MCCS Hampton Roads
Resource Guide

Stay Current

MCCS Website
MCCS Facebook
MCX Facebook

July, August, September 2023
<table>
<thead>
<tr>
<th>Position</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIRECTOR</td>
<td>757.652.1734</td>
</tr>
<tr>
<td>MCFTB DIRECTOR</td>
<td>757.981.7812</td>
</tr>
<tr>
<td>TRAINER</td>
<td>757.288.8269</td>
</tr>
<tr>
<td>SEMPER FIT DIRECTOR</td>
<td>757.749.7823</td>
</tr>
<tr>
<td>SPORTS\ASST WARR COORDINATOR</td>
<td>757.981.7932</td>
</tr>
<tr>
<td>WARRIOR ATHLETE READINESS AND RESILIENCE COORDINATOR</td>
<td>757.288.8916</td>
</tr>
<tr>
<td>HAMPTON ROADS SMP COORDINATOR</td>
<td>757.749.7897</td>
</tr>
<tr>
<td>SMP SPECIALIST</td>
<td>757.981.7916</td>
</tr>
<tr>
<td>OUTDOOR RECREATION MANAGER</td>
<td>757.749.5226</td>
</tr>
<tr>
<td>EFMP MANAGER—Vacant</td>
<td>757.981.1990</td>
</tr>
<tr>
<td>EFMP CASE WORKER—Vacant</td>
<td>757.600.1366</td>
</tr>
<tr>
<td>EFMP TRAINING, EDUCATION &amp; OUTREACH—Vacant</td>
<td>757.981.7928</td>
</tr>
<tr>
<td>CAREER SERVICES SPECIALIST</td>
<td>757.981.7914</td>
</tr>
</tbody>
</table>

Marines located at outer MCCs stationed throughout Hampton Roads

Total Stationed Within Hampton Roads Area: 3082

Total to include Indian Head MD, Bangor WA, & Kings Bay GA: 4432
MCCS Partnering with MWR

Aerotheater: 757-433-2495
Boat/RV Storage Lots: 757-433-2875
Great Escape: 757-433-2112
Outdoor Equipment Rental: 757-433-3215

Single Sailor/Marine Program: 757-433-2391
Skeet/Trap/Archery: 757-433-2875
Ticket/Travel Kiosk: 757-578-2179
Oasis/Liberty: 757-492-6806

Oceana Great Escape Liberty Center

Jul 1st – Busch Gardens Trip
Jul 13th – National French Fry Day
Jul 16th – Pool Tournament
Jul 19th – National Hot Dog Day
Jul 23rd – Wii Bowling Tournament
Jul 29th – National Chicken Wings Day
Jul 20th – Kan Jam Tournament

Aug 4th – National Chocolate Chip Cookie Day
Aug 6th – National Root Beer Float Day
Aug 10th – National S’mores Day
Aug 12th – National Bowling Day
Aug 23rd – Ping Pong Tournament
Aug 31st – Pool Tournament

Sept 2nd – Oceana Breeze Trip
Sept 9th – Movie Night
Sept 15th – National Cheese Toast day
Sept 20th – National Queso Day

Sept 22nd – National Ice Cream Cone Day
Sept 27th – Ping Pong Tournament
Sept 30th – Basket Ball Shootout

Oasis Liberty Center

July 1st - Busch Gardens Trip
July 5th – Ping Pong Tournament
July 8th – Super Smash Saturdays
July 12th – Game Night Yahtzee
July 15th – Brawlhalla Battle Bash
July 19th – Pool Tournament
July 28th – Premiere Movie Night
July 29th – Saturday Matinee

Aug 2nd – Ping Pong Tournament
Aug 9th – Game Night Chess/Checkers
Aug 12th – super Smash Saturdays
Aug 16th – Pool Tournament
Aug – 19th Brawlhalla Battle Bash
Aug 25th – Premiere Movie Night
Aug 26th – Saturday Matinee

Sept 2nd – Ocean Breeze Trip
Sept 6th – Ping Pong Tournament
Sept 9th – Super Smash Saturdays
Sept 13th – Game Night: Yahtzee

Sept 16th – Brawlhalla Battle Bash
Sept 20th – Pool Tournament
Sept 29th - Premiere Movie Night
Sept 30th – Saturday Matinee
SMP Hampton Roads
Regional Field Meet

NSA Northwest Annex
8AM-5PM

Food provided to participants

All Marines/Sailors are encouraged to participate

Email the SMP Coordinator to register your command's team: smp.mccshr@usmc-mccs.org
Contact MCCS Hampton Roads to register or for more information.

