

Harborview & MWR Events Calendar

June 2009

Hours of Operation

Tuesday thru Friday

Club Opens at 4:30

Kitchen Open 5:00 to 8:30

All Food Specials are Eat-In Only

Questions Please Call 898-6937

Check out our Menu & Events Calendar online:

http://www.uscg.mil/hq/capemay/activeduty/MWR_Staff.asp

Look under All Hands Club Menu & Monthly Calendar

Active Duty Members can also find Updated Club info on the
TRACEN Bulletin Board & TRACEN Command Calendar

MWR Office located in the TRACEN Gymnasium

Hours of Operation: Monday – Friday 8:00 to 4:30

Questions Please call 898-6922

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Harborview CLOSED Strength & Flexibility Class:5-6PM	2 Tuesday Night Special \$2 Clam Strips & Fries Step Class:7-8PM	3 Harborview Lunch 1100 to 1300 5K Race Time:1145 Boot Camp Class:5-6PM	4 Butt & Gut Buster Class 7-8 PM	5 Family Night Special \$2.50 Grilled Chicken Sandwich w/ Let & Tom Strength& Flex. Class: 5-6PM	6 Harborview Recruit On-Base Liberty Only Movies: 7pm Ida Lewis Aud NYC Bus Trip
7 Harborview CLOSED	8 Harborview CLOSED Softball begins Strength & Flexibility Class:5-6PM	9 Tuesday Night Special \$3 Buffalo Nuggets & Fries Step Class:7-8PM	10 Harborview Lunch 1100 to 1300 Boot Camp Class:5-6PM	11 Butt & Gut Buster Class 7-8 PM	12 Family Night Special \$1.50 7" Pizza w/ 1 topping Strength& Flex. Class: 5-6PM	13 Harborview Recruit On-Base Liberty Only Movies: 7pm Ida Lewis Aud
14 Harborview CLOSED	15 Harborview CLOSED Strength & Flexibility Class:5-6PM	16 Tuesday Night Special \$1.50 Grilled Cheese & Fries Step Class:7-8PM	17 Harborview Lunch 1100 to 1300 Boot Camp Class:5-6PM	18 Morale Meeting 900/Harborview Butt & Gut Buster Class 7-8 PM	19 Family Night Special \$2 Mozzarella Sticks Strength& Flex. Class: 5-6PM	20 Harborview Recruit On-Base Liberty Only Movies: 7pm Ida Lewis Aud
21 Harborview CLOSED	22 Harborview CLOSED Strength & Flexibility Class:5-6PM	23 Tuesday Night Special \$1 Cheese Burgers Step Class:7-8PM	24 Harborview Lunch 1100 to 1300 Boot Camp Class:5-6PM	25 Butt & Gut Buster Class 7-8 PM	26 Family Night Special \$6 16" Pizza Strength& Flex. Class: 5-6PM	27 Harborview Recruit On-Base Liberty Only Movies: 7pm Ida Lewis Aud
28 Harborview CLOSED	29 Harborview CLOSED Strength & Flexibility Class:5-6PM	30 Tuesday Night Special \$2.25 Chicken Tenders & Fries Step Class 7-8PM				MWR Upcoming: 1 July Baltimore/Oriole Red Sox Game 8 July Morey's Picnic