



BE GOOD DO GOOD

VOLUNTEER

Volunteer BREC

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Trot over to BREC's Farr Park for Hearts and Hooves We're keeping pace this fall with Hearts and Hooves

BREC's Farr Park Equestrian Center is currently hosting their annual fall therapeutic riding program for children and adults with multiple different disabilities, and our volunteers are rocking it! The first session of the program began on September 11 and will wrap up on October 16. Volunteers started their afternoon by learning how to lead and saddle the horses, after they each led a horse from the stables to the equestrian gymnasium. Once the participants arrived, the session was underway with stretching, games and a trail walk around the park to enjoy the beautiful afternoon.

Hearts and Hooves provides one-on-one equine-oriented activities for the purpose of contributing to the cognitive, physical, emotional and social well-being of those with disabilities. Farr Park instructor, Filia Wappas, describes the program as, "one of the best Farr Park has to offer." She states, "the program allows people with mental and/or physical disabilities to be able to enjoy equestrian therapy and allows them to feel that sense of joy and accomplishment that comes with riding. It also helps just give our participants an outlet to become stronger physically and emotionally, while spending time with these amazing animals."

While focused on the participants, this is beneficial to our volunteers as well. Filia explained volunteers as being a HUGE part of why Farr Park is able to accomplish what they do. "We get a range of people from seasoned horse people to people with no experience at all. The ones who have no experience we teach them the basics of going to get a horse, grooming, tacking, leading, etc. The more experienced volunteers are usually horse lovers that just want to spend extra time around horses.

There are some participants that need a little extra help since they may not be able to balance in the saddle, for instance, so we will assign a volunteer or to walk alongside the horse and rider to make sure the rider stays safe and to give encouragement."

The next fall session happens October 30 - December 4 every Monday at 4:30pm and 6:00pm. Volunteers are not required to have any experience with horses or riding. So, come lend a hand a be a part of



PARK BEAUTIFICATION PROJECTS

BREC relies on volunteers to maintain our parks and keep them safe for all residents to enjoy. BREC's park beautification projects provide the perfect opportunity to get outside. Come enjoy the outdoors while volunteering with your school, church, corporate, or community service group. We hope to have your students, staff, faculty and community members join us at one of our parks or facilities. Contact BREC's Volunteer Manager at (225) 272-9200 x 446 or volunteer@brec.org to schedule your group volunteer project



VOLUNTEERS IN ACTION

(click to enlarge)

an exciting program and volunteer opportunity BREC has to offer!
For more information, or to sign up to volunteer email
volunteer@brec.org or call Monica Dugas at (225) 272-9200, ext. 446.



HEARTS & HOOVES - Therapeutic Riding Program

Farr Park Equestrian Center
6402 River Road, Baton Rouge 70820

This program provides equine-oriented activities for the purpose of contributing to the cognitive, physical, emotional and social well-being of people with disabilities. The center welcomes adults and children, ages six and older, to participate in sessions throughout the school year every Monday at 4:30 or 6 p.m. Volunteers serve as "side walkers" as they lead the horses through the arena and trails to ensure the safety of participants. Experience with horses is NOT required. The fall semester classes run September 11 - October 16 and October 30 - December 4.



GOLF MARSHALS AND STARTERS

Dumas Memorial Golf Course
13350 Hwy. 19, Baker
Flexible Scheduling Daily

Located in Greenwood Community Park, this course is approximately 15 minutes from downtown Baton Rouge. One of the best places to golf in Baton Rouge, this course is an 18-hole layout measuring 6,596 yards. BREC is seeking volunteer golf marshals and starters to help with this incredible course. Marshals are known as the course rangers and help manage the flow around the golf course. Starters are needed to help control the pace of play on the golf course by directing players to the first tee at appropriate times. Golf volunteers may qualify for reduced playing fees. For more information about volunteering at Dumas Golf Course contact Boyd Kernan at bkernan@brec.org or 225-775-9166.



PARK OPERATIONS ADMINISTRATIVE WORK

BREC Administrative Offices
6201 Florida Blvd, Baton Rouge, 70806

BREC Park Operations is looking for administrative assistance during daily work hours. Hours are flexible based on your availability. Email volunteer@brec.org to sign up



SUNSHINE SOCIAL

Milton J. Womack Park Ballroom
6201 Florida Blvd, Baton Rouge 70806
Friday, October 20 (6 p.m. - 9 p.m.)
Theme: Monster Mash Costume Ball

Friday, November 17 (6-9 p.m.)
Theme: Hunter Hustle

Through a partnership with Families Helping Families of Greater Baton Rouge, BREC is able to offer themed, monthly socials for adults with cognitive and developmental disabilities and their friends and families. There will be disc jockey, snacks, door prizes, socialization and fun. Volunteers are needed to help serve food, socialize with the guests and dance, dance, dance.

