



# WALTER REED

## NATIONAL MILITARY MEDICAL CENTER

### SEPTEMBER



| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SAT/SUN   |
|--|--|---|--|--|---|
| <p><b>CONTACTS FOR ACTIVITIES:</b></p> <p><b>Patrick Johnson</b><br/>MASP Site Coordinator<br/><a href="mailto:johnsonp2@MagellanFederal.com">johnsonp2@MagellanFederal.com</a><br/>703-408-5195</p> <p><b>Rachel Jordan</b><br/>Marine WAR-P Manager<br/><a href="mailto:rachel.v.jordan.naf@mail.mil">rachel.v.jordan.naf@mail.mil</a><br/>443-902-7562</p> <p><b>Jenn Trantin</b><br/>Army WTB Coordinator<br/><a href="mailto:jennifer.r.trantin.ctr@mail.mil">jennifer.r.trantin.ctr@mail.mil</a><br/>703-447-3198</p> <p><b>Philip Rackham</b><br/>Navy Service Lead<br/><a href="mailto:philip.t.rackham.ctr@mail.mil">philip.t.rackham.ctr@mail.mil</a><br/>910-587-0224</p> |  |   | <p><b>1</b></p> <p>EQUINE THERAPY<br/>1000-1200 ET<br/>Clifton, MD</p> <p>ROWING ON WATER<br/>1000-1200 ET<br/>Washington DC</p> <p>TENNIS<br/>1000-1200 ET<br/>Darnestown, MD</p> <p>ADAPTIVE GOLF<br/>1300-1500 ET<br/>Towson, MD</p> <p>"SUNSET ROW"<br/>1800-2000 ET<br/>Washington, DC</p>  | <p><b>2</b></p> <p>KAYAKING/<br/>PADDLEBOARD<br/>1000-1200 ET<br/>Rileys Lock, MD</p> <p>CYCLING<br/>1300-1400 ET<br/>Walter Reed</p>  | <p><b>3/4</b></p> <p>ADAPTIVE GOLF<br/>1300-1500 ET<br/>Joint Base<br/>Andrews, VA</p>  |
| <p><b>5</b></p> <p>ROWFIT<br/>1300-1400 ET<br/>Fort Belvoir</p> <p>CORNHOLE<br/>1400 ET<br/>Fort Belvoir</p>   | <p><b>6</b></p> <p>AIR RIFLE<br/>0900-1030 ET<br/>Centerville, VA</p> <p>ROWING ON THE<br/>WATER<br/>1000-1200 ET<br/>Washington DC</p> <p>"SUNSET ROW"<br/>1800-2000 ET<br/>Washington, DC</p>  | <p><b>7</b></p> <p>CYCLING<br/>1000-1200 ET<br/>Walter Reed</p> <p>WARRIOR YOGA<br/>1100-1200 ET<br/>Walter Reed</p> <p>ROWFIT<br/>1230-1330<br/>Walter Reed</p> <p>ARCHERY<br/>1800-2030 ET<br/>Ft. Belvoir</p>        | <p><b>8</b></p> <p>EQUINE THERAPY<br/>1000-1200 ET<br/>Clifton, MD</p> <p>ROWING ON WATER<br/>1000-1200 ET<br/>Washington DC</p> <p>TENNIS<br/>1000-1200 ET<br/>Darnestown, MD</p> <p>ADAPTIVE GOLF<br/>1300-1500 ET<br/>Towson, MD</p> <p>"SUNSET ROW"<br/>1800-2000 ET<br/>Washington, DC</p>  | <p><b>9</b></p> <p>WHITE WATER<br/>RAFTING<br/>1000-1200 ET<br/>Harpers Ferry, WV</p> <p>CYCLING<br/>1300-1400 ET<br/>Walter Reed</p>  | <p><b>10/11</b></p> <p>ADAPTIVE GOLF<br/>1300-1500 ET<br/>Joint Base<br/>Andrews, VA</p>  |
