



U.S. ARMY
MWR
USAG BAVARIA

Happy
HOLIDAYS

DECEMBER 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 | SERVICES

GARMISCH.ARMYMWR.COM | FACEBOOK.COM/GARMISCHFMWR



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



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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



GAP DINING OUT DECEMBER 19

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.

FREE!
SPACE IS LIMITED.
REGISTRATION REQUIRED.

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

SPRECHEN SIE DEUTSCH?

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

JANUARY 7, 14, 21 & 28
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

GARMISCH PLAYGROUP

Tuesdays, 9:30-11 a.m.

Pete Burke Community Center, B725, Playgroup Room
Share ideas, concerns and wisdom on life as a parent in Germany, all while your children play! Contact the 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 December for the holiday season. Anyone new to the community and interested please contact ACS to set-up a time.

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 and to schedule an individual or group class, contact ACS.

EXPLORE MEDITATION

December 20, 11:30 a.m. - noon

Pete Burke Community Center, B725

Elf on the Shelf

is coming...
December 2-24


armymwrlibrary
imagine • discover • connect

**FIND THE LIBRARY'S ELF ON THE SHELF, OLLIE,
THROUGHOUT DECEMBER AND PLAY THE HIDE-AND-SEEK BINGO GAME**

GARMISCH LIBRARY

B725 AM HERRGOTTSCHROFEN, ARTILLERY KASERNE
DSN 440-2467, CIV 08821-750-2467
GARMISCH.ARMYMWR.COM



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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

MORNING BUILD
Pre-School children

THURSDAYS
IN DECEMBER AT 10:30 A.M.

Play with the Library's collection of building sets including Picasso Tiles, K'Nex Education sets, Legos, and Brain Blox Building Planks

GARMISCH LIBRARY
8725 AM HERRGOTTSCROFEN, ARTILLERY KASERNE
DSN 440-2467, CIV 08821-750-2467
GARMISCH.ARMYMWR.COM

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Get into the holiday spirit,
and craft your heart out!

HOLIDAY Crafting PARTY

December 3, 3-5 p.m.

The library will have ornaments, cards and templates for décor, as well as an abundance of bedazzling materials right in time for the holidays!

GARMISCH LIBRARY
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SATURDAY MATINÉE

Saturdays, 3 p.m., Pete Burke Community Center

Contact the library for film selections & ratings. Movies are shown on the big screen TV. Bring your own snacks. Children grades 5 & below must be accompanied by an adult.

SCHOOL AGE CENTER



Hours of Operation

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

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

WELCOME TO DECEMBER

Throughout the month, youth will have the opportunity to participate in fun activities.
Join our SAC HOLIDAY PARTY on DECEMBER 20 to celebrate the season (sign up at the front desk)!

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	2 BOYS & GIRLS CLUB Star Wars Word Search Challenge	3 STEAM CLUB 3:30-4:30 p.m. at the Library	4 ART CLUB Art Show Preparation	5 ANYTHING GOES Museum JR. TORCH CLUB Holiday Party Prep	6 FIT FUN FRIDAY Indoor Gymnastics	7
8	9 BOYS & GIRLS CLUB Mindfulness	10 CULINARY CLUB Healthy Chocolate Chip Muffins	11 ART CLUB Aqua Beads	12 ANYTHING GOES Holiday Hangman Game	13 FIT FUN FRIDAY Yoga	14
15	16 BOYS & GIRLS CLUB Harry Potter Word Search Challenge	17 CULINARY CLUB Holiday Cookies	18 ART CLUB Indoor Chalk Art	19 ANYTHING GOES Party-Dessert Making JR. TORCH CLUB Party Review	20 SAC WINTER HOLIDAY PARTY 6-8:30 P.M.	21
22	WINTER BREAK 23 BOYS & GIRLS CLUB Schnee Café – Hot Cocoa GAMES CLUB Spoons	24 CULINARY CLUB Holiday Fudge DRAMA CLUB Heads Up	25 MERRY CHRISTMAS - CLOSED -	26 ANYTHING GOES Musical Chairs ART CLUB Clay Creations	27 GAMES CLUB Mother May I FIT FUN FRIDAY Freeze Dance	28
29	30 BOYS & GIRLS CLUB Schnee Café – Kinder Punch GAMES CLUB Connect 4 Tournament	31 CULINARY CLUB Honey Baked Holiday Bread DRAMA CLUB Heads Up				

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 DECEMBER

Ring the holidays in with a variety of activities and events. We'll be cooking most Mondays, playing games on Tuesdays, random fun on Wednesdays, assisting the SLC and planning our next fun YC event on Thursdays and our regular shenanigans on Fridays! Come hang out!