MOVIE IN THE PARK

Highland Road Community Park (Movie Night for Adults)
14024 Highland Rd, Baton Rouge 70810
Friday, November 3 (6:30 - 10 p.m.)
Movie: Wonder Woman (2017)

Monte Sano Park

2727 Greenwell Street, Baton Rouge 70805
Tuesday, November 21 (6:30 - 9:30 p.m.)
Movie: Free Birds

Join BREC for a family movie night under the stars. Volunteers are needed to help serve popcorn and other concessions. Email volunteer@brec.org to sign up

#BRECROCKS

Zachary Community Park
20055 Old Scenic Hwy, Zachary 70791
Thursday, October 5 (5 - 7 p.m.)



North Sherwood Forest Community Park
3140 N. Sherwood Forest Drive, Baton Rouge 70814
Thursday, October 5 (5 - 7 p.m.)

Participants will help us kick off our #BRECROCKS ongoing activity by painting rocks to hide in a BREC park of their choice. This nationwide trend of finding interesting painted rocks has hit Louisiana. It's a scavenger hunt of rock-u-mental proportions! Volunteers are needed to help participants with painting activities and more.

BREW AT THE ZOO

Baton Rouge Zoo
3601 Thomas Road, Baton Rouge 70807
Friday, October 6 (6 - 9 p.m.)

Friends of the Baton Rouge Zoo's fourth annual Brew at the Zoo is back, and better than ever this year. This event offers beer tasting, food tasting, live music and animal encounters for guests over 21. Volunteers are needed to assist with the event (must be 21 years or older to volunteer). Contact Emily Bell at EBell@brzoo.org for more information or to sign up to help.

BREC-A-BOO HALLOWEEN EVENTS

Greenwood Community Park
13350 Hwy. 19, Baker 70714
Thursday, October 12 (9 - 11 a.m.) /
Ages 6 & younger (5:30 - 8:30 p.m.) /
All ages
Friday, October 13 (5:30 - 8:30 p.m.) /
All ages

Forest Community Park
13900 South Harrell's Ferry Road,
Baton Rouge 70816
Friday, October 27 (9 - 11 a.m.) / Ages
6 & younger (5:30 - 8:30 p.m.) / All
ages
Saturday, October 28 (5:30 - 8:30 p.m.)
/ All ages (Come early for the Zombie Run!)



Gus Young Park
4200 Gus Young Avenue, Baton Rouge, LA 70802
Tuesday, October 31 (6:30 - 8:30 p.m.) / All ages

Throughout the month of October, we are looking for volunteers to help with haunted scenes, games and much more during BREC-a-BOO! New for this year, volunteers have the opportunity to participate in building and decorating our haunted scenes. BREC will provide costumes, props and haunting decorations or you can help contribute the scene. The event consists of carnival games, ghostly visitors, costume contests, haunted hikes and more. Email volunteer@brec.org to sign up, and please note if you would like to specifically decorate a haunted scene.

ZOMBIE 5K FUN RUN

Forest Community Park

13900 South Harrell's Ferry Road, Baton Rouge 70816
Saturday, October 28 (4:30 - 6 p.m.)

Participants are running to stay alive, but not all will make it to the end of the course! Runners avoid the undead trying to take their lives (flags), while trying to make it to safety. Zombie volunteers are needed! BREC will have costumes and make up or come in your best zombie attire.

SWAMP HAUNTED HIKES

Bluebonnet Swamp Nature Center
10503 N. Oaks Hills Pkwy., Baton Rouge 70810
October 13, 20, & 27 (Games and entertainment begin at 6 p.m., trails open at dark)

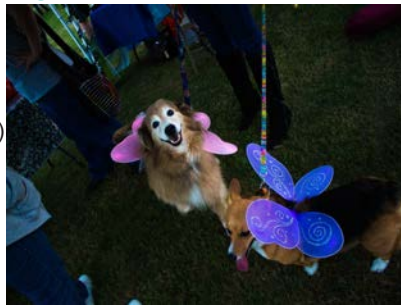
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TRICK & TREAT HOWL-O-WEEN PAWTY

Raising Cane's Dog Park at
Forest Community Park
13900 South Harrell's Ferry
Road, Baton Rouge 70816
Friday, October 20 (6 - 9p.m.)

