

DECEMBER 2019

TOWER BARRACKS & ROSE BARRACKS

# NEWSLETTER

U.S. ARMY  
**MWR**  
USAG BAVARIA

[grafenwoehr.armymwr.com](http://grafenwoehr.armymwr.com)  
[facebook.com/BavariaMWR](https://facebook.com/BavariaMWR)

This newsletter features highlights of Family and MWR programs, classes and services. Visit our website and Facebook for all programs and events offered.

## ADVENTURE AND SIGHTSEEING TRIPS

Wild B.O.A.R. Outdoor Recreation, RC600 Tank Road  
Tower Barracks  
Explore history, culture, adventure, sightseeing and shopping with us.

### DECEMBER

Tuesdays & Thursdays: Late Night Climbing

- 1 Karlovy Vary & Asia Dragon Market\*
  - 2 Belay Class
  - 7 Leipzig Christmas Market
  - 8 Prague Christmas Market\*
  - 9 Belay Class
  - 14 Munich Christmas Market
  - 15 Bamberg Christmas Market
  - 16 Belay Class
  - 21 Dresden Christmas Market
  - 22 Rothenburg Christmas Market
  - 28 Day Ski/Snowboard Trip to SkiWelt\*
- \*Passport required

## CHRISTMAS MARKET

### December 6

Army Community Service, B244 Tower Barracks  
Shop for traditional German Christmas items while experiencing a classic Bavarian Christkindlesmarkt (Bayreuth). Pre-registration required. FREE bus tour.

## IMCOM EUROPE INVITATIONAL POWERLIFTING CHAMPIONSHIP

### December 7

Memorial Fitness Center, B616 Rose Barracks  
Weigh-ins: 7-9 a.m.; Lifter's briefing: 9:30 a.m.  
This event brings out the best athletes across Germany. Enter as an individual or team. More at [grafenwoehr.armymwr.com](http://grafenwoehr.armymwr.com)

## HOW TO ACE YOUR INTERVIEW

### December 11, 2:15-4:15 p.m.

Army Community Service, B322 Rose Barracks  
Job interviews can be stressful situations but with the right preparation, you can set yourself up for success! This Army Community Service class will provide you with the tips and techniques to walk into your next interview with confidence. Pre-registration required.

## FISHING CLASS

### December 13-15

Do you love to fish? Germany has some amazing lakes and rivers, several of which are located here on post. Fishing in Germany requires a fishing license. This course will walk you through the process.

## INVITATIONAL RACQUETBALL TOURNAMENT

**December 14, 9 a.m.;** register by December 6  
Jesse L. Williams Fitness Center, B323 Rose Barracks  
Double Elimination format, open to Active Duty Military and DoD Civilians ages 18+. Men and Women divisions. Trophies for First and Second in each division. Visit [grafenwoehr.armymwr.com](http://grafenwoehr.armymwr.com) for more.

## HEALING HEARTS - SUPPORT GROUP

### December 18, 10:30 a.m. - noon

Army Community Service, B244, Room 219  
Tower Barracks  
This Pregnancy & Infant Loss Support Group offered by the Family Advocacy Program in partnership with the GRAFENWOEHR HEALTH CLINIC meets every third Wednesday of the Month. For more information contact the Family Advocacy Program at ACS.

## MONTHLY FAMILY MOVIES WITH EFMP

### December 19, 2:30 p.m.

Library, B445 Tower Barracks  
With the weather turning to winter, take a break and get out of the cold for a free movie with friends and family. December movie is "Saving Santa." Bring a snack and join the fun. All community members welcome.

## UGLY SWEATER KARAOKE

### December 20, 8 p.m.

The Zone Sports Bar, B607 Rose Barracks  
Wear your ugliest Christmas sweater, sing and have fun. Prizes to win!

## YOUTH SKI & SNOWBOARD TRIP TO GARMISCH

### December 29 - January 4; Register by December 15

Youth Center, B1706 Rose Barracks  
Sign your teens up for a weekend in Garmisch, skiing and snowboarding the Bavarian slopes. Cost: \$250; includes lodging with food, transportation, equipment and lift tickets.



## HOLIDAY HOURS

Facilities are adjusting hours of operation during the holiday season. Please visit [grafenwoehr.armymwr.com](http://grafenwoehr.armymwr.com) for a complete listing.

## HOLIDAY TREE LIGHTING CEREMONIES

### December 3, 5 p.m.

Parade Field, Tower Barracks

### December 5, 5 p.m.

Exchange Parking Lot, Rose Barracks  
Celebrate the most wonderful time of the year! Santa Claus • St. Nicholas Music • Drinks • Food • Fun!

