



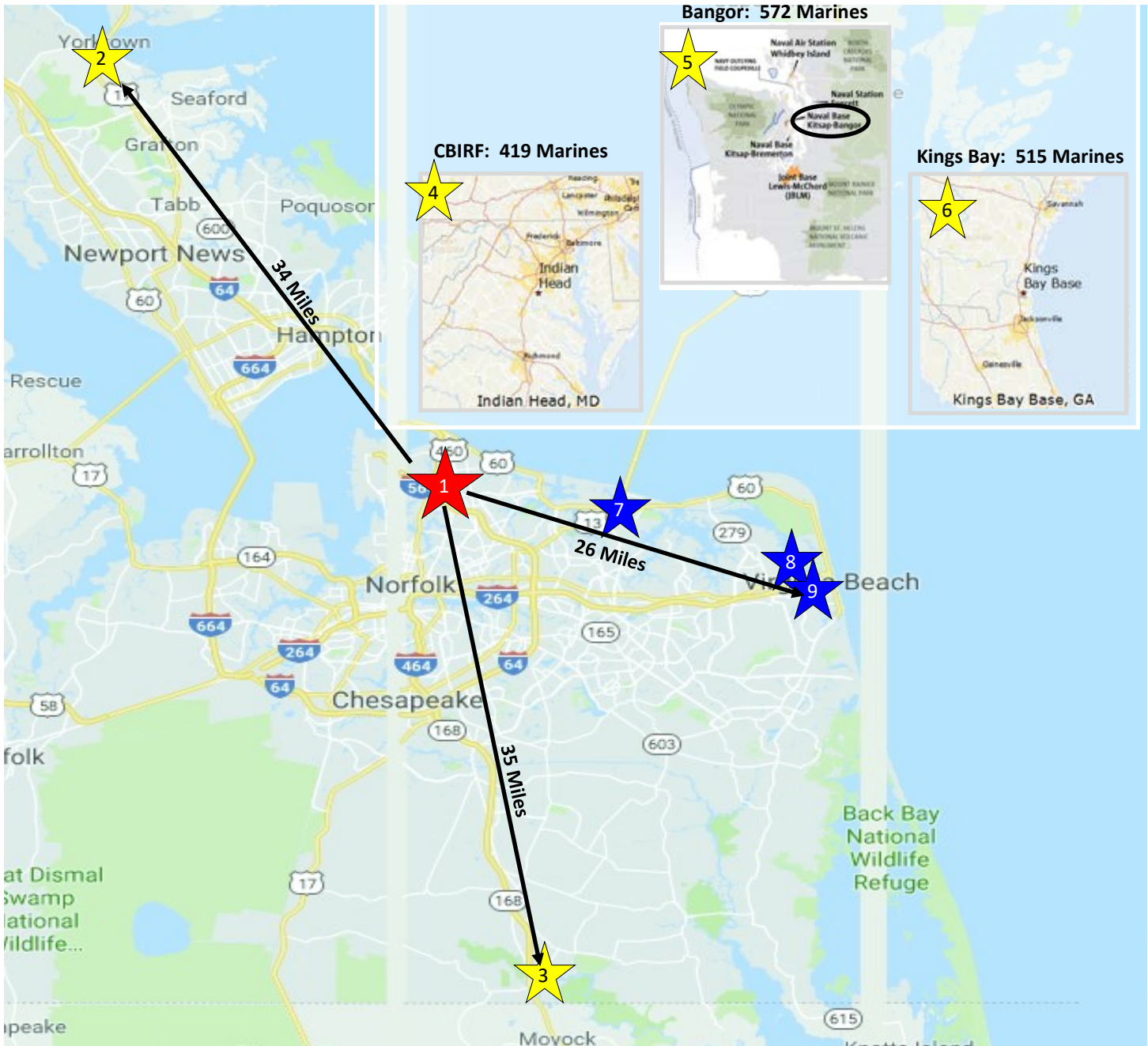
MCCS Hampton Roads Resource Guide



October, November, December 2024



Investing in **MARINES** for **DUTY, HOME & SELF**



Marines Imbedded in Navy Units Within Hampton Roads: 303

Total Stationed Within Hampton Roads Area: 3884

Total excludes Indian Head MD, Bangor WA, & Kings Bay GA: 4187

Total includes Indian Head MD, Bangor WA, & Kings Bay GA: 5693

MARFORCOM

1 Camp Elmore / Naval Support Activity Hampton Roads / NOB **441**
 ⇒ MARFORCOM/FMFLANT/
 MARFORNORTH/PP&OSOUTH

MCSFR

2 Naval Weapons Station Yorktown **741**
MCSFR
 ⇒ ALPHA Co
 ⇒ HQs Co
 ⇒ BRAVO Co
 ⇒ CHARLIE Co

3 Naval Support Activity Northwest Annex **118**
MCSFR
 ⇒ MCSF Training Company
 ⇒ MARDET NAVCONBRIG
 Chesapeake

4 CBIRF **419**

5 Bangor, WA **572**

6 Kings Bay, GA **515**

MCIS (TECOM)

7 JEB Little Creek - Fort Story @LC **101**
 ⇒ I-I STF CO A 4TH
 ASLT AMPHIB BN
 ⇒ MARDET School of Music 23 staff
 78 students
 ⇒ EWTGLANT

8 Naval Air Station Oceana **131**
MCIS (TECOM)
 ⇒ MACS-24
 ⇒ MATSD 66 staff
 65 students
 ⇒ CNATT
 ⇒ VFA 106

9 NAS Oceana Dam Neck Annex **693**
MCIS (TECOM)
 ⇒ MARDET Dam Neck 162 staff
 507 students
 ⇒ MCIS HQs 9 staff
 ⇒ Security Cooperation 15

DIRECTOR	757.652.1734
MCFTB DIRECTOR	757.981.7812
TRAINER	757.288.8269
SEMPER FIT DIRECTOR	757.749.7823
SPORTS\ASST WARR COORDINATOR	757.981.7932
WARRIOR ATHLETE READINESS AND RESILIENCE COORDINATOR	757.288.8916
HAMPTON ROADS SMP COORDINATOR	757.749.7897
HUMAN PERFORMANCE EDUCATOR	757.286.7357
OUTDOOR RECREATION MANAGER	757.749.5226
