

June 2023

# MWR GO

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Wiesbaden Family and Morale, Welfare and Recreation



## Celebrating German-American friendship with MWR

### G-A Friendship Fest

U.S. Army Garrison Wiesbaden invites everyone to enjoy the German-American Friendship Festival June 29 to July 4. The event, featuring carnival rides, German and American fest food, live entertainment and fireworks on the Fourth, will be held on the Lower Hainerberg (former shopping center) parking lot with access for host nation visitors from the complex gate, located across from the Brita Arena.

### Summer Reading Program

The Wiesbaden Library holds its “Find Your Voice” Summer Reading Program June 11 through July 23, 2023. The program will feature a mix of virtual and in-person activities, depending on age group level. Register online at <https://us-agwiesbaden.beanstack.com/reader365>.

### CYS Special Openings

Parents are invited to take advantage of Child and Youth Service’s Special Openings on June 16 from 6:30-11:30 p.m. (\$40 fee) or Aug. 12 from 10 a.m. to 4 p.m. (\$48 fee). Registered CYS youths ages six weeks to fifth grade are eligible. Call civ (0611) 143-548-9356 to register.

### Friday Night Scramble

Unwind after the work week with some competition at the Rheinblick Golf Course during Friday Night Scrambles on June 2, 16 or 30. Make your own four-person team for the nine-hole scramble tournament starting at 6:30 p.m. Call civ (0611) 143-548-5485 for details.

### Community Info Forum

Get informed about summer programs, volunteer opportunities, private organizations, Army Emergency Relief, scholarships and local German events during Army Community Service’s Community Information Forum on June 22 at 10



a.m. It will meet in the ACS Multi-Purpose Room (Bldg. 7790 in Hainerberg).

### Fly the friendly skies

Outdoor Recreation invites adrenaline junkies to take a tandem jump over the friendly skies of Bitburg on June 3. The trip includes round-trip transportation to Bitburg and the tandem jump with a skydiving professional. Cost is \$349 per jump. Call civ (0611) 143-548-9801.

### Skill Share Program

The Wiesbaden Library presents its first Skill Share Program on resiliency, overcoming challenges, flexible thinking and problem-solving — presented by Licensed Professional Counselor Dr. Stephanie Morse — on June 4 at 2 p.m. Refreshments will be provided.

### Army Birthday Celebration

The U.S. Army Garrison Wiesbaden Equal Opportunity Program hosts an Army Birthday Celebration in observance of Army Heritage Month on June 14 from 11:30 a.m. to 2 p.m. It includes a cake cutting, refreshments, a working dog demonstration and a PT sporting event. Visit <https://wiesbaden.armymwr.com/calendar/event/248th-army-birthday-celebration/6012759/79907> for more information.

### Recreational Shooting

Outdoor Recreation hosts a range day on June 24 from 10 a.m. to 3 p.m. at the

JMTC Wackernheim Range. Firearms are available for rent on location. Call civ (0611) 143-548-9801.

### Basic Car Care Class

The Wiesbaden Automotive Skills Center holds a Basic Car Care Class

on June 7 from 5:30-7 p.m. Learn about checking fluids, jump-starting a vehicle, changing a tire, proper tire pressure and performing an oil change. Cost is \$25. Call civ (0611) 143-548-9817.

### Micheal B. Riley Hero WOD

The Wiesbaden Sports and Fitness Center conducts the Micheal B. Riley Hero WOD on June 24 starting at 10 a.m. The challenging workout is in memory of the fallen Soldier and consists of four rounds for time including a 400-meter run with a 60-pound rucksack, 10 power cleans at 135 pounds, five strict pullups X2 and two rounds of 10 burpees each. The event can be scaled to meet your fitness level. Entry is free. Sign up at the Fitness Center.

### IMCOM-E Biking Challenge

Wiesbaden Outdoor Recreation hosts the 2023 Installation Management Command-Europe Biking Challenge through Sept. 8, 2023. U.S. ID cardholder participants are invited to get out on the roads, trails and biking paths in Europe while logging the distances covered. There is a \$50 registration fee — which includes a custom-designed biking Jersey and finisher coins for those who reach 500 or 1,000 kilometers. Visit Outdoor Recreation to register or <https://wiesbaden.armymwr.com/calendar/event/imcom-europe-biking-challenge/5932013/77932>.

**June 22, 10–11:30 a.m.**  
 ACS Multi-Purpose Room & MWR Team  
 Join us and expand your network!  
 Open to all community members.

