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(This information can be downloaded from [www.campbell.armymwr.com](http://www.campbell.armymwr.com); see Facilities & Programs)

Information Exchange

8 August 2018

Talking Points

**DPTMS, Major Events**

**David Clore**

[david.b.clore.civ@mail.mil](mailto:david.b.clore.civ@mail.mil)

9 AUG: CCSD First Day of School  
16 AUG: 101st Airborne Division's 76th Birthday  
16-18 AUG: USO Warrior Week at Fontanel  
17 AUG: DONSA  
17 AUG: Hunter Hayes Concert  
20 AUG: DONSA  
21 AUG – 21 SEP: JRTC 18-10 (1BCT with 2BCT & SUS BDE supporting)  
31 AUG: DONSA  
5 SEP: Face Book Town Hall  
7 SEP: Party on the Post  
7-16 SEP: Military Survivor Appreciation Week  
8 SEP: Run for the Fallen  
11 SEP: 9/11 Memorial and Wreath Laying Ceremony  
14 SEP: 526th BSB Change of Command Ceremony  
17-22 SEP: 5th SFG Reunion Week  
22 SEP: Retiree Appreciation Day  
29 SEP: Fort Campbell Spouses Club 2nd Annual Golf Classic  
2 OCT: National Night Out  
5 OCT: DONSA  
6 OCT: Volksmarch 5K  
8 OCT: Columbus Day  
8-12 OCT: Fall Break (Fort Campbell, CMCSS, CCSD)

**Fort Campbell Schools Community Superintendent**

**Youlanda Washington**

**270-439-1927**

[Youlanda.washington@am.dodea.edu](mailto:Youlanda.washington@am.dodea.edu)

**School Board Openings**

Barsanti ES and Lucas ES have openings for new school board members. Inquire at any school or Admin Office for more information.(270) 439-1927

**NEW MEAL PRICES:**

Full Price Student	Breakfast \$1.75	Lunch \$2.35
Reduced Price Student	Breakfast \$0.00	Lunch \$ 0.00
Adults	Breakfast \$2.50	Lunch \$3.50
Increase in Holiday Meals	\$5.00	

Parents are strongly encouraged to complete an application for free or reduce priced meals. The applications can be found online at [www.lunchappllication.com](http://www.lunchappllication.com) ALL applications must be submitted online.

Any questions or concerns may be directed to the Food Service Department at the Administrative Building at 84 Texas Avenue of by calling (270) 640-1233

<http://www.dodea.edu/Americas/Kentucky/FortCampbell/CampbellFoodService.cfm>

**CYS School Liaison Officer**

**Manuela Hemington M.S.,M.Ed.**

**270-798-9874**

[manuela.hemington.naf@mail.mil](mailto:manuela.hemington.naf@mail.mil)

Fort Campbell School Support Services

District School Year 2018-19

All School Sessions begin in August

Fort Campbell DODEA Schools:

- 20 Aug: First Day of Pre-K <http://www.dodea.edu/Americas/southeast/fortCampbell> for additional information.

Christian County Public Schools:

- 9 Aug: First Day of School
- 27 Aug: First Day of Pre-K

<http://www.christian.kyschools.us> for additional information.

Fort Campbell Youth Sports and Fitness Home School PE

- Fall Session I 22 Aug -3 Oct
- Must be registered with Child and Youth Services

SLO POC :

Dr. Terri McQuirter, EdD., [terri.mcquirter.naf@mail.mil](mailto:terri.mcquirter.naf@mail.mil)

Mrs. Manuela Hemington, M.S., M. Ed., [manuela.hemington.naf@mail.mil](mailto:manuela.hemington.naf@mail.mil)

Phone: (270) 798-9874

Child & Youth Services

Pauline Hutchinson

270 798-0783

[Pauline.h.Hutchinson.naf@mail.mil](mailto:Pauline.h.Hutchinson.naf@mail.mil)



**YOUTH SPORTS 2018 CALENDAR**

80 Texas Ave  
270.798.3168  
[campbell.armymwr.com](http://campbell.armymwr.com)  
All participants must be registered with CYS and have a current sports physical

