



U.S. ARMY
MWR
USAG BAVARIA

JANUARY 2019

NEWSLETTER



G A R M I S C H F A M I L Y A N D M W R

ACS | CYS | LIBRARY | SPORTS & FITNESS

GARMISCH.ARMYMWR.COM | FACEBOOK.COM/GARMISCHFMWR

LIBRARY

Hours of Operation
Tuesday-Saturday: 11:30 a.m. - 6 p.m.

FREE WI-FI
PRINTING

PUBLIC COMPUTERS
LEARNING RESOURCES

NEW RELEASES
MUSIC CDs

AUDIOBOOKS
ACCOUNT ACCESS



PERFECT FOR AGES 4-8

STEAM WORKSHOPS

armymwrlibrary

JOIN THE GARMISCH LIBRARY EVERY TUESDAY FROM 2:30-3:30 P.M.

Exercise your brain with engrossing Science, Technology, Engineering, Arts and Mathematics-based programming. Fun topics include color, gravity, roller coasters, patterns and more!

GARMISCH COMMUNITY LIBRARY

B725 Am Herrgottschrofen, Artillery Kaserne
DSN 440-2467, CIV 08821-750-2467



FOR INFORMATION ABOUT MORE UPCOMING LIBRARY EVENTS, VISIT GARMISCH.ARMYMWR.COM

MARTIN LUTHER KING, JR DISPLAY

"We must accept finite disappointment but never lose infinite hope."

~Martin Luther King, Jr.

Celebrate the life and legacy of a man who brought hope and healing to America. Pop by the library and check out the MLK Jr. display to learn more about the most recognizable leader of the Civil Rights Movement.

HEALTHY RESOLUTIONS

If you're giving up some bad habits during the Mueller Fitness Center's Healthy Lifestyle Challenge this year, satisfy your craving for information about how to improve your health and happiness. Our display of books and DVDs will focus on sports, fitness, diet, nutrition, and mental health. Challenge your mind and indulge your reading habit!

BOOK CLUB

January 22, 7 p.m.

January's discussion will focus on the Kurt Vonnegut classic *CAT'S CRADLE!* This science fiction novel is both a satirical commentary on modern man and his madness, as well as an apocalyptic tale of this planet's fate. Featuring a midget as the protagonist, an original new theology created by a calypso singer, and a vision of the future that is at once fatalistic and hilarious, this novel is often touted as one of the 20th century's most important works. Kick off the New Year with a classic.

LOL AT THE LIBRARY

Why did the librarian slip and fall on the library floor?

Stop by the library for a daily dose of humor throughout January. Check out our display of hilarious books and comedies.

Because she was in the non-fiction section!

PRESCHOOL & TODDLER STORYTIMES

Thursdays, 10:30 a.m.

January 24 Preschool ages 3+
January 31 Toddlers ages 3-

SATURDAY MATINEE

SATURDAYS, 3 P.M., PETE BURKE CENTER

Contact the library for films & ratings.

GAME NIGHT

January 11 & 25

6-8 p.m.

Come out every other Friday, and enjoy the library's great selection of BOARD GAMES! Bring your family, friends, or competitive foes to enjoy an evening of classic fun!



Army Community Service ACS

Hours of Operation

Monday - Friday: 8 a.m. - noon and 1- 5 p.m.

ARMY VOLUNTEER CORPS

INFORMATION & REFERRAL

FAMILY ADVOCACY PROGRAM

EMPLOYMENT READINESS

FINANCIAL ASSISTANCE

RELOCATION READINESS

GAP DINING OUT

JANUARY 17

Regardless of how long you have been here, this is an opportunity to help you get acquainted or stay connected with your community and its members. We will explore and dine at different restaurants throughout the area. Advanced registration is required by the Tuesday prior.



THE PLACE TO BE IF YOU'RE NEW TO THE COMMUNITY.

Explore the local community and find out how your new community works without doing everything yourself. This is a great opportunity to make some new friends, learn about local culture and experience local transportation. Preregistration required.

