

What's "going on" in MWR

Navy Mid-South MWR events and activities

10/01/2004 - 11/15/2004

Child Development Center

October **Halloween Skating Party**
Sunday, **Child Development Center**
October 31,
2004

Club and Restaurant

October **Mongolian BBQ**
Friday, **Helmsman Complex bldg. S-760**
October 22, Mongolian BBQ
2004 Helmsman Complex bldg. S-760
 Oaks Dining Room and Tennessee Cafe
 5 - 8 p.m. Call (901) 874-5132 for more information

October **Beef Eaters Buffet**
Friday, **Helmsman Complex bldg. S-760**
October 29, Beefeaters Buffet
2004 Helmsman Complex bldg. S-760
 Oaks Dining Room and Tennessee Cafe

Call (901) 874-5132 for more information

October **Sunday Champagne Brunch**
Sunday, **Helmsman Complex bldg. S-760**
October 31, Sunday Champagne Brunch
2004 Helmsman Complex bldg. S-760
 Oaks Dining Room and Tennessee Cafe

Call (901) 874-5132 for more information

Ellison Recreation Center

October **Family Movie Day**
Saturday, **Ellison Recreation Center bldg. S-499**
October 02, Family Movie Day every Saturday 1 p.m. - 4 p.m. at the Ellison Recreation Center. The whole family is invited!
2004 Drop by to enjoy a family rated movie and popcorn. All authorized DoD personnel are invited to attend. Youth
 under 18 must be accompanied by a parent / guardian 18 years of age or older.

Ellison opens at 1 p.m. Movie starts at 1:30 p.m. Event ends at 4 p.m. Movie title to be announced. Stop by or call the Ellison Recreation Center bldg S-499 NSA Mid-South (901) 874-5650 for more information.

October **Family Movie Day**
Saturday, **Ellison Recreation Center bldg. S-499**
October 09, Family Movie Day every Saturday 1 p.m. - 4 p.m. at the Ellison Recreation Center. The whole family is invited!
2004 Drop by to enjoy a family rated movie and popcorn. All authorized DoD personnel are invited to attend. Youth
 under 18 must be accompanied by a parent / guardian 18 years of age or older.

Ellison opens at 1 p.m. Movie starts at 1:30 p.m. Event ends at 4 p.m. Movie title to be announced. Stop by or call the Ellison Recreation Center bldg S-499 NSA Mid-South (901) 874-5650 for more information.

October **Family Movie Day**
Saturday, **Ellison Recreation Center bldg. S-499**
October 16, Family Movie Day every Saturday 1 p.m. - 4 p.m. at the Ellison Recreation Center. The whole family is invited!
2004 Drop by to enjoy a family rated movie and popcorn. All authorized DoD personnel are invited to attend. Youth
 under 18 must be accompanied by a parent / guardian 18 years of age or older.

Ellison opens at 1 p.m. Movie starts at 1:30 p.m. Event ends at 4 p.m. Movie title to be announced. Stop by or call the Ellison Recreation Center bldg S-499 NSA Mid-South (901) 874-5650 for more information.

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October
Saturday,
October 23,
2004

Family Movie Day

Ellison Recreation Center bldg. S-499

Family Movie Day every Saturday 1 p.m. - 4 p.m. at the Ellison Recreation Center. The whole family is invited! Drop by to enjoy a family rated movie and popcorn. All authorized DoD personnel are invited to attend. Youth under 18 must be accompanied by a parent / guardian 18 years of age or older.

Ellison opens at 1 p.m. Movie starts at 1:30 p.m. Event ends at 4 p.m. Movie title to be announced. Stop by or call the Ellison Recreation Center bldg S-499 NSA Mid-South (901) 874-5650 for more information.

October
Saturday,
October 30,
2004

Family Movie Day

Ellison Recreation Center bldg. S-499

Family Movie Day every Saturday 1 p.m. - 4 p.m. at the Ellison Recreation Center. The whole family is invited! Drop by to enjoy a family rated movie and popcorn. All authorized DoD personnel are invited to attend. Youth under 18 must be accompanied by a parent / guardian 18 years of age or older.

