4th of July Celebration

July 4
Lejeune Field
July 4
Lejeune Field

5:30 PM  Start of event. Food truck vendors, beverage tent, and entertainment throughout the event to include: MCBQ Rock Band, Dixieland Band, and DJ Manny

8:20-8:40 PM  MCBQ Ceremonial Band and Colors

9:15 PM  Fireworks display

Schedule is subject to change. Time is approximate.

Face coverings are required when social distancing cannot be maintained.

Open to U.S. Government affiliated personnel, their families, and guests. No pets, outside alcohol, personal fireworks, shade structures, or portable cooking devices. For more information, visit quantico.usmc-mccs.org or call 703.784.5803.
MISSION
Enables operational readiness through quality programs and businesses that contribute to strengthening the mind, body, and spirit of Marines, Sailors, and their families.

VISION
To build a positive MCCS experience that is innovative, adaptive, and relevant.

FOLLOW US ON SOCIAL MEDIA
quanticomccs  @mccsquantico
mccsquantico  mccsquantico

HOLIDAY HOURS CAN BE FOUND ON OUR WEBSITE AND SOCIAL MEDIA.

We make every effort to provide accurate information in this publication. In the event that a program or activity changes, we will post the current information on our website and Facebook page. MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities. Please call if you need a reasonable accommodation to fully participate.
Veterans invited to
MONTHLY CHAT with
THE BASE COMMANDER
JULY 8, 9 AM
NEWS & EVENTS

MCX MAIN EXCHANGE
3500 RUSSELL RD, QUANTICO, VA 22134

Veterans are invited every month to chat with the CO! The Marine Corps Exchange invites you to hear about and discuss the latest news and events board Marine Corps Base Quantico.

FOR MORE INFORMATION, CALL 703.784.5803.
July Special

S’Mores Frappuccino
Available at TBS.
$5.25 Grande | $5.50 Venti

Iced Nutella
Available at Little Hall.
$5 Grande | $5.50 Venti

Limited time only. Open 6:30 AM - 2 PM.
CALENDAR OF EVENTS

JULY 1
HP Nutrition Class
11:30 AM - 12:30 PM | BPAC HP Classroom
703.784.2869
L.I.N.K.S. Crew Meet-up Group
10-11 AM | GRC | 703.784.2014
SMP Karaoke Night
6-8 PM | Main Side Rec Center | 703.432.0363
TCAQ Pub Night
4-8 PM | Devil Dog/SNCO/Officer’s Lng
703.784.4264

JULY 2
Summer Matinee, “Monsters, Inc.”
2 PM | Little Hall Theater | 703.784.2638

JULY 3
SMP Game Night
6-10 PM | Main Side Rec Center | 703.432.0363
TCAQ Pub Night
3-8 PM | Devil Dog/SNCO/Officer’s Lng
703.784.4264

JULY 4
4th of July Celebration
5:30 PM | Lejeune Field | 703.784.5803
July 4th Holiday Movie
2 PM | Little Hall Theater | 703.784.2638
SMP BBQ
NOON-4 PM | Main Side Rec Center | 703.432.0363
SMP July 4th Board Game Challenge
3-8 PM | Main Side Rec Center | 703.432.0363

JULY 7
FAP New Stress Management Course
1-3 PM | Little Hall | 703.784.2570

JULY 8
Chat with the CO
9 AM | MCX Main Store | 703.784.5803
MCFTB Family Readiness Adv/Asst Training
9 AM - 2 PM | VEC, Classroom 6 | 703.784.2014
SMP Karaoke Night
6-8 PM | Main Side Rec Center | 703.432.0363

JULY 10
FAP Incident Determination Committee (IDC)
8:15 AM - 4 PM | Little Hall, FAP Room 2
703.784.2570
NPSP Breastfeeding Basics
8:30 AM - 12:30 PM | Little Hall, NPSP Room
703.784.4248
SMP Game Night
6-10 PM | Main Side Rec Center | 703.432.0363
TCAQ Pub Night
3-8 PM | Devil Dog/SNCO/Officer’s Lng
703.784.4264

JULY 11
SMP PWFP - Volunteers
8:30 AM | Main Side Rec Center | 703.432.0363
SMP Quantico Main Side Hiking Trip
8 AM | Main Side Rec Center | 703.432.0363

