

Marine Corps Community Services Hampton Roads



Programs and Events

December 2022



Semper Fit Events (HITT, Outdoor Adventures, Outdoor Equipment Rental Sports, Single Marine Program)

December 2: Reindeer 5k Run

Join Semper Fit and run as a Marine Corps Team! Contact if interested or for more information. Located at Rockwell Hall gym on JEB Little Creek. Run time is 7:30AM. Same day registration will be available from 6:30 to 7:15PM. Don't forget to wear your favorite holiday attire!

December 5, 9AM: Lookout Tower Trail Hike

Join HITT and Outdoor Adventure on a 3.4-mile trail hike with great views of Waller Mill Reservoir. Meet at 0900 at Waller Mill Park, 901 Airport Road Williamsburg, VA 23188 (parking lot and trail head at the end of the access road) Transportation provided upon request. Please bring water and a light snack. Pack / Ruck is optional.

December 11, 5-11PM: Single Marine Program Event

Busch Gardens Light Show Trip

Come experience Busch Gardens Christmas Town, where you can take in all the holiday festivities and lights! Transportation provided upon request, maximum of 25 passengers. Discounted price per person: \$50.50

December 13: Adopt A Trail

For more information - SemperFit.MCCSHR@usmc-mccs.org

December 15, 1PM: Single Marine Program Event

Town Hall Meeting

Yorktown Naval Weapons Station. Have a voice and share your thoughts about SMP. Express what you would like to see and participate in.

December 16-18, Noon - 1PM: Single Marine Program Event

Gift Wrapping Campaign. Come out and have your Holiday presents wrapped while supporting the Hampton Roads Single Marine Program at the MCX.

BeaverFit NOMAD: "Gym on Wheels" providing an innovative mobile training solution for our military commands up to 60 individuals at once. Expanding where, when and how you want to train. Contact out HITT Coordinator at 757.445.1288 or SemperFit.MCCSHR@usmc-mccs.org

Training and Education

December 6, 11AM-12Noon: Recreation Inclusion

<https://meeting.marinenet.usmc.mil/elmore-efmp-inclusion/>

For more information, please email efmp.mccshr@usmc-mccs.org / call 757.981.7928.

December 15, 7-8PM: Building Networks of Support

<https://meeting.marinenet.usmc.mil/networksofsupport/>

For more information, please email efmp.mccshr@usmc-mccs.org / call 757.981.7928.

Norfolk MCX



Follow us
on
Facebook

MCCS Hampton Roads



FREE - Open to all Marine Corps Commands

Winter Wonderland Holiday Party Venue

Available Dates: 2, 3, 4, 9, 10, 11, 16, 17, & 18
December

6- 9PM at Hopkins Hall Gym, Camp Elmore

For more information or to book your date:
757.749.7823

Special Event for EFMP Families

December 3, 9:30AM-12Noon: Gunny Claus is Coming to Town!

That's right, he's traveling all the way from 1st Reindeer Division, Marine Corps Base North Pole to Camp Elmore to visit our local children. Don't miss this exciting event! EFMP Families may register for a private meet & greet. For more information, please email efmp.mccshr@usmc-mccs.org / call 757.981.7928.

December 9, 10AM: Coffee Talk (All Spouses Welcome)

Town Center Cold Pressed- 168 Central Park Ave., Virginia Beach, VA 23462

Come enjoy a fresh-brewed cup of coffee and chat with our EFMP Caseworker, Scott Council. Coffee Talk is a family-to-family networking series to get together, chat over coffee, have fun, and develop support networks. Join us and share your ideas for future events. For more information, please email efmp.mccshr@usmc-mccs.org / call 757.981.7928.

December 10, 5-8PM: Grand Illumination at Northwest Annex!

EFMP will be on site at this evening holiday fun event sponsored by Navy MWR, USAA & First Command. Enjoy and iceless skate rink, pictures, Santa, trackless and train and the TREE LIGHTING! Stop by and say hello!

