

This Week IN MWR

Naval Air Station
Meridian

November 17-23

Caregivers Needed!

Child and Youth Programs are looking for individuals who are interested in providing evening care in their homes. For more info call (601) 679-2652.

Captain's Cup Standings

	N A S	N T C	M A T S S 1	V T 7	V T 9	C T W 1	N B H C
Volleyball	94	104	75	98	0	0	100
5K Run	2	25.5	37.5	15.5	25.5	0	4
Golf	115	89	93	64	67	36	94
Softball	104	94	73	82	95	5	5
10K Run	0	0	0	0	0	0	0
Football	0	0	0	0	0	0	0
Bowling	0	0	0	0	0	0	0
X Ctry Run	4	32	25.5	18.5	16.5	0	0
Basketball	0	0	0	0	0	0	0
Racquetball	27.5	0	0	0	29.5	0	17.5
Bench Press	29.5	0	20	0	25.5	0	23
Soccer	0	115	103	93	0	0	0
Total Points	376	459.5	427.5	371	259	41	243.5

Standings as of November 17, 2010.

Sonny Montgomery | Group Exercise fitness Center | Schedule

Monday: Self Defense with Dawg @ 1800

Tuesday: Step with Shannon @ 1115

Wednesday: Self Defense with Dawg @ 1800

Thursday: Step Aerobics @ 1115

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to 30364 to receive text
updates about MWR
events and programs.
Standard text messaging
rates apply.

Captain's Cup 10K Run

November 20 at 0900

Starting line will be at the flashing red light and end near the parking area across from the water plant. For more info, please contact the Fitness Center front desk at 601-679-2379.

THANKSGIVING


**FOOD
DRIVE**
In Support Of The NAS Chapel

Every three cans you donate enters you for a chance to win a Cajun Turkey from Popeye's.

 Mean Gene's, Mom's Diner,
The Sandtrap and Rudders.



Turkey Coloring Contest

Children ages 3-13 can enter a coloring contest for a chance to win Toy Story 3 on DVD! For more info call (601) 679-2636.




Delivery



4-9pm
Seven Days
a Week!
*Must have
minimum
order
of \$10.

Delivery Line:
601-679-5001

CYP to host Parent's Night Out

NAS Meridian CYP is hosting a Parent's Night Out on Friday November 19 from 1800-2100. For more info call the CDC at (601) 679-2652 or the SAC Center at (601) 679-5252.

Now Showing at **All movies are shown free of charge.*

17 Wednesday
6pm, **Grown Ups**,
Rated PG13

20 Saturday
1pm,
Mrs. Doubtfire,
Rated PG13

23 Tuesday
6pm, **Killers**, Rated
PG13

McCain Lanes Bowling Specials

Sunday

"Family Bowling Special."
1600-Close.

Monday

"RCTA Special" 1630-2100.

Friday

"NTTC/MATSS-1 Student
Special" 1700-Close.

Saturday

"Cosmic Bowling" 1900-
Close.



Stop by the
ITT Office
to learn
more
about the
Disney
Military
Salute!

Hours of Operation
Mon.-Fri.: 10am-5pm
Holidays: Closed

Mom's Diner

17 Wednesday
Pork Chops, Mashed
Potatoes with Gravy,
Turnip Greens, Corn
Roll

18 Thursday
Spaghetti, Garden
Salad, Garlic Bread

19 Friday
Catfish, Hushpuppies,
French Fries, Cole Slaw

22 Monday
Chicken Parmesan,
Broccoli with Cheese,
Fried Okra, Cornbread

23 Tuesday
Meatloaf, Mashed
Potatoes with Gravy,
Pinto Beans, Turnip
Greens, Cornbread

*Menu is
subject to change.

For More Information

Gym	679-2379	Liberty Center	679-3760	ITT/Library	679-3773
Sandtrap Grill	679-2780	Outdoor Recreation	679-2609	CDC/CDH	679-2652
Rudder's	679-2636	Eagle Point Stables	679-2609	SAC	679-5252
Mean Gene's	679-3388	Mom's	679-2531	School Liaison Officer	679-2473
McCain Rec Ctr	679-2651	Ponta Creek Golf Course	679-2526	MWR JOBS LINE	679-2335