

OCTOBER 2019



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

GARMISCH.ARMYMWR.COM | FACEBOOK.COM/GARMISCHFMWR

October 1 - 31 —

DOMESTIC VIOLENCE AWARENESS MONTH

Join Army Community Service throughout October to raise community awareness about the social and personal impacts of domestic violence and the support available to those affected.

> EDUCATIONAL AND RECOGNITION EVENTS WILL TAKE PLACE THROUGHOUT THE MONTH TO INCLUDE:

DISPLAY AT THE LIBRARY

COMMUNITY INFORMATION TABLES

OCTOBER 18

WELLNESS WORKSHOP

9-11 a.m. Workshop focuses on strategies and skills to enhance wellness. We will discuss "Seven Principles for Making a Marriage Work."

RESILIENCY BOOK CLUB

11:30 a.m. - 12:30 p.m. We will be reading and discussing "Big Little Lies." If you love to read, join us and bring your lunch! You can pick up your book for FREE at ACS.

EXPLORE MEDITATION 11:30 a.m. - noon e meditation as an anger manageme

Explore meditation as an anger management tool. Learn proven benefits and experiment with different types of meditation.

USAG BAVARIA - GARMISCH ARMY COMMUNITY SERVICE, B203 DSN 440-3572, CIV 08821-750-3572





24/7 Domestic Violence Hotline: 0162-296-0661



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 OCTOBER 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.

NEW COMMUNITY MEMBERS

Army Community Service

> 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. Pre-registration 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

GARMISCH PLAYGROUP

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!



LIBRARY



Hours of Operation

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

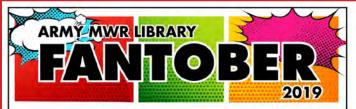
FREE WI-FI PRINTING

PUBLIC COMPUTERS LEARNING RESOURCES

NEW RELEASES

MUSIC CDs

AUDIOBOOKS ACCOUNT ACCESS



Celebrate your favorite Fandoms at the Garmisch Library! All month long, the library will honor Star Wars, Harry Potter,

Lord of the Rings and the Marvel universe. There will be daily trivia, Saturday movie marathons, a 3D printer demo and a STEAM Tuesday Make-Your-Own costume event and Finale!

FANTOBER DAILY TRIVIA

ALL MONTH

What do Hermione Granger's parents do for a living? Who built C-3PO? How many Marvel movies have been released thus far? Test your knowledge and show off your inner Geek! Play our daily trivia and win a prize!

FANTOBER SATURDAY MOVIE MARATHONS

SATURDAYS, 10 A.M. – 6 P.M. Fandoms have taken over the Saturday Matinees. Spend all day at the library watching your favorite movies, marathon style, on the following dates: **October 5:** MARVEL [10 a.m. Captain America, 12:30 p.m. Captain Marvel, 3 p.m. Iron Man]

October 12: HARRY POTTER [10 a.m Harry Potter and the Sorcerer's Stone, 12:30 p.m. Harry Potter and the Chamber of Secrets, 3 p.m. Harry Potter and the Prisoner of Azkaban]

October 19: MARVEL [10 a.m. Thor Ragnarok, 12:30 p.m. Ant-Man and the Wasp, 2:30 p.m. Avengers: End Game]

October 26: LORD OF THE RINGS (10 a.m. The Fellowship of the Ring, 2 p.m. The Two Towers]

FANTOBER 3D PRINTER DEMO

OCTOBER 10: 3-4 P.M. Learn all about 3D printing and the resources available at the library. Witness plastic coming to life as your favorite characters and superheroes.

FANTOBER FINALE - MAKE YOUR OWN COSTUME

OCTOBER 29: 3:30-4:30 P.M. Get creative with a myriad of materials to build your own costume. Replicate your favorite character or create your very own superhero. Come and experience the joy of cosplay. All ages welcome!

