



Archery, ropes course and barbecue

Spend a day with your family on a ropes course, get in some archery and wrap up the day with a German-style barbecue complete with a selection of meat, fish, grilled cheese, salads and dessert. This Outdoor Recreation trip takes you to the Binger Wald, about 40 kilometers from Wiesbaden in an area along the Rhein River on May 5. Cost is \$89 for adults, \$69 for children. Trip-goers can also skip the ropes course and archery and pay \$49 (transportation and barbecue) for adults or \$29 for children (transportation and barbecue only). Sign up at the Wiesbaden Sports, Fitness and Outdoor Recreation Center or call civ (0611) 143-548-9830.

May brings sports, brunch and lots more

AER Fun Run

Help support this year's Army Emergency Relief fund-raising campaign during the AER Fun Run on May 4, starting at 6 a.m. at the Wiesbaden Sports, Fitness and Outdoor Recreation Center. Unit formation time is 5:45 a.m. Following the run, Soldiers and families will have an opportunity to donate to AER at tables located in front of the fitness center and staffed by AER unit representatives. To register for the run to be considered best in the Male, Female and Team categories, contact 1st Lt. Ducaine at mil 537-0768.

Two-Person Chapman Tournament

Make your own team for this two-person, Chapman-format team event at the Rheinblick Golf

Course on May 12. Both team members hit a tee shot. Teammates play each other's ball on their second shot. Then they play the better ball alternate shot to complete the hole. Prizes will be awarded for Gross and Net, based on participation. The event is open to all eligible players with a verifiable golf handicap. Cost is \$25 for Rheinblick and Rhein-Main members; \$35 for all others (plus applicable tournament green fee). Register at the Rheinblick Golf Course. Call civ (0611) 143-548-5485 for more information.

'The Odd Couple'

Wiesbaden's Amelia Earhart Playhouse presents the female version of "The Odd Couple" with shows on May 18-19, June 1-3 and 8-10 — 7:30 p.m. on Fridays and Saturdays, 2 p.m. on Sundays. Enjoy the humorous interactions of Olive, a divorced television producer, and Florence, a recently separated homemaker, in this re-take of

the classic Neil Simon comedy. Purchase tickets at the Playhouse or Wiesbaden Arts and Crafts Center.

Memorial Day Murph

This annual Functional Fitness competition, on May 19 from 10:30 a.m. to 1:30 p.m., pays tribute to Lt. Michael Murphy, a Navy Seal, who was killed while serving on a mission in Afghanistan. The event includes a one-mile run, 100 pullups, 200 pushups, 300 squats and another one-mile run — all while wearing a 20-lb. vest or body armor. The workout can be modified for various fitness levels, and athletes can participate in partners or on teams. Cost is \$20. Register by May 18 at the Sports, Fitness and Outdoor Recreation Center. Call civ (0611) 143-548-9830 for more information.


Boot Camp

Fitness enthusiasts who want to get into
Continued on next page



May 2018

MWR GO

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Wiesbaden Family
and Morale, Welfare
and Recreation



ARMY EMERGENCY RELIEF



...there for those who Serve

SOLDIERS • FAMILIES • RETIRED SOLDIERS

Campaign: March 1 - May 15

Soldiers Helping Soldiers, donate to
AER today! For more information,
please contact your AER Unit
Representative or call ACS at
0611.143.548.9201.



HEY PARENTS!

No mess, no fuss - leave the hosting to us!

The WEC is here to help you host your
birthday parties with several different
party packages to suit your needs. Let us
help you plan. **Book now!**



WIESBADEN ENTERTAINMENT CENTER

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DON'T GET LOST.



Let Wiesbaden MWR show you the way!

Pick up your free Wiesbaden MWR Garrison Map today at any of the following MWR facilities:

• **HAINERBERG**

Wiesbaden Lodge
Wiesbaden Entertainment Center
Army Community Service

• **CLAY KASERNE**


Arts & Crafts Center
Value Added Tax (VAT) Office
Wiesbaden Sports, Fitness & Outdoor Recreation Center
Wiesbaden Library

GUITAR & BASS LESSONS

\$21 per lesson

Tuesday - Friday
2 - 4 p.m.

ARTS & CRAFTS CENTER


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MONDAY MORNINGS JAVA & JOBS 8:30-10:30 A.M.

A QUESTION/ANSWER FORUM TO PROVIDE RELEVANT
INFORMATION TO CURRENT AND POTENTIAL JOB SEEKERS

Stop on by, share a cup of Joe and become informed on employment opportunities
within our community. Please note that coffee and snacks are not provided.