Sport	Grades/Age	Registration	Fees	Activity Dates
Golf	Age 8 and up	July 9 – July 27, 2018	\$65	July 31 – Sept 4, 2018
Cheerleading	Age K – 8th Grade	July 9 – August 3, 2018	\$45	August 20 – November 3, 2018
Fall Baseball	Age 9 – 12	July 9 – August 3, 2018	\$45	TBA
Fall Soccer	Pre-K – 8th Grade	July 9 – August 3, 2018	\$45	August 15 – October 6, 2018
Fall Volleyball	4th – 8th Grade	July 9 – August 3, 2018	\$45	August 20 – October 6, 2018
Flag Football	K – 2nd Grade	July 9 – August 3, 2018	\$45	August 15 – October 6, 2018
Running Club	3rd – 12th Grade	July 9 – August 3, 2018	\$45	August 21 – October 21, 2018
Tackle Football	3rd – 8th Grade	July 9 – August 3, 2018	\$70	August 20 – November 3, 2018
Swim Team (Must be able to swim 50 meters unassisted)	1st – 12th Grade	July 15 – July 27, 2018	\$65	August 1 – September 27, 2018
Golf	Age 8 and up	August 7 – September 8, 2018		September 18 – October 23, 2018
Basketball Season 1	K – 3rd Grade	September 3 – September 28, 2018	\$45	October 17 – December 15, 2018
Bowling	Age 6 and up	September 3 – September 28, 2018	\$65	October 20 – December 15, 2018
Basketball Season 2	4th – 8th Grade	November 12 – December 14, 2018	\$45	January 9 – March 9, 2019
Girls Basketball	4th – 8th Grade	November 12 – December 14, 2018	\$45	January 9 – March 9, 2019
Bowling	Age 6 and up	November 12 – December 14, 2018	\$65	January 12 – March 2, 2019

CLM MWR

Dates are subject to change.

Facebook Twitter Instagram YouTube

### SKIES Instructional Programs

- Location: 3411 Bastogne Avenue Ft. Campbell, KY
- Hours of Operation: : Mon 9:00-18:00 Tu-Th: 9:00-19:30 Fr: 14:30-19:30 Closed Daily from 13:30-14:30 for lunch
- Cost: Varies by Class
- Eligibility: Youth of Active Duty Military, Retired Military, DA Civilians & Army contractors

Registration: New student registration is the last week of each month

Online registration available at <https://webtrac.mwr.army.mil>

Contact Information: 270-412-5811/5812

Activities currently offered: Dance, Golf, Guitar, Gymnastics, Martial Arts, Piano, Parkour, Rock Climbing, Sewing, Soccer Shots, Voice, Violin

## **Middle School and Teen (MST) Program**

### MST Mission

- To support Military readiness by reducing conflict between Soldiers' Mission requirements and their parental responsibility

### MST Philosophy

- Providing age-appropriate experiences that promote positive youth development outcomes. Fitness & Health - Life Skills, Citizenship & Leadership - Art, Recreation & Leisure Activities and Academic Support, Mentoring & Intervention Services

### Programming & Activities offered by MST

- Babysitters course; Science, Technology, Engineering & Mathematics (STEM) program; Intramural Sports, Keystone Club (Teen leadership), Torch Club (middle school leadership), Man Talk, Smart girls, Career Launch, Robotics & Open Recreation (video games, computer lab, crafts, pool)

### Annual Special Events & Field Trips offered by MST

- House of Terror (Haunted House), Super Bowl Party, World-Wide Lock-In, Volunteering, Holiday World, Nashville Shores, Rock Climbing, Family Events, Outdoor Recreation etc.....

For More Information Please Contact: Tyshawna Brandt at 270-798-3643 or [tyshawna.m.brandt.naf@mail.mil](mailto:tyshawna.m.brandt.naf@mail.mil)

### Middle School & Teen (MST) Program

- Location: Taylor Youth Center, 80 Texas Ave, Cost: FREE
- Hours of Operation: Mon-Thurs: 2:00pm-8pm Fri: 2:00pm-10pm Sat: 1pm-10pm (closed Sunday)
- Eligibility: Youth of Active Duty Military, Retired Military, DA Civilians & Army contractors
- Registration: All youth must be registered with Child & Youth Services (CYS) and have had a School Year Orientation with MST program. Orientations are held Tues & Thurs between 11:00am-1:00pm.
- After-School Transportation: Provided at no cost to youth enrolled into MST.
- Currently service West Creek Middle & high, Northeast Middle & High, Kenwood Middle & High & New Providence, Northwest, Mahaffey Middle & Fort Campbell High School.
- MST Program Calendars are available monthly at Taylor Youth Center and on the MWR website and the MWR Facebook page
- For More Information Please Contact: Tyshawna Brandt at 270-798-3643 or [tyshawna.m.brandt.naf@mail.mil](mailto:tyshawna.m.brandt.naf@mail.mil)

