

2018



MORALE, WELFARE, & RECREATION

JANUARY BULLETIN

Volume 15 Issue 1

Proudly serving the Army - Marine Corps - Navy - Air Force - Coast Guard and all of Fort George G. Meade, Maryland

BETTER OPPORTUNITIES FOR SINGLE SERVICE MEMBERS



OPEN TO ALL SERVICES

SKI WEEKEND TRIP

20 to 21 January

Call your BOSS rep for details!

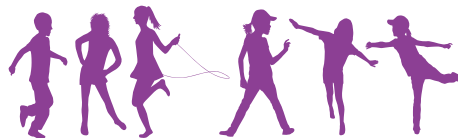
SUPERBOWL PARTY

4 February at the USO

Free to all Single Service Members



See your Unit BOSS Rep.
301-677-6868 or email; boss.ftmeade@gmail.com
or visit www.meade.armymwr.com



PART DAY PRESCHOOL OPEN HOUSE

4 & 5 January - 1100

School Age Center I - 1900 Reece Road

Learn about the services and activities provided at in our new program!
Call 301-677-1149/1156/1618 or visit Parent Central Services!

10K-A-DAY CHALLENGE

Sign up by 6 January

Gaffney Fitness Center - Free

Start your New Year's fitness resolutions off
by signing up for MWR - Sports Program's
10K-A-Day Challenge during January!

Walk, run, or dance 10K steps a day, everyday.
Sign up at Gaffney Fitness Center and receive a
free MWR pedometer that will track your daily caloric burn,
miles walked, and steps taken. It is all about a healthier you!
If you miss deadline; visit Gaffney for availability!



2017 UNITED STATES ARMY DIGITAL PHOTOGRAPHY CONTEST

ENTER BY: **31**
JAN
2018

CATEGORIES:

- ANIMAL DESIGN
- DESIGN ELEMENTS
- DIGITAL DARKROOM
- MILITARY LIFE
- NATURE & LANDSCAPES
- PEOPLE
- STILL LIFE

DIVISIONS:

- ACTIVE DUTY MILITARY
- OTHER MWR ELIGIBLE PATRONS



ArmyMWR.com/DigitalPhoto



Want Different - Do Different WDDD® NUTRITION SEMINAR & CLASS SAMPLING



6 January - 1130 to 1300
Gaffney Fitness Center - Free

A thirty minute "Nutrition 101" seminar and one hour of WDDD class
sampling; to include Plyo, Butts & Guts, Kettlebells, and Resistance
Bands. Bring water, towel, paper, pencil, and willingness to "do different."

FITNESS RESOLUTION DAY

20 Jan - 1000 to 1300

Murphy Field House - Free

Try several of the fitness classes available at MWR's Gaffney Fitness
Center free of charge! Classes include: Zumba, Spin, PoundFit, Tactical
Training, Butts & Guts, Yoga, Belly Dancing, and more. Suitable for all
levels. Free fresh fruit and snacks for breaks; taken as needed.



Keep up to date with all
Fort Meade MWR events!

Visit us online:
www.meade.armymwr.com



PARENTS NIGHT OUT! 19 January - 1830 to 2200

Register 1 to 12 January at Parent Central Services



JOINT SERVICES

1917 - FORT GEORGE G. MEADE - 2017

FREE WORKSHOPS, BRIEFS, AND MORE!



Open to all Active Duty Military and family members, DoD civilians, and Military/DoD retirees.



MOBILIZATION

Pre-Deployment Briefs

5 Jan - 0930 - ACS
19 Jan - 0930 - ACS

R.E.A.L. Family Readiness Leader

26 Jan - 0900 - ACS

ORIENTATION

Newcomer's Orientation

3 Jan - 0830 - ACS
17 Jan - 0830 - ACS

Sponsorship Training

11 Jan - 0900 - ACS

FINANCIAL

Dollars & Sense

9 Jan - 0900 - ACS

Banking Basics

16 Jan - 0900 - ACS

Basics of Investing

30 Jan - 0900 - ACS

First Term Financial Readiness

(Online class)

30 Jan - 0800 - ACS

Blended Retirement System

8 January - 0900 to 1100 - ACS
22 January - 0900 to 1100 - ACS
29 January - 0900 to 1100 - ACS

Class provides all Service Members with information needed to make decisions about the new Blended Retirement System. Service Members with less than twelve years of service may opt-in to BRS or stay with the legacy system.



Exceptional Family Member Program

EFMP Sip & Share

4 Jan - 0930 - USO Pavilion

EFMP Bowling

17 Jan - 1730
The Lanes Fort Meade



EFMP Storytime

with Condi & Shea
11 Jan - 0930
Potomac Place Center



EFMP Adult Support Group

20 Jan - 1800 - PX Food Court

Exceptional Family Member Program

830 Chisholm Avenue

Call 301-677-4779 to register



Family Advocacy

2462 85th Medical Battalion Avenue
Call 301-677-4118 for dates & times



Support Groups, classes & more!