April

2 - Clay Kaserne Food Court
9 - Java Express
16 - Java Café (Shali Center)
23 - Clay Kaserne Food Court
29 - Java Express

May

7 - PX Food Court
14 - Wiesbaden Entertainment Center
21 - PX Food Court

June

4 - Clay Kaserne Food Court
11 - Java Express
18 - Java Café
25 - Clay Kaserne Food Court

July

2 - PX Food Court
9 - Wiesbaden Entertainment Center
16 - PX Food Court
23 - Wiesbaden Entertainment Center
30 - PX Food Court

Aug.

6 - Clay Kaserne Food Court
13 - Java Express
21 - Java Café (Shali Center)
27 - Clay Kaserne Food Court

Sept.

10 - PX Food Court
17 - Wiesbaden Entertainment Center
24 - PX Food Court

Oct.

1 - Clay Kaserne Food Court
15 - Java Express
22 - Java Café (Shali Center)
29 - Clay Kaserne Food Court

Nov.

5 - PX Food Court
19 - Wiesbaden Entertainment Center
26 - PX Food Court

Dec.

3 - Clay Kaserne Food Court
10 - Java Express




Army Community Service

Hainerberg, Bldg. 7790 | 0611-143-548-9201 | 548-9201
wiesbaden.armymwr.com & facebook.com/wiesbadenarmymwr

