

Monday, March 8

- ❑ Marine sandwich buffet 11 AM – 2 PM. \$8.75 includes Mega Salad Bar. Lunch menu 'til 4 PM; bar menu 4 – 8 PM. 703-614-2125

Tuesday, March 9

- ❑ Newcomers are welcome to attend a Welcome Aboard Orientation beginning at 8 AM. A tour of Washington D.C. begins at 12:30 PM. Sponsors attending receive a \$15 coupon for lunch at the Marine Club. For more information, call 703-614-7202
- ❑ LINKS for Spouses held 8:30 AM – 4:30 PM in Bldg. 12. Learn more about YOUR Corps! 703-693-1457
- ❑ It's Tex Mex Tuesday at the Marine Club. Buffet 11 AM – 2 PM. \$9.75. Lunch menu 'til 4 PM; bar menu 4 – 8 PM. 703-614-2125

Wednesday, March 10

- ❑ The SMP takes a day trip to Ski Liberty leaving Henderson Hall at 8 AM and returning at 6 PM. 703-614-4947
- ❑ A DTAP seminar with the VA representative is held 1 – 3 PM in Bldg. 29. Learn about service-connected disabilities. 703-614-6828
- ❑ Sale! The MCX has reduced prices on select Toshiba televisions and select Bose; 20% off Quiksilver and Roxy apparel. 703-979-8420.
- ❑ Communication & Conflict Resolution class 9 – 11 AM in Bldg. 12. 703-614-7202.
- ❑ The CRMC holds a resume-writing workshop 9 AM – 3 PM in Bldg. 29. This workshop includes Ten Steps to a Federal Job™ and private sector resume-writing tips. 703-614-6828
- ❑ Marine Club Italian Specialties buffet 11 AM – 2 PM. \$9.75 includes Mega Salad Bar. Lunch menu 'til 4 PM; bar menu 4 – 8 PM. 703-614-2125

Thursday, March 11

- ❑ Designer Month Week 2 today through March 14! Look for 20% off select apparel: Polo, Lauren, Calvin Klein, Vineyard Vines, Pendleton Wools, Bali, and Michael Kors. Also 20% off Born, Michael Kors, and Easy spirit shoes. Also Calphalon cookware 20% off; 15% off Waterford, Wedgwood, and Marquis tabletop and giftware; 15% off Hartmann luggage; 10% off Dirt Devil vacuums. Special pricing on LG televisions and DVD Home Theater System. See the [website](#) for complete Designer Month details. 703-979-8420.
- ❑ [Begonia Imports](#) natural therapy body packs comes to the MCX today through Sunday. 703-979-8420.
- ❑ Joint Services Hearts Apart support group for spouses of deployed service members is held at Fort Myer ACS, Bldg. 201. 703-693-8906.
- ❑ Military spouses are welcome at the Adecco Military spouse Career Connections job intake 10 AM – 2 PM in the CRMC. 703-614-6828
- ❑ Marine Club Southern Comfort buffet 11 AM – 2 PM. \$9.75 includes Mega Salad Bar. Lunch menu 'til 4 PM, bar menu 4 – 8 PM. 703-614-2125

Friday, March 12

- ❑ The SMP invites single or unaccompanied Marines to a Spring BBQ 4 - 9 PM. Free burgers, hot dogs, and more. 703-614-4947.
- ❑ Baby Boot Camp for expectant parents is held 8:30 AM – 3:30 PM in Bldg. 29. 703-614-7204.
- ❑ Bottle-signing event from Wente Vineyards in The Vineyard Wine & Spirits 2 – 5 PM. Taste Wente wines, too! 703-979-8420 ext. 105.
- ❑ Marine Club seafood buffet 11 AM – 2 PM. \$11.75 includes Mega Salad Bar. Lunch menu 'til 4 PM, bar menu 4 – 11 PM. 703-614-2125

Saturday, March 13

- ❑ Lois Hill Jewelry and Dooney & Bourke handbags are 20% today only at the Marine Corps Exchange. 703-979-8420
- ❑ Trunk shows/product representatives: Michael Kors shoes 10 AM – 2 PM; Vineyard Vines 10 AM – 2 PM.
- ❑ The Marine Club is open 11 AM – 4 PM for lunch. 703-614-2125

Upcoming and Ongoing...

- ❑ For ongoing tests provided by the Lifelong Learning Branch, please visit www.mcsHH.com/MFS/Lifelong_Learning.html.
- ❑ Group exercise classes at Smith Gym: Spin, Total Body Conditioning, Total Body Conditioning for seniors, and Zumba! Check out the schedule on our website: click www.mcsHH.com/SemperFit/Smith_Gym.html.

Introducing...

The Marine Club

Mega Salad Bar

Make Your Own, All-You-Care-to-Eat
A Healthy Choice for your Workday Lunch 11 AM – 2 PM

Salad Bar Only \$7⁹⁵ Add Salad Bar to any Lunch Sandwich \$2⁰⁰
FREE with the purchase of Daily Lunch Buffet

Bring this coupon in for \$2 off your Mega Salad Bar purchase or lunch daily lunch buffet. One coupon per customer per purchase.
Good only at The Marine Club Henderson Hall
Expires March 19, 2010
charge: 2410-01-6741

