



# November 2019



CFMWS

SUN

MON

TUE

WED

THU

FRI

SAT

## Notable Upcoming Events

- **DodgeBall Wing Challenge**  
1 November 2019
- **21 Day Pre—Christmas Cookie Fitness Challenge**  
11 Nov—10 Dec 2019
- **National Child Day**  
15 November 2019  
1700 @ the Canuck Club
- **Youth Sports Nights**  
Tuesdays at 1800—2000hrs  
Starting 12 Nov 19
- **Ladies Sports Night**  
Mondays at 1900hrs  
Starting 04 Nov 19
- **FORCE EVALUATIONS**  
Tuesday and Fridays at 0900  
Members must RSVP NLT 24hrs PRIOR
- **CFB Swimming**  
Sundays from 1300—1400hrs  
Labrador Training Centre
- **5 Wing Ice Times**  
Fridays @ 1430hrs  
EJ Broomfield Arena
- **Winter Equipment Rentals**  
04 November 2019  
Members Must have all Summer equipment  
returned prior to the sign out of Winter  
equipment

1

2

Practice Force Evals  
0800

**DodgeBall Wing  
Challenge @  
1230hrs**

3

4

5

6

7

8

9



HQ PT @ 0800hrs

444 SQN PT @ 0800

HQ PT @ 0800hrs

444 SQN PT @ 0800

Practice Force Evals  
0800

Lunch Time  
Badminton

Lunch Time  
Soccer

Lunch Time  
Volleyball

Lunch Time  
Soccer

Lunch Time Dodge  
Ball

Ladies Sport Night

MIR PT @ 1400hrs

10

11

12

13

14

15

16



CLOSED

444 SQN PT @ 0800

HQ PT @ 0800hrs

444 SQN PT @ 0800

Practice Force Evals  
0800  
Lunch Time Dodge  
Ball



Lunch Time  
Soccer

Lunch Time  
Volleyball

Lunch Time  
Soccer



MIR PT @ 1400hrs

17

18

19

20

21

22

23



HQ PT @ 0800hrs

444 SQN PT @ 0800

HQ PT @ 0800hrs

444 SQN PT @ 0800

Practice Force Evals  
0800

Lunch Time  
Badminton

Lunch Time  
Soccer

Lunch Time  
Volleyball

Lunch Time  
Soccer

Lunch Time Dodge  
Ball

Ladies Sports Night

MIR PT @ 1400hrs

24

25

26

27

28

29

30



HQ PT @ 0800hrs

444 SQN PT @ 0800

HQ PT @ 0800hrs

444 SQN PT @ 0800

Practice Force Evals  
0800

Lunch Time  
Badminton

Lunch Time  
Soccer

Lunch Time  
Volleyball

Lunch Time  
Soccer

Lunch Time Cardio  
Group

Ladies Sport Night

MIR PT @ 1400hrs

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