



November is
LUNG CANCER
Awareness Month

Brussels FMWR November 2022



NOVEMBER IS
MILITARY FAMILY
- APPRECIATION MONTH -

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pump It Up 11AM Yoga 11:30AM @Fitness Center Book Club 11:30AM @Library	2 Sponsorship Training 9AM @ACS Workout Wednesdays Functional Fitness 9:15AM @Fitness Center StoryTime 3:30PM Crafternoon 4PM @Library	3 Pump It Up 11AM Yoga 11:30AM @Fitness Center Makerspace 11AM @Library Interviews & Dressing for Success Name it to Tame it- Exploring Emotions 10AM Newborn Network 2PM @ACS	4 Core and Hit 8:45AM @Fitness Center OPOC/VMIS Training 2PM (Walk-In or On Request) @ACS	5
6 Family Game Day 11AM @Library	7 Functional Fitness 9:15AM @Fitness Center	8 Pump It Up 11AM Yoga 11:30AM @Fitness Center Beginning the Resume 11AM @ACS	9 Workout Wednesdays Functional Fitness 9:15AM @Fitness Center Lego Time 11AM @Library -ACSEPC Informational Brief 11AM @ACS	10 Pump It Up 11AM Yoga 11:30AM @Fitness Center Puzzlepalooza 11AM @Library	11 Veterans Day OPOC/VMIS Training 2PM (Walk-In or On Request) @ACS	12
13	14 Functional Fitness 9:15AM @Fitness Center Let's Talk about Sex 11AM @ACS	15 Pump It Up 11AM Yoga 11:30AM @Fitness Center The Self-Centered Marriage 9AM Stress Management 10AM Reviewing & Editing Resume 11AM @ACS	16 Workout Wednesdays Functional Fitness 9:15AM @Fitness Center Puzzlepalooza 11AM @Library The Stars are Lined Up for Military Spouses 10AM @ACS	17 Host Nation Orientation 9AM @ACS Pump It Up 11AM Yoga 11:30AM @Fitness Center Makerspace 11AM @Library	18 Core and Hit 8:45AM @Fitness Center City Madness 9AM OPOC/VMIS Training 2PM (Walk-In or On Request) @ACS	19 Brussels Turkey Trot 9AM @Off-site Location
20 Sunday StoryTime 1PM Crafternoon 1:30PM @Library	21 Functional Fitness 9:15AM @Fitness Center	22 Pump It Up 11AM Yoga 11:30AM @Fitness Center Finalizing your Resume 11AM @ACS	23 Workout Wednesdays Functional Fitness 9:15AM @Fitness Center Lego Time 11AM @Library Thanksgiving Meal 3PM @3 Star	24 Thanksgiving Day	25 Core and Hit 8:45AM @Fitness Center OPOC/VMIS Training 2PM (Walk-In or On Request) @ACS	26
27	28 Functional Fitness 9:15AM @Fitness Center	29 Pump It Up 11AM Yoga 11:30AM @Fitness Center	30 Workout Wednesdays Functional Fitness 9:15AM @Fitness Center Puzzlepalooza 11AM @Library			

For more information, visit: brussels.armymwr.com

DATES ARE SUBJECT TO CHANGE