Single Parent Support Group

8 & 22 January - 1730
School Age Services - 1900 Reece Road

Moms of Multiples Group

4 & 18 January - 1330

Parenting with a Purpose

3, 10, 17, 24, and 31 January - 1300

Moms Support Group

4, 11, 18, 25 January - 0930

Couples Communication

8, 22, and 29 January - 1430

Resiliency of Men

3, 17, and 31 January - 1300

Women's Empowerment Group

3, 10, 17, 24, and 31 January - 1400

Babease Bootcamp

Learn about development, care, nutrition, and budgeting.
Enrichment books and diaper bags provided

19 January - 0830 to 1530

2462 85th Medical Battalion Avenue



PLAYTIME SESSIONS

Romp - n - Stomp

2, 9, 16, 23, and 30 January - 1000
School Age Center II - 909 Ernie Pyle Street

Come Play With Me

5, 12, 19, and 26 January - 1030
8, 22, and 29 January - 1030
2462 85th Medical Battalion Avenue

FFSC: Fleet & Family Support Center

2212 Chisholm Avenue / 301-677-9017 / 9014



ACS: Army Community Services 830 Chisholm Avenue

301-677-5590 / www.fortmeadeacs.checkappointments.com

NEW YEAR



NEW YOU

water aerobics zumba spin classes yoga gentle beginners total body WDDD® kettlebells plyo vinyasa butts & guts



MWR SPORTS

information: call 301-677-2042

MWR - YOUTH SPRING SPORTS

Registration begins on 8 January 2018!

-  Tee-Ball/Baseball - Ages: 3 to 6
 - PlayBall - Ages: 7 to 13
 - Soccer - Ages: 3 to 14
 - Flag Football - Ages: 4 to 13
 - Flag Football Cheerleading - Ages: 6 to 13
 - Track - Ages: 5 to 18
 - Ready, Set, Run - Ages: 8 to 13
- Volunteer coaches needed!**
Call 301 677-1177 or 1315 for details
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WINTER OUTDOORS

Camp Meade Campground Store

Cafe area with wifi open to all of Fort Meade

Buy fresh coffee & snacks
IDs are not required for purchases

Recreational Equipment Rentals

Rent moon bounces or catering gear
camping or hiking gear; campers or tents
grills and cooler; all your party needs

Skiing & Snowboarding Gear Rentals

- Car racks
- Youth & adult Parabolic ski sets
- Snowboards



SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

Drivers' Education

Register: 1 Jan to 16 Feb

Class: 26 Feb to 9 Mar / 3 p.m.

Ages: 15 +9 mo. to 18



Dance

Tuesdays - Age: 5 / Ballet, Tap, and Jazz

Tuesdays - Ages: 6 to 10 / Hip Hop

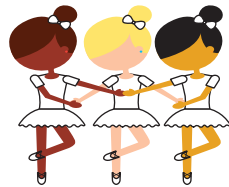
Wednesdays - Age: 6 & 7 / Ballet, Tap, and Jazz

Wednesdays - Ages: 8+older / Ballet, Tap, and Jazz

Creative Movement

Tuesdays - Age: 3 / Ballet and Jazz

Wednesdays - Age: 4 / Ballet, Tap, and Jazz



Taekwondo

Tuesdays & Thursdays

Age groups; 4 to 6 (New / White Belt / Yellow Belt)

Age group: 7 to 17 (All belts)



MWR - Child & Youth Services' SKIES: 301-677-1196 / 1437

Vehicle Storage Lots

Vehicle Resale Lot

Sell or buy personally owned automobiles, motorcycles, and recreational vehicles



MWR - OUTDOOR RECREATION

2300 Wilson Street / 301-677-3810

DISCOUNT TICKETS & MORE!



3 FEB - 1100, 1430. or 1830 - \$24.

4 FEB - 1100 or 1500 - \$24.

Events will be held in Royal Farms Arena - Baltimore



17 FEB 1300 or 1900 - \$24.

MILITARY SALUTE

Disney World discounted tickets available at LTS!



CINEMAS

AMC - \$9.00

Cinemark - \$9.00

Regal - \$9.50

MWR - Leisure Travel Services

in the Arts & Crafts Center - 6530B York Avenue - Call 301-677-7354

WINTER SALE

Ice Melt & Snow Shovels

Entertaining Supplies

Disposable Chaffing Dishes

Snow Tubes & more



Skiing & Snowboarding Gear Rentals

Campground Convenience Store with Wifi

Car / Vehicle Resale Lot

Recreational Equipment Rentals



MWR - OUTDOOR RECREATION

2300 Wilson Street / 301-677-3810

Visit Gaffney Fitness Center or Murphy Field House



MWR FITNESS

MWR SPORTS & FITNESS features:

FITNESS EQUIPMENT & CLASSES

PERSONAL TRAINERS

FUNCTIONAL FITNESS

- TRX suspension rack & training equipment
- Plyo Boxes & Olympic weight platforms
- Sandbags, kettlebells, & bumper plates
- Squat racks & pull-up bars & more



Call 301-677-3716 or visit www.meade.armymwr.com

TROPHIES - PLAQUES - GIFTS

ENGRAVING

FRAMING

SUBLIMATION



ARTS & CRAFTS CENTER

6530B York Ave / 301-677-7809

LOOKING AHEAD!

Super Bowl Party

4 FEB - 1730 - The Lanes Fort Meade

Parents Night Out

16 FEB - 1830 - CDC IV

Register: 1 to 9 February

Military Saves Week

26 February to 3 March

Army Community Services



Facebook Updates:

Fort Meade Family and MWR

Weekly MWR News:

trumpia.com/onlineSignup/ftmeademwr/newsletter

