

MARCH 2019

NEWSLETTER

GARMISCH FAMILY AND MWR ACS | CYS | LIBRARY | SPORTS & FITNESS

GARMISCH.ARMYMWR.COM | FACEBOOK.COM/GARMISCHFMWR

LIBRARY FREE WI-FI PUBLIC COMPUTERS

Hours of Operation

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

PRINTING

LEARNING RESOURCES

NEW RELEASES MUSIC CDs

AUDIOBOOKS ACCOUNT ACCESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 P.M., PETE	Y MATINEE BURKE CENTER brary for films &				1	2 SATURDAY MATINÉE 3 P.M.
3	4	5	6	7	8	9
		STEAM TUESDAYS 2:30-3:30 P.M.	4 Andrews and	READ ACROSS AMERICA PUPPET SHOW 10:30 A.M.	GAME NIGHT 6-8 P.M.	SATURDAY MATINÉE 3 P.M.
10	11	12 STEAM TUESDAYS 2:30-3:30 P.M.	13	14 TODDLER STORY TIME 10:30 A.M.	15	16 SATURDAY MATINÉE 3 P.M.
17	18	19 STEAM TUESDAYS 2:30-3:30 P.M.	20	21 PRESCHOOL STORY TIME 10:30 A.M.	22 GAME NIGHT 6-8 P.M. TEEN TECH 3D PRINTER 6 P.M.	23 SATURDAY MATINÉE 3 P.M.
24	25	26 STEAM TUESDAYS 2:30-3:30 P.M.	27	28 TODDLER STORY TIME 10:30 A.M.	29	30 SATURDAY MATINÉE 3 P.M.



Puppet show "Green Eggs & Ham"

THURSDAY, 7 MARCH 10:30 a.m. **Community Library**

http://mwrlibrary.armybiznet.com 440-2467 | 08821-7502467

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.



B725 AM HERRGOTTSCHROFEN, ARTILLERY KASERNE DSN 440-2467, CIV 08821-750-2467

READ ACROSS AMERICA

March 7, 10:30 a.m. Help us celebrate Dr. Seuss's Birthday! Join us for a special puppet show of the classic "Green Eggs and Ham!" All ages welcome!

TEEN TECH WEEK 3D PRINTER DEMO March 22, 6 p.m.

Get Connected @ Your Library! Come by and see our Makerbot, 3D printer at work. Experience this cutting-edge technology and find out about all the cool gadgets the library has to offer.

BOOK CLUB MARCH 19. 7 P.M. "A DOLL'S HOUSE" BY HENRIK IBSEN

First published in 1879, this Norwegian classic follows Nora Helmer's journey of self-discovery. Faced with the struggle of keeping a past crime secret, Nora fights against the selfish, stifling and oppressive attitudes of her husband. Torvald and the society that he represents.

Books are available at the library.

WOMEN'S HISTORY MONTH

The National Women's History project will celebrate "Visionary Women: Champions of Peace & Nonviolence." Check out our display, honoring women who have led efforts to end war, violence and injustice and pioneered the use of nonviolence to change society.

rlibrar

Check out the library's 3D printer live in action!

3D printing workshop

Learn what 3D printing is all about, how it works and how you can get started making your very own objects in no time!

MARCH 22, 6-7 P.M.

GARMISCH COMMUNITY LIBRARY B725 AM HERRGOTTSCHROFEN, ARTILLERY KASERNE

DSN 440-2467, CIV 08821-750-2467 GARMISCH.ARMYMWR.COM

All ages welcome. Children should be accompanied by an adult.



TEEN TECH WE





Garmisch Army Community Service invites you to our monthly

Lunch & Learn Self-Therapy Series

Bring your lunch and learn the tips and tricks that psychologists use for your own self-improvement.

First Thursday of the Month noon - 1 p.m. February 7, March 7, April 4 & May 2

Topics include: Meditation, Mindfulness, Dealing with Strong Emotions such as: Guilt, Anger, Sadness & Shame. Other topics include, Relationship Issues, Improving Communication, Dealing with Difficult People

MWR CONFERENCE ROOM, B203 GARMISCH DSN 440-3777, 08821-750-3777 | GARMISCH.ARMYMWR.COM





Hours of Operation

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

ARMY VOLUNTEER CORPS EMPLOYMENT READINESS INFORMATION & REFERRAL FINANCIAL ASSISTANCE FAMILY ADVOCACY PROGRAM RELOCATION READINESS

GAP DINING OUT MARCH 21

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.



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.

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.

Community Service

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



Tuesdays, 9:30-11 a.m.

Playroom at Army Lodging, B258 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

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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.

WELCOME TO MARCH!

