

January 2026

<https://29palms.usmc-mccs.org/>

Date	Time	Event Title	Location	Description/Purpose	Target Audience	MCCS Program POC
1/01-1/31	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 paint mandalas on rocks and Pursuing Happiness: Successful Strategies. No registration required.	Service Members / Spouses	Julie Bramman plmsppd@usmc.mil 830-4265
01/01	0300-1500	Active Duty Trip: Rose Parade	Pasadena, CA	Join us for the Rose Parade. An annual New Year's Day event in Pasadena, California, featuring elaborate, flower-covered floats, marching bands, and equestrian units. Registration for this trip starts December 12 at Spike's Place until spots are filled. It is free to go on the trip, but any purchases made is on you.	Active-Duty	Spike's Place, Darryl Elliot, darry.elliott@usmc-mccs.org, 830-4767
01/02	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 turning old sweaters into cozy, stockings. No registration required.	Children (12-17 yrs)	Ashley Harrell plmsppd@usmc.mil 830-6875
01/6 - 03/14	1700 -2030	Youth Sports Basketball Season	West Gym/East Gym	2026 Youth Sports Basketball League – Pre-K through 8th Grade Divisions may adjust based on enrollment. Practices and games will be held at the West Gym. The program fee is \$59.99 and includes a uniform (jersey and shorts) 830-1889 between 9:00 AM and 4:00 PM, card only. Registration is open and closes Tuesday, January 6th. Register at https://mccs29palmsyouthsports.leagueapps.com/leagues Department at 830-1889	Children/Teens, grades Pre-K through Junior High School	Youth Sports, Ricardo Soriano, Ricardo.soriano@usmc-mccs.org 830-6857
01/06	1000-1100	Accessing Community Resources	Exceptional Family Member Program, Bldg. 1447N	This workshop helps families connect with local, state & national resources tailored to their needs. Learn to navigate support systems, advocate effectively & build a service network to enhance quality of life for your Exceptional Family Member. Register by January 6, 2026 at https://29palms.usmc-mccs.org/calendar-of-events . The league is open to all authorized patrons. Registration open now!	MCAGCC Patrons	Alysia Mayberry-Harris alysia.mayberryharris@usmc.mil 830-7740
1/7 -3/26	1700 -2130	Intramural Sports Basketball Season	East Gym	Registration deadline: Tuesday, January 6, 2026. Registration Link: https://mccs29palmsintramuralsports.leagueapps.com/leagues Mandatory Coaches Meeting: Wednesday, January 7, 2026 at 5:00 PM Location: Sports Admin Building #801. Non-Active-Duty players must pay a \$20 one-time player fee prior to their first game. For more information: (760) 830-6857, 29athletics@usmc-mccs.org	All Authorized Patrons	Intramural Sports, Charcato Scipio, charcato.scipio@usmc-mccs.org 830-6857
1/7 -3/26	1700 -2130	Intramural Sports Flag Football Season	Felix Field (Turf)	2026 MCAGCC Flag Football Season, Open to all unit teams aboard MCAGCC. Felix Field Turf. Registration ends Tuesday, January 7th, 2026. Registration Link: https://mccs29palmsintramuralsports.leagueapps.com/leagues . For more information, contact MCCS Sports: (760) 830-6857, 29athletics@usmc-mccs.org	All Authorized Patrons	Intramural Sports, Kevin Lesko, kevin.lesko@usmc-mccs.org 830-6857

