

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 October – December 2018 Schedule

October 2018						
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			

November 2018						
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	

December 2018						
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					

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

Jackie Warmuth

Phone: 315-737-2435

E-Mail: jwarmuth@sitrin.com

SITRIN

The Help. The Hope. The Healing.

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

10/6

Sitrin's Stars & Stripes Walk ~ Run

SUNY Poly Campus
Marcy NY
7:30 am



To support Sitrin's Military Rehabilitation Program

10/9

Trip to Salmon River Fish Hatchery in Altmar

Meet at Sitrin Health Care Center
Leave at 9:00am



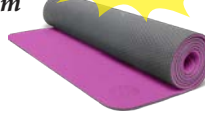
Carpooling to Fish Hatchery and then Tour of Fisherman on Salmon River

10/11 10/18 11/1 11/15 12/6 12/20

Yoga for Veterans

Sitrin Health Care Center
Pediatric Gym, 5:00 pm

Bring your Yoga Mat if you have one.



10/20

Painting Party- Camp Sitrin Buildings

Camp Sitrin
2751 Graffenburg Road,
Frankfort, NY 13340
9:30 am



Painting Camp Sitrin Building with Lunch Provided at noon.

10/31 11/28

Fly Fishing

Sitrin Health Care Center
1st Floor West Entrance
Conference Room C,
New Hartford, 6:00 pm



11/10

10th Annual Veteran's 5k Run/Walk

Whiteman-Hull-Snyder
American Legion Post 1360

Registration 10:30 am

Start at 12:00 noon



Held at the Cherry Valley Community Center, 2 Genesee Street, Cherry Valley, NY 13320

11/11

Veteran Day Flags for Heroes!

Memorial Parkway,
Utica NY
3:30pm



Keynote Speaker Jan Scruggs; Vietnam Wall Founder speaking at the Closing Ceremony.

12/13

Drumming Circle

Sitrin Health Care Center
Pediatric Gym, 6:00 pm

Therapeutic and fun, you don't need to know how to drum to attend.

