



NEWS LETTER

For detailed information:



SCAN ME
460FSS.com

Edition # 7

HIGHLIGHTED ITEMS

FALL FITNESS: GET FIT WITH FSS

JOURNEY OF TOURNEYS - Ping Pong Tournament 18 Oct @1500

Get a Total Body lunch break for all 12-1pm - Mon - Fri

Check out our Active Older Adults Total Body Class Tues & Thurs 0900-1000

Namaste Time? Comeback Yoga Tues 1730-1830

Passion for Martial Arts? Jiu Jitsu & Muay Thai Drills 1700-1800

Looking to relax? Get a massage at the Fitness Center

Stacey Simpson - 720-404-4715 | John Larkin - 720-331-8446

Fitness at all hours - Register at the Fitness Center 0530-2100 Mon-Fri

FALL PHONICS

Narrative Writing Course - 10 Oct 1300-1500 @LDC

Senior Enlisted Leader Seminar - 11-13 Oct 0800-1600 @ 140th DFAC NCO

Foundations Course - 31 Oct - 3 Nov 0800-1600 @LDC

Public Speaking Course - 27 Oct 1300-1500 @LDC

Military & Civilian Tuition Assistance Briefings Offered! Call 720-847-6675

FALL FESTIVITIES



Get your Fall Camping & Winter Gear @ Outdoor Recreation
For CC's - Don't forget to use your Unite Funds for morale events!

FALL FLAVORS: PUMPKIN SPICE!!

The Best Coffee for the Best You!

Panther Cafe 0800-1230 | Rickenbacker's 0600-1000

UPCOMING EVENTS

- 10 Oct -
Ultimate Game Show
@ LDC | 1900

- 13 Oct -
CDC Fall Festival
@ Crested Butte | 1500

2nd Friday
@Panther Den | 1500

- 18 Oct -
Brainstormer Trivia
@Panther Den | 1500

- 20 Oct -
Youth Science Fair
@Youth Center | 1500

- 28 Oct -
Trunk O Treat
@Youth Center Lot | 1900



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