



#### Monday, March 15

- ❑ TAP seminar for retiring Marines and their spouses, 7:45 AM – 4 PM in Bldg. 29, Rm. 105. 703-614-6828.
- ❑ Marine Club 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 16

- ❑ 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 17

- ❑ Stress Management class, 9 – 11 AM in Bldg. 12. Learn techniques for how to manage your stress. 703-614-7202.
- ❑ Exceptional Family Member Program "Introduction to Respite Care" 10 – 11 AM in Bldg. 29, Rm. 105. 703-693-5353.
- ❑ **Marine Club serves a St. Patrick's Day buffet lunch 11 AM – 2 PM featuring Corned Beef, Roasted Jameson Chicken, Shepherd's Pie, Chocolate Chip Mint Pie, and more! \$9.75 includes Mega Salad Bar. Bring your business card to enter to win a \$100 Visa gift card. Special Social Hour 4:30 – 8 PM in the Marine Club. Come by for contests and a chance to win a Visa gift card and Budweiser mirrors! Ask about the Marine Club Mug Club! Lunch and social hour are sponsored by Budweiser. 703-614-2125**

#### Thursday, March 18

- ❑ Designer Month Week 3 today through March 21! Look for 20% off select apparel and shoes: Brooks Brothers, Billabong, Maidenform, Johnston & Murphy, and Nine West. Also 15-20% select off jewelry, fragrances, and accessories from Kenneth Cole, Gucci, Juicy Couture, and Giorgio Armani. Also 10% Hoover vacuums and 15% off Lenox tabletop and giftware, Thomas Blackshear figurines, J.A. Henckel's Cutlery, and Briggs and Riley luggage. Lenox Presidential China goes on display today through Sunday. 703-979-8420.
- ❑ Meet the experienced Brooks Brothers team at a "Made-to-Order" event today 10 AM – 5 PM and tomorrow 9 AM – 4:30 PM. Brooks Brothers is 20% off in-stock and special orders through Sunday. For appointments, please call 800-249-6947 ext. 6444.
- ❑ Make your money work for you! Investments & Investing, Part 1 of 3, is held in Bldg. 12, conference room, 1 – 3:30 PM. 703-614-6950.
- ❑ 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 19

- ❑ Joyful Bath Co. returns to the Marine Corps Exchange today through March 21 with luxurious bath salts and gift sets. No synthetic fragrances, no parabens or preservatives, no artificial colors or dyes, no animal testing! 703-979-8420.
- ❑ Taste wines from France, Argentina, and Germany today in The Vineyard Wine & Spirits 3 – 6 PM. 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 20

- ❑ **Lenox Presidential China event 10 AM – 2 PM in the MCX atrium. Stop by and see the beautiful place settings of presidents and have the opportunity to purchase Lenox Tabletop and Giftware at 15% off . Refreshments will be served. 703-979-8420.**
- ❑ **Kate Spade handbags are 20% off today only at the Marine Corps Exchange. 703-979-8420**
- ❑ Meet the experienced Brooks Brothers team of sales associates and their fabric and tailoring experts at a "Made-to-Order" event today 9 AM – 4:30 PM. Brooks Brothers is 20% off in-stock and special orders through today. For appointments, please call 800-249-6947 ext. 6444. Meet product experts from Nine West noon – 4 PM and Johnston & Murphy 10 AM – noon in the MCX atrium. 703-979-8420.
- ❑ 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.mccsHH.com/MFS/Lifelong\\_Learning.html](http://www.mccsHH.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.mccsHH.com/SemperFit/Smith\\_Gym.html](http://www.mccsHH.com/SemperFit/Smith_Gym.html).
- ❑ The Marine Club offers Easter Sunday Brunch April 4, 10 AM – 2 PM. Featuring a menu of brunch favorites, the club will also have the Easter Bunny on hand to give treats to the children and to pose for photos (don't forget your camera!) The price is \$11.95 for adults, \$5.95 for children six – 12, and free for children five and under. Reservations are accepted at 703-614-2125.