

THE GAZETTE EXTRA

SHAPE/Chièvres

Mondays

Military Council of Catholic Women - Meets each Monday at 10 a.m. at the SHAPE Chapel in the Annex and at 7 p.m. at SHAPE Bldg. 353. There is watchcare available in the morning by reservation. MCCW reflects a visible presence of Christ to military communities by fostering and nourishing women to spirituality, leadership and service.

Join us for bible study (materials provided) and fellowship. For information call DSN 423-6019 or civilian 065-44-6019.

Stroller Time - Meets from 10 to 11 a.m. at the ACS, Bldg. 318, SHAPE. Bring your child and stroller for a walk on the SHAPE path. For more information contact the ACS at DSN 423-5324.

New Winter Studies - Meets at the SHAPE International Chapel on Mondays from 6 to 8 p.m. Childcare is provided. For information, e-mail to pwoc.shape@gmail.com.

Protestant Women of the Chapel International - Meets at the SHAPE International Chapel on Mondays from 9:30 a.m. to noon. Childcare is provided. For information, email to pwoc.shape@gmail.com.

Tuesdays

Preschool Story Time - Every Tuesday from 4:15 to 4:45 p.m. for stories, finger plays, songs. There is no fee for this program. For more information, call the library at DSN 423-5631 or civilian 065-44-5631.

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Brussels

Monday

ACS Playgroup - This program provides support and education for parents while encouraging age appropriate play with their children to help them develop their social, cognitive and motor skill. Meets Mondays and Fridays from 10 a.m. to noon at the chapel nursery, bldg 2, room 240. For more information call DSN 3689783 or civilian 02-717-9783.

Wednesday

Childrens Story Time - Meets from 1:30-2:30 p.m. in the library. **Thursday**

Tacos and Trivia - Starts at 6:30 p.m. at the Three Star Recreation Center. Come enjoy the Mexican cuisine with your family, friends, and community, followed by a trivia game. Call ahead to make sure it's a go.

Movie Night -- Movies are at 6 and 8 p.m.

The Three Star Recreation Center - is open from 5 to 11 p.m. For special events and private parties on all other days call DSN 368-9822.

Fridays

ACS Playgroup - This program provides support and education for parents while encouraging age appropriate play with their children to help them develop their social, cognitive and motor skill. Meets Mondays and Fridays from 10 a.m. to noon at the chapel nursery, bldg 2, room 240. For more information call DSN 3689783 or civilian 02-717-9783.

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Schinnen

Daily

Free WiFi at ACS - Free WiFi is available in the Yellow Ribbon Room during working hours. When ACS is closed, just step next door to the Bowling Center to get the same free Wi-Fi service. ACS is now open Tuesdays through Fridays, 9 a.m. to 4 p.m. For more information call 31 (0)46-443-7500.

Daily Specials at the Pin Point Café - Featured lunch specials are Chinese on Tuesday, Soup on Wednesday, Taco Salad on Thursday and Fish on Friday. The Pin Point Cafe in the Schinnen Bowling Center is open 11 a.m. to 2 p.m. on Tuesday; 11 a.m. to 2 p.m. and 5 to 8 p.m. Wednesday through Friday; 11 a.m. to 8 p.m. Saturday; 11 a.m. to 4 p.m. Sunday.

Employment - Make Money as a Mystery Shopper - Got an eye for detail and an appreciation for good service? Get full information on how you can become a Mystery Shopper by contacting Employment Readiness at Schinnen ACS at 31(0)46-443-7269. Find a Job - Use our computers to submit your online applications into the new Army Civilian Service website. Volunteer (Schinnen/JFC) - Come share your skills by getting involved and helping promote community well-being.

Tuesday

Stroller Time - Meets from 10 to 11 a.m. at the Schinnen Fitness Center. Bring your child and stroller for a walk on the SHAPE path. For more information contact the ACS 31(0)46-443-7218.