**Gunny Claus arrives at your
Elmore MCX**

Saturday, December 3

1-3PM



Ready to start a library at your unit? MCCA Hampton Roads can assist. MCCA is currently receiving three kits per month for a total of 150 unique titles.

The Marine Corps Association will provide an annual grant to requesting Marine units for the purpose of building a unit library of Commandant's Reading list titles. The size of the grant depends on the size of the unit. The POC is SgtMaj Bennett USMC (Ret), K.Bennett@mca-marines.org. <https://mca-marines.org/unit-library-program/>

If Marines are interested in digital Commandant of the Marine Corps Professional Reading titles, they can be found on OverDrive in eBook and Audiobook formats. These titles can be downloaded to mobile devices. You can find OverDrive under the eBooks and Audiobooks tile or in the A-Z list on the www.dodmwrlibraries.org website, the DoD Digital Library site. The CMC titles can be found under the Professional Reading link at the top.

Tutor.com might be useful for Marines and families: <https://military.tutor.com/home>. This is the account creation page for tutoring session for the DoD community. The Tutor.com link can also be found on the dodmwrlibraries.org site. There is a Facebook page: Tutor.com Online Tutoring for Military Families. If you "Like" this page you will see information and Facebook Live webinars. The vendor is also very happy to travel to any DoD installation to provide demonstrations and meet with students and parents. Please contact Pamela Brehm (Pamela.Brehm@tutor.com) if you would like to arrange a visit from one of her team. There is no cost to you for the visit. Visit <https://www.tutor.com/cmspublicfiles/WWW/Military-eligibility-table.jpg> for more information.



Marine Corps Family Team Building at Camp Elmore services our Marines, Sailors, and their families with the tools and resources of navigating the challenges of the military lifestyle. We are your support system that will help with reinforcing the pillars of resiliency for sustaining a constant state of personal and family readiness, and ultimately enhance unit mission readiness. We offer relevant and standardized training to unit commanders, Family Readiness Command Teams, Marines, and their families.

Programs comprises of:

- Lifestyles, Insights, Networking, Knowledge, Skills (L.I.N.K.S.)
- Family Readiness Program Training (FRPT)
- Life Skills Training
- Readiness and Deployment Support training (RDST)
- Kids and Teen Program
- Volunteer Coordinator

Meet Camp Elmore's MCFTB Team



Director
Marie Hill
757.981.7812



Trainer
Shanel Gainey
757.288.8269

**Workshops are provided at the unit and installation level, and through partnership of supporting resources, so call us today!*

MCX Sales

November 16 - December 24

MCX Season of Gratitude

Special prices for all your holiday fragrances—Lancome, Valentino, Elizabeth Arden, Sauvage, Burberry, Ralph Lauren, Givenchy, Calvin Klein, Boss

November 30 - December 6

Ready, Set, Shine!

20% Off entire selection of toys, 15% Off select Bissell Floorcare, 20% Off throws, 20% Off select cookware, 25% Off holiday gift wrap, and so much more!

December 7 - 13

Elfing Awesome!

20% Off All watches, 20% Off Marine Pride fleece, 20% Off Yeti Coolers and Drinkware

December 14 - 24

12 Days Left

Red Tag Clearance, 25% Off Champion Marine Pride active fleece, 20% Off Hallmark keepsakes and ornaments

At your Elmore MCX

Local Brewery Tasting

December 9, 12Noon-3PM



**Outdoor Equipment Rental moving to the MCX!
Picnic, Birthday & Command Packages now
Available! Large Inventory of New Equipment
Arriving.**

By Appointment Only. Telephone: 757.749.5226



Dec 2nd
Stone Brewery
12Noon - 3PM

Dec 3rd
Gunny Claus at
MCX
12Noon - 3PM

Dec 16th to 18th
Single Marine Program
Gift Wrap Fundraiser
12Noon - 2PM

Dec 9th
Local Breweries
Cornhole Tournament
12Noon - 3PM



GUNNY is coming **CLAUS** to town

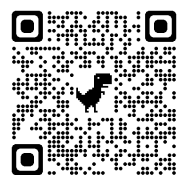
When:

Saturday, Dec 3rd
0930~12:00

To find out where he is secretly
visiting, and schedule your
one-on-one meet and greet, contact
Ms. Ariel Owens at (757)981-7928
or efmp.mccshr@usmc-mccs.org



*Must be currently enrolled in the
Marine Corps Exceptional Family Member
Program in order to participate.*





Busch Gardens *Light Show*

JOIN US DECEMBER 11, 2022!

