

**RUN FOR A CAUSE** **FREE**

# 5K COLOR RUN

**& Summer Kick-Off**

**SATURDAY, MAY 18**  
9 a.m. to 1 p.m.

CEP-58 Gym  
Preregister at [navymwrmidlant.com/runs](http://navymwrmidlant.com/runs)  
by **Sunday, May 12 at midnight.**  
Same day registration begins at 7 a.m.

PROUDLY SPONSORED BY:  
NEX, USAA, Bosch Gardens, Water Country USA

**757-444-2276**

# Memorial Day COOKOUT

At Bldg. C-9 & Q-80

**Thursday, May 23**  
11 a.m.

Free Food

Open to active duty only. **757-444-5588**

LEARN THE BASICS OF SALTWATER FISHING FROM START TO FINISH!

# Learn to FISH

**FRIDAY & SATURDAY**  
**JUNE 7 & 8**

Open to active duty only.

**757-444-5588/4033**

## What is the Liberty Program?

The Liberty Program is geared toward offering low cost or FREE recreational opportunities to single junior enlisted sailors E-1 to E-6. There are two Liberty Centers onboard Naval Station Norfolk, Wind & Sea Recreation Centers at Bldg. C-9 and Bldg. Q-80.

### What we offer:

- Special Events (Barracks bashes, crafts, holiday celebrations)
- Competitions and Tournaments (gaming, darts, pool, table tennis, Texas Hold 'em and more!)
- Destination Trips (Washington, D.C. Tours, amusement parks, professional sporting events, casinos and more!)
- Shuttle for local outings (Norfolk Tides games, shopping malls, sporting events)
- Movie Viewing Areas (Navy Motion Picture Service)
- Computer and Wifi access
- Volunteer Opportunities

### Eligibility

Liberty's target patrons are active duty personnel, ranks E-1 to E-6; however, all active duty service members are eligible to participate in Liberty programs and use Liberty Centers.

### Guests

Accompanied guests, ages 18 and older, may participate in select programs alongside their sponsoring service member on a space-available basis.

Make a card to send your dad for Father's Day.

Supplies & postage provided.

# FATHER'S Day CARDS

**JUNE 10 TO 14**  
**AT BLDG. C-9 & Q-80**

Open to active duty and one guest age 18 or older. **757-444-5588**

## MWR Liberty Centers

### Wind & Sea Recreation Center at C-9

**9475 Bacon Avenue, Building C-9**

757-444-4033

#### HOURS OF OPERATION:

**Monday to Thursday:** Noon to 10 p.m.

**Friday & Saturday:** Noon to 11 p.m.

**Sunday:** Noon to 10 p.m.

### Wind & Sea Pierside Recreation Center at Q-80

**1910 Decatur Ave., Bldg. Q-80**

757-444-1216

#### HOURS OF OPERATION:

**Monday to Thursday:** Noon to 8 p.m.

**Friday:** Noon to 9 p.m.

**Saturday & Sunday:** 1 to 9 p.m.

### Wind & Surf Internet Cafe

**9475 Bacon Avenue, Bldg. C-9**

757-444-4033

#### HOURS OF OPERATION:

**Monday to Thursday:** Noon to 10 p.m.

**Friday & Saturday:** Noon to 11 p.m.

**Sunday:** Noon to 10 p.m.



IN THIS TEMPLE... THE PEOPLE... THE UNION... LINCOLN... IS ENSHRINED... HERE.

# Saturday, June 29

Shuttle departs at 5:30 a.m.

Washington, D.C.

Includes roundtrip transportation as well as hop-on and hop-off bus ticket.

**\$50**

Open to active duty and one guest age 18 or older.

**757-444-5588**

The Department of the Navy does not endorse any company, sponsor or their products or services.



# 2019 LIBERTY SPRING EVENTS

## APRIL

- Tuesday, April 2**
  - ▶ Tournament (Q-80)
- Wednesday, April 3**
  - ▶ Bowl-a-rama
- Thursday, April 4**
  - ▶ Tournament (C-9)
  - ▶ Theme Thursday (Q-80)
- Monday, April 8**
  - ▶ Movie Monday @ the Barracks
- Tuesday, April 9**
  - ▶ Tournament (Q-80)
  - ▶ Tranquil Tuesday (C-9)
- Wednesday, April 10**
  - ▶ Free Movie Night
- Thursday, April 11**
  - ▶ Tournament (C-9)
  - ▶ Pistol Qualifications
  - ▶ Theme Thursday (Q-80)
- Saturday, April 13**
  - ▶ NASCAR Trip
- Tuesday, April 16**
  - ▶ Tournament (Q-80)
- Wednesday, April 17**
  - ▶ Bowl-a-rama
- Thursday, April 18**
  - ▶ Tournament (C-9)
  - ▶ Paint & Sip (Q-80)
  - ▶ Theme Thursday (Q-80)
- Tuesday, April 23**
  - ▶ Tournament (Q-80)
- Wednesday, April 24**
  - ▶ Free Movie Night
- Thursday, April 25**
  - ▶ Tournament (C-9)
  - ▶ Rifle Qualification
  - ▶ Theme Thursday (Q-80)
- Friday, April 26**
  - ▶ Flapjack Friday
- Tuesday, April 30**
  - ▶ Tournament (Q-80)



**Paint & Sip** FREE

Enjoy an evening of painting fun & refreshments!

Paint & Sip will be held on the third Thursday of every month from 5:30 to 7:30 p.m. at Wind & Sea, Bldg. Q-80.

