

NSF DAHLGREN MWR

Morale, Welfare and Recreation
N E W S L E T T E R



MAY

MAY 2016 MWR EVENTS

Public Service Recognition Week

Public Service Recognition Week honors men and women who serve our nation as federal, state, county and local government employees. Break for lunch during the week as we bring these DEALS to you!

May 3, 2016 - Enjoy a FREE group exercise class from 11:30 a.m. to noon at the Fitness Center!

May 4, 2016 - Mongolian BBQ at Gray's Landing during lunch from 11 a.m. to 1 p.m. Lunch costs \$8.00.

May 5, 2016 - Enjoy two games of bowling at Cannonball Lanes from 11 a.m. to 1 p.m. for only \$5.00! Shoe rental included.

Coming This Summer At Dahlgren!

The Cat Screamed at Midnight Murder Mystery

Join us for an evening of mystery at Gray's Landing, Thursday, June 9, 2016 from 7 to 9:30 p.m. and see the theatrical production of *The Cat Screamed at Midnight*. Pick up your free tickets at Community Rec Tickets & Travel office to reserve your spot as space is limited! Wine and ale will be available for purchase.

Summer Reading Program

The Dahlgren General Library will hold its kick-off party on Monday, June 13, 2016 from 3 to 5:30 p.m. at Cannonball Lanes. Sign up for the program, enjoy free pizza and free bowling! Save time and register online at [www.http://usn.evancend.info/dahlgren/sr/homepage.asp](http://www.usn.evancend.info/dahlgren/sr/homepage.asp) and select your age group. All ages are invited!

Dahlgren Connects!

Military, DoD Civilians and Contractors who work onboard NSF Dahlgren can see the services available to them on base, Wednesday, June 15, 2016 from 11 a.m. to 2 p.m. on the Parade Field. Representatives include MWR, Fleet & Family Support Center, Child & Youth Programs, NSWC Federal Credit Union, Navy Exchange, Commissary, Base Chapel, Base Clinic, Thrift Shop and Lincoln Military Housing. All will have booths set up with information and giveaways. Lunch will be available for purchase from the Navy Ball. This event is free and open to all with base access.

Summer Concert Series

Mark your calendars for Dahlgren's Summer Concert Series! Join us at the fire pit across from the Parade Field from 7 to 9 p.m. and enjoy music outdoors, all summer long for free! Open to all with base access.

June 15, 2016 - The Third Stream Giants featuring Anthony Campbell

July 13, 2016 - 2 WKS Notice

August 10, 2016 - Southern Bred



All patrons with base access are welcome in MWR facilities with the exception of the Liberty Center which is for E1- E6 Single/ Unaccompanied Active Duty Military only.



2016

Visit us on the web at: www.navywmrdahlgren.com
Like us on Facebook at: www.facebook.com/DahlgrenFFR

NAVY FITNESS

STAY HEALTHY STAY FIT STAY NAVY

Aquatics Center

6110 Jenkins Rd, Bldg 1193

540-653-6213

Memorial Day Weekend at the Pool

May 30, 2016 from 12 to 6 p.m.

Not planning to travel for the holiday weekend? Stop by the Aquatics Center and cool off in the pool!

Fitness Center

17540 Dahlgren Rd, Bldg 1610

540-653-8580

Powerhouse Competition

May through June every Wednesday

The overall male and female winners will receive a special prize. Participants who accumulate 600 points will receive an event t-shirt. May consists of max weight in bench press, deadlift and squat. June consists of max reps of pull-ups, push-ups and sit-ups. For more information and to register contact the Dahlgren Fitness Center. Cost: FREE

Couch to Half Marathon

Begins May 3, 2016 Tuesdays & Thursdays 6 a.m., 11 a.m. and 3 p.m.

