

# Mirage Club

LUNCH BUFFET

**October 2009**

**MENU**

Bldg. 227 • 760-339-2996

LUNCH

Monday-Friday 1100-1300

DINNER

Monday-Friday 1700-2000

Lunch Buffet: \$7.75  
(includes your choice of soup or salad)

Soup \$2.50, Salad \$4.50,  
Soup & Salad \$5.50

**Tuesday Night Buffet**

Starts Tuesday, October 20  
1700-2000

Tuesday, October 20  
Italian \$8.95

Tuesday, October 27  
BBQ Chicken & Ribs  
\$8.95

Kids under 10 eat FREE!

**Chef's Weekly Special**  
October 1-2  
Chicken Pesto Melt \$5.75

**Thursday, October 1**  
Country Style Pork

**Friday, October 2**  
Ceviche & Baked Fish

**Chef's Weekly Special**  
October 5-9  
Monte Cristo \$5.75

**Monday, October 5**  
Beef Brisket

**Tuesday, October 6**  
Pasta Bar

**Wednesday, October 7**  
Beef & Chicken Enchiladas

**Thursday, October 8**  
BBQ

**Friday, October 9**  
Fish & Shrimp

**Chef's Weekly Special**  
October 1-2  
Carne Asada Nachos \$5.75

**Monday, October 12**  
CLOSED

**Tuesday, October 13**  
Country Fried Steak

**Wednesday, October 14**  
Carne Asada

**Thursday, October 15**  
Prime Rib \$9.95

**Friday, October 16**  
Ceviche & Baked Fish

**Chef's Weekly Special**  
October 19-23  
Chiles Rellenos \$6.25

**Monday, October 19**  
Salisbury Steak

**Tuesday, October 20**  
Baked Chicken

**Wednesday, October 21**  
Pasta Bar

**Thursday, October 22**  
Oriental Buffet

**Friday, October 23**  
Fish & Shrimp

**Chef's Weekly Special**  
October 26-30  
Tuna Salad Sandwich \$5.75

**Monday, October 26**  
Fried Chicken

**Tuesday, October 27**  
Meatloaf

**Wednesday, October 30**  
Beef Tips

**Thursday, October 22**  
Carne Asada

**Friday, October 30**  
Ceviche & Baked Fish



**Fleet & Family Support**  
Bldg. 214, Room 127  
(760) 339-2442

## Class Schedule

### Thursday, October 1

Bldg. 214, VTC Room with Pat Braxton  
1300-1400 – Information & Referral (I & R): Pregnancy resource for active duty mom-to-be  
1400-1500 – Relocation Assistance: Preparing for an overseas tour

### Thursday, October 8

Bldg. 214, VTC Room with Pat Braxton  
1200-1300 – Relocation Assistance: Assistance with home port changes  
1300-1400 – Transition and Family Member Assistance: Resume Writing  
1400-1500 – Transition and Family Member Assistance: Winning Interview Techniques

### Tuesday, October 13

Bldg. 214 VTC Room with Mary Bradley  
1500-1600 – Self Esteem Improvement

### Thursday, October 15

Bldg. 214, VTC Room with Pat Braxton  
1300-1400 – Personal Improvement Workshops: Goal Setting: Setting short, mid-range and long-term goals/decision-making; steps to effective decision making

### Tuesday, October 20

Bldg. 214 VTC Room with Mary Bradley  
1500-1600 – Communication Styles and Messages

### Thursday, October 22

Bldg. 214, VTC Room with Kermit Cain  
1000-1200 – Financial Management: Walk-in appointments welcome in the Fleet & Family Support Office, Bldg. 214, Room 127  
1200-1300 – Lunch  
1300-1400 – Developing Your Spending  
1400-1500 – Savings and Investing

### Tuesday October 27

Bldg. 401, Welcome Center with Mary Bradley  
1500-1600 – Anxiety Management

## Information and Ticket Office

**Bldg. 202 • (760) 339-2559 • Monday-Friday 1000-1800**

San Diego Charger tickets now available! Hurry they're going fast! Call your MWR Information and Ticket Office today for more information.  
Who's eligible to purchase...active duty, reservist, retired military, military dependents, DoD employees and base contractors.

