

Family & MWR Wishes you a happy...

2019



USAG BENELUX FAMILY AND MWR

JANUARY 2019



LUXEMBOURG CITY

SATURDAY, FEBRUARY 16

ALL DAY

SCHINNEN TRIPS AND TOURS

Registration deadline: February 8

Luxembourg City, home to the only Grand Duchy in existence today, is a multicultural city full of UNESCO sites and great photo opportunities. The tour includes a stop at the Hamm American Cemetery, General Patton's burial site, and free time to explore this wonderful city! For information, call DSN 360-7560 or CIV 046-443-7560.

RACQUETBALL INVITATIONAL TOURNAMENT

BEGINS SATURDAY, JANUARY 5

10 AM - 4 PM

BRUSSELS FITNESS CENTER

Start off the new year by claiming your championship title in the winter racquetball tournament held in the Brussels American High School gym. There are two categories: Novice and Open for both men and women. Trophies will be awarded to the 1st and 2nd place winners! Class dates are also Saturday, February 2 and March 2. Free headbands to all participants. You can register online at brussels.armymwr.com. \$10 pp.



FOR SOLDIERS

FOR FAMILIES

FOR RETIREES

FOR CIVILIANS

Wellbeats

Fitness on Demand
DSN: 361.5643 or CIV: 068.27.5643

Check out our monthly calendar on benelux.armymwr.com for a current list of programs and events at the Chievres Fitness Center.

NOW THROUGH JANUARY 20

- DIGITAL PHOTOGRAPHY CONTEST - SHAPE ARTS & CRAFTS

THURSDAYS, JANUARY 10 - 31 1 - 2 PM

- THE 5 LOVE LANGUAGES ACS

MONDAY, JANUARY 14 8:30 AM - 3:30 PM

- HOST NATION ORIENTATION ACS

THURSDAY, JANUARY 31 1 - 3 PM

- POSITIVE PARENTING ACS

REGISTRATION FOR CYS SPORTS

- PARENT CENTRAL SERVICES CYS

Family & MWR is hiring!



Visit USAJobs today!

FUNCTIONAL FITNESS



CHIEVRES FITNESS CENTER
TUESDAYS
5:30 -6:30 PM

CHIEVRES & BRUSSELS FITNESS CENTER



**NOW OPEN TO DEPENDENTS (18+)
AND RETIREES!**

**Register your CAC or ID card
during business hours**

Advertise with MWR!

Chievres Air Base MWR Marquee
Banner Printing
MWR Facility Advertising

Contact us: beneluxfmwr@yahoo.com



**CHIEVRES KENNEL
AND PET GROOMING**
+32 (0) 68 27-5436 DSN 361-5436



EVENTS: BRUSSELS

3 Star Recreation Center

Check out the Thursday and Friday night activities.
Visit brussels.armymwr.com for more information.

MONTH OF JANUARY

- 100,000 LB SQUAT FITNESS CENTER

SATURDAY, JANUARY 5 10 AM - 4 PM

- RACQUETBALL TOURNAMENT FITNESS CENTER

WEDNESDAYS 2 - 4 PM

- MAKERSPACE MEETUP LIBRARY

TUESDAY, JANUARY 15 8:30 - 11 AM

- NEWCOMER'S SUPERMARKET TOUR ACS

JAN 22 - FEB 28 7:30 - 10 PM

- INTRAMURAL BASKETBALL FITNESS CENTER

EVENTS: SCHINNEN

THURSDAY, JANUARY 3 2 - 5 PM

- LEGO DAY JFC LIBRARY

THURSDAY, JANUARY 10

- TEEN RESILIENCY WORKSHOP CYS

THURSDAY, JANUARY 17 8:30 - 3:30 PM

- HOST NATION ORIENTATION ACS

WEDNESDAY, JANUARY 30 7 PM

- MIAMI DOLPHIN CHEERLEADERS REC CENTER

NATO, US Embassy & US Mission Welcome!