Join our team of talented fitness staff as we prepare you to run the Navy Air Force Half Marathon or Navy 5Miler on September 18, 2016. Each participant will receive registration to the Navy Air Force Half Marathon, a team t-shirt to wear on race day, registration for base runs during the program and other goodies. Can't make it to the half marathon? We still welcome you as a running buddy! Open to all with base access. Register at the Fitness Center. Cost: \$70.00

Women's Only Softball League Organizational Meeting

May 9, 2016 at 11:30 a.m.

Register your teams and players for the Women's Only Softball League! League play begins in June. League Costs: Military/Contractor with Fitness Membership, Free; Military Dependents/Retirees, \$15.00; DoD Civilians, \$30.00; Contractors without Fitness Membership, \$40.00; Off Base Civilians, \$40.00

Armed Forces Run

May 11, 2016 at 11 a.m.

Join us for the Armed Forces 5K road race at the Fitness Center. Cost: Active Duty FREE; All Others \$5.00

Fitness Boot Camp

May 14, 2016 from 9:30 to 11 a.m.

Celebrate National Physical Fitness Month and Women's Health Week by attending a special fitness boot camp including kick boxing, yoga and muscle pump at the Dahlgren Fitness Center! Cost: FREE

Wallyball Tournament

May 19, 2016 from 10 a.m. to 4 p.m.

Play like a champion! This is a double-elimination, 4-on-4 Wallyball tournament. Prizes awarded to first and second place teams. All with base access is invited. Cost: Military FREE; All Others \$5.00

CHILD & YOUTH

CDC 1: 6044 Jenkins Rd, Bldg 212

540-653-4342

CDC 2: 727 Sampson Rd, Bldg 437

540-653-4994

YAC: 6118 Jenkins Rd, Bldg 470

540-653-8009

Hourly Care

Location: Child Development Center and Youth Activities Center

Eligible patrons include all children 6 weeks to 12 years of age. Care is available on a day to day basis and requires advance reservations. Hourly care reservations as well as payments for care can be made online at <https://myffr.navyaims.com/ndwcym.html> Cost: \$4.00/hour

Give Parents a Break

Location: Child Development Center

Eligible patrons include all children 6 weeks to 5 years of age, not yet in kindergarten. The Dahlgren CDC will offer hourly child care on the 1st and 3rd Friday of each month from 7 to 11 p.m. and the 2nd Saturday of each month from 8 a.m. to 5 p.m. This program is free for respite care referrals and \$4.00 per hour for all other patrons. Please make your reservation no later than 6 p.m. on the Monday prior to your desired care date. Reservations can be made in the center or over the phone.

Friday Night Teen Night

Fridays at the YAC from 6 to 8:30 p.m.

FREE program open to Military, DoD Civilians and Contractor Dependents ages 13-18. Sponsors must come to the Youth Center to fill out a registration packet. Teens will have access to the computers, video games, stereo system, Playstation, board games and crafts. All teens have the opportunity to participate in the Youth Sponsorship (3rd grade-12th grade) or Youth Council (9th grade-12th grade).

Saturday Open Recreation

Saturdays at the YAC from 10 a.m. to 2 p.m.

FREE program open to Military, DoD Civilians and Contractor Dependents, school ages K - 12. Sponsors must fill out a yearly registration packet for their child to attend. They can pick up the packets at the Youth Activity Center. Children will have access to facility computers, music, crafts, books and more.

NAVY COMMUNITY RECREATION

Auto Skills Center

6138 Golf Lane Rd, Bldg 1282

540-653-4900

Vacation Maintenance Class

May 10, 2016 from 11 a.m. to 1 p.m.

Make sure your vehicle is ready for that long road trip this summer. Our experts will teach you about checking all the fluids, tire pressure and more! Cost: FREE

Cannonball Lanes

6158 Jenkins Rd, Bldg 135

540-653-7327

Games: Military \$3.00/Civilians \$4.00.

Hourly Bowling: Military \$20.00/Civilian \$25.00. Shoes: Military: \$1.50/Civilian \$2.50.

Sunday Special

Every Sunday from 2 to 7 p.m.

Join us every Sunday for \$2.00 games and \$1.00 shoe rentals!