Ellison opens at 1 p.m. Movie starts at 1:30 p.m. Event ends at 4 p.m. Movie title to be announced. Stop by or call the Ellison Recreation Center bldg S-499 NSA Mid-South (901) 874-5650 for more information.

Fitness

October

KidFit Class (Toddler)

Joe Dugger Fitness and Wellness Center bldg. S-499

Toddler's Class (Ages 2-4 years)
(2 sessions available)
Monday and Wednesday
Tuesday and Thursday
10-10:45 a.m.
at Fitness Center

Registration required. (14 children per session) Costper month per child. Note: Parent must stay in center while class in session. Call (901) 874-5497 for more information.

October

Massage Therapy

Joe Dugger Fitness and Wellness Center bldg. S-499

Massage Therapy Relaxation / Therapeutic

Gail - Days

Mondays	8 a.m. - 4 p.m.
Wednesdays	8 a.m. - 4 p.m.
Thursdays	8 a.m. - 4 p.m.

Lori - Evenings

Mondays	5-9 p.m.
Tuesdays	5-9 p.m.
Thursdays	5-9 p.m.
Every other Saturday	9:15 a.m. - 4 p.m.

Services offered

15 minute chair massage
30 minute massage
60 minute massage
90 minute massage

Gift Certificates available

Call (901) 874-5497 for more information.

October

Pace Chair based Fitness Class

Joe Dugger Fitness and Wellness Center bldg. S-499

Chair based Fitness Class Monday- Friday 9-9:45 a.m.

PACE...People with Arthritis Can Exercise class. Ease your way into fitness while seated in a chair. Chair based movement class focusing on joint range of motion, flexibility, balance, strength, cardiovascular fitness, breathing techniques, with low or no impact. Also helps relieve stress, lower blood pressure, control diabetes, and improve overall health. Call (901) 874-5497 for more information.

What's "going on" in MWR

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10/01/2004 - 11/15/2004

October

Reflexology

Joe Dugger Fitness and Wellness Center bldg. S-499

Benefits of Reflexology

Reflexology is the art of stimulating foot and/or hand reflexes with pressure to produce a positive responses in the body. These responses are very beneficial for relaxing, the circulation blood flow and nutrients to the cells, elimination, and homeostasis. When the body is relaxed and de-stressed, it is able to do what it was designed to do... to operate more efficiently, and effectively through bodily systems while aiding itself in the healing process.

Services offered

60 minute hand work

60 minute feet work

30 minute hand work

30 minute feet work

Gift Certificates available

Reflexology hours:

Tuesdays 8:30 a.m. - 5 p.m.

Wednesdays 4-8 p.m.

Fridays 10:30 a.m. - 4 p.m.

Call (901) 874-5497 for more information.

Golf Program

October

Ladies Play Day

Glen Eagle Golf Course Bldg N26 A Attu Street

Tuesdays throughout the year.

Tee times each Tuesday morning beginning at 9 a.m. Open to all ladies wishing to play. Please contact the golf shop at 874-5168 for information.

October

Chili Cookoff

Friday,

Glen Eagle Golf Course Bldg N26 A Attu Street

**October 29,
2004**

Information, Tickets and Travel

Ongoing

Chattanooga Vacation Attractions

ITT Office bldg. S-760 (Helmsman Complex)

Enjoy a Tennessee family vacation visit Chattanooga, Tennessee. ITT has discount tickets to the following Chattanooga attractions:

Look out Mountain includes Ruby Falls, Rock City & the Incline Railway for one low price

Ruby Falls breathtaking beauty-a natural wonder sowing the spectacular view atop Lookout Mountain Tower.

