

# MARCH

## activities

Events are held at the Fleet Recreation Center unless otherwise stated.

### March is National Nutrition Month

Nutrition is delicious! Submit your healthiest recipes of your favorite dishes. Send them to [MWR\\_Gaeta@eu.navy.mil](mailto:MWR_Gaeta@eu.navy.mil).

#### Celebrate Dr. Seuss' Birthday

**Monday, March 3**

**Begins at 10:30 a.m.**

Celebrate the delightful characters and wonderful world of Dr. Seuss on his belated birthday. Dr. Seuss displays, coloring and activity sheets will be available.

#### Lucky Bingo

**Monday, March 17**

**11 a.m.**

May luck be with you to win fun prizes. Bring your lunch or purchase snacks and beverages at the MWR Customer Service Desk. \$2 to participate. Minimum four people.

#### Read an E-Book Week

**March 3-8**

Enjoy reading e-books, newspapers and magazines or listen to audiobooks and music by accessing the Navy MWR Digital Library at [www.navyMWRdigitallibrary.org](http://www.navyMWRdigitallibrary.org).

#### Get ready. Get fit. Get Healthy!

**Wednesday, March 19**

**11 a.m.-12:30 p.m.**

U.S. Naval Hospital Naples' Health Promotion & Wellness staff will share an overview of the ShipShape Program including four important components for weight loss and management: nutrition, physical activity, mindset and sleep. The staff will provide resources, handouts and recipes to help you jumpstart a healthier lifestyle.

#### Carnevale

**Tuesday, March 4**

**Begins at 10:30 a.m.**

Learn about Carnevale, how it is celebrated throughout Italy and about famous masks in different regions. Taste the local, traditional "frappe" (fried dough). Decorate your own mask! While supplies last.

#### International Color Day

**Friday, March 21**

Celebrate color through various activities that are related to color and its perception. Enter the colorful picture or design contest. Create your colorful design at the Fleet Recreation Center. You may use your own supplies or use supplies provided by MWR.

#### Scrabble Battle

**Friday, March 7**

**Begins at 10:30 a.m.**

Take a break and play one of the favorite word games of all time with your friends or co-workers.

#### Family Time

**Tuesday, March 11 • Olde Mill Inn**

Family Fitness, 9 a.m.

Children's Social, 9-11 a.m.

Children's social is for kids school age, pre-school and younger.

#### Spring Shopping Spree

**Friday, March 28**

Take a bus to Campania Mall for lots of shopping and great food. Call us for departure times. €25 per adult. Minimum 15 adults. Register and pay by noon, March 19 by calling the MWR Customer Service Desk.

#### Ask MWR

Gaeta MWR Customer Service staff can provide information about:  
Group exercise • Italian language lessons • Music lessons • Spa services