



Travel, musical and more on tap with MWR in November

Trip to Verdun

The Wiesbaden Library and Outdoor Recreation host an interactive trip to Verdun, France, on Nov. 10 to commemorate the Centennial of World War I. Verdun was the site of the longest lasting battle of WWI with more than 700,000 casualties. Cost is \$99 including round-trip transportation and entrance fees. Sign up at the Wiesbaden Sports, Fitness and Outdoor Recreation Center.

'Sound of Music'

Wiesbaden's Amelia Earhart Playhouse features its latest musical production, Rodgers and Hammerstein's "The Sound of Music," opening on Nov. 30 at 7:30 p.m. Follow the adventures of the Von Trapp family in Austria as the approach of World War II events impact their lives. Other play dates are Dec. 1, 2, 7, 8, 9, 14, 15; Jan. 4, 5 and 6. Performances are at 7:30 p.m. on Fridays and Saturdays; 2 p.m. on Sundays. Pick up tickets at the Playhouse or Wiesbaden Arts and Crafts Center.

Spin and Body Shred

The Wiesbaden Sports, Fitness and Outdoor Recreation Center hosts a "Drop the Turkey: Spin and Body Shred" event on Nov. 23 from 10 to 4:30 p.m. Participants will have the opportunity to sweat out — gravy, mashed potatoes, sweet potato pie and turkey — in this intense and strenuous 90-minute training session with the fitness center's professional Spin/Fitness instructors. Cost is \$8 per person or \$14 per couple. Call civ (0611) 143-548-9830.

Engelberg Express

Go skiing or snowboarding in Engelberg, Switzerland, with Wiesbaden Outdoor Recreation on Nov. 24. Cost is \$129 for

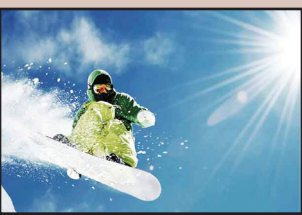


Photo by Karl Weisel

Ruedesheim Christmas Market

Visit one of the area's unique Christmas Markets — the Ruedesheim Christmas Market — on Nov. 28 with Army Community Service. The market includes 124 stalls from 12 nations offering traditional foods and goods. Sign up with ACS by calling civ (0611) 143-548-9201.

adults, \$99 for ages 15 and under — including free use of ski or snowboard gear. Register by Nov. 18 at the Wiesbaden Sports, Fitness and Outdoor Recreation Center.

Holiday Assistance Program

The Holiday Assistance Program assists military and civilian families, primarily the families of specialists and below, with actual needs during the holiday season. This includes a food voucher or gift certificates for Thanksgiving and Christmas for qualified families. Completed applications (available through chain of command and at ACS) signed by the commander or designated authority must reach the U.S. Army Garrison Wiesbaden, Army Community Service, Building 7790, Hainerberg Housing by 3:30 p.m. on Nov. 12 for Thanksgiving and Dec. 14 for Christmas. Call civ (0611) 143-548-9201.

Library Origami

Join the Wiesbaden Library staff for a fun-filled afternoon Nov. 3 from 4-5:30 p.m. This month's "Maker Space" will feature

Origami — the art of paper folding. Stop by the library or call civ (0611) 143-548-9821 to reserve your space.

Lego Block Party

Boys ages 7-12 are invited to the Wiesbaden Library on Nov. 17 from 2-4 p.m. for a Lego Block Party. Call civ (0611) 143-548-9821 to reserve a space.

Salsa Night

The Vault Club and Casino holds Salsa Night on Nov. 17 starting at 8 p.m. Take a free dance class from 8:30-9:30 p.m.

NFL Sundays at the Vault


Watch the action unfold at the Vault Club and Casino during NFL Sundays. Bring your friends with groups of four getting one free pizza with the purchase of a beverage. Also win prizes during the Halftime Trivia Contest. Call civ (0611) 143-548-9410 for more information.

Winter Inspection Checks

The Wiesbaden Automotive Skills Center
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November 2018

MWR GO

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Wiesbaden Family
and Morale, Welfare
and Recreation



Holiday Assistance Angel Tree

Nov. 23 - Dec. 17

A gift-giving campaign that provides gifts for children
in the USAG Wiesbaden community.