Children will enjoy the exciting play extravaganza. Open year-round. The Incline Railway is "America's Most Amazing Mile". Ride the world's steepest passenger railway up historic Lookout Mountain. The incline is a

National Historic Site. At Rock City see the rock formations such as the Balanced Rock Needles' Eye, Lover's

Leap, Fat Man Squeeze, Mushroom Rock, each chiseled by blustering winds of long ago. Enjoy storybook scenes in

Fairland Caverns, kids will also enjoy the nursery rhyme characters at Mother Goose Village. Check out

www.seerockcity.com.

The Tennessee Aquarium inspires wonder and appreciation for the natural world. Journey through a spectacular

60-ft canyon and two living forests, where you'll see more than 9,000 animals that swim, fly and crawl in natural

habitats. Check out www.tnaqua.org.

Ongoing

ITT Cruise Vacations

ITT Office bldg. S-760 (Helmsman Complex)

Ongoing

ITT Military Road Maps

ITT Office bldg. S-760 (Helmsman Complex)

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Ongoing **NASCAR BUSCH Series tickets sales**
ITT Office bldg, S-760 (Helmsman Complex)
Your Navy ITT Office has ticketes to NASCAR Busch Series Sam's Town 250, 23 October.
For more information call (901) 874-5652

Ongoing **Memphis Grizzlies Military Appreciation Night**
Friday, **FedEx Forum**
November
12, 2004 Memphis Grizzlies Military Appreciation Night 2004
Friday, Nov. 12 at 7 p.m.
at the FedEx Forum
Purchase of ticket required to attend.
All Navy Mid-South patron categories were invited and encouraged to attend
Target audience Active Duty Navy personnel

October **Tunica Trip**
Friday, **ITT Office bldg, S-760 (Helmsman Complex)**
October 22, Evening of fun and dining
2004 Tunica charter bus trip
4:30 p.m. - 11:30 p.m.
Cost includes transportation, video and soda/water on the bus and seafood buffet.

Bus departs Navy Mid-South Conference Center at 4:30 p.m. Returns to the base approximately 11:30 p.m. For more information stop by the ITT Office bldg, S-760 Navy Mid-South or call (901) 874-5455. Note one guest per I.D. holder.

Leisure Services

October **Scuba Diving Class**
 Millington YMCA
Scuba Classes. Navy Mid-South MWR Department and Mid-South Divers now offer scuba classes. Classes will be held at the Millington YMCA. Class schedules vary and are determined at the time of enrollment based on the availability of the instructor and the patron. All active duty military will receive a 10% discount and active duty dependents will receive a 5% discount on all classes offered. The fee for the Basic Open Water course includes mask, fins, snorkel, boots, bag, pool, classroom time, dive log books and certificates fees, sea-card, use of SCUBA gear, photos of checkout dive and dive fee and SCUBA magazine subscription, (no hidden fees.) Check out dive is scheduled to be at Heber Springs, Arkansas. Upon enrollment students must complete a medical statement and provide a physical release form signed by a physician. Sign up at the ITT office in the Helmsman Complex. Call 874-5455 or 1-800-779-4252 for more information.

Liberty program

October **Free Movies (Ellison)**
 Ellison Recreation Center bldg, S-499
Movies shown daily in Ellison Recreation Center 36 seat theater free of charge. Movies start at 7 p.m. unless otherwise specified. Movie schedule posted in center, and in the bluejacket. Activity is open to all patron categories. However, patrons must be 18 years or older to use this facility, participate in any of our activities and/or go on trips unless otherwise stated. Call 874-5650 for more information.

October **Friday Night Beale St. Shuttle**
 Ellison Recreation Center bldg, S-499

Special event

October **Macbeth Stage Production (play)**
Friday, **Conference Center**
October 01, Alabama Shakespeare Festival
2004 stage production of Macbeth
Mid-South Conference Center Gold Theater
Tickets will be required for admission.
Tickets will be FREE and available
September 7 at the ITT Office,
located in the Helmsman Complex.

