

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 | SERVICES

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



ANANSI

PUPPET SHOW
November 21, 10:30 a.m.

Come watch **ANANSI** live at the Library! Be amazed by the puppets, their masters and the spectacular backdrops in this classic West African tale. All ages are 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 Mathematics-based programming.



HOLIDAY CRAFTING PARTY & ELF ON THE SHELF KICK-OFF December 3, 3-5 p.m.

Get into the holiday spirit and craft your heart out! The library will have ornaments, cards and templates for décor as well as an abundance of bedazzling materials right in time for the holidays. See if you can spy Ollie, the library elf, as he makes his debut this season! Coffee, cookies and camaraderie are assured!

NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

Learn something new about the history and culture of Native Americans. Check out our special display of books, films and audiobooks in honor of Native American Heritage Month.

DON'T BE A TURKEY - READ!

Thanksgiving is just around the corner. Enjoy your break 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.

PRESCHOOL & TODDLER STORYTIME

Thursdays, 10:30 a.m.

November 7: Toddlers ages 3-

November 14: Preschool 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.

BOOK DISCUSSION GROUP

November 19, 7 p.m.

November's Book Club will tackle *THERE, THERE* by Tommy Orange. This debut novel tackles the plight of the urban Native American in a multigenerational story about violence and recovery, memory and identity, and the beauty of despair woven into the history of a nation and its people. Books and audiobooks available at the library.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 SATURDAY MATINÉE 3 P.M.
3	4	5	6	7 TODDLER STORYTIME 10:30 A.M.	8	9 SATURDAY MATINÉE 3 P.M.
10	11 VETERANS DAY - CLOSED -	12 STEAM TUESDAY 3:30-4:30 P.M.	13	14 PRESCHOOL STORYTIME 10:30 A.M.	15	16 SATURDAY MATINÉE 3 P.M.
17	18	19 STEAM TUESDAY 3:30-4:30 P.M. BOOK CLUB <i>THERE, THERE</i> 7 P.M.	20	21 PUPPET SHOW ANANSI 10:30 A.M.	22	23 SATURDAY MATINÉE 3 P.M.
24	25	26 STEAM TUESDAY 3:30-4:30 P.M.	27	28 HAPPY THANKSGIVING - CLOSED -	29	30 5th SATURDAY MATINÉE 3 P.M. <small>supported by the Garmisch Chapel</small>



Hours of Operation

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

Army
Community
Service

ACS

ARMY VOLUNTEER CORPS
EMPLOYMENT READINESS

INFORMATION & REFERRAL
FINANCIAL ASSISTANCE

FAMILY ADVOCACY PROGRAM
RELOCATION READINESS

GARMISCH PLAYGROUP

Tuesdays, 9:30-11 a.m.

Pete Burke Community Center, Playgroup Room
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!

COFFEE TALK

First Friday of the month

Meet - Discuss - Enjoy - Learn! Bring your ideas about living life in Garmisch to the coffee table. All adult community members are invited. Please call for location and more details.

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 new friends and learn about local culture and transportation. Pre-registration required.

Newcomer's Brief and Tour is taking a break in November and December due to the holiday season. Anyone new to the community and interested please contact ACS to set-up a time.



GAP DINING OUT

NOVEMBER 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.

NEED TO TALK?

MILITARY AND FAMILY LIFE COUNSELORS (MFLC)

are available to help Service Members and their families and can assist individuals, couples, families and groups.

To schedule a time to meet, call
0170-708-0744.

FAMILY ADVOCACY FRIDAYS

Third Friday of the month

Stop by ACS to talk to our visiting Family Advocacy Specialist. For information or to schedule an individual or group class, contact ACS.

WELLNESS WORKSHOP: KICK THE PRESSURE HOLIDAY EDITION

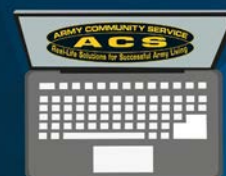
November 22, 9-11 a.m.

ACS B203

EXPLORE MEDITATION

November 22, 11:30 a.m. - noon

Pete Burke Community Center, B725



ARMY COMMUNITY SERVICE

FINANCIAL FITNESS CHALLENGE

TUESDAYS, 9-10 A.M.

- Oct. 1 PFC Overview
- Oct. 8 TSP Basics
- Oct. 15 Investment Basics
- Oct. 22 Retirement Planning
- Oct. 29 TSP Strategies
- Nov. 6 Advanced Investing
- Nov. 12 Family Financial Planning
- Nov. 19 Spending Plans

LEARN HOW TO GET & KEEP YOUR FINANCES IN GREAT SHAPE!

