

# This Week at Laughlin...

22-29 May

## FAMILY

### **I Am Enough and I Am Amazing**

22 May | 1100 | A&FRC | 298-5620

24 May | 1700 | A&FRC | 298-5620

Many people have self-doubt or believe they are not good enough. We are all unique in our own way, making us special. This workshop will address why individuals have so much self-doubt and never appear to be good enough, while focusing on the importance of a positive self-image, the importance of loving oneself, and understanding they are enough. Call A&FRC to RSVP.

### **Choosing to Save**

25 May | 1200 | A&FRC | 298-5620

This class takes a look at managing money, and ways to save for purchases and emergencies.

### **Parent Advisory Board Meeting**

25 May | 1630 | A&FRC | 298-5419

Be a part of the programs your child attends! This meeting is open to all parents of children enrolled in the CDC, YC, SAC, and FCC.

### **Self-Defense Part II**

25 May | 1800 | A&FRC | 298-5620

It is time for Part II of the Self-Defense workshop instructed by Mr. Hector Cruz! This workshop will be held from 1800-1930 in the Losano Fitness Center's Aerobic room. Please call A&FRC at (830) 298-5620 to RSVP.

### **Military Spouse: Deployment Guide**

25 May | 1800 | A&FRC | 298-5620

Deployments can take a toll on the entire family. Come join us as we discuss the various cycles commonly associated with deployments and how to better prepare yourself, your children, and your entire family! Please call (830) 298-5620 to RSVP.

### **Teen Night**

26 May | 1800 | YC | 298-5343

Photography Club presents "Learning Shadows."

### **Kids Bowl Free**

**01 May-04 Sept | Cactus Lanes | 298-5526**

Want 2 FREE games per week? Sign up for Kids Bowl Free! The Kids Bowl Free (KBF®) membership is free for each child 15 years and under. Just sign-up at [www.kidsbowlfree.com](http://www.kidsbowlfree.com) and fill in all fields to obtain KBF® Coupons.

## FUN

### **Colorama Bowling**

26 May | 1930 | Cactus Lanes Bowling Center | 298-5526

Black Lights & Colored Pin Strikes! 3 games for just \$15.

### **Guided Kayak Adventure**

27 May | 0900 | Marina | 830-775-7800

Join Texas kayaking guide Stacey Ohmes for an adventure on the Guadalupe River. Sign up by 24 May. \$45 per person.

### **Paintball Open Play**

27 May | 1000 | ODR | 298-5830

Cost is \$18 and includes all of the necessary paintball gear. Sign up at ODR. Open to all base personnel.

### **\$10 Holiday Golf**

29 May | 0730 | Leaning Pine Golf Course | 298-5451

\$10 includes 18 holes of golf and a cart!

### **\$1 Holiday Bowling**

29 May | 1100 | Cactus Lanes Bowling Center | 298-5526

Come out for \$1 games! Snack Bar will be open, serving the full menu.

## FOOD

### **Stripes Lunch Specials**

22-29 May | 1100-1400 | Stripes

**22** Chile Relleno Casserole, Spanish Rice, Ranchero Beans

**23** Soup, Salad, Potato Bar

**24** Meatball Sub, French Fries

**25** Chicken Fried Chicken, Green Beans, Mashed Potatoes

**26** Closed for AETC Family Day

**29** Closed for AETC Holiday - Memorial Day

*\$7.95, Members First Discount \$1, Drinks Not Included*

### **Cactus Lanes Lunch Specials - May**

**Monday:** Laughlin Dog served with fries and a beverage. \$6.95

**Tuesday:** Taco Salad served with a beverage. \$6.75

**Wednesday:** Chicken Fried Steak served with mash potatoes, veggies, garlic toast and a beverage. \$7.95

**Thursday:** Fish Taco with Mango salsa served with fries and a beverage. \$7.45

**Friday:** King Ranch Chicken served with salad and a beverage. \$7.75

**Friday Breakfast Special:** Barbacoa Tacos, \$2.35 each