

NSF INDIAN HEAD MWR

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

JANUARY



JANUARY 2016 MWR EVENTS

Happy New Year

Introducing Indian Head FFR Facebook

MWR now has Facebook! Search Indian Head 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, ticket pricing, seasonal crafts, special movie showings and much more! Share our posts with your family and friends and stay updated with all MWR has to offer!



Weight House Fitness Center New Year's Open House



Is your New Year's resolution to get in shape and stay healthy? The Weight House Fitness Center is offering a New Year's Open House January 5, 2016 from 11 a.m. to 1 p.m. for current members and newcomers to take part in the New Year's Fun Run, join the 10 lb Challenge and get to know the Fitness Center staff and programs they offer! Open to all with base access. This is a free event. Bring a friend and make 2016 the year you make a change for the better!

NSA South Potomac
MWR
NSF Indian Head

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.navymwrindianhead.com

Auto Hobby

301-744-4616

Make sure your vehicle is in peak condition for the winter weather months ahead!

The Auto Hobby Shop is a fully equipped, self-service repair facility. Work on your car indoors and stay warm! It offers three vehicle lifts, one motorcycle lift, diagnostics center, drum brake tools, tap and die sets, timing lights, a strut compressor, and most other tools and equipment needed for vehicle repair. You are able to check for recalls and other service bulletins for your vehicle using the Mitchell Information System. Professional guidance is available to assist you with your repair project. All tools and equipment are available on a first-come, first-served basis.



Child & Youth Programs

CDC: 301-744-4458
YAC: 301-744-5456

School Age Care (SAC) Open Enrollment
Please call the Youth Center for enrollment information and fee schedules. The CDC also has spaces available for full-time childcare.

Hourly Care

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 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. 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.

Community Recreation

301-744-4850

Storytime and Crafts

Every Tuesday from 10:30 a.m. to 11 a.m.
Join us at the Library every Tuesday for a story and a craft!



STEM

First Wednesday every month from 6 to 7 p.m.
Join us as we explore science, technology, engineering and math. Drop in for hands-on experiments and activities. Cost: FREE

Fun with Duct Tape

January 15, 2016 from 4 to 6 p.m.
Have fun making your own wallet, headband and accessories using duct tape!
Cost: FREE



Mosaic Art

January 29, 2016 from 6:30 to 8:30 p.m.
Create your very own free mosaic art!
Please contact the CDC and YAC for childcare information and registration before this event.

Liberty Center

301-744-6487

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

Game Time

January 2, 2016 at 11 a.m.
Start off the New Year with coffee and donuts while playing games at Liberty! Cost: FREE

Halo Tournament

January 8, 2016 at 6 p.m.
Show off your gaming skills in the Halo Tournament.
Cost: FREE

NSF Indian Head MWR Facility Phone Numbers

Washington D.C. Women's Roller Derby Trip
January 23, 2016

Van departs at 2 p.m.

Come see the D.C. Roller-girls in action at the Armory in Washington, D.C. We will witness four teams compete and battle it out on the rink for the big win! Cost: \$5.00



Washington Auto Show
January 23, 2016

Van departs at 10 a.m.

Let Liberty take you to the Washington Auto Show! Cost: \$6.00

Stars & Strikes Bowling Center **301-744-4761**

Games: Military \$2.00/Civilian \$3.00; Shoe Rental \$1.00



Party Rental

Rent Stars & Strikes for your next celebration and let us help you throw a bowling bash that your guests will rave about! Cost: 2 hour rental prices are \$60 for Military and \$70 for Civilians. Price includes 4 private lanes, shoes, cosmic lights and a whole lot of fun!

Lunchtime Bowling

Every Wednesday from 11 a.m. to 1 p.m.
Take a break from the office and unwind with a game or two of bowling on your lunch break!

Open Bowling

Fridays and Saturdays from 5 to 10 p.m.
Bored on the weekends? Look no further. Stars & Strikes Bowling Center offers open bowling on Fridays and Saturdays.

