



U.S. ARMY
MWR
 USAG BAVARIA

MAY 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 STORY TIME FINALE STRONG BANDS STORY WALK 10:30 A.M.	3	4 SATURDAY MATINÉE 3 P.M.
5	6	7 STEAM TUESDAYS 2:30-3:30 P.M.	8	9	10 MILITARY SPOUSE APPRECIATION DAY 11:30 A.M.-3 P.M.	11 SATURDAY MATINÉE 3 P.M.
12	13	14 STEAM TUESDAYS 2:30-3:30 P.M.	15	16	17	18 SATURDAY MATINÉE 3 P.M.
19	20	21 STEAM TUESDAYS 2:30-3:30 P.M.	22	23	24	25 SATURDAY MATINÉE 3 P.M.
26	27	28 STEAM TUESDAYS 2:30-3:30 P.M.	29	30	31 BIKE BINGO DRAWING 3 P.M.	

BOOK DISCUSSION GROUP

May 21, 7 P.M.

On Beauty by Zadie Smith follows the lives of a mixed-race British/American family living in the United States. The novel addresses ethnic and cultural differences in both the USA and the UK, as well as the nature of beauty and the clash between liberal and conservative academic values. Join us for a scintillating discussion of the novel picked for the Commonwealth Writers' Best Book Award, the Orange Prize for Fiction winner; and a shortlisted nominee for the Man Booker Prize.

MAY IS ASIAN PACIFIC AMERICAN HERITAGE MONTH

"Unite Our Mission By Engaging Each Other"

In 1978, the month of May was officially selected to commemorate the achievements of Asian and Pacific Islander Americans. This year's theme celebrates diversity in the workplace and the community, emphasizing inclusion and working together because of our differences. Join us at the library to honor the generations of Asian and Pacific Islander Americans who have enriched our history and workforce throughout the centuries. We will feature books, films and audio materials on Asian culture, religion, historical personalities, cooking, and more!

Visit the Library today to learn about the great resources offered, like *Mango Languages*, *Overdrive* for eBooks and eAudiobooks, and downloadable magazines from RBDigital.

GET YOUR VCR RENTALS

AT THE GARMISCH LIBRARY

Rent a VCR to play your free AAFES new release VHS tapes!

\$2/2 DAY RENTAL OR \$5 PER WEEK. CASH ONLY.



FOR MORE INFORMATION, PLEASE CONTACT THE LIBRARY AT
B725 AM HERRGOTTSCROFEN, ARTILLERY KASERNE
DSN 440-2467, CIV 08821-750-2467

armymwrlibrary

PERFECT FOR AGES 4-8

STEAM WORKSHOPS

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

WIN A BIKE with BIKE BINGO

It's National Bike Month, so grab your **BINGO** card, complete a row of challenges and be entered to win **one of six bikes!** Each **BINGO** earns a new entry.

CHILD YOUTH ADULT
BIKES AVAILABLE

Contest Ceremony held May 31, 3:00 p.m.

Pick up your card from
the library today!

Garmisch Library

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

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HEROES!

ON THE HOMEFRONT



The Garmisch Library is paying special tribute to military spouses with refreshments, a special display and a chance to win one of several prizes.

Active duty military spouses from all services may enter a raffle to win café vouchers and special gift baskets. Spouses who cannot be present on Friday may stop by the library anytime during the week to enter the raffle.

Spouses must enter personally, but need not be present for the drawing.

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STARS AND STRIPES.

MCS
 MILITARY AUTO SOURCE



SERVICE CREDIT UNION
 ★★★★★

afspa
 FOREIGN SERVICE BENEFIT PLAN
 Caring For Your Health Worldwide



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 MAY 16

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.



NEW COMMUNITY MEMBERS

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

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

NEWCOMER'S GAP TOUR

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



Tuesdays, 9:30-11 a.m.

Pete Burke Community Center, B725 Artillery Kaserne



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

Contact your New Parent Support Group today!

ARMY COMMUNITY SERVICE, B203

DSN 440-3642/3777, CIV 08821-750-3642/3777 // GARMISCH.ARMYMWR.COM



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.

