







NOVEMBER 2018



GARMISCH FAMILY AND MWR

ACS | CYS | LIBRARY | SPORTS & FITNESS



LIBRARY

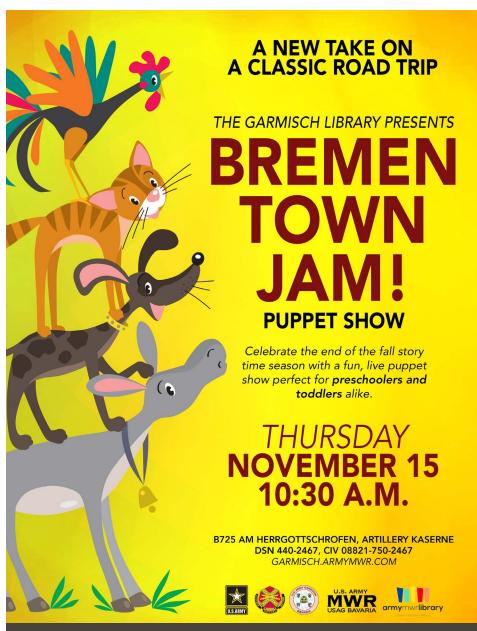
Hours of Operation

Tuesday-Saturday: 11:30 a.m. - 6 p.m.

FREE WI-FI PRINTING PUBLIC COMPUTERS
LEARNING RESOURCES

NEW RELEASES
MUSIC CDs

AUDIOBOOKS
ACCOUNT ACCESS



PRESCHOOL & TODDLER STORYTIMES

Thursdays, 10:30 a.m. November 1 Preschool ages 3+ November 8 Toddlers ages 3-

SATURDAY MATINEE SATURDAYS, 3 P.M., PETE BURKE CENTERContact the library for films & ratings.

GAME NIGHT

November 2, 16 & 30, 6-8 p.m. Come out every other Friday, and enjoy the library's great new selection of BOARD GAMES! Bring your family, friends, or competitive foes to enjoy an evening of classic fun!

DON'T BE A TURKEY - READ!

Thanksgiving is just around the corner. Enjoy it with a good book! Bone up on your American history or gobble up one of the latest best sellers. See what's cookin' at the library before planning your Thanksgiving holiday dinner. Whether your family is vegan, vegetarian or traditional turkey and pumpkin pie fans, the library has plenty of cookbooks with new and adventurous dishes to try out. Indulge your appetite for books; the library has an "all-you-can-read" take out policy.

BOOK DISCUSSION GROUP

November 27, 7 p.m.

November's Book Club will tackle THE DESTINY OF THE REPUBLIC by Candace Mildred. Who knew President James Garfield was so interesting?

A Civil War hero, a renowned congressman, and a reluctant Presidential candidate, Garfield took on the nation's corrupt political establishment. Pick up this timely read, as we enter election season! Books and audiobooks available at the library.

NATIVE AMERICAN HERITAGE MONTH

This month, learn something new about the history and culture of the first Americans. Check out our special display of books, films and audiobooks in honor of Native Americans. We have plenty of other materials to peak your interest, so come and explore!



Hours of Operation

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

ACS **Army** Community Service

ARMY VOLUNTEER CORPS EMPLOYMENT READINESS **INFORMATION & REFERRAL** FINANCIAL ASSISTANCE

FAMILY ADVOCACY PROGRAM **RELOCATION READINESS**

GAP DINING OUT NOVEMBER 15

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.





GARMISCH PLAYGROUP

Playroom at Army Lodging B258 **Artillery Kaserne** Tuesdays, 9:30-11 a.m.

share ideas, concerns and wisdom on life as a parent in Germany, all while your children play!

Army Community Service (ACS), B203 DSN 440-3642/3777, CIV 08821-750-3642/3777









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.

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!

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.























SCHOOL AGE CENTER







Hours of Operation School Days: 2:30 - 6 p.m.

School Days: 2:30 - 6 p.m. School Out Days: 7:45 a.m. - 6 p.m.

Welcome to Winter!

This month we bid farewell to Fall and greet Winter with open arms (and mittens)! As the BGCA Art Show will be on the Nov. 29, we will focus on creating unique pieces to showcase to the community. We will continue to get our fitness on every Wednesday, and celebrate two holidays this month! Enjoy your time with friends and family!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UNITED STATES ARMY CHILD& YOUTH SERVICES	MEMBER ORGANIZATION OF BOYS CLUBS OF AMERICA	\$\frac{1}{2}		GAMES CLUB BOARD GAMES JR. TORCH	2 SCHOOL OUT DAY FIT FUN FRIDAY	3
4	5 BOYS & GIRLS CLUB WATERCOLORS	A.W.E. FALL LEAF SCRATCH ART	GERMAN CLUB FAMILY	GAMES CLUB RED LIGHT GREEN LIGHT JR. TORCH	9 fit fun friday	10
11	CLOSED VETERANS DAY	A.W.E. PERSONALITY COLLAGE	14 GERMAN CLUB COLORS	15 GAMES CLUB GO FISH JR. TORCH	16 fit fun friday	17
18	19 BOYS & GIRLS CLUB MIXED MEDIA	A.W.E. OIL PASTELS	21 GERMAN CLUB CLOTHING	22 closed thanksgiving	23 SCHOOL OUT DAY FIT FUN FRIDAY	24
25	26 BOYS & GIRLS CLUB MAKING YOUR OWN COLORING SHEET	27 A.W.E. MULTICOLORS	28 GERMAN CLUB HOLIDAYS	29 GAMES CLUB RACK SLAP JR. TORCH	30 SCHOOL OUT DAY FIT FUN FRIDAY	

YOUTH **CENTER**















Hours of Operation School Days: 2:30 - 6 p.m.

