



Calendar of Events

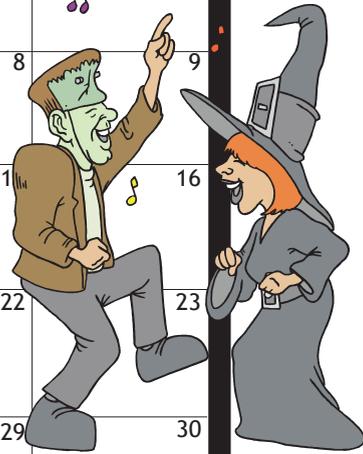
October  
November  
December  
2004



Liberty

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 2
3	4	5 Pilates 4:30-5:30 p.m. Whittle your Middle 5-6 p.m.	6 Tai Chi 7:30-8:30 p.m.	7 Whittle your Middle 5-6 p.m. Movie Night		8 9
10	11	12 Pilates 4:30-5:30 p.m. Whittle your Middle 5-6 p.m.	13 Tai Chi 7:30-8:30 p.m.	14 Whittle your Middle 5-6 p.m. Movie Night		15 16
17	18 Women's Self Defense 7:30-8:30 p.m.	19 Pilates 4:30-5:30 p.m. Whittle your Middle 5-6 p.m.	20 National Pasta Month 5:30-7:30 p.m. Tai Chi 7:30-8:30 p.m.	21 COMICS ON DUTY 9:30 p.m. Whittle your Middle 5-6 p.m. Movie Night		22 23
24 31	25 Women's Self Defense 7:30-8:30 p.m.	26 Pilates 4:30-5:30 p.m. Whittle your Middle 5-6 p.m.	27 Tai Chi 7:30-8:30 p.m.	28 Whittle your Middle 5-6 p.m. Movie Night		29 30



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Women's Self Defense 7:30-8:30 p.m.	2 Pilates 4:30-5:30 p.m.	3 Tai Chi 7:30-8:30 p.m.	4 Movie Night	5	6
7	8 Women's Self Defense 7:30-8:30 p.m.	9 Pilates 4:30-5:30 p.m.	10 Tai Chi 7:30-8:30 p.m.	11 Movie Night	12	13
14	15 Women's Self Defense 7:30-8:30 p.m.	16 Pilates 4:30-5:30 p.m.	17 Tai Chi 7:30-8:30 p.m.	18 Movie Night	19	20 Holiday Shopping Trip 10 a.m.-8 p.m.
21	22 Women's Self Defense 7:30-8:30 p.m.	23	24	25	26	27
<b>Gobble the Greens</b>						
28	29 Decorate for the Holidays 4:30-7:30 p.m. Women's Self Defense 7:30-8:30 p.m.	30 Pilates 4:30-5:30 p.m.				



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tai Chi 7:30-8:30 p.m.	2 Movie Night	3	4
5	6 Women's Self Defense 7:30-8:30 p.m.	7	8 National Brownie Day 6-8 p.m.	9 Movie Night	10	11
12	13	14 Christmas Bingo 6-8 p.m.	15	16 Movie Night	17	18
19	20	21	22	23 Movie Night	24 Nutcracker Ballet 1 p.m. Christmas Eve Party 7:30-11:30 p.m.	25 Christmas
26	27	28	29	30 Movie Night	31	



# Calendar of Events

## OCTOBER

**Oct. 5-Nov. 23**  
**Pilates**  
Tues. 4:30-5:30 p.m.  
8-classes  
Call for pricing

**Oct. 6-Dec. 1**  
**Tai Chi (Beginning)**  
Wed. 7:30-8:30 p.m.  
8-classes  
Call for pricing

**Oct. 18-Dec. 6**  
**Women's Self Defense**  
Mon. 7:30-8:30 p.m.  
Call for pricing

**Oct. 20**  
**National Pasta Month**  
5:30-7:30 p.m.  
Fee: Free  
Learn how to make a quick and easy pasta dish.

**Oct. 21**  
**Comics on Duty**  
9:30 p.m. show  
25 Liberty personnel will see the Lil' Eva's show for free.

**Oct. 5, 7, 12, 14, 19, 21, 26, 28**  
**Whittle your Middle**  
5-6 p.m.  
Fee: Free  
Meet at the Freedom Lounge on Tuesdays and Thursdays for a 2-4-mile walk guaranteed to relieve stress and get you in shape. Mark your calendar to take a walk with your friends. Rain cancels walk.



## NOVEMBER

**Nov. 23-28**  
**Gobble the Greens**  
By reservation  
Fee: Free  
Over Thanksgiving week your Liberty program will pay a one-time greens fee at Cedar Point Golf Course for either 9 or 18 holes. You must call for course hours and to make a tee time reservation.

**Nov. 20**  
**Holiday Shopping Trip**  
10 a.m.-8 p.m.\*  
Fee: Free transportation  
Road trip to the Annapolis Mall. Do some holiday shopping, see a matinee or enjoy the restaurants. Starbucks stop on the way home. Trip limited to 8 persons. \*Van leaves the mall at 6 p.m.

**Nov. 29**  
**Decorate for the Holidays**  
4:30-7:30 p.m.  
Fee: Free  
Get into the spirit. All barracks residents are invited to help decorate the Freedom Lounge for the holidays by stringing popcorn and cranberries and baking cookies.

### Remember to



**November 2**

## DECEMBER



**Dec. 8**  
**National Brownie Day**  
6-8 p.m.  
Fee: Free  
Join your friends in the Freedom Lounge to enjoy a variety of brownies and games.

**Dec. 14**  
**Christmas Bingo**  
6-8 p.m.  
Fee: Free  
Come to the Freedom Lounge and play bingo for a Christmas gift.

**Dec. 24**  
**Nutcracker Ballet**  
1 p.m.  
Call for pricing  
Enjoy the Warner Theater's holiday classic. One ticket per service member. Transportation to D.C. not provided.

**Dec. 24**  
**Christmas Eve Party**  
7:30-11:30 p.m.  
Fee: Free  
Enjoy this special evening with your friends inside the Freedom Lounge. Adults only.

## GREAT DEALS OFFERED MONTHLY

**Every Thursday is Liberty movie night**  
**Oct. 7, 14, 21, 28**  
**Nov. 4, 11, 18**  
**Dec. 2, 9, 16, 23, 30**  
Fee: Free

Show your ID card on Thursday nights and get into the movie for free. Call 342-5033 or check our website at <http://www.ndw.navy.mil/MWR/Military/MWR.html> to find out what is showing.

**The wood hobby shop was built for you!**  
Fee: Free  
Liberty personnel pay no usage fee at the Wood Hobby Shop. Military ID required. Check for open shop times.

**Weekday Liberty Discount Bowling**  
Call for pricing  
Monday-Friday from 11 a.m. - 4 p.m.  
Military ID required.

**Liberty Discount Special on Energy Zone classes**  
Limited to the first 10 Liberty Sailors and Marines that sign up.  
Register at the Recreation Office. ID required.

### PAX RIVER FREEDOM LOUNGE

MWR and CBQ have partnered to provide the barracks residents with a kitchen and activity center. The facility is located in Bldg. 1455. At the Freedom Lounge, barrack residents have a place to hang out as well as enjoy special Liberty events.

**For more information on any of these events, call the Recreation Office at (301) 342-3648 or Michele Kessler, Liberty Coordinator, at (301) 757-1394.**