EFMP MANAGER	757.981.1990
EFMP CASE WORKER	757.600.1366
EFMP TRAINING, EDUCATION & OUTREACH	757.981.7916
CAREER SERVICES SPECIALIST	757.981.7914
ASSET PROTECTION/LOSS PREVENTION	757.600.1197



FIREARMS COUNTER

HOURS

TUESDAY - SATURDAY

NOON - 5PM

757.423.1187 x204

HOLSTERS

AMMUNITION

WEAPON CASES

AMMO CANS

SAFES

SIGHTS

CORE

BRANDS

SIGSAUER®



Smith & Wesson®

CAN'T FIND WHAT YOU'RE
LOOKING FOR? WE SPECIAL
ORDER!

No DoD Endorsement Implied!

**Elmore
MCX**

757.423.1187

Gun Counter - 757.423.1187 x204



*Toys for Tots donation campaign
Drop box located at MCX
October – December*



It Pays to Do Good

**Navy Marine Corps Relief Society Coupon
Campaign
Donations 10/9 – 10/29
Redemption 10/30- 11/2**

Gunny Claus at Your MCX—Date TBD



IT MATTERS WHERE YOU SHOP®

Recreational Equipment Rental



Hours Of Operation:

Monday: 7:00AM - 3:00PM

Tuesday - Thursday: 8:00AM - 3:00PM

Friday: 8:00AM - 5:00PM

Pickups encouraged Monday – Friday before 10:00AM

Returns encouraged between the hours of 10:00AM – 1:00PM

Last Return accepted 1 hour before closing. Charges may occur if returns are past designated time.

Outdoor Recreation Rental **Closed** Weekends and Holidays

Outdoor Recreation Equipment pickup available on weekends by pre-scheduled appointment only.

Outdoor Recreation has everything you need for outdoor fun including kayaks, inflatables, lawn and garden equipment, camping gear, outdoor games, and more.

Command and Family Event Rental Holiday Parties and Much More!