School Out Days: 1 - 6 p.m.



This month we bid farewell to Fall and greet Winter with open arms (and mittens)! We will focus on creating unique pieces to showcase to the community at the BGCA Art Show on Nov. 29. We will continue to get our fitness on every Wednesday and celebrate two holidays this month! Enjoy your time with friends and family!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UNITED STATES ARMY CHILD & YOUTH SERVICES	MEMBER ORGANIZATION OF BOYS CLUBS OF AMERICA	* * * * * * * * * * * * * * * * * * *		ANYTHING GOES MONOCHROMATIC ART	2 SCHOOL OUT DAY CULINARY CLUB GRILLED BURGERS FRIDAY SPORTS GYM GAMES	3
4	A.W.E. WATERCOLORS	6 LIFE SKILLS GEO GUESSER I	7 KVD FITNESS JUST SNACKS AVOCADO SMOOTHIES	8 ANYTHING GOES COLORED PENCILS	CULINARY CLUB HONEY DIJON CHICKEN FRIDAY SPORTS GYM GAMES	10
11	CLOSED VETERANS DAY	LIFE SKILLS GEO GUESSER II	14 KVD FITNESS JUST SNACKS FRUIT AND CHEESE SKEWERS	15 ANYTHING GOES ME-COLLAGES	CULINARY CLUB PERSONAL PIZZAS FRIDAY SPORTS GYM GAMES	17
18	A.W.E. FALL LEAF SCRATCH ART	LIFE SKILLS WHAT IS A RELATIONSHIP?	21 KVD FITNESS	22 CLOSED THANKSGIVING	23 SCHOOL OUT DAY WHAT ARE YOU THANKFUL FOR? YC HOURS 1-6 P.M.	24
25	A.W.E. WATERCOLORS II	27 LIFE SKILLS WHAT IS THE BEST COUNTRY AND WHY?	28 kvd fitness	BGCA ART SHOW ANYTHING GOES CHRISTMAS TREE LIGHTING BOOTH PREP!	SCHOOL OUT DAY CULINARY CLUB TACOS FRIDAY SPORTS GYM GAMES	



EUNRUN

NOVEMBER 11, 9 A.M.







Pete Burke Community Center B725 Am Herrgottschrofen, Artillery Kaserne garmisch.armymwr.com

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, great workout for muscle endurance and strength while loosing lots of calories.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 CLOSED
4	NOON SPIN	6 NOON SCAT	7 NOON SPIN	NOON SCAT	9	10 CLOSED
11	12 CLOSED	NOON SCAT	NOON SPIN	15 NOON SCAT	16	17 CLOSED
18	19 NOON SPIN	20 NOON SCAT	21 NOON SPIN	22 CLOSED	23	24 CLOSED
25	26 NOON SPIN	27 NOON SCAT	28 NOON SPIN	29 NOON SCAT	30	}



ASSESSMENTS

Do you want to keep your heath and fitness under control? Schedule an appointment for your monthly assessment and check your actual performance. Each assessment lasts about 30min. and evaluates:

- Cardiovascular: 1mile treadmill walk or 1.5 mile treadmill run
- Muscle endurance: push-ups or crunches
- Core strength
- Flexibility
- Balance
- Body composition















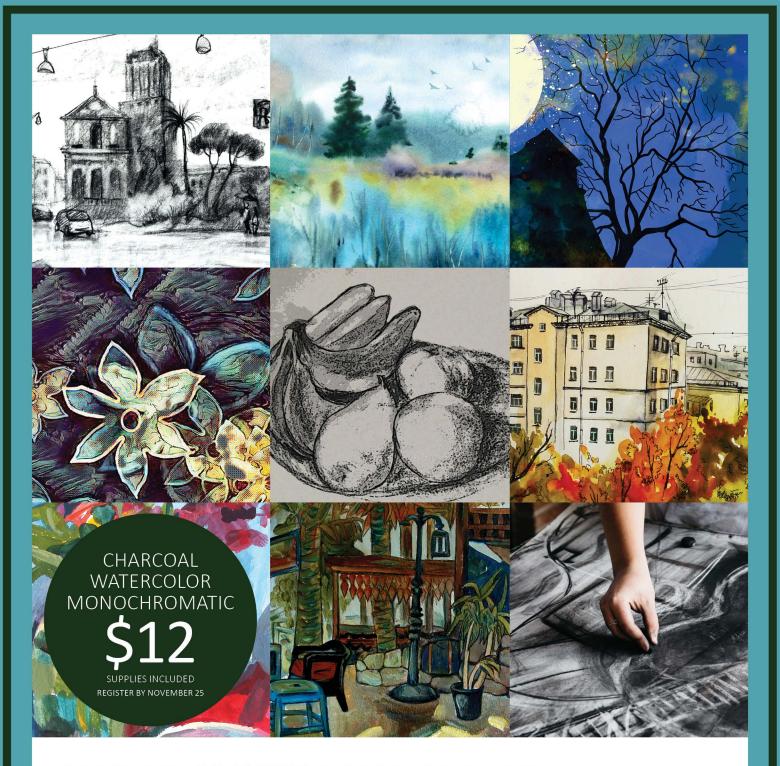












GARMISCH CREATIVE WORKSHOP SERIES

DRAWING

NOVEMBER 26, NOON - 2 P.M.
PETE BURKE COMMUNITY CENTER

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









garmisch.armymwr.com