

January 2017

Fort Hood - MASP On-Site Coordinators:

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		5		6		7	
		New Years Observance		Aquatics Archery Creative Arts Spirituality Genealogy Search Strength & Conditioning Back & Core Training		Tai Chi Creative Arts Soldier in Transition Discussion Genealogy Search Strength & Conditioning Stretch & Flexibility		Aquatics Air Gun Practice Creative Arts Strength & Conditioning		Healthy Walking Creative Arts Meditation Strength & Conditioning		Creative Arts	
8		9		10		11		12		13		14	
		Healthy Walking Meditation Horseback Riding Stress Management Strength & Conditioning Stretch & Flexibility		Aquatics Archery Creative Arts Spirituality Genealogy Search Strength & Conditioning Back & Core Training		Tai Chi Creative Arts Soldier in Transition Discussion Genealogy Search Strength & Conditioning Stretch & Flexibility		MLK Luncheon, SFAC Conf Rm Aquatics Air Gun Practice Creative Arts Strength & Conditioning		Healthy Walking Creative Arts Meditation Strength & Conditioning		Creative Arts	
15		16		17		18		19		20		21	
		MLK Observance		Aquatics Archery Creative Arts Spirituality Genealogy Search Strength & Conditioning Back & Core Training		Tai Chi Creative Arts Soldier in Transition Discussion Genealogy Search Strength & Conditioning Stretch & Flexibility		Aquatics Air Gun Practice Creative Arts Strength & Conditioning		Healthy Walking Creative Arts Meditation Strength & Conditioning		Creative Arts	
22		23		24		25		26		27		28	
		Healthy Walking Meditation Horseback Riding Stress Management Strength & Conditioning Stretch & Flexibility		Aquatics Archery Creative Arts Spirituality Genealogy Search Strength & Conditioning Back & Core Training		Tai Chi Creative Arts Soldier in Transition Discussion Genealogy Search Strength & Conditioning Stretch & Flexibility		Aquatics Air Gun Practice Creative Arts Strength & Conditioning		Healthy Walking Creative Arts Meditation Strength & Conditioning		Creative Arts	
29		30		31									
		Healthy Walking Meditation Horseback Riding Stress Management Strength & Conditioning Stretch & Flexibility		Aquatics Archery Creative Arts Spirituality Genealogy Search Strength & Conditioning Back & Core Training									