

This Week IN MWR

Naval Air Station
Meridian

June 23-30



\$5.00
Foot Long Subs

Choice of: Italian, Turkey,
Ham or Roast Beef.



Available At:



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	0	0	0	0	0	0	0
5K Run	2	25.5	37.5	15.5	25.5	0	4
Golf	0	0	0	0	0	0	0
Softball	0	0	0	0	0	0	0
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	0	0	0	0	0	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
Total Points	59	25.5	57.5	15.5	80.5	0	44.5

Standings as of June 23, 2010.

Sonny Montgomery | Group Exercise fitness Center | Schedule

Mon. & Wed.: Water Aerobics at 1200
Tues. & Thurs: Step Aerobics at 1115
Wed.: Pro Fitness at 0630

Family Education Seminar

June 24, 2010 • 1130-1230

Andrew Triplett Library

Topic: Curriculum Assessment and Your Child

For more info call (601) 679-2652

Summer Splash Canoe Race

June 24 • 1500 • Free

Schedule of Events

1600: Watermelon Football at

All Hands Pool

1700: Canoe Race at Lake Helen

1800: Water Basketball Tournament
at All Hands Pool

*Refreshments are available.



For more info call (601) 679-2609 or (601) 679-3470.

Upcoming Sporting Event

**3-on-3 Outdoor
Basketball Tournament**

June 26 at 0900

Outdoor Basketball Court

Sign-up at Fitness Center

prior to COB June 25.

Call 679-2367 for info.

Basic Auto Skills Class

**June 29 At 1700
At The Outpost**

Get your vehicle road
ready for the July 4th
holiday!

Call 679-2609 for details.

Rudders Has NEW Hours of Operation!

Tues.-Thurs. : 4:30pm-10pm • Fri. & Sat. 4:30pm-11pm

Now Showing at McCain Rec Center

*All movies are
shown free of charge.



23 Wednesday

6pm, **Crazy
Heart**, Rated R

26 Saturday

1pm, **The Spy Next
Door**, Rated PG

29 Tuesday

6pm, **Valentine's
Day** Rated PG13

McCain Lanes Bowling Specials

Monday
Manic Mondays from 1630-
2030

Wednesday
RCTA Night from 1630-2030

Saturday
Silly Saturdays from
1100-1500

Sunday
NTTC/MATSS-1 Student
Special from 1600-2100



Stop by the
ITT Office
today for more
info about the
Walt Disney
Armed Forces
Salute
Special!

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

Mom's Diner

23 Wednesday
SALAD BAR

24 Thursday
BBQ Chicken, Baked
Beans, Potato Salad,
Corn on the Cob, Roll

25 Friday
Catfish, Hushpuppies,
Cole Slaw, French Fries

28 Monday
Chicken Fried Steak,
Mashed Potatoes with
Gravy, Fried Okra,
Lima Beans, Cornbread

29 Tuesday
Salisbury Steak, Mashed
Potatoes with Gravy,
California Blend,
Collard 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

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