

- Sign up for Mud Run at www.active.com/running/gulfpport-ms/seabee-mud-run-2013
- The Beehive will be open Sundays for football starting Sept 8th from 11:30am to 6pm



September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <ul style="list-style-type: none"> After Earth New Orleans Zephyrs vs. Albuquerque Isotopes 	2 LABOR DAY Facility Hours: * Aquatics 0930-1600 Fitness Cntr. 0900-1600 Liberty Cntr. 1200-2000 Outdoor Rec. 0700-1300 RV Park 1000-1400 *All other facilities are closed for the holiday	3 <ul style="list-style-type: none"> Torch Club/New Comers Orientation Night Cycling 9am & 5:30pm 	4 <ul style="list-style-type: none"> Halo 4 Tournament Recycling Night/Creating Recycle Bins Strength/Cardio 9am; Water Aerobics 11am 	5 <ul style="list-style-type: none"> Homemade Candy Sushi Cycling 9am & 5:30pm 	6 <ul style="list-style-type: none"> This is the End Edgewater Mall Trip Movie Night with Hotdogs 	7 <ul style="list-style-type: none"> Epic; Now You See Me; This is the End MUD RUN! Starts 7am NCBC Grinder 
8 <ul style="list-style-type: none"> Epic New Orleans Saints vs. Atlanta Falcons (SOLD OUT) Sunday Football @ Beehive 	9 <ul style="list-style-type: none"> Monday Night Football & Wings Strength/Cardio 9am; Water Aerobics 11am 	10 <ul style="list-style-type: none"> Smart Moves Fire Safety Night Cycling 9am & 5:30pm 	11 <ul style="list-style-type: none"> Patriotic Arts and Crafts Strength/Cardio 9am; Water Aerobics 11am 	12 <ul style="list-style-type: none"> Ping Pong Tournament Image Makers – Upside Down Photographs Cycling 9am & 5:30pm 	13 <ul style="list-style-type: none"> Fast and Furious 6 Movie Night with Popcorn 	14 <ul style="list-style-type: none"> Monsters University; Now You See Me; The Internship Ship Island Excursion Armed Forces Museum
15 <ul style="list-style-type: none"> Monsters University Sunday Football @ Beehive 	16 <ul style="list-style-type: none"> Strength/Cardio 9am; Water Aerobics 11am 	17 <ul style="list-style-type: none"> Bingo Night Cycling 9am & 5:30pm 	18 <ul style="list-style-type: none"> Air Force Birthday Celebration Triple Play Club Strength/Cardio 9am; Water Aerobics 11am 	19 <ul style="list-style-type: none"> Talk Like a Pirate Day! Cycling 9am & 5:30pm; Yoga 5pm 	20 <ul style="list-style-type: none"> White House Down Dinner & Movie Night Movie Night with Popcorn 	21 <ul style="list-style-type: none"> Epic; After Earth; Fast and Furious 6 CPR Fest 17 Bowling at Gaude Lanes
22 <ul style="list-style-type: none"> This is the End New Orleans Saints vs. Arizona Cardinals Sunday Football @ Beehive 	23 <ul style="list-style-type: none"> Strength/Cardio 9am; Water Aerobics 11am 	24 <ul style="list-style-type: none"> Texas Hold ‘Em Poker Tournament Weird Science – Bouncy Ball Making Cycling 9am & 5:30pm 	25 <ul style="list-style-type: none"> Kickball Competition – Kids vs. Counselors! Strength/Cardio 9am; Water Aerobics 11am 	26 <ul style="list-style-type: none"> Pool tournament Make Your Own Hula Hoop Night Cycling 9am & 5:30pm; Yoga 5pm 	27 <ul style="list-style-type: none"> Fast and Furious 6 Movie Night with Nachos 	28 <ul style="list-style-type: none"> Monsters University; Epic; The Purge Paintball Gatti’s Town Pizza
29 <ul style="list-style-type: none"> Monsters University Gulf Coast Gator Ranch Tour Sunday Football @ Beehive 	30 <ul style="list-style-type: none"> Strength/Cardio 9am; Water Aerobics 11am 				<ul style="list-style-type: none"> Free Movie Liberty Center Youth Activities Center Fitness Center The Beehive 	