JULY 13
HP Fueled for Fitness Kids Camp (7/13-16)
1-3 PM | BPAC | 703.784.2869

JULY 14
FAP New Stress Management Course
1-3 PM | Little Hall | 703.784.2570
L.I.N.K.S. New Volunteer Orientation
4-5 PM | VIRTUAL - Adobe Connect | 703.784.2014
L.I.N.K.S. Team Meeting
5:30-7 PM | VIRTUAL - Adobe Connect
703.784.2014
P&P 10 Steps to a Federal Job
8 AM - NOON | RFSC | 703.784.4963
SMP Base Clean Up - Volunteers
7:30 AM | Main Side Rec Center | 703.432.0363

JULY 15
Commander’s Movie Night “Forrest Gump”
6 PM | Little Hall Theater | 703.784.2638
SMP Council Meeting
2-3 PM | Conference Call | 703.432.0363

SMP Karaoke Night
6-8 PM | Main Side Rec Center | 703.432.0363

TCAQ Pub Night
4-8 PM | Devil Dog/SNCO/Officer’s Lng
703.784.4264

JULY 16
Summer Matinee, “Finding Nemo”
2 PM | Little Hall Theater | 703.784.2638

P&PD PCS CONUS (not including Alaska/Hawaii)
9-11:15 AM | RFSC | 703.784.4963

JULY 17
NPSP Baby Boot Camp
8:30 AM - 3:30 PM | Little Hall, NPSP Room
703.784.4248

SMP Game Night
6-10 PM | Main Side Rec Center | 703.432.0363

TCAQ Pub Night
3-8 PM | Devil Dog/SNCO/Officer’s Lng
703.784.4264

JULY 18
SMP Horseback Riding Trip
8 AM | Main Side Rec Center | 703.432.0363

JULY 21
FAP New Stress Management Course
1-3 PM | Little Hall | 703.784.2570

NPSP 1-2-3 Magic
3-5 PM | Little Hall, NPSP Activity Rm | 703.784.4248

JULY 22
SMP Karaoke Night
6-8 PM | Main Side Rec Center | 703.432.0363

TCAQ Pub Night
4-8 PM | Devil Dog/SNCO/Officer’s Lng
703.784.4264

JULY 24
SMP Game Night
6-10 PM | Main Side Rec Center | 703.432.0363

TCAQ Pub Night
3-8 PM | Devil Dog/SNCO/Officer’s Lng
703.784.4264

JULY 25
BPAC Spintacular!
8:15-10:15 AM | BPAC | 703.784.2339

SMP PWFP - Volunteers
8:30 AM | Main Side Rec Center | 703.432.0363

JULY 28
FAP New Stress Management Course
1-3 PM | Little Hall | 703.784.2570

FAP Within My Reach Workshop
9 AM - 4 PM | TBS/Cox Hall/2nd Flr | 703.784.2570

P&PD Resume Boot Camp
9 AM - NOON | RFSC | 703.784.4963

JULY 29
MCFTB Say What? Workshop
9 AM - NOON | Little Hall, Lower Lvl, Room 1
703.784.2014

P&PD Home Buying Class
9 AM - 3 PM | RFSC | 703.784.2650

SMP Karaoke Night
6-8 PM | Main Side Rec Center | 703.432.0363

TCAQ Pub Night
4-8 PM | Devil Dog/SNCO/Officer’s Lng
703.784.4264

JULY 30
Summer Matinee, “The Incredibles”
2 PM | Little Hall Theater | 703.784.2638

P&PD PCS OCONUS (including Alaska/Hawaii)
9-11 AM | RFSC | 703.784.4963

JULY 31
NPSP Baby Boot Camp
8:30 AM - 3:30 PM | Little Hall, NPSP Room
703.784.4248

SMP Game Night
6-10 PM | Main Side Rec Center | 703.432.0363

TCAQ Pub Night
3-8 PM | Devil Dog/SNCO/Officer’s Lng
703.784.4264
FAMILY CARE

CHILD AND YOUTH PROGRAMS (CYP)
- CDC N: 3311 Purvis Rd.
- CDC S: 3314 Purvis Rd.
- 703.784.4470
- 703.784.3652

