



# Navy Adaptive Sports Calendar

## December 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>To sign up or get more information on these opportunities, please contact: Philip Rackham- Adaptive Reconditioning and Sports Coordinator</p> <p>Email: <a href="mailto:rackhamp@MagellanFederal.com">rackhamp@MagellanFederal.com</a>            Mobile: <a href="tel:910-587-0224">910-587-0224</a></p>			<p><b>1</b></p> <ul style="list-style-type: none"> <li>1000-1200: Equine Therapy. Clifton, VA</li> <li>1000-1200: Tennis. College Park, MD</li> <li>1300-1400: Indoor Rowing. WRNMMC</li> <li>1400-1500: Cornhole. WRNMMC</li> <li>1730-1900: Wheelchair Basketball. WRNMMC</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Cycling. WRNMMC</li> </ul>	<p><b>3/4</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Kayaking. Madeira School Indoor Pool. Mclean, VA.</li> </ul>
<p><b>5</b></p> <ul style="list-style-type: none"> <li>1300-1400: Indoor Rowing. Fort Belvoir, VA</li> <li>1400-1500: Cornhole. Fort Belvoir, VA</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>0900-1200: Air Rifle. Centerville, VA</li> <li>1300-1400: Indoor Rowing. WRNMMC</li> <li>1400-1500: Cornhole. WRNMMC</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>0700-0800: Yoga. WRNMMC</li> <li>1000-1200: Adaptive Kayaking. WRNMMC Pool</li> <li>1100-1200: Yoga. WRNMMC</li> <li>1300-1500: Cycling. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>1000-1200: Equine Therapy. Clifton, VA</li> <li>1000-1200: Tennis. College Park, MD</li> <li>1300-1400: Indoor Rowing. WRNMMC</li> <li>1400-1500: Cornhole. WRNMMC</li> <li>1730-1900: Wheelchair Basketball. WRNMMC</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Cycling. WRNMMC</li> </ul>	<p><b>10/11</b></p> <ul style="list-style-type: none"> <li>1600-1900 DEC 11th: FDNY Christmas Party. WRNMMC, BLDG 62 Warrior Café (See flyer)</li> </ul> 
<p><b>12</b></p> <ul style="list-style-type: none"> <li>1300-1400: Indoor Rowing. Fort Belvoir, VA</li> <li>1400-1500: Cornhole. Fort Belvoir, VA</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>0900-1200: Air Rifle. Centerville, VA</li> <li>1300-1400: Indoor Rowing. WRNMMC</li> <li>1400-1500: Cornhole. WRNMMC</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>0700-0800: Yoga. WRNMMC</li> <li>1000-1200: Adaptive Kayaking. WRNMMC Pool</li> <li>1100-1200: Yoga. WRNMMC</li> <li>1300-1500: Cycling. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>1000-1200: Equine Therapy. Clifton, VA</li> <li>1000-1200: Tennis. College Park, MD</li> <li>1300-1400: Indoor Rowing. WRNMMC</li> <li>1400-1500: Cornhole. WRNMMC</li> <li>1730-1900: Wheelchair Basketball. WRNMMC</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Cycling. WRNMMC</li> </ul>	<p><b>17/18</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Kayaking. Madeira School Indoor Pool. Mclean, VA.</li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>1300-1400: Indoor Rowing. Fort Belvoir, VA</li> <li>1400-1500: Cornhole. Fort Belvoir, VA</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>0900-1200: Air Rifle. Centerville, VA</li> <li>1300-1400: Indoor Rowing. WRNMMC</li> <li>1400-1500: Cornhole. WRNMMC</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>0700-0800: Yoga. WRNMMC</li> <li>1000-1200: Adaptive Kayaking. WRNMMC Pool</li> <li>1100-1200: Yoga. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>1000-1200: Equine Therapy. Clifton, VA</li> <li>1000-1200: Tennis. College Park, MD</li> <li>1300-1400: Indoor Rowing. WRNMMC</li> <li>1400-1500: Cornhole. WRNMMC</li> <li>1730-1900: Wheelchair Basketball. WRNMMC</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Cycling. WRNMMC</li> </ul>	<p><b>24/25</b></p> 
<p><b>26</b></p> <ul style="list-style-type: none"> <li>1300-1400: Indoor Rowing. Fort Belvoir, VA</li> <li>1400-1500: Cornhole. Fort Belvoir, VA</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>0900-1200: Air Rifle. Centerville, VA</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>0700-0800: Yoga. WRNMMC</li> <li>1000-1200: Adaptive Kayaking. WRNMMC Pool</li> <li>1100-1200: Yoga. WRNMMC</li> <li>1300-1500: Cycling. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>1000-1200: Equine Therapy. Clifton, VA</li> <li>1000-1200: Tennis. College Park, MD</li> <li>1730-1900: Wheelchair Basketball. WRNMMC</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Cycling. WRNMMC</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Kayaking. Madeira School Indoor Pool. Mclean, VA.</li> </ul>



# WHEELCHAIR BASKETBALL

No experience required



**WHEN: THURSDAYS  
1730-1900**

**WHO: WOUNDED  
WARRIORS AND STAFF  
WELCOME**



**WHERE: WALTER REED  
GYM (BLDG 17)**



Must be medically cleared. Please contact  
Philip Rackham for more information.



Email: [rackhamp@magellanfederal.com](mailto:rackhamp@magellanfederal.com)  
Mobile: 910-587-0224





# **WHO: WII and Family**

**WHAT: 21st Annual FDNY Christmas Party**

**WHEN: 11 DEC 22**

**1600-1900**

**WHERE: BLDG 62, Warrior Cafe**

**SPONSOR/POC: FDNY, Gary Sinise Foundation, and Camp for Heroes**

