



HIGHHOPES
50 Years of Empowering Lives

THIS MONTH

Volunteer Enrichments & Trainings

January 2024

10
12PM

Equine Massage

Learn the basics of massage for horses. Taught by our very own instructor, Suzie Zimmerman, who is certified in equine massage!

10
2PM

Lunging Demonstration

Learn about the benefits of lunging, horse gaits, and how to successfully lunge a horse.

11
11AM

Groom & Tack pt.1

Learn the basics of grooming and tacking a horse - beginners welcome!

15
6PM

Barn Training

Do you enjoy “barn smell”? Do you consider cleaning stalls relaxing? Join us for a fun hour of barn training!

16
2PM

Unmounted Coaching

Learn how to be an unmounted coach in our Equine Learning Program!

To sign up please email
Hayley
at
hplas@highhopestr.org

16
4PM

Horse Handler Training

Open to volunteers who have intermediate to advanced horse experience. Learn how to lead horses in our mounted classes.

17
2PM

Equine Massage

Learn the basics of massage for horses. Taught by our very own instructor, Suzie Zimmerman, who is certified in equine massage!

17
4PM

Lunging Demonstration

Learn about the benefits of lunging, horse gaits, and how to successfully lunge a horse.

18
12-
2PM

Horse Picture Day!

Come by and have a picture taken with your favorite horse! Sign up for a time between 12-2pm.

General Orientations:

1/12 - 5PM

1/25 - 5PM

Public Tours:

M / T / F

12 - 3PM

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hplas@highhopestr.org

22
6PM

Barn Training

Do you enjoy “barn smell”?
Do you consider cleaning stalls relaxing?
Join us for a fun hour of barn training!

23
3PM

Groom & Tack pt.2

Learn how to groom and tack horses before their lessons, and more on horse body language.

23
5PM

Unmounted Coaching

Learn how to be an unmounted coach in our Equine Learning Program!

25
5PM

Carriage Driving Demo

Join us for a demonstration given by Cynthia Bliven, a professional carriage driver who has taught and shown for over 40 years.

TBA **Trauma Informed Training**

Learn how to work with participants who have behavioral health needs.