Ten Dollar Tuesdays

Every Tuesday from 2 to 9 p.m.

Every Tuesday, get a lane for one hour of bowling for only TEN dollars!

Buy a Game, Get a Game Wednesdays

Every Wednesday from 2 to 9 p.m.

Every Wednesday, buy one game; get a second game for FREE!

Lunch Time Bowling

Thursdays & Fridays at 11 a.m.

Get out of the office and have fun on your lunch break! Cannonball Lanes is open Thursdays and Fridays at 11 a.m.

All-U-Can Bowl Fridays

Every Friday from 7 p.m. to midnight

Enjoy two hours of all you can bowl! Cost: Military \$6.95/person; Civilian \$7.95/person. Both rates include shoe rental.

Cosmic Bowling

Every Saturday from 7 p.m. to midnight

Enjoy music and lights while bowling!

Youth Learn to Bowl

May 7, 2016 from 2 to 4 p.m.

Children between the ages of 5 to 12 will receive individual sessions on basic bowling as well as the opportunity to bowl two games. Register at Cannonball Lanes by May 4. Cost: \$7.50 per child, includes two games and shoes

Mommy & Me Bowling

May 8, 2016 from 2 to 7 p.m.

Look no further for a Mother's Day gift! Bring Mom to Cannonball Lanes and enjoy one hour of bowling, per lane for \$15.00. Shoe rental included!

Monday Summer League Meeting

May 9, 2016 at 5 p.m.

Join our Summer League! We are always looking for new members! Join us for an informational meeting and to register. Open to all with base access.

9-Pin Tournament

May 21, 2016 from 6 to 8 p.m.

9 pins count as strikes. Highest scratch wins. A prize will be awarded to the first place finisher. Open to all with base access. Cost: \$30.00/team

Craftech

6123 Jenkins Rd, Bldg 2007

540-653-1730

Craftech offers a variety of services, craft supplies, events and classes. Learn how to make a variety of decorative and useful items. Custom creations include full-color printing and laser engraving with your design or ours on items such as coffee mugs, t-shirts, plaques, pen sets, tiles, mouse pads. A full line of team awards and gift items are also available.

Craftech also offers a selection of supplies for ceramics, stained glass and framing. The shop has a specialized cutter for scrapbook lettering, die cuts and a programmable embroidery machine. Visit www.navymwrdaahlgren.com and click on Craftech under the Community Recreation tab for more information!

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Visit us online for weekly updates and printable flyers of MWR special events, movie schedule, restaurant menu, sports events, FFSC classes & much more!

Gear Issue & Equipment Rental

6138 Golf Lane Rd, Bldg 1282

540-653-4900

Spring is here and the weather is warming up! Come see our selection of bounce houses for birthday parties! Graduation is right around the corner! Rent tents, tables, chairs and more. Enjoy an afternoon on the water in a kayak or canoe!

Outdoor Recreation offers a selection of recreation equipment for fishing, camping, picnics, sporting equipment and special events. Rentals can be weekly or for the weekend. Gear Issue and Equipment Rental is located within the Auto Skills Center. Visit www.navymwrdahlgren.com and click on Outdoor Recreation to view a full rental price listing.

General Library

6090 Jenkins Rd, Bldg 1194

540-653-7474

Storytime at the Library
Every Monday at noon and every Friday at 10 a.m.

Short or tall, big or small, enjoy storytime and crafts for all! Join the General Library Mondays and Fridays to read a story and make a craft. Cost: FREE

One-on-One Computer Help
May 3, 2016 from 3 to 5 p.m. by appointment.

Need help with a certain computer program? Don't know where to start? Sign up for a 30 minute, one-on-one session at the Library, to work on whatever you'd like. Open to all with base access. Cost: FREE

May the 4th Be With You
May 4, 2016 at 5 p.m.
Stop by the General Library for Star Wars Day and make your own R2D2 or Chewbacca. Learn about circuitry and make R2D2 move while enjoying lemonade and pizza! Afterwards, see *Star Wars: The Force Awakens* at 6 p.m. at the Movie Theater for FREE!

