

Are You A Veteran of

# OIF, OEF, or OND?

*Join Sitrin's Military-Civilian Coalition (MCC) for a series of free activities!*

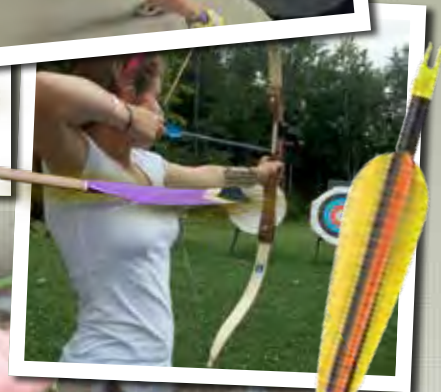
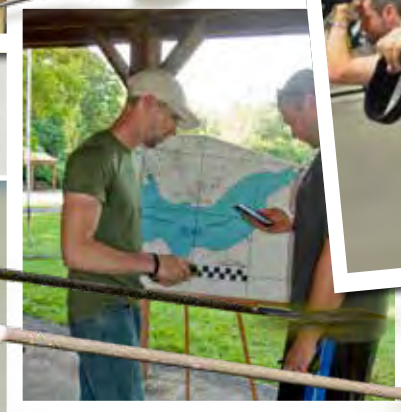
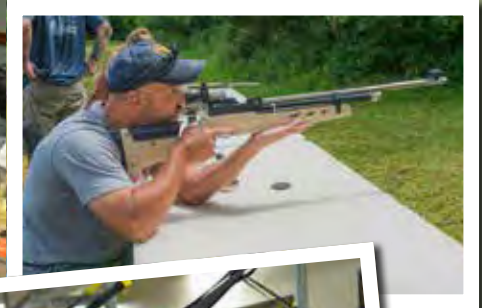
*Joining forces to empower and educate individuals through social and athletic endeavors!*

Sitrin's MCC is designed to promote:

- Camaraderie
- Advocacy
- Educational Opportunities
- Transitional Support to Civilian Life

Monthly gatherings take place at various locations in the community.

**See back for a listing of activities**



# MCC April – June 2019 Schedule

April 2019						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2019						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2019						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

To sign up for upcoming events or for more information, contact:

**Jackie Warmuth**

Phone: 315-737-2435

E-Mail: [jwarmuth@sitrin.com](mailto:jwarmuth@sitrin.com)

**SITRIN**

Sitrin Medical Rehabilitation Center  
2050 Tilden Avenue  
New Hartford, NY 13413-1000

■ 4/4, 18 • 5/2, 16 • 6/6, 20

## Yoga for Veterans

Sitrin Health Care  
Center's Pediatric Gym  
5:00 pm

Instructed by veteran Joe Johnson.



■ 4/6

## Warrior Cane Project

Sitrin Community Center  
(center building of Sitrin's  
long-term care complex)  
115 Sitrin Lane  
New Hartford

9:30 am – 12:30 pm

Grand Master Mark Shuey will be teaching Cane Self Defense to Veterans. All attendees will receive a FREE hand crafted cane valued at \$225.

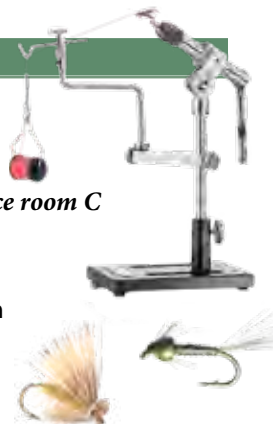


■ 4/24, 5/8, 6/26

## Fly Tying

Sitrin Health Care Center  
1st floor conference room C  
New Hartford  
6:00 pm

Instructions given by veteran Joe Alberico and Gary Soron.



■ 5/13, 20, 27 • 6/3, 10, 17, 24

## Weekly Biking

Group Bike Ride  
Floating schedule due to weather, etc., notified by e-mail.

A weekly group bike ride in preparation for the Stars & Stripes Bike-A-Thon, September 29, 2019.

E-mail [jwarmuth@sitrin.com](mailto:jwarmuth@sitrin.com), to be included in an ongoing group e-mail thread where you will receive time, location, route and other details about the next ride.



■ 6/19

## Stars & Stripes Run~Walk KICKOFF

Sitrin Community Center  
115 Sitrin Lane  
New Hartford  
5:30 pm

Kickoff of the 2019 Stars & Stripes Run~Walk and presentation to highest achievers of the 2018 event.



## Upcoming Fundraisers

Proceeds to Support Sitrin's Military Rehabilitation Program.

■ 5/18

## GOLF TOURNAMENT



## Oriskany Sons of the American Legion Golf Tournament

Shamrock Golf & Country Club  
6295 Airport Road  
Oriskany, NY 13424 • 8:00 am

□ 6/30



## Mohawk American Legion Golf Tournament

Stonebridge Golf & Country Club  
2340 Graffenburg Road  
Frankfort, NY 13340 • 11:00 am