Army Community Service
Hainerberg, Bldg. 7790 | 0611-143-548-9201/9202 | (DSN) 548-9201/9202
wiesbaden.armymwr.com & facebook.com/wiesbadenarmymwr



Holiday Assistance Program

Provided by the USAG Wiesbaden Chapel Community

Oct. 12 - Dec. 14

Assisting military and civilian Families with Commissary
gift cards for Thanksgiving and gifts for Christmas.




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Golden Sage MARTIAL ARTS

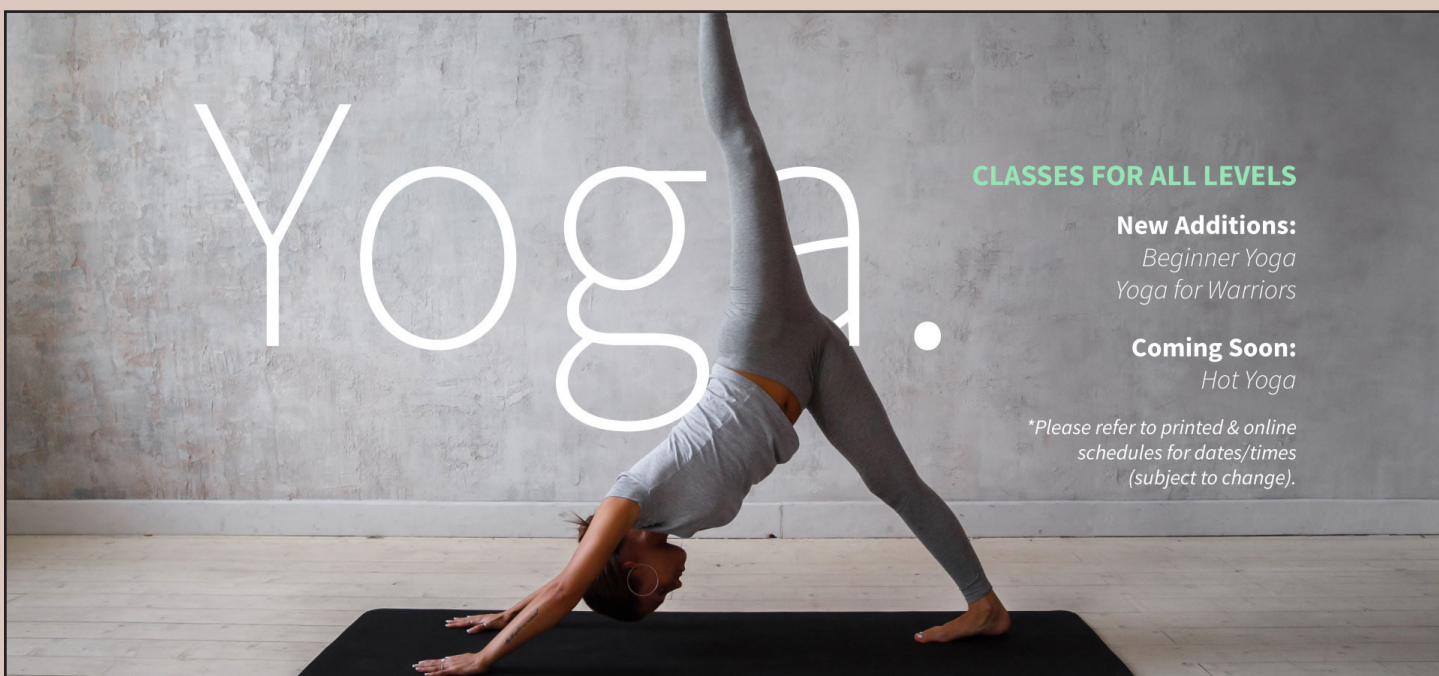
Saturdays (ongoing) • Noon - 2 p.m. • \$8 per class

SPORTS, FITNESS & OUTDOOR RECREATION CENTER

Wiesbaden.ArmyMWR.com
Wiesbaden Family and MWR



0611-143-548-9830 / 548-9830



Yoga.