Liberty Center*



- Sept 1 - New Orleans Zephyrs vs. Albuquerque Isotopes – Departs at 4 p.m., \$15
- Sept 4 - Halo 4 Tournament – Prize to 1st place, 6 p.m.
- Sept 6 - Edgewater Mall Trip – FREE shuttle departs at 6 p.m.
- Sept 8 - New Orleans Saints vs. Atlanta Falcons - Departs at 9 a.m. (SOLD OUT)
- Sept 9 - Monday Night Football & Wings – Philadelphia Eagles vs. Washington Redskins, FREE wings and drinks! 7:30 p.m.
- Sept 12 - Ping Pong Tournament – Navy Fed cooler to 1st place! 6:00 p.m.
- Sept 14 - Ship Island Excursion – Departs at 11:00 a.m. \$24
- Sept 18 - Air Force Birthday Celebration – FREE birthday cake! 11 a.m.
- Sept 20 - Dinner & Movie Night – FREE shuttle to Crossroads Shopping Area, 6 p.m.
- Sept 21 - CPR Fest 17 – Shuttle departs at 11 am and 5 p.m., \$45
- Sept 22 - New Orleans Saints vs. Arizona Cardinals – Departs at 9 a.m., \$40 ticket/shuttle
- Sept 24 - Texas Hold 'Em Poker Tournament – Prize to 1st place, 6 p.m.
- Sept 26 - Pool tournament – Prize to 1st place, 6 p.m.
- Sept 28 - Paintball - \$10 11 a.m.
- Sept 29 - Gulf Coast Gator Ranch Tour – Departs at 10 a.m., \$30 for airboat ride and walking tour

*Liberty Center and Liberty events are only open to single sailors and geo-bachelors. For updates on events, go to www.facebook.com/ncbcliberty

FREE Movie Program at the Training Hall

- Sept 01 – **6pm:** After Earth (PG-13)
- Sept 06 – **6pm:** This is the End (R)
- Sept 7 – **12pm:** Epic (PG); **2:30pm:** Now You See Me (PG-13); **5pm:** This is the End (R)
- Sept 8 – **6pm:** Epic (PG)
- Sept 13 – **6pm:** Fast and Furious (PG-13);
- Sept 14 – **12pm:** Monsters University (G); **2:30pm:** Now You See Me (PG-13); **5pm:** The Internship (PG-13)
- Sept 15 – **6pm:** Monsters University (G)
- Sept 20 – **6pm:** White House Down (PG-13)
- Sept 21 – **12pm:** Epic (PG); **2:30pm:** After Earth (PG-13); **5pm:** Fast and Furious 6 (PG-13)
- Sept 22 – **6pm:** This is the End (R)
- Sept 27 – **6pm:** Fast and Furious 6 (PG-13)
- Sept 28 – **12pm:** Monsters University (G); **2:30pm:** Epic (PG); **5pm:** The Purge (R)
- Sept 29 – **6pm:** Monsters University (G)



Program Telephone Numbers & Hours

Anchors and Eagles	871-4607
Hours: Tues-Thurs 2pm-6pm	
Auto Skills Center	871-2804
Hours: Wed-Fri 11am-7pm, Sat 9am-5pm	
Beehive	871-4009
Hours: Mon-Thurs 4:30-10:30pm, Fri 4:30-11:30pm, Sat 5-11:30pm	
CBC Fitness Center	871-2668
Hours: Mon-Thurs 4:30am-8pm, Fri 4:30am-7pm, Sat-Sun 9am-4pm	
Aquatics Mon-Fri 5:30am-7pm, Sat-Sun 9:30am-4pm	822-5103
Child Development Center	871-2323
Hours: Mon-Fri 6am-5:30pm	
Free Movie Hotline	871-3299
Hours (Theatre): Open 30 min prior to movie showings	
Information, Tickets and Travel	871-2231
Hours: Mon-Fri 10am-4:30pm, Sat 10am-2pm	
Liberty Center	871-4684
Hours: Mon 4-8pm, Tues-Thurs 11:00am-1:30pm & 4-8pm, Fri 11am-1:30pm & 4-10pm, Sat 12-10pm, Sun 12-8pm	
Navy Outdoor Recreation	871-2127
Hours: Mon 8am-1pm, Thurs-Fri 10am-6pm, Sat 7am-1pm	
School Liaison Officer	871-2117
Hours: 7:30am-3:30pm	
Shields RV Park	871-5435
Hours: Mon-Sat 8am-4pm, Sun 8am-2pm, Holidays TBA	
The Grill	871-2494
Hours: Mon-Fri 6:30am-1:30pm	
Youth Activities Center	871-2251
SAC 6:30am-5:30pm, Teen center 7am-5:30pm, Youth Rec 5:30-8:00pm	

