

# NSF DAHLGREN MWR

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

## MARCH



## MARCH 2016 MWR EVENTS



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.

### Easter Eggstravaganza!

Child and Youth Programs and Community Recreation present an Easter Eggstravaganza! Join us on the Parade Field Saturday, March 26, 2016 at 10 a.m. and see how many eggs you can collect and maybe find a special golden egg! Festivities include crafts, face painting, group dancing, a jelly bean jar count, a clown and pictures with the Easter Bunny. This event is free and open to all with base access.



Afterwards, hop on over to Cannonball Lanes at 11:30 a.m. for bowling with the Bunny! Cost: \$8.50/child including two games of bowling and shoe rental

### Fun Facts for the Month of March

Did you know...

The month of March is well known for an old proverb to "come in like a lion and go out like a lamb" which references winter ending and welcoming spring.

The number 3 is Ireland's lucky number and the 3 leafed shamrock is supposed to bring good luck!

Pi Day is celebrated on March 14. Pi is the symbol used in mathematics to represent a constant, the ratio of the circumference of a circle to its diameter, which is approximately 3.14159.

The daffodil is known as March's flower. It's bright yellow and trumpet petal appearance represents spring time and new beginnings.

How old is the Easter Bunny? Hundreds of years! He stays young by eating a healthy diet of cabbage and carrots.

# 2016

Visit us on the web at: [www.navymwrdahlgren.com](http://www.navymwrdahlgren.com)

# NAVY FITNESS

**STAY HEALTHY STAY FIT STAY NAVY**

## Aquatics Center

6110 Jenkins Rd, Bldg 1193

540-653-6213

### Family Float Night

March 11, 2016 from 5 to 7 p.m.

It's been a long week, come relax at the pool! Inflatables will be allowed so bring your favorite inflatable and float. If no one is present by 6 p.m. the pool will continue to close for the evening.

Cost: Regular Admission

### Under Water Easter Egg Hunt

March 12, 2016 from 1 to 3 p.m.

Dive in for an Easter Egg Hunt held in the pool! Register by March 7. Open to all with base access. Children must be capable of swimming by themselves to be eligible. Cost: Regular admission

### Spring Chicken Adult Swim Meet

March 28 – April 1, 2016

Contestants will compete in various swim meet events. Register by March 21. Cost: \$10.00 for first three events and \$5.00 for each additional event

## Fitness Center

17540 Dahlgren Rd, Bldg 1610

540-653-8580

### Spring Intramural Sports Organizational Meetings

February 29 – March 3, 2016 at 11:30 a.m.

The Dahlgren Fitness Center will hold an organizational meeting for the spring intramural sports beginning in April. Register your teams and all players no later than March 25. Open to all with base access.

February 29, Intramural Soccer League

March 1, Intramural Softball League

March 2, Intramural Co-Ed Softball League

March 3, Intramural Football League

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

### St. Paddy's Day 5K Poker Run

March 16, 2016 at 11 a.m.

Do you have the luck of the Irish or sheer will power? Join the Dahlgren Fitness Center for our St. Paddy's Day 5K Poker Run road race. Prizes for overall male/female finishers and best poker hand. Open to all with base access. Register no later than the day of the event. Rain Date: March 17. Cost: Active Duty FREE, All Others \$5.00

### Admiral's Cup Basketball Tournament

March 19, 2016 at 9 a.m.

Come watch the Admiral's Cup Basketball Tournament at the Dahlgren Fitness Center! This tournament is part of a series of competitive sports events that take place between the bases in the region ending with the Navy-Air Force Half Marathon in September. Cost: FREE

### Dance Recital

March 24, 2016 at 6:30 p.m.

Location: Dahlgren School

The Dahlgren Fitness Center is holding a dance recital for the Ballet and Jazz Tap classes. A rehearsal will be held March 21 from 6 to 9 p.m.

## 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

### Easter Eggstravaganza

March 26, 2016 at 10 a.m.

