



| Celebrating the month of Mental Health Awareness | | | | | | |
|--|-------------|---|---|---|--|--|
| Date | Time | Event Title | Location | Description/Purpose | Target Audience | MCCS Program/POC |
| 04/30-05/13 | 0700 - 2000 | Mother's Day Sale | Main Exchange | Let us help you find the perfect gift for Mom! Come shop specially priced Michael Kors bags, 20% off all handbags, 15% off hydro flasks, and more! We will also have fresh cut flowers starting the week prior to Mother's Day. | MCAGCC Patrons | Marine Corps Exchange Seth Brown 830.6163 |
| 05/01 | 0900 - 1000 | Century Anger Management (CAM) | Bldg. 1438N | Series of 8 classes that reviews tools for anger management to assist participants with examining triggers, health, and constructive ways to express frustrations. | MCAGCC Patrons | Jamie Garcia jamie.a.garcia@usmc.mil 830.6345 |
| 05/01 | 1100 - 1200 | 19th Annual Graduate Recognition Ceremony | Protestant Chapel Bldg. 1541 | If you completed an academic program between 09/01/2024 and 08/31/2025 we would love to celebrate your achievement! Registration required. | MCAGCC Patrons | Erin Keeran erin.keeran@usmc.mil 830.4702/6881 |
| 05/01 | 1700 - 2000 | Youth Swim Team | Training Tank, Bldg. 1507 | Youth Swim Team- improve physical health, enhanced mental well-being, boosted self-esteem, and the development of important social and life skills through teamwork and competition. Tryouts are the 1st Tues and Thurs of each month. Fees are \$20 per month or \$140 for year per patron. | Youth 4-17 | Wesley Geduld Wesley.geduld@usmc-mccs.org 830.6212 |
| 05/02 | 1200 - 1600 | Combat Center Cook Off! | Victory Field | 4-Man Fire Team BBQ Challenge and Cornhole Tournament. | MCAGCC Patrons | Nicole Mintz Nicole.Mintz@usmc-mccs.org 830.5076 |
| 05/03 | 0800 - 2200 | SMP Trip: Renaissance Fair | Santa Fe Dam Park, Irwindale CA | Fun Trip to the Renaissance Fair. Cost is \$39.00 per person. | Single Marines and Sailors | Darryl Elliot darryl.elliott@usmc-mccs.org 830.4767 |
| 05/03 | 1100 - 1500 | Library-Con | Shadow Mountain Branch Library Bldg. 692 Combat Center Library, Bldg. 1524 | Experience a fun-filled event that celebrates comics and pop culture! Come dressed in cosplay, enjoy crafts, giveaways, an art contest, button making and much more! While supplies last. Art contest: Participants can stop by either library in the month of April to get an art contest entry form. Return to libraries by 30 April. Artwork will be on display during library-con; participants will vote on best artwork. Winner(s) will receive a pop culture themed gift basket. | MCAGCC Patrons | Ashley Harrell Ashley.Harrell@usmc-mccs.org 830.4265 |
| 05/05 - 05/06 | 1300 - 1500 | 2 Day Employment Workshop | Education Center Bldg. 1530 | Two-day workshop focused on resume. | MCAGCC Patrons | Gillian Luera Gillian.Luera@usmc.mil 830.4030 |
| 05/08 | 0900 - 1000 | Century Anger Management (CAM) | Bldg. 1438N | Series of 8 classes that reviews tools for anger management to assist participants with examining triggers, health, and constructive ways to express frustrations. | MCAGCC Patrons | Jamie Garcia jamie.a.garcia@usmc.mil 830.6345 |
| 05/08 | 1100 - 1300 | Job Fair: MCCS | Copper Mountain College Bell Center | This is a great opportunity for job seekers to explore career opportunities. | All Hands | Madison Chapman madison.chapman@usmc-mccs.org 830.4492 |
| 05/08 | 1400 - 1700 | Around the World 360 | Shadow Mountain Branch Library Bldg. 692 | A program that encourages cultural exploration through reading and other activities. | MCAGCC Patrons | Julie Bramman julie.bramman@usmc-mccs.org 830.6508 |
| 05/08 | 1600 - 1800 | Make & Take | Combat Center Library, Bldg. 1524 | Crafting for adults. | Adults | Julie Bramman julie.bramman@usmc-mccs.org 830.6508 |
