INTHEZONE









MEMORIAL DAY GOLF TOURNAMENT

ZO Š<mark>PULF</mark> TIARATHON

HANSON OUTDOOR SWIMMING

OPENS 24 MAY

- P. 9 Newly Formed Bowling Leagues
- P. 21 Memorial Day 5K Run
- P. 37 Paintball Field & Archery Range Grand Re-opening
- P. 58 K-16 Olympic Weightlifting Clinic







YongsanCaseyFMWF

CONTENTS

CASEY & HOVEY

- 4 Casey / Hovey Family & MWR Facilities, Hours of Operation
- 5 Casey / Hovey May Upcoming Events
- 6 Warrior's Club
- 7 Warrior's Creative Catering
- 8 Impact Zone
- 9 Newly Formed Bowling Leagues
- 10 Casey Buccaneer Bowl
- 11 Hovey Bowling Center
- 12 Indianhead Golf Course Restaurant
- 14 Indianhead Golf Course
- 15 Indianhead Golf Course Brand Merchandise
- 16 Memorial Day Golf Tournament
- 17 Iron Triangle Club
- 18 Casey / Hovey Sports, Fitness & Aquatics Facilities
- 19 2024 Sports, Fitness & Aquatics Calendar
- 20 Half Marathon
- 21 Memorial Day 5K Run
- 22 Memorial Day Softball Tournament
- 23 249th Army Birthday 5K Run
- 24 Hanson Outdoor Swimming Pool Open For Season
- 25 Army Emergency Relief Annual Campaign
- 26 Casey-Hovey Army Community Service (ACS)
- 27 USAG Yongsan-Casey Newcomers Orientation
- 28 Leisure Travel Services Upcoming Tours
- 29 Family and MWR Unit / Group Tours
- 30 Seoul Grand Park Zoo Tour
- 31 Seoul City Tour: Double Deck Bus & Hanok Village
- 32 The War Memorial of Korea & Odusan Unification Tower Tour
- 33 Everland Amusement Park Tour
- 34 Outdoor Recreation Items for Rent

- 35 2024 Army Outdoor Recreation Cycling Challenge
- 36 Outdoor Recreation, Paintball Field & Archery Range
- 37 Paintball Field & Archery Range Grand Re-opening
- 38 Outdoor Recreation, Hiking Mt. Bukhan
- 39 Outdoor Recreation, Deep Sea Fishing
- 40 3 vs 3 Paintball Tournament
- 41 Warrior Adventure Quest
- 42 Casey Auto Skills Center
- 43 Casey Lodge
- 44 Casey-Hovey Libraries
- 47 Family & MWR Photo Highlights
- 48 Casey Community Activity Center
- 50 Hovey Community Activity Center
- 51 Area I BOSS
- 52 Bus Schedule

K-16

- 54 K-16 Family & MWR Facilities, Hours of Operation
- 55 K-16 May Upcoming Events
- 56 K-16 Sports, Fitness & Aquatics Facilities
- 58 K-16 Olympic Weightlifting Clinic
- 59 K-16 MixxedFit Class
- 60 K-16 Army Community Service
- 61 USAG Yongsan-Casey Newcomers Orientation
- 62 K-16 Landing Zone Club
- 64 K-16 Community Activities Center & Tours
- 66 K-16 Library / Yongsan & K-16 BOSS
- 67 K-16 Arts & Crafts

IN THE **ZONE**



IN THE ZONE is published monthly by the USAG Yongsan-Casey Family & Morale, Welfare and Recreation Marketing Division, HHC Camp Casey, Unit 15543, APO AP 96224. Magazines are distributed free at select locations throughout the Casey / Hovey, Yongsan and K-16 communities. Comments and suggestions are always welcome. Advertising is accepted. The appearance of paid advertisements does not constitute endorsement by the DoD, the U.S. Army or USAG Yongsan-Casey, DFMWR.

For more information about the magazine, call DSN 722-4618 or from Cell 050-3322-4618.

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Stay Connected!



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YongsanCasevFMWR



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CASEY/HOVEY FAMILY & MORALE. WELFARE AND RECREATION FACILITIES

CAMP CASFY

FOOD & BEVERAGE

Impact Zone (Former Gateway Club)

Building #2540 DSN: 722-4627 / 4628 / 4783

Hours of Operation Dining

Sun-Thu: 1100-2300 Fri-Sat & Holidays: 1100-2400

Sun-Thu: 1700-2300 Fri-Sat & Holidays: 1700-0100

Game Room

Sun-Thu: 1100-2300 Fri-Sat: 1100-0100

Delivery

Sun-Thu: 1100-2200 Fri-Sat: 1100-2400

Indianhead Golf Course Restaurant

Building #S-650 **Hours of Operation**

Dining: 722-0381

Daily: 0630-2000

Pin High Café Daily: 0800-1930

Golf Course & Pro Shop:

722-0381

Mon-Fri: 0700-1930 Sat-Sun, Holidays: 0630-1930

Warrior's Club (BAMA'S)

Building #S-533 DSN: 722-4625 / 722-4604 Hours of Operation

Breakfast

Mon-Fri: 0700-1100 Sat-Sun, Training & US Holiday: 0900-1100

Dining

Sun-Thu: 1100-2230 Fri-Sat: 1100-2400

Bar

Sun-Thu: 1700-2200 Fri-Sat: 1700-2400

Game Room

Sun-Thu: 1000-2200 Fri-Sat: 1000-2400

Warrior's Creative Catering

Building #S-533 DSN: 722-4604

Hours of Operation

Mon-Fri: 0900-1800 OPEN for Special Events, Catering & Reservations. Saturday, Sunday & KN Holidays: CLOSED (Catering will OPEN on Saturday or Sunday upon request)

Warrior Coffee Company **Hours of Operation**

Mon-Fri: 0700-2130 Sat-Sun & US/ Training Holiday: 0800-2130

HEALTH & FITNESS

Carey Fitness Center

Building #S-1715 DSN: 722-1379 / 722-4636

Hours of Operation

Mon-Tue: 0500-2200 (If US/Training Holiday on Monday & Tuesday: 0700-2000) Wed 0500-Sun 2000 (Continuously Open)

Hanson Field House

Building #S-3015 DSN: 722-0310 / 722-4640 **Hours of Operation**

Mon-Fri: 0500-2200

Sat, Sun & US/Training Holidays: 0800-2000 KN Holiday: Closed

Hanson Outdoor Swimming

Building #S-3034 DSN: 722-0223 / 722-0310

Opens 24 May

Hours of Operation

Wed-Mon: 1200 - 2000 Tue: Closed (Except on US/Training Holidays)

Health & Human Performance Center (HHPC)

Building #S-3030 DSN: 722-4639

Hours of Operation

Mon-Fri: 0500-2200 Sat, Sun & US/Training Holidays: 0800-2000 KN Holiday: Closed

RECREATION

Casey Golf Course Building #S-650

Hours of Operation

Golf Course & Pro Shop: 722-0381 Mon-Fri: 0700-1930 Sat-Sun, Holidays: 0630-1930 Dining: 722-0374 / 722-4624

Daily: 0630-2000 Pin High Café Daily: 0800-1930

CAMP HOVEY

Iron Triangle Club Casey Buccaneer Bowl

Building #S-3014 DSN: 722-4622

Hours of Operation

Lanes, Snack / Game Room / Bar

Sun. Mon. Wed & Thu: 1100-2200 Fri-Sat & Holidays: 1100-2400 Tue: Closed

Leisure Travel Services Building #S-2236 DSN: 722-4645 / 722-3291 **Hours of Operation**

Tue-Sat: 0900-1800 Sun & Mon: Closed

Outdoor Recreation Building #S-2236 DSN: 722-4642 / 722-4643 **Hours of Operation**

Tue-Sat: 0900-1800 Sun & Mon: Closed

Casey CAC Building #S-2236

DSN: 722-4644 / 722-4648 **Hours of Operation**

Mon-Sat: 0900-2100 Sun: 1000-1900

Casey Library

Building #S-2236 DSN: 722-4634

Hours of Operation

Mon-Sat: 1000-1900 Sun: Closed

SERVICES

Army Community Service (ACS)

Building #2451 DSN: 722-1578 **Hours of Operation** ACS / AER

Mon-Tue & Thu-Fri: 0800-1700 Wednesday: Closed

Casey Auto Skills Center

Building #S-2330 DSN: 722-4641 **Hours of Operation** Mon-Sat: 0900-1730

Sun & KN Holidays: Closed

Building #S-3974 DSN: 722-4650 **Hours of Operation**

Tue -Thu & Sun: 1700-2200 Fri & Sat: 1700-2400 Mon: Closed

Hovey Fitness Center Building #S-3415

DSN: 722-1376 Hours of Operation

Mon-Fri: 0400-2200

Sat. Sun & US/Training Holidays: 0600-2200

Hovey Indoor Swimming Pool

Building #S-3414

DSN: 722-0723 / 722-4655

The Hovey Indoor Swimming Pool is closed for renovation. The re-opening date will be announced separately.

