

This Week IN MWR

Naval Air Station
Meridian

Jan. 26-Feb. 1

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	7	33.5	22.5	28.5	15	21	0
Football	0	0	0	0	0	0	0
Bowling	100	67	89	98	0	0	100
X Ctry Run	4	32	25.5	18.5	16.5	0	0
Basketball	109	100	98	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	637	660	645.5	497.5	274	62	343.5

Standings as of January 26, 2011.

Sonny Montgomery fitness Center | Group Exercise Schedule

Monday: Self Defense with Dawg @ 1800

Tuesday: Cardio Mix with Shannon @ 1115

Wednesday: Self Defense with Dawg @ 1800

Thursday: Cardio Mix with Shannon @ 1115

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from us? If so, text
MeridianMWR
to 30364 to receive text
updates about MWR
events and programs.
Standard text messaging
rates apply.

New Year's Resolution Run

The New Year's Resolution Run will now take place on January 29, 2011. The event will start at 1100 at the parking lot adjacent to the Marines Barracks at the intersection of Fuller Road and Rosenbaum Avenue. Prizes will be awarded for the number of miles completed (1, 3, 5 & 7 miles) in an hours time frame. There will be no trophies awarded for fastest completion time. Join the Sonny Montgomery Fitness Center at this event for the whole family. For more info call (601) 679-2367.



Will Close it's
Doors on 1/30/11.

SUBWAY
Arrives in mid February!

**Belly Dancing Class
Coming in February!**

M,W,F from 1130-1215
at Fitness Center.
Call 679-2379 for info.



Is Only **59**
days away!

Library has new phone number!

Call the Andrew Triplet library at **(601) 679-2326**.

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

McCain Rec Center

26 Wednesday 6pm, **Resident Evil: Afterlife**, Rated R
27 Thursday 6pm, **Step Up 3**, Rated PG13
29 Saturday 1pm, **Ace Ventura 2**, Rated PG13
01 Tuesday 6pm, **Wall Street 2**, Rated PG13

McCain Lanes Bowling Specials

Sunday
NTTC/MATSS-1 Student Special Special, 1600-Close, \$2.50 a game including shoes.

Wednesday
RCTA Student Special.
1600-Close, \$2 a game, \$1 for shoes.

Friday
Teen Night, For kids age 13-17.
\$1.50 a game if parent bowls.

Saturday
Family Cosmic Bowling.
1300-1600, \$2 a game, \$1 for shoes.



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

**Now located
next to Navy Fed!**

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

Mom's Diner

26 Wednesday
Pork Chops, Baked
Potato Casserole, Lima
Beans, Corn,
Cornbread

27 Thursday
TACO SALAD

28 Friday
Chicken & Dumplings,
Corn Nuggets, Fried
Okra, Cornbread

31 Monday
Jambalya, Vegetable
Sticks, Turnip Greens,
Cornbread

01 Tuesday
Mom's Choice

**Menu is
subject to change.*

For More Information

Gym	679-2379	Liberty Center	679-3760	Library	679-2326
Sandtrap Grill	679-2780	Outdoor Rec/Stables	679-2609	CDC/CDH	679-2652
Rudder's	679-2636	Information, Tickets and Travel	679-3773	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