### School Age Centers

#### Before and After School Programs

- The SAC Before and After School program runs from Aug 6th through the last day of May
- To attend Before/After care you must complete an orientation
- Hours of operation during school days: 5:30am to 8:15am reopen for children 3:30pm-6:00pm, school out days: 5:30am-6:00pm

Daily activities are offered in the core areas of Art, Sports, Science, Drama, Music, Media, Cooking, Steam, and Gardening. 4 H and BGCA clubs are offered during the school year to include: Cooking, Sewing, Fitness, Technology, Science, Community, Photography, and Fine Arts. We service the following schools:

- CMCS Elementary Schools: Ringgold, Kenwood, Hazelwood, Northeast, Minglewood, Glenellen, Barkers Mill, Liberty, West Creek, Woodlawn, Pisgah,
- Fort Campbell Elementary Schools: Barsanti, Marshall, Barkley, and Lucas.
- Before and After School care Fee's are charged monthly and are based on your category under the CYS Fee Policy.

## **Installation Provost Marshal Office**

**LT Nicholas Pietilla**

**270-798-0837**

### FTCKY 2018-19 School Crossing Guard Plan

- "Zero Tolerance"- Military Police (MP) Patrols will conduct targeted traffic enforcement across the school zones in an effort to encourage drivers to maintain the posted "school zone" speed limits
- Parents and students can assist our team efforts by following all traffic/pedestrian control devices and adhering to the direction of the MP Road Guards
- Parents should assist by discussing with their students the "safety" necessity of using the designated school crossing locations ONLY

- Parents should discuss with their students other safety matters, especially the risks associated with the distractions created by talking on cell phones and/or texting while crossing the street
- MP's will enforce the parking/stopping in unauthorized student drop off locations

Crossing Point Plan

Barsanti Elementary

- MP at McAuliffe Way and McAuliffe Dr

Fort Campbell High School

- MP at Bastogne Ave north of Coune St
- MP at Bastogne Ave and Carentan Rd

Lucas Elementary

- MP at Airborne St and Indiana Av

Barkley Elementary

- MP at Forrest Rd and Reed Ave
- Crossing Sign at Forrest Rd at Gorgas Ave

Marshall Elementary

- MP at Texas Ave at Austin Ave

**Barsanti Elementary**  
McAuliffe Way / McAuliffe Drive

Barsanti Elementary		
Days/Times		
Morning	Afternoon	Tuesday
0755-0830	1515-1550	1400-1435

MP

To direct all pedestrian traffic to the crossing guard

McAuliffe Loop

McAuliffe Way

McAuliffe Drive

Point #1

Legend:

- Cone
- Crossing Sign
- MP Military Police Officer

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Nicholas Pella/CE5/ 270-750-0037/nicholas.w.pella.cv@mail.mil

Date/Time Group - Area 5

# Fort Campbell High School

Bastogne Avenue / Coune Street



Nicholas Peltis/CE5/ 270-795-0037/nicholas.w.peltis.cv@mail.mil

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# Fort Campbell High School

Bastogne Avenue / Carentan Road



Nicholas Peltis/CE5/ 270-795-0037/nicholas.w.peltis.cv@mail.mil

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# Lucas Elementary

Airborne Street / Indiana Avenue

**Lucas Elementary**  
Days/Times  
Morning 0755-0830 Afternoon 1515-1550 **Tuesday** 1400-1435

**MP** Military Police Officer

Point #3

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Nicholas Peltis/DES/ 270-795-6637/nicholas.w.peltis.cv@mail.mil

Date/Time Group - Area 5

# Barkley Elementary

Forrest Road / Reed Avenue

**Barkley Elementary School**  
Days/Times  
Morning 0755-0830 Afternoon 1515-1550 **Tuesday** 1400-1435

**MP** Military Police Officer

Point #4

Barkley Elementary School

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Nicholas Peltis/DES/ 270-795-6637/nicholas.w.peltis.cv@mail.mil