**Event Highlights**  
 Summer Programs, Volunteer Opportunities, Private Organizations, Army Emergency Relief Scholarships, Local German Community Events

Contact ACS to request MWR Team link and for more information.

EVERY 60 DAYS

COMMUNITY INFORMATION FORUM  
 CIF

July 2023

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and Morale, Welfare  
and Recreation



## Get outdoors with MWR during the summer months

### Fishing Course

Outdoor Recreation holds a U.S. Forces German Fishing Course July 13-16. Learn what you need to successfully fish while in Germany. Register at the Outdoor Recreation Center on Clay North or call civ (0611) 143-548-9801.

### German Classes

Army Community Service's Relocation Readiness Program offers free German Language Classes on Tuesdays from 11 a.m. to 12:30 p.m. or 6-7:30 p.m. Classes will run from July 11 to Aug. 29. Spaces are limited—call civ (0611) 143-548-9201 for registration information.

### Book Reading and Launch

The Wiesbaden Library hosts author Kristal Lau who will read from her book, "Thirty Days to a Nurtured Fourth Trimester: A Balance of Traditional Chinese and Modern Postpartum Care" on July 16 from 1-3 p.m. Come to learn how to finish a manuscript as a busy military spouse and other publication tips.

### Four-Person Scramble

Make your own four-person team for this scramble event at the Rheinblick Golf Course on July 22 at 9 a.m. Sign up at the Pro Shop or call civ (0611) 143-548-5485 for more information.

### Spice Up Your Game

Get more comfortable with the game of golf through a series of beginner friendly lessons. Spice up your long game, chipping, pitching, bunker game and putting. Five sessions will be offered this season (Saturdays from 2-3:30 p.m.): Session 4—July 1, 8, 15, 29; Session 5—Aug. 12, 19, 26. Cost is \$25 per person for the 90-minute session. Call civ (0611) 143-548-5485 for more information.

### Beach Body Boot Camp

Join the professionals at the Wiesbaden Sports and Fitness Center for a



### Don't miss the fireworks on the Fourth at the German American Friendship Fest.

six-week-long Boot Camp that will take you from ground zero to hero. Classes meet on Mondays and Wednesdays from 6-7:15 p.m. July 17 to Aug. 23. Cost is \$179. Sign up at the Fitness Center.

### G-A Friendship Fest

U.S. Army Garrison Wiesbaden invites everyone to enjoy the German-American Friendship Festival that continues through July 4. The event, featuring carnival rides, German and American fest food, live entertainment and fireworks on the Fourth, is being held on the Lower Hainerberg (former shopping center) parking lot with access for host nation visitors from the complex gate, located across from the Brita Arena.

### Play in the Playground

The New Parent Support Program hosts Play in the Playground on July 12 and 26 at the Pluto Weg Playground in Crestview Housing from 10-11:30 a.m.

### Foreign Born Spouses Meet

Get together with fellow spouses to share experiences, stories and good conversation during the monthly Treffpunkt: Foreign Born Spouse Meeting on July 12 at 11:30 a.m. The Treffpunkt: Foreign Born Spouses Meetings are held every second Wednesday of the month from 11:30 a.m. to 2 p.m. in the ACS Multipurpose Room.

### Friday Night Scramble

Unwind after the work week with some friendly competition at the Rheinblick Golf Course. Make your own four-person team for this nine-hole scramble tournament. Upcoming scrambles will be held on July 14 and

28; Aug. 18; Sept. 1 and 15. Call civ (0611) 143-548-5485 for details.

### Summer Reading Program

The Wiesbaden Library has extended its "Find Your Voice Summer Reading Program" through July 30. For details visit <https://wiesbaden.armymwr.com/calendar/event/find-your-voice-summer-reading-program/6026777/76990>.

### Parts Ordering Class

The Automotive Skills Center offers a class in how to order parts in order to get the correct items the first time on July 19 at 6 p.m.. The class will include both local and stateside resources, online resources, properly identifying both U.S. and European vehicles and plenty of other tips. Learn how to order parts yourself and save money. Cost is \$15. Call civ (0611) 143-548-9817 to register.

### Fly the friendly skies

Wiesbaden Outdoor Recreation invites adrenaline junkies to take a tandem jump over the friendly skies of Bitburg on Aug. 26. The trip includes round-trip transportation to Bitburg and the tandem jump with a skydiving professional. Cost is \$349 per jump. Call civ (0611) 143-548-9801 for information.

