



MWR Weekly Highlights

NBVC Morale, Welfare & Recreation

http://www.nbvc.navy.mil/mwr/index_mwr.html

October 12-17, 2004

SPECIAL EVENTS & NEWS

- **THIS WEEK! Youth Open House Ice Cream Social** – All kids 5-12 & parents are invited to your local Youth Center on Thursday, Oct. 14, 6-7:30pm. Come find out what MWR Youth Activities have to offer & meet the staff!
- The recycling center (drop off) has moved to Building 322, 982-1929 or 982-4494
- **Special Event for Youth & Parents on Oct.23...**
6 weeks-4 years: NBVC Child Development Centers and Child Development Homes are holding a one-time, special **"Military Appreciation Parent's Night Out"** on Saturday, Oct.23 providing childcare that evening from 6-11pm (doors open at 5:30pm) for ages 6 weeks-4 years. Must pre-register to the following: CDC/Hueneme 982-4663; CDC/Mugu 989-3675; CDHP 982-2050. Cost is FREE, but space is limited. Must sign up in advance. (Don't wait! Registration ends THIS WEEK – Friday, Oct.15)

5-12 years: The Hueneme & Mugu Youth Centers have also coordinated their monthly "Parent's Night Out" for the same night as the Navy Ball, October 23 with a special **"Navy Ball for Kids"**. The event will be held at the Mugu & Hueneme Youth Centers for ages 5-12 from 6-11pm with doors opening at 5:30pm.

MOVIES - For an up-to-date movie schedule tune in to NBVC TV Ch. 6 at Hueneme or Ch.8 at Mugu! *All movies are free to all authorized patrons. Schedule subject to Change without Notice.*

Needham Theater schedule – Call 982-5002 for information.

DATE	TIME	SHOW	RATNG
THUR 10/14	7PM	Anacondas	PG13
FRI 10/15	7PM	Hero	PG13
	9PM	Without a Paddle	PG13
SAT 10/16	2PM	Superbabies	PG
	7PM	Paparazzi	PG13
	9PM	Suspect Zero	R
SUN 10/17	7PM	Open Water	R

Mugu Theater schedule:

DATE	TIME	SHOW	RATING
FRI 10/15	7PM	The Notebook	PG13
SAT 10/16	2PM	Two Brothers	PG
	4PM	I, Robot	PG13
	6PM	Spiderman 2	PG13
SUN 10/17	2PM	Two Brothers	PG
	4PM	White Chicks	PG13

LIBERTY/SINGLE SAILOR PROGRAM Port Hueneme CoffeeNet - 982-6695, Point Mugu SurfNet – 989-0919.

The following activities are for single, active duty personnel...

- **THIS WEEK! Movie Night** – Thursday, October 14, 7pm at the Needham Theater.
- **Cosmic Bowling** – Friday, October 22, 10pm-Midnight at CBC Lanes. Free for single sailors!
- **Ice Cream Sundae Social** – Friday, October 29, 7pm-9pm at both Liberty Centers.

CLUBS & DINING

BARD MANSION - Port Hueneme, 982-2757

The Bard Mansion is **open to ALL HANDS for lunch** Tuesday-Friday from 11am-1:30pm and includes a sandwich menu & buffet:

Tuesday: HOME COOKIN' BUFFET
 Wednesday: ITALIAN BUFFET
 Thursday: MEXICAN BUFFET
 Friday: Tempura Fried Cod & More Buffet

- Wednesday night is now **Cook your Own Steak, Chicken or Fish** on the Grill from 5-8pm (ends with Daylights Savings).
- **Family Buffet Night** at the Bard every Thursday.
- Thursday Sundowner - Bard O'Bar opens at 4pm. Sports on the big screen.
- **Catering available for all occasions** be it big or small. Call 982-2757 to discuss your event. *Time to book for the holidays!*

THE POINT RESTAURANT – Point Mugu, 989-7517

The Point has daily lunch buffets & a menu featuring low-carb wraps Monday-Friday from 11am-1:30pm. Try the **Quick Lunch Special...** Mon-Fri, 11am-1:30pm!