Or email: GarmischAdultMFLC@sriMFLCTteam.com

SCHOOL AGE CENTER



Hours of Operation

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

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

WELCOME TO MAY!

Celebrate Mothers of the World on May 12 and Memorial Day May 27!

Let's welcome Summer together!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>*STEAM Club is a partnership activity with our library. Stop by the library to find out more!</i></p>			1 ANYTHING GOES INDOOR GARDENING PT. I	2 ART CLUB PAINTING POTS JR. TORCH CLUB	3 FIT FUN FRIDAY RAMPS	4
5	6 BOYS & GIRLS CLUB BACK TO THE FUTURE COMPUTER DOCTOR	7 STEAM CLUB*	8 ANYTHING GOES INDOOR GARDENING PT. II	9 ART CLUB SPECIAL NOTES JR. TORCH CLUB	10 FIT FUN FRIDAY RAMPS	11
12	13 BOYS & GIRLS CLUB #HTGS COMPUTER DOCTOR	14 STEAM CLUB*	15 ANYTHING GOES SALT, GLUE & FOOD COLOR EXPERIMENT	16 ART CLUB WATERCOLORS JR. TORCH CLUB	17 FIT FUN FRIDAY RAMPS	18
19	20 BOYS & GIRLS CLUB WHAT'S MISSING COMPUTER DOCTOR	21 STEAM CLUB*	22 ANYTHING GOES OIL & WATER DROPLETS	23 ART CLUB CHALK ART JR. TORCH CLUB	24 FIT FUN FRIDAY RAMPS	25
26	27 CLOSED MEMORIAL DAY	28 STEAM CLUB*	29 ANYTHING GOES COLORED ICE ART	30 CULINARY CLUB B-DAY CUPCAKES	31 FIT FUN FRIDAY RAMPS SCHOOL OUT DAY	

YOUTH CENTER



Hours of Operation

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

School Out Days: 1 - 6 p.m.

WELCOME TO MAY!

This month we look forward to warmer weather, celebrate all the Mothers of the World and enjoy Memorial Day! As we close out the school year, we will gear up for Summer and savor Grillin' Fridays once again!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><small>*STEAM Club is a partnership activity with our library. Stop by the library to find out more!</small></p>			1 FUNCTIONAL FITNESS	2 ANYTHING GOES UNO DRONE SCHOOL	3 CULINARY CLUB BRATS N KARTOFFELSALAT FRIDAY SPORTS GYM GAMES	4
5	6 A.W.E. SPRING PICKIN' & PAINTIN' POTS	7 LIFE SKILLS BACK TO THE FUTURE	8 FUNCTIONAL FITNESS	9 ANYTHING GOES INDOOR GARDENING DRONE SCHOOL	10 CULINARY CLUB PINEAPPLE CHORIZO NACHOS FRIDAY SPORTS GYM GAMES	11
12	13 A.W.E. WATERCOLOR PAINTING	14 LIFE SKILLS #HTGS	15 FUNCTIONAL FITNESS	16 ANYTHING GOES PLAYDOUGH DRONE SCHOOL	17 CULINARY CLUB BURGERS FRIDAY SPORTS GYM GAMES	18
19	20 A.W.E. FINGERNAIL ART	21 LIFE SKILLS NATIONAL PARKS: FILL IN THE BLANK	22 FUNCTIONAL FITNESS	23 ANYTHING GOES CHARADES DRONE SCHOOL	24 CULINARY CLUB KIDS' CHOICE GRILL FRIDAY SPORTS GYM GAMES	25
26	27 CLOSED MEMORIAL DAY	28 LIFE SKILLS UPSIDE DOWN WORLD	29 FUNCTIONAL FITNESS	30 ANYTHING GOES APPLES TO APPLES DRONE SCHOOL	31 CULINARY CLUB GRILLIN' VEGGIES FRIDAY SPORTS SCHOOL OUT DAY	

GET INTO SHAPE

WITH OUR NEW FITNESS CLASSES

BUILD STRENGTH

YOGA

MONDAY

6:30 p.m.

