MWR EVENTS
USCG TRACEN CAPE MAY

Upcoming Events

10 November	Flags Across America
13 November	Quizzo
15 November	Turkey Trot
16November	Youth Pool Party
28 November	Swim Lessons
2 December	Teen Holiday Mall Shopping Trip
8 December	Children's Party
	Adult Party
15 December	NYC Bus Trip

What's New at the Harborview?
Harborview All Hands Club:
Free WiFi, Great Food, open for lunch on Wednesdays!
Free WiFi AND a low cost lunch with a "MILLION DOLLAR" View? NO WAY! Not here at least.....wait.....WHAT?!?!?!?!?! The Harborview All Hands Club has all 3?
LET'S ALL GO GET SOME OF THOSE FISH TACOS AND LOADED FRIES WE'VE HEARD SO MUCH ABOUT!

November Harborview $4.00 Lunch Specials.
Wednesday Lunch at the Harborview
Soup, Salad & Bread Sticks /Nov Specials
November Food Special

NFL Ticket
NFL Ticket at the Harborview Club
Come watch your favorite teams
Multiple games on multiple TVs
Every Sunday 1200 to 2000
NFL Ticket Flyer

Nov Movie Schedule
Friday movie time: 1900
Saturday movie time: 1830
Movies are shown at the Ida Lewis Auditorium
Movies are subject to change

Fri 9 Nov	Diary of a Wimpy Kid: Dog Days	PG
Sat 10 Nov	The Campaign	R
Fri 16 Nov	Lorax	PG
Sat 17 Nov	Total Recall	PG-13
Fri 23 Nov	Fantastic Four	PG
Sat 24 Nov	Batman: Dark Knight Rises	PG-13
Fri 30 Nov	Journey 2: Mysterious Island	PG

Track Club
TRACEN CM has a newly formed Track Club (ages 6 and up) which is open to runners of any ability. Master Chief Berry is the point of contact. For more information please view the flyer listed below.
Cape May Track Club Flyer

9 Nov – TRIP CANCELLED - Christmas Spectacular
Because of Hurricane Sandy, the trip has been cancelled. IMWR will be in contact to refund those who purchased tickets.

10 Novmeber – Flags Across America
If you who signed up for this trip please call MWR at 609-898-6922 if you need to cancel. The bus is departing Ida Lewis

13November - Quizzo
Location: Harborview
Professional Game Show & DJ
Time: 1900 to 2200
Over $100.00 in Prizes
Quizzo Flyer

15 November – Turkey Trot
Two Mile "Fun Run"
Meet at tennis court at 1100. Race starts at 1115. First 20 people to cross finish line win a $20 gift certificate to the CG Exchange Market Place.
Turkey Trot Flyer

16 November - Youth Pool Party
Open to Active Duty & Civilian Employees' Dependants
Grades 5,6,7, & 8 plus bring 1 friend
Time: 1800 to 2100
Sign up MWR office
Youth Pool Party Flyer

28 November – Swim Lessons
Please sign up at MWR prior to 1st class
Class times: 4:15 – 4:45, 4:50 – 5:20
Levels: American Red Cross 1 - 6
Cost: $20/4 week session
Sign up & payment required by 21 November
Swim Lessons Party Flyer

2 December - Teen Holiday Mall Shopping Trip
Open to Active Duty & Civilian Employees' Dependents
Grades 9,10,11 & 12.
Also open to UPH Residents
Bus Leaves Ida Lewis at 1100 & returns at 1600
Limited space
Sign up MWR Office
Teen Holiday Mall Shopping Trip Flyer

8 Dec – Children's Holiday Party
Visit with Santa, magician show at 1000, and more holiday fun.

8 Dec – Adult Holiday Party
Grand Hotel of Cape May – 1830 to 2300
1830 to 1930 Cocktail hour
1945 to 2100 Dinner
Tickets on Sale: $15
Must be purchased by 30 November!
Baby sitting available from 1800 to 2330 at the CDC for children ages 2 to 12. Signup is required by 26 November.
Cost is $5 per child
Holiday Party Flyer

15 December - NYC Bus Trip
0900 departure from Ida Lewis Auditorium Parking Lot
1900 departure from NYC
Cost: $15 ID holders and their dependents and $25 guest
New York City Flyer

Power Vinyasa Flow Yoga
There will be a makeup yoga class Monday 19 November.
The next session will start 26 November with class days & times on Monday & Wednesday from 0900 to 1000
Dates: 26 & 28 Nov, 3, 5, 10, 12, 17, & 19 Dec
Cost: $5 Drop in fee – pay instructor with exact change
Classes are held at Ida Lewis Auditorium
Please note that unused classes expire the last day of the session
Yoga Flyer