Hovey Bowling Center

Building #S-3823 DSN: 722-4649

Hours of Operation

Sun, Mon, Tue & Thu: 1100-2100 Fri-Sat & Holidays: 1100-2200 Wed: Closed

Hovey CAC Building #S-3974/B DSN: 722-4658

Hours of Operation Mon-Sat: 1200-2000 Sun: Closed

Hovey Library

Building #S-3754/B DSN: 722-4653 Hours of Operation

Sun-Thu: 1000-1900 Fri. Sat & KN Holidays: Closed

> From Cell Phone 050-33+Last Six DSN

Example DSN: 7xx-xxxx From Cell: 050-33xx-xxxx

Casey & Hovey May Upcoming Events

Sunday Monday Tuesday Wednesday Thursday Friday 2024 Army ODR Cycling Challenge: 1 MAY - 31 AUG Korean Language Class Paintball Field & Archery Half Marathon 1700-1800, Casey CAC Range Grand Re-o 0900, Hanson Field House Special Event 1400, ODR Paintball Field Legend: Off Post Ville Clean-Up Casey Buccaneer Bowl: Casey Lanes Special Bowling for KATUSA Texas Hold'em 0800, Casey Main Gate **Outdoor Recreation Center: ODR** 1100-2200, Casev Lanes 1800, Impact Zone Moonlight Bowling **Leisure Travel Services: LTS** Movie at Casey Library Table Tennis Tournament 1900, Casey & Hovey Lanes **Army Community Service: ACS** 1600, Casey Library 1800. Hovey CAC **Casey Community Activity Center: CAC** English Language Class 1700-1800, Casey CAC Moonlight Bowling Hovey Iron Triangle Club: IT Club 1900, Casey & Hovey Lanes 10 Area I BOSS Painting Planning for Your Special Bowling for KATUSA Texas Hold'em Hiking Mt. Bukhan Pizza Night **Korean Language Class** Financial Future 1430-153, 1500-1700, Casey CAC 1700-1900, Impact Zone 1100-2200, Casey Lanes 1700-1800, Casey CAC 1800, Impact Zone 0800 ODR ACS 118 Classroom **Book Club Red Pin Bowling English Language Class** Table Tennis Tournament Seoul Grand Park Zoo 1300-1400, Hovey Library Special Bowling for KATUSA 1700-1800, Casey CAC Kwacheon, 0900, LTS 1800-2100, Hovey Lanes 1700, Hovey Lanes Moonlight Bowling Closest to the Pin Contest Texas Hold'em 1500, Impact Zone **Ukulele Class** 1900, Casey & Hovey Lanes 0900, Golf Course 1900-2000, Casey CAC Dart Tournament 1300-1500, Casey CAC 9 Pin No Tap Bowling Tournament, 1300 Casev Lanes Moonlight Bowling 1900, Casey & Hovey Lanes 17 13 14 16 Deep Sea Fishing Trip Mother's Day 8 Ball Pool Pizza Night Movie at Hovey Library Special Bowling for KATUSA 8 Ball Pool Tournament Rock & Tall 0500, ODR Tournament, 1300, Casey CAC 1700-1900, Impact Zone 1500, Hovey Library 1100-2200, Casey Lanes 1800, Hovey Iron Triangle Club 1500-1600 ACS Special Bowling for KATUSA Texas Hold'em Red Pin Bowling English Language Class Texas Hold'em Seoul City Tour **Korean Language Class** 1700-1800, Casey CAC 1700-1800, Casey CAC 1800-2100, Hovey Lanes 0800. ITS 1500, Impact Zone 1700, Hovey Lanes 1800. Impact 7one Ukulele Class Table Tennis Tournament Off Post Ville Clean-Up 1900-2000, Casey CAC 1800, Hovey CAC 0800, Casey Main Gate **Moonlight Bowling Moonlight Bowling** 1900, Casey & Hovey Lanes 1900, Casey & Hovey Lanes Area I BOSS Painting Pizza Night Parenting from a Distance ngsan-Casey Newco mers Cultural Tour son Outdoor Pool, The War Memorial 1500-1700, Casey CAC 1700-1900, Impact Zone 1500-1600, ACS Classroom Orientation, 0900-1600, 0900-1600 Open For Season: of Korea & Odusan Multi-purpose Complex T1817 24 May - 2 Sep **Unification Tower Tour** Korean Language Class 1700-1800, Casey CAC Texas Hold'em **Red Pin Bowling** Special Bowling for KATUSA 0815, LTS Softhall Tournament 1500, Impact Zone 1800-2100, Hovey Lanes 1700, Hovey Lanes **Casey Bowling League** 1800, Casey Lanes 24-27 May, **Memorial Day Golf Ukulele Class** Special Bowling for KATUSA Soldiers Field & Hovey Field ent, 0900, Golf Course 1900-2000, Casey CAC Texas Hold'em Memorial Day 5K Run 1100-2200, Casey Lanes English Language Class 1800, Impact Zone 0900, Hanson Field House 9 Pin No Tap Bowling Table Tennis Tournament 1700-1800, Casey CAC 1800, Hovey CAC Tournament, 1300 Hovey Lanes Moonlight Bowling Off Post Ville Clean-Up 0800, Casey Main Gate 1900, Casey & Hovey Lanes 29 28 31 26 27 Memorial Day JUN Camp Humphreys Everland Tour @ Yongin Special Bowling for KATUSA Special Bowling for KATUSA Texas Hold'em 3 vs 3 Paintball Korean Language Class 0800, LTS 1100-2200, Casey Lanes **Shopping Tour** 1700, Hovey Lanes 1700-1800, Casev CAC 1800. Impact 7one 1000, ODR Paintball Field 0815, Casey CAC Ukulele Class English Language Class Table Tennis Tournament Off Post Ville Clean-Up **Memorial Day Special** Texas Hold'em 1900-2000, Casey CAC 1700-1800, Casey CAC 1800, Hovey CAC 0800, Casey Main Gate Bowling 1500, Impact Zone 1100, Hovey Lanes **Moonlight Bowling Moonlight Bowling** 1300, Casev Lanes 1900, Casey & Hovey Lanes 1900, Casey & Hovey Lanes Memorial Day Table Tennis Tournament, 1300, Casey CAC Memorial Day Pool Tournament, 1400 Hovey CAC Pizza Night 1700-1900, Impact Zone

WARRIOR'S CLUB - BAMA'S

BLDG S-533

Office 722-4604



Business Manager **Stephen W. Thompson** stephen.w.thompson44. naf@army.mil



Assistant Club Manager **Chong, Su Chin** suchin.chong2.ln@army.mil









Hours of Operation

Breakfast

Monday - Friday: 0700-1100

Saturday - Sunday, Training & US Holiday: 0900-1100

Dining (Hot Stuff Pizza)

Sunday - Thursday: 1100-2230 Friday & Saturday: 1100-2400

Bar

Sunday - Thursday: 1700-2200 Friday & Saturday: 1700-2400

Game Room

Sunday - Thursday: 1000-2200 Friday - Saturday: 1000-2400

*Last order is 30 minutes before closing.





Breakfast

Weekday (Mon-Fri): 0700-1100 Weekend (Sat-Sun) / Training Holiday: 0900-1100



Food Delivery

Sunday-Thursday: 1100-2130 Friday & Saturday: 1100-2330

Cell 010-5727-4625



WARRIOR'S CLUB CREATIVE CATERING

BIDG S-533

Reservation for Function/Meeting or Room Office 722-4604



Stephen W. Thompson stephen.w.thompson44. naf@army.mil



Chong, Su Chin suchin.chong2.ln@army.mil







Hours of Operation

Catering Office Hours: Monday- Friday: 0900-1800 Monday - Friday: Open for Special Events, Catering & Reservations. Saturday, Sunday & KN Holidays: Closed (Catering may open on Saturday or Sunday upon request)

Create. Inspire. Innovate. "Catering to the Holidays"

The Creative Catering team is here to cater to you! We have Cold or Hot Hors D'oeuvres, Buffet or Plated Menu options and a great space for you to host your event.

On Friday and Saturday nights, social gatherings can also be held in the Ballroom, complete with a Mini Bar. Let us make your special day unforgettable!

* Reservation is required.

Special Cakes Available!

Need a cake for your Change of Command/ Responsibility Reception, Promotion or Birthday Celebration? We've got you covered! Stop by our office or call DSN 722-4604 to place your order.

Delicious Cakes available! \$75 for a full sheet or \$45 for a half sheet!

We can create any image or design of your choice for all to see and enjoy!





IMPACT ZONE

BLDG S-2540

Office: **722-4627 / 4628 / 4783**Take Out: **722-0395 / 0396 / 0397**

Delivery: 010-7673-6499 / 010-7675-6499

050-3322-0395 / 0396 / 0397



Acting Manager **Kim, Chong Mi** chong.m.kim13.ln@army.mil







Hours of Operation

Snack Bar

Sunday - Thursday: 1100-2300 Friday - Saturday & Holidays: 1100-2400

<u>Bar</u>

Sunday - Thursday: 1700-2300 Friday - Saturday & Holidays: 1700-2400

Game Room

Sunday - Thursday: 1000-2300 Friday & Saturday: 1000-0100

Delivery

Sunday - Thursday: 1100-2200 Friday & Saturday: 1100-2400

*Last order is 30 minutes before closing. Come stay awhile, we're open until 0100 on days before US/Training Holidays!

Pizza Night

Mondays, 1700 - 1900

Only \$1.50 per slice of pizza with a purchase of a drink.

* Takeout not available

Texas Hold'em

Fridays, 1800 / Sundays, 1500

Fee: \$20 for every buy-in, re-buy & add-on

Prize: Gift Card







Casey Buccaneer Bowl

Begins: 22 May, 1800

- Wednesday Nights
 - Trios League

League will run for 10 weeks.

Hovey Bowling Center

Begins: 6 June, 1800

- Thursday Nights
 - Trios League

League will run for 8 weeks.

◀ ◀ ◀ SIGN UP TODAY ◀ ◀ ◀

For more information, call Casey Buccaneer Bowl 722-4622 or from cell 050-3322-4622 and Hovey Bowling Center 722-4649 or from cell 050-3322-4649.

CASEY BUCCANEER BOWL

BLDG S-3014

Office 722-4622









Hours of Operation

Lanes, Bar, Snack & Game Room

Sunday, Monday, Wednesday & Thursday: 1100-2200 Friday - Saturday & Holidays: 1100-2400 Tuesday: Closed

* Last order is 30 minutes before closing. Cocktail menu is available at the Bar.



Monday, 27 May, 1300-1800 Bowl for \$2 per game!

Special Bowling for KATUSAs

Wednesdays, 1100 - 2200 Bowl for \$2 per game!

Open Bowling

Mondays, Thursdays & Sundays, 1100 - 2200

Moonlight Bowling

Fridays & Saturdays, 1900 - 2300

Bowl Two Games FREE

Weekdays, 1100 - 1300

If you buy any combo meal at the snack bar, you'll get two free games.

- Except US / Training Holidays.
- Shoe rental not included.
- Open to all DoD ID cardholders / KATUSAs.



Begins: 22 May, 1800

- Wednesday Nights
 - Trios League

League will run for 10 weeks.



Saturday, 11 May, 1300-1700

Entry Fee: \$20

- 8 people or more
- Automatic strike when 9 or more pins are knocked down on the first ball.
- Prize: Gift Certificates





- One hour of bowling (1 Lane)
- Shoe rental included.
- One 14" pizza with a pitcher of beer

HOVEY BOWLING CENTER

BLDG S-3823

Office 722-4649









Hours of Operation

Lanes & Snack Bar

Sunday - Tuesday & Thursday: 1100-2100 Friday - Saturday & Holidays: 1100-2200 Wednesday: Closed

* Last order is 30 minutes before closing.



Monday, 27 May, 1100-2100

Bowl a strike when the red pin is at the #1 position and win a FREE game.

Red Pin Bowling

Mondays, 1800 - 2100

Bowl a strike when the red pin is at the #1 position and win a FREE game!

Special Bowling for KATUSAs

Tuesdays, 1700 - 2100 Bowl for \$2 per game!

Moonlight Bowling

Fridays & Saturdays, 1900 - 2200

Bowl Two Games FREE

Weekdays, 1100 - 1300

If you buy any combo meal at the snack bar, you'll get two free games.

- Except US / Training Holidays.
- Shoe rental not included.
- Open to all DoD ID cardholders / KATUSAs.



Begins: 6 June, 1800

- Thursday Nights
 - Trios League

League will run for 8 weeks.



Saturday, 25 May, 1300-1700

Entry Fee: \$20

- 8 people or more
- Automatic strike when 9 or more pins are knocked down on the first ball.
- Prize: Gift Certificates





- One hour of bowling (1 Lane)
- Shoe rental included.
- One 14" pizza with soda

INDIANHEAD GOLF COURSE

BLDG S-650

Tee Time Booking and Dining Area Reservations

* Soldiers have Tee Time Booking priority.

722-0381, (Cell) 050-3322-0381

722-4623 / 4624 Office

Pro Shop 722-0381

Dining Orders for Take-Out and Delivery

010-7707-8192/010-7707-6382/010-8582-7597

* Dining Orders for Take-Out before 0800

050-3322-0374







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Hours of Operation

Golf Course & Pro Shop

Monday - Friday: 0700-1930 Saturday - Sunday & Holidays: 0630-1930

Dining Daily: 0630-2000

Pin High Café Daily: 0800-1930

Delivery Service

Breakfast: 0800-1030 Lunch & Dinner: 1130-1930

- * Minimum of \$10 on all orders
- * Credit card only
- * Please scan the OR code above.

Mother's Day Special Sunday, 12 May, 1200-1600



30% off one food item for all Mothers.

US ID cardholders only

Lunch Buffet with Salad Bar & Drink

Monday - Friday: 1130 - 1300 Excluding US/Training Holidays

\$11.<u>9</u>5

Monday **Italian Feast Southern Comforts** Wednesday **German Style Thursday** Tex-Mex

Friday American Homestyles

- * Lunch buffet always includes salad bar and
- * The buffet may close early due to limited supply.

Buy 10 Meals & Get The 11th Meal Free

Each customer will receive a coupon upon their first purchase of our food. You can receive a coupon stamp with every meal purchase. After the 10th stamp, you can receive a free meal valued at \$11.95.

• DoD ID Cardholders only.

Monthly Drawing Enter to Win "Free Meal"

Winner will receive a lunch buffet or breakfast meal for the month!

Purchase any food item, round of golf, anything in the pro-shop or even a bucket of balls, and ensure that you receive your receipt. Write your name and phone number on the back of the receipt and drop it off in the entry box at the dining room entrance.

• Monday - Friday only. (Excludes weekends, holidays and training holidays)

Fat Lunch & Get One Free Bucket of Balls

If you have a meal ticket from the Golf Course Restaurant, you will receive one free bucket of balls.

DoD ID cardholders only



Daily 0800-1930

ENTER TO WIN 10 FREE CUPS OF COFFEE!

MONTHLY COUPON DRAWING

Each customer will receive a coupon upon their first purchase of our freshly brewed coffee. Each purchase of coffee will receive a stamp (US Active Duty Soldiers receive 2 stamps) on the coupon. After the 10th stamp, you will receive a free cup of coffee. Please print your name, phone number and email on your coupon and put it in our drawing box to enter to win ten (10) free cups of coffee.



INDIANHEAD GOLF **COURSE RESTAURANT**

Breakfast Menu is Available!

"You can enjoy our delicious breakfast at the Casey Golf Course Restaurant"

» Weekday: 0630-1030

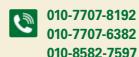
» Weekend: 0630-1130

Weekend Breakfast Buffet \$10.50

0700-1100



Lunch & Dinner: 1130-1930



- * Minimum of \$10 on all orders
- * Credit Card Only





Free Driving Range Coupon to our customers who love our delivery service. Please bring the Driving Range coupon when you come to the Driving Range to practice your swings.