THURSDAY DINNER SPECIALS

Starts at 5:30 PM

Reservations required by Tuesday
at reservations3star@yahoo.com

Thursday, January 10
All You Can Eat Pizza and Salad
Adults \$11, Kids \$5

Thursday, January 17
All You Can Eat Tacos
Adults \$11, Kids \$5

Thursday, January 24
Oriental Chicken and Ribs with Salad and Rice
Adults \$12, Kids \$6

Thursday, January 31
All you can Eat Pizza and Salad
Adults \$11, Kids \$5

Thursday, January 31
Chicken Wings with Potato Wedges \$5

For more information, call: DSN: 368-9822, CIV: 02.717.9822

OPEN FRIDAYS

THREE STAR

U.S. ARMY MWR

U.S. NATO, US EMBASSY AND US MISSION WELCOME

Fitness Challenge

100,000 LB squat + 100 Mile Run

The Month of January

FREE Entry
Get fit and healthy by completing one or both challenges this month!

When you complete three monthly challenges you will receive a FREE USAG Benelux-Brussels Fitness Center T-shirt! Combine your fitness routine with the Eat Better nutrition class held the first Tuesday of each month from 10:30 - 11:30 AM at the 3 Star Recreation Center.

Brussels Fitness Center
CIV: 02.717.9667 or DSN: 368.9667

benelux.armymwr.com

BrusselsMWR BeneluxFMWR BeneluxFMWR

U.S. ARMY MWR

BRUSSELS

US, NATO, US EMBASSY AND US MISSION WELCOME



STERREBEEK ANNEX RACQUETBALL COURT

SATURDAY, JANUARY 5

SATURDAY, FEBRUARY 2

SATURDAY, MARCH 2

10 AM - 4 PM

Trophies for 1st, 2nd Place Winners!

- There will be a Novice and Open Division for Men and for Ladies separately (4 divisions)

- Free headbands for participants

- To register visit brussels.armymwr.com/programs/fitness

- Racquets and goggles will be provided for those who do not have their own

- All players will be guaranteed 3 games minimum

CIV: 02.717.9667 or DSN: 368.9667

benelux.armymwr.com

BrusselsMWR BeneluxFMWR BeneluxFMWR



FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

SCHINNEN

**Watch for information
on the Miami Dolphins
Cheerleaders
coming
to Schinnen**

JANUARY 30

SCHINNEN BOWLING CENTER

**Enjoy a jalapeno hamburger and
fried pickles with a cold drink
while you bowl. Check out the
Pin Pointe Café Specials!**

STAY CONNECTED



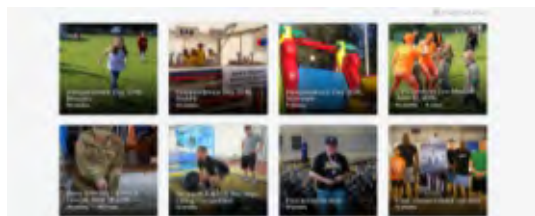
WEBSITE

Visit us at www.benelux.armymwr.com where you'll find information on activities, prices, hours, phone numbers and directions.



FACEBOOK

"Like Us" on Facebook for the most up-to-date information on events and activities. Enjoy exclusive offers, contests and more. @CHIEVRESFMWR • @BRUSSELSMWR • @SCHINNENMWR



FLICKR

Follow us on flickr.com/beneluxfmwr to see our event pictures.



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Auto Skills Center	+32 (0) 68.27.5796
ACS	+32 (0) 65.32.6824
Kennel	+32 (0) 68.27.5436
CYS	+32 (0) 65.32.6839
Chievres Library	+32 (0) 68.27.5767
SHAPE Library	+32 (0) 65.44.5631
Equipment Rental	+32 (0) 68.27.5796
Chievres Fitness Center	+32 (0) 68.27.5643
Army Lodge	+32 (0) 68.26.7111

BRUSSELS

3 Star Recreation Center	+32 (0) 27.17.9822
Auto Skills Center	+32 (0) 27.17.9743
ACS	+32 (0) 27.17.9783
CYS	+32 (0) 27.17.9651
Brussels Library	+32 (0) 27.17.9791
Fitness Center	+32 (0) 27.17.9667

SCHINNEN

ACS	+31 (0) 46.443.7500
CYS	+31 (0) 45.526.3121
Brunssum Library	+31 (0) 45.526.2669
ODR	+31 (0) 46.443.7560
Bowling Center	+31 (0) 46.443.7207
Fitness Center	+31 (0) 46.443.7561
Schinnen Trips & Tours	+31 (0) 46.443.7560

