

JANUARY 2020

TOWER BARRACKS & ROSE BARRACKS

NEWSLETTER

U.S. ARMY
MWR
USAG BAVARIA

grafenwoehr.armymwr.com
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. Equipment Rentals available.

JANUARY

Tuesdays & Thursdays: Late Night Climbing

4 Ski/Snowboard Trip to GROSSER ARBER

4 Munich

5 Cross Country Ski Trip to Silberhütte

5 Prague*

6 Belay Class

11 Leipzig

11 Ski/Snowboard Trip to Braunegg/Lenggries

12 Two Castle Tour

12 Cross Country Ski Trip to Ochsenkopf

13 Belay Class

18 Ingolstadt Outlet Shopping Mall

18-19 Sleep on the Nebelhorn, Ski on the Fellhorn

19 Kristall Palm Beach Nuremberg

25 Bamberg

26 Karlovy Vary & Asia Market*

27 Belay Class

*Passport required

HUNTING, FISHING & SPORT SHOOTING

FISHING COURSE

January 17-19

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.

SPORT SHOOTING

Opening hours for the ranges vary, please refer to the schedule below or contact Wild B.O.A.R. Outdoor Recreation.

JANUARY RANGE SCHEDULE

3, 10, 17 & 31: Rifle/Pistol Range 116, noon - 4 p.m.

4, 5, 11, 12, 18 & 19: Ranges Open, 9 a.m. - 4 p.m.

25 & 26: Range 116 only, 9 a.m. - 4 p.m.

SPORT SHOOTING COURSE

January 24-26

Learn about the history of firearms, weapon safety, types of different ammunition/weapons, sport shooting disciplines and German weapon laws. Open to ID card holders 18 years and older.

GRAFENWOEHR PERFORMING ARTS CENTER

B153 Tower Barracks

Play games, get behind the mic or be introduced to behind-the-scenes technical jobs - all can be explored at the GPAC.

GAME NIGHT: January 3, 7 p.m.

READING NIGHT: January 10, 7 p.m.

UNDERGROUND CINEMA CLUB: January 20, 7 p.m.

OPEN MIC NIGHT: January 24, 7 p.m.

TECH TUESDAY: January 28, 7 p.m.

POETRY SLAM: January 31, 8 p.m.

ENGLISH AS A SECOND LANGUAGE

January 6, 13 & 27, 9-10:30 a.m.

B221, Room 206, Rose Barracks

Army Community Service is offering English classes for Foreign-Born Spouses. Build your confidence with improving grammar & conversation skills.

FEDERAL RESUME WRITING

January 15, 2-4 p.m.

Army Community Service, B322 Rose Barracks

Writing your resume can feel overwhelming, so let ACS guide you through the process! This class is designed to assist in developing your federal resume, helping highlight your skills, accomplishments, experience and education when applying for positions through USAJOBS.gov

YOUTH WORKFORCE PREPARATION PROGRAM JOB FAIR

January 15-17, 3:30 p.m. each day

Youth Center B1706, Rose Barracks

Interested in gaining work experience? Come to the Job Fair and get information on jobs available. For youth ages 16-18.

MONTHLY FAMILY MOVIES WITH EFMP

January 23, 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. January's movies is "Alexander and the Terrible, Horrible, No Good, Very Bad Day." Bring a snack and join the fun. All community members welcome.

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 try different fitness classes, meet instructors and check out wellness services for free.

MASTER WELLNESS TRAINING

January 27-31, 9 a.m. - 5 p.m. daily

Wild B.O.A.R. Outdoor Recreation,

RC600 Tower Barracks

Yoga & Meditation Teacher Training.

A holistic approach to keep physically, emotionally and mentally fit.

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 and win prizes!

BECOME CERTIFIED TO TEACH YOGA AND MEDITATION

Various Weekends February 1 - May 31

Wild B.O.A.R. Outdoor Recreation,

RC600 Tower Barracks

Transform your life through ancient practices and share this healing art with others. Save \$300 if you sign-up by January 11.

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BOXING TEAM REGISTRATION

January 2 - February 28

Compete with the best! Join Army Sports for the Boxing team registration in USAG Bavaria! Sign up at the Fitness Centers on Rose Barracks and Tower Barracks.

Coaches needed! If you know anybody interested in coaching contact us!

KARAOKE NIGHTS

January 10 & 24, 8 p.m.

The Zone Sports Bar, B607 Rose Barracks
Enjoy some fun at the Zone Sports Bar! DJ MCM will be playing the hottest music! Sing your heart out, dance and hang out with friends.

DO-IT-YOURSELF FRAMING CLASS

January 11 & 25, 9 a.m. - noon

Are your walls barren and all your photos stashed away? Want to hang all those family portraits and don't know how? Learn how to build your own frames.

CREATIVE WRITING GROUP

Wednesdays, 5-6 p.m.; except New Year's Day

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.; except New Year's Day

B445 Tower Barracks

Thursdays, 10 a.m. B227 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.

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.

SUNDAYS:

FAMILY DAY BOWLING

11 a.m. - 6 p.m., Bowling Center, Tower Barracks

ALL YOU CAN BOWL

2-9 p.m., Bowling Center, Rose Barracks

WEDNESDAYS: LADIES NIGHT

6-10 p.m., Bowling Center, Rose Barracks

THURSDAYS: LEAGUE/TOURNAMENT NIGHT

6-10 p.m., Bowling Center, Rose Barracks

FRIDAYS & SATURDAYS:

COSMIC/DISCO COLORED PIN NIGHT

6-11 p.m., Bowling Center, Rose Barracks

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!

COMING UP!

Watch out for SUPER BOWL events in February and mark your calendar to enjoy a night of boxing at the ST. PATRICK'S DAY BOXING CHAMPIONSHIP held March 21 at the Memorial Fitness Center!

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.

CHILD & YOUTH SERVICES (CYS)

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.

BAVARIA ARTS & CRAFTS CENTER

B607 Tower Barracks

We have general art & craft supplies as well as opportunities to socialize. You can also get your framing done at the center!

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. Healthy menu items are available at B612, Tower Barracks and at the LC Diner, B227, Rose Barracks.

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



Information was correct at time of publication.
Please check with the activity for possible changes.