



Marine Corps Community Services Hampton Roads

Programs and Events

July 2022

MCX Sales

July 6 - 12

Scratch and Save

Scratch off Coupon Available. Scratch and Save 20% Off Sandals, Flips and Pool slides. 10% Off Firearms. 20% Off Select Handbags – Selection varies by location

July 13 - 26

Back 2 School

20% Off Apparel & Shoes from Featured Brands. 20% Off Activewear and shoes from Featured Brands. 20% Off Select Cosmetics. 20% Off Select School Supplies

July 13 - 26

MCX Summer Beauty Event...Love it. Flaunt it. You've Got it.

15% OFF Entire stock Clean Beauty Brands. 15% OFF Entire Stock Prestige Hair Care

Follow MCX and Gun Counter:

<https://www.facebook.com/NorfolkMCX/>

https://instagram.com/elmore_mcx?r=nametag

<https://hamptonroads.usmc-mccs.org/>

Recreational

July 16...Sensory Friendly Movie

Cinema Café, Greenbrier location

Check the local theatre for movie time! Free popcorn!

EFMP.MCCSHR@usmc-mccs.org or call 757.981.1990 to let us know you are coming!

July 22, 7 PM...Dive in Movie

JEB Little Creek GATOR POOL, partnering with Navy MWR

EFMP.MCCSHR@usmc-mccs.org or call 757.981.1990 to let us know you are coming! Free popcorn and Pool Noodle!

July 30...Sensory Friendly Movie

Cinema Café, Greenbrier location

Check the local theatre for movie time! Free popcorn!

EFMP.MCCSHR@usmc-mccs.org or call 757.981.1990 to let us know you are coming!

July 17, 10 AM...Military Spouse Social

Pour Girls, 17 E Queens Way, Hampton

Fun and friendship! Join us for an opportunity to relax, unwind, and expand our friend network! Appetizers provided by MCCS Hampton Roads! Registration not required.

July 28, 10 AM... Military Spouse Walking Group

Mount Trashmore, 310 Edwin Drive, Virginia Beach

Let's get our walk and talk on as we build lasting friendships! Registration not required.

Single Marine Program

contact: smp.mccshr@usmc-mccs.org

Opportunities for Single Marines

July 7, 4-10 PM...Barracks Bash

Yorktown Naval Weapons Station Barracks, SMP partnering with Navy MWR

Step outside your barracks room to enjoy some fun games, eat delicious food, and spend some time with your fellow Marines!

July 9, Start at 2:30 PM...Super Smash Saturdays

Dam Neck, SMP partnering with Navy MWR

Dam Neck MWR Liberty is hosting a Super Smash Saturday singles tournament at the Oasis Liberty Center. All registrations must be submitted by the Thursday before the tournament day (Saturday). The tournament is limited to 15 participants. An email and a phone call will be conducted to confirm your attendance in the tournament, a reply is mandatory. For more information or to register, please call 757.492.6806.

July 11, Starts at 4 PM...Fishing 101

JEB Little Creek, SMP partnering with Navy MWR

Want to learn some fishing basics and skills for your next fishing trip? Join JEB Little Creek MWR Liberty on Tuesday, July 11 at 4 PM for a virtual fishing 101 video. For more information, please call 757.462.7691

July 16, All Day ...Rudee Tours Half-Day Fishing Trip

Open to all bases (limited spots, up to 5 per command)

Enjoy a fishing experience on a nice charter for the day. Final cost and time TBD. Contact your SMP Rep for more details.

July 1, 1-4 PM ...Flag Retirement (Volunteer Opportunity)

Norfolk VFW Post 4809

Spent some time taking care of damaged US Flags that have been flown in past wars. Hear war stories from Veterans of the VFW. Contact your SMP Rep for more details.

July 22, 6-10 PM...Dam Neck Anime Night

Dam Neck Base

Watch some of the most popular anime alongside your fellow Marines. Call 757.749.7897 for more details.

July 27, 6-9 PM...Camp Elmore Movie Night

Camp Elmore Base

Kickback outside enjoying the weather while watching a "voted-on movie" with your fellow Marines. Call 757.749.7897 for more details.