23 July 2018

# Barkley Elementary

Forrest Road/ Reed Avenue

**Barkley Elementary School**

**Barkley Elementary School Days/Times**  
Morning 0755-0830 Afternoon 1515-1550 **Tuesday 1400-1435**

Forrest Rd  
Gorgas Ave

**Cone**  
**Crossing Sign**  
**MP Military Police Officer**

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23 July 2018

# Barkley Elementary

Baker Street / Reed Avenue

**Barkley Elementary School Days/Times**  
Morning 0755-0830 Afternoon 1515-1550 **Tuesday 1400-1435**

Baker St  
Reed Ave  
Sidewalk

**Cone**  
**Crossing Sign**  
**MP Military Police Officer**

**Barkley Elementary School**

Point #4

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Date/Time Group - Arr15

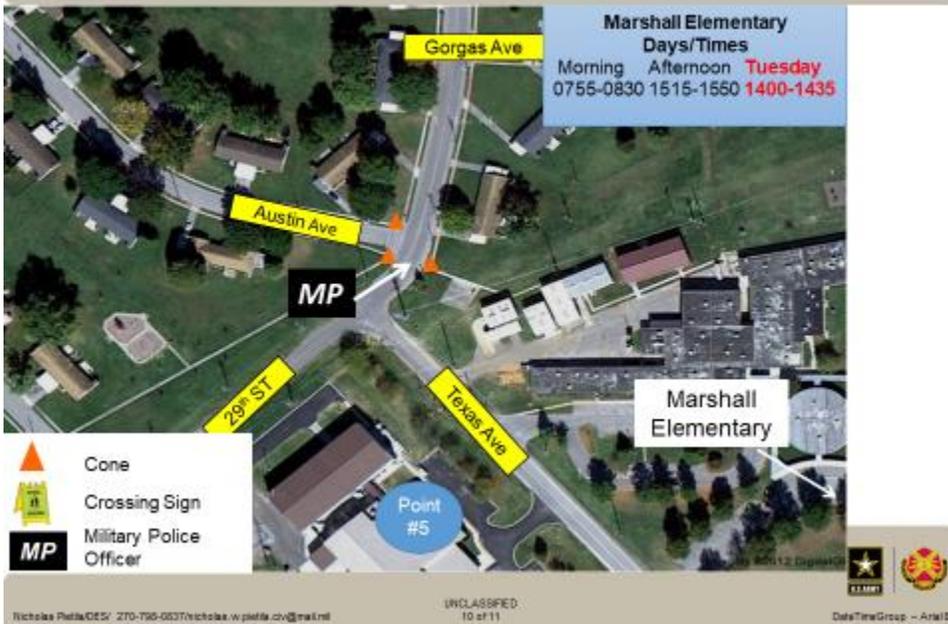
## Barkley Elementary

Gorgas Avenue



## Marshall Elementary

29<sup>th</sup> Street/ Austin Avenue



Directorate of Public Works

Environmental Division Brad Wheat

270-798-9855

[bradley.r.wheat.ctr@mail.mil](mailto:bradley.r.wheat.ctr@mail.mil)

### Hunting and Fishing Information

- Outdoor recreation (fishing, hiking, etc.) ongoing
- Participants require an iSportsman account
- Accounts can be setup at [www.ftcampbell.isportsman.net](http://www.ftcampbell.isportsman.net)
- Prior to account activation : Individuals must go thru a back ground check and provide proof of identification, 6645 101st Airborne Division Road

Deer season begins 15 September

Hunters must have an iSportsman account to participate

Hunting is prohibited within housing areas

Residents are requested to report any hunting activity to the Provost Marshal's office  
Deer control within the cantonment area is being scheduled  
Control conducted by Fish and Wildlife staff and USFWS game wardens  
Leave wildlife animals alone  
Call the DPW work order line 270-798-1200 regarding injured wildlife

## Army Family Team Building

Mary Duffy

270-798-4800

[ftcampbellaftb@gmail.com](mailto:ftcampbellaftb@gmail.com)

### I Married a Soldier...Now What?

- 13 September, 6:15pm-8:00pm, Family Resource Center (FRC) Dining Room
- Networking opportunity for newly married military spouses
- Interactive games to learn about acronyms, benefits and entitlements, chain of command, and Family Readiness Group (FRG)
- Scheduled monthly, second Thursday

For more information, please call 270-798-4800 or email [ftcampbellaftb@gmail.com](mailto:ftcampbellaftb@gmail.com)

