



# Get fit, go exploring with MWR in May

## Live DJ Spin Class

Enjoy a two-hour spin session with DJ Benny spinning the tunes at the Wiesbaden Sports, Fitness and Outdoor Recreation Center on May 13 from 9-11 a.m. Pedal to your favorite tunes while getting a 120-minute workout on the spin bike. Cost is \$15 per person. Register for the class by calling civ (0611) 143-548-9830.

## Prague Mother's Day Special

Explore the capital of the Czech Republic with an experienced tour guide during Outdoor Recreation's Mother's Day Special to Prague May 13-14. Cost of the trip is \$159 for adults, \$99 for children ages 12 and under. Call civ (0611) 143-548-9830 or 9801 for details.

## Mother's Day Brunch

Enjoy a scrumptious brunch at the Little Italy on May 14 from 9 a.m. to 2 p.m. featuring biscuits and gravy, bacon, sausages, fried potatoes, waffles, pancakes, French toast, omelets, eggs, oven-baked chicken, baked fish, pork cutlets, roasted rosemary potatoes, roast beef, ham, pasta, seafood, salad and a range of desserts, beverages, juices, ice cream, champagne and wines. Cost is \$24.95 for ages 13 and above, \$9.95 for children ages 6-12 and free for children ages 5 and under.

## Community Scramble

Make your own four-person team for a fun and competitive nine-hole scramble against others in the community at the Rheinblick Golf Course on May 8 or 22. The shotgun start is at 6:30 p.m. Cost is \$10 for Rheinblick Golf Course members, \$20 for non-member ID cardholders or \$35 for non ID cardholders. Call civ (0611) 143-548-5485 or 5486 to register.

## Deep Sea Fishing and Whitewater Rafting

Wiesbaden's Sports, Fitness and Outdoor Recreation Center features a **Baltic Sea Fishing and Ham-**



Photos by Karl Weisel



## Get ready for summer

Wiesbaden's Child and Youth Services' School Age Centers offer before- and after-school care, Summer Camp, dodgeball, activity clubs and lots more great fun and educational activities. During the summer months CYs hosts a wide range of sport camps and trips to amusement parks, museums and lots more. Stop by your local SAC in Hainerberg Housing or on Clay Kaserne for an inside look or call Parent Central Services at civ (0611) 143-548-9356.

**burg Trip** May 19-21. Cost is \$249 for adults, \$200 for children ages 3-11. Outdoor Rec also hosts a **Memorial Day Whitewater Rafting and Water Park Trip** July 29-30. Minimum age to whitewater raft is 15. Cost is \$199 per adult, \$129 for ages 14-16, \$99 for ages 13 and under. Cost for non-rafters is \$129 per adult, \$99 for ages 16 and under. Call civ (0611) 143-548-9830 or 9801 for details.

## Armed Forces Day 5-K Run

The Wiesbaden Sports, Fitness and Outdoor Recreation Center hosts a five-kilometer run in celebration of Armed Forces Day on May 20 starting at 10 a.m. Registered runners in the Strong B.A.N.D.S. event will receive a race packet and have their race time provided at the finish line. The event is free, but participants can register for \$5 for a T-shirt or race bib; \$10 for a race bib and T-shirt. Stop by the fitness center for more information.

## Library Story Walk

Here's another Strong B.A.N.D.S. event

in May. The Wiesbaden Library hosts a Library Story Walk from 2-5 p.m. May 20. Enjoy a story while walking around the library and working out at various exercise stations.

## Two-Person Better Ball Tournament

The Rheinblick Golf Course holds a Strong B.A.N.D.S. two-person team event on May 20 starting at 9 a.m. Play your ball through 18 holes of golf and take the better score for the hole between you and your partner. Call civ (0611) 143-548-5485 to sign up for the event.

## Memorial Day Murph

Compete in this functional fitness event on May 27 starting at 10:30 a.m. aimed at remembering and celebrating the life of Lt. Michael Murphy who was killed during a mission in Afghanistan. Memorial Day Murph will include a one-mile run, 100 pull-ups, 200 push-ups, 300 squats, another

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May 2017

# MWR GO

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Wiesbaden Family  
and Morale, Welfare  
and Recreation



May 5

11 a.m. - 2 a.m.

## Cinco de Mayo

- Salsa Night Dance Competition
- 5 Bowling Games for \$5
- Themed Food & Drink Specials

**STRONG  
B.A.N.D.S.**

A STRONG B.A.N.D.S. event!



Hainerberg, Bldg. 7891  
For more information, call:  
0611-143-548-9406 / 548-9406

WIESBADEN ENTERTAINMENT CENTER

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Wiesbaden Family and MWR



May 2017

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Early Bird Special (Payment by July 18)  
\$549 per Adult (based on Double Occupancy)  
\$459 ages 4-11 yrs • \$199 ages 3 & Under

Payment after 18 July  
\$569 per Adult (based on Double Occupancy)  
\$499 ages 4-11 yrs • \$229 ages 3 & Under

Registration deadline is July 25.

## French Riviera & Cinque Terre Aug. 31 - Sept. 4



SPORTS, FITNESS & OUTDOOR RECREATION CENTER

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## COUNTRY NIGHT

*At the*

WIESBADEN ENTERTAINMENT CENTER LOUNGE

Line Dancing  
Two-Step Dance Competition  
Biggest Country Hat Competition  
Food & Drink Specials

MAY 20  
9 P.M. - 2 A.M.