Reserve Party Supply Equipment by November 20, 2024, to receive a discount at time of reservation.
Call for more information

Equipment Categories

Inflatables

Kayaks

Canoes

Stand-Up Paddle Boards

Camping Equipment

Mountain Bikes

Fishing Rods and Reels

Campers

Party Equipment



Outdoor Recreation and Adventures Manager

Camp Elmore MCX • 757.749.5226

Outdoorrec.mccshr@usmc-mccs



Single Marine Program

MCCS Southside SMP Meeting

Third Wednesday of each month

MCSFR SMP Meeting

Third Tuesday of each month

Upcoming Events

October 16 - J&A Racing HQ in Virginia Beach

November 20 - NAS Oceana Dam Neck Annex

December 18 - Building CA5 Active Duty Rec Center

Look for the 2025 SMP Meeting Schedule in December



Single Marine Program Coordinator 757.749.7897

smp.mccshr@usmc-mccs.org



MCCS_Hampton_Roads_SMP



Semper Fit Division

Semper Fit enhances warfighter readiness and community well-being by providing staff, facilities, activities and services that strengthen human performance, improve unit cohesion and cultivate resiliency.

Camp Elmore, Bldg 603

(757) 445-2742

Single Marine Program (SMP)

- Trips
- Quality of Life Advocacy
- Recreational Special Events
- Volunteer Events

- Active-Duty Recreation Centers
- Planned Events
- Self Directed Recreation

Athletics

- Commanding General's Cup
- Adult Leagues
- Varsity Sports
- Competitive Events

Outdoor Adventure & Equipment Rental

- Outdoor Adventures
- Command Event Rentals
- Equipment and Party Rentals

Warrior Athlete Readiness & Resiliency

- Strength & Conditioning
- Pre-Deployment Readiness
- Post Deployment Recovery
- Performance Assessments
- Small Unit / Command PT's
- PME Course Support
- Mobility Programing
- Running Fundamentals

- Human Performance Education
- Sleep & Recovery Hygiene
- Performance Nutrition Weight Management
- Injury Prevention
- Mindset Diet
- Active Recovery
- Self-Care
- One Love

WARR Performance Facility

WARR Performance facility provide a wide variety of training modalities to help the warfighter meet the physical demands of the military profession, reach human performance goals, relieve stress and increase resiliency. Bioelectric Impedance devices are available at all fitness centers to support the Body Composition Program. All facilities have degreed and certified staff dedicated to helping you improve readiness, CFT and PFT scores, and prevent injuries.

Camp Elmore Facilities

Semper Fit Director
757.445.1288

Hopkins Hall Gym - Bldg 603
757.445.2742

Human Performance Center - Bldg 600A
757.286.7357

Facility hours are available at Hamptonroads.usmc-mccs.org/recreation-fitness/fitness

Email: SemperFit.MCCSHR@usmc-mccs.org

Yorktown MWR Fitness Center 714
757-887-4858

Monday – Friday ...0500-1300

Semper Fit Programs

Fitness Programs provide services to improve readiness for active duty and maintain healthy lifestyle behaviors for all authorized personnel.

For more information about Semper Fit Programs call: 757.288.9816

Human Performance Education

Semper Fit Human Performance provides resources that support force readiness, resiliency and optimized performance for active-duty Marines, Sailors and their families. The Human Performance team are degreed professionals who provide various assessments such as resting metabolic rate, VO2 max, and body fat. Classes offered include Nutrition for BCP, performance nutrition and weight management, active recovery, sleep & recovery hygiene, cognitive performance, mindset diet, and selfcare.

Human Performance Educator: 757.286.7357 or email SemperFit.MCCSHR@usmc-mccs.org to schedule classes (classes available upon request)

Additional Resources

Operation Supplement Safety...www.opss.org

Human Performance Education Classes

- ⇒ **Performance Nutrition** - This is a one-hour class designed to cover the basic principles of nutrition and hydration to fuel performance, recovery, and build/sustain muscle growth. The class also covers operation supplement safety via opss.org material.
- ⇒ **Nutrition & Fitness for Body Composition Program** - Half-Day course focusing on the fundamentals of eating and training to lose weight. Participants will learn how to help their Marines on the Body Composition Program (BCP) with life-long weight management skills.
- ⇒ **Injury Prevention and Active Recovery** - This one-hour, hands-on workshop, will help Marines optimize their injury prevention and recovery strategies through a variety of mobility and strength training techniques.
- ⇒ **Sleep and Recovery Hygiene** - This one-hour class covers the fundamentals of healthy sleep. It will cover topics such as the four key components of sleep, pre/post sleep routines, circadian rhythms, and sleep strategies.
- ⇒ **Mindset Diet** - In this one-hour workshop, we cover a mental checklist activity that helps individuals determine how we allow outside influences impact our personal mindset. The workshop allows participants to talk through these outside influences and develop a healthy way to identify the positive and negative influences in their daily lives.
- ⇒ **OneLove** - Our staff facilitates one love classes. The one love foundation was founded to honor the tragic death of Yeardeley Love by engaging people through compelling, relatable films and honest conversations around healthy and unhealthy relationship behaviors

