

# January 2017

**Fort Belvoir - MASP On-Site Coordinator:**

Steve Smutak | 440-334-0228

| Sunday                                    | Monday  | Tuesday                      | Wednesday                  | Thursday                     | Friday                                    | Saturday                                  |
|---|---|------------------------------|----------------------------|------------------------------|---|---|
| 1   | 2   | 3                            | 4                          | 5                            | 6   | 7   |
|   | New Year's Day<br>(observed)<br>Classes Cancelled | Swim - Open Lap              | Swim - Open Lap            | Swim - Open Lap<br>Air Rifle | Swim - Open Lap                           |   |
|   |   | Air Rifle                    | Writing                    | Bible Study                  | Sitting Volleyball                        |   |
|   |   | Bible Study                  | Wheelchair Basketball      | Wheelchair Football          |   |   |
|   |   | Tai Chi                      | Pottery                    | Art                          |   |   |
|   |   | Chess Club                   | Kayaking<br>Art            | Yoga<br>Drum Circle          |   |   |
| 8   | 9   | 10                           | 11                         | 12                           | 13  | 14  |
|   | Archery<br>Yoga<br>Fly Fishing                    | Swim - Open Lap<br>Air Rifle | Swim - Open Lap<br>Writing | Swim - Open Lap<br>Air Rifle | Swim - Open Lap<br>Sitting Volleyball     | Scuba Dive Clinic<br>Benyaurd Pool        |
|   |   | Bible Study                  | Wheelchair Basketball      | Bible Study                  |   |   |
|   |   | Tai Chi                      | Pottery                    | Wheelchair Football          |   |   |
|   |   | Chess Club                   | Kayaking<br>Art            | Art                          |   |   |
|   |   |                              |                            | Yoga<br>Drum Circle          |   |   |
| 15  | 16  | 17                           | 18                         | 19                           | 20  | 21  |
|   | Martin Luther King Day<br>Classes Cancelled       | Swim - Open Lap              | Swim - Open Lap            | Swim - Open Lap              | Adapted Snow Skiing<br>Wintergreen Resort | Adapted Snow Skiing<br>Wintergreen Resort |
|   |   | Air Rifle                    | Writing                    | Air Rifle                    |   |   |
|   |   | Bible Study                  | Wheelchair Basketball      | Bible Study                  | Swim - Open Lap                           |   |
|   |   | Tai Chi                      | Pottery                    | Wheelchair Football          |   |   |
|   |   | Chess Club                   | Kayaking<br>Art            | Art                          |   |   |
|   |   |                              |                            | Yoga<br>Drum Circle          |   |   |
| 22  | 23  | 24                           | 25                         | 26                           | 27  | 28  |
| Adapted Snow Skiing<br>Wintergreen Resort | Archery<br>Yoga<br>Fly Fishing                    | Swim - Open Lap<br>Air Rifle | Swim - Open Lap<br>Writing | Swim - Open Lap<br>Air Rifle | Swim - Open Lap<br>Sitting Volleyball     |   |
|   |   | Bible Study                  | Wheelchair Basketball      | Bible Study                  |   |   |
|   |   | Tai Chi                      | Pottery                    | Wheelchair Football          |   |   |
|   |   | Chess Club                   | Kayaking<br>Art            | Art                          |   |   |
|   |   |                              |                            | Yoga<br>Drum Circle          |   |   |
| 29  | 30  | 31                           |                            |                              |   |   |
|   | Archery<br>Yoga<br>Fly Fishing                    | Swim - Open Lap<br>Air Rifle |                            |                              |   |   |
|   |   | Bible Study                  |                            |                              |   |   |
|   |   | Tai Chi                      |                            |                              |   |   |
|   |   | Chess Club                   |                            |                              |   |   |