

MWR EVENTS

USCG TRACEN CAPE MAY

Upcoming Events

9 November	Radio City Music Hall Christmas Spectacular
10 November	Flags Across America
13 November	Quizzo
15 November	Turkey Trot
16 November	Youth Pool Party
2 December	Teen Holiday Mall Shopping 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 2 Nov	Ice Age: Continental Drift	PG
Sat 3 Nov	The Watch	R
Fri 9 Nov	Diary of a Wimpy Kid: Dog Days	PG
Sat 10 Nov	The Campaign	R
Fri 16 Nov	Fantastic Four	PG
Sat 17 Nov	Total Recall	PG-13
Fri 23 Nov	Lorax	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 November – Christmas Spectacular

Tickets are now on sale for Christmas Spectacular. Cost is \$40 per ticket and bus cost will be \$15 for ID holders and \$25 for guest. Date of show is 9 November for a 2 PM show. Bus will depart from the Training Center at 0800 and will leave NYC immediately after the performance. There will be 2 to 3 hours for free time in the city before show time. For more information, call 898-6922.
[Rockettes Flyer.](#)

10 Novmeber – Flags Across America

MWR is sponsoring a trip to Washington DC to participate in the U.S. Coast Guard Flags Across America honoring our shipmates who have crossed the bar. The bus is full however; there are seats available in the 15 passenger MWR van and the 15 passenger Government van. Please sign up at the MWR Office if interested. This will be first come first serve. The cost is FREE! MWR will be selling "commemorative" tee shirts \$10 each. If interested in ordering a shirt please pay the MWR Office by 2 November

13 November - Quizzo

Location: Harborview
 Professional Game Show & DJ
 Time: 1900 to 2200
 Over \$100.00 in Prizes
[Quizzo Flyer](#)

16 November - Youth Pool Party

Open to Active Duty & Civilian Employees' Dependents
 Grades 5,6,7, & 8 plus bring 1 friend
 Time: 1800 to 2100
 Sign up MWR office
[Youth Pool 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](#)

Power Vinyasa Flow Yoga

Class days & times: Monday & Thursday from 0900 to 1000
 Dates: 5, 12, 15 Nov
 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

Lunchtime Bike Classes

Days: Mon, Wed, and Fri,
 Location: TRACEN Cybex Gym
 Time: 1130 to 1230.
 The workout consists of interval type training on the Life Cycles similar to what the recruits do during basic training. The lunch time classes are open to all available patrons of the gym facility and their guests. Anyone interested in attending the recruit classes are encouraged to contact the gym to find out the times of the classes. If anyone has any questions about the lunchtime classes please call the gym at 898-6973.
[Bike Class Flyer](#)

Men's Basketball League

Games: Tuesday & Thursday Evenings
 Times: 1830, 1930 or 2030
 Where: Martin Luther King Community Center
 207 West Main Street
 Whitesboro
 If interested in playing, please sign up at the MWR Office by 5 November. First game is 8 November