WARRIOR ATHLETE

READINESS & RESILIENCE

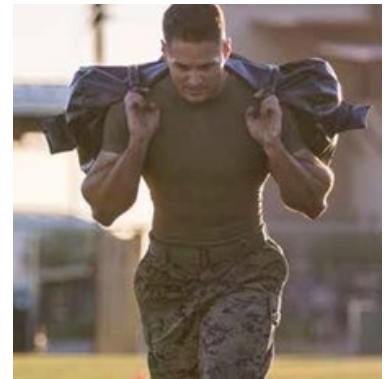
Strength and Conditioning

The Warrior Athlete Readiness & Resilience (WARR) Program is a comprehensive combat-specific strength and conditioning program that is essential to a Marine's physical development, combat readiness, and resiliency. The WARR program provides pre / post deployment readiness, performance assessments, mobility programing, PME course support, Command PTs, competitions and Force Fitness Instructor (FFI) support.

To Schedule Call your Strength and Conditioning Program Manager, 757.288.8916

Strength and Conditioning Programs

- ⇒ **HITT for Small Unit Leaders** - Unit PT Reps will learn about HITT methodology, basic exercise physiology, nutrition, programing, injury prevention, and functional fitness/ combat conditioning modalities. Successful graduates of the course will leave certified to conduct HITT (combat conditioning) sessions for their unit. Seats should be offered to Marines who conduct Unit PT sessions. To attend the five-day training, you must be an NCO or above, have 1st class CFT/PFT, and get clearance through your command.
- ⇒ **S3T- Swim Survival Skills Training** - Swim Survival Skills Training (S3T) is a Marine-centric logically progressive swimming skill curriculum. Specifically designed to increase Marines' familiarity with the water environment, improve water survival qualification success rates, and reduce accidental drownings. This multi-phased training includes aquatic skills for a Marine to achieve their completion in basic, intermediate, and advanced water survival levels. Each core consists of roughly 10 classes, which are typically 1-hour long (estimated).
- ⇒ **PME Course Support**
 - ◆ Assist with Career Advancement Course Prep
 - ◆ MCMAP Course and Training
 - ◆ Swim Qualification Support
- ⇒ **Competition and Events**
 - ◆ Ju Jitsu / Grappling Tournaments
 - ◆ Internal Fitness and Sports Competitions
 - ◆ Internal Sports



Adult Sports

Participation in sports builds confidence and character in high pressure situations.

Participation encourages and influences team members to pursue team goals rather than individual praises. The Sports Program consists of Commanding General's Cup tournaments, adult leagues, All-Marine Sports, Armed Forces Sports, and other special events.



General Information 757.475.2742

Assistant Strength and Conditioning Coordinator
757.981.7932

October to December

To Register Email : EFMP.MCCSHR@USMC-MCCS.ORG

October 2024

EFMP FORUM: SCHOOL'S BACK , NOW WHAT?

OCT. 8TH
6PM

Now that school has started, are you noticing any changes in your child? Needing some questions answered, resources, or just some additional tools? Come join EFMP, MCFTB, MFLC and our School Liaison virtually to discuss and give helpful tips to make this a successful school year.

SSI/SSDI AND MEDICAID WAIVER

OCT. 9TH
2PM

EFMP is partnering with an expert within the Social Security Administration and Medicaid waiver. They will walk you through eligibility and the paperwork needed to apply and answer any questions you may have.

MANAGING DEPLOYMENT & PCS

OCT. 24TH
10AM

Deployment and PCS'ing are the two transitions that bring the most stress. Join EFMP in providing helpful strategies to prepare for deployment and create new routines for your family dynamic. We will discuss the warm handoff process and share updated moving resources for a successful transition.

ANATOMY OF AN IEP

OCT. 29TH
12PM

EFMP has partnered with PEATC to help you dissect an IEP, examine its parts, and discuss the function of each section. PEATC will provide you with tips and help you create an IEP that supports your student's success along with gaining an understanding of how to manage special education when moving to a new town, city, or state.

