

NSF DAHLGREN MWR

Morale, Welfare and Recreation

NEWSLETTER



October

OCTOBER 2015 MWR EVENTS



Trace Adkins Performing Live at Dahlgren Saturday, October 10!

This is the night country music fans have been waiting for!

The Virginian's Barbershop Chorus and Smith Auer Band will kick off the show!

This is a rain or shine show. Gates open at 4 p.m. Show starts at 7 p.m. All attendees must present a ticket to enter the event. Each vehicle must have at least one DoD ID cardholder and all others ages 16 and older must present a valid form of identification.

Parking will be limited. Plan to carpool and arrive early as traffic delays may occur. as you approach the gate. No lawn chairs or blankets. There will be chairs at the venue. No alcohol, pets, coolers, glass, outside food or beverage, firearms, weapons and backpacks will be allowed. This will be a non-smoking venue. There will be food and beverage vendors as well as beer and wine vendors at the event. Stay up to date on all concert information at www.freedomlivendw.com

Falls Sports Festival

**Fall Sports Festival is October 15, 2015 from
6 to 8 p.m. at the Dahlgren Parade Field!**

A fall event for all sports enthusiasts! Enjoy an evening of family filled fun with a field full of sports inflatables, games, crafts, pumpkin patch and much more! For more information contact the ITT office at 540-653-8785.



Trick-or-Treat With MWR

**Trick-or-Treat with MWR
October 30, 2015 from 3 to 5 p.m.**

Wear your favorite costume and collect candy! A map will be provided at the participating facilities. For more information, please contact the Dahlgren General Library at 540-653-7474.



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.

2015

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

Aquatics Center

540-653-8088

Aquapalooza

October 9, 2015 from 10 a.m. to noon

Join the Aquatics Center in observance of Breast Cancer Awareness month by taking part in the following aqua aerobic classes: Shallow Water Workout and Boot Camp Deep Water Workout. Register the day of the event at the Aquatics Center. Cost: FREE



Family Float Night is Back!

October 9, 2015 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

Auto Skills Center

540-653-4900

The center has 4 bays with 3 lifts. Get the guidance you need for engine diagnostics and 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 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.

Tire Maintenance Service Class

October 13, 2015 from 11 a.m. to 1 p.m.

Keep your tires properly maintained through the winter months. Learn the warnings signs to detect problems before they occur! Reservations required no later than October 9.

Cost: FREE

Bingo

540-653-8785

Bingo Anniversary Celebration

October 1, 2015

Doors open at 4 p.m.

Early Bird games start at 5 p.m.

Celebrate our first full year of Bingo with special prizes! 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 with a 90% payout 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.

Bingo Halloween Party

October 29, 2015 Doors open at 4 p.m.

Early Bird games start at 5 p.m.

Wear your Halloween costume and be entered to win one of our surprises! Come to Bingo in October to find out more details!



Cannonball Lanes

540-653-7327

Games: Military \$3.00; Civilian \$4.00
Hourly Bowling: Military \$20.00; Civilian \$25.00
Shoe Rental: Military \$1.50; Civilian \$2.50

Fall Hours: Cannonball Lanes will open at 2 p.m. everyday except during football season.

During football season opening hours on the weekends are: 11 a.m. on Saturdays and noon on Sundays.

Looking to have a birthday party or after work gathering at Cannonball Lanes? Stop in or call today to inquire about plans and rates for renting out the multipurpose room.

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 of bowling for one hour, 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! Rates for all you can bowl are: 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

October 3, 2015 from 2 to 4 p.m.

Eligible patrons include all children, ages 5 to 12, with base access. Cost: \$7.50/child, which includes two games and shoes. Bowling instruction will be provided for those learning to bowl!

Scotch Doubles

October 17, 2015 from 6 to 8 p.m.

Teams of two will bowl three games and the top three teams will be awarded trophies.

Cost: \$10.00 per team.

Halloween Bash

October 31, 2015 at 7 p.m.

This will not be your typical Friday night at Cannonball Lanes. Celebrate Halloween with all you can bowl prices and enjoy some cake! Family friendly costumes are welcome, but not required. Cost: Military \$6.95; Civilian \$7.95

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://myffr.navyaims.com/ndwcym.html> Cost: \$4.00/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/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.

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

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).

Fall/Halloween Wreath

Create your own wreath for the fall and Halloween season. Cost: \$50.00, to include all materials.



Fitness Center 540-653-8580

Mom's Gotta Run!