Child Care and PCSing
Whether PCSing now or later in the year, you are able to request child care at any military base around
the world through MilitaryChildCare.com. Your spot on the wait list will be held, but you will not receive any
offers until 30 days before the actual care date. For additional support contact MilitaryChildCare.com or
855.696.2934.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)
- 2034 Barnett Ave.
- 703.784.9395
- QuanticoEFMPoffice@usmc-mccs.mil

SCHOOL LIAISON PROGRAM (SLP)
- 2034 Barnett Ave.
- 703.784.4729
- QuanticoSchoolLiaison
- QuanticoSchoolLiaison@usmc-mccs.org

Public School:
Virginia School Quality Profile information
Virginia’s School Quality Profiles provide information about student achievement, college and career
readiness, program completion, school safety, teacher quality, and other topics of interest to parents and
the general public. Report cards are available for schools, school divisions and for the commonwealth for
informational purposes. If you are interested in your school’s report card and how they compare to other
schools in the division visit schoolquality.virginia.gov.

Home School:
Home Educator’s Association of Virginia (HEAV)
Looking for information on homeschooling in Virginia? Need to know about the Virginia homeschool
laws, or the Virginia homeschool testing requirements? Are you taking your child out of school to begin
homeschooling? Or are you a veteran homeschooler needing some extra homeschool support? Home
Educators Association of Virginia has more than 2,000 web pages of Virginia homeschool information,
resources, field-trip ideas, and more! If you would like more information on homeschooling your child in
Virginia visit heav.org.

Private School:
Virginia Council for Private Education (VCPE)
VCPE oversees accreditation of private preschool, elementary and secondary schools in the
Commonwealth of Virginia. VCPE facilitates a statewide framework for communication and cooperation
among private schools, their public school counterparts, state and local governments, and other agencies
and organizations. If you are interested in finding an accredited private school in the Commonwealth of
Virginia you can visit vcpe.org.

YOUTH SPORTS (YS)
- 3312 Purvis Rd.
- 703.784.9756 / 703.784.5637
- QuanticoYouthCenter@usmc-mccs.org
SEEKING VOLUNTEER COACHES. FIRST CHILD OF HEAD COACH IS FREE.

2020 YOUTH SPORTS SUMMER CAMP REGISTRATION
REGISTER IN THE YOUTH SPORTS OFFICE

FLAG FOOTBALL
► REGISTRATION:
   NOW - JULY 3
► CAMP DATES:
   JULY 6-10, 9 AM - NOON
► AGES: 5-12

$85

HIP HOP DANCE CAMP
► REGISTRATION:
   JUNE 22 - JULY 31
► CAMP DATES:
   AUGUST 3-7, 9-11 AM
► AGES: 5-12

$75

Must provide proof of ages when registering and participants MUST bring their own water bottle.

FOR MORE INFORMATION, CALL 703.784.9756
COMMUNITY COUNSELING PROGRAM (CCP)
- 2034 Barnett Ave., Little Hall  703.784.3523
- 24009 Montezuma Ave., Cox Hall, West Side  703.432.6442

CONSOLIDATED SUBSTANCE ABUSE COUNSELING CENTER (CSACC)
- 2034 Barnett Ave., Little Hall  703.784.3502 / 703.784.3503 / 703.784.3504

FAMILY ADVOCACY PROGRAM (FAP)
- 2034 Barnett Ave., Little Hall  703.784.2570

STRESS MANAGEMENT WORKSHOP

JULY 7, 14, 21, & 28, 1-3 PM
LITTLE HALL

WITHIN MY REACH

July 28, 9 AM - 4 PM
TBS, Cox Hall, 2nd Floor

LEARN TO BUILD HEALTHY RELATIONSHIPS PROFESSIONALLY AND PERSONALLY

703.784.2570

Call to learn more, pre-register, or discuss offering this workshop to your small group!
NEW PARENT SUPPORT PROGRAM (NPSP)

2034 Barnett Ave., Little Hall    703.784.4248

All classes are held in Little Hall, NPSP activity room. Call to pre-register for all NPSP courses.

NEW PARENT SUPPORT PROGRAM

Breastfeeding Basics

July 10
8:30 AM - 12:30 PM
NPSP, Little Hall

NEW PARENT SUPPORT PROGRAM

Baby Boot Camp

JULY 17 & 31
8 AM - 3:30 PM
NPSP, LITTLE HALL

NEW PARENT SUPPORT PROGRAM

1-2-3 Magic!