Call or text: 757-749-7897
Email: SMP.MCCSHR@USMC-MCCS.org

July 9, All Day:
Ocean Breeze Water Park
Join SMP for an all-day trip to Ocean Breeze! Free transportation will be provided by SMP for up to 25 people. Cost: $38.50 per person (Military discount included)

July 7 and July 21, 6:00-8:00PM:
Movie on The Lawn
Join SMP for a movie night on the lawn at Camp Elmore MCX. ODR announces movie titles on MCCS Hampton Roads Facebook and Instagram. Like and follow MCCS for movie title announcements. The movie is played on a gigantic blow-up screen! Cost: Free

July 14, 10:00-2:00PM:
Adopt a Trail at First Landing State Park
Volunteer with SMP at First Landing State Park. Volunteers assist park staff in keeping trails safe and looking great so that everyone can enjoy them. 9:30AM, meet at Trail Center, which is on the trails/cabins side of the park off Shore Drive. Cost: Free

August 26, All Day:
Busch Gardens Trip
Join SMP for an all-day trip to Busch Gardens! Free transportation will be provided by SMP for up to 25 people. 1 Free Ticket using ID.me (Military only)

August 11, 10:00AM - 2:00PM:
Adopt a Trail at First Landing State Park
Volunteer with SMP at First Landing State Park. Volunteers assist park staff in keeping trails safe and looking great so that everyone can enjoy them. 9:30AM, meet at Trail Center, which is on the trails/cabins side of the park off Shore Drive. Cost: Free

August 30, 8:00AM:
SMP Kickball Game
Participate in SMP’s Kickball Game at Captain Slade Cutter Park.

September TBD, Track and Field Meet:
Marine Corps Commands come together for a day of competitive activities. The event is open to All Hampton Roads Active-Duty Marines, Local ROTC Cadets, and anyone filling a MECEP Billet.

August Date TBD, All Day:
SMP Regional Field Meet
Participate in SMP’S Regional Field Day. Marine Corps commands come together for a day of activities. Winner receives a trophy.

August 5, 1:00-5:00PM:
Half-Day Fishing Trip
Head towards the Chesapeake Bay with Rudee Tours’ experienced team and fish for croakers, flounder, spot, and small sharks! Everything for fishing is provided - rods, reels, bait, tackle, and fishing licenses. Limited to 23 participants. Cost: $40 per person
Single Marine Program

Virginia Beach Fishing Trip

SATURDAY AUGUST 5

1 PM - 5 PM

$40 per person

Price includes bait, tackle, rods, reels, and fishing licenses. Limited to 23 participants. Open to Single Marines/Sailors Only. Contact your local SMP Rep for more information.

Authorized patrons of ALL abilities are welcomed. Please contact SMP staff if reasonable accommodations are necessary.
SMP Kickball Game

Captain Slade Cutter Park at 8am

Schedule
July 26
August 30
September 27

Participate in SMP’s Kickball Game at Captain Slade Cutter Park.

For more information contact your local SMP Rep
Single Marine Program

Ocean Breeze Water Park Trip

July 9 $38.50 per person

FREE transportation for the first 25 to sign up
Register with your SMP Rep by June 30

Open to Single Marines/Sailors
Contact your Unit SMP Rep for more information

Authorized patrons of ALL abilities are welcomed. Please contact SMP staff if reasonable accommodations are necessary
Summer of Fun with Aquatics!

PORTSMOUTH ANNEX INDOOR POOL
LAP SWIM
MONDAY THROUGH FRIDAY, 5:30 A.M. - 6 P.M.
FAMILY OPEN SWIM
MONDAY, WEDNESDAY & FRIDAY, 3:30 - 6 P.M.
CLOSED MEMORIAL DAY, JULY 4 & LABOR DAY
Portsmouth Annex, 840 Sterling Cook St., Bldg. 252, Portsmouth, VA, 23708

TASTY TREAT THURSDAYS
Every other Thursday
June 22 through August 31, 3 to 6:30 p.m.
Enjoy a frozen treat provided by MWR for you and family members!

MOVIE NIGHT FRIDAYS
June 30 & July 28, 6:30 - 9 p.m.
Enjoy an all-ages movie night at the pool. Popcorn is on us!
Bring your floatation device (no water wings please).

TAKE-IT & MAKE-IT MONDAYS
July 17 & August 21, 3 to 5 p.m.
Crafts at the pool, all supplies provided. Make your work of art!

BACK TO SCHOOL CARNIVAL
Saturday, August 19, 6 to 10 p.m.
Annual fun, all-ages River's Edge Community Rec Center Bash!

ROW-B-QUE
Saturday, September 9, 11 a.m. to 1 p.m.
Reserve your spot with River's Edge Community Rec Center for this annual event. Canoes, kayaks, paddleboats, food & fun!