STEAM TUESDAYS

3:30-4:30 p.m. Come to the library every Tuesday and exercise your brain with engrossing Science, Technology, Engineering, Arts and Mathematicsbased programming. Fun topics will include patterning, coding, simple machines and collage à la Henri Matisse.

PRESCHOOL & TODDLER STORYTIME

THURSDAYS, 10:30 A.M.

- October 3, 17 & 31: Preschool ages 3+
- October 10 & 24: Toddlers ages 3-

Join us for fun stories, songs and activities! It's never too early to introduce your child to the wonders of stories and reading.

SUND	٩Y	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4	5
					PRESCHOOL STORYTIME 10:30 A.M.		SATURDAY MOVIE MARATHON
	6	7	8	9	10 TODDLER STORYTIME 10:30 A.M. FANTOBER 3D Printer Demo	11	12 SATURDAY MOVIE MARATHON
	13	14 Columbus Day	15 STEAM TUESDAY 3:30-4:30 P.M.	16	17 PRESCHOOL STORYTIME 10:30 A.M.	18	19 SATURDAY MOVIE MARATHON
2	20	21	22 STEAM TUESDAY 3:30-4:30 P.M.	23	24 TODDLER STORYTIME 10:30 A.M.	25	26 SATURDAY MOVIE MARATHON
2	27	28	29 STEAM TUESDAY 3:30-4:30 P.M. FANTOBER FINALE Costume Making		31 PRESCHOOL STORYTIME 10:30 A.M.		
					HALLOWEEN		

PROBER 31 5-7 P.M.

ENJOY FESTIVE ACTIVITIES, GAMES AND CONTESTS B715 SPORTS FIELD, ARTILLERY KASERNE



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CHILD & YOUTH SERVICES B723 DSN 440-2684, CIV 08821-750-2684 Garmisch.armymwr.com *****



SCHOOL ENDERVICES



Hours of Operation School Days: 2:30 - 6 p.m. School Out Days: 7 a.m. - 6 p.m.

	Every child	welcome Autumn <i>Homework He</i> registered with CYS Sign you o	elp and Tech Lab a S is eligible for four child up for one of	, cooking and gooey <i>vailable daily.</i> ^r free hours of care	per month.	6
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEMBER ORGANIZATION OF		STEAM CLUB * 3:30-4:30 p.m.	2 ART CLUB Sewing Practice YOUTH SPORTS Basketball 4:30-5:30 p.m.	3 ANYTHING GOES Twister JR. TORCH CLUB	4 SCHOOL OUT DAY GAMES CLUB Mother May I FIT FUN FRIDAY 3:30-5 p.m.	5
6	7 BOYS & GIRLS CLUB SAC Decoration Paper Plate Spiders YOUTH SPORTS Basketball 4:30-5:30 p.m.	STEAM CLUB 3:30-4:30 p.m.	9 CULINARY ART CLUB Chocolate Mummy Truffles JR. TORCH CLUB	10 ANYTHING GOES Creative Collages - Who are You? JR. TORCH CLUB YOUTH SPORTS Basketball 4:30-5:30 p.m.	11 FIT FUN FRIDAY 3:30-5 p.m.	12
13	14 CLOSED Columbus Day	15 STEAM CLUB 3:30-4:30 p.m.	16 ART CLUB Monster Slime YOUTH SPORTS Basketball 4:30-5:30 p.m.	17 ANYTHING GOES Clay Creations JR. TORCH CLUB	18 FIT FUN FRIDAY 3:30-5 p.m.	19
20	21 BOYS & GIRLS CLUB Strength Challenge with Pete YOUTH SPORTS Basketball 4:30-5:30 p.m.	22 STEAM CLUB 3:30-4:30 p.m.	23 CULINARY ART CLUB Mummy Hot Dogs JR. TORCH CLUB YOUTH SPORTS Basketball 4:30-5:30 p.m.	24 ANYTHING GOES Autumn Oobleck JR. TORCH CLUB	25 SCHOOL OUT DAY GAMES CLUB Jenga FIT FUN FRIDAY 3:30-5 p.m.	26
27	28 BOYS & GIRLS CLUB Toilet Paper Mummy Challenge YOUTH SPORTS Basketball 4:30-5:30 p.m.	29 STEAM CLUB 3:30-4:30 p.m.	30 ART CLUB Costume Masks YOUTH SPORTS Basketball 4:30-5:30 p.m.	+ (20) + 31 HALLOWEEN SPOOKTACULAR EVENT GAMES CLUB Scrabble		

