



# The Greater Richmond Amputee Support Group

## About the Amputee Support Group

*We are a local group in RVA that invites all amputees to join us in monthly meetings and other gatherings for social interaction with other amputees.*

*We also invite you to bring along your caregivers/ Family/ friends, etc.*

### Contact Us

RSVP to the following:

**Michelle Francis**

E-mail: [Michelle@powelloandp.com](mailto:Michelle@powelloandp.com)

Cell: 434.222.8878

Office: 804.649.9043

## Activities

### August 25, 2016: Tennis With Sportable

Address: 1186 Westover Hills Blvd.  
Richmond, VA 23225  
Time: 6-7:30pm

### September 19, 2016: Archery with Sportable

Address: Rockwood Nature Center  
3401 Courthouse Rd.  
Chesterfield, VA 23236  
Time: 4-6:00pm

### February 18, 2017: Roll, Walk or Run/Sportable

Address: 100 Avenue of Champions  
Richmond, VA  
Time: 9-10:30am

### April 2017: Introductory Adaptive Golf

Sponsor: Sheltering Arms  
Address: Windy Hill Sports Complex  
16500 Midlothian Turnpike Midlothian, VA  
Time: TBA

### August 2017: Greater Richmond Aquatics Center

Sponsor: Sportable  
Address: 5050 Ridgedale Parkway Richmond, Virginia  
Time: 7:30-9:00pm

### January 10, 2017: YMCA/Richmond

Topic: Understanding Social Security Disability  
Address: 2 W. Franklin St.  
Richmond, VA 23220  
Time: 5:30pm

### July, 2017: The Diamond/Squirrels Baseball Game

Address: 3001 N. Boulevard Richmond, VA 23230  
Time: TBA

### August 2017: Swimming with Sportable

Address: 5050 Ridgedale Parkway Chesterfield, VA  
Richmond, VA 23220  
Time: TBA

## Meetings

### October 4, 2016: Riverside Pace

Topic: Staying Mobile After Limb Loss  
Address: 1300 MacTavish Ave. Richmond, VA 23230  
Time: TBA

### November 1, 2016: The Gait Center

Topic: Tai Chi  
Address: 2034 Dabney Rd. Suite. D Richmond, VA 23220  
Time: 5:30pm

### December 6, 2016: HealthSouth/Petersburg

Topic: How to Create Confidence In Your Prosthesis  
Address: 95 Medical Park Blvd. Petersburg, VA 23805  
Time: 5:30pm

### January 10, 2017: YMCA/Richmond

Topic: Understanding Social Security Disability  
Address: 2 W. Franklin St. Richmond, VA 23220  
Time: 5:30pm

### February 7, 2017: Sheltering Arms

Topic: Staying Mobile After an Amputation  
Address: 8254 Atlee Rd. Mechanicsville, VA 23116  
Time: 5:30pm

### March 7, 2017: HealthSouth/Petersburg

Topic: Panel: Traveling with Prosthesis & Other Challenges  
Address: 95 Medical Park Blvd. Petersburg, VA 23805  
Richmond, VA 23220  
Time: 5:30pm

### April 4, 2017: Johnston Willis Hospital/Hawthorne Center

Topic: General Meeting/Field Day Expo  
Address: 1401 1401 Johnston Willis Dr. Richmond, VA 23235  
Time: 5:30pm

### May 2, 2017: Powell Orthotics & Prosthetics

Topic: New Technology to Take You to the Next Level  
Address: 2034 Dabney Rd. Suite C. Richmond, VA 23220  
Time: 5:30pm

### June 6, 2017: HealthSouth/Petersburg

Topic: Understanding Social Security Disability & How to Apply  
Address: 95 Medical Park Blvd. Petersburg, VA 23805  
Time: 5:30pm

## Socials

### October 15, 2016: Powell Family Fun Fest

Location: ARC Park  
Address: 3600 Saunders Ave. Richmond, VA 23227  
Time: 11am-1pm

### December 13, 2016: Holiday Social

Location: Kitchen 64  
Address: 3336 N. Boulevard Richmond, VA  
Time: 5:30pm

### March 10, 2017: Spring Social

Location: Virginia Museum of Fine Arts  
Address: 200 N. Boulevard Richmond  
Time: 6pm with Tour at 7pm  
Cost: \$5 Parking

### June 17, 2017: Summer Social

Location: Byrd Park  
Address: 600 Swan Lake Dr. Richmond, VA 23221  
Time: 12pm  
Cost: Bring a bag lunch or buy lunch at the park