MWR/ACS CONFERENCE ROOM, B203 RM 106

To register, please call CIV 08821-750-3572 or DSN 440-3572 or RESERVE YOUR SPOTS AT acshavaria.checkappointments.com

More information about each class at garmisch.armymwr.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 NOVEMBER!

This month we celebrate Veterans Day and Thanksgiving with various activities and games. Participate in writing to Pen Pals you have parted ways with that would enjoy a letter from a friend.

Homework Help & Tech Lab available daily.

Every child registered with CYS is eligible for **four free hours of care** per month. Sign them up for one of our clubs!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 SCHOOL OUT DAY GAMES CLUB Monopoly FIT FUN FRIDAY Frisbee Golf	2
3	4 BOYS & GIRLS CLUB London YOUTH SPORTS Basketball 4:30-5:30 p.m.	5 STEAM CLUB 3:30-4:30 p.m. <i>Partnership with our local library</i>	6 ART CLUB Homemade Paper YOUTH SPORTS Basketball 4:30-5:30 p.m.	7 JR. TORCH LEADERSHIP CLUB ANYTHING GOES Pearler Beads	8 SCHOOL OUT DAY GAMES CLUB Suspend FIT FUN FRIDAY Bike Ballet	9
10	VETERANS DAY - CLOSED -	12 STEAM CLUB 3:30-4:30 p.m.	13 ART CLUB Pen Pals I YOUTH SPORTS Basketball 4:30-5:30 p.m.	14 JR. TORCH LEADERSHIP CLUB ANYTHING GOES Rainbow Fizzies	15 ROLLERPALOOZA! SAC: 3:30-5:30 p.m. YC: 6-10 p.m.	16
17	18 BOYS & GIRLS CLUB Egypt – Building a Pyramid	19 STEAM CLUB 3:30-4:30 p.m.	20 ART CLUB Pen Pals II	21 JR. TORCH LEADERSHIP CLUB ANYTHING GOES Edible Chocolate Play Dough	22 SCHOOL OUT DAY FIT FUN FRIDAY Just Dance	23
24	25 BOYS & GIRLS CLUB Sevens	26 STEAM CLUB 3:30-4:30 p.m.	27 ART CLUB Watercolor Pencils	28 HAPPY THANKSGIVING - CLOSED -	29 SCHOOL OUT DAY GAMES CLUB Museum FIT FUN FRIDAY Strength Challenge	30

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 NOVEMBER!

This month we celebrate Veterans Day and Thanksgiving with various activities and games. Participate in writing to Pen Pals you have parted ways with that would enjoy a letter from a friend.

Homework Help & Tech Lab available daily.

Girls' Club/Wise Guys is a youth program offered most Fridays that educates and empowers youth in a comfortable, personal and relaxed setting. Permission slip is required!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 SCHOOL OUT DAY RED CARPET DANCE 6-10 P.M. Semi-Formal Dress encouraged!	2
3	4 ART Pen Pals I	5 GAMES CLUB Geo Guesser	6 ANYTHING GOES Apples to Apples	7 JUST PLAY - SPORTS 3:30-5 p.m.	8 SCHOOL OUT DAY GIRLS CLUB/ WISE GUYS 3:30-5 p.m. CULINARY CLUB NIGHT SPORTS	9
10	VETERANS DAY - CLOSED -	12 GAMES CLUB Uno	13 ANYTHING GOES Rubber Egg Experiment	14 JUST PLAY - SPORTS 3:30-5 p.m.	15 ROLLERPALOOZA! SAC: 3:30-5:30 p.m. YC: 6-10 p.m.	16
17	18 ART Pen Pals II	19 GAMES CLUB Cheat: Card Game	20 ANYTHING GOES Popsicle Stick Snowflakes	21 JUST PLAY - SPORTS 3:30-5 p.m.	22 SCHOOL OUT DAY GIRLS CLUB/ WISE GUYS 3:30-5 p.m. CULINARY CLUB NIGHT SPORTS	23
24	25 ART Monochromatic Art	26 GAMES CLUB Jenga	27 ANYTHING GOES Rainbow Milk	28 HAPPY THANKSGIVING - CLOSED -	29 SCHOOL OUT DAY GAMES CLUB Charades YOUTH CENTER OPEN 1-6 p.m.	30

VETERANS DAY

5K FUN RUN/ WALK

NOVEMBER 10
RACE STARTS AT 9:30 A.M.