TRANSITION FROM PEDIATRICS TO ADULTHOOD

OCT. 31ST
9AM

Transitioning to adulthood can be complex and challenging. EFMP has partnered with the Naval Medical Center Portsmouth to provide a forum with information to navigate you through this process. You will be able to hear and ask questions from legal, social security, PEATC, and Tricare, along with being provided resources.

November 2024

EMPOWERING BEGINNINGS

NOV. 7TH
12PM

Every child develops at their own pace, but what happens when they are not meeting their milestones? PEATC will unlock a treasure trove of services, resources, and support to help guide and support your family.

INTRO TO EFMP & RESPITE CARE PROGRAM

NOV. 21ST
6PM

Unsure or have questions about EFMP? What about the Respite Care Program? We will answer any questions you may have, and discuss their purpose, eligibility, enrollment process, status updates, dis-enrollments, and myths!

December 2024

ACCESSING COMMUNITY RESOURCES & BUILDING NETWORK OF SUPPORT

DEC. 12TH
10 AM

Being located in the Hampton Roads area presents unique opportunities for resources and networking. There are so many resources available to you that most times it can become overwhelming. Let EFMP help you navigate through those resources that fit best for you and assist you with building your network of support.

OCTOBER

1	URC / DRC Training	0900-1300	In-Person (TBD)
3	Command Team Training	0900-1200	In-Person (TBD)
9	L.I.N.K.S. Mentor Training	1000-1200	Virtual
15	URC / DRC Training	0900-1300	In-Person (TBD)
16	Passport to Volunteer	1000-1130	Virtual
17	Command Team Training	0900-1200	In-Person (TBD)
18	Spouse Connections: Fall Stroll	1000-1200	Chesapeake City Park
22	LifeSkills: Bridging the Gen Gap	1200-1300	MCCS Admin & Virtual

NOVEMBER

5	URC / DRC Training	0900-1300	In-Person (TBD)
7	Command Team Training	0900-1200	In-Person (TBD)
13	L.I.N.K.S. Foundations	1000-1200	MCCS Admin
14	LifeSkills: Real Relationships	1200-1300	MCCS Admin & Virtual
19	URC / DRC Training	0900-1300	In-Person (TBD)
20	Passport to Volunteer	1000-1130	Virtual
21	Command Team Training	0900-1200	In-Person (TBD)

DECEMBER

3	URC / DRC Training	0900-1300	In-Person (TBD)
5	Command Team Training	0900-1200	In-Person (TBD)
10	LifeSkills: Ready, Set, Prepare	1200-1300	MCCS Admin & Virtual
11	L.I.N.K.S. Mentor Training	1000-1200	Virtual
17	URC / DRC Training	0900-1300	In-Person (TBD)
18	Passport to Volunteer	1000-1130	Virtual
19	Command Team Training	0900-1200	In-Person (TBD)

Facebook



Follow us on Facebook or check out our website for additional course updates!

Website



TRAINING / EVENT DESCRIPTIONS

L.I.N.K.S. Mentors Training

Help others navigate the Marine Corps lifestyle... Become a L.I.N.K.S. Mentor! L.I.N.K.S. Mentors **build relationships** and make **positive impacts** throughout the community!

L.I.N.K.S. Foundations

L.I.N.K.S. stands for Lifestyle, Insights, Networking, Knowledge, and Skills. This workshop empowers Marines, Sailors, and their families by providing the tools and resources necessary to navigate the military lifestyle.

URC / DRC Training

This training is specifically designed for Unit/Deployment Readiness Coordinators. This training will familiarize the URC/DRC with their roles, responsibilities, and operating components within the Unit, Personal and Family Readiness Program (UPFRP).

Passport to Volunteer

Learn the importance and benefits of volunteerism and share your skills with others! This workshop will give you all the resources and requirements for getting the most out of your volunteer journey.

Command Team Training

This training is designed to inform and guide members of a unit's Command Team on their roles and responsibilities within the Unit, Personal and Family Readiness Program (UPFRP).

Spouse Connections: Fall Stroll

Link with other Marine Corps spouses and build your network of relationships, share ideas, have fun and become part of a healthy social circle. This edition of Spouse Connections will be held at Chesapeake City Park. Feel free to bring the little ones and / or your pets for a bit of fun in the sun.

LifeSkills Classes

LifeSkills Training classes are designed to equip Service Members and their families with the necessary skills for successful interactions, both at work and home, ultimately leading to positive outcomes in all areas of life.