## POETRY SLAM

### December 6, 8 p.m.

Grafenwoehr Performing Arts Center, B103 Tower Barracks  
Spoken words - freestyle - poetry... the stage is yours.

## SANTA'S WORKSHOP

### December 10-21

Bavaria Arts & Crafts Center, B607 Tower Barracks  
Bring the kids and have them make the perfect Christmas gift for Mom and Dad!

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## SUPER SMASH BROS. SOCIAL

Every Saturday in December, 6-10 p.m.

Warrior Zone, B607 Rose Barracks

Compete in Super Smash Bros. at the Warrior Zone!

The game includes Nintendo's most popular characters

such as Super Mario, Donkey Kong, The Legend of Zelda, Metroid, Star Fox, Kirby, Yoshi and Pokemon.

Knock your opponents off the stage to win! Open to Active Duty U.S. Soldiers and their guests, 18+.

## LC DINER WEEKLY SPECIALS

LC Diner, B227 Rose Barracks

Breakfast: 7-10:30 a.m.

Lunch: 11 a.m. - 1:30 p.m.

## WAFFLE WEDNESDAYS

Join us for breakfast waffles in the morning and

chicken & waffles for lunch!

## FLATBREAD PIZZA FRIDAYS

Tasty breakfast and lunch flatbreads!

## CREATIVE WRITING GROUP

Wednesdays, 5-6 p.m.; except December 25

Library, B227 Rose Barracks

Have you been looking for an outlet for your creative

ideas? Do you have the perfect plot for the great

American novel, but you need someone to bounce your

ideas off of? Do you want to meet other community

members who love to write? Then join the Creative

Writing Group!

## STORY TIME AT THE LIBRARY

Wednesdays, 10 a.m., B445 Tower Barracks

Thursdays, 10 a.m., B227 Rose Barracks

**NO STORY TIME** December 25 & January 1 at Tower Barracks

**NO STORY TIME** December 26 at Rose Barracks

Join us each week as we sing songs, read stories and

do other fun activities together. Designed for pre-

schoolers and their caregivers.



## NEW YEAR'S RESOLUTION

Is 2020 the year you will make a New Year's resolution and stick to it? Whether you are looking to lose some weight and keep it off, learn a language, start a new hobby, or slow down and gain focus, the USAG Bavaria Libraries on Tower Barracks and Rose Barracks have books, DVDs and online resources to get you started. Get an early start on 2020 while still in 2019!

## FITNESS DAY

January 11, 7:30 a.m. - 1:30 p.m.

Physical Fitness Center, B170 Tower Barracks

Designed to show community members the Wellness

and Fitness programs offered in our community for

a healthy lifestyle. Participants can tryout different

fitness classes, meet instructors and check out

wellness services for free.

## FITNESS & WELLNESS CHALLENGE

January 31 - March 27

Physical Fitness Center, B170, Tower Barracks

Lose fat, build muscle and tone up with this multi-

week fitness challenge. Includes body assessment

and fitness test, a food journal and nutritional

information. Improve your fitness - win prizes!

## HEALTHIER FOOD OPTIONS AT FAMILY AND MWR FOOD OPERATIONS

Healthier food options are marked with the apple

heart so you can be confident you're making a

nutritious choice. Items marked with the apple heart

are 500 calories or less, <40% total fat, <10%

saturated fat. Healthy menu items available at the

BC Bar & Grill, B612 on Tower Barracks and at the

LC Diner, B227 on Rose Barracks.

## ARMY COMMUNITY SERVICE (ACS)

ACS provides comprehensive, standardized, coordinated and responsive services that support Soldiers, DoD Civilians and Families. Stop by B322 on Rose Barracks or B244 on Tower Barracks and find out how you and your family can take advantage of their services and classes offered.

## BOWLING CENTERS

The **Bowling Centers** on Tower Barracks (B612) and Rose Barracks (B2201) offer fun and entertainment paired with affordable prices and great socializing opportunities.

## CHILD & YOUTH SERVICES

B224 Rose Barracks

Parent Central Services is the first stop for all your child care and program needs. The staff can assist with finding the right sport, instructional program or teen activity for your child or youth and help you find a child care provider that suits your work schedule.

## EXPRESS YOUR INNER ARTIST

Bavaria Arts & Crafts Center, B607 Tower Barracks

We have general art & craft supplies as well as opportunities to socialize, for example: Ceramics, Stained Glass and Cosplay Construction. You can also get your Framing done at the center!

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



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