



Marine Corps Community Services Hampton Roads Programs and Events

May 2022

MCX Sales

April 27 - May 10

For Every Mom! 20% Off Mommy and Me Grunt Style Graphic Tees, 20% Off Select Handbags, Watches & Sunglasses, \$12.99 for Yankee Candle Large Jars and 2-Wick Tumblers and so much more!!

April 27 – May 2

Red Tag Clearance. Additional % off Already Reduced Prices

May 11 - 24

Level Up! Sight and Sound: Speakers, Earbuds, GoPro, Cameras

May 18 - 30

Memorial Day..Remember and Honor

25% Off Weber Grills, 20% Off Oakley Sunglasses

Red Tag Clearance. Additional % off Already Reduced Prices

May 31 – June 7

Corps Days Prime Deals. Scratch off Coupon Available

Recreational

May 14, 1300

Registration is required by May 11

Family Day at Virginia Zoo: 3500 Granby Street Norfolk, email efmp.mccshr@usmc-mccs.org. MCCS will provide \$10.00 per family to offset entrance fees. A parent/caregiver and “differently-abled” family member(s) enter the zoo at no cost. (EFMP Only)

May 25, 1800

Marine Corps Spouses Social

Mellow Mushroom (110 S Henry St. Williamsburg). Appetizers provided

May 26, 1000

Walk and Talk

RSVP required by the day prior to event: mcfyb.mccshr@usmc-mccs.org. Mt. Trashmore Park (310 Edwin Drive, Virginia Beach). Children and Strollers Welcome

Health and Fitness

contact: [Semperfit.mccshr@usmc-](mailto:Semperfit.mccshr@usmc-mccs.org)

mccs.org

May 16 – 20

HITT Course - *Interested in establishing a HITT Course? Contact our HITT Coordinator at 757 445 1288*

Inbody Scan and Nutritional Consults by appointment.

New MCX Hours of Operation

Store Hours

Mon – Fri: 0800 – 1800

Sat – Sun: 1030 – 1800

Gun Counter

7 Days a week: 1200 – 1800

Barber Shop

Mon – Fri: 0930 – 1700

Sat – Sun: 1030 – 1700

SMP

contact: smp.mccshr@usmc-mccs.org

May 6, 1000 – 1700

May 7, 1000 – 1400 & 1630 – 2030

May 8, 0900 - 1200:

Seton Youth Shelter Annual Kentucky Derby Volunteer Event | 1833 Princess Anne Road

Seton Youth Shelter is in desperate need for volunteers assist them with various setup/teardown assistance during their Kentucky Derby Fundraiser. Lunch is provided for volunteers on Friday and Saturday. *Note: Must be at least 21 or over to volunteer for the 1630-2030 timeslot on May 7th.

May 7, starts at 1300

Virginia Beach Festival of Champions :

Mount Trashmore Park, Virginia Beach 23532

Transportation provided. Contact your SMP coordinator

May 12, 1130 – 1230

Southside Meeting – Naval Air Station Oceana

Monthly discussion with the SMP Council on recreational activities, community involvement, and quality of life concerns. Senior leadership is always encouraged to come. Light refreshments are provided.

May 19, 1300 – 1400

Yorktown Peninsula Meeting – MCSFR Regiment Building | 1st Floor Conference Room

Monthly discussion with the SMP Council on recreational activities, community involvement, and quality of life concerns. Senior leadership is always encouraged to come. Light refreshments are provided.

May 19, 2000 - 2200

Chesapeake Jubilee 2022: Shrimp Feast and carnival. Music, food and

fireworks | City Park Dr., Chesapeake, VA 23320

Admission \$3.00. Transportation provided.