As we bid farewell to Wonderful Wednesdays we will welcome warmer weather. We'll continue Steam Club with the library on Tuesdays, as well as introducing Anything Goes on Wednesdays! Let's bring in Spring together and have a great month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UNIED STATES ARMY	BER ORGANIZATION OF OYS CLUBS OF AMERICA hip activity with our library. ut more!				1 FIT FUN FRIDAY DIGITAL MUSIC	2
3	4 BOYS & GIRLS CLUB FLAG STICKER BOOK CODE CLUB	5 steam club*	6 ANYTHING GOES FAMILY TREES	7 ART CLUB SEWING PROJECT I JR. TORCH APRIL PLANNING	8 FIT FUN FRIDAY DIGITAL MUSIC	9
10	11 BOYS & GIRLS CLUB NAME THAT STATE CODE CLUB	12 steam club*	13 ANYTHING GOES WELCOME TO SAC BIRTHDAY BOARD	14 ART CLUB SEWING PROJECT II	15 fit fun friday digital music	16
17	18 boys & girls club north america flags code club	19 steam club*	20 ANYTHING GOES ALL ABOUT ME	21 culinary club honey baked bread	22 FIT FUN FRIDAY DIGITAL MUSIC	23
24	25 boys & girls club fun facts about usa code club	26 steam club*	27 ANYTHING GOES FRIENDSHIP SOUP	28 EXPRESSIVE ARTS EXPLORING TALES	29 fit fun friday digital music	30

YOUTH CENTER



Hours of Operation School Days: 2:30 - 6 p.m. School Out Days: 1 - 6 p.m.

WELCOME TO MARCH!

As we bid farewell to Wonderful Wednesdays we will re-introduce YC Fitness. We will also be branching our culinary horizons and preparing for the Spring Formal Dance. Let's bring in Spring together and have a great month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UNITED STATES ARMY	UNITED STATES ARMY CHILDE YOUTH SERVICES				1 CULINARY CLUB SPAGHETTI FRIDAY SPORTS GYM GAMES	2
3	4 art aqua beads	5 LIFE SKILLS DEEP MEDITATION FILM CLUB	6 YC FITNESS	ANYTHING GOES APRIL PLANNING	8 CULINARY CLUB THAI PB CURRY FRIDAY SPORTS GYM GAMES	9
10	11 culinary arts stealthy brownies	12 LIFE SKILLS DREAM STORIES FILM CLUB	13 yc fitness	14 anything goes bored jar	15 culinary club tacos friday sports gym games	16
17	18 culinary arts clear slime	19 LIFE SKILLS LOVE YOUR PET FILM CLUB	20 yc fitness	21 ANYTHING GOES TAPE PAINTING	22 CULINARY CLUB CHILI FRIDAY SPORTS GYM GAMES	23
24	25 culinary arts pan fried bananas	26 LIFE SKILLS BEST JOKES FILM CLUB	27 yc fitness	28 ANYTHING GOES STRAW PAINTING	29 culinary club grill night friday sports gym games	30



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

Mueller Fitness Center B119 Gernackerstrasse, Sheridan Kaserne DSN 440-2747, CIV 08821-750-2747



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 followed by a 15 min session of flexibility exercise.

CORE

This challenging class works to tone and condition all major muscles of the torso with the aim of increasing spinal stability, essential for posture and health.

POWER WALKING

1 hour fast tempo walk covering approximately 3 miles including exercises 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 pace as a warm up followed by few sets of different drills to improve your running technique.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LLBEA	1 FITNESS ASSESSMENTS	2 CLOSED			
3	4 9 A.M. CORE NOON SPIN & WELLBEATS	5 9 A.M. POWER WALKING NOON SCAT	6 NOON RUNNING DRILLS	7 NOON SCAT	8	9 CLOSED
10	11 9 A.M. CORE NOON SPIN & WELLBEATS	12 9 A.M. POWER WALKING NOON SCAT	13 NOON RUNNING DRILLS HLC AWARD CEREMONY	14 NOON SCAT	15	16 CLOSED
17	18 9 a.m. core Noon spin & Wellbeats	19 9 A.M. POWER WALKING NOON SCAT	20 NOON RUNNING DRILLS	21 NOON SCAT	22	23 CLOSED
24	25 9 A.M. CORE NOON SPIN & WELLBEATS	26 9 A.M. POWER WALKING NOON SCAT	27 NOON RUNNING DRILLS	28 NOON SCAT	29	30 CLOSED

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 30 minutes and evaluates: Cardiovascular: 1 mile treadmill walk or 1,5 mile treadmill run; Muscle endurance: push-ups or crunches; Core strength; Flexibility; Balance; and Body composition.



VOLLEYBALL GAMES

Tuesdays and Thursdays 6 p.m. & 7 p.m. (first game March 5)



GARMISCH CREATIVE SERIES IN PARTNERSHIP WITH EDELWEISS LODGE AND RESORT

REGISTER BY MARCH 20

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.



THIS OPPORTUNITY IS OPEN TO EVERYONE IN THE COMMUNITY. DON'T MISS OUT!

PRE-REGISTER TODAY! **SPRECHEN SIE DEUTSCH?**

INTRODUCTION TO THE GERMAN LANGUAGE **SIX WEEK COURSE**

MARCH 5 TO APRIL 9 TUESDAYS, 11:30 A.M.-1 P.M.

Learn the basics and prepare for your German language journey. Introduction to the german alphabet, numbers, shopping, greetings and more

ARMY COMMUNITY SERVICE, B203 GARMISCH

DSN 440-3572, 08821-750-3572 | GARMISCH.ARMYMWR.COM

