



Date	Time	Event Title	Location	Description/Purpose	Target Audience	MCCS Program POC
03/02	1300-1500	Employment Workshop	Career Resource Office, Bldg. 1526	This comprehensive workshop will enhance your employability, build your confidence, and prepare you for success. Resume Building/Writing, Job Search & Application Submission, learn effective job search strategies and receive support in applying to job vacancies. Register by February 27, 2026 by calling 760-830-4030, emailing plmsppd@usmc.mil, or in-person at CRO.	MACGCC Patrons	Chris Ward plmsppd@usmc.mil 830-4029
03/03	1630-1730	Bee Creative	Exceptional Family Member Program, Bldg. 1447N	BEE Creative— This engaging event provided EFMP families and military service members with a safe and welcoming environment to express themselves artistically while building valuable support networks and fostering relationships with other parents. Register by calling EFMP at 760-830-7740.	EFMP Families	Alysia Mayberry-Harris alysia.mayberryharri@usmc.mil 830-7740
03/04	1100-1200	Fairy Tales	Shadow Mountain Branch Library, Bldg. 692	Fairy Tales is a special storytime for our military children that includes a variety of fairy tale activities, games, and crafts. Participant are encouraged to dress up as your favorite fairy tale characters. No registration required.	Children (3-5 yrs), Families	Ashley Harrell plmsppd@usmc.mil 830-6875
03/05	0800-1600	Baby Boot Camp	Register for location	Psychoeducational class for expectant/new parents. It includes education on parental self-care and care of a newborn. Register by February 24, 2025 by emailing plmsfap@usmc.mil or calling 760-830-7622.	MCAGCC Patrons (Expectant Parents)	Anna Thomalla / Molly Valencia plmsfap@usmc.mil 830-7622
03/05	1600-1800	Cutting Board Class	Wood Hobby Shop (Bldg. 1342)	Come build your own cutting board at the Wood Hobby Shop. After this two-day event, you will take home your own cutting board. 1 Hour Safety Class is required prior to event. No registration is required. Must attend both days to complete the project.	Active Duty, Retirees, Spouses	Robert Henry, henryrd@usmc-mccs.org, 760-830-7214
03/06	1700-2000	PREP	Education Center, Bldg. 1530	Prevention and Relationship Enhancement Program (PREP 8.0) will help couples develop an understanding of their personality traits, and how it looks within the realm of relationships. In addition, couples will learn about stress and anger management, goal setting, and communication. Register by March 4, 2026 at https://29palms.usmc-mccs.org/calendar-of-events .	Active Duty / Spouse	Zachery Hill zachery.hill@usmc.mil 830-3115
03/06	1530-1730	Teen-Scape	Shadow Mountain Branch Library, Bldg. 692	The event is designed for teens to explore their creativity in a space just for them. Enjoy unique art and craft events while socializing with friends. The craft for this month will be Tie-die, using a blank and white item of choice to color with die. No registration required.	Children (12-17 yrs)	Ashley Harrell plmsppd@usmc.mil 830-6875
03/06	1800-2100	Billiards Tournament	Spike's Place, Bldg. 1532	Chalk up your cue and join us for a thrilling Billiards Tournament on March 6, starting at 6 PM. It's free to play, with same-day registration opening at 5 PM, just show up and sign in. Compete for glory and a gift card prize for the tournament champion!	Active-Duty	Alejandro Galicia, alejandro.galicia@usmc-mccs.org, 830-4767



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03/07	0500-2100	SMP Inter Base Battle	Lake Elsinore, CA	Gear up for action at Wildlands Airsoft, an adrenaline-pumping outdoor course where strategy meets excitement. The bus ride is free, and players can choose their adventure with package pricing paid on-site. Registration opens February 20 at Spike's Place, secure your spot and get ready for battle!	Active-Duty	Darryl Elliott, darryl.elliott@usmc-mccs.org, 830-4767
03/07	0800-1300	LocalFinds: Pioneertown	Pioneertown, CA	Step back in time with an afternoon adventure to Pioneertown, CA on March 7—where Old West charm meets desert beauty. The bus departs at 8 AM, no registration needed, just be one of the first 12 to hop on. It's free to ride, but bring spending money for meals and any activities you choose to enjoy.	Active-Duty	Courtney Chambers, courtney.chambers@usmc-mccs.org, 830-6608
