

# 2019



Volume 16 Issue 5

## Morale, Welfare, and Recreation MAY BULLETIN

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

### USO Paintball & Camping Trip - 11 May

Free camping trip to Marine Corp Base Quantico  
Register at the Fort Meade USO or call 410-305-0660

### Horseback Trail Riding Trip - 18 May

Spaces for sixteen participants. Ride: 1300 to 1500  
Cost is \$15 - Register at [www.eventbrite.com](http://www.eventbrite.com)

### Busch Gardens Trip - 24 to 26 May

Cost: \$100 for hotel stay / Park entrance is free  
Twenty spots available. Register at [www.signmeup.com/129826](http://www.signmeup.com/129826)

### Lawn Movie - 1 June on Mullins Field

A horror movie with limited chips and sodas - Free!

### Virginia Beach Trip - 21 to 23 June

Cost is \$150 per person with twenty spots available  
Register at [www.signmeup.com/129827](http://www.signmeup.com/129827)

Call 301-677-6868 or see your Unit BOSS Rep!  
Visit [meade.armymwr.com](http://meade.armymwr.com) or FtMeadeBOSS on Facebook.

### Spring Into Fitness Aerobathon

4 May - 1000 - Murphy Field House



### Parent Advisory Board

8 May - 1600 - SAC II

### Spring Into Summer Family Bowling Party



11 May - 1900 to 2200  
The Lanes Fort Meade



### Parents' Night Out

17 May - 1830 to 2230 - CDC Home  
Registration: 1 to 15 May

### New York City Trip

18 May - 0700 - Leisure Travel Services

### Run to Honor 5K & One Mile Walk

18 May - 0800 - Murphy Field House



CLUB MEADE

### Mother's Day Brunch

12 May - Club Meade  
Seatings Times: 1100 or 1400



### "SUPER HERO" Mother-Son Ball

18 May - 1700 - Club Meade

### COMMUNITY JOB FAIR



22 May - 0900 to 1400 - Club Meade  
Free of charge and open to the general public!

### Right Arm Night

A Military & Civilian Mixer  
Free food, prizes, and fun!  
23 May - 1600 - Club Meade



Keep up to date with all  
Fort Meade MWR events!  
Visit us online:  
[www.meade.armymwr.com](http://www.meade.armymwr.com)



### MILITARY SPOUSE JOB FAIR

8 May - 0845 to 1230 - McGill Center

# Joint Services - Free Classes & WORKSHOPS

Open to all Active Duty Military and family members, DoD civilians, and Military/DoD retirees; free of charge.

## BRIEFS & TRAINING

### Newcomers Orientation

Every Wednesday - 0830 - CRC/ACS

### Sponsorship Training

22 MAY - 1400 - FFSC

### Pre-Separation Brief

02 MAY - 0900 - FFSC

### Pre-Deployment Brief

09 MAY - 1000 - FFSC

### Retiree Brief

03 MAY - 0800 - FFSC

### Transition, Goals, Plans, and Success

Five Day Workshop:

06 - 10 MAY - 0800 - FFSC

13 - 17 MAY - 0800 - FFSC

### Transition, Goals, Plans, and Success

Two Day Workshop:

"Assessing Higher Education"