\$2 Off Coupon to our customers who love our delivery service. Please bring the \$2 Off coupon, when you dine in at the Camp Casey Golf Course Restaurant.

- * DoD ID cardholders only
- * Coupons can be combined

INDIANHEAD GOLF COURSE

BLDG S-650

Tee Time Booking and Dining Area Reservations

* Soldiers have Tee Time Booking priority.

722-0381, (Cell) 050-3322-0381

722-4623 / 4624 Office

Pro Shop 722-0381

Dining Orders for Take-Out and Delivery

010-7707-8192/010-7707-6382/010-8582-7597

* Dining Orders for Take-Out Before 0800

050-3322-0374



Pak, Song Yong songyong.pak.ln@army.mil



Cho, Un Mi un m cho ln@army mi







Hours of Operation

Golf Course & Pro Shop

Monday - Friday: 0700-1930 Saturday - Sunday & Holidays: 0630-1930

Pin High Café Dining Daily: 0630-2000 Daily: 0800-1930

Delivery Service

Breakfast: 0800-1030 Lunch & Dinner: 1130-1930

- * Minimum of \$10 on all orders
- * Credit card only
- * Please scan the QR code above.

May Winner with 12 Stamps

- Play golf any day in May to receive stamps. (Once per day)
- Players with 12 stamps will receive a prize.
- Prizes: 10 large buckets of balls, 10 club rentals, or 10 cart rentals
- DoD ID cardholders only

May Special

Free Push Cart Rentals

• US Active Duty Soldiers only

Logo Ball Hunt

Saturday, 18 May

While you are golfing, look for a golf ball with a phone number anywhere on the course, hand it to Pro Shop staff and win FREE COUPONS.

- Must be turned in on the same day.
- One ball per person
- US ID cardholders only



CLOSEST TOTHE **PIN CONTEST**

Saturday, 11 May, 0900-1300

Entry Fee: \$5



Contest is open to golfers who play a 9-hole round. Participants are given one ball and one chance. Prizes will be awarded to the 1st place winner.





INDIANHEAD GOLF COURSE LATEST BRAND MERCHANDISE

GET YOURS NOW!

PRO SHOP: DSN 722-0381



UNDER ARMOUR INDIANHEAD GOLF COURSE LOGO SHIRTS



TITLEIST INDIANHEAD GOLF COURSE LOGO BALLS





VOLVIK MARVEL GIFT SET



PUMA INDIANHEAD GOLF COURSE LOGO CAPS



INSULATED BOTTLES



STAINLESS STEEL TUMBLERS



VOLVIK X MARVEL HERO VIVID GOLF BALL 5 PCS PACK



MEMORIAL DAY GOLF TOURNAMENT



Saturday, 25 May, 0900 Casey Indianhead Golf Course

2 Person Scramble

Entry Fee: Includes Green Fee, Club/Cart Rentals and Lunch

- Active Duty Member: \$35
- Active Duty Non-Member: \$40
- US Civ Member: \$35
- US Civ Non-Member: \$40
- KN Emp. Member: \$35
- KN Emp. Non-Member: \$40
- HCM: \$45
- Guest: \$95

There will be raffle drawings for prizes and an awards ceremony.

Free Breakfast, 0700-0900

Complimentary breakfast sponsored by the Gary Sinise Foundation for all Active Duty Soldiers playing in the tournament.



Sponsor is not endorsed by and does not have any affiliation with the DoD or USAG Yongsan-Casey Family and MWR.

For more information, call DSN 722-0381 or from Cell 050-3322-0381.

IRON TRIANGLE CLUB

BLDG S-3974

Office 722-4650/4651

Take-out / Delivery 722-0705/0706



Business Manager

Stephen W. Thompson
stephen.w.thompson44.naf@
army.mil



Manager on Site

Kwon, Song Mi
songmi.kwon.ln@army.mil







Hours of Operation

Dining

Sunday & Tuesday - Thursday: 1700-2200 Friday & Saturday: 1700-2400 Monday: Closed

- * Regular Dining Menu: Tuesday-Sunday: 1700-2200
- * Night Owl Menu: Friday & Saturday: 2200-2400

Bar

Tuesday - Thursday & Sunday: 1700-2200 Friday & Saturday: 1700-2400 Monday: Closed

* Last order is 30 minutes before closing.

Delivery

Tuesday - Thursday & Sunday: 1700-2130 Friday & Saturday: 1700-2330 Monday: Closed

8 Ball Pool Tournament

Thursday, 16 May, 1800

- Open to all DoD ID Cardholders and KATUSAs.
- All participants must be at least 18 years old or older.
- Check in with the tournament director on the day of the tournament.
- Sign-up starts at 1730.
- This tournament will be conducted according to BCA rules of play.

PRIZES

1st Place Prize

\$25 Gift Card

2nd Place Prize:

Competition with 8 players to win

MAY SPECIAL **Chicken Fajita** Tuesday-Sunday: 1700-2200 The juicy, seasoned chicken is sautéed with onions and green peppers, which is combined with lettuce, cheddar cheese, Spanish rice, refried beans and added to warm, soft flour tortillas, served with salsa and sour cream on the side. **Hawaiian Teriyaki Burger** ^{\$}10.95 12" Taco Pizza Beef with Taco Seasoning, Onion, Green Pepper, Jalapeno, Tortilla Chips, Sriracha Mayo

USAG YONGSAN-CASEY

SPORTS, FITNESS & AQUATICS FACILITIES



Chief of Sports, Fitness & Aquatics Dion Jordan

Carey Fitness Center, Bldg S-1715 722-4638



Intramural Coordinator Yi, Sung Tok

Carey Fitness Center, Bldg S-1715 722-4637 / 010-9025-9956 sungtok.yi.ln@army.mil





Free WiFi at all Facilities

HOURS OF OPERATION

CASEY CAREY FITNESS CENTER BLDG S-1715 722-1379/4636

- Mon-Tue: 0400-2200
- Wed, 0400 Sun, 2000 (Continuously Open)
- * If U.S./Trg Hols on Mon & Tue: 0700-2000



Chong, In

inchol.chong2.ln@army.mil

CASEY HANSON FIELD HOUSE BLDG S-3015 722-0310 / 722-4640

- Mon-Fri: 0400-2200
- Sat, Sun & US/Trg Hols: 0800-2000
- * KN Hols: Closed



Ko, Chong Son chongson.ko3.ln@army.mil

CASEY HEALTH & HUMAN PERFORMANCE CENTER (HHPC) BLDG S-3030 722-0310 / 722-4640

- Mon-Fri: 0400-2200
- Sat, Sun & US/Trg Hols: 0800-2000
- * KN Hols: Closed

RODRIGUEZ LIVE FIRE COMPLEX FITNESS CENTER BLDG S-1347 722-1579

- Mon-Fri: 0800-1700
- Sat & Sun: : Closed



Yim, Wan Ok wan.o.yim.ln@army.mil

CAMP BONIFAS FITNESS CENTER BLDG S-122 722-4668

- Mon Fri: 0800-1630
- Sat & Sun: Closed



Cha, Kwang Cho

HOVEY FITNESS CENTER: BLDG S-3415 722-1376

- Mon-Fri: 0400-2200
- Sat, Sun & U.S./Trg Hols: 0600-2200





Yi, Kwan Kyong kwankyong.yi2.ln@army.mil



HOVEY INDOOR SWIMMING POOL BLDG S-3414 722-0723 / 722-4655

The Hovey Indoor Swimming Pool is closed for renovation. The reopening date will be announced separately.



Ko, Min Kang minkang.ko.ln@army.mil

CASEY HANSON OUTDOOR SWIMMING POOL BLDG S-3034 722-0223 / 722-0310

- Wed-Mon: 1200 2000
- Tue: Closed (Except on US/Training Holidays)

WARRIOR BASE **FITNESS CENTER BLDG S-219**

- Mon Fri: 0800-1630
- Sat & Sun: Closed



Song, Hyon Kyong

SPORTS•FITNESS•AQUATICS



2024 CALENDAR

USAG YONGSAN-CASEY

UNIT LEVEL SPORTS PROGRAMS

| CDODTC | SPORTS SIGN-UP DEADLINE | | COACHES MEETING | | LEAGUES AND CHAMPIONSHIPS | | |
|---------------------|-------------------------|---------------------|----------------------|-----------|---------------------------|-------------------------|--|
| SPORTS | DATE | LOCATION | DATE | LOCATION | DATE | LOCATION | |
| BASKETBALL (WINTER) | 27 NOV 2023 | FITNESS CENTERS | 28 NOV 23 @ 1200 HRS | CAREY PFC | 11 DEC 23 - 16 FEB 24 | CAREY FITNESS CENTER | |
| VOLLEYBALL | 26 FEB | FITNESS CENTERS | 27 FEB @ 1200 HRS | CAREY PFC | 5 MAR - 19 APR | CAREY FITNESS CENTER | |
| SOFTBALL | 22 APR | K-16 FITNESS CENTER | 1 MAY @ 1200 HRS | K-16 PFC | 10 MAY - 12 JUL | K-16 SOFTBALL FIELD | |
| SOFTBALL | 23 APR | FITNESS CENTERS | 24 APR @ 1200 HRS | CAREY PFC | 6 MAY - 19 JUL | SOLDIERS & HOVEY FIELDS | |
| BASKETBALL (SUMMER) | 17 JUN | FITNESS CENTERS | 18 JUN @ 1200 HRS | CAREY PFC | 25 JUN - 9 AUG | CAREY FITNESS CENTER | |
| SOCCER | 19 AUG | FITNESS CENTERS | 20 AUG @ 1200 HRS | CAREY PFC | 27 AUG - 18 OCT | SCHOONOVER BOWL | |
| FLAG FOOTBALL | 6 SEP | K-16 FITNESS CENTER | 11 SEPT @ 1200 HRS | K-16 PFC | 13 SEP - 8 NOV | K-16 SOFTBALL FIELD | |
| FLAG FOOTBALL | 26 AUG | FITNESS CENTERS | 27 AUG @ 1200 HRS | CAREY PFC | 9 SEP - 8 NOV | SOLDIERS & HOVEY FIELDS | |

INDIVIDUAL SPORTS/FITNESS/AQUATICS PROGRAMS

| mondo de la companya | | 7140711100 | | |
|--|--------------|-------------------|------------|---------------------|
| EVENT | DATE | REGISTRATION TIME | START TIME | LOCATION |
| 5K FUN RUN | 9 MARCH | 0800 HRS | 0900 HRS | HANSON FIELD HOUSE |
| BATAAN DEATH MARCH MEMORIAL | 23 MARCH | 0800 HRS | 0900 HRS | HANSON FIELD HOUSE |
| SEXUAL ASSAULT AWARENESS & PREVENTION 5K (RUN/WALK/RUCK) | 20 APRIL | 0800 HRS | 0900 HRS | HANSON FIELD HOUSE |
| SEXUAL ASSAULT AWARENESS & PREVENTION 5K RUN | 27 APRIL | 0800 HRS | 0900 HRS | K-16 FITNESS CENTER |
| DEADLIFT COMPETITION | 24 MAY | 0900 HRS | 1000 HRS | K-16 FITNESS CENTER |
| MEMORIAL DAY 5K RUN | 25 MAY | 0800 HRS | 0900 HRS | HANSON FIELD HOUSE |
| ARMY BIRTHDAY 5K RUN | 8 JUNE | 0700 HRS | 0800 HRS | HANSON FIELD HOUSE |
| 5K COLOR RUN | 22 JUNE | 0800 HRS | 0900 HRS | K-16 FITNESS CENTER |
| SUICIDE AWARENESS & PREVENTION 5K RUN | 14 SEPTEMBER | 0800 HRS | 0900 HRS | HANSON FIELD HOUSE |
| DOMESTIC VIOLENCE AWARENESS 5K RUN | 5 OCTOBER | 0800 HRS | 0900 HRS | HANSON FIELD HOUSE |
| K-16 5K FUN RUN | 2 NOVEMBER | 0800 HRS | 0900 HRS | K-16 FITNESS CENTER |
| 3K GLOW RUN | 2 NOVEMBER | 1800 HRS | 1900 HRS | HANSON FIELD HOUSE |
| THANKSGIVING TURKEY TROT 5K RUN | 23 NOVEMBER | 0800 HRS | 0900 HRS | HANSON FIELD HOUSE |
| JINGLE BELL 5K RUN | 7 DECEMBER | 0900 HRS | 1000 HRS | HANSON FIELD HOUSE |
| DEADLIFT COMPETITION | 14 DECEMBER | 0900 HRS | 1000 HRS | K-16 FITNESS CENTER |