YOUTH CENTER





Hours of Operation School Days: Monday - Thursday: 2:30 - 6 p.m.; Friday: 2:30 - 10 p.m. School Out Days: Monday - Friday: 1 - 6 p.m.; select Fridays: 2 - 10 p.m.

WELCOME TO OCTOBER! This month we welcome Autumn with various crafts, cooking projects and games! We celebrate Halloween with the Spooktacular event on the October 31, as well as with the trip to Skyline Amusement Park for their Halloween event on October 26! Find a costume and scream your heads off in the haunted house! Homework Help & Tech Lab available daily.							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
EMER ORGANIZATION OF BOYS CLUBS OF AMERICA		1 LIFE SKILLS World Quiz	2 ANYTHING GOES Giant Bubbles- again! per request YOUTH SPORTS Basketball 5:30-6:30 p.m.	3 JUST PLAY - SPORTS 3:30-5 p.m.	4 SCHOOL OUT DAY GIRLS CLUB/ WISE GUYS 3:30-5 p.m. CULINARY CLUB NIGHT SPORTS	5	
6	7 CULINARY ART WITH ERIN Chocolate Mummy Truffles YOUTH SPORTS Basketball 5:30-6:30 p.m.	8 LIFE SKILLS Jenga	9 ANYTHING GOES Creative Collages - Who are You?	10 JUST PLAY - SPORTS 3:30-5 p.m. YOUTH SPORTS Basketball 5:30-6:30 p.m.	11 GIRLS CLUB/ WISE GUYS 3:30-5 p.m. CULINARY CLUB NIGHT SPORTS	12	
13	14 CLOSED Columbus Day	15 LIFE SKILLS Frisbee Golf	16 ANYTHING GOES Pumpkin Painting YOUTH SPORTS Basketball 5:30-6:30 p.m.	JUST PLAY - SPORTS 3:30-5 p.m.	18 GIRLS CLUB/ WISE GUYS 3:30-5 p.m. CULINARY CLUB NIGHT SPORTS	19	
20	21 ART WITH ERIN Monster Slime YOUTH SPORTS Basketball 5:30-6:30 p.m.	22 LIFE SKILLS Sevens - Card Game	23 ANYTHING GOES Toilet Paper Mummy Challenge YOUTH SPORTS Basketball 5:30-6:30 p.m.	24 JUST PLAY - SPORTS 3:30-5 p.m.	25 SCHOOL OUT DAY GIRLS CLUB/ WISE GUYS 3:30-5 p.m. YC CLOSES 6 P.M. Skyline Tomorrow!	26	
27	28 CULINARY ART WITH ERIN Mummy Hot Dogs YOUTH SPORTS Basketball 5:30-6:30 p.m.	29 LIFE SKILLS Mime Theater - Horror Halloween	30 ANYTHING GOES Froggy Murderer YOUTH SPORTS Basketball 5:30-6:30 p.m.	+ (2) + 31 HALLOWEEN SPOOKTACULAR EVENT GAMES CLUB Jenga			

PAINT LAUGH DRINK ENJOY

GARMISCH CREATIVE SERIES IN PARTNERSHIP WITH EDELWEISS LODGE AND RESORT

OCTOBER 25 REGISTER BY OCTOBER 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. EVENT REQUIRES MINIMUM OF SIX PARTICIPANTS. WALK-INS WELCOME AFTER REGISTRATION REQUIREMENT IS MET.



