

Are You A Veteran of

OIF, OEF, or OND?

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

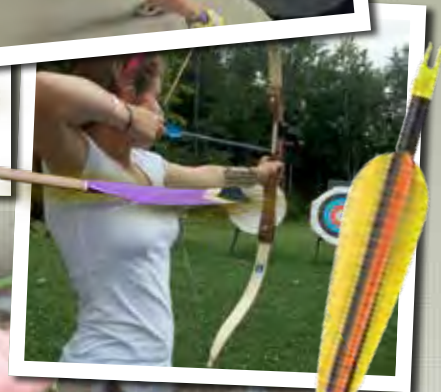
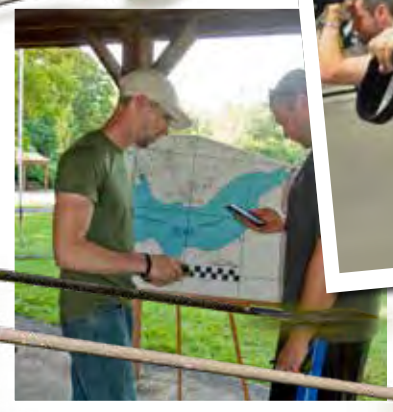
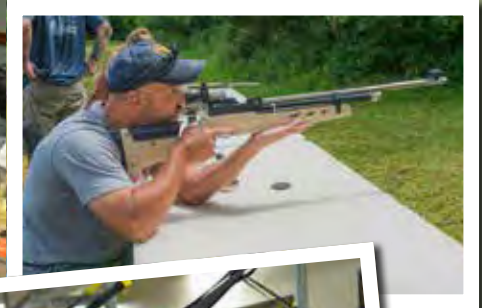
Joining forces to empower and educate individuals through social and athletic endeavors!

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 January – March 2018 Schedule

January 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			

February 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			

March 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

■ 1/4 • 1/18

Yoga for Veterans

Sitrin Health Care Center
Pediatric Gym, 5:00 pm
Instructed by Joe Johnson

Bring your
Yoga Mat if you
have one.



■ 1/24

TRX Suspension Training

Empowerment2 Studio, Mill#3 Building
2nd Floor, New York Mills, 6:00 pm

Instructed by Veteran Matt Vasco

A workout program that leverages gravity and your body weight to perform various exercises.



■ 2/6

Target Air Rifle Shooting



At Sitrin Long Term
Houses-Community Center
6:00 pm

■ 2/28 • 3/28

Fly Tying/Fishing

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

Instructions given by veterans
Joe Alberico and Gary Soron.



■ 3/18

Bowl-A-Thon

Pin-O-Rama Lanes
1724 Genesee St
Utica • 12:00 Noon

Grab your team and
come join us!



■ 3/10

Cross-Country Skiing

Boonville Search &
Rescue Building,
13217 State Route 12,
Boonville, NY 13309

(Behind Boonville Town Barn)

1:00 pm



Upcoming Later This Year!

TBD

Sculling

Riverside Marina, Erie Canal
6805 Martin Street, Rome, NY 13440

Instructed by Tim Giarusso

Will include an introductory session to experience rowing.



TBD

Veterans Golf Tournaments

Golf outings throughout summer,
throughout the county

Check back for dates and information as they are scheduled.

TBD

Warrior Retreat

Camp Sitrin,
2751 Graffenburg Road,
Frankfort, 13340 -
Check-In Friday 1:00-3:00 pm

Social, Physical and Family Activities,
Team Building Exercises and Emotional/
Spiritual Healing.

For information, Call: 315-737-2435 or
e-mail: jwarmuth@sitrin.com

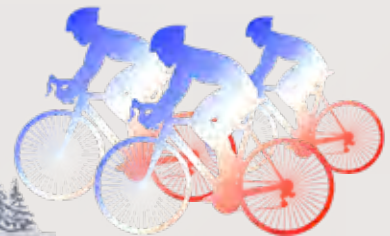
TBD

Weekly Biking

Group Bike Ride
Floating schedule, notified by e-mail

A weekly group bike ride in preparation for the Stars & Stripes Bike-A-Thon, and for general workout to get in shape. Rides are tentatively expected to start in April.

E-mail jwarmuth@sitrin.com, to be included in e-mail thread.



FLOATING
SCHEDULE