Location: Parade Field

Child and Youth Programs and Community Recreation present an Easter Eggstravaganza! Join us on the Parade Field at 10 a.m. Saturday, March 26, 2016 and see how many eggs you can collect and maybe find a special golden egg! Festivities include crafts, face painting, group dancing, a jelly bean jar count, a clown and pictures with the Easter Bunny. Open to all with base access.

Cost: FREE

### 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://myfr.navyaims.com/ndwcym.html> Cost: \$4.00 per hour

### 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

The center has 4 bays with 3 lifts. Get the guidance you need for engine diagnostics, suspension components replacement and general maintenance on your vehicle. The Auto Skills staff will mount and balance tires for customers requiring that service.

There is a small fee of \$6.00 per hour per lift for Military, Military Dependents and Retired Military. The Civilian rate is \$7.00 per hour for use of one bay. These prices include the use of tools and fluid disposal.

### Oil Change and Fluids Check Class

March 8, 2016 from 11 a.m. to 1 p.m.

Never changed your oil before? Learn how to perform the most basic maintenance of your vehicle. Regular oil changes will extend the life of your car. Register by March 4. Cost: FREE

## Bingo

17482 Potomac Inn Rd

540-653-8785

### St. Patrick's Day Bingo

March 17, 2016 at Gray's Landing

Doors open at 4 p.m. Early Bird games starts at 5 p.m.

The luck of the Irish be with you tonight! Show up wearing green and go home with a gift!

### EGGstatic for Bingo

March 24, 2016 at Gray's Landing

Doors open at 4 p.m. Early Bird games starts at 5 p.m.

Easter is just around the corner and we have been visited by the Easter Bunny early! Find the hidden bingo eggs to discover a special prize!

## 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.

Need some fun on your lunch break? Cannonball Lanes is now opening at 11 a.m. Thursdays and Fridays.

### 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

March 5, 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. Please register at Cannonball Lanes no later than March 2. Cost: \$7.50 per child, which includes two games and shoes

### St. Patrick's Day Bowl

March 17, 2016

Irish or not, wear green and bowl a game for FREE! Shoe rental fee applies.

# Get Ready for March Basketball

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and no fees.\*



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[www.mypaycheckdirect.com/recgov](http://www.mypaycheckdirect.com/recgov)

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

\*The actual payment amount is based on your payment and doesn't include shipping and taxes. Your payment is based on the number of pay periods you make a year. Based on your payment amount, your credit score and on your credit history, your payment may be different during the checkout process.

Site details on your installment agreement is provided during the checkout process. This service is only available to DOD Civilians; military personnel are prohibited from using this service. The Department of the Navy does not endorse any financial, insurance, or other products or services.

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## Cannonball Lanes continued...

### 9-Pin Tournament

March 19, 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. Register by March 16. Cost: \$30.00/team

### Bowling with the Easter Bunny

March 26, 2016 from 11:30 a.m. to 2 p.m.

The Easter Bunny is coming to Cannonball Lanes and you're invited! Bring your camera for pictures with the Easter Bunny and cosmic bowling for fun! Hop on over to the multi-purpose room to receive a special gift! Cost: \$8.50/child, includes two games of bowling and shoe rental

## Craftech

6123 Jenkins Rd, Bldg 2007

540-653-1730

### Tiffany Stained Glass Class

March 8, 2016 from 4 to 6 p.m.

In this four-session workshop, learn the basics of Tiffany glass, which uses a foil technique. Cost: \$75.00, to include all materials

### Wax and Watercolor Painting

March 16 & 23, 2016 from 4 to 6 p.m.

Learn fun techniques with wax and watercolor and display your beautiful painting at home! Cost \$75.00, to include all materials

## General Library

6090 Jenkins Rd, Bldg 1194

540-653-7474

### Storytime at the Library

Every Friday at 10 a.m.

Short or tall, big or small, enjoy storytime and crafts for all! Join the General Library every Friday to read a story and make a craft.