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. Saturdays and Federal Holidays: Closed

SAUNA GYMNASIUM

MASSAGE TREATMENT

PERSONAL TRAINING

OUTDOOR FITNESS GROUP

Look around you: the world is your gym. Let's meet at noon on Sundays, rain or shine, and explore local trails while running, biking or snowshoeing.

ATHLETIC FLOW

This class combines High Intensity Interval Training (HIIT) with yoga. Using your own body weight, you improve strength, flexibility, balance and cardiovascular endurance.

SKI CONDITIONING

The combination of exercises in this functional ski routine will not only build strength, but will also improve your anaerobic threshold, balance and coordination. We will prepare you for a stronger, healthier and more confident ski season.

VINYASA YOGA

In this class, you will practice various postures by linking breath and movement together to create a flowing sequence of asanas with fluid transitions.

SLOW FLOW YOGA

The more gentle nature of this class is great for beginners, but is also wonderful for intermediate and advanced students who want to slow it down and sink deeper into their practice.

SPIN-N-FLEX

An intense indoor cycling workout using various cycling techniques from hill climbing to sprinting followed by a short session of flexibility exercises. It is a great way to work on cardio, strength and flexibility at once.

POWER WALKING

Get outside! This 1-hour fast tempo walk covers approximately 3 miles and includes exercise stops, which burns fat, increases muscle tone, builds bone strength and reduces stress.

FULL BODY BLAST

Conducted in a circuit training format. Builds muscle and cardio fitness while slimming down and strengthening the core.

CORE & MORE

Walk taller, feel stronger! This challenging class works to tone and condition all major muscles of the torso with the aim of increasing spinal stability, which is essential for posture and health.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 SKI CONDITIONING 6:30 P.M. VINYASA YOGA 6:30 P.M. SOCCER	2 6-7:30 A.M FITNESS ASSESSMENTS 9 A.M. VINYASA YOGA 6:30 P.M. FULL BODY BLAST	3 NOON CORE & MORE 5:30 P.M. SPINNING 6:30 P.M. SOCCER	9 a.m. athletic flow	5 CLOSED
1-3 P.M. 6 OUTDOOR FITNESS GROUP 4 P.M. SLOW FLOW YOGA 5-6:30 P.M. FITNESS ASSESSMENTS	7 NOON POWER WALKING 5:30 P.M. SPINNING	8 NOON SKI CONDITIONING 6:30 P.M. VINYASA YOGA 6:30 P.M. SOCCER	9 6-7:30 A.M FITNESS ASSESSMENTS 9 A.M. POWER WALKING 6:30 P.M. FULL BODY BLAST	10 Noon core & more 5:30 p.m. spinning 6:30 p.m. soccer	9 a.m. athletic flow	12 CLOSED
1-3 P.M. 13 OUTDOOR FITNESS GROUP 5-6:30 P.M. FITNESS ASSESSMENTS	14 COLUMBUS DAY CLOSED	NOON SKI CONDITIONING 6:30 P.M. SOCCER	16 6-7:30 A.M FITNESS ASSESSMENTS 9 A.M. VINYASA YOGA 6:30 P.M. FULL BODY BLAST	17 NOON CORE & MORE 5:30 P.M. SPINNING 6:30 P.M. SOCCER	9 A.M. ATHLETIC FLOW	19 CLOSED
1-3 P.M. 20 OUTDOOR FITNESS GROUP 4 P.M. SLOW FLOW YOGA 5-6:30 P.M. FITNESS ASSESSMENTS	21 NOON POWER WALKING 5:30 P.M. SPINNING	22 NOON SKI CONDITIONING 6:30 P.M. VINYASA YOGA 6:30 P.M. SOCCER	23 6-7:30 A.M FITNESS ASSESSMENTS 9 A.M. VINYASA YOGA 6:30 P.M. FULL BODY BLAST	24 NOON CORE & MORE 5:30 P.M. SPINNING 6:30 P.M. SOCCER	9 A.M. ATHLETIC FLOW	26 CLOSED
1-3 P.M. 27 OUTDOOR FITNESS GROUP 4 P.M. SLOW FLOW YOGA 5-6:30 P.M. FITNESS ASSESSMENTS	28 NOON POWER WALKING 5:30 P.M. SPINNING	29 NOON SKI CONDITIONING 6:30 P.M. VINYASA YOGA 6:30 P.M. SOCCER	30 6-7:30 A.M FITNESS ASSESSMENTS 9 A.M. VINYASA YOGA 6:30 P.M. FULL BODY BLAST	31 HALLOWEEN		



FITNESS ASSESSMENTS

Wednesday mornings and Sundays afternoons!