UNIT LEVEL HOLIDAY INVITATIONAL TOURNAMENTS

| SPORTS EVENT | | SIGN-UP | COACHES/PLAYER MEETING | | TOURNAMENT | LOCATION |
|-------------------|-----------------------------|----------|------------------------|----------------------|--------------|-------------------------|
| SPURIS | EVEINI | DEADLINE | DATE | LOCATION | DATE | LOCATION |
| 5 ON 5 BASKETBALL | MARTIN L. KING JR. BIRTHDAY | 5 JAN | 10 JAN @ 1200 HRS | K-16 FITNESS CENTER | 12-13 JAN | K-16 FITNESS CENTER |
| BASKETBALL | MARTIN L. KING JR. BIRTHDAY | 8 JAN | 10 JAN @ 1200 HRS | CAREY FITNESS CENTER | 12-15 JAN | CAREY FITNESS CENTER |
| SOFTBALL | MEMORIAL DAY | 20 MAY | 21 MAY @ 1200 HRS | CAREY FITNESS CENTER | 24-27 MAY | SOLDIERS & HOVEY FIELDS |
| SOFTBALL | INDEPENDENCE DAY | 24 JUN | 25 JUN @ 1200 HRS | CAREY FITNESS CENTER | 1-4 JUL | SOLDIERS & HOVEY FIELDS |
| SOFTBALL | INVITATIONAL TOURNAMENT | 12 JULY | 17 JUL @ 1200 HRS | K-16 FITNESS CENTER | 19 - 20 JULY | K-16 SOFTBALL FIELD |
| FLAG FOOTBALL | LABOR DAY | 26 AUG | 27 AUG @ 1200 HRS | CAREY FITNESS CENTER | 30 AUG-2 SEP | SOLDIERS & HOVEY FIELDS |
| SOCCER | COLUMBUS DAY | 7 OCT | 8 OCT @ 1200 HRS | CAREY FITNESS CENTER | 11-14 OCT | SCHOONOVER BOWL FIELD |
| FLAG FOOTBALL | VETERAN'S DAY | 28 OCT | 1 NOV @ 1200 HRS | K-16 FITNESS CENTER | 8 - 9 NOV | K-16 SOFTBALL FIELD |
| BASKETBALL | CHRISTMAS HOLIDAY | 16 DEC | 17 DEC @ 1200 HRS | CAREY FITNESS CENTER | 23-28 DEC | CAREY FITNESS CENTER |

FOR MORE INFORMATION, CONTACT

Mr. Yi, Sung Tok Intramural Program Coordinator @ 722-4637 (010-9025-9956) Email: sungtoksyi.In@army.mil

CASEY

- Carey Fitness Center @ 722-4636/1379
- Hanson Field House @ 722-4640/0310
- Hanson Outdoor Swimming Pool @ 722-0223/0310
- Health & Human Performance Center @ 722-4640/0310

HOVEY

- Hovey Fitness Center @ 722-1376
- Hovey Indoor Swimming Pool @ 722-0723/4655

K-16

- K-16 Fitness Center @ 722-8413/8447
- K-16 Indoor Swimming Pool @ 722-8503

JOINT SECURITY AREA / WARRIOR BASE

Email: sungtok.yi.ln@army.mil

RODRIGUEZ LIVE FIRE COMPLEX @ 722-1579

Email: sungtok.yi.ln@army.mil



FREE T-SHIRT for the first 100 finishers!

13.1 MILE

21.08 KM

REGISTRATION: 0800 - 0845

RACE STARTS: 0900

- Men's & Women's Division: Open / Sub Masters / Masters / Senior Masters
- Awards will be presented to 1st, 2nd and 3rd places.

For more information, please contact Mr. Yi, Sung Tok at DSN 722-4637 or from cell 050-3322-4637 / 010-9025-9956 email: sungtok.yi.ln@army.mil

SPONSORED BY









Sponsors are not endorsed or have any affiliation with DoD or USAG Yongsan- Casey Family and MWR.





5KRUN

Saturday, 25 May, Casey Hanson Field House Registration: 0800-0845 / Event Starts: 0900

- Men's & Women's Division: Open / Sub Masters / Masters / Senior Masters
- Awards will be presented to 1st, 2nd and 3rd places.

For more information, please contact Mr. Yi, Sung Tok at DSN: 722-4637 or from cell: 050-3322-4637 / 010-9025-9956 email: sungtok.yi.ln@army.mil





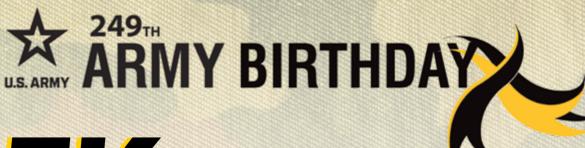
SOFTBALL TOURNAMENT

24 - 27 May
Soldiers Field & Hovey Field
Sign-up Deadline: 20 May

- Coaches may sign up at any Fitness Center's Customer Service counter.
- Coaches Meeting: Tuesday, 21 May, 1200 @ Carey Fitness Center (Room #109)



USAG Yongsan-Casey



5K RUN

Saturday, 8 June, Casey Hanson Field House Registration: 0700-0745 / Event Starts: 0800

- Men's & Women's Division: Open / Sub Masters / Masters / Senior Masters
- Awards will be presented to 1st, 2nd and 3rd places.

For more information, please contact Mr. Yi, Sung Tok at DSN: 722-4637 or from cell: 050-3322-4637 / 010-9025-9956 email: sungtok.yi.ln@army.mil



HANSON OUTDOOR SWIMMING

OPEN FOR SEASON 24 MAY - 2 SEP

FREE Admission

Hours of Operation:

Wednesday - Monday: 1200 - 2000

Tuesday: Closed (Except on US/Training Holidays)



For more information, please contact Mr. Yi, Sung Tok at DSN: 722-4637 or from cell: 050-3322-4637 / 010-9025-9956

email: sungtok.yi.ln@army.mil





CASEY-HOVEY

ARMY COMMUNITY SERVICE

BLDG S-2451, Entrance B



Real-Life Solutions for Successful Army Living

Army Emergency Relief (AER) (315) 722-1577/1578 (315) 722-1578/1569 Front Desk **Family Advocacy** (315) 722-1568/1578 **Financial Readiness** (315) 722-1577/1578 **Army Volunteer Program** (315) 722-1578/1569

Domestic And Child Abuse Hotline 050-3357-8913 or DSN 757-8913

* From Cell Phone: 05033+Last Six DSN Example: 7XX-XXXX → 050-33XX-XXXX

Hours of Operation

ACS & AER

Monday-Tuesday & Friday: 0800-1700

Wednesday: Closed* Thursday: 1300-1700

* The ACS team will travel to support Soldiers and Family at K-16.

Army Volunteer Program (AVC)

Interested in Volunteering?

Sign-up for the Volunteer Management Installation System (VMIS) Class. This training teaches the procedures of becoming a VOLUNTEER and how to document VOLUNTEER hours for credit.

VMIS/OPOC: 14 May, 2024, 1000-1130, MS Teams VMIS/OPOPC: 28 May, 2024, 1000-1130, ACS Classroom (Bldg. #2451)

Please contact lisa.m.passalacqua.civ@army.mil POC: Ms. Lisa Passalacqua, DSN 722-1578

Army Emergency Relief - Helping The Army To Take Care Of Soldiers

Army Emergency Relief (AER) provides emergency assistance to Active Duty Service Members, their Families, and Retired Service Members. Please call 050-3322-1577 or DSN 315-722-1577 during regular duty hours from 0800-1600. After duty hours, on weekends, and holidays, call American Red Cross at 877-272-7337. AER Commanders and Soldiers Training are available upon request by contacting Casey ACS at 050-3322-1577 or DSN 315-722-1577. Learn more about AER's MG James Ursano Scholarship Program: https://www.armyemergencyrelief.org/scholarships/child/



AER Campaign 1 March - 14 June 2024



"Scan this code for online donations to USAG Yongsan-Casev."

POC: Ms. Barbara Brown, DSN 722-1578 or 0503-322-1578

Relocation Readiness Program (RRP)

Lending Closet - If you are newly arriving and need essentials like pots and pans, coffee makers and other kitchen items until your HHGs arrive, stop by and borrow from our lending closet for up to 90 days. (Extensions granted for extenuating circumstances.)

Yongsan-Casey Newcomers Orientation: Wednesday, 22 May, 0800-1600 Multi-purpose Complex, Bldg. T-1817 (Casey Movie Theatre)

Financial Readiness Program

The Financial Readiness Program offers educational classes, seminars, workshops, group counseling, face to face counseling, and support services to assist Service Members along with their Families, Unit Commanders, First Sergeants, and DoD Civilians with financial planning and debt management.

According to Department of Defense and Army policy, Section 661 Army Community Service will start providing financial readiness as part of Common Military Training (CMT) at various personal and professional milestones throughout the military lifecycle. Below is a list of the required training.

Planning for Your Financial Future 7 May, 1430-1530 ACS 118 Classroom (Bldg. #2451)

POC: Ms. Barbara Brown, DSN 722-1577

Money Management Class and Budgeting Class is offered on a by request basis by calling the ACS Financial Readiness Program Manager at 722-1577 or 0503-322-1577.

Please contact Camp Casey Legal Services, Maude Hall, RM 235 for more information about Estate Planning.

For more information on events, classes, or unit requests, call the Financial Readiness Program Manager at 722-1577/1578.

Family Advocacy Program

Education for Professionals: Training for mandated reporters (Law Enforcement Personnel, Medical and Chaplains). Training is available for other community agencies on the identification, reporting, and treatment of domestic and child abuse; the referral process; available programs, services, and resources.

*Group or Individual sessions for other Basic Life Skills are also available upon unit request or individual appointment.

Please contact Ms. Robinson, Cathyann at 0503-322-1568 or DSN 315-322-1568 or email at cathyann.robinson.civ@army.mil

Parenting from a Distance Tuesday, 21 May, 1500-1600 ACS Classroom (Bldg. #2451)

POC: Ms. Cathy Robinson, DSN 722-1568



ACS Classroom (Bldg. #2451)

Join the Army Community Service Family Advocacy Program to learn how to enhance your family relationships in an overseas environment.

USAG Yongsan-Casey Domestic And Child Abuse Hotline

050-3357-8913 OR DSN 757-8913

USAG YONGSAN-CASEY **NEWCOMERS ORIENTATION**

USAG Yongsan-Casey Command would like to welcome all newly arrived Service Members, Family Members and DA Civilians.

CASEY 210 FA BDE Thunder Academy

Monthly Newcomers Orientation:

Wednesday, 22 May, 0900-1600 Multi-purpose Complex, Bldg. #T1817 (Casey Movie Theatre)

Experience Korean Culture: 23 May, 0900-1600

- Korean language class and a visit to a local Korean tourist site.
- Food, liability insurance and a bilingual tour guide will be provided.

Uniform: OCP for service members during the classroom briefings & appropriate weather casual attire with comfortable walking shoes, polo shirt, and khakis during the cultural tours.

- Tours can have up to 40 people per day.
- Schedule is subject to change.

For more information about the Newcomers Orientation, please contact: Camp Casey ACS at DSN 722-1578/1569, from cell 050-3322-1578 K-16 & Yongsan ACS at DSN 722-5471, from cell 0503-322-5471.



Warrior's Club











USAG Yongsan-Casey Family and MWR

LEISURE TRAVEL SERVICES

Hours of Operation

Tue-Sat: 0900-1800 Sun & Mon: Closed



Program Activity Manager Chong, Sang Nae

For more information, please contact MWR Leisure Travel Services DSN 722-4645 or from Cell 010-2684-2960 / 050-3322-4645.

