



Fort Monroe Family and MWR Newsletter

July 2010

Please take the time to browse our newsletter which highlights key events and programs for this month, and continue to visit our [website's calendar of events](#) for a full listing of programs and services offered to the Fort Monroe Community.

FLAG COSMIC



In celebration of Independence Day, the Bowling Center is offering a cosmic special on Saturday, July 3rd from 6-10 p.m. Just bring in an American Flag and bowl Cosmic for \$10 per person. Open to the public. To view the flyer, [click here](#).



FOURTH AT THE FORT CONCERT

Celebrate the July 4th holiday with us at Walker Air Field for a country music concert featuring artists Jimmy Wayne and Emily West. Gates open at 5pm. Fun activities for the kids. Spectacular fireworks display to follow after the concert. Please

no coolers, food or beverages. For more information, call 788-3151 or [click here](#).

FREE SAMPLES AT FITSIDE PERK



The Fitside Perk, located in the Fitness Center, is introducing new flavors to their smoothies and blended cremes/frappes menu. Stop by on July 7th from 12 - 2 p.m. for a FREE sample of these refreshing beverages. To view the full Fitside Perk menu, please [click here](#).

YOUTH SPORTS MINI CAMPS



REGISTER TODAY!

Youth Sports still has spaces available for their summer mini camps. All camps & clinics will be held on Fort Monroe. Call today to register! Space is limited. To view the list of camps, dates and cost, please [click here](#). For information, 788-3957.

BOSS HAPPENINGS



Better Opportunities for Single Soldiers (BOSS) will be hosting a Soldier Appreciation BBQ on July 13 from 11a.m. - 1 p.m. at the Fitness Center. They will be serving hot dogs,

WATER AEROBICS AWARENESS WEEK



The Indoor Pool, located in the Community Activities Center, invites you to participate in a **FULL WEEK** of water aerobics from July 12-16. For more information on the class schedule and cost to participate, please [click here](#).



SUMMERFEST BY THE BAY

Don't forget to join us every Friday night at the Outdoor Pool & Beach. Enjoy live music, beach activities for the kids, summertime food & beverages for purchase, and free access to the Outdoor Pool from 5-8pm. Free & Open to the Public. To view live music schedule, [click here](#).



SWIM UNDER THE STARS

Join us at the Outdoor Pool on July 31st from 9p.m. - Midnight for an evening of swimming. Open to the Public. Cost is \$2. For more information, please [click here](#).

BOOTS N BOOTIES



New & expectant parents are encouraged to attend the Boots n' Booties Workshop hosted by Army Community Service on July 28 from 9am-3pm at the Soldier & Family Support Center. We'll help you prepare for your baby's arrival. Pre-registration is requested by calling 788-3878. For more information, [click here](#).

chips and sodas to all Soldiers, Families and Civilians of Fort Monroe as a way of saying thank you. To view the flyer, [click here](#). For information on the BOSS Program, [click here](#).

THRIFT SHOP



The Fort Monroe Thrift Shop's Summer Sale is currently underway. Prices are as low as ten cents! Shop now until July 30 for significant savings. Open Tuesdays & Fridays from 10a.m. - 2p.m.

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