| <p><b>12</b></p> <p>ROWFIT<br/>1300-1400 ET<br/>Fort Belvoir</p> <p>CORNHOLE<br/>1400 ET<br/>Fort Belvoir</p>  | <p><b>13</b></p> <p>AIR RIFLE<br/>0900-1030 ET<br/>Centerville, VA</p> <p>ROWING ON THE<br/>WATER<br/>1000-1200 ET<br/>Washington DC</p> <p>NATURE WALK<br/>1030-1130<br/>Washington, DC</p> <p>"SUNSET ROW"<br/>1800-2000 ET<br/>Washington, DC</p> | <p><b>14</b></p> <p>CYCLING<br/>1000-1200 ET<br/>Walter Reed</p> <p>POWER LIFTING<br/>1100-1300 ET<br/>Walter Reed</p> <p>WARRIOR YOGA<br/>1100-1200 ET<br/>Walter Reed</p> <p>ROWFIT<br/>1230-1330<br/>Walter Reed</p> | <p><b>15</b></p> <p>EQUINE THERAPY<br/>1000-1200 ET<br/>Clifton, MD</p> <p>ROWING ON WATER<br/>1000-1200 ET<br/>Washington DC</p> <p>TENNIS<br/>1000-1200 ET<br/>Darnestown, MD</p> <p>ADAPTIVE GOLF<br/>1300-1500 ET<br/>Towson, MD</p> <p>"SUNSET ROW"<br/>1800-2000 ET<br/>Washington, DC</p> | <p><b>16</b></p> <p>KAYAKING/<br/>PADDLEBOARD<br/>1000-1200 ET<br/>Rileys Lock, MD</p> <p>CYCLING<br/>1300-1400 ET<br/>Walter Reed</p> | <p><b>17/18</b></p> <p>ADAPTIVE GOLF<br/>1300-1500 ET<br/>Joint Base<br/>Andrews, VA</p>  |
| <p><b>19</b></p> <p>ROWFIT<br/>1300-1400 ET<br/>Fort Belvoir</p> <p>CORNHOLE<br/>1400 ET<br/>Fort Belvoir</p>  | <p><b>20</b></p> <p>AIR RIFLE<br/>0900-1030 ET<br/>Centerville, VA</p> <p>ROWING ON THE<br/>WATER<br/>1000-1200 ET<br/>Washington DC</p> <p>"SUNSET ROW"<br/>1800-2000 ET<br/>Washington, DC</p>   | <p><b>21</b></p> <p>CYCLING<br/>1000-1200 ET<br/>Walter Reed</p> <p>WARRIOR YOGA<br/>1100-1200 ET<br/>Walter Reed</p> <p>ROWFIT<br/>1230-1330<br/>Walter Reed</p>   | <p><b>22</b></p> <p>EQUINE THERAPY<br/>1000-1200 ET<br/>Clifton, MD</p> <p>ROWING ON WATER<br/>1000-1200 ET<br/>Washington DC</p> <p>TENNIS<br/>1000-1200 ET<br/>Darnestown, MD</p> <p>ADAPTIVE GOLF<br/>1300-1500 ET<br/>Towson, MD</p> <p>"SUNSET ROW"<br/>1800-2000 ET<br/>Washington, DC</p> | <p><b>23</b></p> <p>KAYAKING/<br/>PADDLEBOARD<br/>1000-1200 ET<br/>Rileys Lock, MD</p> <p>CYCLING<br/>1300-1400 ET<br/>Walter Reed</p> | <p><b>24/25</b></p> <p>ADAPTIVE GOLF<br/>1300-1500 ET<br/>Joint Base<br/>Andrews, VA</p> <p>ROCK CLIMBING<br/>1630-1830<br/>Sport Rock of<br/>Alexandria, VA<br/>(SUNDAY)</p> |
| <p><b>26</b></p> <p>ROWFIT<br/>1300-1400 ET<br/>Fort Belvoir</p> <p>CORNHOLE<br/>1400 ET<br/>Fort Belvoir</p>  | <p><b>27</b></p> <p>AIR RIFLE<br/>0900-1030 ET<br/>Centerville, VA</p> <p>ROWING ON THE<br/>WATER<br/>1000-1200 ET<br/>Washington DC</p> <p>NATURE WALK<br/>1030-1130<br/>Washington, DC</p> <p>"SUNSET ROW"<br/>1800-2000 ET<br/>Washington, DC</p> | <p><b>28</b></p> <p>CYCLING<br/>1000-1200 ET<br/>Walter Reed</p> <p>POWER LIFTING<br/>1100-1300 ET<br/>Walter Reed</p> <p>WARRIOR YOGA<br/>1100-1200 ET<br/>Walter Reed</p> <p>ROWFIT<br/>1230-1330<br/>Walter Reed</p> | <p><b>29</b></p> <p>EQUINE THERAPY<br/>1000-1200 ET<br/>Clifton, MD</p> <p>ROWING ON WATER<br/>1000-1200 ET<br/>Washington DC</p> <p>TENNIS<br/>1000-1200 ET<br/>Darnestown, MD</p> <p>ADAPTIVE GOLF<br/>1300-1500 ET<br/>Towson, MD</p> <p>"SUNSET ROW"<br/>1800-2000 ET<br/>Washington, DC</p> | <p><b>30</b></p> <p>KAYAKING/<br/>PADDLEBOARD<br/>1000-1200 ET<br/>Rileys Lock, MD</p> <p>CYCLING<br/>1300-1400 ET<br/>Walter Reed</p> |   |