

Happy Valentine's Day



Fort Monroe DFMWR Newsletter

February 2010

Please take the time to browse our newsletter which highlights key events and programs for the month of February, and continue to visit our [website's calendar of events](#) for a full listing of programs and services offered to the Fort Monroe Community.



BIGGEST LOSER COMPETITION

It's not too late to sign up to compete and begin working towards a leaner healthier body! The competition runs from February - April. Register at the Fitness Center front desk. [Click here](#) to view the flyer. Information, 788-4771.



SATURDAY YOGA

During the month of February, the Fitness Center has added three Saturday yoga classes: Feb 6, 20 and 27 from 9 a.m. - 10 a.m. Whether you're new to yoga or challenging yourself to build to the next level, these classes will help increase your stamina and strength. For more information, 788-4771.



LINCOLN PENNY SWIM

Fifty dollars or more in coins will be tossed into the indoor pool on February 13 from 1 p.m. - 2 p.m. A lucky few who recover specially-marked pennies and gold dollars will win various prizes including gift certificates, discounts and more! To view the flyer [click here](#). Information, 788-3301.

facebook

Facebook helps you connect and share with the people in your life.



FACEBOOK FOR PARENTS

Discover what "private" really means and how information posted can affect your child's future. Bring your lunch and join in this informative workshop hosted by Army Community Service on February 17 from 11 a.m. - 12:30 p.m. at the Soldier & Family Support Center. [Click here](#) to view the flyer. To register, call 788-3878.

CHOCOLATE CHIP COOKIE DAY



SAVE THE DATE!

The Frame & Craft Shop will be hosting their annual Chocolate Chip Cookie Day on Friday, March 5 from 9 a.m. - 5 p.m. In addition to free cookies, receive a 10% discount on custom framing. To view the flyer [click here](#). For more information, call 788-2728.

SPRING ARTS & CRAFTS FAIR



SAVE THE DATE

Mark your calendars to stop by this year's Spring Arts & Crafts Fair on April 16 & 17 at the Community



PRESIDENT'S DAY SPECTACULAR

Stop by the Bowling Center on President's Day, February 15 for the Holiday Spectacular. From 10 a.m. - 3 p.m., all bowling game prices range from one penny to one dollar. Draw a U.S. coin from the bag to determine the amount you pay. To view the event flyer, [click here](#). For more information, call 788-2939.



PARENT'S NIGHT OUT

Enjoy an evening without the kids on February 19. The Child Development Center and School Age Services will be hosting Parent's Night Out from 6-9 p.m. Dinner & games will be offered to children ages infant to 5th grade. To register your child or for more information, call 788-3595.



RETIREMENT & TSP WORKSHOP

Whether you're thinking of starting a Thrift Savings Plan (TSP) contribution or have been contributing for years, this workshop will provide a wealth of information to help you be financially prepared for retirement. February 23 from 9 a.m. - 11:30 a.m. at the Soldier & Family Support Center. To view the flyer, [click here](#). Pre-registrations requested 788-3878.



WELCOME NEW MWR EMPLOYEES

Nicholas Carlomany - Aquatics
Randy Blanchard - Bowling Center
Stefanie Vasquez - Child Development Center

Activities Center from 10 a.m. - 3 p.m. Discover unique arts & crafts offered by local artisans. For vendor or information, call 788-3151.

SPRING GOLF CLASSIC



REGISTER TODAY

Registration forms are now available to participate in Fort Monroe's Annual Spring Golf Classic scheduled for April 16 at Kiln Creek Golf Course. Space is limited to 32 foursomes, so don't delay! [Click here](#) to download the registration form. To view the event flyer, [click here](#). Information, 788-3301.

Quick Links
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