



U.S. ARMY
MWR
USAG BAVARIA

FEBRUARY 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

GARMISCH.ARMYMWR.COM | FACEBOOK.COM/GARMISCHFMWR



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



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 TOUR

Fourth Friday of every month, 9 a.m.



GAP DINING OUT

February 20

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.

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 ACS 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.

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.

PERSONAL FINANCIAL PLANNING

Prepare yourself financially 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.

READING FOR RESILIENCY BOOK CLUB

FEBRUARY 21

• The Alchemist •

MARCH 20

• And Then You Loved Me •

APRIL 17

• Everything Everything •

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.

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

Bring your lunch!



garmisch.armymwr.com

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 love with the library! Checkout a rom-com or romance novel to get in the mood for amour this **VALENTINE'S DAY**. Read about ways to surprise your special someone or listen to the crooning of your favorite heartthrob. Love is in the air at the library!

STEAM TUESDAYS

Tuesdays, 3:30-4:30 p.m.

Visit the library every Tuesday to exercise your brain with engrossing Science, Technology, Engineering, Arts and Mathematics-based programming. Fun topics include magnets, electricity, solar energy and the environment.

PRESCHOOL & TODDLER STORYTIMES

Thursdays, 10:30 a.m.

February 6 & 20: Preschool ages 3+

February 13 & 27: Toddlers ages 3-

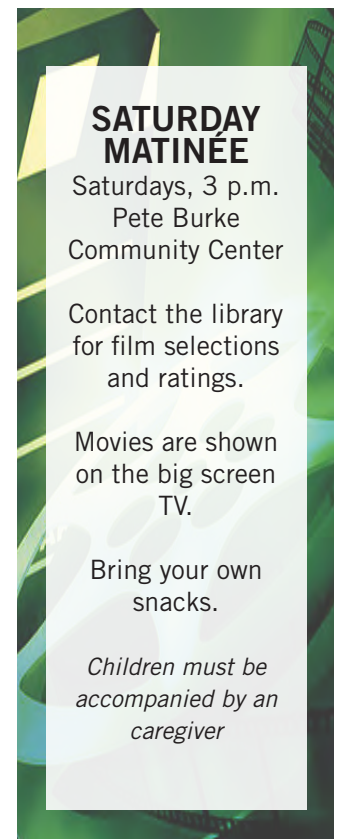
Join us for a new round of fun stories, songs and activities! It's never too early to introduce your child to the wonders of stories and reading.



DISPLAY

This year marks the sesquicentennial of the Fifteenth Amendment (1870) and the right of black men to the ballot after the Civil War. This theme speaks to the ongoing struggle on the part of both black men and black women for the right to vote, and celebrates the rise of black elected and appointed officials at the local and national levels. Discover books and DVDs honoring African Americans and the vote!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	CLOSED					1 SATURDAY MATINÉE 3 P.M.
2 CLOSED	3 CLOSED	4 STEAM TUESDAY 3:30-4:30 P.M.	5	6 PRESCHOOL STORYTIME 10:30 A.M.	7	8 SATURDAY MATINÉE 3 P.M.
9 CLOSED	10 CLOSED	11 STEAM TUESDAY 3:30-4:30 P.M.	12	13 TODDLER STORYTIME 10:30 A.M.	14 HAPPY VALENTINE'S DAY	15 SATURDAY MATINÉE 3 P.M.
16 CLOSED	17 PRESIDENTS' DAY CLOSED	18 STEAM TUESDAY 3:30-4:30 P.M.	19	20 PRESCHOOL STORYTIME 10:30 A.M.	21	22 SATURDAY MATINÉE 3 P.M.
23 CLOSED	24 CLOSED	25 STEAM TUESDAY 3:30-4:30 P.M.	26	27 TODDLER STORYTIME 10:30 A.M.	28	29 SATURDAY MATINÉE 3 P.M.



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: M, T, W, F: 2:30 - 6 p.m.; TH: 1:45-6 p.m.
School Out Days: 7 a.m. - 6 p.m.

WELCOME TO FEBRUARY!

We continue Wonderful Wednesday except on February 26 due to Fasching – Germany's Carnival holiday week. Kids will engage in some fun challenges and art activities and Fit Fun Friday will continue to get the kids moving!

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	3 BOYS & GIRLS CLUB Twister	4 STEAM CLUB Library 3:30-4:30 p.m.	5 WONDERFUL WEDNESDAY	6 ANYTHING GOES Uno ART CLUB Jellyfish Watercolor Paintings I	7 SCHOOL OUT DAY GAMES CLUB Foosball Tournament FIT FUN FRIDAY Kids Choice Activity 3:30-5 p.m.	8
9	10 BOYS & GIRLS CLUB Mummy Wrap Competition	11 STEAM CLUB Library 3:30-4:30 p.m.	12 WONDERFUL WEDNESDAY	13 ANYTHING GOES Smoothies ART CLUB Jellyfish Watercolor Paintings II	14 HAPPY VALENTINE'S DAY FIT FUN FRIDAY Kids Choice Activity 3:30-5 p.m.	15
16	17 PRESIDENTS' DAY - CLOSED -	18 STEAM CLUB Library 3:30-4:30 p.m.	19 WONDERFUL WEDNESDAY	20 ANYTHING GOES Story Creations ART CLUB Ombre Ice Cream Cone Paintings	21 FIT FUN FRIDAY Kids Choice Activity 3:30-5 p.m.	22
23	24 BOYS & GIRLS CLUB Lego Structure Challenge – Longest or Highest	25 STEAM CLUB Library 3:30-4:30 p.m.	26 GAMES CLUB Hangman Competition	27 ANYTHING GOES Spring Decor ART CLUB Calder Inspired Paper Sculptures	28 FIT FUN FRIDAY Kids Choice Activity 3:30-5 p.m.	29

YOUTH CENTER



Hours of Operation

School Days: M, T, W, F: 2:30 - 6 p.m.; TH: 1:45 - 6 p.m.