Upcoming Tour Schedules

| DAT | Έ | EVENT |
|--------|----|--|
| | 15 | Incheon Wolmido Ferry Cruise |
| Jun | 19 | Lotte World Tower Observatory & Mall |
| Jun | 22 | Suwon Hwaseong Fortress |
| | 29 | Changkyeong Palace & Insadong Culture Street |
| | 4 | Yongin Caribbean Bay-1 |
| | 5 | Nami Island Trip |
| July | 20 | Yongin Caribbean Bay-2 |
| | 27 | 2024 Mud Festival at Boryeong Beach |
| | 10 | Lotte World Tower Observatory & Mall |
| August | 17 | Yongin Caribbean Bay-3 |
| | 30 | Yeouido Ferry Cruise & Park and Department shopping |









USAG Yongsan-Casey Family and MWR

LEISURE TRAVEL SERVICES

UNIT/GROUP TOURS

For more information, please contact MWR Leisure Travel Services (Camp Casey CAC, Bldg. S-2236, Room #107

DSN: 722-4645

Cell: 010-2684-2960 / 050-3322-4645.

POC: Mr. Chong, Sang Nae

Email: sangnae.chong.ln@army.mil

Is your unit or group interested in scheduling a local tour to Seoul, Gyeonggi or Gangwon province in Korea? Our Family & MWR Leisure Travel Service can help get you started! We have years of experience coordinating unit and group tours and can provide ideas for your own trips as well.

All overnight tours are required to be booked 1 month in advance. Family & MWR will provide information on transportation and entrance fees. Unit tours require a minimum of 20 participants.













Saturday, 11 May, 0900

Sign-up Deadline: 8 May

Cost: \$35 - Round Trip & Admission Ticket

- Sign up at Leisure Travel Services (B-2236 / Room-107).
- Please bring your own lunch or Korean Won for food/snacks.
- Minimum 20 & Maximum 35 sign-ups required.
- Bus Schedule: Hovey CAC Parking Lot 0900 / Casey CAC 0915
- * All participants must ride the MWR-provided bus.
- * Subject to change without notice.

For more information, please contact MWR Leisure Travel Services DSN 722-4645 or from Cell 010-2684-2960 / 050-3322-4645.



SEOUL CITY TOUR

Double Decker Bus & Hanok Village

Saturday, 18 May, 0800

Sign-up Deadline: 16 May

Cost: \$40 - Round Trip & City Tour Bus Fee

The Seoul City Tour Bus provides organized shuttle tours to the city's most popular attractions.

Hanok Village was home to royalty and aristocrats during the Joseon Dynasty period, and it was one of the best residences to live in in the city.

- Sign up at Leisure Travel Services (B-2236 / Room-107)
- Please bring Korean Won for food and equipment rentals.
- Minimum 20 & Maximum 35 sign-ups required.
- Bus Schedule: Hovey Parking Lot 0800 / Casey CAC 0815
- * All participants must ride the MWR-provided bus.
- * Subject to change without notice.

For more information, please contact MWR Leisure Travel Services DSN 722-4645 or from Cell 010-2684-2960 / 050-3322-4645.



USAG Yongsan-Casey Family & MWR Tour to

THE WAR MEMORIAL OF KOREA & ODUSAN UNIFICATION TOWER

Saturday, 25 May, 0815

Sign-up Deadline: 22 May

Cost: \$30 - Round Trip & Admission Ticket

War Memorial of Korea - Poignant exhibits, war memorabilia, artwork, and military equipment make this the perfect place to learn about Korea's history of war, most notably with North Korea.

Odusan Unification Observatory in Paju rests on a mountain where you can see North Korea with the naked eye.

- Sign up at Leisure Travel Services (B-2236 / Room-107).
- Please bring Korean Won for food and souvenirs.
- Minimum 20 & Maximum 35 sign-ups required
- Bus Schedule: Hovey Parking Lot 0815 / Casey CAC 0830
- * All participants must ride the MWR-provided bus.
- * Subject to change without notice.

For more information, please contact MWR Leisure Travel Services
DSN 722-4645 or from Cell 010-2684-2960 / 050-3322-4645.

NORTH KOREA

SOUTH KOREA



Monday, 27 May, 0800

Sign-up Deadline: 24 May

Cost: \$25 - Round-trip transportation only ₩35,000 - Admission fee is paid on-site by individuals.

Everland is the largest amusement theme park in Korea. It has something for everyone, whether you are a thrill-seeker, an animal lover, a culture enthusiast, or a kid at heart. It has five themed zones: Global Fair, American Adventure, Magic Land, European Adventure and Zootopia. Each zone has its own attractions, shows, restaurants and shops that will make you feel like you are traveling around the world.

T-Express is one of the world's most thrilling Wooden Roller Coasters that is sure to be an unforgettable experience.

- Sign up at Leisure Travel Services (B-2236 / Room-107).
- Participants should be prepared to spend the day walking.
- Please bring Korean Won for food and souvenirs.
- Minimum 20 & Maximum 35 sign-ups required.
- Bus Schedule: Hovey Parking Lot, 0800 / Casey CAC, 0815
- * All participants must ride the MWR-provided bus
- * Subject to change without notice

For more information, please contact MWR Leisure Travel Services DSN 722-4645 or from Cell 010-2684-2960 / 050-3322-4645.



OUTDOOR RECREATION

BLDG S-2236

Office 722-4642 / 4643







Manager **Andy Kim** andy.c.kim3.naf@army.mil

Hours of Operation

Tuesday - Saturday: 0900 - 1800 Sunday & Monday: Closed

Picnic Pavilion Reservations

Reserve through Outdoor Recreation to use the following picnic pavilions.

| S-3012 | Across from Outdoor Swimming Pool |
|--------|---|
| S-1884 | Across from Movie Theater |
| S-1755 | Behind Soldier Field / Education Center |
| S-2131 | Located at Casey Warrior Exercise Billets (WEB) |
| S-2132 | Located at Casey Warrior Exercise Billets (WEB) |
| S-2133 | Located at Casey Warrior Exercise Billets (WEB) |
| S-2134 | Located at Casey Warrior Exercise Billets (WEB) |



Rental Service * Please make reservations at least 3 business days in advance.

| CHAIRS/TABLES | Per | Day |
|---|-------------------------------|--|
| Chair Folding (White Plastic) | Each | \$1 |
| Tables Folding (36x72) | Each | \$5 |
| CANOPY/MONGOLIAN | Per | Day |
| Canopy 10x10 | Each | \$20 |
| Canopy 10x20 | Each | \$25 |
| Canopy 16x16 (Mongolian) -Blue Top | Each | \$50 |
| Canopy 20x20 (Mongolian) -White Top | Each | \$60 |
| Canopy Assembly Fee | Each | \$30 |
| | Per Day | |
| GAMES | Per | Day |
| GAMES Washer Toss Set | Per Each | Day \$10 |
| | | \$10 |
| Washer Toss Set | Each | \$10 |
| Washer Toss Set Metal Ladderball Set | Each Each | \$10 \$10 |
| Washer Toss Set Metal Ladderball Set Horse Shoes Set | Each Each Each | \$10 \$10 \$10 |
| Washer Toss Set Metal Ladderball Set Horse Shoes Set Limbo Set | Each Each Each Each | \$10 \$10 \$10 \$15 |
| Washer Toss Set Metal Ladderball Set Horse Shoes Set Limbo Set Disc Golf Set | Each Each Each Each Each Each | \$10 \$10 \$10 \$15 \$15 |
| Washer Toss Set Metal Ladderball Set Horse Shoes Set Limbo Set Disc Golf Set Corn Hole Sets | Each Each Each Each Each Each | \$10 \$10 \$10 \$15 \$15 \$20 |

| Camping Lantern | Each | \$8 |
|------------------------------------|------|------|
| Hiking Backpack | Each | \$10 |
| Sleeping Bags | Each | \$10 |
| Camping Tent (2 Person) | Each | \$10 |
| Camping Tent (3 Person) | Each | \$15 |
| Camping Tent (8 Person) | Each | \$20 |
| FOOD/DRINK ITEMS | Per | Day |
| Ice Chest (Medium) | Each | \$6 |
| Ice Chest (Large) | Each | \$9 |
| BBQ Medium Round Charcoal Grill | Each | \$15 |
| BBQ Large Charcoal Grill | Each | \$35 |
| PA SYSTEM | Per | Day |
| Speakers | | |
| Mackie Powered Speaker | Each | \$30 |
| PRX 800 Hi-Mid Powered | Each | \$50 |
| PRX 800 Pwd Woofer | Each | \$50 |
| Portable Rechargeable Speaker | Each | \$50 |
| Mixer | | |
| Yamaha 12 Channel | Each | \$40 |
| Mackie 16 Channel | Each | \$40 |

| Wireless System | | |
|--|----------------------|----------------------|
| Shure Wireless System w/ 4 Mic | Each | \$50 |
| Miscellaneous | | |
| Mic Stand | Each | \$3 |
| Handheld Mic | Each | \$5 |
| Technical Labor Support | Each | \$25 |
| Delivery & Pick Up On Post (No Set Up) | Each | \$75 |
| | Per Day | |
| OTHER ITEMS | Per | Day |
| OTHER ITEMS Mountain Bike (w/ Helmet & Lock) | Per Each | Day \$15 |
| Mountain Bike (w/ Helmet & | | • |
| Mountain Bike (w/ Helmet & Lock) | Each | \$15 |
| Mountain Bike (w/ Helmet & Lock) Podium | Each Each | \$15 \$10 |
| Mountain Bike (w/ Helmet & Lock) Podium Fishing Poles (\$25 Per Week) | Each Each Each | \$15 \$10 \$10 |





Can you ride 1000km (621 miles) over 4 months?

Ride outdoors on roads & trails.

Entry Fee: \$50

Registration: Begins on 1 May at Casey Outdoor Recreation

Track your Progress: 1 May - 31 August

(Tracking will only begin after you sign-up and doesn't count distance covered before registration.)





Winners must report back to Outdoor Rec beginning 1 September to receive their jerseys.

For more info, visit your local Outdoor Rec or armymwr.com/odrcyclingchallenge

Open to all authorized MWR patrons.

For more information, call DSN 722-4643 or from cell 050-3322-4643.







OUTDOOR RECREATION

BLDG S-2236

722-4642 / 4643 Office

Paintball Field

Hours of Operation

Saturday: 1000 - 1630

Tuesday - Friday: Unit / Group Reservations Only

Price for Packages:

- Basic Package: \$50 per person (Includes 1 Marker, Mask, 500 Paintballs & Assorted Gear).
- Field Fee (If you have your own gear): \$10
- 500 Paintballs: \$20
- Sergeant's Time Training Discount Package: \$40
- Open to all valid DoD ID Cardholders, ages 18 years and older.





Hours of Operation

Saturday: 1000 - 1630

Tuesday - Friday: Unit / Group Reservations Only

Come on out to the Casey Archery Range and learn how to properly shoot arrows, practice, and even compete in our friendly tournaments. **Beginners Welcome!**

- Variety of right-handed and left-handed Recurve & Long Bows available.
- Open Every Saturday for walk-in, 1000-1630 / Group reservation available Tuesday through Friday.
- \$20 per person
- Open to all valid DoD ID Cardholders, ages 18 years and older.















CAMP CASEY PAINTBALL FIELD & ARCHERY RANGE

GRAMO PE-OPENING

FRIDAY, 3 MAY, 1400
CASEY PAINTBALL FIELD (BLDG. S-2233)

"Come out to the Casey Paintball Field to celebrate its re-opening! Enjoy free cake and refreshments, and check out the newly renovated Paintball & Archery area!"

Open to all DoD ID cardholders, ages 18 years and older.



"Enjoy fresh air and picturesque sceneries while hiking Mt. Bukhan with us!"

PIKING TIT. BUKHAN

Saturday, 11 May, 0800-1600

Sign up & Refund Deadline: 9 May

Cost: \$30 per person includes transportation and a guide.

- Bring your own lunch or snacks and water.
- Wear proper clothes and shoes for a moderate mountain hike of about 3-4 hours (not a trail walk)
- Minimum 15 & Maximum 40 sign-ups required.
- Bus Schedule: Hovey CAC: 0800 / Casey CAC: 0815



Join three Mountain Hikes with ODR (Any 3 Mt. Hikes out of 4 between March and June) and receive a free customized hiking T-shirt!





Saturday, 18 May, 0500

"Enjoy deep sea fishing with the MWR Outdoor Rec crew and catch some action!"

Sign-up & Refund Deadline: 11 May

\$115 per person includes boat ride, fishing gear, breakfast & lunch (Korean style), guide and transportation.