Monday: Mugu's Pizza open for lunch, 11am-1pm.
 Tuesday: Chef's Choice Buffet
 Wednesday: **BBQ Sausage Lunch Buffet**
 Thursday: Italian Buffet
 Friday: Mugu's Pizza open for lunch, 11am-1pm.

- **MUGU PIZZA DELIVERY!** Mugu Pizzeria delivers to Mugu housing & offices Mon-Fri 11am-1:30pm AND 4-8pm. Call 989-7747.
- **BINGO** at the Point every Monday, Wednesday & Friday at 5pm. Doors open at 4pm. Halloween Costume Bingo on Wednesday, Oct.27. Cash prize for best costume!
- **The Point's SPORTS BAR** is open Tuesdays & Thursdays at 4pm.

NAPS SOUTHERN GRILL / DUKE'S PLACE – Port Hueneme, 982-2872

- **Nap's Southern Grill** – now open inside Duke's serving lunch & dinner daily 11am-9pm. Bar open until Midnight Sun-Wed & until 1am on Fri & Sat. **Take out now available daily from 11am-9pm! Call in your Naps order 982-6567 to carry out.**
- Wed. KARAOKE; Thurs. COUNTRY; Fri. R&B/Hip Hop, Sat 80s Retro; Bingo at Dukes every Tues @ 6:15pm & Sun @ Noon.
- *The Reef CPO Lounge* -- Come out to the CPO Reef for Monday Night Football! Halloween Party, Oct.29, starting at 3pm.
- **NEW! Halloween SPOOKTACULAR Party** – Saturday, Oct.30. Costume Contest, Free Psychic Readings & More!

GOLF Seabee Golf Course 982-2620 / Mugu Golf Course 989-7109.

- **THIS WEEK! Golf Advisory Board Meeting** – Thursday, Oct 14, 1pm at the Seabee Golf Course. Free refreshments during as well as free golf after
- Military Discounts – every Monday and after 12pm and now on Fridays, Saturdays & Sundays after noon.
- Demo, custom-fitting day, every Saturday from 11am-1pm. Try out various woods and irons
- The Seabee Golf Course Banquet room available for catered conferences, parties, lunches and meetings.

BOWLING

- **This Week! No-Tap Tournament** – Saturday, Oct.16, 5:30pm & 7:30pm (2 squads)
- Cosmic Bowling – EVERY Friday, 10pm-Midnight at the Hueneme CBC Bowling Center.
- Tickets to all your favorite theme parks, movies & local attractions are available at the Bowling Center.
- Family Weekend Special - during open bowling.
- Bowling Parties - Two hours of bowling, rental shoes, soda, balloons, stickers, invitations, plates, cups etc. Great for groups!

ATHLETICS/FITNESS/WELLNESS

AQUATICS: Swimming Pools **Fall/Winter hours now in effect**

Hueneme (982-4752): Mon–Fri 11am-1pm and 4:30-6:30pm / Mugu (989-7788): Mon–Fri 11am-1pm

NEW! Starting Oct.1 the Hueneme Aquatics Center Mon & Fri the pool will be set up for long course (50 meters)

ATHLETICS & FITNESS:

- **NEW! Personal Trainer Program** - \$25/5 sessions. Call either Gym to set up an appointment.
- **NEW! Annual Aerobics/Fitness Passes** are now up for renewal. Annual pass is \$150, as many classes as you can handle!
- **Cycling Classes** at Mugu: Mon-Thur at 6am and at Hueneme's BeeFit: Tue/Thur 5:00am, 9:30am and 5:30pm
- Free Salsa Dance Lessons by Jose at the BeeFit Wellness Center by appointment. Email jose.o.cruz@navy.mil to sign up.
- **Kickboxing** – 11:30am at Mugu Gym & 5pm at Hueneme's BeeFit