### Command Team Spouse Course

- 21 Sept 9:00am-3:00pm FRC Dining Room
- How to take on the role of an informed, involved, productive, and proactive member of a Command Team
- Learn about resources available to take on this role
- Develop skills needed to take on this role
- Gain realistic examples and interact with former/current service members and Spouses of Command Teams
- We need volunteers to serve on our Senior Spouse Panel (2:00pm-2:45pm)

Please email [ftcampbellaftb@gmail.com](mailto:ftcampbellaftb@gmail.com)

## Blanchfield Army Community Hospital Public Affairs

270-956-0459

[usarmy.campbell.medcom-bach.list.pao-users@mail.mil](mailto:usarmy.campbell.medcom-bach.list.pao-users@mail.mil)

<http://blanchfield.amedd.army.mil>

[www.facebook.com/BACH.Fort.Campbell](http://www.facebook.com/BACH.Fort.Campbell)

### Upcoming Events

#### School and Sports Physicals

- Blanchfield Army Community Hospital (BACH) patient-centered medical home teams are conducting school and sports physicals now for BACH-enrolled TRICARE Prime beneficiaries during regular medical home hours Monday through Friday. In addition, BACH's patient-centered medical homes are offering several extended clinic hours and Saturday appointments throughout the summer months. Beneficiaries are encouraged to schedule an appointment now by calling the Appointment Line at 270-798-4677.

#### Immunization Awareness Month

- The Centers for Disease Control recommends 14 vaccines for children birth to age six, which includes chickenpox, diphtheria, Hib, Hepatitis A and B, influenza, measles, mumps, pertussis, polio, pneumococcal, rotavirus, rubella and tetanus. Please visit the CDC website at [www.cdc.gov/vaccines/schedules/easy-to-read/child.html](http://www.cdc.gov/vaccines/schedules/easy-to-read/child.html) to create a schedule for your child's vaccine from birth or to see the recommended immunizations for children. Talk to your care team if you have questions about the vaccines given to you or your children.

#### TRICARE Retiree Dental Program

- The TRICARE Retiree Dental Program (TRDP) ends on Dec. 31, 2018. The last day to enroll in TRDP is Oct. 31, 2018. Beginning in 2019, dental and vision plans will be available through the Office of Personnel Management's Federal Dental and Vision Insurance Program (FEDVIP).
  - Vision: Eligible TRICARE beneficiaries will have four vision plan options.
  - Dental: FEDVIP Dental will replace the current TRICARE Retiree Dental Program (TRDP). If you currently have TRDP, you will need to enroll in FEDVIP Dental to have dental coverage in 2019.

If you're eligible, the first opportunity to enroll in FEDVIP is during the 2018 Open Season. Coverage will start Jan. 1, 2019. For more details on the new coverage options, visit [TRICARE.benefeds.com](http://TRICARE.benefeds.com) and sign up for email updates.

## Health and Wellness

### Nurse Advice Line available for college students

- Instead of trying to get a last minute doctor appointment or incurring point of service charges for an urgent care visit, let the Nurse Advice Line (NAL) advise you. The NAL gives TRICARE beneficiaries access to care, 24 hours a day, 7 days a week. With just one call you can get expert advice from our team of registered nurses. They will answer your urgent care questions, provide health advice, help you find a doctor and if available, schedule a next-day appointment for you at a military hospital or clinic. Call the NAL the next time you are not sure where to go for help at 1-800-TRICARE (874-2273) and select option 1.

### New Patient Welcome Book Available

- Transitioning to a new location can be stressful, but Blanchfield Army Community Hospital wants your transition of care to be seamless. A new welcome book has been designed to help patients better understand services and benefits available. Learn the first steps to take before accessing medical care at Fort Campbell, including moving your enrollment and updating or correcting DEERS. Know how to access care, schedule appointments and navigate medical homes and services. The guide is available to view or download at <http://Blanchfield.amedd.army.mil>.

### New Immunization Service

- A new Adult Immunization Service is now available at the Town Center Pharmacy. This will provide adults without access to primary care for routine and adult immunizations the ability to receive immunizations from a clinical pharmacist at Town Center. BACH's goal is to increase immunization access for beneficiaries who are not on TRICARE Prime or not enrolled at the MTF. This initiative will also reduce the Defense Department's cost in the network for TRICARE beneficiaries needing vaccines.