03/10	1000-1100	SSI/SSDI and Medicaid Wavier	Exceptional Family Member Program, Bldg. 1447N	This workshop provides EFMP families with an overview of Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), and Medicaid waiver programs. Participants will learn basic eligibility requirements, application processes, and how these benefits can support individuals with disabilities and their families. Register by March 6, 2026 at https://29palms.usmc-mccs.org/calendar-of-events .	MCAGCC Patrons	Alysia Mayberry-Harris alysia.mayberryharri@usmc.mil 830-7740
03/11	0900-1030	Smooth Move	Career Resource Office, Bldg. 1526	Smooth Move event provides 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 60-90 days prior to transfer. Registration highly encouraged by calling 760-830-6344.	Active Duty / Spouse	Brittany Rising brittany.rising@usmc.mil 830-6344
03/12	1600 - 1800	Cutting Board Class	Wood Hobby Shop (Bldg. 1342)	Come build your own cutting board at the Wood Hobby Shop. After this two-day event, you will take home your own cutting board. 1 Hour Safety Class is required prior to event. No registration is required. Must attend both days to complete the project.	Active Duty, Retirees, Spouses	Robert Henry, henryrd@usmc-mccs.org, 760-830-7214
03/13	0800-1930	Friday the 13th	Combat Center Library, Bldg. 1524	Join us at the Combat Center Library for Friday the 13th and learn about the history and facts surrounding the date and explore other superstitions. No registration required.	MCAGCC Patrons	Julie Bramman plmsppd@usmc.mil 830-4265
03/13	1800-2000	Healthy Eating Class: "Chicken Soup in a Mug"	Spike's Place, Bldg 1532	Join us for a cozy and creative Chicken Soup in a Mug class on March 13 at 6 PM, where you'll learn to prep and cook using just a microwave. It's free to participate, and you get to keep the mug when you're done. Space is limited, sign-ups begin February 27 at Spike's Place!	Active-Duty	Courtney Chambers, courtney.chambers@usmc-mccs.org, 830-6608
03/13	1830-2030	Teen Laser Tag	Del Valle HIIT Field	Teens (12-18 years old) aboard MCAGCC 29 Palms are invited out to play laser tag "Capture the Flag" event hosted by Marine Corps Family Team Building. Food, drinks, and music will be provided. Registration required and available until day of event at https://29palms.usmc-mccs.org/calendar-of-events .	Teens (12-18 yrs still in HS)	Zachery Hill zachery.hill@usmc.mil 830-3115

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03/14	0630		MCAGCC 29 Palms Start Line: PFT COURSE Finish Line: Marine Corps Exchange	Marine Corps Community Services invites runners to take on the Mojave Half Marathon on Saturday, 14 March 2026 aboard the Marine Corps Air Ground Combat Center. This challenging course is designed to push stamina, determination, and mental grit—perfect for seasoned runners and those aiming for a new fitness milestone. The race begins at 0630, and participants are encouraged to arrive early for parking, warmup, the national anthem, and the event brief. Registration is \$50 and includes an event T shirt and finisher medal. <u>Sign up at</u>	All Authorized Patrons	Ricky Shadowens, Richard.Shadowens@usmc-mccs.org, 830-7206
03/16	0800-1930 1000-1730	Freedom of Information Day	Combat Center Library, Bldg. 1524 Shadow Mountain Branch Library, Bldg. 692	This event honors James Madison's birthday a key figure in advocating for transparency and open government, and promotes the public's right to access government records under laws like the Freedom of Information Act (FOIA). Stop by the Combat Center Library and check out our display in support of Freedom of Information Day! No registration required.	MCAGCC Patrons	Rachel Drake rachel.drake@usmc-mccs.org 830-4265
03/16	0900-1100	Passport to Volunteering	Education Center, Bldg. 1530	Everything you need to know about serving the Marine Corps & community! Come learn about how to find local volunteer opportunities, maintaining personal volunteer records, volunteer hour time management, and more! Registration required by emailing plmsmcftb@usmc.mil.	MCAGCC Patrons	Samantha Sortino plmsmcftb@usmc.mil 830-1696