CLASSES FOR ALL LEVELS

New Additions:
Beginner Yoga
Yoga for Warriors

Coming Soon:
Hot Yoga

*Please refer to printed & online
schedules for dates/times
(subject to change).

SPORTS, FITNESS & OUTDOOR RECREATION CENTER

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THIRSTY THURSDAY Karaoke

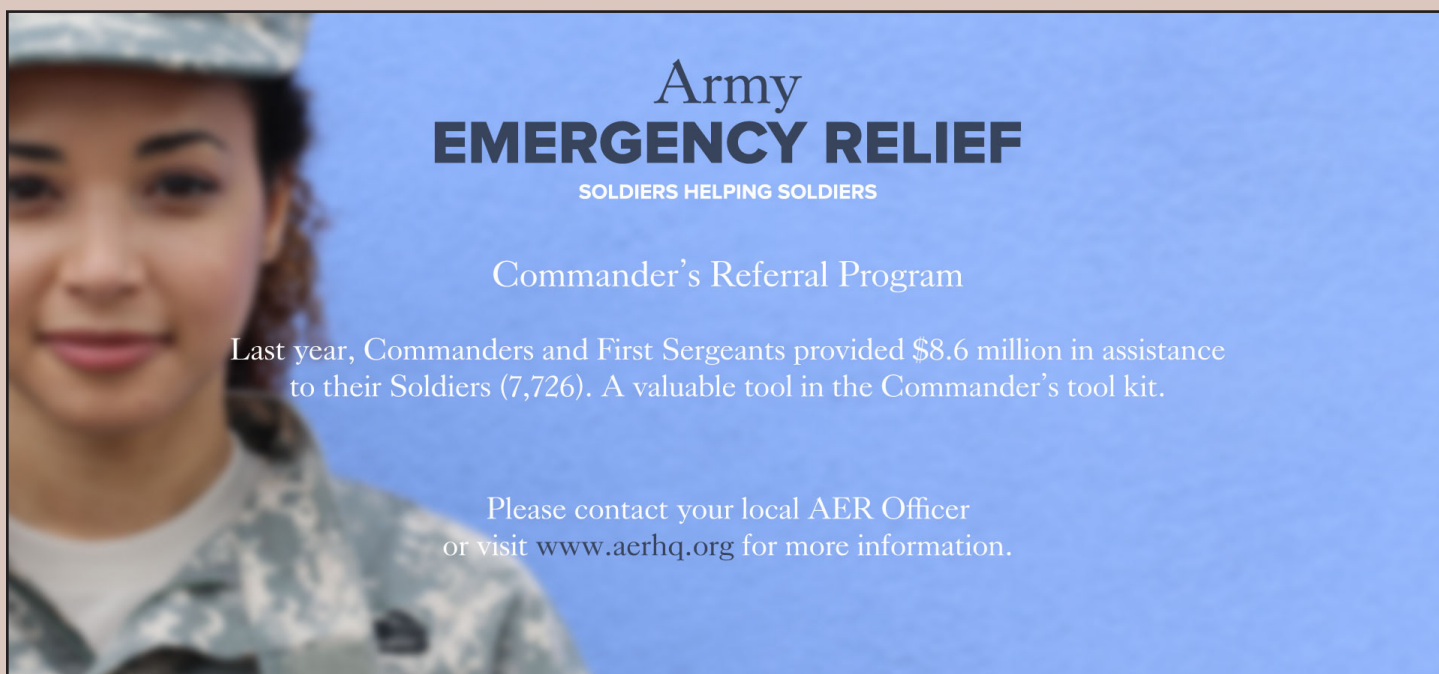
**EVERY
THURSDAY
EVENING
7 - 11 P.M.
WEC LOUNGE**

WIESBADEN ENTERTAINMENT CENTER

Wiesbaden.ArmyMWR.com
Wiesbaden Family and MWR



0611-143-548-9406 / 548-9406



Army EMERGENCY RELIEF

SOLDIERS HELPING SOLDIERS

Commander's Referral Program

Last year, Commanders and First Sergeants provided \$8.6 million in assistance to their Soldiers (7,726). A valuable tool in the Commander's tool kit.

