for Recovery on 4/26 • Religious <ol style="list-style-type: none"> 1. Christian-Prison Ministry 2. Catholic 3. Muslim 4. Odinist/Asatru 5. Native American Circle or Sweat Lodge 6. Weekend Sunday all faith services 7. Teen Challenge Group
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			Workout mats Low impact fitness equipment (jump rope; weighted balls; yoga mats) Professional grade weight/fitness training equipment Stationary fitness equipment (pull up bars etc)		
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