Homework Help & Tech Lab available daily.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	2 ART Stuffing Winterfest Goodie Bags	3 GAMES CLUB Word Search – World's Tallest Mountains	4 ANYTHING GOES Holiday Musical Chairs	5 STUDENT LEADERSHIP CLUB Winterfest Preparation <i>Winterfest at PBC in evening</i>	6 GIRLS CLUB/ WISE GUYS 3:30-5 p.m. NIGHT SPORTS	7
8	9 CULINARY ARTS Homemade Eggnog	10 GAMES CLUB Chess Club	11 ANYTHING GOES Paper Snowflakes	12 STUDENT LEADERSHIP CLUB Review of Winterfest	13 GIRLS CLUB/ WISE GUYS 3:30-5 p.m. NIGHT SPORTS	14
15	16 CULINARY ARTS Healthy Chocolate Chip Muffins	17 GAMES CLUB Holiday Pictionary	18 ANYTHING GOES Jumbo	19 STUDENT LEADERSHIP CLUB Winter Event Planning I	20 GIRLS CLUB/ WISE GUYS 3:30-5 p.m. NIGHT SPORTS	21
22	WINTER BREAK 23 CULINARY ARTS Christmas Fudge	24 GAMES CLUB Sevens Card Game	25 MERRY CHRISTMAS - CLOSED -	26 STUDENT LEADERSHIP CLUB Winter Event Planning II	27 GIRLS CLUB/ WISE GUYS 3:30-5 p.m. NIGHT SPORTS	28
29	30 CULINARY ARTS Homemade Hot Cocoa	31 GAMES CLUB Jenga				

THE HOLIDAYS ARE NOT SO MUCH ABOUT OPENING PRESENTS, AS IT IS FOR OPENING OUR HEARTS.



K-5TH GRADES
\$12 (INCLUDES DINNER)

GARMISCH SCHOOL AGE CENTER'S

WINTER DISCO

DECEMBER 20 | 6-8:30 P.M.

COME FOR DINNER, DANCING, HOLIDAY FUN AND GAMES

**B723 AM HERRGOTTSCHROFEN
ARTILLERY KASERNE**

DSN 440-2684, CIV 08821-750-2684



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UNITED STATES ARMY
CHILD & YOUTH SERVICES

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. The focus is on strength and cardio as well as flexibility and balance. By using bodyweight, you push yourself to your own limits.

SCAT (STRENGTH CARDIO AGILITY TRAINING)

This class is designed in the circuit format and is easy to follow at your own level of fitness. It is a great way to burn fat, lose weight and get ultra-fit.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 NOON SCAT 5:30 P.M. SPINNING	3 NOON SKI CONDITIONING 6:30 P.M. VINYASA YOGA BASKETBALL GAMES	4 6-7:30 A.M. FITNESS ASSESSMENTS	5 9 A.M.: VINYASA YOGA NOON: CORE & MORE 5:30 P.M.: SPINNING 6:40 P.M.: ASHTANGA POWER YOGA BASKETBALL GAMES	6 9 A.M. ATHLETIC FLOW	7 CLOSED
8 4 P.M. SLOW FLOW YOGA 5-6:30 P.M. FITNESS ASSESSMENTS	9 NOON SCAT 5:30 P.M. SPINNING	10 NOON SKI CONDITIONING 6:30 P.M. VINYASA YOGA BASKETBALL GAMES	11 6-7:30 A.M. FITNESS ASSESSMENTS	12 9 A.M.: VINYASA YOGA NOON: CORE & MORE 5:30 P.M.: SPINNING 6:40 P.M.: ASHTANGA POWER YOGA BASKETBALL GAMES	13 9 A.M. ATHLETIC FLOW	14 CLOSED
15 4 P.M. SLOW FLOW YOGA 5-6:30 P.M. FITNESS ASSESSMENTS	16 NOON SCAT 5:30 P.M. SPINNING	17 NOON SKI CONDITIONING 6:30 P.M. VINYASA YOGA	18 6-7:30 A.M. FITNESS ASSESSMENTS	19 9 A.M.: VINYASA YOGA NOON: CORE & MORE 5:30 P.M.: SPINNING 6:40 P.M.: ASHTANGA POWER YOGA	20 9 A.M. ATHLETIC FLOW	21 CLOSED
22 4 P.M. HOLIDAY BREATH, BALANCE & BLISSFULLY FUN FLOW YOGA	23 NOON SCAT 5:30 P.M. SPINNING	24	25 MERRY CHRISTMAS - CLOSED -	26 9 A.M. HOLIDAY RECOVERY TWIST & DETOX YOGA	27	28 CLOSED
29 4-6 P.M. HOLIDAY YOGA WORKSHOP	30	31				

HOLIDAY YOGA WORKSHOP

December 29, 4-6 p.m.

The Holidays are the time for celebrations and feasts. Take some time for yourself and recoup enjoying the benefits of deep practice. This workshop focuses on gratitude, reflection and feeling well. We will recover with detoxifying twists and deep stretches to aid in digestion and open up the body utilizing the props, breath work and relaxation techniques. Fee: \$15 per person.

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.





HEALTHY LIFESTYLE CHALLENGE

JANUARY 5 - FEBRUARY 28

ADOPT A HEALTHY LIFESTYLE • SUSTAIN GOOD EXERCISE ROUTINES

**INDIVIDUAL OR TEAM • COMPETE BY EARNING POINTS
FITNESS ASSESSMENTS • HEALTHY TIPS AND TASKS**

REGISTRATION FEE: \$35/6 PERSON TEAM OR \$8/PERSON

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



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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.

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**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

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**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

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