- **Bridging the Generation Gap:** Communicating across generations is essential in today's connected world. Understanding how various generations communicate and behave can be the key to success in reaching a common goal.
- **Real Relationships:** Resilient, healthy relationships are built on the interpersonal skills of communication, conflict resolution, and setting boundaries. Participants will identify the hallmarks of meaningful relationships and how to build skills to make them stronger.
- **Ready, Set, Prepare:** Preparation is key to overcoming, and sometimes surviving natural disasters and hazards. Each duty station for Service Members and their families presents varying environmental activities. "Ready, Set, Prepare" is a class that teaches learners about these varying events.

MCFTB trainings are free! To schedule or register for trainings or events, please call 757.288.8269 or email omb.mcftbnorfolk@usmc-mccs.org.



EFMP Exceptional Family Member Program

MCCS Hampton Roads



MEET YOUR EFMP TEAM

"The Service You Deserve"



Flavia Valdez

My name is Flavia Valdez, your USMC Exceptional Family Member Program (EFMP) Manager at MCCS Hampton Roads.

I am dedicated to providing support, resources, and advocacy for families with special needs. With extensive experience in the challenges faced by military families, I am here to ensure you have the tools, guidance, and assistance necessary to thrive. Please feel free to reach out to me at any time with questions, concerns, or just to say hello. I look forward to working with you and supporting you in any way I can.

Contact Information

Phone: 757-981-1900

Email: flavia.valdez@usmc-mccs.org



Jasmine Brown

My name is Jasmine Brown, and I am your Training, Education and Outreach Specialist. I am passionate about making sure you and your family have what they need in order to thrive in their new place they are calling home. As a Marine spouse myself and having experience in the childcare sector I know the importance of being informed, having resources and being connected. This is where I come in. I provide you with opportunities to connect with others and provide a space for you to expand your knowledge to be a better advocate for your family. I am excited to network with you and support you and your family.

Contact Information

Phone: 757-981-7916

Email: jasmine.brown@usmc-mccs.org

Keith Ingram

My name is Keith Ingram, your USMC Exceptional Family Member Program (EFMP) Family Caseworker at MCCS Hampton Roads. I am here to provide personalized support and assistance to families with special needs. As a veteran, I have deep understanding of the unique challenges military families face and am committed to helping you navigate the system. I will support you and your family throughout your PCS transition and will point you in the right direction for any health or education services needed. I can provide local and state resources within the military and civilian sectors to meet your needs and enhance your quality of life. I look forward to providing you with first-class customer service.



Contact Information

Phone: 757-600-1366

Email: keith.ingram@usmc-mccs.org



"Customer service is not a department, it's an attitude"

~ Unknown



MCCS HAMPTON ROADS
Website



Follow Us
on Facebook!





EFMP FALL FEST



OCTOBER 12, 2024

• PETTING ZOO • FALL CRAFTS • PONY RIDES

STARTS AT 11AM

JOIN US FOR THE EFMP FALL FEST AT HUNT CLUB FARM!
ENJOY A FUN-FILLED DAY WITH CRAFTS, PONY RIDES, PETTING ZOO,
TREETWALK ADVENTURE, AND MANY OTHER EXCITING FALL ACTIVITIES!
SPACES ARE LIMITED, SO DON'T MISS OUT ON THIS FANTASTIC FAMILY EVENT.