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JUNE 30  
-  
JULY 4

## ROVINJ

C R O A T I A

Early Bird Special  
**\$549 per Adult**  
**\$429 ages 5-13**  
**\$189 ages 4 & Under**

After June 1  
**\$599 per Adult**  
**\$449 ages 5-13**  
**\$199 ages 4 & Under**



### SPORTS, FITNESS & OUTDOOR RECREATION CENTER

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0611-143-548-9830 / 548-9830



## STRESS MANAGEMENT

FAMILY ADVOCACY PROGRAM



**Every Second  
Wednesday  
10 - 11 a.m.**

*Class also available upon request*

0611-143-548-9202 / 548-9202

### ARMY COMMUNITY SERVICE

Wiesbaden.ArmyMWR.com  
Facebook.com/WiesbadenFMWR





May 2017

# MWR GO

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## WE NEED YOU!

ARE YOU ARMY STRONG ENOUGH TO BE "THE ONE?"



### EMERGENCY PLACEMENT CARE (EPC)

HELP A CHILD IN NEED. BE THE ONE. BE ARMY STRONG.

0611-143-548-9202 / 548-9202

#### ARMY COMMUNITY SERVICE

Wiesbaden.ArmyMWR.com  
Facebook.com/WiesbadenFMWR



## STRONG B.A.N.D.S.

BALANCE ACTIVITY NUTRITION DETERMINATION STRENGTH

- 1 Attend featured fitness events at your garrison
- 2 Wear your Strong B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle
- 3 Gain valuable fitness tips throughout May by visiting [ArmyMWR.com/StrongBANDS](#)

### 5K Armed Forces Day Run

Sports, Fitness and Outdoor Recreation Center  
May 20, 9 a.m.

#### FAMILY & MWR SPECIAL EVENTS

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0611-143-548-9810 / 548-9810



# MWR GO

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Wiesbaden Family  
and Morale, Welfare  
and Recreation



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one-mile run — all while wearing a 20-pound vest or body armor. Register at the Wiesbaden Sports, Fitness and Outdoor Recreation Center front desk.

## Cinco De Mayo

Celebrate this special occasion at the Wiesbaden Entertainment Center on May 5. During this Strong B.A.N.D.S. event the WEC will feature a Salsa Dance Competition, five games of bowling for \$5 and themed food and drink specials.

## Circle of Security

Army Community Service is offering a free Circle of Security Parenting Tools Class every Thursday from 10-11:30 a.m. at ACS through May 25. Learn how to strengthen your relationship with your child. Call civ (0611)

143-548-9201 to reserve a space in the class.

## Recreational Shooting

Wiesbaden Sports, Fitness and the Outdoor Recreation Center hosts Recreational Shooting at the JMTC Wackernheim Range from 10 a.m. to 3 p.m. on May 13. Firearms are available for rent. Ranges include handgun plus 100-, 200- and 300-meter rifle. Hearing and eye protection must be worn on all ranges. Cost is \$8 per person for Hunting, Fishing and Sport Shooting members; \$12 for non-members. Youths ages 16-17 are free and additional family members over the age of 18 pay \$5. Call civ (0611) 143-548-9830/9801 for more information.

## Warrior Zone entertainment

The Warrior Zone, in Building 1214 on Clay Kaserne, offers a wealth of

entertainment during the month of May. Take part in the Madden 16 X-Box Tournament May 3, an Eight-Ball Pool Tournament May 11, Board Game Night May 16 or Poker Night May 31. All events start at 6 p.m. Call (0611) 143-548-9816 for more information.

## Golf for the younger set

Juniors ages 7-17 can start a lifelong relationship with golf during the Rheinblick Golf Course's PGA Sports Academy golf lessons. Get an introduction to the game in a fun and entertaining environment while learning the fundamentals. The youth PGA lessons are on Saturdays and cost \$50 for four sessions. Call civ (0611) 143-548-5485 or 5482 to register.

## Rocking the WEC

Enjoy a little live rock during the Wiesbaden Entertainment Center Lounge's next Rocking

the WEC performance on May 6 from 8 p.m. to midnight. Admission is free.

## Movie Matinee

The Wiesbaden Library invites patrons to enjoy a free movie — every first Saturday of the month at 10 a.m. This month's movie will be featured at the library on May 6.

## Youth Rock Climbing

Community youths can take advantage of the Youth Rock Climbing program which runs through Oct. 18. The partnership between the Child and Youth Services Teen Center and the Wiesbaden Sports, Fitness and Outdoor Recreation Center offers free rock climbing on Wednesdays with buses departing from Hainerberg and Clay. Equipment and instruction will be provided — beginners are welcome. Participants must confirm their attendance at least a

day in advance by calling (0611) 143-548-9341.

## Canvas and Corkscrews

Enjoy creating art in a relaxed atmosphere at the Wiesbaden Entertainment Center Lounge May 5 from 6-8:30 p.m. Cost is \$45 (ask about the 10 percent spring discount) including all painting supplies. Call the Arts and Crafts Center at civ (0611) 143-548-9838 to reserve a space.



## American Girl Doll Social

Girls ages 6 and above are invited to enjoy an American Girl Doll Social at the Wiesbaden Library May 13 from 10 a.m. to noon. Bring your American Girl Dolls and participate in a story hour, enjoy tea and cookies and more. Register early with the library or by calling civ (0611) 143-548-9821.

## B.o.B in Concert

Armed Forces Entertainment and Navy Entertainment are teaming up with Wiesbaden Family and MWR to present B.o.B. (alias Bobby Ray Simmons Jr.) in a free concert at the Wiesbaden Sports, Fitness and Outdoor Recreation Center May 26 at 7 p.m. The hip hop recording artist and producer from Decatur, Ga., is known for such hits as "Nothin' On You," "Magic" and "So Good." Food and beverages will be available for purchase on site.