SWIM LESSONS
Summer Sessions
All-ages group lessons and private lessons. See details online!

757-953-5946

NORTHWEST ANNEX OUTDOOR POOL
LAP SWIM & FAMILY OPEN SWIM (MAY 27 TO JUNE 13)
SAT & SUN, 11 A.M. - 6 P.M.
LAP SWIM & FAMILY OPEN SWIM (JUNE 18 TO SEPT 4)
DAILY, 11 A.M. - 6 P.M.
OPEN MEMORIAL DAY, JULY 4 & LABOR DAY!
11 A.M. - 6 P.M.
Northwest Annex, Relay Road, Bldg. 348, Chesapeake, VA, 23322

SNOW CONE SUNNYS
Every other Sunday
June 11 through September 3, 1 to 3 p.m.
Enjoy a frozen treat provided by MWR for you and family members!

CANNONBALL BLAST!
Friday, June 16, 3 to 5 p.m.
School's out! Bring your best cannonball. Prizes will be awarded.

WIBIT WEDNESDAYS
Every other Wednesday
June 21 through August 20
Play on our Wibits—cross the bridge, hurdle the obstacles, slide down the slide! SPLASH!

TAKE-IT & MAKE-IT MONDAYS
June 26, July 10 & August 14, 1 to 3 p.m.
Crafts at the pool, all supplies provided. Make your work of art!

MOVIE NIGHT
Monday, July 31, 6:30 to 9 p.m.
Enjoy an all-ages movie night at the pool. Popcorn is on us!
Bring your floatation device (no water wings please).

BACK-TO-SCHOOL SPLASH
Friday, August 11, 5 to 7 p.m.
Annual fun, all-ages Splash at the Community Field & Outdoor Pool!

YAPPY HOUR!
Sunday, September 24, Noon to 3 p.m.
Your furry pooch friends get to enjoy the pool for end of season!

SWIM LESSONS
Summer Sessions
All-ages group lessons and private lessons. See details online!

757-421-8268

Have a special event? Our pools are available to rent out! Ask us today for more information.

NSA HAMPTON ROADS MWR
AQUATICS & COMMUNITY RECREATION

NavyLifeNSAHR.com @navymwrsahamptonroads
COMMUNITY RECREATION

FREE!

CELEBRATE SUMMER!

GRAND OPENING
MON, MAY 29

ICE POP GIVEAWAY
SAT, JUNE 17

NATIONAL SUNGLASS DAY
SAT, JUNE 24

LUAU
SAT, JULY 8

SHARK NIGHT
SAT, JULY 22

NATIONAL CREAMSICLE DAY
SAT, AUG 12

757-887-7453

NavyLifeCAX.com
FREE!

BRAWLHALLA
BATTLE BASH
(B-3)

Free snacks & beverages!

TOURNAMENTS
AT 2:30 P.M.

First & second place prizes!

REGISTER AT THE OASIS FRONT DESK OR
CALL FOR MORE INFORMATION.

432 SPARROW ST., BLDG. 521, VIRGINIA BEACH, VA 23461

757-492-6806

NavyLifeDN.com
FREE!

FITNESS & SPORTS

FOAM FINISH!

WPNSTA YORKTOWN
105TH BIRTHDAY
8K PIER RUN

FRI, AUG 4 • 8 A.M.
KIRKPATRICK FIELD
757-847-7828

NavyLifeNWSY.com
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>MWR</th>
<th>Location</th>
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<tbody>
<tr>
<td>Back to School Splash</td>
<td>08/11/23</td>
<td>1700-1900</td>
<td>NWA</td>
<td>Field by NWA Pool</td>
</tr>
<tr>
<td>Club Championship</td>
<td>08/12-13/23</td>
<td>8AM</td>
<td>NSAHR HQ</td>
<td>SPGC</td>
</tr>
<tr>
<td>Back to School Bash</td>
<td>08/16/23</td>
<td>5-8pm</td>
<td>NSAHR HQ</td>
<td>CUTTER PARK</td>
</tr>
<tr>
<td>Back to School Bash</td>
<td>08/19/23</td>
<td>1800-2200</td>
<td>NSA HR PORTSMOUTH</td>
<td>RIVER’S EDGE- COMMUNITY REC</td>
</tr>
<tr>
<td>ROW-B-QUE</td>
<td>09/09/23</td>
<td>1100-1300</td>
<td>NSA HR PORTSMOUTH</td>
<td>HOSPITAL POINT BEACH- COMMUNITY REC</td>
</tr>
<tr>
<td>Great Navy Campout</td>
<td>9/16-17/23</td>
<td>1600-0900</td>
<td>NSAHR NW</td>
<td>Log Cabin</td>
</tr>
<tr>
<td>Great Navy Campout</td>
<td>09/23-09/24/2023</td>
<td>1600-0800</td>
<td>NSA HR PORTSMOUTH</td>
<td>RIVER’S EDGE- COMMUNITY REC</td>
</tr>
<tr>
<td>Yappy Hour</td>
<td>09/24/23</td>
<td>1200-1500</td>
<td>NSAHR NW</td>
<td>NWA Pool</td>
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</table>
MCCS Hampton Roads Outdoor Equipment Rental provides support for Marine Corps command functions.