October 2 - November 19

Fridays 9 to 10 a.m.

Weather's turning crisp and fall has arrived! Let's go outside and enjoy it by running with strollers. Bond with family and friends while getting in a great workout. All fitness levels welcome! Register at the Dahlgren Fitness Center.

Dance Recital

October 15, 2015 at 6:30 p.m.

Location: Dahlgren School

Join us at the Dahlgren School for a ballet and jazz tap dance recital.

4th Annual Zumbathon

October 21, 2015 from 4 to 6 p.m.

Help us recognize Breast Cancer Awareness month by taking part in our two hour zumbathon! Certified zumba instructors will lead the class. Don't forget to wear pink and show your support! Register at the Dahlgren Fitness Center by October 21. Cost: FREE

Halloween Dodgeball

October 27, 2015 at 4 p.m.

Show your competitive side with dodgeball! Register at the Dahlgren Fitness Center by October 23. Cost: \$1.00/person

Halloween 5K

October 28, 2015 at 11 a.m.

Join the Dahlgren Fitness Center for a Halloween 5K road race. Register with the Dahlgren Fitness Center by October 27. Cost: Military FREE; Civilian \$5.00



Craftech

540-653-1730

Take part in Craftech's new fall classes and add your own festive flair to your home! All Classes listed below can be taken in a group or individual setting. Reserve a class with Craftech and begin creating!



Kids Halloween Crafts

Set up your appointment today to paint your own ceramic skull and pumpkin or make your own ghost! Cost: \$10.00 for ceramic skull and pumpkin, \$15.00 for ghost; to include all materials.

Pumpkin Watercolor & Wax

Paint a pumpkin watercolor and wax technique. Cost: \$75.00, to include all materials, frame and mat. Glass and fixings are extra.

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.

Cost: FREE

One-on-One Computer Help

October 6, 2015 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 October 2.

Half Day Craft Day

October 8 & 29, 2015 at 12:30 p.m.

Stop by the library after your early release for some activities and snacks! October's craft will be DIY Instagram Coasters! Please be sure to bring a phone with photos or a printed 4x4 photo with you. Please note the crafts need an acrylic coat after hours of drying and crafts can be picked up in the evening or the next day. Cost: FREE

Paws for Reading

October 13, 2015 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. Please register by October 10 to schedule your 15 minute session. Cost: FREE



Liberty Center 540-653-7277

The Liberty Center and all activities listed are for Liberty Center Patrons Only: E1- E6 Single/Unaccompanied Active Duty Military.

Fire Pit Fun

October 3 & 17, 2015 at 7 p.m.

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

Cost: FREE

Wing Wednesday

October 7 & 21 2015 at 4 p.m.

Enjoy FREE hot wings while they last!

Cost: FREE

Kings Dominion Halloween Haunt

October 17, 2015 at 3 p.m.

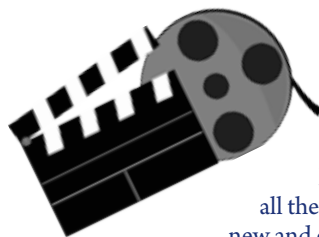
The bloodcurdling horror and nightmarish madness of Halloween Haunt features ghastly creatures emerging from the darkness, highly-intense and bone-chilling attractions and some of the most hair-raising rides on the planet! This is one Liberty trip you won't want to miss! Register at the Liberty Center by October 14.

Wicked Woods Haunted Forest Trip

October 24, 2015 at 5 p.m.

Join Liberty for a frightful trip to the forest! Wicked Woods is Virginia's premier haunted Halloween attraction located in Spotsylvania. Three horrifying attractions include Murder Manor, Insanitarium Asylum and the Haunted Forest await those brave enough to overcome their fears! Register at the Liberty Center by October 21.

Theater 540-653-7336



Fright Night at the Theater October 30, 2015 at 7 p.m.

Too big to trick-or-treat? Bring your friends and come to the Dahlgren Theater for a night of scary movies. Don't let the price scare you because all the movies will be FREE! We will show new and old horror movies until midnight.

NSF Indian Head Fall Festival 301-744-4850

NSF Indian Head Fall Festival

**October 24, 2015 at the Mix House
from 11 a.m. to 2 p.m.**

Celebrate fall with MWR! Enjoy a pumpkin patch and pumpkin carving along with games, prizes, food, hay rides, a haunted house and entertainment. This is a FREE event and open to all those with base access.