30-31 MAY - 0800 - FFSC

## LIFE SKILLS

### Stress Management

16 MAY - 0900 - FFSC

### Anger Management

16 MAY - 1300 - FFSC

### Time Management

23 MAY - 0900 - FFSC

## EMPLOYMENT

### Interviewing Skills

07 MAY - 0900 - FFSC

### Resume Workshop

14 MAY - 0900 - FFSC

### Ten Steps to a Federal Job

21 MAY - 0800 - FFSC

## PARENTING

### Budget For Baby

12 JUN - 1100 to 1300 - FFSC

\*Navy & Marine Corps personnel only

## FINANCIAL

### Marriage & Money

07 MAY - 0800 - ACS

### Thrift Savings Plan - Civilian

14 MAY - 0800 - ACS

### Car Buying

15 MAY - 0800 - FFSC

### Thrift Savings Plan - Military

16 MAY - 0800 - ACS

### Home Buying

21 MAY - 0800 - ACS

### Developing A Spending Plan

22 MAY - 0800 - FFSC

### Women Building Wealth

28 MAY - 0800 - ACS

### 1st Term Financial Readiness

Eight hour - online course - ACS



## Federal Employee Retirement Systems Seminar

Within five years to retirement; FERS & CSRS

14 MAY - 0800 to 1600 - Club Meade - Free of charge



## Family Advocacy Program

2462 85th Medical Battalion Avenue - 301-677-4117

### Boundaries With Children

Six week parenting class

1, 8, 15, 22, and 29 MAY

1300 to 1500

### Babese Boot Camp

17 MAY

0830 to 1530

### Resiliency of Men

01, 15, and 29 MAY - 1300

### Couples Communication

Every Monday - 1430

### Moms of Multiples

02 & 16 MAY - 1330

### Parenting with a Purpose

Every Wednesday - 1300

### Families Dealing with Deployment

06 & 20 MAY - 1730

### Women's Empowerment

Every Wednesday - 1400

### Single Parent Group

13 & 27 MAY - 1730

SAC I - 1900 Reece Rd

### Moms Support Group

Every Thursday - 0930

### Moms Walking Group

Every Thursday - 0830

### A-Z Come Play With Me

Ages 18 months to 4 years

Every Monday & Friday - 1030

2462 85th Med Bn Avenue

### Romp - n - Stomp

Ages up to age five

Every Tuesday - 0930

Boundless Playground

## Exceptional Family Member Program

Call 301-677-4779

### EFMP Sip & Share

02 MAY - 0930 - Calvary Chapel  
6th Armored Cav RD

### EFMP Bowling

15 MAY - 1730 - The Lanes  
Call to register!

## Army Community Services (ACS)

Community Readiness Center: 830 Chisholm Avenue / 301-677-5590

## Fleet & Family Support Center (FFSC)

2212 Chisholm Avenue / 301-677-9017 / 9014

MWR - CHILD & YOUTH SERVICES  
**SKIES Unlimited**  
Schools of Knowledge, Inspiration, Exploration & Skills

## SUMMER CLASSES

### Babysitting Classes



### Dance Classes



### Drivers Education



태권도

### Taekwondo Classes



Information: 301-677-1104/1618/1149 - Registration is now open!



Leisure Travel Services announces trips to

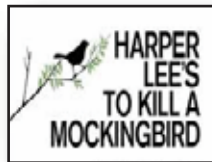
# NEW YORK CITY

- 18 MAY** Self-directed Trip
- 22 JUN** Self-directed or Broadway-Bound Trip  
Disney's hit musical; **"Aladdin"**  
New Amsterdam Theatre - 2 p.m.
- 20 JUL** Self-directed or Broadway-Bound Trip  
Classic; **"To Kill a Mockingbird"**  
Shubert Theatre - 2 p.m.
- 21 SEP** Self-directed or Broadway Bound Trip  
Broadway's longest running musical  
**"The Phantom of the Opera"**  
Majestic Theatre - 2 p.m.
- 21 DEC** Self-directed - Holiday Shopping Trip

# BROADWAY OPTIONS



**22 JUN**



**20 JUL**



**21 SEP**

**Register early for all trips!**

Visit us at 6530 York Avenue or call 301-677-7354

## STRONG B.A.N.D.S.

All participants must be an authorized patron of Gaffney Fitness Center and eighteen and older to participate.

### Fitness Challenge\*

Enter to win a 2019 Strong Bands T-shirt during May  
Take any three group fitness classes of your choosing  
in one week at Gaffney Fitness Center. Call 301-677-2349

### Spring Into Fitness Aerobathon\*

**4 May - 1000 to 1300 - Murphy Field House**

Three hour Fitness Fest to exercise to a healthier you.  
Fitness classes will be featured in 20 to 30 minute increments.  
All levels are welcome. Call 301-677-2349

### Free Water Fitness Classes

**10 May - 0900 - Gaffney Fitness Center - 301-677-3716**

**GENTLE WAKE-UP / 0900 to 0930**

Beginner: All Levels / Shallow Depth / Low impact

**PUNCH + SPLASH / 1100 to 1130**

Total body HIIT workout; cardio bursts with boxing exercises.  
All Levels / Deep Depth

**HUSTLE & FLOW / 1135 to 1205**

Hustle: High-energy, total-body workout

Flow: Low/no impact stretch sequence

All levels / Deep Depth; flotation belts provided

**FLOAT + SCULPT / 1430 to 1500**

Muscle sculpting, core-firming, low/no impact moves  
All levels / Deep Depth Only - flotation belts provided.

**SHOCK WAVE / 1505 to 1535**

Extreme, high intensity, calorie-torcing  
Advanced / Dual Depth

### Run to Honor 5K and One Mile Walk

**18 May - 0800 - Murphy Field House**

Run starts at 0800, pre-register by 7 May.