Join us for our howl-o-ween event, perfect for all the dog loving volunteers! Volunteers are needed to help assist setup and tear down of the event, as well as the running of games and costume parade.



FARR PARK OPEN HOUSE & STUDENT HORSE SHOW

Farr Park Equestrian Center
6402 River Road, Baton Rouge 70820
Saturday, October 21 (10 a.m. - 2 p.m.)

Bring the family to tour Farr Park Equestrian Center and enjoy a student-only horse show, games, prizes, petting zoo, concessions, hay rides, riding demonstrations and more. Volunteers will help out with different activities at the event.

BOO AT THE ZOO

Baton Rouge Zoo
3601 Thomas Road, Baton Rouge 70807
October 21, 22, 28 & 29 (9:30 a.m. - 4 p.m.)

The Zoo invites you to join us for the Boo at the Zoo, a merry-not-scary trick or treating extravaganza. Volunteers are needed to assistance with games, tables, the Hay Maze and more! Contact Emily Bell at EBell@brzoo.org for more information or to sign up to help.

HALLOWEEN HULLABALOO

Central Sports Park
10501 Lovett Road, Central 70818
Tuesday, October 31 (5 - 8 p.m.)

The City of Central is happy to bring back its Halloween Hullabaloo for the second year, founded in October 2016 as a Trick or Treat alternative following the devastating August floods. Volunteers are needed to assist with Halloween themed activities and more! (Don't forget to wear a costume!)

SILVER SPOKES

Flannery Road Park
801 Flannery Road, Baton Rouge 70815
Friday, November 3 (9:00 - 11:00 a.m.)

North Sherwood Forest Community Park
3140 N. Sherwood Forest Drive, Baton Rouge 70814
Friday, December 1 (9:00 - 11:00 a.m.)

Seniors are offered a chance to maintain their fitness, lift their spirits and enjoy a social experience with others as they ride either special designed cruisers or three-wheeled adult trike bikes in our community parks and trailways. Email volunteer@brec.org to sign up to volunteer.

SWAMP VOLUNTEER DAY - PLANT INVADERS PUSHBACK!

Bluebonnet Swamp Nature Center
10503 N. Oaks Hills Pkwy., Baton Rouge 70810
Saturday, November 4 (10 a.m. - 2 p.m.)

A day to get out and give back! Hundreds of invasive plant species grow uncontrolled in Louisiana's natural habitats. Join staff to help improve Bluebonnet Swamp's habitat as they tackle some of the most troublesome plant invaders. At 10 a.m., instruction on which plants to target, how to remove them safely and what to watch out for will be provided. Snacks and bottled water are also provided. Feel free to bring a bag lunch-as well as, bring work gloves and any landscaping tools you may have available as we will have some on a limited basis. To register, email sguidry@brec.org

GINGERBREAD HOUSE DECORATING

Plank Road Park
19550 Plank Road, Zachary 70791
Friday, November 10 (6 - 8 p.m.)

An evening of family fun that can be shared over and over again throughout the holiday. Guests will create a gingerbread masterpiece with lots of graham crackers, icing and candy trims. Volunteers are needed to help with the house making and holiday cheer!

LEGEND OF PAPA NOEL/GINGERBREAD HOUSE DECORATING

Perkins Road Community Park
7122 Perkins Road, Baton Rouge 70808
Friday, November 17 (5:30 - 8:30 p.m.)

Guests will enjoy an evening of fun starting with Papa Noel's grand entrance! Listen to him read The Legend of Papa Noel: A Cajun Christmas Story, decorate a gingerbread house and more activities in preparation of the holiday. Volunteers are needed to help with holiday activities.



HOW TO HELP

For more information about signing up for any of these volunteer opportunities, please email Monica Dugas at volunteer@brec.org, or call (225) 272-9200, ext. 446. Keep updated on BREC volunteer opportunities by signing up to receive volunteer information at BREC.org/volunteer, visit volunteermatch.com and follow Volunteer BREC on Facebook. Volunteers serving 30 or more hours with BREC in a calendar year may qualify for a \$500 state income tax deduction.





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