Discounted rental items available for Marine Corps commands.

Requests for equipment rentals should be made no less than five (5) working days in advance.

Equipment is available on a first come, first serve basis.

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**Hours of Operation**

- **Monday**: 8AM - 5PM
- **Tuesday**: 8AM - 5PM
- **Wednesday**: 8AM - 5PM
- **Thursday**: 8AM - 5PM
- **Friday**: 8AM - 5PM
- **Saturday**: 9AM - 2PM
- **Sunday**: 9AM - 2PM
- **Holidays**: CLOSED

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**Outdoor Equipment Rental**

outdoorrec.mccshr@usmc-mccs.org
757.423.1187 ext 206
### Bikes

<table>
<thead>
<tr>
<th></th>
<th>Daily</th>
<th>Wkd</th>
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<tbody>
<tr>
<td>Mountain Bike</td>
<td>$10</td>
<td>$20</td>
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<tr>
<td>Beach Bike</td>
<td>$10</td>
<td>$20</td>
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### Beach & Water Sports

<table>
<thead>
<tr>
<th></th>
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<th>Wkd</th>
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<tbody>
<tr>
<td>Stand Up Paddle Boards</td>
<td>$25</td>
<td>$50</td>
</tr>
<tr>
<td>SUP Paddles</td>
<td>$3</td>
<td>$5</td>
</tr>
<tr>
<td>Sun Shade Tents</td>
<td>$2</td>
<td>$10</td>
</tr>
<tr>
<td>Canoes</td>
<td>$15</td>
<td>$30</td>
</tr>
<tr>
<td>Kayak Sit on Top (single)</td>
<td>$15</td>
<td>$30</td>
</tr>
<tr>
<td>Kayak Double Sit on Top</td>
<td>$15</td>
<td>$30</td>
</tr>
<tr>
<td>Life Jackets</td>
<td>$5</td>
<td>$8</td>
</tr>
<tr>
<td>Umbrella</td>
<td>$10</td>
<td>$15</td>
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### Camping

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<tr>
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<tbody>
<tr>
<td>21ft. Coleman Camper</td>
<td>$125</td>
<td>$250</td>
</tr>
<tr>
<td>Camping Chairs</td>
<td>$3</td>
<td>$5</td>
</tr>
<tr>
<td>Lanterns</td>
<td>$5</td>
<td>$10</td>
</tr>
<tr>
<td>Camping Stove</td>
<td>$5</td>
<td>$10</td>
</tr>
<tr>
<td>Fishing Rods &amp; Reels</td>
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### Canopies and Tents

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<tr>
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<tbody>
<tr>
<td>Tent (2 Person) Camping</td>
<td>$15</td>
<td>$25</td>
</tr>
<tr>
<td>Tent (4 Person) Camping</td>
<td>$15</td>
<td>$25</td>
</tr>
<tr>
<td>Tent (6 Person) Camping</td>
<td>$15</td>
<td>$25</td>
</tr>
<tr>
<td>E-Z Up Canopy (10x10)</td>
<td>$35</td>
<td>$60</td>
</tr>
<tr>
<td>E-Z Up Canopy (10x20)</td>
<td>$60</td>
<td>$120</td>
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### Lawn Equipment

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Lawn Mower</td>
<td>$15</td>
<td>$30</td>
</tr>
<tr>
<td>Weed Eater</td>
<td>$15</td>
<td>$30</td>
</tr>
<tr>
<td>Wheel Barrow</td>
<td>$10</td>
<td>$20</td>
</tr>
<tr>
<td>28ft Extension Ladder</td>
<td>$20</td>
<td>$40</td>
</tr>
<tr>
<td>Push Spike Aerator</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>Power Washers</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>Extension Cords</td>
<td></td>
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</tr>
<tr>
<td>100ft Garden Hose</td>
<td>$5</td>
<td>$10</td>
</tr>
<tr>
<td>Ryobi Cordless Pole Saw</td>
<td>$25</td>
<td>$50</td>
</tr>
<tr>
<td>Generators</td>
<td>$40</td>
<td>$80</td>
</tr>
<tr>
<td>Gas Garden Front Tine Till-</td>
<td>$25</td>
<td>$50</td>
</tr>
<tr>
<td>Turf Builder, 5000sqft</td>
<td>$5</td>
<td>$10</td>
</tr>
<tr>
<td>2-Stroke Straight Shaft</td>
<td>$10</td>
<td>$20</td>
</tr>
<tr>
<td>Platform Truck</td>
<td>$5</td>
<td>$10</td>
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### Coolers

