



MWR MIAMI

NEWSLETTER

OCTOBER 2025 EDITION



Health & Wellness

• Miami BOSS Fitness Club

Join our fitness club **every first Friday of the month at 0730**. Each session features a fresh new workout, so be sure to check in advance for details. Come break a sweat, build connections, and start your Friday strong! **For more information call (305) 437-0123.**



• Fitness Orientation

Explore our USAG-MIAMI Fitness Center. Overview of the equipment and how to use it, explanation of programs and services. **First Friday of the month, from 1200 - 1300.** **For more information call (305) 437-0123.**

• FAP Resilience Strength Training

Strength-based class for Active-Duty, Veterans, and DOD card holders, held on **15 October from 0630-0730 and 1100 - 1200** at the MWR outdoor gym. Led by MWR's Frank Same, the class promotes resiliency and community, with support and resources provided by FAP. **For more information call (305) 437-0123.**

Arts and Crafts

• Family Storytime & Craft Activity

Join us **Saturday, October 18 from 1300 - 1400** for a fun, family-friendly program exploring kindness and respect through engaging stories and a hands-on craft. All ages welcome! For more info, contact the **International Mall Branch Library at (305) 594-2514.**

Outdoor Recreation

• Fishing Club

Join VET INFO **October 18 from 0900 - 1200** for a free, hands-on fishing experience. All gear is provided, and no prior experience is needed. Enjoy the outdoors, learn new skills, and make the most of your Saturday morning. Open to all ages and skill levels! **For more information call (305) 437-1340.**

Workshops/Special Events

• Love & Readiness

Join our couples workshop **Saturday, October 4 from 1230 - 1530 at ACS Conference Room**. Enjoy painting, games, giveaways & more! **Free childcare with registration by September 30. Scan QR code to register.** Call (305) 437-2645 or (305) 437-2251 for info.



• Parents Day Out

Take a well-deserved break at Parents Day Out on **October 4 from 1200 - 1600!** Care open to children ages 6 week through 5th grade, for just \$32 for 4 hours. **Registration closes three days prior, so call (305) 437-2654 to reserve your spot!**

• Walk A Mile In Their Shoes

Family-friendly event to raise awareness and show support for survivors of domestic violence, emphasizing the power of community solidarity. Join us on **October 23, from 0630 - 0730** at the MWR Fitness Center parking lot. **For more information call (305) 437-2645.**



U.S. ARMY GARRISON MIAMI FALL-O-WEEN FESTIVAL



OCT. 25
1500 - 1800

Celebrate the season at the Fall-o-Ween Festival, packed with fun for all ages! Enjoy Trunk or Treat, shop from local vendors, enter the Halloween Costume Contest, and get creative at the craft stations. Don't miss out on exciting attractions like the giant slide, bounce houses, pumpkin patch, mechanical bull ride, and hayrides (small fees apply). Wrap up the day with Southern Stomp, an immersive southern experience featuring line dancing lessons, games, and more! **For more information call (305) 437-2400.**



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