LEAGUES & SPECIAL EVENTS

- **Sign Up! LAGUNA PEAK CHALLENGE** – Sunday, Oct.24. Sign up at either Gym.
- **Fall Flag Football** league still needs sign-ups. 982-4281 for CBC league or 989-7378 for NAS league.
- **NEW! Softball league** starting soon at Mugu. Coaches meeting - Wed., Oct. 13 at noon at the Mugu Gym.
- **NEW! Evening Basketball League forming** at the Warfield Gym. All authorized base personnel welcome. Will try and start Oct. 11 or as soon as we get enough rosters. Rosters are due NOW! Game times are at 6pm, 7pm, & 8pm 1800. For more information call 982-4281 and or 982-4749.

YOUTH

MUGU Youth Ctr: Bldg. 150 / 989-7580 - PORT HUENEME Youth Ctr: Bldg. 1439 / 982-4218 - CAMARILLO Youth Ctr: Bldg. 1078 / 484-5414

YOUTH ACTIVITIES

- **This Week! Youth Open House Ice Cream Social** – All kids 5-12 & parents are invited to your local Youth Center on Thursday, Oct.14, 6-7:30pm. Come find out what MWR Youth Activities have to offer & meet the staff!
- **SATURDAY OPEN REC** – 12-4pm at all Youth Centers. Enjoy air hockey, pool tables, ping-pong, computer games, video games, arts-n-crafts, playground and a full snack bar! For ages 5-11;
- Camarillo Teen Center is still looking for **Teen Volunteers for Halloween Haunted House**. Call 484-5414 for details.
- Now taking sign ups for **Youth Cheerleading** Classes at Mugu & Hueneme, plus **Hip Hop** classes at Mugu.

TEEN & PRE-TEEN ACTIVITIES

- Teen Night every Friday from 6-9pm (ages 12-17yrs). Come hang out with your friends at the Camarillo Teen Center!
- **TEEN SUPREME CLUB at the Mugu Teen Center** - Hang out with your friends, shoot pool, field trips, plan dances and parties. Snack bar. M-Th 3-7 pm, Fri 7-9 pm, Sat 12-4pm. For teens ages 12-17.
- **Pre-Teen Friday Nytes at the Hueneme Teen Center** for ages 10-12 / 7-9pm. Bring a friend and hang out, watch movies, play video games, fooseball, pool, etc.

CHILD DEVELOPMENT HOMES PROGRAM

- Want to become a provider or need a childcare provider? Call 982-2050.

OTHER NOTES

- **Navy Ball Shuttle Service** – Saturday, Oct. 23. Pickup at BH Office (next to the Hueneme Gym), the BH office next to the Mugu Galley and Camarillo Housing. Pick up at 5pm & 5:45pm. Return runs begin at 8:30pm continue as required up to 11:59pm.
- **BASEWIDE GARAGE SALE** – Saturday, Nov. 13, 7:30am-Noon, in the Commissary parking lot sponsored by the Bee Club. Reserve your spot by calling 385-3262. Spots are \$10 each (table and all advertising provided).
- **Seabee Brick Paver Sale**. Be a part of history and support the Seabee Ball by purchasing an engraved brick paver, which will be placed around the Seabee statue at Heritage Park. See your Command Seabee Ball rep or visit www.ebay.com and type "Seabee paver".

- **Not Getting the Weekly MWR Highlights via email?** Contact MWR's Marketing Department at 982-5395 to be added to the distribution list. You can also contact us to get the word out about anything of Command/Base interest. *Subject to approval.*
- **Need an Indoc for your Command or Base Organization?** Contact MWR's Marketing Department at 982-5395 to see how we can help inform your group about all that MWR has to offer!

Every attempt is made to report accurate information, however MWR reserves the right to make changes to the information listed above without notice.