<table>
<thead>
<tr>
<th></th>
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<th>Wkd</th>
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<tbody>
<tr>
<td>Soft Cooler 13Qt</td>
<td>$2</td>
<td>—</td>
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<tr>
<td>Cooler (48 Qt)</td>
<td>$5</td>
<td>$10</td>
</tr>
<tr>
<td>Cooler (60 Qt)</td>
<td>$5</td>
<td>$10</td>
</tr>
<tr>
<td>Cooler (80 Qt)</td>
<td>$8</td>
<td>$10</td>
</tr>
<tr>
<td>Cooler (135 Qt)</td>
<td>$10</td>
<td>$12</td>
</tr>
<tr>
<td>Beverage Cooler 5gal</td>
<td>$3</td>
<td>—</td>
</tr>
<tr>
<td>Beverage Cooler 10gal</td>
<td>$5</td>
<td>—</td>
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# Sports Equipment

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Tennis Rackets</td>
<td>$2</td>
<td>$5</td>
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<tr>
<td>Kickball—Glow in the</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kickball Ball Only</td>
<td>$5</td>
<td>$10</td>
</tr>
<tr>
<td>Volleyball Set</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soccer Set</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Football Set</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Softball Set</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Badminton Set</td>
<td>$5</td>
<td>$10</td>
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# Games

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Horse Shoe Set</td>
<td>$5</td>
<td>$10</td>
</tr>
<tr>
<td>Giant Jenga</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Giant Connect Four</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bubble Wand Kit</td>
<td>$2</td>
<td></td>
</tr>
<tr>
<td>Youth Horseshoes</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>Washer Toss</td>
<td>$5</td>
<td>$10</td>
</tr>
<tr>
<td>Ladder Toss</td>
<td>$10</td>
<td>$15</td>
</tr>
<tr>
<td>Frisbee</td>
<td>$1</td>
<td>$2</td>
</tr>
<tr>
<td>Crossnet/4 Square</td>
<td>$8</td>
<td>$10</td>
</tr>
<tr>
<td>Pickle Ball</td>
<td>$5</td>
<td>$8</td>
</tr>
<tr>
<td>Disc Golf</td>
<td>$8</td>
<td>$12</td>
</tr>
<tr>
<td>Hula Hoop</td>
<td>$2</td>
<td>$5</td>
</tr>
<tr>
<td>Adult Tricycle</td>
<td>$10</td>
<td>$20</td>
</tr>
<tr>
<td>Corn Hole Set</td>
<td>$10</td>
<td>$20</td>
</tr>
<tr>
<td>Dunk Tank</td>
<td>$80</td>
<td>$160</td>
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# Party Supplies

<table>
<thead>
<tr>
<th>Item</th>
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<th>Wkd</th>
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<tbody>
<tr>
<td>Black Folding Chairs</td>
<td>$2</td>
<td>$4</td>
</tr>
<tr>
<td>Tables 6ft</td>
<td>$4</td>
<td>$8</td>
</tr>
<tr>
<td>Tables 4ft/5ft (Round)</td>
<td>$4</td>
<td>$8</td>
</tr>
<tr>
<td>Table 4ft Foldable</td>
<td>$4</td>
<td>$8</td>
</tr>
<tr>
<td>Tables Chiller/Cooler</td>
<td>$7</td>
<td>$14</td>
</tr>
<tr>
<td>Table Cloths</td>
<td>$7</td>
<td></td>
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<tr>
<td>Bistro Tables</td>
<td>$4</td>
<td>$8</td>
</tr>
<tr>
<td>White Folding Chairs</td>
<td>$2</td>
<td>$4</td>
</tr>
<tr>
<td>Inflatable Movie Screen</td>
<td>$25</td>
<td>$50</td>
</tr>
<tr>
<td>Speakers/PA Systems</td>
<td>$35</td>
<td>$70</td>
</tr>
<tr>
<td>Pipe and Drape—</td>
<td>Call for Pricing</td>
<td></td>
</tr>
<tr>
<td>Chafing Dishes</td>
<td>$10</td>
<td>$20</td>
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</tbody>
</table>

