


June 2021

MWR GO

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Wiesbaden Family
and Morale, Welfare
and Recreation



Something for everyone in June with MWR

Please note: These events are all subject to change during the ongoing COVID-19 response. Please call the facility in advance to ensure the event is indeed happening as scheduled.

Michael B. Riley Hero WOD

Challenge yourself with this Workout Of the Day on June 26. The Wiesbaden Sports and Fitness Center hosts the Michael B. Riley Hero WOD which consists of a 400-meter run with a 60-pound ruck, 10 power cleans at 135 pounds, five strict pull-ups X 2 and 10 burpees X 2. The WOD can be altered through coordination with the Fitness Center staff. Register at the Fitness Center or call civ (0611) 143-548-9830 for details.

Library Story Time

The Wiesbaden Library invites pre-school-age children for Story Time on June 3 and 17 at 10 a.m. Spanish-language Preschool Story Time will be held on June 8 and 22 at 10 a.m. Enjoy stories, singalongs and more. Call civ (0611) 143-548-9821 to register.

Virtual Employment Readiness Training

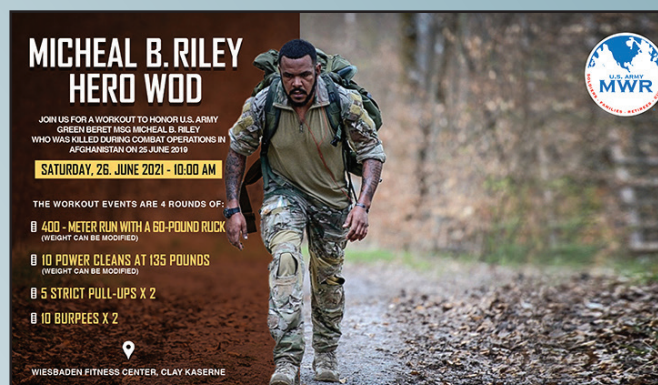
Army Community Service's Employment Readiness Program holds Virtual Lunch and Learn Job Training classes via Microsoft Teams on June 10 (**Interviewing Skills**) and June 22 (**Navigating USAJobs**) from 11:30 a.m. to 1 p.m. Register for the free classes by calling civ (0611) 143-548-9201.

Home on the Range

Licensed and Qualifying Shooting will be held on June 26 from 10 a.m. to 3 p.m. at the Wackernheim Range. Firearms are available for rent on location. Call Wiesbaden Outdoor Recreation at civ (0611) 143-548-9801 for more information.

Virtual Wine and Cheese Tour

Wiesbaden Outdoor Recreation hosts a Virtual Tour of the Rhein-



Hessen Region and the Netherlands with a wine/grape juice and Dutch cheese tasting on June 12 from 7-9 p.m. The tour and tasting will feature wines from Weingut Stenner and cheeses from Mooi Cheeses. Cost is \$110. Call civ (0611) 143-548-9801 for details.

Basic Car Care Class

Learn basic car maintenance during this class on June 9 at 5:30 p.m. at the Wiesbaden Automotive Skills Center. Topics include checking fluids, jump-starting your vehicle, changing a tire, proper tire pressure and oil changes. Cost is \$20. Call civ (0611) 143-548-9817 to register.

Summer Wine Tasting

Take a virtual tour through the Rheinhessische Toscana, learn about one of Germany's largest wine regions, wine production and more during this Virtual Tour and Summer Wine Tasting on June 25. Taste a variety of six light summer wines, learn how to make wine cocktails and how to pair wine with fruit. Cost is \$79. Register at Outdoor Recreation or call civ (0611) 143-548-9801.

Art Display at Outdoor Rec

Stop by the Outdoor Recreation Center on Clay North to view artworks by a local artist weekdays from 11 a.m. to 6 p.m. in June and July.

Youth Golf Academy

The Rheinblick Golf Course invites juniors, ages 7-17, to enjoy some fitness and learn to play the game of golf. Golf lessons in the Youth Golf Academy are offered from

1-2 p.m. on the following dates: June 5, 19, 26; July 3, 10, 17, 31; Aug. 7, 21, 28; and Sept. 11. Cost is \$50 for four lessons or \$150 for the full season. Call civ (0611) 143-548-5485 to register.

Lactation Support Services

Army Community Service's New Parent

Support Program has two Certified Lactation Consultants available to help community members with questions or concerns about breastfeeding. Call civ (0611) 143-548-9201 for assistance.

IMCOM-E Cycling Challenge

Wiesbaden Outdoor Recreation invites cyclists to join the self-paced 2021 IMCOM-Europe Cycling Challenge. Hit the trails on your favorite two-wheeler and keep track of the kilometers logged from May 1 to Aug. 31, 2021. Participants can attempt to reach 500, 1000 or 2000 kilometers to be eligible for corresponding prizes. The challenge is open to all authorized MWR patrons. Visit <https://wiesbaden.armymwr.com/happenings/imcom-europe-cycling-challenge> for registration details.

Baby Boot Camp

Find support, network with fellow parents and get your questions answered during Baby Boot Camp classes with the New Parent Support Program. Classes are held on the first Tuesday of the month from 9 a.m. to noon and on the third Tuesday of the month from 5-8 p.m. Call civ (0611) 143-548-9211, -9218 or -9219 to sign up.

4th Trimester Support Group

Army Community Service's New Parent Support Program invites parents of infants up to age three months to join in a weekly Virtual Support Group Wednesdays from 10-11 a.m. Call ACS at civ (0611) 143-548-9201 for log-in information.