03/17	1000-1100	Successful PCS Transition	Exceptional Family Member Program Bldg. 1447N	This workshop will guide families through the EFMP-specific PCS process, offering tools to ensure a smooth and informed transition. Families will learn how to prepare for a move, coordinate medical and educational services at the gaining installation, and advocate for their needs every step of the way. Step-by-step PCS preparation tips, Guidance on medical and educational transfers, Tools to stay organized and connected throughout the move. Register by March 13, 2026 by calling 760-830-7740	Active Duty / Families	Alysia Mayberry-Harris alysia.mayberryharri@usmc.mil 830-7740
03/18	0800-1600	Baby Boot Camp	Register for location	Psychoeducational class for expectant/new parents. It includes education on parental self-care and care of a newborn. Register by March 10, 2026 by emailing plmsfap@usmc.mil or calling 760-830-7622.	MCAGCC Patrons (Expectant Parents)	Anna Thomalla / Molly Valencia plmsfap@usmc.mil 830-7622
03/18	0900-1100 1730-1930	CG's Welcome Aboard Brief / Welcome Aboard for Spouses	Sunset Cinema, Bldg. 1510; Desert View Club and Event Center, Bldg. 1573	Afternoon and evening sessions of the Commanding General's Welcome Aboard Brief. No registration required.	Active Duty/Families	Brittany Rising brittany.rising@usmc.mil 830-6344
03/19	1000-1100	Transitioning to Adulthood Series	Virtual	Informative event focused on Transitioning to Adulthood, designed for families and caregivers of individuals with special needs. This session will cover essential topics including survivor benefits planning, special needs trusts, understanding permanent dependency, IEP transition planning, and navigating TRICARE services. Gain valuable insights and resources to help you prepare for a successful transition into adulthood. Registration required online at https://29palms.usmc-mccs.org/calendar-of-events .	Families	Alysia Mayberry-Harris alysia.mayberryharri@usmc.mil 830-7740

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03/19	1300-1600	Spouse Transition & Readiness Seminar (STARS)	Education Center, Bldg. 1530	The Spouse Transition and Readiness Seminar (STARS). Offering support and resources not only for the Active-Duty Service Members but also for their spouse and family. By recognizing the comprehensive nature of transition, STARS aims to prepare families for the challenges and opportunities that lie ahead, ensuring a smoother transition for all involved. Registration is recommended by calling 760-830-4030	Spouses	Chris Ward plmsppd@usmc.mil 830-4029
03/21	0600-2200	Disneyland Trip	Aneheim, CA	Join us for a magical day at Disneyland! The cost is \$192.05, covering transportation and park admission. Registration starts March 7 at Spike's Place (Bldg. 1532). Don't miss your chance to experience the happiest place on Earth!	Active-Duty	Darryl Elliott, darryl.elliott@usmc-mccs.org, 830-4767
03/24	1000-1100	Service Animals Training	Exceptional Family Member Program Bldg. 1447N	The Service Animal Workshop will help families understand the role and rights of service animals by introducing the Rehabilitation Act of 1973, explaining key differences between service animals and pets, and reviewing installation-specific regulations. Families will also receive practical tips for PCSing with service animals and important reminders for daily life and travel. Register by March 20, 2026 at https://29palms.usmc-mccs.org/calendar-of-events .	Active Duty / Families	Alysia Mayberry-Harris alysia.mayberryharri@usmc.mil 830-7740
03/26	0900-1300	Career and Education Expo	Bldg. 1707	The event has over 70 educational and employment agencies on hand to provide information on their programs/opportunities. Past agencies have included colleges, vocational schools, law enforcement, federal and civilian companies from all over the country. No registration required.	MCAGCC Patrons	Berek Krehmeier berek.krehmeier@usmc.mil 830-4031
