

Veterans Adaptive Sports and Training (VAST)

◄ August | **September 2026** | October ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 **Maine Veterans Home** South Paris, ME VAST Activities **Cycling**-Mountain Division Trail	2 **Weekly VAST** **59 Pineland Dr** Archery, Bocce, Hiking, Tai Chi	3 **Portland VA Men's Group** Pineland Farms	4	5
6	7	8	9 **Weekly VAST** **59 Pineland Dr** Archery, Bocce, Hiking, Tai Chi	10 **Peaks Island Walk & Lunch at 5th Maine Museum**	11 **Rain Date Peaks Island**	12
13 **ACF Cycling on Northern Rail Trail, NH**	14 **ACF Cycling on Northern Rail Trail, NH**	15 **ACF Cycling on Northern Rail Trail, NH**	16 **Weekly VAST** **59 Pineland Dr** Archery, Bocce, Hiking, Tai Chi	17 **Deep Sea Fishing ACF Hampton, NH**	18 **Wicked Pickle 2401 WBroadway So. Portland 9-11:45am**	19
20	21	22	23 **Weekly VAST** **59 Pineland Dr** Pickleball, Bocce, Hiking, Tai Chi **Multi-Sport Camp, Pineland Farms**	24 **Multi-Sport Camp, Pineland Farms**	25 **Multi-Sport Camp, Pineland Farms**	26
27	28	29	30 **Weekly VAST** **59 Pineland Dr** Pickleball, Bocce, Hiking, Tai Chi			



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◄ September | **October 2026** | November ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 **Maine Huts & Trails Flagstaff Hut, Kingsfield, ME Mtn Bike & Trike Camp**	5 **Maine Huts & Trails Flagstaff Hut, Kingsfield, ME Mtn Bike & Trike Camp**	6 **Maine Huts & Trails Flagstaff Hut, Kingsfield, ME Mtn Bike & Trike Camp**	7 **Weekly VAST 59 Pineland Dr** Pickleball, Bocce, Hiking, Tai Chi	8	9	10
11	12	13	14 **Weekly VAST 59 Pineland Dr** Activities Outdoor, Indoor if inclement weather TBD Tomhegan Township, ME	15 Tomhegan Township, ME Activities TBD	16 Tomhegan Township, ME Activities TBD	17 Tomhegan Township, ME Activities TBD
18	19	20	21 **Weekly VAST 59 Pineland Dr** Activities Outdoor, Indoor if inclement weather **Sea Yoga - Outdoor Center**	22	23	24
25	26	27	28 **Weekly VAST 59 Pineland Dr** Activities Outdoor, Indoor if inclement weather **Jack Chevy Presentation S1:30**	29 **Portland VA Men's Group** Pineland Farms 1-3 Bowling Alley	30	31



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◄ October | **November 2026** | December ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 **Deer Hunt Pineland Farms**	2 **Deer Hunt Pineland Farms**	3 **Deer Hunt Pineland Farms**	4 **Weekly VAST 59 Pineland Dr** Activities Outdoor, Indoor if inclement weather **Deer Hunt Pineland Farms**	5 **Deer Hunt Pinelalnd Farms**	6	7
8	9	10	11 **Weekly VAST 59 Pineland Dr** Activities Outdoor, Indoor if inclement weather	12	13	14
15	16	17	18 **Weekly VAST 59 Pineland Dr** Activities Outdoor, Indoor if inclement weather	19	20	21
22	23	24	25 **Weekly VAST 59 Pineland Dr** Activities Outdoor, Indoor if inclement weather	26	27	28
29	30					



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◄ November | **December 2026** | January ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 **Weekly VAST** **59 Pineland Dr** Activities Outdoor, Indoor if inclement weather	3	4	5
6 **Ski Spectacular Breckenridge, CO**	7 **Ski Spectacular Breckenridge, CO**	8 **Ski Spectacular Breckenridge, CO**	9 **Weekly VAST** **59 Pineland Dr** Activities Outdoor, Indoor if inclement weather **Ski Spectacular**	10 **Ski Spectacular Breckenridge, CO**	11 **Ski Spectacular Breckenridge, CO**	12 **Ski Spectacular Breckenridge, CO**
13	14	15	16 **Weekly VAST** **59 Pineland Dr** Activities Outdoor, Indoor if inclement weather	17	18	19
20	21	22	23 **Weekly VAST** **59 Pineland Dr** Activities Outdoor, Indoor if inclement weather	24	25	26
27	28	29	30 **Weekly VAST** **59 Pineland Dr** Activities Outdoor, Indoor if inclement weather	31		