### Breast Cancer Support Group

- Blanchfield Army Community Hospital hosts a Breast Cancer Support Group the third Thursday monthly in the hospital's "A" Building inside the Commander's Classroom from 2 to 3 p.m. The Commander's Classroom is next to the Staff Duty Desk. This support group is open to individuals who have been recently diagnosed or a breast cancer survivor.

### Tobacco Cessation

- The Army Wellness Center, 5662 Screaming Eagle Blvd., offers "Ready to Quit" every Tuesday from noon to 1 p.m. This briefing educates all TRICARE beneficiaries and DoD civilians about dangers of tobacco and assesses readiness to join the Tobacco Cessation Program. The Tobacco Cessation Program is offered the 1st – 4th Wednesday monthly from noon to 1 p.m. For more information, call (270) 956-0100.

## Patient Advisory Council

BACH is seeking patients to participate in the Patient Advisory Council. The Patient Advisory Council partners with patients and Family members to improve patient satisfaction, provide patient-centered care, bring patients' needs and concerns to the healthcare team and leadership, guide our priorities and planning for the future, and further enhance our relationship between the hospital and our community. If interested, email [david.e.gillespie6.civ@mail.mil](mailto:david.e.gillespie6.civ@mail.mil) or call 270-956-0459.

## BACH General Information

### Missed Drug Take Back Day?

- Properly dispose of your expired, unused or unwanted medicine by dropping them in the Drug Drop Boxes placed inside the hospital's Main Pharmacy or Town Center Pharmacy during business hours. Accepted items include: prescription medications, controlled substance medication, over-the-counter medication, vitamins, medicated ointment/lotion, liquid medication in leak-proof containers and transdermal skin patches. Items not accepted include: needles, thermometers, contraband drugs, infectious waste/medical waste, personal care products, business waste, hydrogen peroxide, aerosol cans, and inhalers.

### How do I schedule/cancel appointments?

- If you need to make or cancel an appointment at any of the Soldier or Patient-Centered Medical Homes, you may go online at [www.tricareonline.com](http://www.tricareonline.com) or you may call (270)798-4677/ (931)431-4677 or if outside the calling area 1-866-524-4677. See the complete listing of Soldier and Patient-Centered Medical Homes below.
- Appointments can be made from 6 a.m. – 4:30 p.m., Monday - Friday.
- You can also schedule and cancel appointments online at [www.tricareonline.com](http://www.tricareonline.com).

- Appointments can be cancelled 24 hours a day, seven days a week by leaving a voicemail message.
- Advice nurses may be reached by calling the appointment line.

BACH 650 Joel Drive  
 Air Assault Family Medical Home (Team Apache, Team Blackhawk, Team Comanche, Team Huey)  
 Gold Family Medical Home  
 Young Eagle Medical Home (Team Flight or Team Soar)

Byrd  
 7973 Destiny Blvd., on post, near Gate 10  
 Byrd Soldier or Family Medical Homes

LaPointe  
 5979 Desert Storm Avenue  
 Bastogne Soldier Medical Home  
 Rakkasan Soldier Medical Home  
 Strike Soldier Medical Home

Screaming Eagle  
 Medical Home Medical Office Building One,  
 647 Dunlop Lane, Suite 301  
 (Community Based Medical Home in Clarksville, Tenn.)

Campbell Army Airfield Medical Home  
 7149 Black Sheep Run

Campbell Crossing /Building Energy Management System

Tammie Matthews

931-431-2485

[tammie.matthews@lendlease.com](mailto:tammie.matthews@lendlease.com)

