## July 2017

## Fort Carson - MASP On-Site Coordinators:

Marc Cattapan | 916-230-3365

| Sun      |      |               |                  |                |                     |                 | Slinger   720-883-3     |              |                     |            |                         |                      |        |      |
|----------|------|---------------|------------------|----------------|---------------------|-----------------|-------------------------|--------------|---------------------|------------|-------------------------|----------------------|--------|------|
|          | iday |               | Monday           |                | Tuesday             | <u> </u>        | Vednesday               | T            | hursday             |            | Friday                  | S                    | aturd  | lay  |
|          | 2    |               | 3                |                | 4                   |                 | 5                       |              | 6                   |            | 7                       |                      |        | 8    |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | DONSA         |                  | Independ       | ence Day            | Cycling         |                         | Positive Pro |                     | Cycling    |                         | Golf                 |        |      |
|          |      |               |                  |                |                     | Frisbee Go      | lf                      | Frisbee Gol  | f                   | Standing V | olleyball               |                      |        |      |
|          |      |               |                  |                |                     | Yoga            |                         | Walking      |                     | Badminton  |                         |                      |        |      |
|          |      |               |                  |                |                     | Walking         |                         | Guitar Less  | ons                 | Yoga       |                         |                      |        |      |
|          |      |               |                  |                |                     |                 | Conditioning            |              |                     | Walking    |                         |                      |        |      |
|          |      |               |                  |                |                     | Swimming        | Conditioning            |              |                     |            | Conditioning            |                      |        |      |
|          |      |               |                  |                |                     | Ownining        |                         |              |                     | Ottorigura | Conditioning            |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      |               | 10               |                | - 11                |                 | 12                      |              | 12                  |            | 1.1                     |                      |        | 4.5  |
|          | 9    |               | 10               |                | 11                  |                 | 12                      |              | 13                  |            | 14                      |                      |        | 15   |
| 0.46     |      | 0 11          |                  | Edd of C       | \ - 1¢              | 0 - 1           |                         | 0 7 1        |                     | 0 - 11     |                         |                      |        |      |
| Golf     |      | Cycling       |                  | Frisbee G      |                     | Cycling         |                         | Guitar Less  | ons                 | Cycling    |                         |                      |        |      |
|          |      | Aquatic Exer  |                  | Standing       | Standing Volleyball |                 | Frisbee Golf            |              | Kayaking            |            | Yoga                    |                      |        |      |
|          |      | Strength & C  | onditioning      | Tai Chi        | Tai Chi             |                 | Yoga<br>Walking         |              |                     |            | Standing Volleyball     |                      |        |      |
|          |      | Meditation 10 | 01               | Walking        | Walking             |                 | Walking                 |              |                     |            | Walking                 |                      |        |      |
|          |      | Archery       |                  | Yoga           |                     | Strength &      | Conditioning            |              |                     | Badminton  |                         |                      |        |      |
|          |      |               |                  |                |                     | Swimming        |                         |              |                     | Strength & | Conditioning            |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     | J          | <u> </u>                |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
| <u> </u> | 16   |               | 17               |                | 18                  |                 | 19                      |              | 20                  |            | 21                      |                      |        | 22   |
|          | 10   |               | 1/               |                | 18                  |                 | 19                      |              |                     |            |                         |                      |        | 22   |
|          |      | Conding or    |                  | Frield on C    | ا م الا             | Cualin a        |                         | Friebas Cal  | Ĺ                   | Ci valim a |                         | Marriatain           | Dildon |      |
|          |      | Cycling       |                  | Frisbee G      |                     | Cycling         | 16                      | Frisbee Gol  |                     | Cycling    |                         | Mountain<br>0900-140 |        | camp |
|          |      |               | Aquatic Exercise |                | Standing Volleyball |                 | Frisbee Golf            |              | Standing Volleyball |            | Yoga                    |                      | 00     |      |
|          |      | Strength & C  |                  |                | Tai Chi             |                 | Yoga                    |              | Walking             |            | Standing Volleyball     |                      |        |      |
|          |      | Meditation 10 | 01               | Walking        | Walking             |                 | Walking                 |              | Guitar Lessons      |            | Frisbee Golf            |                      |        |      |
|          |      | Archery       |                  | Yoga           |                     | Strength &      | Conditioning            |              |                     | Badminton  |                         |                      |        |      |
|          |      | •             |                  | Art Thera      | Art Therapy         |                 | Swimming                |              |                     |            | Walking                 |                      |        |      |
|          |      |               |                  |                | Family Art Therapy  |                 | Point Man Bible Study   |              |                     |            | Strength & Conditioning |                      |        |      |
|          |      |               |                  | T Carriny 7 ti | Стиогару            | i omiciviani    | Diblo Otaay             |              |                     | Carongara  | Conditioning            |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          | 23   |               | 24               |                | 25                  |                 | 26                      |              | 27                  |            | 28                      |                      |        | 29   |
|          | 25   |               | 24               |                | 25                  |                 | 20                      |              |                     |            | 28                      |                      |        |      |
| 0.4      |      | 0 - 1         |                  | Edd C          | \ - 1¢              | 0 11            |                         | Frisbee Gol  | •                   | 0          |                         | Golf                 |        |      |
| Golf     |      | Cycling       |                  |                | Frisbee Golf        |                 | Cycling                 |              |                     | Org Day    | Org Day                 |                      |        |      |
|          |      | Aquatic Exer  |                  |                | Standing Volleyball |                 | Frisbee Golf            |              | Standing Volleyball |            |                         |                      |        |      |
|          |      | Strength & C  | onditioning      | Tai Chi        |                     | Yoga            |                         | Walking      |                     |            |                         |                      |        |      |
|          |      | Meditation 10 | 01               | Walking        |                     | Yoga<br>Walking |                         | Guitar Less  | ons                 |            |                         |                      |        |      |
|          |      | Archery       |                  | Yoga           |                     |                 | Strength & Conditioning |              |                     |            |                         |                      |        |      |
|          |      |               |                  | Art Thera      | Art Therapy         |                 | Swimming                |              |                     |            |                         |                      |        |      |
|          |      |               |                  |                | t Therapy           |                 |                         |              |                     |            |                         |                      |        |      |
|          |      |               |                  | i willing / li |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | 1             |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          | 30   |               | 31               |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | <u> </u>      |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
| Golf     |      | Cycling       |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | Aquatic Exer  |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | Strength & C  | onditioning      |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | Meditation 10 | 01               |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      |               |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | IArcherv      |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | Archery       |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | Arcnery       |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | Arcnery       |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | Arcnery       |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | Archery       |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |
|          |      | Arcnery       |                  |                |                     |                 |                         |              |                     |            |                         |                      |        |      |