School Out Days: M, T, W, TH: 1 - 6 p.m.; F: 2 - 10 p.m.

WELCOME TO FEBRUARY!

We continue Wonderful Wednesday except on February 26 due to Fasching – Germany's Carnival holiday week. The YC Valentine's Party will be February 14, probably at the Artillery Gym with music, lights, food, dancing, and games!

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	3 ART Jellyfish Watercolor Paintings	4 LIFE SKILLS Twister	5 WONDERFUL WEDNESDAY	6 INFORMAL SLC MEETING ANYTHING GOES Fruit Kebabs	7 SCHOOL OUT DAY GIRLS CLUB/WISE GUYS, 3:30-5 p.m. CULINARY CLUB Kid's Choice NIGHT SPORTS	8
9	10 ART Friendship Bracelets	11 LIFE SKILLS Quads Game	12 WONDERFUL WEDNESDAY	13 INFORMAL SLC MEETING ANYTHING GOES Smoothies	14 YC VALENTINE'S DAY PARTY 6-9:30 P.M.	15
16	17 PRESIDENTS' DAY - CLOSED -	18 LIFE SKILLS Chess Club	19 WONDERFUL WEDNESDAY	20 INFORMAL SLC MEETING ANYTHING GOES Hangman Competition	21 GIRLS CLUB/WISE GUYS, 3:30-5 p.m. CULINARY CLUB Kid's Choice NIGHT SPORTS	22
23	24 ART Optical Line Designs	25 LIFE SKILLS Quarto Game	26 GAMES CLUB Team Pictionary	27 INFORMAL SLC MEETING ANYTHING GOES Apples to Apples Game	28 GIRLS CLUB/WISE GUYS, 3:30-5 p.m. CULINARY CLUB Kid's Choice NIGHT SPORTS	29

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

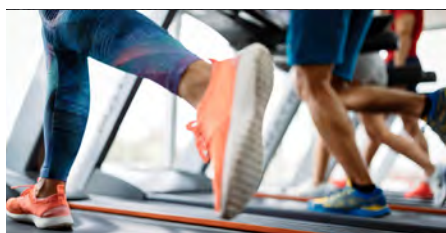


SAUNA

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

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.

CIRCUIT TRAINING

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 CLOSED
2 5 P.M. SLOW FLOW YOGA	3 5:30 P.M. SPINNING 5:30-7:30 P.M. INDOOR SOCCER 6:40 P.M. VINYASA YOGA	4 9 A.M. VINYASA YOGA NOON CIRCUIT TRAINING 6:30 P.M. BASKETBALL GAMES	5	6 5:30 P.M. HLC ACTIVITY 6:30 P.M. BASKETBALL GAMES 6:40 P.M. ASHTANGA POWER YOGA	7 11 A.M. ATHLETIC FLOW	8 CLOSED
9 5 P.M. SLOW FLOW YOGA	10 5:30 P.M. SPINNING 5:30-7:30 P.M. INDOOR SOCCER 6:40 P.M. VINYASA YOGA	11 9 A.M. VINYASA YOGA NOON CIRCUIT TRAINING 6:30 P.M. BASKETBALL GAMES	12	13 5:30 P.M. HLC ACTIVITY 6:30 P.M. BASKETBALL GAMES 6:40 P.M. ASHTANGA POWER YOGA	14 HAPPY VALENTINE'S DAY 11 A.M. ATHLETIC FLOW	15 CLOSED
16 5 P.M. SLOW FLOW YOGA	17 PRESIDENTS' DAY - CLOSED -	18 9 A.M. VINYASA YOGA NOON CIRCUIT TRAINING 6:30 P.M. BASKETBALL GAMES	19	20 5:30 P.M. HLC ACTIVITY 6:30 P.M. BASKETBALL GAMES 6:40 P.M. ASHTANGA POWER YOGA	21 11 A.M. ATHLETIC FLOW	22 CLOSED
23	24	25	26	27	28	29 CLOSED
HEALTHY LIFESTYLE CHALLENGE FITNESS ASSESSMENTS						
5 P.M. SLOW FLOW YOGA	5:30-7:30 P.M. INDOOR SOCCER 6:40 P.M. VINYASA YOGA	9 A.M. VINYASA YOGA		6:40 P.M. ASHTANGA POWER YOGA	11 A.M. ATHLETIC FLOW	

IMPORTANT NOTICE:
The Wednesdays and Sundays Fitness Assessments are currently not conducted due to the Healthy Lifestyle Challenge!



FAMILY AND MWR SERVICES

COMMUNITY SERVICES AND EVENTS



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

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

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

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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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