| 05/09 | 0800 - 1600 | Baby Boot Camp | Register for location | Psychoeducational class for expecting/new parents. | Expecting Parents | Anna Thomalla anna.thomalla@usmc.mil 830.7622 |
| 05/09 | 1800-2200 |  | Victory Field | This year marks the 250th birthday of the United States Marine Corps, and we're throwing a We Salute You 250th Bash to honor the legacy, strength, and spirit of our Marines! MCCS invites you to join the party. Enjoy an unforgettable night with a free concert featuring a headline performance, an exciting opening act, and a high-energy DJ keeping the vibe alive throughout the event. Plus, enjoy food vendors, beer concessions, giveaways, and a Mobile Body Art Bus! | MCAGCC Patrons | Wanda Christians wanda.christians@usmc-mccs.org 830.5086 |
| 05/13 | 1430 - 1530 | Bee Creative | Exceptional Family Member Program Bldg. 1447N | The event's objective is to offer military service members and DoD cardholder families a safe space to build networks of support while fostering relationships with other parents who have children in the local community. | EFMP Families and DoD Cardholders | Sade Williams sade.williams@usmc.mil 830.3124 |
| 05/13 | 1700 - 2000 | Health Promotions: Whacha Cookin'? | Bldg. 1533, Second Floor | We will take a shuttle to the Commissary for a comprehensive tour, then return to Bldg. 1533 for an interactive cooking class. To top it off; you get to eat what you make! Classes are FREE. Open to all authorized patrons. Space is limited to 10 participants. | MCAGCC Patrons | Nicole Crockett Nicole.Crockett@usmc-mccs.org 830.5076 |
| 05/14 | 0900 - 1100 | Welcome Aboard Brief | Base Theater, Bldg. 1510 | Commanding General's Welcome Aboard Brief. Just getting settled in 29 Palms? Been here awhile and not sure what's happening on base? Come meet the leadership and services of MCAGCC. | Active Duty Mandatory for all E1-E6/01-02/WO1 | Brittany Rising brittany.rising@usmc.mil 830.6344 |
| 05/14 | 1730 - 1930 | Welcome Aboard for Spouses | Frontline Restaurant, Bldg. 1573 | Commanding General's Welcome Aboard Brief. Just getting settled in 29 Palms? Been here awhile and not sure what's happening on base? Come meet the leadership and services of MCAGCC. | Active Duty/Families | Brittany Rising brittany.rising@usmc.mil 830.6344 |



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| 05/15 | 0830 - 1530 | L.I.N.K.S. Foundations | Education Center Bldg. 1530 rm 304 | A class to help spouses learn how to navigate the military lifestyle and new duty stations. | Spouses | Samantha Sortino samantha.sortino@usmc.mil 830.1696 |
| 05/15 | 0900 - 1000 | Century Anger Management (CAM) | Bldg. 1438N | Series of 8 classes that reviews tools for anger management to assist participants with examining triggers, health, and constructive ways to express frustrations. | MCAGCC Patrons | Jamie Garcia jamie.a.garcia@usmc.mil 830.6345 |
| 05/15 | 1200 - 1300 | Military Moms & Munchkins (MM&Ms) Playgroup | Shadow Mountain Branch Library Bldg. 692 Indoor Playground | Military Moms & Munchkins is a monthly playgroup that allows parents of children ages 0-5 to receive education and support in parent-child interactions. NPSP Staff will be available on the 3rd Thursday of each month at the Shadow Mountain Indoor Playground with educational information and activities. | Parents and Children Ages 0-5 | Anna Thomalla anna.thomalla@usmc.mil 830.7622 |
| 05/15 | 1700 - 2000 | Pitching for a Purpose Cornhole Tournament | Bldg. 1707 | National Prevention Week is 11-17 May 2025. SAP holds an annual cornhole tournament during this time to spread awareness of substance abuse prevention through music, fun and friendly competition. | MCAGCC Patrons | Abel Castro abel.castro@usmc.mil 830.6376 |