# Grills

<table>
<thead>
<tr>
<th>Item</th>
<th>Daily</th>
<th>Wkd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tow Behind Propane Grill</td>
<td>$40</td>
<td>$70</td>
</tr>
<tr>
<td>Weber Grill Wheels</td>
<td>$25</td>
<td>$40</td>
</tr>
<tr>
<td>Weber Grill Table Top</td>
<td>$25</td>
<td>$40</td>
</tr>
<tr>
<td>Tow Behind Charcoal Grill</td>
<td>$40</td>
<td>$70</td>
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</tbody>
</table>

# Consumable Machines

<table>
<thead>
<tr>
<th>Item</th>
<th>Daily</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Popcorn Machine</td>
<td>$40</td>
<td>$70</td>
</tr>
<tr>
<td>Sno-cone Machine</td>
<td>$35</td>
<td>$55</td>
</tr>
<tr>
<td>Cotton Candy Machine</td>
<td>$35</td>
<td>$55</td>
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</tbody>
</table>

# Towable Trailers

<table>
<thead>
<tr>
<th>Item</th>
<th>Daily</th>
<th>Wkd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enclosed Trailers</td>
<td>$75</td>
<td>$150</td>
</tr>
<tr>
<td>Open Trailers</td>
<td>$75</td>
<td>$150</td>
</tr>
<tr>
<td>Inflatables</td>
<td>Daily</td>
<td>Wkd</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>-------</td>
<td>------</td>
</tr>
<tr>
<td>Toddler Bouncer 14x14</td>
<td>$120</td>
<td>$150</td>
</tr>
<tr>
<td>Marvel Avengers Bounce</td>
<td>$150</td>
<td>$200</td>
</tr>
<tr>
<td>Unicorn Bounce 15x15</td>
<td>$120</td>
<td>$150</td>
</tr>
<tr>
<td>Rocket Bounce 15x15</td>
<td>$120</td>
<td>$150</td>
</tr>
<tr>
<td>Monster Truck Bounce 15x15</td>
<td>$120</td>
<td>$150</td>
</tr>
<tr>
<td>Fun Pink Castle Bouncer Slide Combo 10x10</td>
<td>$120</td>
<td>$150</td>
</tr>
<tr>
<td>Bulldog Bounce 15x15</td>
<td>$120</td>
<td>$150</td>
</tr>
<tr>
<td>Happy Slide and Jump Combo 12x12</td>
<td>$200</td>
<td>$260</td>
</tr>
<tr>
<td>Castle Bounce 20x20</td>
<td>$200</td>
<td>$275</td>
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<tr>
<td>Military Monster Dry Slide II 12x18</td>
<td>$200</td>
<td>$275</td>
</tr>
<tr>
<td>EZ Ice Castle Slide Combo 13x13</td>
<td>$150</td>
<td>$200</td>
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<tr>
<td>Inflatable Castles</td>
<td>$75</td>
<td>$100</td>
</tr>
<tr>
<td>Inflatable Small Castle</td>
<td>$75</td>
<td>$100</td>
</tr>
<tr>
<td>Inflatable Jacob’s Ladder</td>
<td>$150</td>
<td>$200</td>
</tr>
<tr>
<td>Inflatable Hot Air Balloon</td>
<td>$120</td>
<td>$150</td>
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<tr>
<td>Inflatable Crayola Castle</td>
<td>$75</td>
<td>$100</td>
</tr>
<tr>
<td>Inflatable Obstacle Course</td>
<td>$200</td>
<td>$275</td>
</tr>
</tbody>
</table>

- A valid government ID card must be presented at the time of rental.
- Patron must be 18 years old to rent.
- Reservations can be made 30 days in advance with full cost due at the time of reservation.
- Customers must on load and off load their own POV and provide tie downs when necessary (this includes all large items).
- Patrons are personally responsible for all equipment rented.
- MCCS is not responsible or liable once equipment has been removed from our premises.
- Patrons are liable and responsible for any loss, theft, or damage to rental equipment or injury to persons.
- A cleaning fee of $25.00 for rental items may be
SSSI & Medicaid Waivers

Accessing Community Resources & Recreation Inclusion

Intro to EFMP & Respite Care

Establishing Permanent Dependency

Building Networks of Support

Questions/Registration:
ombefmp.eventregistration@usmc-mccs.org
703.693.6510

MCSCS HAMPTON ROADS
UNIT TRANSITION COORDINATORS TRAINING

Required training for all unit transition coordinators. Training must be completed within 45 days of appointment.

For more information, send an email to: careerservices.mccshr@usmc-mccs.org

EASing? Have you scheduled your Capstone?