03/27	1100	FAFSA Workshop	Education Center, Bldg. 1530	This FAFSA Workshop is a monthly and open to all eligible base personnel, offering step-by-step guidance on completing the Free Application for Federal Student Aid (FAFSA). The session covers deadlines, documents, and tips for maximizing aid eligibility, helping participants access federal grants, loans, and scholarships for higher education. No registration required.	MCAGCC Patrons	Erin Keeran erin.keeran@usmc.mil 830-6881
03/27	1000-1130	Sponsorship Coordinator Training	Career Resource Office, Bldg. 1526	Units are required to have a Sponsorship Coordinator who trains and assigned sponsors to incoming Marines. This workshop is designed to train Unit Sponsorship Coordinators (USC) to better understand their roles, duties, and responsibilities in the unit's Sponsorship program. This workshop will review all pertinent orders and directives, the Functional Area Inspection (FAI) checklist items, and update current USCs on changes within the program. Registration required via phone at 760-830-6344.	Active Duty	Brittany Rising brittany.rising@usmc.mil 830-6344



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03/27	1630-1900	Teen Hangout	New Horizons, Bldg. 694	Join us for the next "Teen Hangout" hosted by the Child and Youth Programs. Enjoy a night at our "Succulent Soiree," a nature-inspired event. Teens will have the opportunity to interact and connect by creating miniature succulent gardens and sharing creative decor ideas, all while getting to know other local teens they may not have met before. Event is open to Junior High (grades 7-8) and High School students. Register by March 24, 2026 at https://29palms.usmc-mccs.org/calendar-of-events .	Children (7-12 grade students)	Yukiko Grow yukiko.grow@usmc-mccs.org. 830-3340
03/27	1730-2000	Karaoke Night	Spike's Place, Bldg 1532	Warm up those vocal cords for Karaoke Night on March 27 at Spike's Place, Bldg. 1532. It's free to join the fun, just sign up for your song starting at 5:30 PM. The spotlight turns on at 6 PM, so bring your best performance and sing your heart out!	Active-Duty	Alejandro Galicia, alejandrogalicia@usmc-mccs.org, 830-4767
03/23-03/27	1500-1700	Makerspace: Spring Break	Combat Center Library, Bldg. 1524 Shadow Mountain Branch Library, Bldg. 692	Stop by the Shadow Mountain Branch Library during the 1st week of spring break to do some hands-on activities in the Makerspace. Each day we will host different activities: Monday: Legos, Tuesday: Ozobots, Wednesday: Robotics/Science Discovery, Thursday: Arts & Crafts, Friday: Maker's Choice (variety of activities and crafts provided). No registration required.	MCAGCC Patrons	Ashley Harrell plmsppd@usmc.mil 830-6875
03/28-03/29	TBD	Volunteer at Wonder Con	Anaheim, CA	Be part of the excitement at Wonder Con in Anaheim, CA by volunteering a few hours of your time and earning a free pass to enjoy the event. Volunteer shift times will be announced once schedules are finalized, so stay tuned. Registration opens February 13 at Spike's Place, don't miss your chance to join the fun behind the scenes!	Active-Duty	Darryl Elliott, darryl.elliott@usmc-mccs.org, 830-4767
03/30-03/31	0900-1300	L.I.N.K.S. Foundations	Education Center, Bldg. 1530	Register for the L.I.N.K.S. Foundations class and learn to navigate the military lifestyle and new duty stations easier! You'll build new networks, friendships and support systems. Registration required via by March 26, 2026 at https://29palms.usmc-mccs.org/calendar-of-events .	Spouses	Samantha Sortino plmsmcfb@usmc.mil 830-1696
03/31-04/02	0900 - 1200	Tee Time Training Camp (Golf)	Desert Winds Golf Course	Tee Time Training Camp offers a fun and supportive spring break golf experience for youth ages 7-14 at Desert Winds Golf Course. Over three mornings (31 March 2026-2 April 2026, 9:00 AM-12:00 PM), campers learn putting, chipping, full swing fundamentals, and basic golf etiquette through engaging drills, games, and skill stations led by experienced coaches. The camp emphasizes confidence, sportsmanship, and skill development, making it a great fit for both beginners and returning golfers. Registration is open until capacity is reached or March 27, with spots secured upon payment. The fee is \$59.99 per participant.	Youth 7 - 14 Years of Age	Ricky Shadowens, Richard.Shadowens@usmc-mccs.org, 830-7206
