



Navy Adaptive Sports Calendar



December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>For sign ups, locations, questions or concerns please contact: Philip Rackham – Navy Adaptive Reconditioning and Sports Coordinator philip.t.rackham.ctr@mail.mil 910-587-0224</p>		<p>1</p> <p>ARCHERY 0900-1100 Centerville VA</p> <p>CORNHOLE 1200-1300 ET Walter Reed</p> <p>WARRIOR YOGA 1300-1400 ET Walter Reed</p> <p>ROWFIT 1400-1500 ET Walter Reed</p> <p>OUTDOOR CYCLING 1400-1500 ET Walter Reed</p>	<p>2</p> <p>EQUINE THERAPY 1100-1230 ET Clifton, VA</p> <p>ROWFIT 1400-1500 ET Walter Reed</p> <p>CORNHOLE 1500-1600 ET Walter Reed</p>	<p>3</p> <p>OUTDOOR CYCLING 1300-1400 ET Walter Reed</p>	<p>4/5</p> <p>OPEN GYM Adaptation Athletics Sunday, 1600-1800 Arlington, VA</p>
<p>6</p> <p>TENNIS 1130-1330 ET Darnestown, MD</p> <p>INDOOR CYCLING 1300-1330 ET Walter Reed</p>	<p>7</p> <p>AIR RIFLE 0900-1030 ET Centerville, VA</p> <p>ROWFIT 1300-1400 ET Fort Belvoir</p>	<p>8</p> <p>ARCHERY COMP 0900-1300 Centerville VA</p> <p>CORNHOLE 1200-1300 ET Walter Reed</p> <p>WARRIOR YOGA 1300-1400 ET Walter Reed</p> <p>ROWFIT 1400-1500 ET Walter Reed</p> <p>OUTDOOR CYCLING 1400-1500 ET Walter Reed</p>	<p>9</p> <p>EQUINE THERAPY 1100-1230 ET Clifton, VA</p> <p>ROWFIT 1400-1500 ET Walter Reed</p> <p>CORNHOLE 1500-1600 ET Walter Reed</p>	<p>10</p> <p>OUTDOOR CYCLING 1300-1400 ET Walter Reed</p>	<p>11/12</p> <p>OPEN GYM Adaptation Athletics Sunday, 1600-1800 Arlington, VA</p>
<p>13</p> <p>TENNIS 1130-1330 ET Darnestown, MD</p> <p>INDOOR CYCLING 1300-1330 ET Walter Reed</p>	<p>14</p> <p>AIR RIFLE 0900-1030 ET Centerville, VA</p> <p>ROWFIT 1300-1400 ET Fort Belvoir</p>	<p>15</p> <p>ARCHERY 0900-1100 Centerville VA</p> <p>CORNHOLE 1200-1300 ET Walter Reed</p> <p>WARRIOR YOGA 1300-1400 ET Walter Reed</p> <p>ROWFIT 1400-1500 ET Walter Reed</p> <p>OUTDOOR CYCLING 1400-1500 ET Walter Reed</p>	<p>16</p> <p>ROWFIT 1400-1500 ET Walter Reed</p> <p>CORNHOLE 1500-1600 ET Walter Reed</p>	<p>17</p> <p>OUTDOOR CYCLING 1300-1400 ET Walter Reed</p>	<p>18/19</p> <p>OPEN GYM Adaptation Athletics Sunday, 1600-1800 Arlington, VA</p>
<p>20</p> <p>TENNIS 1130-1330 ET Darnestown, MD</p> <p>INDOOR CYCLING 1300-1330 ET Walter Reed</p>	<p>21</p> <p>ROWFIT 1300-1400 ET Fort Belvoir</p>	<p>22</p> <p>CORNHOLE 1200-1300 ET Walter Reed</p> <p>WARRIOR YOGA 1300-400 ET Walter Reed</p> <p>ROWFIT 1400-1500 ET Walter Reed</p> <p>OUTDOOR CYCLING 1400-1500 ET Walter Reed</p>	<p>23</p> <p>ROWFIT 1400-1500 ET Walter Reed</p> <p>CORNHOLE 1500-1600 ET Walter Reed</p>	<p>24</p> <p>Christmas Eve</p>	<p>25/26</p> <p>Merry Christmas</p>
<p>27</p> <p>INDOOR CYCLING 1300-1330 ET Walter Reed</p>	<p>28</p> <p>ROWFIT 1300-1400 ET Fort Belvoir</p>	<p>29</p> <p>CORNHOLE 1200-1300 ET Walter Reed</p> <p>WARRIOR YOGA 1300-1400 ET Walter Reed</p> <p>ROWFIT 1400-1500 ET Walter Reed</p> <p>OUTDOOR CYCLING 1400-1500 ET Walter Reed</p>	<p>30</p> <p>ROWFIT 1400-1500 ET Walter Reed</p> <p>CORNHOLE 1500-1600 ET Walter Reed</p>	<p>Join us for virtual clinics to recognize Warrior Care Month! See Flyers below for more details</p> <p>SHOW OF STRENGTH</p> <p>-Mind, Body, Meditation: 1 DEC. 0700-0830 ET https://global.gotomeeting.com/install/779097669</p> <p>-Expressive Art: 10 DEC. 1600-1730 ET https://global.gotomeeting.com/install/929913189</p> <p>-Zentangle: 13 DEC. 1900-2100 https://global.gotomeeting.com/install/498090333</p>	

NOVEMBER 2021 WARRIOR CARE MONTH VIRTUAL SHOW OF STRENGTH



EXPRESSIVE ART

Dates: November 5, 19, & December 10

Time: 4 - 5:30 p.m. ET

November 5 - "Life in Comics"

A creative exploration of life's journey through the use of comic strip making, with creating characters and humor.

Supplies: Markers, paper, ruler, pencils and/or pens, scissors, and glue sticks.

November 19 - "Tapestry of Life"

Storytelling through the use of the visual and written expression.

Creating a paper quilt tapestry with watercolor, and writing.

Supplies: Markers, colored pencils, crayons and/or watercolor pencils, paper (preferably watercolor) and construction paper, pen and/or pencil, lined paper, scissors, and glue sticks. Other helpful items (but not required) include: fabrics, embroidery thread, needle, tissue paper, any knickknack for collaging embellishments, and fabric glue.

To RSVP for an event, email Sue Hieb at susan.hieb@navy.mil



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NOVEMBER 2021
**WARRIOR
CARE
MONTH**
VIRTUAL SHOW
OF STRENGTH



MIND, BODY, MEDITATION

Dates: November 3, 17, & December 1

Time: 7 - 8:30 p.m. ET

These sessions will focus on creating conditions for your body and mind to relax and to find a sense of presence in the right here right now. We'll explore movement and supported postures that access your parasympathetic nervous system and that encourage exploration of sites of tension and sources of ease within your body. Supplies: at least one blanket/towel or yoga mat to lay on and at least two blanket/towel to use in supported postures.

To RSVP for an event, email Sue Hieb at susan.hieb@navy.mil



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NOVEMBER 2021
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VIRTUAL SHOW
OF STRENGTH



ZENTANGLE

Dates: November 15, 29, & December 13

Time: 7 - 9 p.m. ET

Join us to learn, relax, and enjoy a fun way to create beautiful images using deliberate, repetitive strokes to produce amazing artwork.

You will need a 3.5 X 3.5 inch cardstock or other thick white paper, pencil, and an black ultra fine permanent marker. Other helpful items (but not required) include: a Tortilon and colored pencils.

To RSVP for an event, email Sue Hieb at susan.hieb@navy.mil



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