Come and enjoy Busch Gardens Christmas Town!
Submerge yourself in Christmas ambiance!
Make this Christmas unforgettable!

**FREE
TRANSPORTATION
(UP TO 25)**

**FREE
PARKING**

**TICKETS \$50.50
EACH**

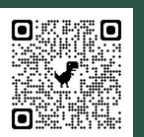
DEADLINE FOR PAYMENT IS MONDAY, DECEMBER 5TH




**ONLY OPEN TO SINGLE MARINES/SAILORS!
CONTACT YOUR LOCAL SMP REP FOR DETAILS!**



MCCS WEBSITE



FOLLOW US



Join Us!



Gift Wrapping Fundraiser

Have gifts wrapped by Marines!

**Drop items off at the Single Marine Program Table
Located at the Elmore Marine Corps Exchange.**

Date: December 16th-18th

Time: Noon-2:00PM

All donations support the Single Marine Program!

MCX: 1251 Yalu St Norfolk, VA 23515



Questions?
Contact SMP at
SMP.MCCSHR@usmc-mccs.org



MCCS WEBSITE



FOLLOW US



EFMP Family Support

October- December 2022

Training Classes

Intro to EFMP *In Person @ MCCC*	13 October 2022	1100-1200
Special Needs Forum *In Person Guest-* Ms. Christina Jones, Special Needs Attorney, location TBD	18 October 2022	1000-1130
Accessing Community Resources *In Person @ MCCC*	27 October 2022	1100-1200
Early Intervention Overview *Virtual*	8 November 2022	1900-2000
Respite Care *Virtual*	16 November 2022	1100-1200
Recreation Inclusion Opportunities *Virtual*	6 December 2022	1100-1200
Building Networks of Support *Virtual*	15 December 2022	1900-2000



Registration is appreciated



Email: efmp.mccshr@usmc-mccs.org

Any links to training will be sent at least 2 weeks prior to all
and as requested! Questions, call 757-981-7928





COFFEE TALK

A family-to-family networking event series

JOIN US

10:00 - 11:00AM

2022

November 4 - Battlegrounds Coffeehouse & Grill, 388 Battlefield Blvd S, Chesapeake, VA 23322

December 9 - Town Center Cold Pressed, 168 Central Park Ave, Virginia Beach, VA 23462

2023

January 6 - Coaster Coffee, 8418 Tidewater Dr, Norfolk, VA 23518

January 27 - Firehouse Coffee, 1 Ruckman Rd, Hampton, VA 23651

February 17 - Mojack Bay Coffee Roasters and Petite Café, 411 Main St, Yorktown, VA 23690

March 10 - Pale Horse Coffee, 540 Belaire Avenue, Chesapeake, VA 23320

March 31 - Roast Rider, 1554 Laskin Rd Ste 116, Virginia Beach, VA 23451

April 14 - Fair Grounds, 806 Baldwin Ave Ste 2, Norfolk, VA 23517

For more information:

efmp.mccshr@usmc-mccs.org /

or call 757-981-7928





FREE Winter Wonderland Holiday Party Venue

Open to all Marine Corps Commands

Available Dates: 2, 3, 4, 9, 10, 11, 16, 17, & 18 December

6:00 - 9:00PM at Hopkins Hall Gym, Camp Elmore

For more information or to book your date: 757.749.7823

Clean, socialize,
and play with cats!

Walk, play with, and
clean up after dogs!



Volunteer at Norfolk SPCA!



Other opportunities available!
Limited spots open to volunteer
at the kennel!

Volunteer Date and Time: TBD



Only open to Single Marines/Sailors
Contact your local SMP REP for more information