NEWCOMER'S BRIEF

Last Thursday of every month, 9-10:30 a.m.
ACS Conference Room B203

NEWCOMER'S GAP TOUR

Last Friday of every month, 9 a.m.
We'll meet at the ACS office B203

EMPLOYMENT READINESS PROGRAM CLASSES & ONE-ON-ONE

The Employment Readiness Program provides information and referral services on employment, education, training, transition and volunteer opportunities to give Family members the competitive edge needed to secure meaningful employment. ERP offers up-to-date information on available employment opportunities, market and job trends, education and volunteer resources to help individuals make informed decisions when seeking employment experience!



GARMISCH PLAYGROUP

TUESDAYS, 9:30-11 A.M.

PLAYROOM AT ARMY LODGING, ARTILLERY KASERNE B258

Share ideas, concerns and wisdom on life as a parent in Germany, all while your children play! For more information contact the New Parent Support Program.

VOLUNTEERS!

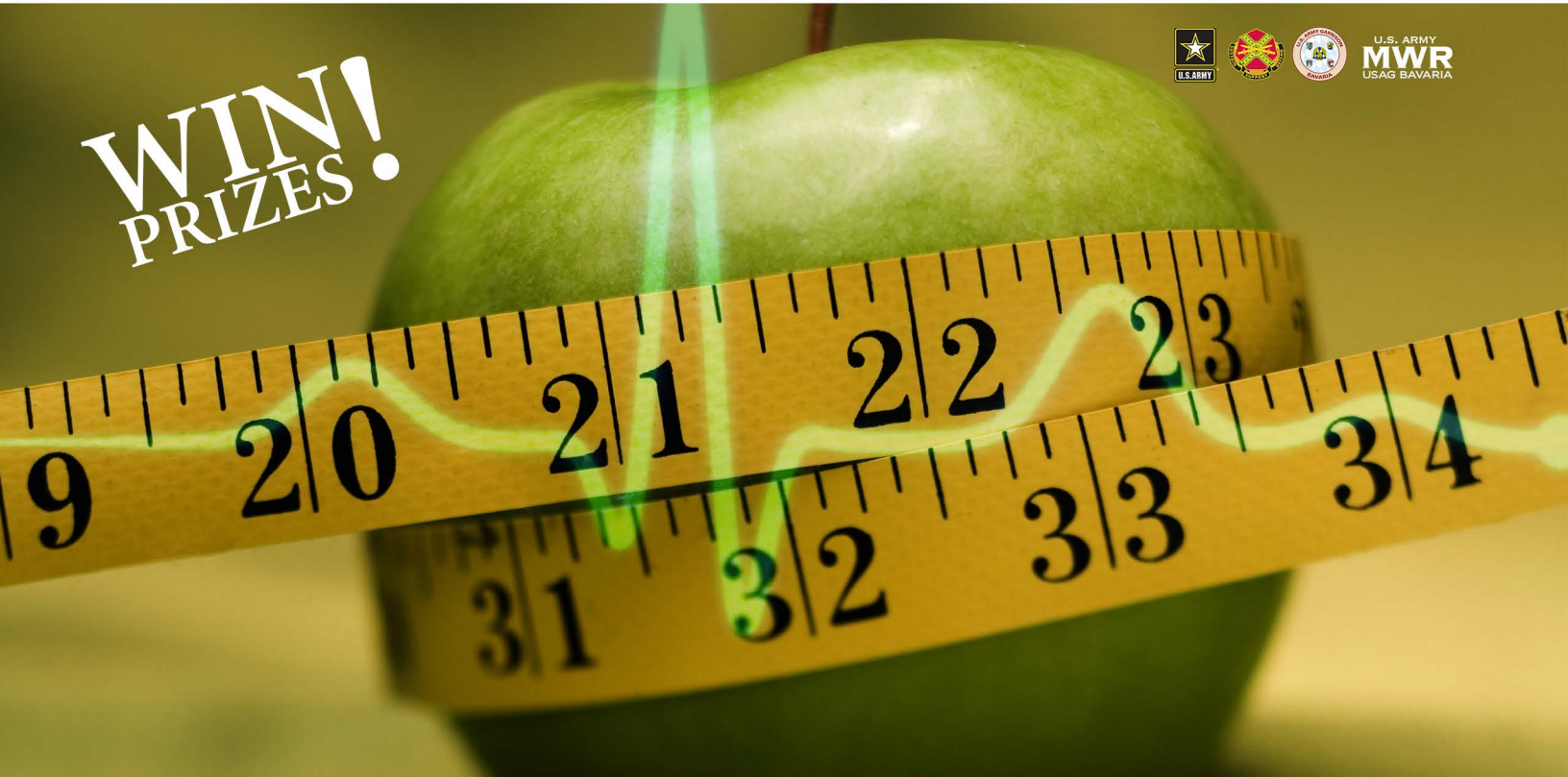
Are you registered in the Volunteer Management Information System (VMIS)? It is a requirement that all volunteers are registered. It is also a great way to track your hours and find out about new volunteer opportunities. Please stop by the ACS office for more information.