Muffins with Mom
May 7, 2016 at 11 a.m.

Celebrate Mom! Moms can enjoy getting their nails painted while the children make a Mother's Day gift. Muffins and beverages will be served. Cost: FREE

Paws for Reading
May 10, 2016 from 3:45 to 5 p.m.
Curl up with a furry friend and read them a story! The General Library will hold Paws for Reading the second Tuesday of every month and give young readers the opportunity to read to their four legged companion. Reading to a pet can help build confidence in young readers. Register online at <http://engagedpatrons.org/Events.cfm?SiteID=6188> and click on a selected time or call the General Library.

Mommy & Me Meet Up!
May 11, 2016 at 10:30 a.m.
There must be something in the water because the Library is full of babies! Celebrate your new or seasoned bundle of joy at the Library while meeting other full time moms. Make a handprint/footprint canvas with your little one while enjoying snacks.

Half Day Craft Day
May 19, 2016 at 1 p.m.
Stop by the General Library after your early release for some activities and snacks! May's craft will include do it yourself French bulletin boards and painting!

Gardening Day
May 27, 2016 at 1 p.m.
Learn about gardening and plant your own herb garden to take home. Little ones can paint their own garden gnome. Open to all with base access. Cost: FREE

Tickets & Travel

6168 Jenkins Rd, Bldg 106

540-653-8785

Spouse on the Go Cooking Demo
May 6, 2016 at 10:30 a.m.
For the busy spouse with a busy house! Join us at the Multi-purpose room next to Cannonball Lanes for a morning of prepping simple, freezable crock pot meals. Participants will leave with 5 meals to cook in the future as well as recipes for quick, inexpensive crock pot meals. Contact Community Rec at 540-653-8785 to register! Cost: \$20.00

Bloom Into Spring Youth Art Show
May 12, 2016 from 6:30 to 8:30 p.m.
Location: Gray's Landing
Calling all artistic youth for Bloom Into Spring Youth Art Show! Art mediums include photography, drawing and paintings depicting nature, springtime still-life floral arrangements or flowering landscapes. The art show is free to enter and includes matting only. Judging will take place May 11 and ribbons will be on display May 12. Open to youth ages 5 - 17. Contact Community Rec at 540-653-8785 to register!

Busch Gardens Community Recreation Trip
May 14, 2016
Save gas and forget parking! Let Community Rec take you to Busch Gardens Williamsburg, VA! Buses will depart from Wal-Mart in La Plata, MD and Dahlgren, VA. Departure times will be determined by Community Rec following registration. Check out Community Recreation for deals on park admission and passes! Transportation only cost: \$15.00

Liberty Center

6168 Jenkins Rd, Bldg 106

540-653-7277

Liberty Center Patrons Only: E1- E6 Single/Unaccompanied Active Duty Military.
A full calendar of events will be posted at the Barracks.

Cinco De Mayo Taco & Nacho Bar
May 5, 2016 from 11:30 a.m. to 1 p.m.
Celebrate Cinco de Mayo with a taco and nacho bar!

Star Wars Movie Marathon
May 6, 2016
May the force be with you! Watch Star Wars at Liberty all day long!

Dice 'N' Monsters
May 7 & 21, 2016 from noon to 5 p.m.
Join us for Dice 'N' Monsters game day! Games will include Pathfinder, Munchkin, Rampage and more! Cost: FREE

Liberty Team Member Challenge
May 25, 2016
Stop by the Liberty Center and challenge a Liberty team member to a game of corn hole, giant connect 4, pool, air hockey or ping pong any time of the day!

Birthday Drawing & Celebration
May 26, 2016
If you have a birthday in May, place your name with us at Liberty for a drawing to win a special gift! Drawings take place at the end of each month. Stop by Liberty at 1 p.m. for a piece of cake until it lasts!