MCO1700.31 states that Capstone is the culmination of the transition process and occurs NLT 90 days preceding anticipating separation, retirement, demobilization, or deactivation.

To schedule your Capstone:

careerservices.mccshr@usmc-mccs.org

CAPSTONE
What’s In Your Family Care Plan?

“What’s in Your Family Care Plan” is a workshop designed to explore the reasons why preparation is essential, and important considerations during that process.

Class Information:
Date: Tuesday, September 19, 2023
Time: 9:00am-11:00am
*This is a virtual workshop*
Register at OMB.MCFTBNorfolk@usmc-mccs.org
CALENDAR OF EVENTS

GET INVOLVED

UNIT/DEPLOYMENT READINESS COORDINATOR TRAINING
Thursdays 0900-1530
July 25*, August 1 & 15*
September 12 & 26*

COMMAND TEAM TRAINING
Tuesdays 0900-1200
July 27; August 3 & 17*
September 14 & 28

PASSPORT TO VOLUNTEERING
Wednesdays 1000 - 1200
July 19; August 16*
September 20*

Spotlight
Family Care Plan Workshop
Tue Sep 19
0900 - 1100

GET FAMILIAR

L.I.N.K.S FOR KIDS
Sat July 1
0900- 1530

L.I.N.K.S (Spouse) FOUNDATION
Sat July 15
1100- 1400
L.I.N.K.S. FOUNDATION FOR SPOUSES

Learn about military lifestyles and find out more about resources to help you thrive in this community!

Class Information:
Date: Saturday, July 15, 2023
Time: 11:00am–2:00pm
Location: MCCS Hampton Roads Admin Building

Register on the MCCS website
## MCCS Hampton Roads Career Services

### UPCOMING EVENTS

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>JULY</td>
<td>5 - SkillBridge Information Session (Yorktown):</td>
<td>9:00 am - 10:00 am</td>
</tr>
<tr>
<td></td>
<td>11 - Retirement Benefits Seminar:</td>
<td>8:30 am - 4:00 pm</td>
</tr>
<tr>
<td></td>
<td>13 - SkillBridge Information Session:</td>
<td>9:00 am - 10:00 am</td>
</tr>
<tr>
<td></td>
<td>19 - VA Benefits Disability Review Seminar:</td>
<td>9:00 am - 12:00 noon</td>
</tr>
<tr>
<td></td>
<td>25 - Welcome to TRICARE:</td>
<td>9:00 am - 10:00 am</td>
</tr>
<tr>
<td></td>
<td>25 - TRICARE Mental Health and Substance Abuse Disorder Services:</td>
<td>10:30 am - 11:30 am</td>
</tr>
<tr>
<td></td>
<td>27 - SkillBridge Information Session (Yorktown):</td>
<td>9:00 am - 10:00 am</td>
</tr>
<tr>
<td>AUGUST</td>
<td>9 - SkillBridge Information Session:</td>
<td>9:00 am - 10:00 am</td>
</tr>
<tr>
<td></td>
<td>16 - VA Benefits Disability Review Seminar:</td>
<td>9:00 am - 12:00 noon</td>
</tr>
<tr>
<td></td>
<td>28 - SkillBridge Information Session (Yorktown):</td>
<td>9:00 am - 10:00 am</td>
</tr>
<tr>
<td></td>
<td>30 - Welcome to TRICARE:</td>
<td>9:00 am - 10:00 am</td>
</tr>
<tr>
<td></td>
<td>30 - TRICARE Mental Health and Substance Abuse Disorder Services:</td>
<td>10:30 am - 11:30 am</td>
</tr>
<tr>
<td>SEPTEMBER</td>
<td>6 - Effective Resume Writing Strategies:</td>
<td>9:00 am - 12:00 noon</td>
</tr>
<tr>
<td></td>
<td>8 - Fundamentals of LinkedIn:</td>
<td>9:00 am - 12:00 noon</td>
</tr>
<tr>
<td></td>
<td>14 - SkillBridge Information Session:</td>
<td>9:00 am - 10:00 am</td>
</tr>
<tr>
<td></td>
<td>21 - VA Benefits Disability Review Seminar:</td>
<td>9:00 am - 12:00 noon</td>
</tr>
<tr>
<td></td>
<td>26 - Welcome to TRICARE:</td>
<td>9:00 am - 10:00 am</td>
</tr>
<tr>
<td></td>
<td>26 - TRICARE Mental Health and Substance Abuse Disorder Services:</td>
<td>10:30 am - 11:30 am</td>
</tr>
<tr>
<td></td>
<td>29 - SkillBridge Information Session (Yorktown):</td>
<td>9:00 am - 10:00 am</td>
</tr>
</tbody>
</table>

**MORE INFORMATION OR TO REGISTER:**
careerservices.mccshr@usmc.org
TRICARE® Mental Health and Substance Use Disorder Services

Learn about your mental health and substance use disorder coverage

- JUL 25
- AUG 30
- SEP 26
- OCT 24
- NOV 7
- DEC 19

10:30-11:30 AM

FOR MORE INFORMATION OR TO REGISTER, SEND AN EMAIL TO: CAREERSERVICES.MCCSJR@USMC-MCCS.ORG
JULY 13
AUGUST 9
SEPTEMBER 14
9:00 am - 10:30 am

2023 SkillBridge Information Session

Interested in learning more about SkillBridge?
Need help with your SkillBridge packet?