NEED TO TALK?

Military and Family Life Consultants (MFLC) are available to help Service Members, spouses, children and staff. CALL DSN 440-3755 or CIV 08821-750-3755. The MFLC will check messages twice a day and will return calls within 24 hours.

JANUARY 8 - MARCH 4

WIN!
PRIZES!



SPRING INTO SHAPE

HEALTHY LIFESTYLE CHALLENGE

WHETHER YOU ARE LOOKING TO CHANGE YOUR LIFESTYLE BY EATING HEALTHIER OR GETTING MORE EXERCISE, THIS CHALLENGE IS FOR YOU.

THE EIGHT (8) WEEK PROGRAM OFFERS:

- PRE AND POST FITNESS ASSESSMENTS
- PERSONALIZED EXERCISE ROUTINES
- CULINARY ACTIVITIES
- WEEKLY HLC NEWSLETTER WITH TRAINING TIPS AND RECIPES
- GIFT FOR EVERYONE FINISHING THE PROGRAM

REGISTRATION FEE \$35 PER TEAM
MUELLER FITNESS CENTER \$8 PER PERSON



OPEN TO ID CARD HOLDERS

B119 GERNACKERSTRASSE
SHERIDAN KASERNE
 DSN 440-2747
 CIV 08821-750-2747

GARMISCH.ARMYMWR.COM

Sponsored by: No DOD, Army or Federal endorsement implied.



SPORTS & FITNESS

MUELLER FITNESS CENTER

Hours of Operation

Monday - Friday: 5:30 a.m. - 8 p.m.

Sunday: 10:30 a.m. - 7 p.m.



SAUNA

GYMNASIUM

MASSAGE TREATMENT

PERSONAL TRAINING

SCAT (STRENGTH CARDIO AGILITY TRAINING)

Great way to burn fat, lose weight and get ultra-fit. This class is designed in the circuit format and is easy to follow at your own level of fitness.

SPINNING

Indoor cycling class, focusing on muscle endurance and strength, followed by a 15 minute session of flexibility exercise.



BASKETBALL

Games
Tuesdays & Thursdays,
6 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 CLOSED HAPPY NEW YEAR!	2 NOON SPIN & WELLBEATS	3 NOON SCAT	4	5 CLOSED
6	7 HLC FITNESS ASSESSMENTS	8 HLC FITNESS ASSESSMENTS	9 HLC FITNESS ASSESSMENTS	10 HLC FITNESS ASSESSMENTS	11 HLC FITNESS ASSESSMENTS	12 CLOSED
13	14 NOON SPIN & WELLBEATS	15 NOON SCAT	16 NOON SPIN & WELLBEATS	17 NOON SCAT	18	19 CLOSED
20	21 CLOSED MARTIN LUTHER KING JR. DAY	22 NOON SCAT	23 NOON SPIN & WELLBEATS	24 NOON SCAT	25	26 CLOSED
27	28 NOON SPIN & WELLBEATS	29 NOON SCAT	30 NOON SPIN & WELLBEATS	31 NOON SCAT		