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01/08	0800-1600	Baby Boot Camp	Register for location	Psycho educational class for expectant/new parents. It includes education on parental self-care and care of a newborn. Register by January 1, 2025 by emailing plmsfap@usmc.mil or calling 760-830-7622.	Expecting Parents	Anna Thomalla plmsfap@usmc.mil 830-7622
01/08	1000-1700	Around the World 360	Shadow Mountain Branch Library, Bldg. 692	"Around the World" library event, you'll travel across continents — no passport required! This interactive celebration brings together stories, traditions, music, crafts, and cuisines from cultures around the globe. Cultural Crafts & Activities, Passport Adventure, where patrons can pick up your event passport and get it stamped at each "country" you visit, sample international snacks, and games. No registration required.	Children (0-12 yrs)	Ashley Harrell plmsppd@usmc.mil 830-6875
01/09	1700-1900	Star Party	Combat Center Library, Bldg. 1524	Patrons will have the opportunity to view the moon, the stars, and planets using the telescopes owned by the Combat Center Library. There will also be many fun activities and crafts for patrons to get involved in. No registration required.	Marines & Families	Ashley Harrell plmsppd@usmc.mil 830-6875
01/10	0900-1000	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.mayberryharris@usmc.mil 830-7740
01/10	0730-2200	Active Duty Trip: Palm Springs Ariel Tram and The River	Palm Spring/Rancho Mirage, CA	A Day Trip to Palm Springs Aerial Tramway & The River! Get ready for an unforgettable day filled with breathtaking views, fun and games - Palm Springs Aerial Tramway Ride \$33.86 per person, The River, Escape Room, Dave & Buster's, Movie Theatre and tons of dining choices. The River experiences are pay-your-own-way. Registration for this trip starts December 19 at Spike's Place until spots are filled	Active-Duty	Spike's Place, Courtney Chambers, courtney.chambers@usmc-mccs.org , 830-6608
01/12	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, and more Register by January 12, 2026 by calling 760-830-4030, emailing plmsppd@usmc.mil , or in-person at CRO.	MACGCC Patrons	Gillian Luera plmsppd@usmc.mil 830-4030
01/12	1730-2030	Active Duty Event: Dungeons and Dragons	Spike's Place (Bldg. 1532)	Join us for an immersive evening of Dungeons & Dragons, where imagination reigns and teamwork is key. Whether you're a seasoned adventurer or new to the realm, you'll work with fellow players to build fantasy world, solve puzzles, battle mythical creatures, and forge unforgettable stories together. This is a free event. No registration required.	Active-Duty	Spike's Place, Alejandro Galicia, alejandro.galicia@usmc-mccs.org 830-4767



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01/13	1000-1130	Introduction to EFMP / Respite Care Overview	Exceptional Family Member Program, Bldg. 1447N	Military Parents,Take a Break! This EFMP Respite Care event is designed to raise awareness among service members and their families about the Exceptional Family Member Program (EFMP) and Respite Care what it is, why it matters, and how it can make a difference in your life. Learn who qualifies, how to apply, and the free resources available to support your family's unique needs. Register by January 13, 2026 at https://29palms.usmc-mccs.org/calendar-of-events	MCAGCC Patrons	Alysia Mayberry-Harris alyssia.mayberry@usmc.mil 830-7740
01/14	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. Registration highly encouraged by calling 760-830-6344.	Active Duty / Spouse	Brittany Rising brittany.rising@usmc.mil 830-6344
01/14	1300-1500	Accessing Digital Parenting	Twentynine Palms Elementary School	A.C.C.E.S.S for Engaged Digital Parenting Awareness of screen time impact Conversations to continue dialog, Check In Often to continue engagement , Exemplify what healthy screen time looks like, Schedule family time, Sustain time away from screens. Registration required by January 13, 2026 at https://29palms.usmc-mccs.org/calendar-of-events	Parents/Families	Lorraine Miller-Nara lorraine.millernara@usmc.mil 830-1574
01/15	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, emailing plmsppd@usmc.mil , or in-person at CRO.	Spouses	Gillian Lueria plmsppd@usmc.mil 830-4030
01/16	0830-1530	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 January 13, 2026 at https://29palms.usmc-mccs.org/calendar-of-events .	Spouses	Samantha Sortino plmsmcftb@usmc.mil 830-1696
01/16	1800-2000	Active Duty Event: Trivia Night	Spike's Place (Bldg. 1532)	Gather your friends, sharpen your wits, and get ready for a night of fun, learning, and friendly competition! Join us for Trivia Night, where teams will battle it out — from pop culture and history to science, sports, and everything in between. Whether you're a walking encyclopedia or just in it for the fun, there's a place for everyone at the table. This is a free event. No registration required.	Active-Duty	Alejandro Galicia, alejandro.galicia@usmc-mccs.org 830-4767
01/17	0800-1300	Active Duty Trip: Joshua Tree & 29 Palms Farmers Market	Joshua Tree/29 Palms, CA	Desert Market Hop: Joshua Tree & 29 Palms Farmers Markets Spend your day exploring the vibrant heart of the High Desert with a visit to two local farmers markets — Joshua Tree Certified Farmers Market & 29 Palms Farmers Market Local honey, jams, and spices, Handmade goods and desert-inspired gifts, Food trucks and tasty bites, and more. Registration for this trip starts January 2 at Spike's Place until spots are filled. — just bring your tote bags and a sense of adventure!	Active-Duty	Spike's Place, Courtney Chambers, courtney.chambers@usmc-mccs.org , 830-6608

