

NSF DAHLGREN MWR

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

JANUARY



JANUARY 2016 MWR EVENTS

Happy New Year



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.

Fitness Bingo!

Start the New Year off right by getting in shape with the Dahlgren Fitness Center's Fitness Bingo! Beginning January 1 receive a bingo card, complete the group exercise classes and tasks, have a fitness representative to sign off and win a prize! Pick up your bingo card at the Dahlgren Fitness Center front desk. Regular Group Ex rates apply.

Sunday Movies!

New in 2016, the Dahlgren Movie Theater will now be showing movies on Sundays! Whether it's a date night or friends night out, enjoy new movie showings with us throughout the entire weekend!



Introducing Dahlgren FFR Facebook!



MWR now has Facebook! Search Dahlgren FFR on Facebook and like our page to receive the most current and upcoming MWR events in your newsfeed like our Harvest & Winter Festivals, concerts and entertainment, menus, seasonal crafts, movie showings, ticket pricing and much more! Share our posts with your family and friends and stay updated with all MWR has to offer!

2016

Visit us on the web at: www.navymwrdahlgren.com

Aquatics Center

540-653-6213

NOTICE: The Aquatics Center is closed due to construction and is scheduled to re-open January 25, 2016. The outdoor pool will re-open May 2016.

Auto Skills Center

540-653-4900

General Maintenance Class

January 12, 2016 from 11 a.m. to 1 p.m.
Learn the basics of everyday car care to keep your car running longer and stronger.
Cost: FREE



Bingo

540-653-8785

BINGO

Bingo will now be held at Gray's Landing!
Doors open at 4 p.m.

Early Bird games starts at 5 p.m.

Bingo is growing and so is the excitement! The jackpot starts at \$1,000 and 48 numbers and will increase \$100 and 1 number each week it is not won. Payouts for regular games start at \$50. Two new games have been added for a total of 11 games. Double Action is a coverall game. Cards are an additional \$1, but offer a \$75 payout! MWR Appreciation is a coverall game as well for an additional \$1. The payout is 90% of sales brought in for that card.

Food and beverages (non-alcoholic and adult beverages) are available for purchase. All with base access are invited. Participants playing bingo must be 18 years of age or older. A valid form of identification must be shown to purchase alcoholic beverages.



Cannonball Lanes

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!

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 per person; Civilian \$7.95 per 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

January 2, 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 December 30. Cost: \$7.50 per child, which includes two games and shoes

9-Pin Tournament

January 16, 2016 from 6 to 8 p.m.
9 Pins count as a strike! Highest scratch wins. Prizes will be awarded to first place finisher. Cost: \$30.00 per team

Child & Youth

CDC 1&2: 540-653-4994
YAC: 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://myfr.navyaims.com/ndwcym.html>
Cost: \$4.00 per 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.



Craftech

540-653-1730

Take part in Craftech's new winter classes and add your own festive flair to your home! All classes listed below can be taken in a group or individual setting. Call Craftech to make your reservations and begin creating!

Flannel Quilt

Stay warm through the winter with your very own handmade flannel quilt! Purchase your quilt material and bring to Craftech where you will receive a sewing kit and instructions on how to create a warm and beautiful quilt to use as a blanket or a sitting room piece. Cost: \$40.00



Beginner's Lead Stained Glass Class

In this four-session workshop, learn the basics of lead glass and make your own stained glass creation. Cost: \$80.00, to include all materials

Framing and Matting Class at Craftech

In this two-session workshop, learn how to mat and frame a piece of artwork. Artwork must be no larger than 16x20, no oils or cross-stitch. Cost \$35.00, to include all materials

Tiffany Stained Glass Class

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

Learn wax and watercolor technique. Cost \$75.00, to include all materials

Fitness Center

540-653-8580

Isshinryu Karate
January 2016 -
Three Month Session

Isshinryu is a style of karate that originated in Okinawa. Classes are open for ages 6 and up. Register at the Dahlgren Fitness Center. Eligible patrons include all with base access. Cost: Active Duty \$50.00, All Others \$75.00



Budo Taijutsu Class

January 2016 - Three Month Session
Register at Dahlgren Fitness Center for the Budo Taijutsu class and learn defensive combat body techniques. Eligible patrons include all with base access. Cost: Active Duty \$50.00, All Others \$75.00

Winter Leagues

January 2016

Don't be bummed during the long, winter months! Join a league with the Dahlgren Fitness Center and stay active with some friendly competition. We're offering intramural leagues for basketball and racquetball along with a volleyball tournament beginning in January. Open to all with base access. Prices vary.