**Campbell Crossing /Building Energy Management System**

MidAmerican ENERGY Power in the Cloud. 67 High 66 Low 56

Thermostat Settings

Thermostat Quick Schedule

5/2 Days 5/11 Days 7 Days

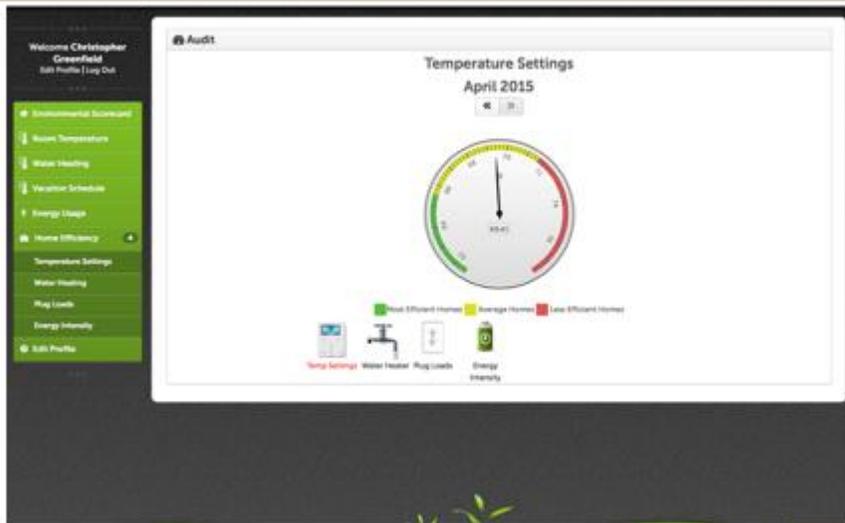
Weekdays (M-F) Weekends (S-S)

Name	Time	Heat	Cool
WAKE	06:00 AM	72°	72°
LEAVE	08:00 AM	82°	82°
RETURN	06:00 PM	72°	72°
SLEEP	10:00 PM	82°	82°

Apply

Kim Hooks/ACS/ 275-750-3843/ kim.rs.hooks.cs@mail.mil UNCLASSIFIED 8 August 2015

# Mid Energy Resident Portal



Kim Hooke/ACS/ 275-796-3843/ kim.rs.hooke.cs@mail.mil

UNCLASSIFIED

8 August 2015

## Resident Billing Indicator and Mobile App



SMART PHONE APP



Month to Date Usage through Sept. 19

Profile Group Average	# Days MTD	Normal Usage Band		
		Low	Average	High
Month To Date	19	665	700	735
Projected Month End	30	1050	1105	1160
<b>Your Home</b>		<b>1140B Usage</b>		
Month To Date	19		699	
Projected Month End	30		1104	



Kim Hooke/ACS/ 275-796-3843/ kim.rs.hooke.cs@mail.mil

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8 August 2015

### Upcoming Events

- August 24th: Back to School Bash- DJ, bounce house, clothing drive and snacks. Laptop prize give-a-way
- October 2nd: National Night Out & Fall Fest
- October 6th: Post Wide Yard Sale
- Town Halls
- Wednesday August 8th from 6-7pm at Pierce Village Community Center, 4600 Morgan Road
- Thursday August 9th from 6-7pm at Werner Park Community Center, 2049 Indiana Avenue.

Chaplain's Office

CH (LTC) Kevin Wainwright

270- 412-1528

[kevin.e.wainwright.mil@mail.mil](mailto:kevin.e.wainwright.mil@mail.mil)

Fort Campbell Mothers of Preschoolers (MOPS)  
FALL KICK OFF Registration Rodeo

- 8 Aug 2018 Liberty Chapel 8:30am-12:30am
  - FALL Program: 2nd and 4th Wednesdays
  - Program Starting 22 Aug
  - Liberty Chapel
  - 9:15am-11:30 am Fort Campbell
  - Fort Campbell MOPS and More on Facebook
- AWANA
- Liberty Chapel - Sundays 3:00pm-5:00pm
  - Leader Training: 19 Aug & 26 Aug
  - Club Registration: 26 Aug
  - Club Begins: 9 Sep

To become a leader or for info:

[fortcampbellawana@gmail.com](mailto:fortcampbellawana@gmail.com) Fort Campbell AWANA on Facebook

<https://fortcampbellawana.typeform.com/to/FUj6mB>

Fort Campbell Catholic Women of the Chapel

- FALL KICK OFF (Evening)
- 24 Aug Soldiers Chapel 6:00pm-8:30pm

Fort Campbell Catholic Women of the Chapel

- FALL KICK OFF (Morning)
- 27 Aug Liberty Chapel 9:30am-11:30am
- Fort Campbell CWOC on Facebook

Fort Campbell Protestant Women of the Chapel

- Fall Kick Off
- 28 Aug Liberty Chapel 9:00am to 11:30am
- Pre-register at <https://sureyhero.com/c/26/ae70c5>

**Christian County Military Affairs Committee (MAC)**

**Lindsey Geraci**

**270-885-9096**

[lgeraci@christiancountychamber.com](mailto:lgeraci@christiancountychamber.com)

Summer Salute Concert Series (FREE)

- 24-25 Aug in Downtown Hopkinsville, KY at 9th & Bethel
- Music, food, vendors, family fun and more!