SUNDAY

3:30 p.m.

FULL BODY BLAST

WEDNESDAY

6:30 p.m.

ASK ABOUT OUR OTHER FITNESS CLASSES

COST: \$6 PER CLASS

MUELLER FITNESS CENTER
B119 GERNACKERSTRASSE, SHERIDAN KASERNE
DSN 440-2747, CIV 08821-750-2747

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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

YOGA

Practice various postures to align, strengthen and build flexibility in the body, while incorporating breath work (pranayama) to build stamina and promote relaxation. Suitable for all levels, as modifications will be offered for new and advanced students.

FULL BODY BLAST

This class combines cardio, strength and power relying on body weight training. Conducted in the circuit training format, the class challenges you with cardio to build muscular strength while slimming down and strengthening the core.

POWER WALKING

1 hour fast tempo walk covering approximately 3 miles including exercise stops. This class helps to burn fat, shape and tone muscle, build bone strength and reduce stress.

RUNNING DRILLS

If you want to bring your running to the next level this 1 hour outdoor session is designed for you. Class includes 20 min of jogging in comfortable pas a warm up followed by few sets of different drills to improve your running technique.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 LUNCH TIME BACKYARD GAMES	2	3	4 CLOSED
5 3:30 P.M. YOGA	6 6:30 P.M. YOGA	7 9:30 A.M. POWER WALKING 6-7:30 P.M. ACFT	8 6:30 P.M. FULL BODY BLAST	9 NOON RUNNING DRILLS 6 P.M. SOFTBALL COACHES MEETING	10	11 CLOSED
12 1 P.M. MOTHER'S DAY 5K FUN RUN/ WALK 3:30 P.M. YOGA	13 6:30 P.M. YOGA	14 9:30 A.M. POWER WALKING	15 6:30 P.M. FULL BODY BLAST	16 NOON RUNNING DRILLS	17	18 CLOSED
19 1 P.M. FITNESS-THON 3:30 P.M. YOGA	20 6:30 P.M. YOGA	21 9:30 A.M. POWER WALKING 6 P.M. DODGEBALL	22 6 P.M. DODGEBALL 6:30 P.M. FULL BODY BLAST	23 NOON RUNNING DRILLS 6 P.M. DODGEBALL	24	25 CLOSED
26 3:30 P.M. YOGA	27 6:30 P.M. YOGA	28 9:30 A.M. POWER WALKING	29 6:30 P.M. FULL BODY BLAST	30 NOON RUNNING DRILLS	31	

YOUR CLASS STARTS NOW

WELLBEATS virtual group fitness systems are now available in your fitness center.

WELLBEATS
Virtual • Motivation • Live experience

MONDAYS & WEDNESDAYS

USAG BAVARIA GARMISCH

#strongbands



MAY 2019

BIKE BINGO

MAY 1-31 | GARMISCH LIBRARY

Make positive changes in your health during May with Strong B.A.N.D.S. and National Bike Month! The Garmisch Library has a challenge perfect for everyone! Complete a row of challenges for your chance to win either a child, youth or adult bike. Earn multiple entries for each BINGO completed. Stop by the Library for more information and to pick up your card.

LUNCHTIME BACKYARD GAMES

MAY 1, 8, 22 & 29 | MUELLER FITNESS CENTER | 11:30 P.M.

Come to the Mueller Fitness Center during lunch from 11:30 a.m. to 1 p.m. and play some fun games. We'll be playing badminton on May 1, washers May 8, cornhole on May 22 and pickleball, then finishing up with a Tug of War Challenge on May 29.

STORYWALK®

MAY 2 | GARMISCH LIBRARY | STARTS 10:30 A.M.

Join the Garmisch Library to celebrate the end of Story Time and the beginning of spring with a StoryWalk®. Get a Strong B.A.N.D.S. wristband with participation and commit yourself to being more active this spring and summer!

TRY THE NEW ARMY COMBAT FITNESS TEST (ACFT)

MAY 7 | MUELLER FITNESS CENTER | 6-7:30 P.M.