3/16-3/20	0600-1400	Train the Trainer (1-26)	Wilburn Gym (bldg 1533)	40-hour comprehensive Human Performance course to promote improved training techniques. Teaching Marines concepts and techniques of weightlifting, strength and conditioning programming, nutrition and sleep performance tactics. Open to authorized Active-Duty and Reserve only. Registration via the flyer QR code. Registraton closes 9 March. No fee.	Active-Duty and Reserve only	J.P. Jennings james.jennings@usmc-mccs.org

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All Month	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. A new craft is available on the first of the month. This months craft is clay shaped hearts craft, bleeding tissue paper silhouettes, puppets and paper plate flag craft. No registration required.	Families	Ashley Harrell plmsppd@usmc.mil 830-6875
All Month	0800-1930	Marine Makers	Combat Center Library, Bldg. 1524	Marine Makers promotes STEAM (Science, Technology, Engineering, Art, and Mathematics) related crafts and activities created specifically for Marines. This month's activity will be Pyrography/woodburning. Coloring pages. Database: OverDrive, "At Eazzz: Sleep, Mindfulness, Stress, and PTSD" collection. No registration required.	Service Members / Spouses	Julie Bramman plmsppd@usmc.mil 830-4265
All Month	CCL: 0800-1930, SMBL: 1000-1730	Makerspace	Combat Center Library, Bldg. 1524 & Shadow Mountain Branch Library, Bldg. 692	Learn how to use Makerspace equipment during the library's open hours. We have sewing machines, Cricuts, woodburning tools, art supplies, and more. No registration needed. We will be adding to the collection so join us on the MCCS 29 Palms Library Facebook group to be the first to know! https://www.facebook.com/share/g/1CfpCWPU9w/	MCAGCC Patrons	Julie Bramman & Ashley Harrell plmsppd@usmc.mil 830-4265/6875
Every Friday	0900-1200	FAFSA Fridays	Education Center, Bldg. 1530	FAFSA Fridays provide drop-in help for eligible base personnel completing the Free Application for Federal Student Aid (FAFSA). Staff are available to answer questions, review documents, and offer guidance to maximize financial aid for higher education. No registration required.	MCAGCC Eligible Patrons	Erin Keeran erin.keeran@usmc.mil 830-6881
Every Monday, Thursday & Friday	Mon: 1500 Thurs: 1100 Fri: 1300	Tuition Assistance Brief	Education Center, Bldg. 1530	A Tuition Assistance brief for active duty Marines covers eligibility, application steps, funding limits, and reimbursement policies. It explains how to request TA, complete required training, and work with an Education Counselor. The brief also highlights selecting accredited schools and aligning education goals with personal and professional advancement. No registration required. Thursday session also available via Zoom ID: 857 8254 0349 / Password: TA	Active Duty	Erin Keeran erin.keeran@usmc.mil 830-6881
Every Thursday	1000-1100	Century Anger Management (CAM)	Education Center, Bldg. 1530	Series of up to 8 classes that reviews tools for anger management to assist participants with examining triggers, personal health, and constructive ways to express frustrations to effectively communicate with others. Mar 5, 2026: Module: Dealing with Stress, Mar 12, 2026: Module: Developing Empathy, Mar 19, 2026: Module: Respond Instead of React Mar 26, 2026: Module: Self Talk	Service Members / Adult Dependents	Nina Morales & Barbara Griswold plmsfap@usmc.mil 760-830-6345
Every Thursday	1330-1600	Pre-Separations Brief	Career Resource Office, Bldg. 1526	The Pre-Separation Brief is a required step in the transition process. Contact your command for information before registering.	Active Duty	McArthur Wright mcarthur.wright@usmc.mil 830-5955