PARENTS WILL LEARN:
• What to do about bedtime, messy rooms, lying, chores, homework, and more
• Five Tactics for encouraging good behavior in their children
• How to strengthen your relationship with your child

July 21, 3-5 PM
NPSP, Little Hall

Breastfeeding Basics

JULY 17 & 31
8 AM - 3:30 PM
NPSP, LITTLE HALL

NEW PARENT SUPPORT PROGRAM

Breastfeeding Basics

July 10
8:30 AM - 12:30 PM
NPSP, Little Hall
Thank YOU for NOT driving drunk or drugged.

LOW RISK DRINKING

| NO-RISK = 0 | Standard drinks/day if you are pregnant, under 21, or taking medication |
| LOW-RISK = 1 | Standard drink/hour |
|             | Standard drinks/day |
|             | Not to exceed 3 standard drinks in a day |
|             | • No more than 14 standard drinks per week |

LOW RISK DRUG USAGE

| NO-RISK = 0 | Illicit Drugs (Not Tolerated) |
| LOW-RISK = 1 | Follow medication dosage and precautions |
|             | • Don’t take prescription drugs not prescribed to you |
|             | • Never mix alcohol and drugs |
|             | • Do not misuse over the counter medication |

IMPAIRMENT IS IMPAIRMENT!

When misused, over the counter and prescribed medication has similar negative effects to drunk driving. They are impaired judgment, perception, and motor skills.

If you or someone you love needs help with alcohol or drug addiction, contact CSACC today for screening, assessment, and help.
Are You Up To The Challenge?

You know how important it is to keep our country safe and secure. With your background, a challenging and fulfilling career opportunity at the U.S. Secret Service may be your ideal transitional career fit.

Join our elite team of professionals and help us carry out our proud mission of investigations and protection.

Learn more about our CAREERS at www.secretservice.gov or call us at 888-813-USSS 202-406-5370 (Deaf and Hard of Hearing) | EOE
FAMILY READINESS

MARINE CORPS FAMILY TEAM BUILDING (MCFTB)
地理位置：2034 Barnett Ave., Little Hall
联系方式：703.784.2014
邮箱：MCFTBQuantico@usmc-mccs.org

Marine Corps Family Team Building (MCFTB)

PRE-DEPLOYMENT BRIEF
Little Hall Room 204
可用，预约制。
欲了解更多信息，请致电703.784.9421。

RE-INTEGRATION BRIEF
Little Hall Room 204
可用，预约制。
欲了解更多信息，请致电703.784.9421。

L.I.N.K.S. CREW MEET-UP GROUP
7月1日，10-11 AM，Quantico图书馆
限4人参加。

FAMILY READINESS ADVISOR/ASSISTANT TRAINING
7月8日，9 AM - 2 PM，VEC Room 6
限9人参加。

L.I.N.K.S. NEW VOLUNTEER ORIENTATION VIRTUAL MEETING VIA ADOBE CONNECT
7月14日，4-5 PM
加入我们的网络会议：meeting.marinenet.usmc.mil/ryuqly338f7k

L.I.N.K.S. VIRTUAL TEAM MEETING
7月14日，5:30-7 PM
加入我们的网络会议：meeting.marinenet.usmc.mil/riyktj5dnbuc

SAY WHAT?
7月29日，9 AM - NOON，Little Hall Lower Level Room 1
限10人参加。

QUANTICO’S VOLUNTEER PROGRAM

The Quantico Volunteer Information Center provides approved volunteers the means to control their volunteer experience. Registered users can use the site 24 hours a day, seven days a week to quickly locate volunteer opportunities, sign up for volunteer events and activities, track hours, print reports for award purposes, and earn hours for recognition at the MCBQ Volunteer Appreciation event held each April at The Clubs at Quantico.

Volunteer opportunities are provided for informational purposes for active duty personnel, family members, retirees, veterans, and civilian employees. The information provided on non-Federal volunteer opportunities does not imply official DoD or USMC endorsement.

Interested volunteers must complete the MCBQ Volunteer Application: quantico.usmc-mccs.org/marine-family/quantico-volunteer-opportunities.

All personnel must be in an approved off duty status to volunteer.
FAMILY OVERCOMING UNDER STRESS (FOCUS)

2034 Barnett Ave., Little Hall

703.784.0189

Quantico@FocusProject.org

For a full listing of FOCUS sites, visit: focusproject.org/contact.
For more information about TeleFOCUS, visit: focusproject.org/telefocus.