### Dr. Seuss' Birthday Celebration

March 5, 2016 at 12:30 p.m.

Celebrate Dr. Seuss' birthday with fun activities and special readings with your favorite Dr. Seuss characters. Afterwards take a stroll to the Movie Theater at 2 p.m. for a small free popcorn and a free special movie showing of *The Grinch*! Cost: FREE

### Paws for Reading

March 8, 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.

### Half Day Craft Day

March 17, 2016 at 1 p.m.

Stop by the Library after your early release for some activities! March's craft will be sharpie mugs. Cost: FREE

### National Library Week

March 21 - 26, 2016

Celebrate National Library Week! All week long check out transactions or new library card signups will earn you an entry to win a gift card!

Tuesday, March 22: Patron Appreciation Day! Find hidden Easter Eggs in the Library! Snacks will be provided.

Wednesday, March 23: Spring Bonnets and Baskets! Stop by to make your own Easter bonnet, baby head band or decorate an Easter basket!

Friday, March 25: 4th Annual Spring Celebration from 4 to 6 p.m. Have your photo taken with the Easter Bunny and pet real bunnies! Enjoy a baby animal petting zoo and pony rides!

## Tickets & Travel

6168 Jenkins Rd, Bldg 106

540-653-8785

### Community Rec Philadelphia Trip

March 11, 2016

Sign up at Community Rec for a trip to Philadelphia to witness the beautiful colors at the Flower Show or tour the most famous parts of the city. A bus will pick up and depart from Dahlgren at 6 a.m. and La Plata at 7 a.m. Cost: Flower Show \$43.00/ person, Tour the City Pass \$77.25 Adult, \$57.50 Children ages 2-12, Transportation Only \$15.00/person

### Ringling Bros. and Barnum & Bailey Circus Xtreme

April 2 & 9, 2016 at 3:30 p.m.

Purchase tickets now at Community Rec for the Ringling Bros. and Barnum & Bailey Circus Xtreme. Be astonished by unexpected circus spectacles you've never seen before!

## Liberty Center

6168 Jenkins Rd, Bldg 106

540-653-7277

Liberty Center Patrons Only: E1- E6 Single/Unaccompanied Active Duty Military.

### Wing Wednesday

March 2 & 16, 2016 at 3:30 p.m.

Enjoy free wings at Liberty while they last!

### Laser Tag at Potomac Mills

March 5, 2016. Van departs Liberty at 11 a.m.

Enjoy two 30 minute games of Laser Tag! Cost: \$9.00/Sailor

### Midnight Bowling at Cannonball Lanes

March 11, 2016 from midnight to 1 a.m.

The lights go out, the pins go up! Bowl at midnight for free with Cannonball Lanes. Beverages and snacks will be provided. If no one is present by 12:15 a.m. Cannonball Lanes will close.

### Late Night Movie

March 12, 2016 at 11 p.m.

Sign up at Liberty for a movie showing at the Movie Theater after dark and watch *Furious 7*. Enjoy free popcorn, drink and candy!

### Buffalo Wild Wings

March 19, 2016. Van departs Liberty at 4 p.m.

Kick back and let Liberty take you to Buffalo Wild Wings!

### Pool Tournament

March 22, 2016 at 11:30 a.m.

Don't scratch! Work on your billiard skills with a Pool Tournament at Liberty. Prizes will be given to the first, second and third place winners.

### Crazy Carnival Friday

March 25, 2016 from 3 to 6 p.m.

Cotton candy, slushies, popcorn, pretzels, hotdogs, carnival photos and more!

### Easter Eggstravaganza and Cook Out

March 27, 2016 at 3 p.m.

Can you find the golden egg? Join Liberty for an Easter egg hunt and cookout with burger and hotdogs.

### Domino's Pizza

March 29, 2016 at 3:30 p.m.

Enjoy free, hot and cheesy pizza at Liberty!