- Bring your own water and snacks.
- 40 sign-ups required.
- Sign up at Casey Outdoor Recreation.
- Bus Schedule Hovey CAC: 0500 / Casey CAC: 0515

For more information, call DSN: 722-4643 or from cell: 050-3322-4643.



• Winners will receive prizes and bragging rights!

- Minimum 4 teams required for a tournament.
- Open to all DoD ID cardholders, ages 18 years and older.
- Sign up at Casey Outdoor Recreation.

For more information, call DSN: 722-4643 or from cell: 050-3322-4643.





WAQ is a Soldier training program, endorsed and funded by the Department of the Army.

It combines Soldier participation in high adventure activities with resilience training in order to teach Soldiers effective ways to cope with stress. WAQ can assist in mitigating the negative impact of high risk behaviors common among Soldiers who have recently returned from deployments. High adventure activity is tied to resilience training which enhances unit readiness by building unit cohesion.

WAQ activities are coordinated through Family and MWR Outdoor Recreation (ODR) facilities and staff. All-year-round activities include Paintball, Bungee Jump, White Water Rafting, ATV, Skiing/Snowboarding, and more.

Visit Casey Outdoor Recreation at S-2236 or call DSN 722-4642/4643 for more information.

STOP BY THE ALL-NEW **AUTO SKILLS CENTER**

Now re-opened at our original location after renovation. Come rediscover automotive excellence!

Mon - Sat: 0900 - 1730 Sun & KN Holidays: Closed



Manager on site Paek, Yong Ki

CASEY AUTO

Stop by our shop for all your automotive needs.

Bring your vehicle to the Auto Skills Center and see what they have to offer. Work on your own vehicle with the assistance of a professional mechanic or let them take care of it for you.

Need an Inspection?

Every Thursday from 1300 - 1800, we'll show you how to do a proper vehicle inspection. If your vehicle needs an annual inspection, we'll take \$5 off the inspection fee.

New Requirements for Annual POV Inspection.

- Warning Triangle Sign
- Fire Extinguisher
- Yongsan customers are welcome to use our facility and have CAR INSPECTIONS done.
- Free water for car washes available.

Gateway Club

For more information, call DSN: 722-4641 or from cell 050-3322-4641.





CASEY LODGE

DSN 722-0356 сом 050-3322-0356

BLDG S-2626 **BLDG S-2601**



Priority based on duty status, not rank! **COMPLIMENTARY SERVICES AVAILABLE**

- Continental Breakfast
- Wi-Fi
- Washers and Dryers
- Temporary Guest Storage
- Cable TV / Telephones
- Refrigerator & Microwave Oven
 - * Limited Pet Rooms Available

Email Reservations:

usarmycaseyimcom-korealistUSAG-area-1-lodging@army.mil

Online Reservations:

https://army.dodlodging.net/propertys/camp-casey-lodging

FREE Breakfast

0630 ~ 0930 (Must be a registered guest)





Jacob P. Tuuao jacob.p.tuuao.naf@army.mil



CASEY & HOVEY LIBRARIES





CAMP CASEY BLDG S-2236

Monday-Saturday: 1000-1900 Sunday: Closed



DSN 722-4634 / Cell: 050-3322-4634



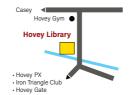


CAMP HOVEY BLDG S-3754/B

Sunday-Thursday: 1000-1900 Friday, Saturday & KN Holidays: Closed



DSN 722-4653 / Cell: 050-3322-4653









FREE MOVIE

Casey Library: Wednesday, 1 May, 1600-1800 Hovey Library: Tuesday, 14 May, 1500-1700

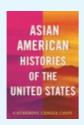
May 2024

ASIAN PACIFIC AMERICAN HERITAGE MONTH

Asian Americans and Pacific Islanders have a rich heritage that is thousands of years old, which has dramatically influenced lives throughout history and also shaped the history of the United States...

BOOKS

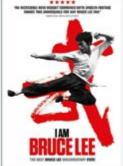
- Asian American Histories of the United States, Catherine Choy (973.0495 Cho 2022).
- Asian American Literature, Bella Adams (810,9895 Ada 2008).
- Asian American Writers, Amend Allison (YA 910.9895 Ame 2010).
- Asian Pacific American Heritage, A Company to Literature and Arts (996 Asi 1999).
- Asian Women Artists, Mlanigan (979.494 Fla 2018).
- Permission to Come Home, Jenny Wang (362.2089 Wan 2022).
- We are Here, Naomi Hirahara (J 920 Hir 2022).











AUDIO-VISUAL MATERIALS

- Crazy rich Asians (BRD COM Cra v.1-2).
- Great tales in Asian art (DVD 709.5 Gre).
- I am Bruce Lee (DVD B Lee).
- Korean War: Fire and Ice (DVD 951.9042 Kor v.1-2).
- Midway (BRD WAR Mid v.1-2).
- Pacific (DVD TV Pac v.1-6).

WEBSITES: Asian Pacific American Heritage Month

URL: https://www.asianpacificheritage.gov/



https://www.asianpacificheritage.gov/



https://www.freegalmusic.com



Access more than sixteen million songs and forty thousand music videos. Streaming is unlimited and you can download up to 5 titles (songs or videos) per week with no software installation required.



Consumer Reports

http://www.consumerreports.org



Find the best deals, ratings, and reviews on thousands of popular consumer items from one of the most respected sources available.

Language-learning centered around you.



Powered by intelligent technology and an adaptive algorithm, Mango empowers you to communicate with confidence, preparing you for uncharted experiences with language and culture.

Challenge yourself to discover something new.

Ask @ your Army MWR Library



Start the conversation.











UNITED STATES ARMY INSTALL ATION MANAGEMENT COMMAND ArmyMWR.com





Gyeongbok Palace & Seoul Grand Park Zoo Tours



CASEY COMMUNITY ACTIVITY CENTER

BLDG S-2236

Office 722-4644 / 4647 From Cell **010-2703-6059**







Hours of Operation

Monday-Saturday: 0900-2100 Sunday: 1000-1900



Daily Services

- Our music rooms at the Casey CAC are open every day. Musical instruments include electric, acoustic and bass quitars, a drum set and electric synthesizers - all free of charge. Or bring your own instrument and enjoy our soundproof rooms.
- Play pool and ping pong for free at the CAC every day of the
- We provide free WiFi and Internet at the Casey CAC. Or bring your own laptops and connect with your loved ones back home.
- We have Video Games at the Casey CAC. We have a collection of new games and regularly update our inventory.



Tuesdays, 1900-2000

Come by the Casey CAC every Tuesday and learn how to play Ukulele, a musical instrument. We will teach K-pop, the Korean children's songs, and easy songs with fingerstyle. You can participate without an instrument.

English Language Class

Wednesdays, 1700-1800

Want to improve your English communication skills? Come to the Casey CAC every Wednesday of the month and learn from an American instructor. Open to family members, KNs and KATUSAs.

Korean Language Class

Thursdays, 1700-1800

Come by the Casey CAC every Thursday and learn how to communicate better with Koreans. Learn common phrases that will assist you during your tour in Korea.



Osan Air Base & Camp Humphreys Shopping Tour

Sunday, 26 May, 0815

Cost: BOSS Members, \$15.00 / Civilians, \$20.00

Join us for a Memorial Day Shopping Tour to Humphreys and Osan Air Base. Limited seats are available. Sign up today at Casey CAC!

- Patrons must sign up in advance.
- Departure:

0815: Hovey CAC

0830: Casey CAC

1100 - 1400: Camp Humphreys

1420 - 1720: Osan Air Base

- * All participants must ride the MWR-provided bus.
- * Subject to change without notice.

For more information, call DSN 722-4644 or from cell 010-2684-2960.









- Open to DoD ID cardholders and KATUSAs.
- All participants must be at least 16 years of age to compete.
- Registration: 1200
- 1st & 2nd place winners will receive a \$20 gift certificate.

HOVEY COMMUNITY ACTIVITY CENTER

BLDG S-3974/B

Office 722-4656







Hours of Operation

Monday - Saturday: 1200 - 2000 Sunday: Closed



Free Movie & Poncorn Day

Saturdays, 1400

Daily Services

Mondays - Saturdays: 1200 - 2000

- Free Wireless Service and Internet in the Hovey CAC. Bring your laptops and connect to your loved ones back home.
- Play Air Hockey, Pool and Table Tennis for free at the Hovey CAC. The center has four Pool tables for you and your friends.
- We have Video Games (XBOX X, PS4, PS5) at the Hovey CAC. We have a collection of new games and regularly update our inventory.
- The Hovey CAC provides Tennis sets, Cornhole sets and Jokqu balls, which can be checked out if you want to play at any time.
- Sign up for FMWR tours and events at the Hovey CAC.





Better Opportunities for Single Soldiers

AREA I BOSS

BLDG S-2236, RM106





Area I BOSS Vice President





Area I & II BOSS President
SGT Choi, Hamin
DSN: 722-1018 Cell: 010-7547-1764
Email: hamin.choi.mil@army.mil



Area I BOSS Secretary: KCPL Choi, Jaehwan DSN: 722-1018 Cell: 010-6560-2705



SGT Greider, Andrew
DSN: 722-1018 Cell: +1 (419) 603 2593
Email: andrew.r.greider.mil@army.mil



Area I BOSS Adviser
Fred Ware
DSN: 722-4647 Cell: 010-2703-6059
Email: fred.l.ware.naf@army.mil



Area I BOSS Treasurer KPFC Kim, Jinwook DSN: 722-1018 Cell: 010-2674-9329

Area I & II Boss public email:
USAG.yongsan.casey.boss@gmail.com
ELIGIBILITY: Single or Unaccompanied Soldiers
and KATUSAs in Area I & II

Area I Boss Representative Meeting 1st & 3rd Tuesday of Every Month,





Bus Schedule



Bus schedules subject to change without notice. Departure and arrival time may vary due to traffic conditions.

CASEY - HUMPHREYS

| Monday - Thursday | | | | | | | |
|--|-------|------|-------|--|-------|------|-------|
| | Bus 1 | | Bus 3 | | Bus 1 | | Bus 3 |
| Departure CASEY | 0600 | 1000 | 1715 | Departure HUMPHREYS | 0600 | 1300 | 1715 |
| Departure HUMPHREYS - Brain Allgood Hospital | 0835 | 1235 | 1935 | Departure HUMPHREYS - Brain Allgood Hospital | 0605 | 1305 | 1720 |
| Arrival HUMPHREYS | 0840 | 1240 | 1940 | Arrival CASEY | 0840 | 1540 | 1940 |

CASEY - K-16 - HUMPHREYS

| Friday - Sunday and US/Training Holidays | | | | | | | | |
|--|-------|------|-------|------------------------------------|-------|------|-------|--|
| | Bus 1 | | Bus 3 | | Bus 1 | | Bus 3 | |
| Departure CASEY | 0600 | 1000 | 1715 | Departure HUMPHREYS - Bus Terminal | 0600 | 1300 | 1715 | |
| Departure K-16 | 0740 | 1140 | 1850 | Departure HUMPHREYS | 0605 | 1305 | 1720 | |
| Departure HUMPHREYS | 0920 | 1320 | 2030 | - Brain Allgood Hospital | 0003 | 1505 | 1720 | |
| - Maude Hall | | | | Departure HUMPHREYS | 0615 | 1315 | 1730 | |
| Departure HUMPHREYS - Brain Allgood Hospital | 0930 | 1330 | 2040 | - Maude Hall | | | | |
| | | | 2050 | Departure K-16 | 0750 | 1450 | 1910 | |
| Arrival HUMPHREYS - Bus Terminal | 0940 | 1340 | | Arrival CASEY | 0930 | 1630 | 2050 | |

| CASEY - BONIFAS | | POC (Weekdays, 0800-1630): 763-4984 | | | |
|------------------------------|------|-------------------------------------|------|--|--|
| Sunday only | | | | | |
| Departure CASEY, BLDG S-3007 | 1300 | Departure BONIFAS, BLDG S-164 | 0730 | | |
| Arrival BONIFAS, BLDG S-164 | 1400 | Arrival CASEY, BLDG S-3007 | 0830 | | |

| CASEY PATRIOT EXPRESS SHUTTLE, CASEY - OSAN | | | | | |
|---|------|---|--|--|--|
| Tuesday & Thursday | | | | | |
| Arrival CAMP CASEY BUS TERMINAL | 0400 | | | | |
| Departure CAMP CASEY BUS TERMINAL | 0430 | ALL military members, dependents and civilians with official travel orders who are in PCS, ETS or TDY status and have been manifested | | | |
| Arrival OSAN AB AMC TERMINAL | 0630 | for the Patriot Express | | | |

St. Mary's Hospital Shuttle Service

St. Mary's Hospital in Uijeongbu offers free daily bus transportation for patients arriving from Camp Casey. Soldiers or civilians who've made appointments with the hospital may board the bus at Camp Casey TMC/Health Clinic at 0800. For more information, please call the St. Mary's Hospital (off-base) at 99-820-3636.



