MARCH 2013

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MCCS MARINE CORPS Community Services Miramar

"ROCKERS" SNCO CLUB

NCO Appreciation/St.Patrick's Day Celebration
March 15, 1500-1900
Rockers SNCO Club. (858) 566-4671 for info

Taco Tuesdays
$1.00 Tacos and 1/2 Price on Mexican Beers

Wing Wednesdays – 50 Cent Wings
1500-1800 (DINE IN ONLY)

THE PALMS RESTAURANT

Host Your Special Event Overlooking The Green!
We Cater to Your Needs and Will Always Try to Make Your Event a Memorable One.
Find us at the Miramar Golf Course!
Open Daily from 0600 – 1900
(858) 566 - 4671

OFFICERS' CLUB

Special Events, Private Parties, Weddings, Retirements.....
Let the Miramar Officers' Club cater your next event!
Call us @ (858) 577-4814 to speak to our catering specialist!
Open to All Hands!

FLIGHT LINE FOOD COURT

Ramones Mexican BBQ
Open daily 0700 - 1700

Subway
Mon - Fri 0500 - 2200
Sat & Sun 0800 - 2200

Win Sushi
Open daily 1000 - 1500

LEGENDS SPORTS BAR

Open Daily for Cocktails.
Domino's Pizza NOW OPEN! Delivery (858) 530-8750

SEMPER FIT

ULTIMATE NUTRITION WORKSHOP

First & Third Wednesday of Every Month 1130 - 1230
(Weight Loss/BCP/Remedial/Basic Nutrition/Sports Nutrition)
For more information please call Health Promotion at (858) 577-7963.

TOBACCO CESSATION CLASS

Three Class Series that begins the first Tuesday of every month at 1130 in the Semper Fit Center Conference Room. For more information please call Health Promotion at (858)577-1331.

WEIGHT LOSS NUTRITION CLASS

Wednesday, March 27, 9 - 11 a.m. "No Diet Pills, No Laxatives, No Saunas". This two-hour class includes: Weight Loss Nutrition, Commissary Tour, Cooking Class, and Food Tasting! There is a $5 fee for the class. Call 858-577-7963 for information.

FOR INFORMATION:

Officers' Club: (858) 577-4814
Staff NCO: (858) 566-4671
E Club: (858) 693-1543
Special Events: (858) 577-6365
MCX: (858) 695-7288
Advertising: (858) 577-6365
Semper Fit: (858) 577-6547
DSTRESS: (877) 476-7734

S	M	T	W	Th	F	S
TOWN HALL MEETING Hosted by the Station CO: Colonel John Farnam Thursday, March 7 at 6 p.m. Bob Hope Theater Open to the MCAS Miramar Community			**BATTLE COLOR CEREMONY** Thursday, March 14 at 3 p.m. Parade Field - Corner of Anderson and Bauer Open to All MCAS Miramar Patrons		1	2 **First Tee Level 1 Junior Golf Program** March 2 - April 13 Miramar Golf Course. FREE for Children of Active Duty and DoD Civilians (858) 336-3595 to register
3	4 **Functional Fitness Suspension Training** March 4 - 27 Mon & Wed 1130 HITT Center (858) 577-4129	5 **Youth Spring Soccer** Registration Deadline $55/per youth (858) 577-6959 **Tobacco Cessation Class** 3 Class Series 1130 at the Semper Fit Center (858) 577-1331	6	7 **EFMP Strategies** for Parenting and Self-Care 1000-1200 L.I.N.K.S. House (858) 577-4668 to register	8	9
10 **Daylight Saving Time Begins**	11 **S.T.A.N.D. Class** Successful Transition After Non-Honorable Discharge 1100 or 1800 The HUB Room 6 (858) 577-1801 for info	12	13 **Home-Based Entrepreneur Workshop** 1100 or 1800 The HUB Room 6 (858) 577-4933 to register	14 **Shamrock Circuit** 1130 Miramar Sports Complex Track (858) 577-1331 for info (See Box Below)	15 **NCO Appreciation/ St. Patrick's Day Celebration** 1500-1900 Rockers SNCO Club (858) 566-4671 for info	16
17 **St. Patrick's Day**	18	19 **MCAS Miramar Education Fair** 1000-1300 The HUB Miramar Room (858) 577-1801 for info **Ciroc and Maxim Celebrate National Day of Honor** (See Box Below)	20 **First Day of Spring**	21	22 **EFMP Potluck Lunch Social** 1030-1130 L.I.N.K.S. House (858) 577-4668 for info	23 **MCX Spring Festival** March 23, 1100-2200 A day of family fun! Easter Egg Scavenger Hunt, Photos with the Easter Bunny, Face Painting and more!
24 **Palm Sunday** **Easter Sunday** 31	25 **Passover** 	26	27	28	29 **Good Friday** 	30