On-site registration on 18 May is from 0700-0730.

Run Series information on [www.meade.armymwr.com](http://www.meade.armymwr.com)

### Kick Ball Tournament

**24 May - 1000 - Donahue Field & Rosie's Field**

Enjoy a one-pitch, single elimination kickball tournament in  
support of the 2019 STRONG B.A.N.D.S. program.

This tournament will be held for recreational competition  
and to help spread the message of fitness and wellness.

Registration begins at 0800 on 1 May at Gaffney Fitness Center.  
The first twelve teams to register will be able to participate.

Details & schedules at [www.quickscores.com/ftmeadesports](http://www.quickscores.com/ftmeadesports).



Call 301-677-2349

[www.meade.armymwr.com](http://www.meade.armymwr.com)

## Need Outdoor Gear?

**WHY BUY...RENT at CHECK-IT-OUT!**



**Moon Bounces**

**Dunk Tanks**

**Campers**

**Tents**

**Party Games**

**Fishing Boats & gear**

**Grills - Coolers - and more**



**Recreational items available at Outdoor Recreation**

RV Campground, 2300 Wilson Street, Fort Meade.

301-677-6196 or 3810



## Arts & Crafts Center's **SIP & CREATE**

*Uncork your creativity at Club Meade!*

**17 May - 6:30 p.m.**

**\$40. per person**

*Instructor will guide participants through each step of the process.*

*Price includes: Canvas, paint, apron, and two beverages; wine, beer, soda, and water/ Other items may be purchased.*

*Sign-up for these exciting "Sip & Create" sessions!  
Early registration for all sessions is encouraged.*



**17 MAY  
POPPY THE PIG**



**19 JULY  
CACTUS  
IN BLOOM**



**21 JUNE  
DAY AT SEA**



**16 AUGUST  
BIRCH TREES**

## Adult Photography Classes

*with a professional photographer  
at the Arts & Crafts Center!*

### **BEGINNING - \$35.**

**May 8, 6:30 p.m.**

**Register by 2 May**

**May 16, 10 a.m.**

**Register by 13 May**

### **INTERMEDIATE - \$70**

**May 6 & 20, 6:30 p.m.**

**Register by 1 May**

**May 9 & 23, 10 a.m.**

**Register by 6 May**

### **PHOTO WALK - \$60**

*Quiet Waters Park - Annapolis*

**May 18, 4:30 to 7:30 p.m.**

**Register by 15 May**



**Register now for June classes!**



**Register for Sip & Create or Photography classes  
at the Arts & Crafts Center, 6530 York Avenue  
Call 301-677-7809**



**Join us on Facebook:  
Fort Meade Family and MWR**



## **The Lanes - Fort Meade**

*Bowling Center - Pro Shop - Cafe' - Lounge - and More!*

## **50/50 Cards**

**On Sale until 15 May!**

*Fifty games for only \$25 to be used from 1 May to 31 August*

### **"Just for Fun" Bowling Clubs**

*Teams or individuals; six week clubs! We supply bowling equipment.*

### **Craft Beer & Bowling**

*Fridays - begins 10 May*

### **Lousy Bowlers**

*Wednesdays - begins 8 May*

### **Women & Wine**

*Wednesdays - begins 8 May*



## **Spring Into Summer Family Fun Bowling Party**

**11 May - 1900 to 2200 - \$99 for group/family of six**

*includes bowling, shoes, pizza & pitcher of soda, prizes, and more!*

*Get your spaces early!*

**Stop by or Call 301-677-5541**

## **LOOKING AHEAD!**

### **Comedy Night**

**1 June - 1730 - Club Meade**

### **Parent Advisory Board Meeting**

**12 June - 1600 - SAC II**

### **Army Birthday 5K / One Mile Walk**

**15 June - 0800 - Meade Pavilion**

### **Summer Day Camp Begins**

**17 June - 0600 to 1800 - CYS**

**Registration: 3 to 19 June**

### **Parents' Night Out**

**21 June - 1830 to 2230 - CDC Home**

**Registration: 3 to 19 June**

### **Pet Photo Sessions "Independence Day"**

**24 to 29 June - Family Pet Care Center**

### **RED, WHITE, AND BLUE CELEBRATION**

*Everyone Welcome! Fireworks - Live Bands - Attractions  
Food, Beverage, and Novelty Vendors*

**28 June - 1600 - McGlachlin Parade Field**