**MWR** 757-444-1216

## MAY

- Wednesday, May 1**
  - ▶ Bowl-a-rama
- Thursday, May 2**
  - ▶ Tournament (C-9)
  - ▶ Theme Thursday (Q-80)
- Friday, May 3**
  - ▶ National Whitewater Center Trip
- Monday, May 6**
  - ▶ Movie Monday @ the Barracks
  - ▶ Mothers Day Cards (through May 10)
- Tuesday, May 7**
  - ▶ Tournament (Q-80)
- Wednesday, May 8**
  - ▶ Free Movie Night
- Thursday, May 9**
  - ▶ Tournament (C-9)
  - ▶ Pistol Qualifications
  - ▶ Theme Thursday (Q-80)
- Saturday, May 11**
  - ▶ Liberty in the Community
- Tuesday, May 14**
  - ▶ Tournament (Q-80)
  - ▶ Tranquil Tuesday (C-9)
- Wednesday, May 15**
  - ▶ Bowl-a-rama
- Thursday, May 16**
  - ▶ Tournament (C-9)
  - ▶ Paint & Sip (Q-80)
  - ▶ Theme Thursday (Q-80)
- Saturday, May 18**
  - ▶ NSN Color Run & Block Party
- Tuesday, May 21**
  - ▶ Tournament (Q-80)
- Wednesday, May 22**
  - ▶ Free Movie Night
- Thursday, May 23**
  - ▶ Tournament (C-9)
  - ▶ Rifle Qualification
  - ▶ Memorial Day Cookout
  - ▶ Theme Thursday
- Monday, May 27**
  - ▶ Memorial Day
- Tuesday, May 28**
  - ▶ Tournament (Q-80)
- Thursday, May 30**
  - ▶ Tournament (C-9)
  - ▶ Theme Thursday (Q-80)
- Friday, May 31**
  - ▶ Flapjack Friday (C-9)

## JUNE

- Monday, June 3**
  - ▶ Movie Monday @ the Barracks
- Tuesday, June 4**
  - ▶ Tournament (Q-80)
- Wednesday, June 5**
  - ▶ Bowl-a-rama
- Thursday, June 6**
  - ▶ Tournament (C-9)
  - ▶ Theme Thursday (Q-80)
  - ▶ Liberty Focus Group (C-9)
- Friday, June 7**
  - ▶ SAQ Learn to Fish
- Saturday, June 8**
  - ▶ SAQ Learn to Fish
- Monday, June 10**
  - ▶ Fathers Day Cards (through June 14)
- Tuesday, June 11**
  - ▶ Tournament (Q-80)
  - ▶ Tranquil Tuesday
- Wednesday, June 12**
  - ▶ Free Movie Night
- Thursday, June 13**
  - ▶ Tournament (C-9)
  - ▶ Pistol Qualifications
  - ▶ Theme Thursday (Q-80)
- Saturday, June 15**
  - ▶ Learn to Surf
- Tuesday, June 18**
  - ▶ Tournament (Q-80)
- Wednesday, June 19**
  - ▶ Bowl-a-rama
- Thursday, June 20**
  - ▶ Tournament (C-9)
  - ▶ Paint & Sip (Q-80)
  - ▶ Theme Thursday (Q-80)
- Tuesday, June 25**
  - ▶ Tournament (Q-80)
- Wednesday, June 26**
  - ▶ Free Movie Night
- Thursday, June 27**
  - ▶ Tournament (C-9)
  - ▶ Rifle Qualifications
  - ▶ Theme Thursday (Q-80)
- Friday, June 28**
  - ▶ Flapjack Friday
- Saturday, June 29**
  - ▶ Washington, D.C. Trip

**NAVYMWR**  
MIDLANT.COM

**CALL 757-444-5588 OR 757-444-1216 FOR DETAILS.**

All events are subject to change.



Naval Station Norfolk Liberty in the Community

**FREE** VOLUNTEER PROGRAM

SECOND SATURDAY OF EACH MONTH!  
GIVE BACK TO OUR NORFOLK COMMUNITY!

**757-444-4033**



**FREE PANCAKES!**

**FLAPJACK FRIDAYS**

THE LAST FRIDAY OF EVERY MONTH  
7:30 TO 9 A.M. AT BLDG. C-9

Open to active duty only.



**Movie MONDAY**  
@ The Barracks

**APRIL 8, MAY 6 & JUNE 3 @ 7 P.M.**

WATCH CURRENT MOVIES AND ENJOY FREE PIZZA, SNACKS & DRINKS!

OPEN TO ACTIVE DUTY. 757-444-5588 / 4033



**RIFLE & PISTOL** qualifications

Active duty only. Space is limited!  
Register at Bldg. C-9.



**CALL FOR PRICING!**

**NASCAR RACE TRIP**

**SATURDAY, APRIL 13**  
AT RICHMOND RACEWAY

INCLUDES RACE TICKET, TRANSPORTATION & ACCESS TO MILITARY HOSPITALITY TENT.

OPEN TO ACTIVE DUTY AND ONE GUEST AGE 18 OR OLDER. **757-444-5588/4033**



**NATIONAL WHITEWATER CENTER**  
Overnight Trip

**CALL FOR PRICING! LIMITED SEATING!**

**Friday & Saturday, May 3 & 4**  
@ National Whitewater Center in Charlotte, N.C.

Enjoy outdoor recreation and athletic training including rafting, climbing, ziplining, high ropes, jumps and trails!

Receive a discounted hotel room when you agree to share a room. Open to active duty and one guest age 18 or older. **757-444-5588/4033**



**Mother's Day CARD CREATION**

Make a card to send your mother for Mother's Day.

SUPPLIES & POSTAGE PROVIDED.

Open to active duty only. **757-444-5588**

**MONDAY, MAY 6 THROUGH FRIDAY, MAY 10**  
AT BLDG. C-9 & Q-80