| 05/16 | 1730 - 2030 |  MCCS Esports Series: Birthday Showdown | SMP Spike's Place, Bldg. 1532 | The Marine Corps Esports Series: Birthday Showdown – Mortal Kombat 1 Fatality Faceoff is happening May 16 at Spike's Place (Bldg. 1532). Test your skills in Mortal Kombat 1 for a chance to win big—\$300 for first place, \$200 for second, and \$100 for third. Special guest pro gamer Frank "Slayer" Perales will be on-site to share tips, tricks, and strategies, plus give you the chance to meet, greet, and even game with him. Registration runs from 1730 to 1800, and the tournament takes place from 1800 to 2030. Register in person at Spike's Place and get ready to bring your best. | Single Marines and Sailors | Wanda Christians wanda.christians@usmc-mccs.org 830.5086 |
| 05/17 | 1300 - 1530 | Teen-Scape | Shadow Mountain Branch Library Bldg. 692 | Life skills/ crafting/ camaraderie. Teens will be given supplies and instruction for mosaic jars. | Teens | Ashley Harrell Ashley.Harrell@usmc-mccs.org 830.4265 |
| 05/19 - 05/23 | 0800 - 1600 | Hero Week WODs | Various Locations | Join us in honoring those that have made the ultimate sacrifice protecting our freedom. Each day a fallen Servicemember will be honored with their own WOD. | MCAGCC Patrons | J.P. Jennings james.jennings@usmc-mccs.org 830.3807 |
| 05/21 | 0900 - 1030 | Smooth Move | Career Resource Office Bldg. 1526 | The purpose of the Smooth Move event is to provide service members and their families with mandatory information they need for their Permanent Change of Station (PCS) Move. MCO 1745.11 States that all transferring service members are to attend a mandatory PCS departure workshop at least 60-90 days prior to transfer. | Active Duty / Families | Brittany Rising brittany.rising@usmc.mil 830.6344 |
| 05/21 | 1700 - 1900 | Youth Sports: Run 4 Us Run! Running Final Day 5k | Del Valle Field | Youth Sports Run 4 Us, Run! Program Final Day - 5K | Youth 4-17 | Sharlene Martin MCAGCCYOUTHSPORTS@usmc-mccs.org 830.1889 |
| 05/22 | 0900 - 1000 | Century Anger Management (CAM) | Bldg. 1438N | Series of 8 classes that reviews tools for anger management to assist participants with examining triggers, health, and constructive ways to express frustrations. | MCAGCC Patrons | Jamie Garcia jamie.a.garcia@usmc.mil 830.6345 |
| 05/22 - 05/23 | 1300 - 1600 | Spouse Transition and Readiness Seminar (S.T.A.R.S) | Education Center Bldg. 1530, Rm 302 | Information on civilian transition for spouses. | Military Spouses | Gillian Luera Gillian.Luera@usmc.mil 830.4030 |
| 05/23 | 0600 - 1000 | Adult Sports: Remembrance Run | Adult Sports / Del Valle Field | The Remembrance Run is a 5K fun run with an emphasis on remembering those who made the ultimate sacrifice. Free. | MCAGCC Patrons | Daniel Campese 29athletics@usmc-mccs.org 830.6857 |
| 05/24 | 0800 - 1100 | SMP Soccer Tournament | Victory Field | 3 v 3 Soccer Tournament, register at SMP or day of, \$25 MCX gift card per player on the winning team. Free and open to active duty patrons only. | Single Marines and Sailors | Darryl Elliot darryl.elliott@usmc-mccs.org 830.4767 |
| 05/25 | 1000 - 2200 | SMP Trip: Los Angeles County Fair | Pomona, CA | Fun Trip to the Los Angeles County Fair. Cost is \$32.00 per person. | Single Marines and Sailors | Darryl Elliot darryl.elliott@usmc-mccs.org 830.4767 |
| 05/29 | 0900 - 1000 | Century Anger Management (CAM) | Bldg. 1438N | Series of 8 classes that reviews tools for anger management to assist participants with examining triggers, health, and constructive ways to express frustrations. | MCAGCC Patrons | Jamie Garcia jamie.a.garcia@usmc.mil 830.6345 |