Please contact your local AER Officer
or visit www.aerhq.org for more information.

ARMY COMMUNITY SERVICE (ACS)

Wiesbaden.ArmyMWR.com
[Facebook.com/WiesbadenFMWR](https://www.facebook.com/WiesbadenFMWR)

0611-143-548-9202 / 548-9202



EVERY 3RD WEDNESDAY

10-11 A.M.

*Must call to register.
Class is also available
upon request.*



POSITIVE PARENTING CLASS

Strengthen your
relationship with
your child.

Make sense of your
child's behavior by
recognizing their
needs.

Be present with
your child during
the best/toughest
times.



MWR GO

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Wiesbaden Family
and Morale, Welfare
and Recreation



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is offering Vehicle Winter Inspection Checks throughout October and November. The staff will check to see if your car is winter ready. Cost is \$15. Call civ (0611) 143-548-9817 to make an appointment.

German language classes

Increase your language skills during Army Community Service's free German language classes Tuesdays from 7-8:30 p.m. The next new session starts Nov. 20 and runs through Dec. 18. Sign up at ACS in Building 7790 in Hainerberg Housing or call civ (0611) 143-548-9201.

Foreign Born Spouses

Army Community Service hosts a monthly potluck for foreign born spouses — every second Wednesday of the month (this month on Nov. 14) from 11:30 a.m. to 2 p.m. Call civ (0611) 143-548-9201 for details.

Basic Car Maintenance

Learn Basic Car Maintenance during a class at the Wiesbaden Automotive Skills Center on Nov. 18 from 10:30-11:30 a.m. Cost is \$10. Sign up at the center or call civ (0611) 143-548-9817.

Budgeting for Holidays

Let the professionals at Army Community Service show you how to plan a budget

for your holiday expenses during this free class on Nov. 8 from 1-2 p.m. Call civ (0611) 143-548-9201 to reserve a space.

Budgeting for Baby

Have some fun learning about common expenses related to babies and children — and how to plan for future expenses — during this free Army Community Service class on Nov. 6 from 10-11 a.m. Call civ (0611) 143-548-9201 to register.

CYS Winter Sports

Enroll through Nov. 16 for Child and Youth Services Winter Season Sports. The season will run from December to March with sports including basketball, cheer, wrestling, dodgeball and bowling. Register at Parent Central Services or call civ (0611) 143-548-9356.

Wiesbaden Walking Tour

Army Community Service hosts a walking tour of Wiesbaden on Nov. 1. While the tour is free, participants are advised to bring Euros for public transportation, shopping and dining. Call civ (0611) 143-548-9201 to register.

Unit Sponsorship Training

Army Community Service offers Unit Sponsorship Training for units and agencies to properly assist incoming personnel

Thursdays in November from 10-11 a.m. Call ACS at civ (0611) 143-548-9201 to register.

Trivia Night

Show off your trivia knowledge during Trivia Night at the Wiesbaden Entertainment Center on Nov. 7 from 7-9 p.m. Call civ (0611) 143-548-9406.



EFMP Support Group

Join fellow parents in sharing experiences and concerns during this Exceptional Family Member Program Parent Group on Nov. 29 at 3 p.m. at Army Community Service. Call civ (0611) 143-548-9220 for details.

Martial arts classes

Learn self-defense techniques and more during ongoing Golden Sage Martial Arts classes at the Wiesbaden Sports, Fitness and Outdoor Recreation Center. Classes are Saturdays from noon to 2 p.m. and cost \$8 per class. For more information visit www.bob-karnes-golden-sage.com or call the fitness center at civ (0611) 143-548-9830.

Spanish Language Story Time

Children up to age 6 are invited to enjoy stories, songs and more in Spanish during Spanish Language Story Time every second Tuesday of the month from 3:30-4:30 p.m. at the Wiesbaden Library.



Turkey Trot

Work off a few pounds during the five-kilometer Turkey Trot walk/run on Nov. 17 at 9 a.m. starting at the Wiesbaden Sports, Fitness and Outdoor Recreation Center. Participants will have a chance to win a frozen turkey. Participation is free — or pay \$5 for an event-themed T-shirt. Call civ (0611) 143-548-9830 for more information.