



OCTOBER SPORTS & RECREATION

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

ADAPTIVE YOGA Led by Dr. Audrey Lee
Every Monday, Wednesday, Saturday
11am EST
[Click to Register](#)

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

Air Guns 104 Led by John Arbino
Thursdays 2pm EST starting 10/15
[Click to Register](#)

E-SPORTS PRACTICE Led by Travis Greaves
Every Friday 2pm EST
[Click to Register](#)

VIRTUAL CAR SHOW
Registration Oct 7 -Oct 25 [click here](#)

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



**Paralyzed Veterans
of America**

Check out PVA.ORG/SPORTS for more!