## Outdoor Adventure

**Bldg. 318 • (760) 339-2486**

### October Weekend Special

2 Racquetballs & Racquets  
3 Tennis Racquets and Balls  
1 48 qt Ice Chest  
1 Tennis Ball Machine (if available)

**Only \$30**

# MWR Outlook

Naval Air Facility El Centro, California

## International Championship Wrestling



### Thursday, October 22

**1800-2200**  
At the Navy Sports Center  
Price: \$3 adults, \$1 children ages 10 & under

Concessions available for purchase  
For more information call  
(760) 339-2380

**October 2009**

## SUN DOWNER CLUB

**BLDG. 227 • (760) 339-2319**

### 80's Ladies Night Wednesday, October 21 2100-0200

\$2 cover charge  
Dress in your best 80's get-up  
and boogie the night away!

### Halloween Bash Wednesday, October 28 2100-0200

\$2 cover charge  
Costume contest, great prizes  
and lots of FUN!



# Liberty Center

ACTIVE DUTY

## October Liberty Events

Liberty Center  
Bldg. 202  
760-339-2559

Hours of Operation  
Monday-Friday  
0630-2200

Saturday & Sunday  
1100-2200

Holidays 1200-1800

### Every Monday Monday Night Football

Location: Sun Downer Club  
Active Duty-Show your ID and receive \$1 off your choice of bar food menu item.

### Every Tuesday Karaoke Tuesdays

Time: 2000  
Location: Sun Downer Club

### Saturday, October 3 Trip to Scream Zone

Join your Liberty crew for a trip to the San Diego County Fairgrounds. Admission includes the House of Horror, The Haunted Hayride and the Chamber. Van leaves the Liberty Center at 1500. Price: \$25

### Monday, October 5 Pool Tournament

Time: 1700  
Location: Liberty Center  
\$5 buy in, winner takes the pot!

### Monday, October 12 Columbus Day

Time: 1700  
Holiday Hours 1200-1800

### Wednesday, October 14 Hot Wing Hump Day

Time: 1600  
Stop by your Liberty Center and enjoy FREE hot wings to help get you through the rest of the week. (While supplies last)



### Thursday, October 15

**Goal Setting Workshop**  
Courtesy of your Fleet & Family Support Center  
Time: 1300-1400  
Location: Building 214 (VTC Room)

### Monday, October 19 Ping Pong Tournament

Time: 1700  
Location: Liberty Center

### Wednesday, October 21 80's Ladies Night

Time: 2100  
Location: Sun Downer Club

### Thursday, October 22 Barracks Bash

Time: 1700  
Location: Building 4015  
Join the Liberty Crew for some fun Halloween festivities! Food, bobbing for apples, volleyball, eating contest, music and more – you don't want to miss it!

### Tuesday, October 27 FEAR FACTOR CHALLENGE

Do you have what it takes to be this year's Fear Factor Challenge winner? Psych yourself up for some physically and mentally grueling challenges!  
Time: 1700  
Location: Small Pool



## Child & Youth Program

Bldg. 3001 • 760-339-2560

### Children's Octoberfest

Saturday, October 31 • 1500

Stop by the Youth Center, Bldg. 305, for games, face painting, a haunted house and more!

For more information call Katrina at 760-339-2560 or Charlotte at 760-339-2644.



## Bowling Center

Bldg. 485 • 760-339-2819

### Junior Bowling League

Ages 8-15  
**Every Saturday, October 24-December 5**  
1000-1200  
Registration Fee: \$8 per person  
Open to children of Military Members, DoD Civilians and Contractors.  
Registration deadline: October 17, 2009  
Registration fee includes: 3 games of bowling every Saturday, shoe rental, Bowling League shirt, team photo and end of league pizza party.  
For more information call (760) 339-2965.

**Bowl-O-Ween Treat**  
Saturday, October 31 • 1600-2200  
Receive two free games of bowling\* plus free candy!  
\*Shoe rental not included.

**A Ghoulishly Good Deal**  
Saturday, October 31  
Large Pepperoni Pizza for only \$8  
Carry out only.



## Aquatics

**Small Pool** • Bldg. 239  
760-339-2627/2582  
Monday-Sunday 1300-2000

**Large Pool** • Bldg. 374  
760-339-2487  
Monday-Sunday 1300-1830



### 3-Person Team Triathlon

Saturday, October 24 • 0800

Teams must arrive at the Large Pool no later than 0730.

Team Member #1 250 Yard Swim  
Team Member #2 3-Mile Run  
Team Member #3 6-Mile Bike

Must be 16 years of age or older to participate. Team registration due Tuesday, October 20. All participants receive an event shirt with a special prize for 1st place.  
For more information call (760) 339-2627.