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SHAPE/Chièvres

Alcoholics Anonymous - The English speaking SHAPE Alcoholics Anonymous Group meets on Tuesdays, from 7 to 8:30 p.m. at SHAPE Chapel Annex Classroom. Members support one another's 12 Step recovery program and freely share their AA story with newcomers. Family members, friends, and anyone interested in AA are welcome to attend. For a recorded message with telephone contact numbers, call 0494-058137. For English speaking meetings in Brussels and throughout Europe see the website www.aa-europe.net.

Protestant Women of the Chapel International - Meets at the SHAPE International Chapel on Tuesdays from 9:30 a.m. to noon. Childcare is provided. For information, email to pwoc.shape@gmail.com.

The Protestant Men of the Chapel - offers opportunities for fellowship, Bible Study, and service outreach for men in the SHAPE community. Currently, PMOC continues The Great Adventure series, a 20-week look at helping men discover Biblical manhood in the midst of a confusing, misguided world. PMOC meets each Tuesday at 6:30 a.m.

Wednesdays

Preschool Story Time - Meets every Wednesday from 10 to 10:30 a.m. at the SHAPE International Library and helps preschoolers build confidence, learn socialization skills and make friends. There is no fee for this program. For more information, call the library at DSN 423-5631 or civilian 065-44-5631.

Breast Feeding Support Group - The Breastfeeding Support Group meets the third Wednesday of the month from 10:00 – 11:00 in the SHAPE Healthcare Facility second floor conference room. Are finding yourself breastfeeding in a bottle feeding culture? Want to meet other nursing moms? Feeding concerns are discussed in a supportive environment with a certified Lactation Consultant. All pregnant and breastfeeding mothers are invited to attend.

Infant Massage Class - Meets every Wednesday at 11 a.m. in the SHAPE Healthcare Facility second floor conference room. Expectant mothers and mothers

Brussels

The Three Star Recreation Center - is open from 5 p.m. to midnight.

Movie Night -- Movies are at 6 and 8 p.m.

Benelux Worship Services



Sunday worship service schedule

SHAPE/Chièvres and Brussels area

9 a.m. – Catholic Mass at SHAPE Chapel

10:15 a.m. - Anglican service at SHAPE Chapel

11:45 a.m. – Contemporary Protestant service at SHAPE Chapel

For additional information, contact the Chaplain's Office at DSN 361-5381.

Jewish Community Liaison: contact DSN 423-4938

Muslim Community Liaison: contact DSN 368-9814

Catholic Daily Mass

Daily mass is Monday through Friday at 12:15 p.m.

Brussels area

10:30 a.m. – Protestant service at Chaussée de Louvain 13, St. Stevens Woluwe.

JFC Brunssum International Chapel

9:30 a.m. – Protestant service

10:30 a.m. - Anglican service at SHAPE Chapel

11 a.m. – Catholic Sacrament of Reconciliation

For additional information, contact the Chaplain's Office at DSN 361-4-2940

11:30 a.m. Catholic Celebration of the Eucharist

Church of England Service

5 p.m. The last Sunday of every month at St. Jan Church, Maastricht.

Schinnen

Wednesday

Military Council of Catholic Women - Meets 9:30 a.m. in the British Room at the JFC Brunssum International Chapel. Call the chapel for more information: 045-526-2940.

Protestant Women of the Chapel - Meets at at 9:30 a.m. in the American Room. A special fellowship time meets the 2nd Monday of every month at 6:30 p.m. Nursery onsite. JFC Brunssum International Chapel. Call the chapel for more information: 045-526-2940.

Club Beyond - Club Beyond is a non-denominational, chapel-wide youth program open to all middle school and high school aged students living in or associated with the tri-border military community.

Middle School Club Beyond (grades 7-8) meets at the AFNORTH International School Mini gym from 3:30 to 5:30 p.m. 7th and 8th graders may ride the school evening activity bus home on a space-available basis. High School Club Beyond meets on from 6 to 8 p.m. Contact Club Beyond staff to confirm location of upcoming weekly meetings.

Dinner is provided and rides home are generally available if needed.

Call the chapel for more information: 045-526-2940.