WELLBEATS™ PRE-PROGRAMED CLASSES
Virtual presentation • Live experience **MONDAYS & WEDNESDAYS**



HEALTHY LIFESTYLE CHALLENGE 2019

Fitness Assessments January 7-11
(schedule an appointment at the front desk)

S  **P**

**PAINT
LAUGH
DRINK
ENJOY**

sketch

GARMISCH **CREATIVE** SERIES IN PARTNERSHIP WITH EDELWEISS LODGE AND RESORT

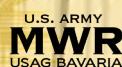
JANUARY 14 REGISTER BY
JANUARY 10

JANUARY 25 REGISTER BY
JANUARY 23

6:30-8:30 P.M.
PULLMAN CAFE
EDELWEISS LODGE AND RESORT

\$12 PER SESSION, SUPPLIES INCLUDED

REGISTER/PAY AT THE MUELLER FITNESS CENTER B119 OR THE VAT OFFICE B203, RM 116A
NO OUTSIDE FOOD OR BEVERAGE MAY BE BROUGHT TO THE EVENT.
DRINKS CAN BE PURCHASED ON SITE AT THE BAR.





STRETCH

★ SPIN

STOMP

SPRINT &

SCAMP!ER!

KID'S FUN & FITNESS

MONDAY & THURSDAY

1-4:30 P.M.

The Mueller Fitness Center invites you and your children to use our mats, balls and step platforms to run, jump and play in the basketball or racquetball court areas.

★ ***Ask one of our staff members for more information.*** ★

Mueller Fitness Center

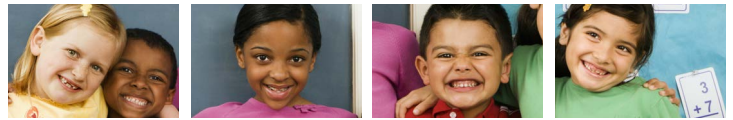
B119 Gernackerstrasse, Sheridan Kaserne

DSN 440-2747, CIV 08821-750-2747



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SCHOOL AGE CENTER



Hours of Operation

School Days: 2:30 - 6 p.m.

School Out Days: 7 a.m. - 6 p.m.

HAPPY NEW YEAR!

Enjoy New Years Day, as SAC is closed.

We are starting 2019 by welcoming back Wonderful Wednesdays starting January 9.

We will also be continuing Fit Fun Fridays. We are looking forward to a great 2019!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 CLOSED HAPPY NEW YEAR!	2 ANYTHING GOES WELCOME BACK STORIES	3 GAMES CLUB BOARD GAMES JR. TORCH	4 FIT FUN FRIDAY DIGITAL MUSIC	5
6	7 BOYS & GIRLS CLUB PAINTING SKIS	8 ART CLUB PAINTING SKIS STEAM CLUB*	9 WONDERFUL WEDNESDAY SAC CLOSED	10 CULINARY CLUB CUCUMBER SANDWICHES JR. TORCH	11 FIT FUN FRIDAY DIGITAL MUSIC	12
13	14 BOYS & GIRLS CLUB CHARADES	15 ART CLUB WATER COLORED PENCILS STEAM CLUB*	16 WONDERFUL WEDNESDAY SAC CLOSED	17 GAMES CLUB UNO JR. TORCH	18 FIT FUN FRIDAY DIGITAL MUSIC	19
20	21 CLOSED MARTIN LUTHER KING JR. DAY	22 ART CLUB SHRINKY DINKS STEAM CLUB*	23 WONDERFUL WEDNESDAY SAC CLOSED	24 CULINARY CLUB PINWHEELS	25 SCHOOL OUT DAY FIT FUN FRIDAY DIGITAL MUSIC	26
27	28 BOYS & GIRLS CLUB MANAGING FEELINGS	29 ART CLUB AQUA BEADS STEAM CLUB*	30 WONDERFUL WEDNESDAY SAC CLOSED	31 11:30 A.M. RELEASE GAMES CLUB TELEPHONE JR. TORCH		

**STEAM Club is a partnership activity with our library. Stop by the library to find out more!*

YOUTH CENTER



Hours of Operation

School Days: 2:30 - 6 p.m.