Room Package

Stay at Dragon Hill Lodge to be right in the center of Seoul's attractions, and also enjoy onsite access to services and facilities serving our U.S military and DoD communities.



- **USAG YONGSAN**
- Call DSN: #315-738-2222 or #02-790-0016 ext.1
- reservations@dragonhilllodge.com
- www.dragonhilllodge.com

K-16 FAMILY & MORALE, WELFARE AND RECREATION FACILITIES

K-16 AIR BASE

K-16 Arts & Crafts Center

Building #302 2nd Floor CAC Building DSN: 722-8435

Hours of Operation

Tue-Sat: 1100-1900 Sun & Mon: Closed

K-16 Community Activities Center (K-16 CAC)

Building #302 2nd Floor CAC Building DSN: 722-8103 **Hours of Operation**

Mon- Sat: 0800-2200 Sun: Closed

K-16 Fitness Center

Building #158 DSN: 722-8413 / 8447

Hours of Operation

Mon-Fri: 0500-2130 Sat, Sun & US/Training Holidays: 1000-1830

Buildina #151 DSN: 722-8503

Sun: Closed

Hours of Operation

Mon - Thu: 0600-2000 Fri: 0600-1400 Sat & US/Training Holidays: 1000-1800

K-16 Indoor Swimming

K-16 Landing Zone Club

1st Floor CAC Building Building #302 DSN: 722-8106

Hours of Operation

Tue-Thu: 1700-2200 Fri-Sat: 1700-2400 Sun, Mon & KN Holiday: Closed

Game Room

Tue-Thu: 1330-2230 Fri-Sat: 1530-2330

Sun, Mon & KN Holiday: Closed

K-16 Library

Building #302 3rd Floor CAC Building DSN: 722-8104 / 8105

Hours of Operation

Tue, Thu & Fri: 1000-1900 Wed & Sat: 0900-1800 Sun & Mon: Closed



K-16 May Upcoming Events

| | | 10 10 | тау орсотт | rig Everits | | |
|---|---|--|---|--|---|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | 1 | 2 | 3 | 4 |
| | | | High Intensity Interval | Newcomers Orientation | K101 | Everland Amusement Park |
| Legend: Speci | ial Event / K-16 Daily Sports Prog | ıram | Training, 0930, K-16 Gym Intermediate Swim Class | 0900-1200, K-16 CAC Origami Class for Children | Cosmic Live DJ Night | Tour@ Yongin, 0800, K-16 CAC Free Movie Night 1300-2200, K-16 CAC |
| Army Community Service: ACS K-16 Multi-Purpose Field: K-16 MPF | | 1230, K-16 Indoor Pool Korean Language Class | 1500-1600, K-16 Library MixxedFit Class | 1900-2400, Landing Zone | Cosmic Live DJ Night | |
| | pose Room: K-16 MPR | | 1200-1250, K-16 CAC Latin Music Night | 1800, K-16 Gym A.T.T.A.C.(P3T) | | 1900-2400, Landing Zone |
| | | | 1800-2200, Landing Zone | 0630, K-16 Gym Flow & Hold | | |
| | | | | 0930, K-16 Gym Karaoke Night | | |
| | | | | 1700-2200, Landing Zone | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | A.T.T.A.C.(P3T) 0630, K-16 Gym | A.T.T.A.C. (Yoga) 0630, K-16 Gym | Healthy Communication Class, 1200-1300, K-16 CAC | Mother's Day Story Time 1030-1130, K-16 Library | High Intensity Interval Training, 0930, K-16 Gym | Free Movie Night 1300-2200, K-16 CAC |
| - | High Intensity Interval Training, 0930, K-16 Gym | Flow & Hold 0930, K-16 Gym | High Intensity Interval Training, 0930, K-16 Gym | Korean Cooking Class 1700-1900, K-16 CAC | Cosmic Live DJ Night 1900-2400, Landing Zone | Cosmic Live DJ Night 1900-2400, Landing Zone |
| | Basic Swim Class | Piano Lesson | Intermediate Swim Class 1230, K-16 Indoor Pool | A.T.T.A.C.(P3T) | 1700 2400, Editoring Zone | 1700 2400, Euriang 2010 |
| | 1230, K-16 Indoor Pool | Country Music Night | Korean Language Class | 0630, K-16 Gym Flow & Hold | | |
| | | 1800-2200, Landing Zone | 1200-1250, K-16 CAC Latin Music Night | 0930, K-16 Gym Karaoke Night | | |
| | <u> </u> | | 1800-2200, Landing Zone | 1700-2200, Landing Zone | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | A.T.T.A.C.(P3T) 0630, K-16 Gym | A.T.T.A.C. (Yoga) 0630, K-16 Gym | Intermediate Swim Class 1230, K-16 Indoor Pool | Lego Club 1500-1600, K-16 Library | High Intensity Interval Training, 0930, K-16 Gym | Lotte World Tour @ Seoul, 0800, K-16 CAC |
| | High Intensity Interval Training, 0930, K-16 Gym | Flow & Hold 0930, K-16 Gym | Korean Language Class 1200-1250, K-16 CAC | Karaoke Night 1700-2200, Landing Zone | Cosmic Live DJ Night 1900-2400, Landing Zone | Olympic Weightlifting Clinic, 1030-1200, K-16 Gym |
| | Basic Swim Class | Piano Lesson | Latin Music Night | 1700-2200, Landing 2016 | 1900-2400, Landing Zone | Free Movie Night |
| | 1230, K-16 Indoor Pool | 1600-2000, K-16 CAC Country Music Night | 1800-2200, Landing Zone | | | 1300-2200, K-16 CAC Cosmic Live DJ Night |
| | <u></u> | 1800-2200, Landing Zone | | | | 1900-2400, Landing Zone |
| | | | | | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | K-16 Boss Meeting 1300-1400, K-16 CAC | A.T.T.A.C. (Yoga) 0630, K-16 Gym | Keep Calm and Carry Yarn: Granny Square Workshop | Mental Health Awareness, 1000-1200, K-16 Food Court | Healthy Communication Class, 1200-1300, K-16 CAC | Free Movie Night 1300-2200, K-16 CAC |
| | A.T.T.A.C.(P3T) 0630, K-16 Gym | Flow & Hold 0930, K-16 Gym | 1030-1130, K-16 Library A.T.T.A.C. (Yoga) | Menorial Day Story Time 1030-1130, K-16 Library | Indoor Climbing for Beginner @ Seongnam, | Cosmic Live DJ Night 1900-2400, Landing Zone |
| | High Intensity Interval Training, 0930, K-16 Gym | Piano Lesson 1600-2000, K-16 CAC | 0630, K-16 Gym High Intensity Interval | A.T.T.A.C.(P3T) 0630, K-16 Gym | 1730, K-16 CAC Cosmic Live DJ Night | |
| | Basic Swim Class 1230, K-16 Indoor Pool | Country Music Night 1800-2200, Landing Zone | Training, 0930, K-16 Gym Intermediate Swim Class | Flow & Hold 0930, K-16 Gym | 1900-2400, Landing Zone | |
| | 1230, R-10 IIIddol F001 | 1800-2200, Earluing Zone | 1230, K-16 Indoor Pool | Karaoke Night | | |
| | <u>-</u> | <u> </u> | Latin Music Night 1800-2200, Landing Zone | 1700-2200, Landing Zone | | |
| 26 | 27 Memorial Day | 28 | 29 | 30 | 31 | |
| | Basic Swim Class 1230, K-16 Indoor Pool | A.T.T.A.C. (Yoga) 0630, K-16 Gym | A.T.T.A.C. (Yoga) 0630, K-16 Gym | Right Arm Night 1600, K-16 Landing Zone | K101 1000, K-16 Gym | |
| | 1230, 1210 1110001 2001 | Flow & Hold | High Intensity Interval | Indoor Climbing | Cosmic Live DJ Night | . <u>.</u> |
| | | 0930, K-16 Gym | Training, 0930, K-16 Gym Intermediate Swim Class | for Intermediate @ Seongnam, 1730, K-16 CAC | 1900-2400, Landing Zone | |
| | | | 1230, K-16 Indoor Pool Korean Language Class | A.T.T.A.C.(P3T) 0630, K-16 Gym | | |
| | <u></u> | | 1200-1250, K-16 CAC Latin Music Night | Flow & Hold 0930, K-16 Gym | | |
| | | | 1800-2200, Landing Zone | Karaoke Night 1700-2200, Landing Zone | | |
| | | | | | | |

K-16 SPORTS, FITNESS & AQUATICS FACILITIES

722-8413 / 8447



Sin, Kwang Yol kwangyol.sin.ln@army.mil



K-16 Fitness Center (Blda. #158)

- Mon-Fri: 0500-2130
- Sat, Sun & US/Training Holidays: 1000-1830
- DSN: 722-8413 / 8447

K-16 Indoor Pool (Bldg. #151)

- Mon Thu: 0600-2000
- Fri: 0600-1400
- Sat & US/Training Holidays: 1000-1800
- Sun: Closed
- DSN: 722-8503

K-16 Batting Cage (FREE)

- Mon-Fri: 0500-2130
- Sat, Sun & US/Training Holidays: 1000-1830

K-16 SFA FITNESS CLASSES (FREE)

Please refer to the upcoming event calendar on the previous page for the daily fitness schedule.

HILT

(High Intensity Interval Training)

Experience a diverse range of exercises, encompassing resistance and aerobic training. Embrace the challenge; this strategy maximizes efficiency, saving time while aiding weight loss, muscle building, and metabolism enhancement.

Flow & Hold

Discover the science of balance with yoga - harmonizing body and soul, work and life, mobility and stability. Perfect for beginners, this lunchtime class offers a gentle introduction.

A.T.T.A.C

(Only by reservation)

Advanced Tactical Training and Conditioning Program is for your unit PT or Individual re-conditioning by a certified strength and conditioning coach. Training will focus on a holistic approach, teaching and instructing active-duty soldiers about proper posture, increased mobility, energy system development and rehabilitative measures based on H2F.



For more information, please contact Ms. Kim, Min Chong at DSN 722-8404 or from cell 050-3322 8404. Email: minchong.kim.ln@army.mil



K-16 FREE SWIM LESSONS

K-16 INDOOR POOL

Basic Class: Mondays, 1230

- Duration: 30 minutes for 8 weeks
- Max 5 people

Intermediate Class: Wednesdays, 1230

- Duration: 30 minutes for 8 weeks
- Max 5 people

K-16 MONTHLY SWIMMING CHALLENGE

K-16 INDOOR POOL

25M - Beginner Swimmer: Allowed to use floating devices such as life jacket, kickboards or aqua belt ... etc.

50M - All Swimmers: Freestyle

200M Relays - Freestyle relay, no diving allowed.

The winner will be determined at the end of each month.

For more information, call K-16 Indoor Pool, DSN 722-8503 or K-16 Fitness Center, DSN 722-8413.



K-16 Olympic Weightlifting Clinic

Saturday, 18 May, 1030-1200

K-16 SFA is inviting Mr. Seo (Physical Therapist and Former Olympic Weightlifter) to help improve your Olympic Weightlifting skills.

Mr. Seo started Olympic Weightlifting since middle school and came in 3rd place, receiving a bronze medal in the Korean 108kg division. He has been training athletes and professional soccer teams as a physical therapist for more than 10 years. He is currently working at the Seoul Twotop Orthopedics & Rehabilitation Medicine alongside the national soccer team's doctor.

If you are hesitant to try Olympic Weightlifting due to an injury or lack of mobility, make sure to attend his class. He can give you feedback and teach you the proper modified form. Don't miss out on this opportunity to learn from an expert Olympic Weightlifting coach.