JULY TIP OF THE MONTH

Happy Independence Day, America! July is all about barbeques, parties, and enjoying these warm nights and “dog days” of summer. Although your social calendar might be full, don’t forget to make time for your spouse or partner; they need the attention too! The FOCUS program has lots of innovative strategies to help you build closeness with your busy spouse, even when a spare moment feels impossible. Give FOCUS a call for more information. It only takes a minute! Don’t get by, get stronger!

FOCUS sessions allow families and couples to build their own story about military life experiences. This helps them to:
• Build on current strengths
• Feel closer and more supported
• Identify, manage, and discuss emotions
• Use problem-solving and goal-setting to empower the entire family
• Clarify misunderstandings and respect individual points of view

To enroll in FOCUS or continue your sessions, contact your local FOCUS site at Quantico@focusproject.org.

JULY SPECIAL

PHILLY CHICKEN CHEESESTEAK

Chicken, peppers, onions, topped with provolone cheese on a sub roll

$10

WED-FRI, 11 AM - 1 PM | FOR TO-GO, CALL 703.784.4266
SUMMER BEAUTY EVENT

Save 15%, 20% or 25% on Select Items

Enter to WIN $100 of Prestige Cosmetics

Receive a FREE TOTE BAG with a $25 Purchase While Supplies Last

FOR MORE INFORMATION, CALL 703.432.8800
DESIGN A NEW CHAPTER

July 15 - 28

PAY Your WAY

HELPING YOU STAY MISSION READY, NO MATTER WHAT YOUR MISSION
PERSONAL & PROFESSIONAL DEVELOPMENT

VOLUNTARY EDUCATION CENTER (VEC)
- 3088 Roan St.  
- 703.784.3340
- QuanticoEdCenter@usmc-mccs.org

QUANTICO BASE LIBRARY
- 2040 Broadway St.  
- 703.784.4348
Curbside pick-up available. Call for more information.

PERSONAL AND PROFESSIONAL DEVELOPMENT (P&PD)
- 3019 Embry Loop  
- 703.784.3340
- MCBQPPD@usmc-mccs.org

Classes are held at Religious and Family Services Center unless otherwise noted. Register on Eventbrite.com or call 703.784.4963/2511.

PCS CONUS WORKSHOP (NOT INCLUDING ALASKA & HAWAII)
July 16, 9-11:15 AM
Registration ends July 13.

RESUME BOOTCAMP
July 28, 9 AM - noon
Registration ends July 23.

HOME BUYING CLASS
July 29, 9 AM - 3 PM
Registration ends July 24.

PCS OCONUS WORKSHOP (INCLUDING ALASKA & HAWAII)
July 30, 9-11 AM
Registration ends July 27.

TEN STEPS to a FEDERAL JOB®

JULY 14, 8 AM - NOON
RFSC, 3019 EMBRY LOOP
REGISTER ON EVENTBRITE
For over 50 years, the Sheehy family has provided value and dedicated service to our customers. We are proud to support our communities and those who serve to protect our country. Active duty, military reserve, retired military and their dependent families are eligible to participate in the Sheehy Military Appreciation Program (MAP). Our program is a small way for us to say thank you and to show our support.

**Up An Additional $500 For Your Trade**
On Any New Car Purchase

**Additional Savings**
$250 For Used Vehicles

**5% Discount**
On Vehicle Service, Parts & Accessories

Sponsorship does not imply U.S. Marine Corps or Federal endorsement.
HEALTH PROMOTION (HP)

📍 2073 Barnett Ave.  ☎ 703.784.3780 / 703.784.2869
✉ BPACregistration@usmc-mccs.org

Open to active duty, reservists, family members, retirees, and civilian employees.

PHYSICAL FITNESS

📍 2073 Barnett Ave.  ☎ 703.784.2339 / 703.432.0590

Group Exercise classes are available for authorized DoD ID card holder ages 16 and up. 14-15 year olds can attend with a legal guardian. Classes are FREE to active duty and reservists. Visit quantico.usmc-mccs.org for a complete list of classes.

ATHLETICS/INTRAMURAL SPORTS

📍 2073 Barnett Ave.  ☎ 703.784.5627 / 703.432.1475

All eligible participants can register as free agents throughout the basketball season in the Athletic Office at BPAC.