July 14, 9:30-11:30 AM..."Prepare with Pedro"

Naval Weapons Station Yorktown ~ hosted in part by Fleet and Family Support Center.

EFMP families can come and explore the station Firetruck and Ambulance while mom/dad gain additional emergency preparedness resources!

Let us know you are coming, and bring a towel for a bit of water fun! Email EFMP.MCCSHR@usmc-mccs.org to sign up and we will share the location!



Health and Fitness contact: Semperfit.mccshr@usmc-mccs.org

July 11–15, 8 AM–4 PM

HITT for Small Unit Leaders (HSUL) Course – Camp Elmore, Hopkins Hall Gym

Brand New HITT Course where students will learn the HITT Methodology of strength and conditioning, proper technique in the 7 foundational movements, and introduce Marines to the HSUL pre-designed card system, and teach them how to select the most appropriate workout card.

Inbody Scan and Nutritional Consults by appointment.

Contact: Lisa Bickerton, 757.445.2742



Training and Education contact: mcftb.mccshr@usmc-mccs.org or efmp.mccshr@usmc-mccs.org

July 13, 11 AM–Noon: Service Animals - Virtual class

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

For additional information on any training, email

EFMP.MCCSHR@usmc-mccs.org or call 757.981.1990

July 19, 4-7 PM: Virtual class

Family Readiness Command Team Advisor/Family Readiness Assistant (FRCTA/FRA)

This class is designed to orient and guide FRCTAs/FRAs in their roles and responsibilities within the Unit, Personal & Family Readiness Program (UPFRP). Required for appointed volunteers at USMC commands.

July 21, Noon -1 PM: Virtual class

Pre-Deployment for Spouses

This workshop offers participants suggestions for personal and family preparation, which includes: important documents to have on hand, emergency communication, money management, operations security, ways to access assistance, and information and referral resources.

July 21, 4-5 PM: Virtual class

Personally Identifiable Information/Operations Security (PII/OPSEC) Training

This training is designed to educate volunteers and other family members on their responsibilities to protect PII and OPSEC within, and outside of, their unit. Required annually for appointed volunteers at USMC commands.

July 21, 7-8 PM: Establishing Permanent Dependency - Virtual class

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

July 26, 6-8:30 PM: Virtual class

L.I.N.K.S. Foundations (Modules 2 & 4): Our Corps, Our Culture & The Maze

L.I.N.K.S. Foundations is an interactive program that introduces parents, spouses, Marines, and kids to the Marine Corps lifestyle. It provides essential information about benefits and entitlements, resources, Marine Corps history and traditions, separation and deployment, military pay, and more.

July 27, 7-8 PM: Recreation and Inclusion Opportunities - Virtual class

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

NAME	TITLE	CELL PHONE	EMAIL ADDRESS
Mary Collins	Director, MCCS	757.652.1734	mary.collins@usmc-mccs.org
PROGRAMS			
GySgt John Muir	MCX Director, Business Operations	802.370.4610	john.muir@usmc-mccs.org
Kim Kadish	MCFTB Trainer	757.288.8269	kimberly.kadish@usmc-mccs.org
Ken Cogdell	Single Marine Program Coordinator	757.749.7897	kenneth.cogdell@usmc-mccs.org
Allen Sese	HITT Program Manager	757.288.8916	allen.sese@usmc-mccs.org
Lisa Bickerton	Human Performance Program Manager	757.749.7823	lisa.bickerton@usmc-mccs.org
Emily Triplett	Outdoor Recreation Manager		Emily.triplett@usmc-mccs.org
Karina Phillips	EFMP Manager	757.981.1990	karina.phillips@usmc-mccs.org
Scott Council	EFMP Case Worker	757.600.1366	scott.council@usmc-mccs.org

MCX/Marine Mart.....757.423.1187

0800 – 1800 (Monday – Friday)

1030 – 1800 (Sat/Sun/Hol)

Gun Counter: 1200 – 1800 (Sunday - Saturday)

Barber Shop: 0930 – 1700 (Monday – Friday)

1030 – 1700 (Saturday/Sunday)