Cosmic Bowling

Every 2nd and 4th Saturday of the month from 5 to 10 p.m.
What glows in the dark and is too much fun to miss? Cosmic bowling at Stars & Strikes Bowling Center!

Armed Forces Bowling Special
January 8, 15, 22 & 29, 2016

All Active Duty, Reserve and Retired Military are invited to enjoy one free game of bowling every Friday in January any time during open hours!

MWR Admin Office
301-744-4775
4260 Steve's Way, Bldg. D328

Aquatics Center
301-744-4616
4072 Festival Park Dr., Bldg. 811

**Auto Skills Center/
Equipment Rental**
301-744-6314
4337 Security Dr., Bldg. 1420

Bowling Center
301-744-4761
4260 Steve's Way, Bldg. D328

Child Development Center
301-744-4458
4250 CDC Way, Bldg. 1901

Child Development Homes
301-744-4458

Community Recreation
301-744-4850
4163 N. Jackson Rd, Bldg 620

Fitness Center
301-744-4661
4355 Security Dr., Bldg. 1660

**Globe & Anchor/
Tiki Bar**
301-744-6487
4307 Kings Ct., Bldg. D324

Liberty Center
301-744-4524
3399 Strauss Ave., Bldg. 1752

Mix House
301-744-6487
4307 Kings Court, Bldg. D324

Youth Activities Center
301-743-5456
3992 Stark Rd., Bldg. 441

Weight House Fitness Center

301-744-4661

New Year's Open House

January 5, 2016 from 11 a.m. to 1 p.m.

Take part in the New Year's Fun Run, join the 10 lb Challenge and get to know the Fitness Center staff and programs we offer! Open to all those with base access. Cost: FREE

10 lb Challenge

January 5 – March 8, 2016

Do you need direction or motivation to lose the weight you've always wanted or the weight that slowly appeared over the holidays? Register for the 10 lb Challenge! Participants will receive weekly e-news on health, fitness and nutrition. Prizes will be awarded to the biggest loser. Register no later than February 9. Cost: \$10.00



New Year's Fun Run 5K

January 5, 2016 at 11 a.m.

Celebrate the New Year with a 5K run on the original route, in reverse! Prizes will be awarded to 1st and 2nd place male and female finishers. All with base access are invited 10 years old and up. Parent signature required for those under 18 years of age. Cost: Active Duty, FREE. All Others, \$5.00

5 on 5 Basketball

Begins January 5 & 7, 2016 from 5:30 to 8:30 p.m.

Location: Gymnasium Bldg D-328

5 on 5 Basketball will be held Tuesdays and Thursdays. Coaches meeting will be held Monday, January 4 at 4:30 p.m. Teams will play each other twice to be seeded into a double elimination championship tournament. Trophy and a prize will be awarded to the 1st and 2nd place teams. Cost: Active Duty Military & Contractor w/ Membership, FREE, Military Dependent/Retired \$15.00, DoD/Retired/Dependent \$30.00, Contractor/Dependent \$40.00

Winter Powerhouse Meet

January 15, 2016 from 7 a.m. to 1 p.m.

Location: Gymnasium Bldg D-328

Register for the Winter Powerhouse Meet no later than January 11.

7:30 – 8 a.m. Weigh Ins

8:15 – 8:30 a.m. Competitor's Meeting

8:30 – 8:45 a.m. Warm Ups

8:45 a.m. Lifting Begins: Squat, Bench Press, Deadlift

Noon – 1 p.m. Awards

Light, middle and heavy weight classes for male and female divisions will be determined based on number and weight of participants. All with base access are invited. Cost: Military \$10.00, All Others \$20.00

Bench Press Challenge

January 25 - 29, 2016

Challenge yourself to see where you fall in the weight class. Awards will be given to 1st place in each weight class. T-shirts will be given to top 3 in each weight class. All with base access are invited. Cost: \$5.00