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Every Thursday	1800-2000	Active Duty Event: Tournament League	Spike's Place, Bldg 1532	From February 19 through April 30, get ready to suit up and battle it out in the Marvel Rivals Tournament, happening weekly at 6:00 PM. This high-energy competition brings together teams of six to face off in epic showdowns, with each week pushing players closer to ultimate victory. Whether you're a seasoned hero or a rising contender, assemble your squad and prepare to play to the end. It's a test of teamwork, strategy, and super-powered skill—don't miss your chance to be part of the action. Sign your team up at Spike's Place Front Desk starting February 6. Free to play. Prize for winning team at the end.	Active-Duty	Alejandro Galicia, alejandro.galicia@usmc-mccs.org 830-4767
Every Tuesday	1100-1200	Warrior Network Group	Education Center (Bldg. 1530)	The Warrior Network Group is an inclusive session that introduces new personnel to essential programs, services, and community resources that support readiness, resilience, and quality of life. Total of 5 lessons will be completed over the weeks. Lesson 1, which is required, is offered on the first Tuesday of each month. Lessons 2 through 5 may be completed on any subsequent Tuesday, allowing flexibility while ensuring timely access to critical information and support systems. This class is free for Active-Duty only. No sign up needed, just show up! Units are able to schedule upon request.	Active-Duty Only	RWS, Jamie Garcia, Jamie.Garcia@usmc-mccs.org
Every Tuesday	1100-1200	Tiny Tales Lapsit	Shadow Mountain Branch Library, Bldg. 692	Bring your little ones to the Shadow Mountain Branch Library every Tuesday for a cozy, in-person story time designed just for ages 0–3! Enjoy delightful tales, early literacy fun, and a chance to bond with your child in a warm, welcoming setting. No registration needed — just drop in and join the magic of storytelling. It's the perfect weekly outing for families with toddlers!	Active Duty/Families/Children 0-3 yrs	Ashley Harrell p1msppd@usmc.mil 830-6875
Every Wednesday	1300	GI Bill Workshop	Education Center, Bldg. 1530	This GI Bill workshop gives an overview of education benefits for active duty, retirees, and veterans. Learn about eligibility, transfer options, application steps, and key differences between Post-9/11 and Montgomery GI Bill programs. Gain the knowledge to make informed decisions and maximize education and career opportunities. No registration required.	Active Duty, Veterans, Retirees	Erin Keeran erin.keeran@usmc.mil 830-6881
Every Wednesday	1430-1530	Storytime	Shadow Mountain Branch Library, Bldg. 692	Join us every Wednesday at the Shadow Mountain Branch Library for an in-person story time designed for children ages 4 and up! Each week features fun stories, interactive moments, and a chance to spark imagination and a love for reading. It's a great midweek outing for kids and families alike. No registration required — just drop in and enjoy the magic of storytelling!	Active Duty/Families/Children 4+	Ashley Harrell p1msppd@usmc.mil 830-6875
Every Wednesday & Saturday	1100-1200	Wood Hobby Shop: Safety Class	Wood Hobby Shop (Bldg. 1342)	Woodworking safety class teaches proper techniques to prevent injuries and ensure a safe workspace. Learn tool use, material handling, PPE, and emergency procedures. Gain skills to safely operate saws, drills, and sanders, recognize hazards, and maintain an organized shop. Required for Wood Hobby Shop access. FREE every Wed at 1700 & Sat at 1100. No sign-up needed—just show up! Info: 830-7214.	18+ MCAGCC Patrons (Ages 16-17 w/adult)	Robert Henry Robert.Henry@usmc-mccs.org 830-7214

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Every Wednesday (03/04-04/22)	1730-2000	Fast & Furious Movie Marathon	Spike's Place Movie Theater, Bldg. 1532	The Fast and Furious movie marathon is a high-octane ride through a world of street racing, elaborate heists, and global espionage, all anchored by the unbreakable bond of family. Across the saga, Dominic Toretto and his crew evolve from underground racers to elite operatives taking on international threats with fast cars and fearless grit. Each film escalates the action and stakes, delivering explosive set pieces, heartfelt moments, and a celebration of loyalty and adrenaline-fueled adventure. Movies start each Wednesday at 5:30pm at Spike's Place. Free to watch. No registration required.	Active-Duty	Courtney Chambers, courtney.chambers@usmc-mccs.org, 830-6608