STARTS AND FINISHES AT THE PETE BURKE COMMUNITY CENTER

REGISTRATION BEGINS AT 8:30 A.M.

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

garmisch.armymwr.com



U.S. ARMY
MWR
USAG BAVARIA

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



STARS AND STRIPES



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

ASHTANGA POWER YOGA

This is a traditional practice where the sequences of asanas are very similar every session. It is a great way to build not only strength and flexibility, but also to familiarize yourself with postures and their names. Learning how to transition smoothly, will give you a base of knowledge to carry into Vinyasa or other styles of Yoga.

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.

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.

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/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.

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.

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.

* Opening Hours will be adjusted in support of this event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 CLOSED
3 4 P.M. SLOW FLOW YOGA 5-6:30 P.M. FITNESS ASSESSMENTS	4 9 A.M. ATHLETIC FLOW NOON SCAT 5:30 P.M. SPINNING	5 NOON SKI CONDITIONING 6:30 P.M. VINYASA YOGA SOCCER PLAYOFFS	6 6-7:30 A.M. FITNESS ASSESSMENTS	7 9 A.M.: VINYASA YOGA NOON: CORE & MORE 5:30 P.M.: SPINNING 6:40 P.M.: ASHTANGA POWER YOGA SOCCER CHAMPIONSHIPS	8	9 CLOSED
10 9:30 A.M. VETERANS DAY 5K FUN RUN/WALK * 4 P.M. SLOW FLOW YOGA	11 VETERANS DAY CLOSED	12 NOON SKI CONDITIONING 6:30 P.M. VINYASA YOGA BASKETBALL COACHES MEETING	13 6-7:30 A.M. FITNESS ASSESSMENTS DODGEBALL CHALLENGE	14 9 A.M.: VINYASA YOGA NOON: CORE & MORE 5:30 P.M.: SPINNING 6:40 P.M.: ASHTANGA POWER YOGA	15	16 CLOSED
17 4 P.M. SLOW FLOW YOGA 5-6:30 P.M. FITNESS ASSESSMENTS	18 9 A.M. ATHLETIC FLOW NOON SCAT 5:30 P.M. SPINNING	19 NOON SKI CONDITIONING	20 6-7:30 A.M. FITNESS ASSESSMENTS DODGEBALL CHALLENGE	21 9 A.M.: VINYASA YOGA NOON: CORE & MORE 5:30 P.M.: SPINNING 6:40 P.M.: ASHTANGA POWER YOGA	22	23 CLOSED
24 5-6:30 P.M. FITNESS ASSESSMENTS	25 NOON SCAT 5:30 P.M. SPINNING	26 NOON SKI CONDITIONING BASKETBALL SEASON STARTS	27 6-7:30 A.M. FITNESS ASSESSMENTS	28 HAPPY THANKSGIVING CLOSED	29	30 CLOSED



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.

FAMILY AND MWR SERVICES

COMMUNITY SERVICES AND EVENTS



**USAG BAVARIA GARMISCH
VEHICLE
TURN-IN
SERVICE**
DISPOSE OF UNWANTED VEHICLES
COST: \$60

**WITH
THE VALUE
ADDED TAX
OFFICE**

Open for eligible personnel
with SOFA/Logistical Support

CONTACT US FOR MORE INFORMATION
GARMISCH VOT OFFICE
ARTILLERY KASERNE, BLDG. 203, RM 116A
GARMISCH.ARMY.MWR.COM

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.

U.S. ARMY
MWR
USAG BAVARIA



**INTERNATIONAL
FAX
AVAILABLE**

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

FAMILY AND MWR ADMINISTRATIVE OFFICE
ARTILLERY KASERNE, B203 RM 120 & 121
NEED INFO? DSN 440-3702/3005, CIV 08821-750-3702/3005

U.S. ARMY
MWR
USAG BAVARIA



**STORE YOUR EXTRA VEHICLE
LEGALLY
AND SECURELY**

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

\$30 per month

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

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

U.S. ARMY
MWR
USAG BAVARIA



December 5
5:30 - 8 p.m.

Winterfest

At Peter Burke Community Center

Featuring Santa & Mrs. Claus | Live Music
Bake Sale | Food & drinks available for purchase
BGCA Photography Exhibit

Pete Burke Community Center, B725 Garmisch
DSN 440-3572, CIV 08821-750-3572
garmisch.armymwr.com



U.S. ARMY
MWR
USAG BAVARIA