- Registration: 6-15 May
- · Coach: Seo, Seung- il, PT & Kim, Minchong, CSCS
- Registration is limited to ten (10) participants.
- Bring your own shoes and a water bottle.



For more information, please contact to Ms. Kim, Minchong, CSCS for any detail e-mail: minchong.kim.ln@army.mil

FREE MIXXEDFIT CLASS

DANCE CLASS

First Lesson:

Thursday, 9 May, 1800 K-16 Fitness Center

No special attire or preparation is required.

For more information, please contact. Mr. Sin, Kwang Yol DSN 722-8413 or from cell 050-3322-8413.



YONGSAN / K-16

ARMY COMMUNITY SERVICE

K-16 CAC, BLDG S-302, Room #307



DSN: (315) 722-5471 or from Cell 0503-322-5471

Domestic And Child Abuse Hotline 050-3357-8913 or DSN 757-8913

Hours of Operation

ACS: Tuesday, Wednesday & Thursday: 0800-1400 EFMP System Navigator: Monday-Friday: 0800-1700

(Except on training, meeting, community visit or holiday)

Army Volunteer Corps Program (AVC)

Interested in Volunteering?

Sign-up for the Volunteer Management Installation System (VMIS) Class. This training teaches the procedures of becoming a VOLUNTEER and how to document VOLUNTEER hours for credit.

VMIS/OPOC: 14 May, 2024, 1000-1130, MS Teams VMIS/OPOPC: 28 May, 2024, 1000-1130, ACS Classroom (Blda, #2451)

Please contact lisa.m.passalacqua.civ@army.mil POC: Ms. Lisa Passalacqua, DSN 722-1578

Army Emergency Relief

- Helping The Army To Take Care of Soldiers

Army Emergency Relief (AER) provides emergency assistance to Active Duty Service Members, their Families, and Retired Service Members. Please call 0503-322-1577 or DSN 315-722-1577 during regular duty hours from 0730 - 1630. After duty hours, on weekends, and holidays, call American Red Cross at 877-272-7337. AER Commanders and Soldiers Training are available upon request by contacting Casey ACS at 0503-322-1577 or DSN 315-722-1577. Learn more about AER's MG James Ursano Scholarship Program: https://www.armvemergencyrelief.org/scholarships/child/

Employment Readiness Program

Employment assistance is available by appointment only. Please call 722-5471 to schedule an appointment. Employment Services are limited to: JOB SEARCH ASSISTANCE, JOB REFERRALS and, RESUME REVIEW.

Relocation Readiness Program

Lending Closet - If you are newly arriving and need essentials like pots and pans, coffee maker and other kitchen items until your HHGs arrive, stop by and borrow from our lending closet for up to 90 days. (Extensions granted for extenuating circumstances.)

Financial Readiness Program (FRP)

The Financial Readiness Program offers educational classes, seminars, workshops, group counseling, face to face counseling, and support services to assist Service Members along with their Families, Unit Commanders, First Sergeants, and DoD Civilians with financial planning and debt management.

Money Management Class and Budgeting Class is offered on a by request basis by calling ACS Financial Readiness Program Manager at 722-1577 or 0503-322-1577.

Legal Services, Maude Hall, RM 235 for more information about Estate Planning.

For more information about events, classes, or unit requests, call the Financial Readiness Program Manager at 722-1577/1578.

Family Advocacy Program (FAP)

Group or Individual sessions for other Basic Life Skills are also available upon unit request or individual appointment.

For more information on events, workshops, classes, or unit requests, please call Ms. Robinson, Cathyann at 0503-322-1568 or DSN 315-322-1568 or email at cathyann.robinson.civ@army.mil



Healthy Communication Class

Wednesday, 8 May, 1200-1300 K-16 CAC, Room B113, (Bldg. #302)

Join Army Community Service, Family Advocacy Program to learn how healthy communication can enhance your relationships.



POC: Ms. Cathy Robinson, 722-1568

USAG Yongsan-Casey Domestic And Child Abuse Hotline

050-3357-8913 or dsn 757-8913

USAG YONGSAN-CASEY NEWCOMERS ORIENTATION



Program Brief: 1st Thursday of the Month "MONTHLY" 2 May, 0900-1200 @ K-16 CAC Building S-302, Room #307

0900-1000: 2-2 AHB Unit only

1000-1200 All Tenants Unit and Dependents

1200: Lunch & Cultural Tour

Uniform - Casual attire with comfortable walking shoes, polo shirt, khakis (no Jeans); business casual attire for civilians.







For more information about the Newcomer Orientation, please contact: Camp Casey ACS at DSN 722-1578/1569, from cell 050-3322-1578 K-16 & Yongsan ACS at DSN 722-5471, from cell 0503-322-5471











Navigating EFMP Exceptional Family Member Program



Mental Health Awareness

Thursday, 23 May, 1000-1200 K-16 Food Court

Ask questions to learn more about the EFMP and Mental Health Awareness Month!

K-16 LANDING ZONE CLUB

BLDG S-302, 1st Floor Office 722-8106 / 8477



Eric U. Yim eric.u.yim.naf@army.mil



Mun, Chong Hwan chonghwan.mun2.ln@army.mil





Hours of Operation

Club

Tue-Thu: 1700-2200 Fri-Sat: 1700-2400

Sun, Mon & KN Holiday: Closed

Game Room

Tue-Thu: 1330-2230 Fri-Sat: 1530-2330

Sun, Mon & KN Holiday: Closed

* Last order is 30 minutes before closing.



Country Music Night

Tuesdays, 1800-2200

Latin Music Night

Wednesdays, 1800-2200

Karaoke Night / Free Food & Chips

Thursdays, 1700-2400

Cosmic Live DJ Night

Fridays & Saturdays, 1900-2400

Snack Service: 1700-2200

PIZZA: Combination or Supreme Śĥ BURRITO: Chicken or Beef \$4 **CHICKEN WINGS 4pcs \$7**

K-16 COMMUNITY ACTIVITIES CENTER **EQUIPMENT FOR RENT**

Canopy, Popcorn Machine, Tablecloths, Ice Chest, Folding Table, Folding Chair, Inflatable Games, Bike with Helmet, Chafing Dish with Warmer

722-8103/8101 **BLDG #302**



Rike w/ Helmet Rental Fee All Day, \$15 Half Day (4 hrs), \$10

- * PT 2 hours \$5
- * Early pick up authorized and available to use FMWR Unit Fund



Large \$9 Small \$6



Folding Chairs \$1 Each/day



Inflatable games \$75/day



10x10, \$20 10x20, \$25 each/day



Folding Table 36"x72" \$5/day



Popcorn Machine \$20/day



Tablecloth \$2/day



Chafing Dish with alcohol warmer \$10/day



DON'T MISS OUT!

Active-duty service members use the new Community Groups feature in Digital Garrison on the go! It provides you with resources, events & more!







K-16 COMMUNITY ACTIVITIES CENTER

BLDG S-302, 2nd Floor

Office 722-8103 / 8101



Eric U. Yim eric.u.yim.naf@army.mil



Hours of Operation

Mon - Sat: 0800-2200 Sun: Closed



FREE 1 on 1 Piano Lesson

Tuesdays, 1600-2000, K-16 CAC Piano Room

• Beginner only, 20 minutes per person

FREE Korean Language Class

Wednesdays, 1200-1250 K-16 CAC TV Viewing Room

FREE Movie Night (AAFES Sim Card)

Saturdays, 1300-2200 K-16 CAC TV Viewing Room



LOTTE WORLD TRIP

Saturday, 18 May, 0800-1700

- Bus Fee \$10 per person & \$20 for a family
- Entry Fee: ₩ 25,000
- Min: 15 & Max: 40
- * All participants must ride the MWR-provided bus.
- * Subject to change without notice.



Life Skill



Beginner: Friday, 24 May, 1730

Intermediate: Thursday, 30 May, 1730

Seongam City

FREE for BOSS Members

- In order to receive the indoor climbing course completion certificate, you must attend both courses, unless you have previous experience.
- Max: 20
- * All participants must ride the MWR-provided bus.
- * Subject to change without notice.







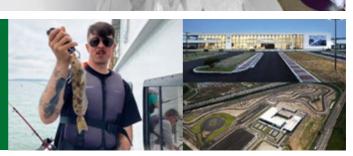


COMING SOON

Life Skill Projects

June 29 **TBA**

Deep Sea Fishing BMW Driving Class



K-16 LIBRARY

BLDG S-302, 3rd Floor Office 722-8104 / 8105



K-16 BRD Manage Eric U. Yim eric.u.yim.naf@army.mil



Kim, Songsil songsil kim ln@army mil





Hours of Operation

Tue, Thu & Fri: 1000-1900 Wed & Sat: 0900-1800 Sun & Mon: Closed

Origami Class for Children

Thursday, 2 May, 1500-1600 K-16 Library

Mother's Day Story Time

Thursday, 9 May, 1030-1130 K-16 Library

Korean Cooking Class

Thursday, 9 May, 1700-1900 K-16 CAC, 2nd Floor, Multi Purpose Room

Lego Club for Children

Thursday, 16 May, 1500-1600 at K-16 Library Kids are invited to build and explore with provided Legos and books, showcasing their imaginative designs.

Keep Calm and Carry Yarn: Granny Square Workshop

Wednesday, 22 May, 1030-1130 at K-16 Library

Participants will learn to create Granny Squares using provided yarn. We'll collect these squares to craft a beautiful blanket to be displayed on the library wall.

Memorial Day Story Time

Thursday, 23 May, 1030-1130 at K-16 Library

Lego Stop Motion Project for Adults

28-31 May at K-16 Library

Don't miss this opportunity to showcase your creativity and storytelling skills with Lego stop motion animation.

YONGSAN & K-16 BOSS

BLDG S-302, 2nd Floor

Office **722-8100**



Eric U. Yim

DSN: 722-8100





Area I & II BOSS President SGT Choi, Hamin

DSN: 722-1018 Cell: 010-7547-1764

Email: hamin.choi.mil@army.mil



K-16 BOSS President:

SPC Jamison, Malik J. Cell: 010-8319-4821

Email: malik.j.jamison.mil@army.mil

K-16 BOSS Treasurer

SPC Soriano, Jorsy Cell: 010-2607-6987

Email: jorsy.soriano.mil@army.mil

Email: eric.u.yim.naf@army.mil

Yongsan/K-16 MWR Advisor



Monday, 20 May, 1300-1400 K-16 CAC, Movie Room

K-16 ARTS & CRAFTS

Tuesday – Saturday: 1100-1900 Sunday – Monday: Closed

Welcome to JSJ 3D Printing Lab @ K-16 CAC!

We provide 3D Printing services such as:

- 3D printing modeling
- Workshop for learning 3D printing process, DIY of Drones and Robots
- Sales of Robot Kits, Drone Kits Electronic Parts, Accessories for your DIY Kits, etc.
- Printing customized bust of yourself, Trophies and Souvenirs (All products can be made to order.)

You can use our machines to make anything you wish. FDM 3D Printers and high quality resin 3D Printers are ready for you! Have fun & unleash your creativity!



3D Printing Lithophane with Framework



Citation with Laser Printing



3D Printing Trophy



Coin Making



Softball Trophy



Frame & Matt Work



Crafts Work



Acrylic Cellphone Holder

- Youth Pottery Class: Every Wednesday 1500-1600
- Comfy! LED Lighted Stand Making Class:

Every Saturday, 1300-1400

- Minimum 5 & Maximum 12 Participants Required
- All Youth Class must be attended with parents or legal guardian.





Arts & Crafts Contractor Mr. Pak provides services to include Framing, Unit Coin, Trophy, 3-D Printing and Classes.

If you have any questions, please call 722-8435 or Mr. Pak, Jong Soo at 010-5252-4149.

Coming up in June

USAG Yongsan-Casey Family & MWR Presents....

PBA Bowler's Clinic & Pro-Am Tournament

Thursday, 13 June, 1700 at Casey Buccaneer Bowl

PBA Bowler's Clinic

- 13 June, 1700
- Free Admission

Pro-Am Tournament

- 13 June, 1930
- Cost: \$10 per person
 - » Participants will bowl 3 games with the Pros
 - » The Pros will switch bowling lanes each game.
 - » Prizes will be awarded at the end of the tournament.



Francois Lavoie

For more information, call DSN 722-4622, 722-4626 or from Cell 050-3322-4622, 050-3322-4626.