First and Third Sunday	1400-2000	Active Duty Event: Ramen & Reelz	Spike's Place, Bldg 1532	Ramen and Reelz is a free event where everyone can come together to enjoy their favorite anime and warm bowls of ramen. It is designed to build a strong sense of community by giving people a relaxed place to connect and unwind. The event is open to all active-duty service members, creating a welcoming space for anyone looking for a break from their daily routine. Whether someone is a long-time anime fan or completely new to it, Ramen and Reelz encourages everyone to join in and share the experience. The mix of good food, good shows, and good company makes each gathering memorable and easy to enjoy. Overall, Ramen and Reelz brings people together through shared interests, shared meals, and a shared sense of belonging.	Active-Duty	Alejandro Galicia alejandrogalicia@usmc-mccs.org, 830-4767
Second and Fourth Monday	1730-2030	Active Duty Event: Dungeons and Dragons	Spike's Place, Bldg 1532	Calling all adventurers! Join us for Dungeons & Dragons sessions held at Spike's Place on the second and fourth Monday of each month. Whether you're a seasoned dungeon crawler or brand new to the game, all are welcome to roll the dice and dive into epic quests. Bring your imagination, your character sheet (or create one on the spot), and get ready for an evening of storytelling, strategy, and fun. No registration needed—just show up and join in!	Active-Duty	Alejandro Galicia, alejandrogalicia@usmc-mccs.org 830-4767
Second and Fourth Tuesday	1100-1200	Moms, Pops, and Tots Playcorner	Shadow Mountain Branch Library, Bldg. 692	The Moms, Pops & Tots Playcorner playgroup allows parents of children ages 0-3 to receive education and support in parent-child interactions. NPSP Staff will be available on the 2nd & 4th Tuesdays of each month at the Shadow Mountain Branch Library with educational information and activities. Join us at the same time as the Tiny Tales Lapsit.	Children (0-3 yrs)	Anna Thomalla / Molly Valencia plmsfap@usmc.mil 830-7622

WEEKLY GROUP EXERCISE SCHEDULE						
Date	Time	Event Title	Location	Description/Purpose	Target Audience	MCCS Program POC
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). Power Hour is a free class and will be first come first serve.	MCGACC Patrons	Joshua Miller joshua.miller@usmc-mccs.org 830-3910
Every Monday, Wednesday & Thursday	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. A \$3 dollar fee to be paid by credit card only for classes on Monday and Wednesdays. All classes will be first come first serve.	MCGACC Patrons	Joshua Miller joshua.miller@usmc-mccs.org 830-3910

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Every Wednesday	0900 -0945	AB Attack	Community Center (Bldg. 1004)	A 30-minute focused ab session. Ab Attack is a free class and will be first come first serve. No registration required.	MCGACC Patrons	Joshua Miller joshua.miller@usmc-mccs.org 830-3910
Every Wednesday	1800-1830	Water Aerobics	Training Tank (Bldg. 1502)	Join this 30-minute water aerobics class for a low-impact, total-body workout that improves strength, endurance, and mobility. Water resistance provides effective training while minimizing joint stress. Open to all fitness levels.	MCGACC Patrons	830-6212
Every Thursday	0900-0945	Cycle & Strength	Community Center (Bldg. 1004)	A combination of strength and cardiorespiratory training. Focus on traditional weight room exercises with heart pumping cardio drills on the bike. Cycle and Strength is a free class and will be first come first serve. No registration required.	MCGACC Patrons	Joshua Miller joshua.miller@usmc-mccs.org 830-3910
Every Friday	0900 - 1000	TGIF	Community Center (Bldg. 1004)	Switch it up with this hard-hitting class to send you strong into the weekend. TGIF is a free class and will be first come first serve. No registration required.	MCGACC Patrons	Joshua Miller joshua.miller@usmc-mccs.org 830-3910