



Let MWR help with your New Year's resolutions

Take off with BOSS

Wiesbaden's Better Opportunities for Single Soldiers Program has several fun outings planned for January. On Jan. 4, join BOSS for a trip to a local ice skating rink. On Jan. 11 BOSS heads to a local Go-Cart track. **Laser Tag** is on the schedule for Jan. 25. BOSS also hosts free **Movie Nights**, **Video Game Nights** and **Board Game Nights** at the Warrior Zone. Stop by the Warrior Zone in Building 1214 on Clay Kaserne or call civ (0611) 143-548-9816 for details.

Fishing Course

Learn what you need to know to purchase your German Fishing License during Outdoor Recreation's U.S. Forces German Fishing Course Jan. 9-12. Cost is \$75 for adults and \$25 for ages 10-15. Call civ (0611) 143-548-9830 or 9801.

Toddler Playgroup

A Toddler Playgroup meets Jan. 10 and 24 from 10-11:30 a.m. at the Army Community Service Cafeteria. The free playgroup is for children ages 1-4. Call civ (0611) 143-548-9201 for more information.

Biggest Loser

Change your life during this eight-week fitness and nutrition program that starts Jan. 13, 2020, and runs through March 3, 2020. Workout sessions are on Mondays and Wednesdays from 6:30-7:30 p.m. Cost is \$199 per person. Sign up at the fitness center or call civ (0611) 143-548-9801.

Ski/snowboard trips

Wiesbaden Outdoor Recreation holds trips to **Engelberg, Switzerland**, on Jan. 25, Feb. 29 and March 28; and to the **Black Forest** on Jan. 11 and Feb. 1. Register at the Wiesbaden Sports, Fitness and Outdoor Recreation Center.

'Beauty and the Beast'

The Amelia Earhart Playhouse presents "Disney's Beauty and the Beast" with performances on Jan. 10, 11, 17 and 18 at 7 p.m.; Jan. 12 and 19 at 2 p.m.



Photo by Karl Weisel

Fitness Resolution

Take part in a range of free workout sessions during the Wiesbaden Sports, Fitness and Outdoor Recreation Center's **Fitness Resolution** on Jan. 11, 2020, from 10 a.m. to 1 a.m. Pick up tips from the Wellness Center, try a protein shake, sample a chair massage or speak to a personal trainer.

Follow the adventures of Belle, Gaston and the quirky servants of an enchanted castle in this fairy tale turned musical. Purchase tickets at the playhouse or Wiesbaden Arts and Crafts Center.

Guided Meditation

This Guided Meditation Class will help you reduce stress, control anxiety, lengthen attention span and improve emotional health. The class meets on Jan. 15, 2020, from 6-7:15 p.m. at the Wiesbaden Sports, Fitness and Outdoor Recreation Center. Cost is \$10. Call civ (0611) 143-548-9830.

Hunting Course

Wiesbaden Outdoor Recreation offers a U.S. Forces German Hunting Course Jan. 28 to April 18, 2020. Learn what you need to hunt while in Germany. Cost is \$250. Call civ (0611) 143-548-9801 for details.

'Blue Door'

The Amelia Earhart Playhouse invites play-goers to this dramatic exploration of the male African-American experience. "Blue Door" is about a college professor coming to terms with his personal and cultural identity. Performances are Jan. 31, Feb. 1, 14, 15, 21 and 22 at 7:30 p.m.; Feb. 2, 16 and 23 at 2 p.m. Purchase tickets at the Playhouse or Wiesbaden Arts and Crafts Center.

Hunting and Fishing Exhibition

Wiesbaden Outdoor Recreation offers a trip to Germany's largest Hunting, Dog and Fishing Exhibition on Jan. 30, 2020. Cost for the trip to the Dortmund exhibition is \$45 for adults, \$39 for children up to age 16. That includes round-trip transportation and entrance to the exhibition. Call civ (0611)

143-548-9830 or 9801 for registration information.

Basic Car Care Class

Learn Basic Car Maintenance during this class at the Wiesbaden Automotive Skills Center on Jan. 12, 2020, from 10:30-11:30 a.m. Topics include checking fluids, jump starting your vehicle, changing a tire, proper tire pressure and oil changes. Cost is \$15. Call civ (0611) 143-548-9817.

Budgeting for Baby

Get some tips from the financial professionals during this Army Community Service Financial Readiness class — Budgeting for Baby: Financial Planning for New Parents — on Jan. 21, 2020, from 10:30 a.m. to noon in Building 1023 West, Room 007, on Clay Kaserne. Sign up by calling civ (0611) 143-548-9201.

Youth Rock Climbing

Middle School and High School age students are invited to get in some rock climbing on Fridays from 3:30-5:30 p.m. (weather permitting). All skill levels are welcome. Participants must be registered with Child and Youth Services. Call civ (0611) 143-548-9341 to confirm attendance.