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Date	Time	Event Title	Location	Description/Purpose	Target Audience	MCCS Program POC
01/18	1400-2000	Active Duty Event: Ramen & Reelz	Spike's Place (Bldg. 1532)	Calling all anime fans! Spend the day diving into epic worlds, unforgettable characters, and jaw-dropping stories as we stream a mix of anime shows, movies, and reelz — from action-packed adventures to heartwarming tales. One free cup of ramen to fuel your fandom! No registration required — just bring your love for anime and get ready to vibe with fellow fans. Cosplay welcome, comfy clothes encouraged, and good times guaranteed!	Active-Duty	Spike's Place, Alejandro Galicia, alejandro.galicia@usmc-mccs.org 830-4767
1/21-1/23	0830-1600	Command Financial Specialist	Education Center, Bldg. 1530	Train CFS to provide financial education and training, counseling, and information referral at the command level. Registration is recommended by calling 760-830-4032 or emailing plmsppd@usmc.mil .	Active Duty	Hunter Keniry hunter.e.keniry@usmc.mil 830-4032
01/21	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
01/22	0800-1600	Baby Boot Camp	Register for location	Psycho educational class for expectant/new parents. It includes education on parental self-care and care of a newborn. Register by January 15, 2025 by calling (760) 830-7622 or emailing plmsfap@usmc.mil	Expecting Parents	Anna Thomalla plmsfap@usmc.mil 830-7622
01/22	0900-1000	Pop In with EFMP	Exceptional Family Member Program, Bldg. 1447N	Workshop will help families Learn about the services and support available for your family, grab helpful resources, and enjoy a fun treat. Families will walk away with information on respite care, case management, workshops, and upcoming events — all designed to help your family thrive. No appointment needed—just pop in! No registration required.	MCAGCC Patrons	Alysia Mayberry-Harris alysia.mayberryharris@usmc.mil 830-7740
01/23	1800-2000	Single Marine Laser Tag	Del Valle HITT Field	Active Duty aboard MCAGCC 29 Palms are invited out to play laser tag "Capture the Flag" event hosted by Marine Corps Family Team Building. Food, drinks, prizes, and music will be provided. Registration required and available until the day of event at Single Marine Program Spike's Place with Courtney Chambers.	Active Duty	Zachery Hill zachery.hill@usmc.mil 830-3115
01/24	0900-1100	Polar Plummets	Family Pool (bldg 697)	Take the plunge and test your bravery as we kick off the new year with a splash! This event is open to all authorized patrons and free to participate. Register at: https://mccs29palmsintramuralsports.leagueapps.com/events/4817641-polar-plummets . Giveaways for the first 50 to register. Registration closes 22 Jan.	All Authorized Patrons	Wesley Geduld Wesley.Geduld@usmc-mccs.org

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01/24	1800-2000	Active Duty Event: Nidhogg Tournament	Spike's Place (Bldg. 1532)	Sharpen your reflexes and prepare for pixelated combat in our Nidhogg Tournament — a fast-paced, side-scrolling sword-fighting showdown where only the most cunning and agile will claim victory! Free to enter. Sign up on-site before the first match — limited slots available! Seasoned duelist or a curious newcomer, this is your chance to battle for bragging rights and eternal (digital) glory. Let the blades clash!	Active-Duty	Spike's Place, Darryl Elliott, darryl.elliott@usmc-mccs.org 830-4767
01/26	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
01/26	1730-2030	Active Duty Event: Dungeons and Dragons	Spike's Place (Bldg. 1532)	Join us for an immersive evening of Dungeons & Dragons, where imagination reigns and teamwork is key. Whether you're a seasoned adventurer or brand new to the realm, you'll collaborate with fellow players to build a rich fantasy world, solve puzzles, battle mythical creatures, and forge unforgettable stories together. This is a free event. No registration required.	Active-Duty	Spike's Place, Alejandro Galicia, alejandro.galicia@usmc-mccs.org 830-4767
01/27	1000-1100	Recreation Inclusion	Exceptional Family Member Program, Bldg. 1447N	This will introduce families to EFMP Recreation Inclusion Opportunities, providing information and resources to help children with special needs participate in recreational activities. Families will learn how to access inclusive programs, advocate for their child's involvement, and build connections with other families for ongoing support and community engagement. Register by January 27, 2026 via https://29palms.usmc-mccs.org/calendar-of-events .	MCAGCC Patrons	Alysia Mayberry-Harris alysia.mayberryharris@usmc.mil 830-7740
01/30	1000-1130	Sponsorship Coordinator Training Workshop	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
01/30	1800-2000	Active Duty Event: Karaoke Night!	Spike's Place (Bldg. 1532)	Step into the spotlight and let your voice shine at Karaoke Night, where the mic is yours and the vibes are electric! A wide selection of songs across genres — Bring Friends: Cheer each other on, duet your favorite jams, or go solo and steal the show. Free to participate. No registration required, just show up and sing! Whether you're a shower singer or a stage star, this is your night to belt it out and make memories.	Active-Duty	Spike's Place, Alejandro Galicia, alejandro.galicia@usmc-mccs.org, 830-4767
01/30	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