TO REGISTER, CALL: 757-981-7916

HUNT CLUB FARM
2388 LONDON BRIDGE RD.
VIRGINIA BEACH, VA 23456

VISIT OUR
WEBSITE

FOLLOW US ON
FACEBOOK





EFMP Exceptional
Family Member
Program
MCCS Hampton Roads

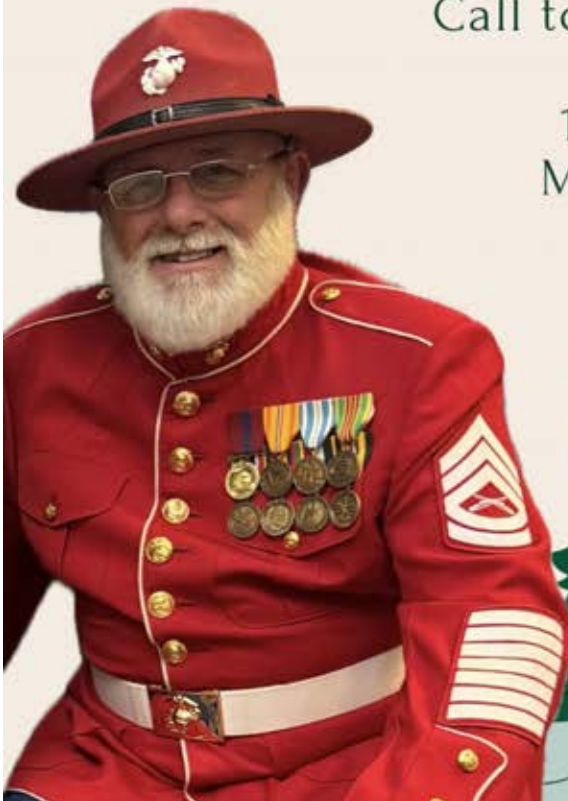
COME MEET

Gunny Claus

SAT | 07 | Starting at
DEC | DEC | 12:00

Limited Spaces Available
Call to Reserve your spot: 757-981-1990

1251 Yalu Street, Norfolk, VA
MCCS Administrative Building



October

10

Fundamentals of
LinkedIn
9:00 am-12:00 noon

17

SkillBridge Info
Session
9:00-10:30 am

23

VA Disability Benefits
Seminar
9:00 am-12:00 noon

29

Interview Techniques
9:00 am-12:00 noon

30

TRICARE Q & A
9:00-10:00 am



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

MC CS
HAMPTON ROADS

NOVEMBER

Friday **DOD SkillBridge Expo**
1st 10 am-1 pm

Hopkins Hall Gymnasium
Bldg. MCA-603 5th Avenue
Norfolk, VA

Wednesday 6th	VA Disability Benefits Seminar 9:00 am-12:00 noon
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Wednesday 13th	Retirement Benefits Seminar 8:30 am-3:45 pm
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Thursday 14th	SkillBridge Info Session 9:00-10:30 am
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Tuesday 26th	Effective Resume Writing Strategies 9:00 am-12:00 noon
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Wednesday 27th	Fundamentals of LinkedIn 9:00 am-12:00 noon
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To register or for more information:
careerservices.mccshr@usmc-mccs.org

December

11

**TRICARE Q & A
9:00-10:00 am**

12

**SkillBridge Info Session
9:00-10:30 am**

17

**STARS (Spouse Transition
and Readiness Seminar)
9:00 am-12:00 noon**

18

**VA Disability Benefits
Seminar
9:00 am-12:00 noon**

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



MWR Events at Northwest Annex

Haunted Harvest

Northwest Annex

October 26

5 - 8pm



Hay ride, haunted trail, free pumpkins, games and more

Illumination Celebration

December 14th

5 - 8pm

- ◆ Iceless ice skating rink
- ◆ Pictures with Santa
- ◆ Sledding
- ◆ Hot chocolate bar
- ◆ Crafts and more

MWR Northwest Annex



Firestone
since 1926 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

KITCHENFINITY

Hours of operation:

9AM - 5PM

(757) 505-7556

sales@kitchenfinity.com



Online Ordering has gone live - currently offering online ordering for pickup. Link can be found here:

<https://online.skytab.com/02080a5fc2e42e2f173698210babfd88>

MWR Yorktown

- October 4th** - Liberty - Yorktown, Cheatham Annex and Huntington Hall -National Taco Day - 1100 - 1300
- October 5th** - Community Recreation - Yorktown, Cheatham Annex, Huntington Hall - Ghost Hunt Colonial Williamsburg Trip
1800 - 2200
- October 11th** - Liberty - Yorktown, Cheatham Annex, Huntington Hall – Navy Birthday Celebration - Open to Close
- October 12th** - Liberty - Yorktown, Cheatham Annex, Huntington Hall – Busch Gardens Howl-O-Scream Trip - 1800 - 2200
- October 16th** - Liberty - Huntington Hall - Wacky Wednesday - 1100 - 1300
- October 18th** - Community Recreation, Liberty and Fitness - Cheatham Annex -Barbarian Bruiser and Oyster Roast
1600 - 2100
- October 23rd** - Community Recreation - Cheatham Annex - Pumpkin Carving and Halloween Crafts - 1700 - 1900
- October 25th** - Community Recreation - Yorktown Fitness Center – Halloween Fall Festival - 1800 - 2000
- October 21st** - 25th - Liberty - Yorktown, Cheatham Annex and Huntington Hall - Drop-In Jar - All day long.
- October 28th** - Liberty - Yorktown, Cheatham Annex and Huntington Hall -Scary Movie Marathon - Open to Close
-