Come to the Mueller Fitness Center and try out the new Army Combat Fitness Test. The SPRINT-DRAG-CARRY event is an opportunity for both active duty and civilians to try out the new test.

HEALTHY EATING, NUTRITION AND MENTAL HEALTH SEMINAR

MAY 9 | PETE BURKE COMMUNITY CENTER | 5:30 P.M.

Take part in this informative discussion about how a well-balanced diet affects our mental health and well-being. We'll also discuss techniques to help relieve stress. Conducted by the Military and Family Life Counselor and Mueller Fitness Center's Fitness Specialist.

REACH YOUR PEAK

STEP 1 Attend featured fitness events at your garrison

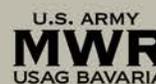
STEP 2 Wear your Strong B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle

STEP 3 Gain valuable fitness tips throughout May by visiting ArmyMWR.com/StrongBANDS

GARMISCH.ARMYMWR.COM | FACEBOOK.COM/GARMISCHFMWR



MUELLER FITNESS CENTER
B 119 GERNACKERSTRASSE, SHERIDAN KASERNE
DSN 440-2747, CIV 08821-750-2747



USAG BAVARIA GARMISCH

#strongbands



MAY 2019

MOTHER'S DAY FAMILY 5K RUN/WALK

MAY 12 | PETE BURKE COMMUNITY CENTER | 1 P.M.

A family fun run to celebrate moms! Walk or run this two loop running course where strollers and dogs on leash are welcome. Receive a Strong B.A.N.D.S. wristband for every participant and t-shirts for fastest male and female.



5KM ROLL-A-THON

MAY 15 & 17 | ARTILLERY GYM | 3:30 P.M.

Rollerblade or skate your way around the Artillery Gym Court to support the Strong B.A.N.D.S. program. This activity is offered to S.A.C. children on May 15 and to the Teen Center on May 17.

FITNESS-THON

MAY 19 | MUELLER FITNESS CENTER | STARTS 1 P.M.

Test your endurance by participating in three hours of free fitness classes. Spinning starts at 1:00 p.m., followed by Core training at 2 p.m. and Power Walking at 3 p.m.!



PITCH, HIT & RUN

MAY 20-23 | YOUTH SPORTS FIELD | TIME TBA

This program is designed to test the abilities of the youth. The competitor will pitch five pitches that will be measured for accuracy. Each competitor will get three hits of a baseball and distance will be measured. Each competitor will start on 2nd base and their time to home plate will be recorded.

DODGEBALL TOURNAMENT

MAY 21-23 | MUELLER FITNESS CENTER | 6 P.M.

Get a team together and put your dodgeball skills to the test to win bragging rights as the best dodgeball players in Garmisch! Teams must consist of three females and three males. This three evening tournament will be played at the Mueller Fitness Center starting on May 21.

REACH YOUR PEAK

STEP
1

Attend featured fitness events at your garrison

STEP
2

Wear your Strong B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle

STEP
3

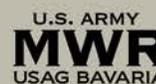
Gain valuable fitness tips throughout May by visiting ArmyMWR.com/StrongBANDS

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MUELLER FITNESS CENTER

B 119 GERNACKERSTRASSE, SHERIDAN KASERNE
DSN 440-2747, CIV 08821-750-2747



S  **P**

**PAINT
LAUGH
DRINK
ENJOY**

sketch

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

MAY 31

REGISTER BY MAY 29

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.

EVENT REQUIRES MINIMUM OF SIX PARTICIPANTS.

WALK-INS WELCOME AFTER REGISTRATION REQUIREMENT IS MET.



garmisch.armymwr.com



2018 Winner: 1st Place, Accomplished, Mixed Media 2D
"Studio Still Life" • 1SG Amy Brown



The 2019 U.S. Army Arts & Crafts Contest recognizes the artistic talent and creativity in two experience levels and nine categories.

May 6 - July 8 (Entry Deadline)

Enter online at:

www.armymwr.com/artsandcrafts