May 2018

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MOMS AND MUNCHKINS

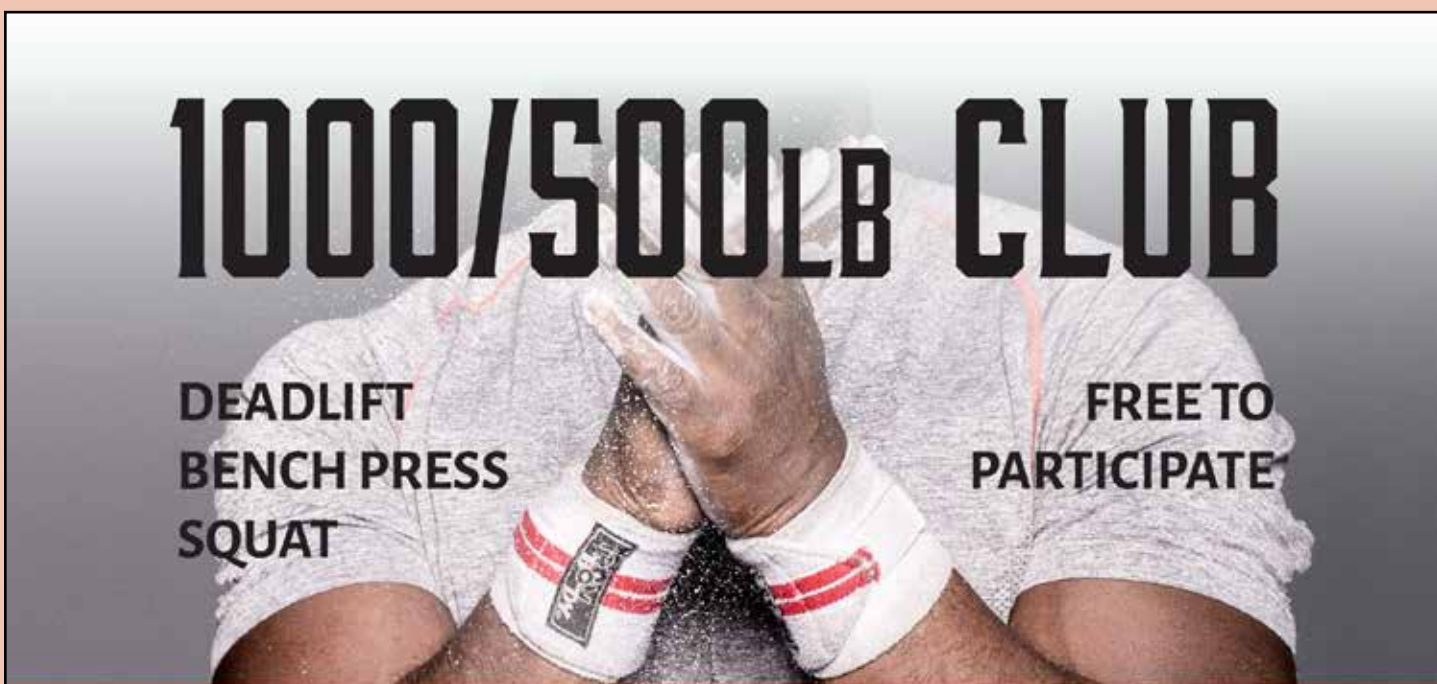
B O W L I N G

TUESDAY MORNINGS
10 A.M. - NOON
Starting Jan. 9

WIESBADEN ENTERTAINMENT CENTER

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Wiesbaden Family and MWR 

0611-143-548-9406 / 548-9406




1000/500LB CLUB



DEADLIFT
BENCH PRESS
SQUAT

FREE TO PARTICIPATE

SPORTS, FITNESS & OUTDOOR RECREATION CENTER

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0611-143-548-9830 / 548-9830



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a routine of regular exercise will want to let the professionals at the Wiesbaden Sports, Fitness and Outdoor Recreation Center guide them during Boot Camp May 28 to July 5. Cost is \$159. Call civ (0611) 143-548-9830.

Canvas and Corkscrews

Enjoying an evening of creating art in a relaxed atmosphere at the Wiesbaden Entertainment Center during Canvas and

Corkscrews on May 4, starting at 6 p.m. The adults-only get-together is open to ID cardholders ages 18 and above. Reserve a space in advance at the

Wiesbaden Arts and Crafts Center — civ (0611) 143-548-9838.

Mainz Pool Trips

Wiesbaden's Better Opportunities for Single Soldiers invites single and unaccompanied service members to go swimming in Mainz May 6 and 20. Free transportation will be provided (bring Euros for entry fee, snacks and use of lockers). Call civ (0611) 143-548-9816 for more information.

CYS Summer Sports

Starting May 7 parents can enroll their children in Child and Youth Services' sum-

mer sports including dodgeball (ages 8-15), bowling (ages 8-15), archery (ages 8-15) and various camps (soccer, baseball, cheer, basketball, football, Plyometric, speed, strength and conditioning — ages 8-18). Register at Parent Central Services in Building 1213 on Clay Kaserne. Call civ (0611) 143-548-9356 for details.

Consumer Rights

Learn what your rights and obligations are as a consumer during this free class, courtesy of Army Community Service's Financial Management Division, on May 3 from 1-2 p.m. Register for the class, to be held at the Texas Str. 57 Training Room in Hainerberg Housing, by calling ACS at civ (0611) 143-548-9201.

Spouse Appreciation Day oil change discount

The Wiesbaden Automotive Skills Center offers discounted staff oil changes in honor of Military Spouse Appreciation Day on May 12. The discounted fee is \$13 — \$5 off the regular price. Customers must provide their own supplies (oil and filter). Call civ (0611) 143-548-9817 to make an appointment.

Recreational shooting

Wiesbaden Outdoor Recreation hosts Recreational Shooting at the Wackernheim

Range on May 19 from 10 a.m. to 3 p.m. Firearms are available for rent. Ranges include handgun, plus 100-, 200- and 300-meter rifle. Sign up at the Wiesbaden Sports, Fitness and Outdoor Recreation Center.

AFTB: Personal Growth

Army Community Service hosts an Army Family Team Building: Personal Growth class on May 16 and 17. Learn how to improve your personal relationships, communication and stress-management skills during the free class. Call civ (0611) 143-548-9201.

Shooting Competition

Wiesbaden Outdoor Recreation and the Hunting, Fishing and Sports Shooting Program host a shooting competition on May 19 from noon to 1 p.m. The Ehrenscheibe/Sport Shooting Competition includes rifle (long gun) and pistol categories. Register at the Wiesbaden Sports, Fitness and Outdoor Recreation Center or call civ (0611) 143-548-9801 for details.

PGA Sports Academy

Youths ages 7-17 are invited to learn the game of golf during PGA Sports Academy golf lessons at the Rheinblick Golf Course. Register at the Rheinblick or call civ (0611) 143-548-5485 for more information.

Mother's Day Brunch

The Little Italy Restaurant and Catering Center holds a Mother's Day Brunch on May 13 from 10:30 a.m. to 4 p.m.

Featured items include pancakes, French toast, omelets, eggs to order, roast beef, pasta, seafood, salad, desserts and a variety of drinks including coffee, tea, juices, sodas, champagne and wine. Cost is \$27.95 for ages 13 and up, \$9.95 for ages 6-12 and free for ages 5 and under. No reservations are required — just come by and enjoy the culinary delights.

