

February 2010

Ben Moreell Community Center



SUN	MON	TUE	WED	THU	FRI	SAT
National Chocolate Month 	1 10:00-11:30 Mommy's Time 12:30-1:30 Cardio Interval	2 9:00-9:30 Little Hands On 10:00-11:00 Mommy & Me	3 10:00-11:30 Mommy's Time 12:30-1:30 Cardio Interval	4 Center Closed carpeting being installed	5 9:30-11:30 Mommy's Time	6 RSVP for Romantic Couple's Dinner by Feb 10
7 National Black History	8 10:00-11:30 Mommy's Time 12:30-1:30 Cardio Interval	9 9:00-9:30 Little Hands On 10:00-11:00 Mommy & Me	10 10:00-11:30 Mommy's Time 12:30-1:30 Cardio Interval	11 10:00-11:30 Scampers 	12 10:00-11:30 Busy Mom's Breakfast @ Norwich Manor	13 Romantic Couple's Dinner @ ASYMCA Oceana
14 	15 Closed 	16 9:00-9:30 Little Hands On 10:00-11:00 Mommy & Me	17 10:00-11:30 Mommy's Time 12:30-1:30 Cardio Interval	18 10:00-11:30 Scampers 	19 10:30-11:30 Fun with Chocolate @ Ben Moreell	20 Model Cindy Crawford, born
21 Fun Fact: The average life span for a major league baseball is only 7 pitches.	22 10:00-11:30 Mommy's Time 12:30-1:30 Cardio Interval	23 9:00-9:30 Little Hands On 10:00-11:00 Mommy & Me	24 10:00-11:30 Mommy's Time 12:30-1:30 Cardio Interval	25 10:00-11:30 Scampers 	26 10:30-11:30 Lunch @ Chick-Fil-A	27 Birthstone: Amethyst Flower: Violet
28 Racecar Driver Mario Andretti, born 1940	Romantic Couple's Dinner : Saturday, Feb. 13, 2010 Enjoy a romantic evening, while our trained staff take care of your children. Sign up deadline is Feb 10.					
CLASS INFORMATION 1st, 3rd, 5th, 8th, 10th, 17th, 22nd, and 24th - Catch up on things while we mind the children in the other room! 5th - Create a brand new best friend that will last a lifetime! Meet us at Build a Bear Workshop at Lynnhaven Mall, VA Beach. Prices will vary. 12th - Join us at Norwich Manor for a nice quiet breakfast, with no children! Enjoy yourself while we mind the kids! 19th - Marshmallows, fruit, pretzels, anything you can think of bring! We'll provide the chocolate for dipping! Meet at Ben Moreell. 26th - In the mood for some chicken? Join us for lunch at Chick - Fil - A off of Military Hwy, Norfolk. Prices will vary.						



Ben Moreell Community Center
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 Updates at: www.asymcahr.org
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 www.myspaces.comarmedservicesymcahr
 on Facebook: asymcahr

The mission of the Armed Services YMCA of Hampton Roads is to improve Quality of Life for junior enlisted military personnel and their families, through values oriented social, recreational, personal development, crisis prevention, deployment separation and child care programs.



Designate
CFC # 73565

Programming Information

- ★ All ASYMCA programs featured on this calendar are open to all military families throughout the community.
- ★ Supervised children's activities give moms a chance to relax and enjoy what the ASYMCA has to offer.
- ★ Your input and ideas are always welcome!!

PLEASE SIGN UP IN ADVANCE!!

Aerobics

Our aerobics classes are easy and fun! We do low-impact, high-impact and step aerobics. Mats are available for your use and we encourage everyone to bring their own hand weights. All fitness levels are accommodated. Child minding is available for participants of this program.

Mommy's Time

Need to get the check book balanced? Need time to catch up on your scrap booking? Have a book you want to read? Always wanted to learn to sew? Check out our class every Monday and Wednesday morning for an hour and a half.
Let an ASYMCA staff member sign you up!

Scampers

Scampers is a wonderful program where you and your child can get out into the neighborhood and meet other military families. The Armed Services YMCA asks that you bring a snack and art smock with you. There will be free play, circle time, snack, and a craft for you and your child to do together!

Mommy and Me

Enjoy doing crafts with your children??
Come join us every Tuesday for all the fun and less of the mess!!
Classes fill quickly, so please register early.

Little Hands On

Come out and learn sign language basics, to help communicate with your little one.
Ages infant to 3yrs preferably. Hope to see you there!

Any questions, comments or concerns? Contact Kim Fadely at kim.fadely@asymcahr.org



Our other facilities are:

Regional Headquarters and Beach Family Center

1465 Lakeside Road,
Virginia Beach, VA 23455
Phone: 757-363-1884 Fax: 757-363-1953

Oceana Community Center

1200 S. Birdneck Road, Virginia Beach, VA 23451
Phone: 757 - 433-2055
Email address: oceana@asymcahr.org

Norwich Manor Community Center

7851 Norfolk Crossing Ave.
Norfolk, VA 23505
Email address: norwich.manor@asymcahr.org

Little Creek Clubhouse

2165 Wellings Court
Virginia Beach, VA 23455
Email address: wellings.court@asymcahr.org