



NOVEMBER SPORTS & RECREATION

SPIN SESSION with special guest speakers
Monday - Saturday each week
Email HANDCYCLING@PVA.ORG for times and registration

BOOK CLUB sign up to read "Quiet Strength: The Principles, Practices, and Priorities of a Winning Life" by Tony Dungy
Meeting Friday Nov 13 1pm EST
[Click to Register](#)

E-SPORTS PRACTICE Led by Travis Greaves - New Game: Apex Legends
Friday Nov 20 2pm EST
[Click to Register](#)

FAMILY INCLUSIVE DANCE CLASS Led by - Wheelchair Dancers Org
Thursdays Nov 6, 13, & 20 7:30pm EST
[Click to Register](#)

VIRTUAL DANCE IT OUT ADAPTIVE FITNESS Led by - Wheelchair Dancers Org
Fridays Nov 7, 14, & 21 12:30pm EST
[Click to Register](#)

ADAPTIVE YOGA Led by Dr. Audrey Lee
Every Monday, Wednesday, Saturday 11am EST (No classes Thanksgiving week)
[Click to Register](#)

PVA VIRTUAL CAR SHOW
Cars displayed on Facebook Nov 2 to Nov 5, Awards announced Nov 6
[Click here](#)

Virtual Nutrition Led by Dr. Audrey Lee
Thursday Nov 12 2pm EST
[\(Click to Register\)](#)

Air Guns 104 Led by John Arbino
Thursdays Nov 5 & Nov 12 2pm EST



**Paralyzed Veterans
of America**

Check out PVA.ORG/SPORTS for more!