BENCH PRESS COMPETITION

Wednesday, March 13 at 5:30 p.m.
Sign-in and Weigh-in 4:30 - 5:15 p.m.
The Barn Fitness Center
Open Men and Women Division
Prizes for Top Two Winners in Each Divsion
Call 858-577-9143 for more information.

SHAMROCK CIRCUIT WORKOUT

Thursday, March 14 at 11:30 a.m.
Miramar Sports Complex Track
Two Miles and Eight Circuits
Work Out & Get Green
Call 858-577-1331 for more information.

CIROC AND MAXIM CELEBRATE NATIONAL DAY OF HONOR

Tuesday, March 19, 3:30 - 5:30 p.m.
MCX Main Store
Special Guests: DIDDY, Chris Minaya, Ben Madden, Ciroc Boyz DJ Felli Fel and the Maxim Hometown Models
Visit mccsmiramar.com for more information.

FAMILY AND FRIENDS

Stay at your price!
MIRAMAR INN

If you are active duty, retired, a reservist or a DoD employee, you can sponsor friends & family to stay at the Miramar Inn.
Call (858) 271-7111 ext. 0 to take advantage of this great deal!

GOLF COURSE PRO SHOP

MILITARY QUALITY OF LIFE PROGRAMS:
MIRAMAR-STATIONED MILITARY
Free Golf Every Tuesday at 1430 for Active Duty
$1.00 Greens Fees for Active Duty
Third Wednesday of Every Month
FOLLOW MCAS MIRAMAR MEMORIAL GOLF COURSE ON TWITTER AND FACEBOOK
Twitter: @MiramarGolf, Facebook: MCAS Miramar Golf Course.
Get all the latest information, promotions and freebies.

CHECK OUT THE OUTDOOR ADVENTURE CENTER:

Camping to the east; Kayaking to the west; Parties to the south, and Skiing to the north....
Check out our rental equipment before you buy!
The Outdoor Adventure Center... your key to the great outdoors!
Located in Bldg. 6673
(across from the main gas station)
Call (858) 577-4150 or stop in for more information.

MCX SERVICES

FLOWER SHOP

Spring Arrangements starting at $19.99.
March 15-19: St. Patrick's Day Bouquet $9.99. Planning a Wedding? We specialize in custom wedding invitations and offer a 20% military discount.

OPTICAL CENTER

20% OFF All Signature Frames
Bvlgari, Gucci, Fendi, Tiffany, and more.
Location: Between Exchange and Food Court, Bldg. 2660.

MARINE CORPS EXCHANGE

DESIGNER MONTH SALE

Feb 27 – March 24
March is Designer Month at MCX. Get great deals on Top Name Brands

BATH & BODY WORKS SEMI-ANNUAL SALE

March 13 – Apr 2
Anti-Bac - 5 for $15
Signature Body Care - 5 for $35

SPRINGTIME COSMETICS SALE

March 20 - 31
25% OFF Cover Girl, Almay, Revlon, Maybelline and more!

SPRING EASTER PARADE SALE

March 20 – 31
20% OFF Entire Selection of Girl's Dresses and Boy's Dresswear Sets & Separates