Are you looking to evaluate your current health and physical fitness level? This 30-minute one-on-one assessment establishes a personal benchmark for cardiovascular fitness, muscular strength, flexibility and body composition. Our Fitness Specialist will help you design a program that allows you to reach your health and fitness goals. It is recommended to periodically complete a Fitness Assessment to adjust goals and keep you on track. Sign up for appointments at the front desk.

AS EASY AS 1....2....3

1. Vehicles must have a valid, up to date U.S FORCES POV REGISTRATION/TITLE/ POL AUTHORIZATION, AE FORM 190-1A;

2. There is no lien holder; and

3. Please call for vehicle drop off appointment as we have to ensure personnel are available to access drop off location.



USAG BAVARIA GARMISCH VEHICLE VEHICLE TURNING SERVICE DISPOSE OF UNWANTED VEHICLES COST: 500

WITH THE VALUE ADDED TAX OFFICE

Open for eligible personnel with SOFA/Logistical Support

CONTACT US FOR MORE INFORMATION GARMISCH VAT OFFICE

ARTILLERY KASERNE, BLDG. 203, RM 116A

GARMISCH.ARMYMWR.COM

Car Lift Tire Rim Change Tire Balance

SELF SERVICE WINTER MAINTENANCE

by appointment only OCTOBER 18-20 8 A.M. - 5 P.M.

B257, Artillery Kaserne, Garmisch

Call 440-3702 to schedule your appointment garmisch.armymwr.com

 Oil Changes
 Safety Checks fluids, windshield wipers, lights
 Tire Change

summer to winter; new tires on rims, mounting, balancing Bay (flat) - \$6 Bay (lift) - \$10

Bay (flat) - \$6 Bay (lift) - \$10 Tire Balance - \$6 per tire Mount & Balance - \$15 per tire Oil Change - \$25 Diagnostic Hook Up - \$25





STORE YOUR EXTRA VEHICLE LEGALLY AND SECURELY

OPEN AIR LONG TERM **VEHICLE PARKING** ON ARTILLERY KASERNE

A message from the Deputy Garrison Manager.....

\$30 per month

There has been an increase of illegal POV parking on Artillery Kaserne and Sheridan Barracks and we need your help stemming this. The Military Police (MPs) are patrolling in areas of increased parking violations. IAW AER 190-1, the MPs are also issuing Armed Forces Traffic Tickets (DD Form 1408) for illegal POV parking - this will result in the assessing of one point on the owner's USAREUR LICENSE.



Vehicles must have a valid, up to date U.S. FORCES POV REGISTRATION/TITLE/POL AUTHORIZATION, AE FORM 190-1A

> TO BOOK YOUR SPOT Contact the Mueller Fitness Center B119 Gernackerstrasse, Sheridan Kaserne DSN 440-2747 or CIV 08821-750-2747



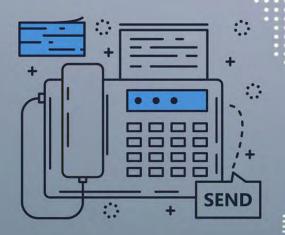




INTERNATIONAL

MONDAY - FRIDAY // 8 AM-5 PM // \$1 PER PAGE

AVAILABLE



FAMILY AND MWR ADMINISTRATIVE OFFICE ARTILLERY KASERNE, B203 RM 120 & 121

NEED INFO? DSN 440-3702/3005, CIV 08821-750-3702/3005