Discounts and Savings!

Information, Tickets and Travel: Tickets to the Audubon Nature Institute Attractions are *Buy One Get One FREE* through the end of September!

Movie Theater: Free large fountain drink with X-large popcorn

The Grill: Spend \$7, get a free fountain drink

Auto Skills Center: Waive tool room fee all month!



Fitness Center

	Monday	Tuesday	Wednesday	Thursday
9 a.m.	Strength /Cardio Using the Bosu Joan/Tammy	Cycling Joan/ Kathy	Strength/Cardio Using the Bosu Joan/Tammy	Cycling Joan/ Kathy
11 a.m.	Water Aerobics Alicia		Water Aerobics Alicia	
5 p.m.				Yoga Tammy
5:30 p.m.		Cycling Luke		Cycling Luke

*Class schedules can vary. Check calendar for specific day or call in advance to confirm 228-871-2668.

- Strength/Cardio** – moderate/high intensity, strengthening with Bosu ball 
- Cycling** – high intensity cardio with an exhilarating ride in the comfort of the cycle room
- Water Aerobics** – moderate intensity workout that does not strain muscles or joints
- Yoga** – moderate intensity workout that improves balance, strength, flexibility and posture

PERSONAL TRAINING (Includes 5 one-hour sessions)
\$30 for Active Duty; \$45 for Reservists, Dependents, Retirees, and DoD civilians

Youth Activities Center*

- Sept 3 – 5:30-8:30pm Torch Club/Newcomers Orientation Night, FREE
- Sept 4 – 5:30-8:30pm Recycling Night/Creating Recycle Sushi, FREE
- Sept 5 – 5:30-8:30pm Homemade Sushi Night, FREE
- Sept 6 – 6-9pm Movie Night with Hotdogs, \$2
- Sept 10 – 5:30-8:30pm Smart Moves Fire Safety Night, FREE
- Sept 11 – 5:30-8:30pm Patriotic Arts and Crafts/Your Own Linear Star Mobile, FREE
- Sept 12 – 5:30-8:30pm Image Makers Upside Down Photographs, FREE
- Sept 13 – 6-9pm Movie Night with Popcorn, \$2
- Sept 14 – 9:30am-3:30pm Armed Forces Museum, \$4, lunch needed
- Sept 17 – 5:30-8:30pm Bingo Night! Prizes Awarded, FREE
- Sept 18 – 5:30-8:30pm Triple Play Club Iron Man Competition, FREE
- Sept 19 – 5:30-8:30pm Talk Like a Pirate Day!/Treasure Hunt, FREE
- Sept 20 – 6-9pm Movie Night with Popcorn, \$2
- Sept 21 – 9:30am-3:30pm Bowling at Gaudes Lanes, \$5, lunch and snack money needed
- Sept 24 – 5:30-8:30pm Weird Science/Bouncy Ball Making, FREE
- Sept 25 – 5:30-8:30pm Kickball Competition/Kids vs. Counselors!, FREE
- Sept 26 – 5:30-8:30pm Make Your Own Hula Hoop Night, FREE
- Sept 27 – 6-9pm Movie Night with Nachos, \$2
- Sept 28 – 9:30am-3:30pm Gatti's Town Pizza – All you can eat and drink buffet, game card included, \$7



*Must be enrolled in the youth program to take part in the youth activities.

The Beehive

Join us at the Beehive on Sundays from September 8th through December for football. **The Beehive will also be hosting three UFC fights through December!** Details will be posted on Facebook at NCBC MWR.