May 30, 1300 – 1600

VFW Memorial Day Veteran Remembrance Volunteer Opportunity – Norfolk VFW Post 4809

Looking for Marines to assist the VFW in placing flags/flowers near the headstones of forgotten war veterans that may not get any visitors on Memorial Day. (Not a ceremonious event)

June 3, 1200 - 1500

Fort Monroe Exploration Trip

Transportation provided. Meet at the BN at 1130

FREE Marine Corps Spouse Appreciation Events:

Colonial Escape Room – May 14, 1300 - 1500
 Painting with a Twist – May 28, 1300 – 1500
 Only 12 spots available for each
 RSVP required: omb.mcftbnorfolk@usmc-mccs.org

Training and Education

contact: mcftb.mccshr@usmc-mccs.org or efmp.mccshr@usmc-mccs.org

May 4, 1300 - 1500: MCFTB Virtual class

L.I.N.K.S. Foundations (Mods 5 & 6): Pay & Entitlements and Deployment 101

L.I.N.K.S. Foundations is an interactive program that introduces parents, spouses, Marines, and kids to the Marine Corps lifestyle. It provides essential information about benefits and entitlements, resources, Marine Corps history and traditions, separation and deployment, military pay, and more.

May 4, 1100 - 1200: EFMP Virtual Training

Intro to EFMP / <https://meeting.marinenet.usmc.mil/introefmp/>

May 12, 1900 - 2000: EFMP Virtual Training

Special Needs Forum / email efmp.mccshr@usmc-mccs.org for classroom link

May 17, 1300 - 1500: MCFTB Virtual class

L.I.N.K.S. Foundations (Mods 7 & 10): Safe & Sound All Around and Invest In Your Community

May 18, 1900 - 2000: EFMP Virtual Training

Recreation Inclusion Opportunities /

<https://meeting.marinenet.usmc.mil/elmore-efmp-inclusion/>

May 24, 1100 - 1200: EFMP Virtual Training

Managing Deployments /

https://meeting.marinenet.usmc.mil/managing_deployments/

June 7, 0900 - 1300 (Session 1)

June 9, 0900 - TBD (Session 2)...MCFTB In-Person

Must attend both sessions

Mentor Training

Prepares potential L.I.N.K.S. Mentors to successfully facilitate any section of L.I.N.K.S. Foundations.

June 29, 1300 - 1400: MCFTB Virtual class

L.I.N.K.S. Foundations (Mod 8): The Places You'll Go

NAME	TITLE	PHONE NUMBER	CELL PHONE	EMAIL ADDRESS
Mary Collins	Director, MCCS	757-445-1255	757-652-1734	mary.collins@usmc-mccs.org
PROGRAMS				
GySgt John Muir	MCX Director, Business Operations	757-423-1187 ext 206	802-370-4610	john.muir@usmc-mccs.org
Kim Kadish	MCFTB Trainer	757-445-6875/445-1325	757-288-8269	kimberly.kadish@usmc-mccs.org
Ken Cogdell	Single Marine Program Coordinator		757-749-7897	kenneth.cogdell@usmc-mccs.org
Allen Sese	HITT Program Manager	757-445-1288	757-288-8916	allen.sese@usmc-mccs.org
Lisa Bickerton	Human Performance Program Manager	757-445-1288	Coming soon	lisa.bickerton@usmc-mccs.org
Karina Phillips	EFMP Manager	757-444-6194	757-981-1990	karina.phillips@usmc-mccs.org
Scott Council	EFMP Case Worker		757-600-1366	scott.council@usmc-mccs.org

MCX/Marine Mart.....757-423-1187

MCX: 0800 – 1800 (Monday – Friday)

1030 – 1800 (Sat/Sun/Hol)

Gun Counter: 1200 – 1800 (Sunday - Saturday)

Barber Shop: 0930 – 1700 (Monday – Friday)

1030 – 1700 (Saturday/Sunday)

MCCS Gas Station.....Pay at the Pump

Hopkins Hall Gym.....757-445-2742

0500 - 1900...Monday - Friday

1000 - 1400...Saturday/Sunday

MCCS Outdoor Rec.....757-445-2742

Command Rentals by Appointment

Follow us!

MCCS Programs:

<https://www.facebook.com/MCCSHamptonRoads>

<https://instagram.com/mccshamptonroads?r=nametag>

MCX and Gun Counter:

<https://www.facebook.com/NorfolkMCX/>

https://instagram.com/elmore_mcx?r=nametag

www.mccshamptonroads.com