2020 INTRAMURAL SOFTBALL

SEASON BEGINS JULY 8
MONDAY-THURSDAY, 5:30 PM & 6:30 PM
PAVILION, BARNETT FIELD

PLAYERS MUST BRING THEIR OWN WATER. MCCS WILL NOT PROVIDE COOLERS.

FOR MORE INFORMATION, CALL 703.432.1475
OR EMAIL MCCSQUANTICOATHLETICS@USMC-MCCS.ORG
7th Annual Fueled For Fitness Camp

July 13-16, 1-3 PM
Barber Physical Activity Center

Rising 1st-5th graders will enjoy preparing healthy snacks and doing fitness activities such as yoga, obstacle courses, and games. Participants must bring their own water bottle.

Registration ends July 10. To register, call 703.784.2869

SpinTacular!

July 25, 8:15-10:15 AM
Celebrating strength and empowerment through fitness with a Spin Cycle Party! Spin to music with a live DJ, glowing and laser lights, and drawings for prizes! Group exercise fees apply.

For more information, call 703.784.2869
NEED A DIET OVERHAUL?

MCB Quantico receives expert nutrition advice from the Semper Fit Health Promotion Dietitian

**NUTRITION CLASSES:**
Learn how to improve your diet and have more energy! Topics include healthy eating tips and weight management techniques.

**UPCOMING DATES:**
Classes at 11:30 AM

- July 1
- August 5
- September 2
- October 7
- November 4
- December 2

Nutrition classes are also available per request for interested units or offices aboard MCB Quantico.

**1:1 NUTRITION COUNSELING:** 1:1 sessions are available by appointment to help individuals reach their health goals. Each client receives a diet assessment plus expert advice and tips on how to make successful lifestyle changes. Open to all DoD ID holders, fees may apply.

The Dietitian is located inside the Barber Physical Activity Center’s Health Promotion office.

OPEN TO ALL DOD ID CARD HOLDERS
MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities. Please call if you need a reasonable accommodation to fully participate.

FOR MORE INFORMATION, CALL 703.784.2869/3780 OR EMAIL BPACREGISTRATION@USMC-MCCS.ORG
GET YOUR FINANCIAL LIFE SQUARED AWAY

- Face-to-face financial coaching
- Comprehensive financial plans
- Insurance solutions for protecting your family’s financial security
- Investment strategies for retirement, education funding and other goals
- Budgeting, debt reduction and cash management

BARRETT PEAVIE, COLONEL (RET) USA
Financial Advisor
7960 Donegan Drive, Lee Building, Suite 228
Manassas, VA 20109
BPeavie@firstcommand.com
703.396.9201
LEATHERNECK LANES BOWLING CENTER
2034 Barnett Ave.  703.784.2210
Sunday 1-5 PM  Friday 3-11 PM
Monday CLOSED  Saturday 1-11 PM
Tuesday-Thursday 3-9 PM

JULY 4TH HOLIDAY
July 4, 1-5 PM

REPORT CARD SPECIAL
July Special
Students receives 50% off bowling for 90 minutes with an “A” grade.

KIDS BOWL FREE
Now - August 28
Tuesday: 3-6 PM
Wednesday-Thursday: 3-9 PM
Friday: 3-7 PM
Receive two free games of bowling during the following designated days and times.
Register at KidsBowlFree.com/Quantico.

- Leatherneck Lanes capacity is limited to 24 patrons.
- No more than three groups of eight or less at any given time.
- Face covering required except when consuming food and beverages.
- Patrons must maintain a two lane distance between groups.
- Patron exhibiting symptoms of COVID-19 or not having a face covering will not be permitted entrance.

RECREATION, INFORMATION, TICKETS, AND TOURS (REC-ITT)
3500 Russell Rd.  703.432.8850
Monday-Friday 9:30 AM - 5:30 PM
Saturday 9:30 AM - 2:30 PM
Sunday CLOSED

AUTO SKILLS CENTER (ASC)
Bldg. 2080, Anderson Ave.  703.784.2729

QUANTICO MARINA | OUTDOOR GEAR RENTALS
Bldg. 25, Potomac Ave.  703.784.2359
Tuesday-Saturday 8 AM - 4:30 PM
Sunday-Monday CLOSED