MCCS Gas Station..... Pay at the Pump

Hopkins Hall Gym.....757.445.2742

0500 - 1900...Monday - Friday

1000 - 1400...Saturday/Sunday

MCCS Outdoor Rec.....757.445.2742

Command Rentals by Appointment

Support your Elmore MCX...It Matters Where You Shop

Join MCFTB Camp Elmore for our

Spouse Social

1800, 26 April

Elation Brewing, 5104 Colley Ave, Norfolk

1800, 25 May

Mellow Mushroom, 110 S Henry St, Williamsburg

1800, 28 June

Buffalo Wild Wings, 101 S. Independence Blvd, Virginia Beach

1000, 17 July

Pour Girls, 17 E Queens Way, Hampton

1130, 21 August

The Dirty Buffalo, 612 Grassfield Pkwy, Chesapeake

1800, 28 September

SweetFrog, 4360 George Washington Memorial Highway, Yorktown

1800, 20 October

Elation Brewing, 5104 Colley Ave, Norfolk

Need more information??

(757) 288-8269

omb.mcftbnorfolk@usmc-mccs.org

No-host dinner and drinks, appetizers provided!

Let's Walk & Talk



Want more information?

omb.mcftbnorfolk@usmc-mccs.org



*Mount Trashmore
310 Edwin Dr, Virginia Beach*

28 April @ 1000

26 May @ 1000

23 June @ 1000

28 July @ 1000

25 August @ 1000

22 September @ 1000

27 October @ 1000

Prepare with Pedro

Be Prepared, Not Scared!

**Families are invited to learn about emergency safety,
pick up important information, "touch a truck" and cool down
in the spray of a fire hose!**



All Navy and Marine Corps EFMP Families are welcome!

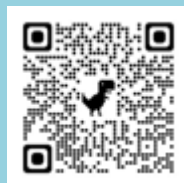
Thursday 14 July - 0930 to 1130

RSVP at: efmp.mccshr@usmc-mccs.org

Location: NWS Yorktown Child Youth Center Field

2094 Von Steuben Drive - Newport News

Resources will be available and don't forget a towel!





EFMP Exceptional
Family Member
Program
MCCS Hampton Roads

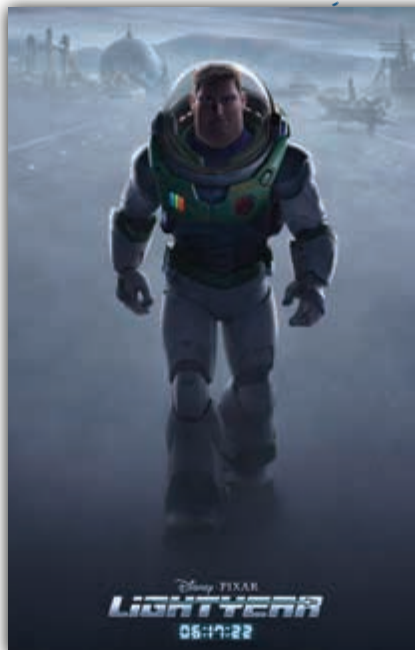
Sensory Friendly

Lights Up, Volume Down

The Freedom to Talk, Sing, and Dance Around
@ Cinema Cafe

Popcorn is on us

So let us know you are going: EFMP.MCCSHR@usmc-mccs.org. Hope to see you there!!



JUNE 25



JULY 16



JULY 30

No Marine Corps Endorsement implied



Scan for More
Information



Military OneSource
Feedback

Showtimes to be announced at CinemaCafe.com. Dates subject to change.

Grab your towel and floatie
and meet us at JEB Little Creek Gator Water Park
for their Summer Dive-In Movie Series



Partnering with MWR JEB Little Creek

FRIDAYS: JULY 22 & AUGUST 19

Pool deck opens at 7 PM

Movie will start following Evening Colors

Prizes & giveaways awarded

Beach chairs and blankets are welcome

Water slides will be turned off at the start of movie

FREE!!



Open to active duty, Reservists, retirees, DoD civilians and eligible family members



USMC EFMP FAMILIES >>>> come join the fun at this FREE EVENT!

Every USMC EFMP family who checks in with us will receive a pool noodle and free popcorn!

Let us know you will be there!

EFMP.MCCSHR@USMC-MCCS.ORG