

JANUARY 2020

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



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

PERSONAL FINANCIAL PLANNING

Start off the new year with a customized financial plan. Contact the Personal Financial Counselor at 08821-750-3633 or pfc.garmisch.usa@zeiders.com to schedule an appointment.

NEED TO TALK?

A Military and Family Life Counselor is available for individuals, couples and families to discuss issues you may be struggling with, such as stress, relationship concerns, grief, anxiety and goal setting. 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.

Communication 101: Assertive Communication

January 17, 9-11 a.m., ACS B203

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 Program 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. **Call ACS to pre-register.**

NEWCOMER'S BRIEF

Fourth Thursday of every month, 9-10:30 a.m.

NEWCOMER'S GAP TOUR

Fourth Friday of every month, 9 a.m.



GAP DINING OUT

January 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.

READING FOR RESILIENCY BOOK CLUB

JANUARY 24

• The Happiness Project •

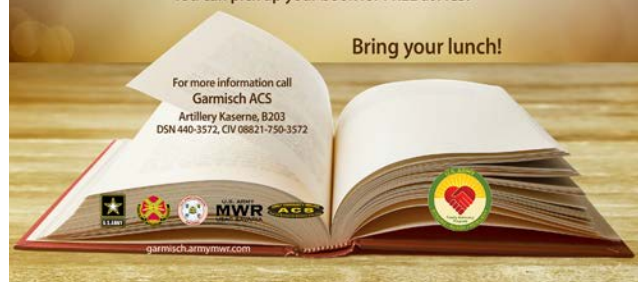
NOON - 1 P.M.

"THE ATTIC", B724, ARTILLERY KASERNE

We will be reading and discussing popular books that tackle important topics. If you love to read, join us!
You can pick up your book for FREE at ACS.

Bring your lunch!

For more information call
Garmisch ACS
Artillery Kaserne, B203
DSN 440-3572, CIV 08821-750-3572



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

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!

JANUARY 11, 2-3 P.M.

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

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

U.S. ARMY MWR USAG BAVARIA armymwr library

LOL @ THE LIBRARY

All Month

Don't let the winter blues take hold this dark month. Come to the library for a laugh and chat.

STEAM TUESDAYS

January 21, 3:30-4:30 p.m.

The popular STEAM Tuesdays begin again on January 21! Come to the library every Tuesday to exercise your brain with engrossing Science, Technology, Engineering, Arts, and Mathematics-based programming. Fun topics will include magnets, electricity, solar energy, and the environment.

PRESCHOOL & TODDLER STORYTIMES

Thursdays, 10:30 a.m.

January 23: Preschool ages 3+

January 30: Toddlers ages 3-

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	CLOSED		1 HAPPY NEW YEAR CLOSED	2	3	4 SATURDAY MATINÉE 3 P.M.
5 CLOSED	6 CLOSED	7	8	9	10	11 3D PRINTER DEMO 2-3 P.M. SATURDAY MATINÉE 3 P.M.
12 CLOSED	13 CLOSED	14	15	16	17	18 SATURDAY MATINÉE 3 P.M.
19 CLOSED	20 CLOSED	21 STEAM TUESDAY 3:30-4:30 P.M. BOOK CLUB 7-9 P.M.	22	23 PRESCHOOL STORYTIME 10:30 A.M.	24	25 SATURDAY MATINÉE 3 P.M.
26 CLOSED	27 CLOSED	28 STEAM TUESDAY 3:30-4:30 P.M.	29	30 TODDLER STORYTIME 10:30 A.M.	31	

SATURDAY MATINÉE

Saturdays, 3 p.m.
Pete Burke
Community Center

Contact the library
for film selections
and ratings.

Movies are shown
on the big screen
TV.

Bring your own
snacks.

Children must be
accompanied by an
caregiver.

SCHOOL AGE CENTER



Hours of Operation

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

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

WELCOME TO 2020!

Starting the new year, we will welcome back Wonderful Wednesdays. Art Club has been shifted from Wednesdays to Thursdays. School resumes on January 6 and STEAM resumes on January 14. Let's make this a great year!

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 HAPPY NEW YEAR - CLOSED -	2 ANYTHING GOES Lesson Plan Brainstorm ART CLUB Crinkle Art	3 KIDS CHOICE ACTIVITY 3:30-5 p.m.	4
5	6 BOYS & GIRLS CLUB Indoor Ski Lessons Pt I	7 ENGINEERING CLUB Build a Sleigh with Blocks	8 WONDERFUL WEDNESDAYS	9 ANYTHING GOES Twister Challenge ART CLUB Beaded Bracelets	10 KIDS CHOICE ACTIVITY 3:30-5 p.m.	11
12	13 BOYS & GIRLS CLUB Kids Yoga	14 STEAM CLUB Library 3:30-4:30 p.m.	15 WONDERFUL WEDNESDAYS	16 ANYTHING GOES Fruit Kabobs ART CLUB Kids Choice Sewing	17 KIDS CHOICE ACTIVITY 3:30-5 p.m.	18
19	20 MARTIN LUTHER KING JR. DAY - CLOSED -	21 STEAM CLUB Library 3:30-4:30 p.m.	22 WONDERFUL WEDNESDAYS	23 ANYTHING GOES Go Fish ART CLUB Finger Painting	24 KIDS CHOICE ACTIVITY 3:30-5 p.m.	25
26	27 BOYS & GIRLS CLUB Indoor Ski Lessons Pt 2	28 STEAM CLUB Library 3:30-4:30 p.m.	29 WONDERFUL WEDNESDAYS	30 ANYTHING GOES Coloring Sheets ART CLUB Paper Mosaics	31 KIDS CHOICE ACTIVITY 3:30-5 p.m.	