Aerobathon

January 9, 2016 from 9 to 11 a.m.

Kick off the New Year right! Try out some of our top GX classes. Light refreshments will be served. Register at the Dahlgren Fitness Center by January 9. Cost: FREE

Bench Press Challenge

January 25 - 29, 2016

Challenge yourself to see where you fall in the weight class. All with base access are invited. Cost: FREE

Dance Classes

January 25 - March 24, 2016

Register at the Dahlgren Fitness Center for Ballet, Jazz and Tap classes. Children will learn ballet and beginning tap technique as well as hip hop, funk and break dancing. Dance recital will be held March 24, 2016.

NSF Dahlgren MWR Facility Phone Numbers

MWR Admin Office
540-653-7777
17267 Dahlgren Rd, Bldg. 205

Aquatics Center
540-653-8088
6110 Jenkins Rd, Bldg. 1193

Auto Skills Center/
Gear Issue & Equipment Rental
540-653-4900
6138 Golf Lane, Bldg. 1282

Cannonball Lanes Bowling Center
540-653-7327
6158 Jenkins Rd, Bldg. 135

Child Development Center 1
540-653-4994
6044 Jenkins Rd, Bldg. 212

Child Development Center 2
540-653-4994
727 Sampson Rd, Bldg. 437

Child Development Homes
540-653-4342

Craftech Hobby Shop
540-653-1730
6123 Jenkins Rd, Bldg. 2007

Community House, Parade Field and
Joy Park
540-653-8785
6280 Greenslade Rd, Bldg. 243

Dahlgren Movie Theater
6238 Welsh Rd, Bldg 117
540-653-7336

Fitness Center/Gymnasium
540-653-8580
17540 Dahlgren Rd, Bldg. 1610

General Library
540-653-7474
6090 Jenkins Rd, Bldg. 1194

Gray's Landing on the Potomac
540-653-8277
17482 Potomac Inn Rd

Information, Tickets & Tours
540-653-8785
6168 Jenkins Rd, Bldg. 106

Liberty Center
540-653-7277
6168 Jenkins Rd, Bldg. 106

Youth Activities Center
540-653-8009
6118 Jenkins Rd, Bldg. 470

General Library 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.

One-on-One Computer Help

January 5, 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. Please register by January 2.

Paws for Reading

January 12, 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 clicking on a selected time or by calling the Library.

Half Day, Craft Day

January 14, 15 & 21, 2016 at 12:30 p.m.

Stop by the Library after your early release for some activities and snacks! January's activities will be rubber band bracelets.

Cost: FREE

Information, Tickets & Tours 540-653-8785

Universal Orlando Resort Ticket Special

Tired of the winter weather already and need some fun in the sun? Community Rec ITT has Buy 1 – Day Park to Park and get 2 additional Park to Park Days free! This promotion is on sale through May 2016 and tickets can be purchased and activated with a Military ID or DoD CAC card. Contact Community Rec ITT office at 540-653-8785 for more information.



Ski Resort Packages

Have you been waiting all year to shred the slopes? Community Rec ITT has special product and prices for weekly and weekend lifts, beginner classes, snowboard and tubing at White Tail Resort, Round Top Mountain Resort and Liberty Mountain Resort and Conference Center. Prices vary so call or stop by today!

Go City Cards

One person, one card, multiple opportunities! Go City Cards and Explorer Passes include admission to multiple attractions for one low price! Save up to 55% on theme parks, tours, museums and more. You choose attractions as you go from cities such as Boston, Chicago, D.C., Las Vegas, Los Angeles, San Diego, Orlando, Oahu, Miami and more!



Liberty Center 540-653-7277

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

Flicks Friday

Come out and watch any movie from our collection. Drinks and popcorn are FREE!

Birthday Drawing

If you have a birthday in January, place your name with us at Liberty for a drawing to win a special gift! Drawings take place at the end of each month.

Dave & Busters

January 2, 2016

Join Liberty on a trip to eat and play at Dave & Busters! Register by December 30. Liberty will be paying a portion of costs towards food and games.



Wing Wednesday

January 6 & 20, 2016 at 4 p.m.

Join Liberty for hot wings the first and third Wednesday of each month. Wings available while they last!

Fire Pit Fun

January 9 & 23, 2016 at 7 p.m. *weather permitting

Bring your guitar or enjoy the music. The Liberty Center will provide chairs, roasting forks, s'mores, hotdogs and drinks.

Cost: FREE

Jumpology

January 16, 2016

Van departs at 2 p.m.

Take a trip to Jumpology Trampoline Arena in Richmond, VA. Register by January 11.