Thursday

Play Morning - Join us for an interactive and educational playgroup where parents and their children (0-3 years old) socialize in a group setting. Group meets 9:30-11:30 a.m. in the Schinnen Community Activity Center. Call 31(0)46-443-7335.

Friday

TGIF Coffee Fridays - Take a few minutes out of your busy schedule to network, meet new friends or perhaps learn a new skill at TGIF Fridays in the Schinnen ACS Lounge. Get-togethers are held the first Friday of every month, 10 a.m. to noon. On May 4 the topic will be decorating your cake. Call 31(0)46-44-7500 or just drop by.

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with newborns and older infants are welcome. Mats and oils are provided. No pre-registration is required. Open to all U.S., NATO and SHAPE ID cardholders. Call WIC Overseas DSN 423-5971 or civilian 065-44-5971 for more information.

Thursdays

Teen Mass and Meal - Meets Thursdays at 12:15 p.m. at the SHAPE Chapel.

Fridays

Rosary Warriors - Meets every Friday at 9:15 a.m. in the Blessed Sacrament Chapel to pray the rosary. For more information, contact the parish coordinator at DSN 423-6019 or civilian 065-44-6019.

Mary Queen of Peace Parish is having Stations of the Cross every Friday during Lent at the SHAPE International Chapel (East Chapel) at 6 p.m. followed by a meatless soup supper. All are welcome to participate in this Lenten devotion. For more information, contact the parish coordinator at DSN 423-6019 or civilian 065-44-6019.

Alcoholics Anonymous - The English speaking SHAPE Alcoholics Anonymous Group meets on Fridays from 4:30 to 5:30 p.m. at SHAPE Chapel Annex Classroom. Members support one another's 12 Step recovery program and freely share their AA story with newcomers. Family members, friends, and anyone interested in AA are welcome to attend. For a recorded message with telephone contact numbers, call 0494-058137. For English speaking meetings in Brussels and throughout Europe see the website www.aa-europe.net.

PHYSICAL FITNESS

BRUSSELS FITNESS CENTER

- **BODYZ IN MOTION** classes are from 11:30 a.m to 12:30 p.m. Monday, Wednesday, and Friday. This class consists of cardio interval training using weights stability balls and functional exercises.
- **BODY SHOP** classes are offered on Tuesdays and Thursdays from 1 to 2 p.m.
- **YOGA** classes are offered Monday, Wednesday, and Friday from 10 to 11 a.m. and 6 to 7 p.m. The class builds upon the fundamental postures techniques of yoga for beginners and returning participants.
- **YOGA FLOW** classes are offered on Tuesday and Thursday mornings from 10 to 11 a.m.
- **ZUMBA TONING** classes Tuesday and Thursdays at 6 to 7 p.m. and Saturdays at 11 a.m. to noon. This class targets body-sculpting exercises and high energy cardio with Latin- infused Zumba moves.

CHIEVRES FITNESS CENTER

- **Step Aerobics** classes are from 5:50 to 7 p.m. Mondays and Wednesdays
- **Strength and Toning** classes are 5:50 to 7 p.m. on Tuesdays and 10 to 11:15 on Saturdays.

SCHINNEN FITNESS CENTER

- **Body Pump** is 10 to 11 a.m. Tuesdays and 5 to 6 p.m. Thursdays
- **Body Relax** is from 5 to 6 p.m. Mondays
- **Circuit Training** is from 5:15 to 6:15 p.m. Tuesdays
- **Spinning** classes are 5:11:45 a.m. to 12:30 p.m. Thursdays
- **Zumba** classes are from 5:30 to 6:30 p.m. Mondays

The *Gazette Extra* is published for members of the SHAPE/Chièvres, Brussels and Schinnen communities by the USAG Benelux Public Affairs Office. The Extra is a supplement to the weekly e-publication *The Gazette*. *The Gazette* can be found at www.usagbenelux.eur.army.mil/sites/local/pages/gazette/current_Gazette.pdf. *The Gazette* and *Gazette Extra* staff can be reached by email at usarmy.benelux.imco-europe.list.pao@mail.mil. You can also reach us via Facebook at <https://www.facebook.com/USAGBenelux>.