School Out Days: 1 - 6 p.m.

WELCOME TO THE NEW YEAR!

The Youth Center will be begin Wonderful Wednesdays on January 9.

Sound Studio will introduced on Thursdays!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 CLOSED HAPPY NEW YEAR!	2 FUNCTIONAL FITNESS 3:30-5 P.M.	3 ANYTHING GOES TWISTER TOURNAMENT SOUND STUDIO	4 CULINARY CLUB ENCHILADAS FRIDAY SPORTS GYM GAMES	5
6	7 A.W.E. DRAWING WITH THE "ERINS"	8 LIFE SKILLS SKI FITNESS FILM CLUB	9 WONDERFUL WEDNESDAY YC CLOSED	10 ANYTHING GOES CHARADES SOUND STUDIO	11 CULINARY CLUB BREAKFAST 4 DINNER FRIDAY SPORTS GYM GAMES	12
13	14 A.W.E. PAPER SNOWFLAKES	15 LIFE SKILLS SKI STORIES FILM CLUB	16 WONDERFUL WEDNESDAY YC CLOSED	17 ANYTHING GOES COLORING SHEETS SOUND STUDIO	18 CULINARY CLUB TORTILLA CHICKEN SOUP FRIDAY SPORTS GYM GAMES	19
20	21 CLOSED MARTIN LUTHER KING JR. DAY	22 LIFE SKILLS SNOWBOARD VS SKIING	23 WONDERFUL WEDNESDAY YC CLOSED	24 ANYTHING GOES WATERCOLOR FLOWERS SOUND STUDIO	25 SCHOOL OUT DAY CULINARY CLUB KOREAN TACOS FRIDAY SPORTS GYM GAMES	26
27	28 A.W.E. PARACORD BRACELETS	29 LIFE SKILLS WINTER CHIN-WAG FILM CLUB	30 WONDERFUL WEDNESDAY YC CLOSED	31 ANYTHING GOES PING PONG TOURNAMENT		

**WE
HAVE
ALL
BEEN
THERE!**



**NEW TO THE COMMUNITY? JOIN US!
NEWCOMERS' BRIEFING**

If you are wondering about what to do to get settled, or are curious about the programs and services available, plan to attend to hear about everything the Garmisch Community has to offer. **THIS FUN EVENT IS OPEN TO EVERYONE IN THE COMMUNITY. COME OUT AND MEET YOUR NEW NEIGHBORS.**

4TH THURSDAY OF THE MONTH, 9-10:30 A.M.

ACS CONFERENCE ROOM, B203 GARMISCH

DSN 440-3777, 08821-750-3777 | GARMISCH.ARMYMWR.COM



SUBMIT
12 NOV 2018 - 20 JAN 2019
ARMYMWR.COM/PHOTOCONTEST

2018

UNITED STATES ARMY

DIGITAL PHOTOGRAPHY CONTEST



DIVISIONS	ACTIVE DUTY AND OTHER ELGIBLE PATRONS
CATEGORIES	ANIMALS, DESIGN ELEMENTS, DIGITAL DARKROOM, MILITARY LIFE, NATURE & LANDSCAPES, PEOPLE AND STILL LIFE

*Above photo: 1st place 2017 Nature & Landscape winner | LCDR James Lish | Title: Okinawa Park Waterfall at Sunrise



UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND
ArmyMWR.com





CHARCOAL
WATERCOLOR
MONOCHROMATIC

\$12

SUPPLIES INCLUDED
REGISTER BY JANUARY 27

GARMISCH CREATIVE WORKSHOP SERIES

DRAWING

JANUARY 28, NOON - 2 P.M.

MWR CONFERENCE ROOM, B203

REGISTER AT THE MUELLER FITNESS CENTER B119 OR THE VAT OFFICE B203, RM 116A

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USAG BAVARIA



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