- November 7th** - Community Recreation - Yorktown Fitness Center - Veteran's Appreciation Day - 1100 - 1300
- November 8th** - Liberty - Yorktown, Cheatham Annex and Huntington Hall -Observance of USMC Birthday - All day long
- November 8th** - Liberty - Yorktown - National Cappuccino Day - Open to Close
- November 13th** - Liberty - Yorktown - Wacky Wednesday - 1100 - 1300
- November 13th** - Liberty - Yorktown, Cheatham Annex and Huntington Hall -World Kindness Day - Open to Close
- November 15th** - Community Recreation - Yorktown The Depot - Paint and Sip Night - 1800 - 2000
- November 18th** - 22nd - Liberty - Yorktown, Cheatham Annex, Huntington Hall -Drop-In Jar - Open to Close.
- November 25th** - Liberty - Yorktown, Cheatham Annex and Huntington Hall -Movie Marathon - Open to Close
- November 27th** - Liberty - Cheatham Annex - Thanksgiving Crafts and Games -1600 - 1800
- November 28th** - Liberty - Huntington Hall - Turkey Feast - 1100 – 1500
-

- December 3rd** – Liberty- Huntington Hall 3 on 3 Basketball
- December 6th** - Community Recreation - Yorktown Fitness Center – Winter Wonderland & Trees for Troops - 1800 - 2000
- December 7th** - Liberty - Yorktown, Cheatham Annex, Huntington Hall – Busch Gardens Christmas Town Trip - 1700 – 2200
- December 9th** – 13th - Liberty - Yorktown, Cheatham Annex, Huntington Hall -Drop-In Jar - Open to Close.
- December 14th** – Liberty- Yorktown, Huntington Hall – Army/Navy Watch Party – noon-Until
- December 17th** - Community Recreation - Yorktown The Depot, Cheatham Annex – Gingerbread House & Winter Crafts
1600 - 1800
- December 23rd** - Liberty - Yorktown, Cheatham Annex and Huntington Hall –Christmas Movie Marathon - Open to Close
- December 25th** - Liberty - Huntington Hall – Holiday Desserts with Gingerbread House & Crafts - 1000 – 1400
- December 31st** - Liberty - Yorktown, Cheatham Annex and Huntington Hall - Movie Marathon - Open to Close

Yorktown-Depot: 757-887-7395 or 757-847-7886

Huntington Hall: 757-380-4679 or 757-688-7553

Cheatham Annex (CAX): 757-887-7514



MWR NSA Hampton Roads

JOIN US FOR A
HOLLY JOLLY
Fest



Friday | 6 December, 2024 | 6 - 8PM

Captain Slade Cutter Park

Celebrate the most wonderful time of the year at
our dazzling holiday festival

Christmas Decor
Games
Cookie Decorating
Photo Booth
And More!!

For more information: 757.444.0347





HALLOWEEN SPOOKTACULAR

FRIDAY
OCTOBER 11

CAPTAIN SLADE
CUTTER PARK

6 - 8 PM

TREATS • COOKIE DECORATING • GAMES
HALLOWEEN DECOR

SPONSORED BY MWR NSA HAMPTON ROADS

Craft Beer and Oyster Fest Nov 1...5-8PM



SEWELLS POINT GOLF COURSE

- LIVE BAND
- PHOTO BOOTH
- CORN HOLE
- PUTTING CONTESTS
- FOOD AND DRINK FOR PURCHASE

SPONSORED BY MWR NSA HAMPTON ROADS

WHY MCX?



IT MATTERS WHERE YOU SHOP

TAX FREE

Always

GIVE BACK

You shop
Marines Benefit

PRICE MATCH PROMISE

We Match That!

PRICE HACKS!

Save. Every Day!

1775

Great Style.
Value Priced

EXTREME VALUE

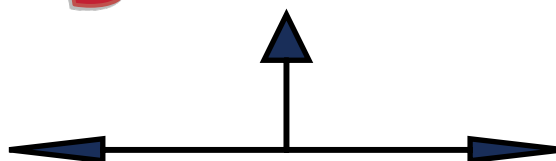
On Marine Essentials



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