The DoD SkillBridge Program is an opportunity for transitioning service members to gain valuable civilian work experience through specific industry training, apprenticeships, or internships during the last 180 days of service. SkillBridge connects service members with industry partners in real-world job experiences to increase the probability of employment after separation or retirement. To find out more, please register for the SkillBridge Information Session that fits your schedule!

MARFORCOM
1775 Forrestal Drive, Bldg. NH-33
Norfolk, VA

To register or for more information:
careerservices.mccshr@usmc-mccs.org

MCCS WEBSITE FOLLOW US
LinkedIn is the professional network where you find contacts and they can find you.

9:00 am - 12:00 noon

SEPTEMBER 8
OCTOBER 11
NOVEMBER 27

Level up your LinkedIn into its maximum capacity!

FUNDAMENTALS OF LINKEDIN

Optimized headlines = more searches, more searches = more views, and more views = more opportunities

TO REGISTER OR FOR MORE INFORMATION:
CAREERSERVICES.MCCSHR@USMC-MCCS.ORG

MCCS HAMPTON ROADS
EFFECTIVE RESUME WRITING STRATEGIES

Are you interested in creating a resume to market your skills, knowledge, and accomplishments? Do you currently have a resume but looking to receive input and tips in order to spruce it up?

SEPTEMBER 6
09.00 AM-12:00 NOON

MCSCS HAMPTON ROADS
1251 YALU STREET, BLDG. MCE-2
NORFOLK, VA 23515

LIMITED SPOTS AVAILABLE!

TO REGISTER OR FOR MORE INFORMATION:
CAREERSERVICES.MCCSHR@USMC-MCCS.ORG
MCCS Hampton Roads hosts
VA Disability Benefits
Review workshop

JULY 19
AUGUST 16
SEPTEMBER 20

9:00 am to 12:00 noon

2023

MCCS Hampton Roads
Administration Building,
MCE-2
1251 Yalu Street, Norfolk,
VA 23515

LIMITED SPOTS AVAILABLE!

To register or for more information:
careerservices.mccshr@usmc-mccs.org
Welcome to TRICARE
Learn about what TRICARE plan is right for you and your family.

Have Questions About Your Coverage? Start With the TRICARE Plans Overview

- JUL 25
- AUG 30
- SEP 26
- OCT 24
- NOV 7
- DEC 19

9:00-10:00 AM

“The TRICARE Plans Overview is one of the quickest ways for you to review multiple plans and compare your options,” said Robert Agnello, deputy chief of Digital Communications at the Defense Health Agency

Spouses are highly encouraged to attend

MCCS Hampton Roads
1251 Yalu Street, Bldg. MCE-2
Norfolk, VA 23515

For more information or to register, send an email to: careerservices.mccshr@usmc-mccs.org
When your child or teen is experiencing a mental health crisis, Kempsville can help.

Kempsville Center for Behavioral Health
860 Kempsville Road | Norfolk, VA 23502

Call 757-461-4565, 24 hours a day, seven days a week, for a no-cost assessment. To learn more, visit us at kempsvillecbh.com.

We are TRICARE® In-Network • Proudly serving our active-duty military and veteran families

TRICARE® is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved. Physicians are on the medical staff of Kempsville Center for Behavioral Health, but, with limited exceptions, are independent practitioners who are not employees or agents of Kempsville Center for Behavioral Health. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 231344-1394 6/23

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N O W  O P E N ---

Firestone COMPLETE AUTO CARE
M-F 7:00AM-4:00PM, SAT 7:00AM-4:00PM, SUN CLOSED

1251 Wonsan St, Norfolk, VA 23515 | 757.401.6716 | FIRESTONECOMPLETE.COM
Target date to open: June 5, 2023

Hours of operation: 5AM - 4PM

Kitchenfinity was created to provide a multi-cultural and comfort food inspired menu to share with our customers so they can always try something new and unique.

Our concepts are defined and created by inspiring cooks that want to express and share a piece of their culture through food.