KAYAKS, CANOES, SUPs, MOUNTAIN BIKES, AND MORE!
**FREE TICKETS ON EVENTBRITE. NO WALK-INS.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Rating</th>
<th>Movie Title</th>
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<tbody>
<tr>
<td>JULY 2</td>
<td>2 PM</td>
<td>G</td>
<td>Monsters, Inc.</td>
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<td></td>
<td>6 PM</td>
<td>G</td>
<td>Toy Story 4</td>
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<td>JULY 3</td>
<td>2 PM</td>
<td>PG</td>
<td>Spider-Man: Into the Spider-Verse</td>
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<td></td>
<td>6 PM</td>
<td>PG-13</td>
<td>Fast &amp; Furious Presents: Hobbs &amp; Shaw</td>
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<tr>
<td>JULY 4</td>
<td>2 PM</td>
<td>PG</td>
<td>The Secret Life of Pets 2</td>
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<td>JULY 5</td>
<td>2 PM</td>
<td>G</td>
<td>Toy Story 4</td>
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<tr>
<td>JULY 15</td>
<td>6 PM</td>
<td>PG</td>
<td>A League of Their Own</td>
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<tr>
<td>JULY 16</td>
<td>2 PM</td>
<td>G</td>
<td>Finding Nemo</td>
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<tr>
<td>JULY 30</td>
<td>2 PM</td>
<td>PG</td>
<td>The Incredibles</td>
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</tbody>
</table>

For full movie listing go to: quantico.usmc-mccs.org/recreation
Snack Bar will be open for refreshments.

- Face coverings required except when consuming food and beverages.
- Patrons must maintain a four seat distance between family units in single row.
- Patron exhibiting symptoms of COVID-19 or not having a face covering will not be permitted entrance.
MEDAL OF HONOR GOLF COURSE

OPEN TO THE PUBLIC

703.784.2424
3313 FULLER HEIGHTS ROAD
QUANTICO, VA 22134

OPEN DAILY

ONLINE TEE-TIME: foreupsoftware.com/index.php/booking/20352#/login
FOR BASE ACCESS, VISIT quantico.marines.mil/Base-Access
MADE FOR THE MARINES

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MONTHLY EVENT

JULY 4
Fourth of July BBQ, NOON-4 PM at Main Side Recreation Center
Celebration Board Game Challenge, 3-8 PM at Main Side Recreation Center

JULY 11
Quantico Hiking Trip Volunteer at Prince William Forest Park

JULY 14
Marine Corps Base Quantico Clean-Up

JULY 18
Horseback Riding Trip

JULY 15
SMP Council Meeting Conference Call, 2-3 PM

JULY 25
Volunteer at Prince William Forest Park

WEEKLY EVENT

WEDNESDAYS
Karaoke Night, 6-8 PM at Main Side Recreation Center

FRIDAYS
Friday Game Night, 6-9 PM at Main Side Recreation Center

OPEN TO ALL ACTIVE DUTY

Face coverings required when social distancing cannot be maintained.
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LUNCH MENU
WEDNESDAY-FRIDAY | 11 AM - 1 PM
Limited indoor and outdoor seating available, weather permitting.

SALADS

CAESAR SALAD $6
Romaine lettuce, parmesan cheese, croutons, and Caesar dressing (plus $3 with chicken)

HOUSE SALAD $6
Mixed greens, tomato, cucumber, and red onion (plus $3 with chicken)

COBB SALAD $10
Mixed greens, diced chicken, bacon, egg, tomato, and avocado

SANDWICHES & BURGERS

CLASSIC CHEESEBURGER $9
American cheese, lettuce, tomato, onion, and pickles

PESTO CHICKEN SANDWICH $9
Pesto marinated grilled chicken, provolone cheese, lettuce, tomato, and onion

BBQ PULLED PORK SANDWICH $8
Slow cooked pork on a brioche bun with choice of cheese

FRIED FLOUNDER SANDWICH $7
Lettuce, tomato, onions with tartar sauce on the side

BUFFALO CHICKEN WING PLATTER $8
Eight wings served with ranch dressing and celery

FOR TO-GO, CALL 703.784.4266
Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth.

When in public, wear a cloth face covering over your nose and mouth.

Help prevent the spread of respiratory diseases like COVID-19.

cdc.gov/coronavirus
To receive a monthly email link to this publication call 703.784.5803, or send your email address to mccsmarketing@usmc-mccs.org.