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October
Friday,
October 15,
2004

Navy birthday ball
Helmsman Complex bldg. S-760

October
Friday,
October 15,
2004

Scout Base 2004
Navy Mid-South

Youth program

Ongoing
Saturday,
September
18, 2004

Family Skate Night
Navy Mid-South

Join your Youth Center staff at the N-82 Gym for Family Skate Night each Saturday from 7-9:45 p.m. Admission includes skate rental. Parents that accompany their children skate for FREE. Children ages 9 & under must be under the supervision of their parent or guardian (18 years of age or older) at all times. Children ages 10 & up may remain unattended provided a current Skate Form is on file (please return for sign-out by 10

October

Ballet, Jazz and Tap Classes
Navy Mid-South Conference Center bldg. N-767

Ballet, Jazz & Tap Classes
for ages 3 through 18
SATURDAYS 8 a.m. - 12 noon
(one hour sessions) at the Mid-south Conference Center N-767

First Class is FREE!
Instructor: Peggy Holden Armstrong, Ms Armstrong has over 30 years experience in dance instruction. She is also the operator of 3 dance studios in Memphis. Cost: (4 classes)
Military/Dependants/Retired \$30 per child, plus a \$10 Family Registration Fee.

Registration is ongoing on Saturday Mornings at Bldg. N-767 NSA Mid-South. Call Youth Program Center 874-5155 for details.

October

Family Recreation Night
Youth Center 936 Savitz Dr. Navy Mid-South

Every Monday night 5:30-7:30 p.m. is Family Recreation Night at the Youth Program Center. Spend some quality time with your family! Challenge the kids to a game of Foosball or enjoy a movie! Call (901) 874-5155 for more

October

Karate Classes (Shorin-Ryu)
Youth Center 936 Savitz Dr. Navy Mid-South

Shorin-Ryu Karate Classes
Mondays & Wednesdays 5:30 p.m. - 7 p.m.
Youth Program & Teen Center 936 Savitz Dr. Navy Mid-South

All Okinawa Shorin-ryu Kenshin-Kan
Karate and Kobudo Federation
* Builds Self-Confidence
* Instills Self-Discipline
* Improves Mental Awareness
* Teaches Self-Defense
* Strengthens the Mind and Body
* Instills Respect for Self & Others

Instructor: Sensei Percie Johnson,
NANADAN (7th Degree Black Belt)
Cost: (Monthly)
Registration is on-going at the Youth Program Center
(936 Savitz Dr. NSA Mid-South) Call 874-5155 for details.

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October
Friday,
October 01,
2004

Kid's Night Out
Youth Center 936 Savitz Dr. Navy Mid-South
Kid's Night Out
K-5th Graders are invited to join us!
Fee covers supervision, all activities and games here at the Youth Program Center.
Drop by and register for this KNO today.
For more information call (901) 874-5155

October
Friday,
October 08,
2004

Play Day
Youth Center 936 Savitz Dr. Navy Mid-South

October
Tuesday,
October 12,
2004

Play Days
Youth Center 936 Savitz Dr. Navy Mid-South

October
Thursday,
October 14,
2004

Lights on After School Open House
Navy Mid-South
After School Program Open House from 4-5 p.m. Drop by the Drop by the buildings to see what goes on here each afternoon. Allow time for our staff to tour you and your kids around and learn about all we do here! For more information call (901) 874-5155.

October
Friday,
October 15,
2004

Kid's Night Out (Navy Ball)
Youth Center 936 Savitz Dr. Navy Mid-South
Kid's Night Out
K-5th Graders are invited to join us!
Fee covers supervision, pizza, lemonade and fun.
Drop by and register for this KNO today.
Navy Ball attendees should show us their Navy Ball ticket for KNO discount!
For more information call (901) 874-5155

October
Saturday,
October 30,
2004

Halloween Skating Party
Youth Center 936 Savitz Dr. Navy Mid-South

November
Friday,
November
12, 2004

Kid's Night Out
Youth Center 936 Savitz Dr. Navy Mid-South
Kid's Night Out
K-5th Graders are invited to join us!
Fee supervision, transportation and movie admission and games here at the Youth Program Center. We're going to see "The Incredibles" (PG)
Drop by and register for this KNO today.
For more information call (901) 874-5155