| 05/30 | 1000 - 1130 | Sponsorship Coordinator Training Workshop | Career Resource Office Bldg. 1526 | This workshop will provide command personnel designated as the Unit Sponsorship Coordinators or Senior Enlisted Advisors with the tools and resources to train individuals to be sponsors that assist incoming Marines and their families. | Active Duty | Brittany Rising brittany.rising@usmc.mil 830.6344 |
| 05/30 | 1730 - 2000 | SMP Karaoke Night | Spike's Place, Bldg. 1532 | Karaoke Night at the SMP. Come sign up with your favorite Karaoke hit! | Single Marines and Sailors | Darryl Elliot darryl.elliott@usmc-mccs.org 830.4767 |
| 05/31 | 0900 - 1500 | Adult Sports: Slip-n-Slide Kickball Tournament | Adult Sports / Victory Field | Slip-n-Slide Kickball Tournament. Free. | MCAGCC Patrons | Daniel Campese 29athletics@usmc-mccs.org 830.6865 |



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| Weekly Events in May | | | | | | |
| Every Monday | 1000-1730 | Curbside Crafts | Shadow Mountain Branch Library Bldg. 692 | Curbside Crafts is a Pick-up and go craft program. Patrons can pick-up the supplies needed to make a craft at home. | Active Duty / Families | Ashley Harrell Ashley.Harrell@usmc-mccs.org 830.4265 |
| Every Wednesday | 1100-1200 & 1400-1500 | Lapsit & Storytime | Shadow Mountain Branch Library, Bldg. 692 | Lapsit - Every Wednesday the shadow mountain library hosts an in-person story time (ages 0-2) (no Lapsit on first Wednesday of the month) Storytime - Every Wednesday the shadow mountain library hosts an in-person story time (ages 3+) | Active Duty/Families | Ashley Harrell Ashley.Harrell@usmc-mccs.org 830.4265 |
| Every Wednesday & Saturday | 1100-1200 | Wood Hobby Shop: Safety Class | Wood Hobby Shop Bldg. 1342 | Patrons must attend a FREE 60 min safety class prior to using this facility. The classes are held every Saturday at 11am and Wednesday at 5pm. Call for details. | 18+ MCAGCC Patrons (Ages 16-17 w/adult) | Robert Henry Robert.Henry@usmc-mccs.org 830.7214 |
| Every Saturday & Sunday | 1000-1530 | Game On! | Shadow Mountain Branch Library Bldg. 692 & Combat Center Library Bldg. 1524 | Gaming event encompassing various types of games: video, tabletop, card, RPG, etc. Will incorporate gaming tournaments, challenges, and friendly competition. | All Ages | Ashley Harrell Ashley.Harrell@usmc-mccs.org 830.4265 |

| Weekly Group Exercise Schedule | | | | | | |
|---------------------------------------|-------------|------------|------------------------------|---|----------------|--|
| Every Monday | 0900 - 1000 | Power Hour | Community Center, Bldg. 1004 | Start your week out strong with an interval based class in the Fitness Center (Child room available to keep child(ren) in line of sight). \$3 dollar fee and will be first come first serve. | MCGACC Patrons | |
| Every Monday, Tuesday & Wednesday | 1130 - 1230 | ZUMBA | Community Center, Bldg. 1004 | Tone and sculpt the body with an easy-to-follow class. Aerobic/fitness interval training with a combination of fast and slow rhythms. \$3 dollar fee and will be first come first serve. | MCGACC Patrons | |
| Every Tuesday & Thursday | 1100 - 1200 | PFT Prep | Del Valle Field | Let us help you improve pull-ups, planks and running mechanics. Make it a part of your weekly training plan! Class instructed by one of the Warrior Athlete Readiness and Resilience certified instructors. First come first serve. | Active Duty | |
| Every Wednesday | 0900 - 0945 | AB Attack | Community Center, Bldg. 1004 | A 30-minute focused ab session. \$3 dollar fee and will be first come first serve. | MCGACC Patrons | |
| Every Friday | 0900 - 1000 | TGIF | Community Center, Bldg. 1004 | Switch it up with this hard-hitting class to send you strong into the weekend. \$3 dollar fee and will be first come first serve. | MCGACC Patrons | |