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 2020!

Starting the new year, we will welcome Wonderful Wednesdays back. School resumes on January 6. Anything Goes has been shifted from Wednesdays to Thursdays. Let's enjoy this new year!

Homework Help & Tech Lab available daily.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 HAPPY NEW YEAR - CLOSED -	2 ANYTHING GOES Apples to Apples	3 GIRLS CLUB/WISE GUYS 3:30-5 p.m. CULINARY CLUB NIGHT SPORTS	4
5	6 ART Invisible Watercolors	7 LIFE SKILLS Ski Fitness	8 WONDERFUL WEDNESDAYS	9 ANYTHING GOES Pass-n-Play Pictionary	10 GIRLS CLUB/WISE GUYS 3:30-5 p.m. CULINARY CLUB NIGHT SPORTS	11
12	13 CULINARY ARTS Chia Seed Pudding	14 LIFE SKILLS Headstands	15 WONDERFUL WEDNESDAYS	16 ANYTHING GOES Massive Uno	17 GIRLS CLUB/WISE GUYS 3:30-5 p.m. CULINARY CLUB NIGHT SPORTS	18
19	20 MARTIN LUTHER KING JR. DAY - CLOSED -	21 LIFE SKILLS Snowboard vs Skiing	22 WONDERFUL WEDNESDAYS	23 ANYTHING GOES Jenga	24 GIRLS CLUB/WISE GUYS 3:30-5 p.m. CULINARY CLUB NIGHT SPORTS	25
26	27 ART Oil Pastels	28 LIFE SKILLS Pot of Tea	29 WONDERFUL WEDNESDAYS	30 ANYTHING GOES Lesson Plan Ideas	31 GIRLS CLUB/WISE GUYS 3:30-5 p.m. CULINARY CLUB NIGHT SPORTS	



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



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.

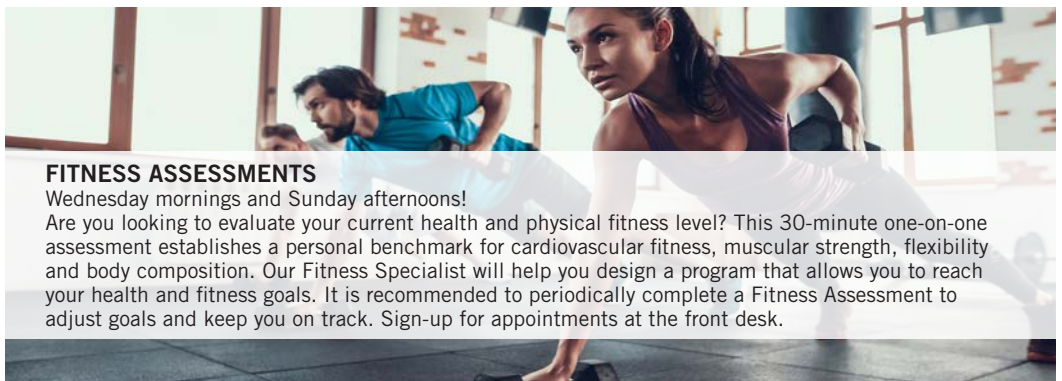
SPINNING/SPIN-N-FLEX

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.

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. It prepares you for a stronger, healthier and more confident ski season.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 HAPPY NEW YEAR - CLOSED -	2	3	4 CLOSED
5	6	7	8	9	10	11 CLOSED
5 P.M. SLOW FLOW YOGA	5:30 P.M. SPINNING 6:40 P.M. VINYASA YOGA	9 A.M. VINYASA YOGA		6:40 P.M. ASHTANGA POWER YOGA BASKETBALL GAMES	9 A.M. ATHLETIC FLOW	
12 4-6 P.M. FOUNDATIONS OF YOGA WORKSHOP	13 5:30 P.M. SPINNING 6:40 P.M. VINYASA YOGA	14 9 A.M. VINYASA YOGA NOON SKI CONDITIONING BASKETBALL GAMES	15	16 5:30 P.M. HLC ACTIVITY - TRX FOR STRONG CORE 6:40 P.M. ASHTANGA POWER YOGA BASKETBALL GAMES	17 9 A.M. ATHLETIC FLOW	18 CLOSED
19	20 MARTIN LUTHER KING JR. DAY - CLOSED -	21 9 A.M. VINYASA YOGA NOON SKI CONDITIONING BASKETBALL GAMES	22	23 5:30 P.M. HLC ACTIVITY - SPIN WORKSHOP 6:40 P.M. ASHTANGA POWER YOGA BASKETBALL GAMES	24 9 A.M. ATHLETIC FLOW	25 CLOSED
26 1-3 P.M. HLC ACTIVITY SNOWSHOEING 5 P.M. SLOW FLOW YOGA	27 5:30 P.M. SPINNING	28 9 A.M. VINYASA YOGA NOON SKI CONDITIONING BASKETBALL GAMES	29	30 5:30 P.M. HLC ACTIVITY - TABATA WORKOUT 6:40 P.M. ASHTANGA POWER YOGA BASKETBALL GAMES	31 9 A.M. ATHLETIC FLOW	



FITNESS ASSESSMENTS

Wednesday mornings and Sunday 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**

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.

Open for eligible personnel with SOFA/Logistical Support

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

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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

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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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