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01/31	0900-1400	Active Duty Event: 5 on 5 Flag Football Tournament	Victory Field	5-on-5 Flag Football Tournament! Whether you're a seasoned player or just looking to have some fun, this event is about speed, strategy, and sportsmanship. Teams: 5 players per side — bring your crew or join one on-site. Round-robin or bracket-style play depending on turnout. Outsmart your opponents, score touchdowns, and claim the championship title! Free to play. Pre sign up forms available at Spike's Place, limited spots available!	Active-Duty	Spike's Place, Alejandro Galicia, alejandro.galicia@usmc-mccs.org 830-4767
01/31	1200-2300	Active Duty Trip: Monster Jam	Anaheim, CA	Get ready for an adrenaline-fueled experience as Monster Jam returns to Angel Stadium of Anaheim with its signature blend of massive trucks and jaw-dropping stunts. This is your chance to witness 12,000-pound machines defy gravity and battle for supremacy in the Stadium Championship Series. Registration starts January 16 at Spike's Place. Cost is \$57.	Active-Duty	Spike's Place, Darryl Elliott, darryl.elliott@usmc-mccs.org 830-4767
Weekly Events in January						
Date	Time	Event Title	Location	Description/Purpose	Target Audience	MCCS Program POC
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. No registration required.	Families	Ashley Harrell plmsppd@usmc.mil 830-6875
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, wood burning 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 plmsppd@usmc.mil 830-4265/6875
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 Keenan erin.keenan@usmc.mil 830-6881

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2nd and 4th Tuesday	1100-1200	Moms, Pops & Tots Playcorner	Shadow Mountain Branch Library, Bldg. 692	Military, Pops & Tots Play corner is a monthly playgroup that allows parents of children ages 0-3 to receive education and support in parent-child interactions. Play corner will be held during the Tiny Tales Lap sit on the 2nd & 4th Tuesdays of each month at the Shadow Mountain Branch Library with educational information and activities. No registration required.	Parents & Children (0-3 yrs)	Anna Thomalla plmsfap@usmc.mil 830-7622
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	Ashley Harrell plmsppd@usmc.mil 830-6875
Every Tuesday (First Class on 13 Jan)	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 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	Active-Duty Only	RWS, Jamie Garcia, Jamie.Garcia@usmc-mccs.org
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	Ashley Harrell plmsppd@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 & Saturday	1100-1200	Wood Hobby Shop: Safety Class	Wood Hobby Shop (Bldg. 1342)	Woodworking safety class to learn proper techniques and precautions, helping prevent injuries and ensure a safe working environment. The class covers the safe use of tools and equipment, proper handling of materials, personal protective equipment (PPE), and emergency procedures. Participants will gain knowledge on how to operate saws, drills, and sanders safely, recognize hazards, understand the importance of workspace organization and maintenance. This class is a requirement	18+ MCAGCC Patrons (Ages 16-17 w/adult)	Wood Hobby Shop, Robert Henry, Robert.Henry@usmc-mccs.org 830-7214
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. Jan 8, 2026: Module: Dealing with Stress, Jan 15, 2026: Module: Developing Empathy, Jan 22, 2026: Module: Respond Instead of React, Jan 29, 2026: Module: Self Talk For additional information or registration call 760-830-6345	Active Duty / Spouses / Dependents 18+	Nina Morales & Barbara Griswold plmsfap@usmc.mil 830-6345



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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
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 Friday	0800 - 1930	National Hot Tea Month	Combat Center Library, Bldg. 1524	Join us in sampling a variety of teas as we celebrate National Hot Tea Month every Friday in January. Learn about brewing of teas, where tea is grown and more. No registration required.	MCAGCC Patrons	Julie Bramman plmsppd@usmc.mil 830-4265

WEEKLY GROUP EXERCISE SCHEDULE

Date	Time	Event Title	Location	Description/Purpose	Target Audience	MCCS Program POC
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	Community Center, Joshua Miller, joshua.miller@usmc-mccs.org 830-3910
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	Community Center, 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	Community Center, Joshua Miller, joshua.miller@usmc-mccs.org 830-3910
Every Thursday	0900-0945	Cycle & Strength	Community Center (Bldg. 1004)	A combination of strength and cardiopulmonary 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	Community Center, 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	Community Center, Joshua Miller, joshua.miller@usmc-mccs.org , 830-3910