### Water Aerobics at the Small Pool

Tuesdays & Thursdays: 1000-1045

### Open Lap Swim and In-Water Track and Field

Tuesdays & Thursdays 0630-0715 at the Large Pool  
Swim laps at your own pace or try our In-Water Track and Field. It's not your traditional track and field...its better!

### Master Swim Program

Tuesdays & Thursdays 1400-1500  
Open to intermediate and advanced swimmers. Our program is designed to help swimmers improve fitness and/or train for specific goals.

### Navy Fitness

## Calendar

Navy Fitness Center  
Bldg. 327  
760-339-2488

Hours of Operation  
Monday-Friday  
0500-2000  
Saturday & Sunday  
0800-1700  
Holidays 0600-1430

### Breast Cancer Awareness Walk-A-Thon

Tuesday, October 27  
1200 at the Navy Fitness Track

### Thursday, October 1

1130-1230 Circuit Training  
1600-1700 Spin/Run  
1700-1800 Step Aerobics  
1800-1830 Abs Kicking

### Friday, October 2

1130-1230 Spin/Strength  
1600-1700 Pilates  
1700-1800 Stability Ball/Tubing

### Saturday, October 3 No classes

### Sunday, October 4 No classes

### Monday, October 5

1130-1230 I. Spin  
1600-1700 Spin/Strength  
1700-1800 Circuit Training  
Softball Tournament starts at 1645

### Tuesday, October 6

1130-1230 I. Combo  
1600-1700 B. Sculpting  
1700-1800 Medicine Ball/Tubing  
1800-1830 Abs Kicking

### Wednesday, October 7

1130-1230 Spin/Run  
1600-1700 Spin  
1700-1800 Dance

### Thursday, October 8

1130-1230 Circuit Training  
1600-1700 Circuit Training  
1700-1800 Step Aerobics/Tone  
1800-1830 Abs Kicking

### Friday, October 9

1130-1230 Spin/Strength  
1600-1700 Pilates  
1700-1800 Medicine Ball

### Saturday, October 10

0830-0930 Spin/Run  
Sunday, October 11  
No classes

### Sunday, October 11 No classes

### Monday, October 12

**Columbus Day**  
Holiday Hours  
0600-1430  
No classes

### Tuesday, October 13

1130-1230 I. Combo  
1600-1700 Spin/Strength  
1700-1800 Step Aerobics/Tone  
1800-1830 Abs Kicking

### Wednesday, October 14

1130-1230 Spin/Run  
1600-1700 Total Body  
1700-1800 PiYo

### Thursday, October 15

1130-1230 Circuit Training  
1600-1700 Spin/Run  
1700-1800 Circuit Training  
1800-1830 Abs Kicking

### Friday, October 16

1130-1230 Spin/Strength  
1600-1700 Dance  
1700-1800 Pilates

### Saturday, October 17 No classes

### Sunday, October 18 No classes

### Monday, October 19

1130-1230 I. Spin  
1600-1700 Spin/Abs  
1700-1800 Total Body

### Tuesday, October 20

1130-1230 I. Combo  
1600-1700 Circuit Training  
1700-1800 Medicine Ball/Run  
1800-1830 Abs Kicking

### Wednesday, October 21

1130-1230 Spin/Run  
1600-1700 Body Sculpting  
1700-1800 Dance

### Thursday, October 17

1130-1230 Circuit Training  
International Championship Wrestling - see front page for details.  
No evening classes

### Friday, October 23

1130-1230 Spin/Strength  
1600-1700 Dance  
1700-1800 Pilates

### Saturday, October 24

0830-0930 Circuit Training  
1100-1200 Spin

### Sunday, October 25 No classes

### Monday, October 26

1130-1230 I. Spin  
1600-1700 Spin/Tubing  
1700-1800 Step/Tone

### Tuesday, October 27

Breast Cancer Awareness Walk-A-Thon at Noon  
1130-1200 I. Combo  
1600-1700 Total Body  
1700-1800 Medicine Ball  
1800-1830 Abs Kicking

### Wednesday, October 28

1130-1230 Spin/Run  
1600-1700 Spin/Strength  
1700-1800 Circuit Training

### Thursday, October 29

1130-1230 Circuit Training  
1600-1700 Circuit Training  
1700-1800 Stability Ball/Run

### Friday, October 30

1130-1230 Spin/Strength  
1600-1700 Dance  
1700-1800 PiYo

### Saturday, October 31 No classes

B . . . . . Beginners Class  
I . . . . . Intermediate Class  
A . . . . . Advanced Class  
PiYo . . . Pilates/Yoga

Navy Fitness Center