Spouses Luncheon and Tour of Homes (FREE)

- 12 Sep @ 9:00AM, Meet at La Quinta Inn, 345 Griffin Bell Dr. Hopkinsville, KY 42240
- Tour historic and modern homes, visit Griffin's Studio, luncheon at Oakland Manor
- RSVP: [aegers@christiancountychamber.com](mailto:aegers@christiancountychamber.com)

Trot for the Troops

- 15 Sep at the Hopkinsville YMCA
- 5K, 10K, 1 mile fun run to raise money to waive the YMCA joining fee for military families
- Register at [www.active.com](http://www.active.com)
- Email questions to [carolyn@hopkinsvilleymca.org](mailto:carolyn@hopkinsvilleymca.org)

Freedom Friday Chili Cook-off (FREE)

- Friday, October 19th in downtown Hopkinsville
- Military chili teams can register for free
- Win prizes!!!, taste chili, vendors, kids activities, live music and more!

Military Affairs Committee Gala (FREE)

- 27 Oct, Saturday at 6:00 PM
- Pre-parties at the homes of Christian County community members
- Dessert reception at the Hopkinsville Golf & Country Club
- Questions and RSVP: [aegers@christiancountychamber.com](mailto:aegers@christiancountychamber.com)

**Clarksville Parks & Recreation**

**Candice Tillman**

**931-645-7476**

[www.CityofClarksville.com/ParksRec](http://www.CityofClarksville.com/ParksRec)

City of Clarksville Riverfest

- Clarksville's longest running community festival brings more than 30,000 people to the banks of the Cumberland River in an arts and recreation celebration.

Riverfest Regatta 8 Sep at 1:00pm

- Design, build, race, (and most likely) sink! Win the challenge to paddle your cardboard boat to the finish line! Awards for fastest and most creative boats plus the most dramatic sinking.

- Register by 5 Sep

Rally on the Cumberland 8 Sep at 8:00am

- Paddle your way to fun and prizes at our annual canoe and kayak race.
- Course is approximately 6 miles in length.
- Register by 5 Sep

**Defense Commissary Agency**

**Lyndon Boone**

**270-640-4008**

[Lyndon.boone@deca.mil](mailto:Lyndon.boone@deca.mil)

Commissary Highlights

- Commissary now accepts STAR card
- 31 Aug - Sept 2 Back to School Sidewalk Sale

**Exchange**

**Kelly Tolefree-Sarmiento**

**270-439-1846**

[tolefreesarmiento@aafes.com](mailto:tolefreesarmiento@aafes.com)

Up Coming Exchange Events

- 11 Aug Son & Daughter Day 11:00am-2:00pm toy demos spin the wheel coupons for kid's clothes.
- 11 Aug Microsoft demo 11:00am-1:00pm
- 16 Aug National Airborne Day (Cake cutting) 11:00am-12:00pm
- 18 Aug Bourbon Fest/ Tasting 2:00pm-5:00pm
- 21 Aug Senior citizens day (spin the wheel win a prize) 11:00am-1:00pm
- 25 Aug Hair Care Beauty Event 12:00pm-2:00pm beauty advisor demo
- 26 Aug National Dog Day- Bing a photo of you with your dog for our "Doggie Wall of Fame"

**Fort Campbell Spouses' Club**

**Sarah Kuchan**

[publicitychair@fortcampbellspousesclub.com](mailto:publicitychair@fortcampbellspousesclub.com)



**FORT CAMPBELL  
SPOUSES' CLUB**

SUPER SIGN UP - AUGUST 22ND 2018  
10 AM - 1 PM



**FREE EVENT OPEN TO THE PUBLIC  
COMMUNITY INFORMATION  
GREAT PRIZES**

EVENT LOCATED AT COLE PARK COMMONS  
[WWW.FTCAMPBELLSPOUSESCLUB.COM](http://WWW.FTCAMPBELLSPOUSESCLUB.COM)



**FORT CAMPBELL SPOUSES' CLUB  
FALL CHARITABLE GOLF CLASSIC**

**29 SEPT 2018**

Doors open at 6:30 a.m. and Tee off at 8 a.m.  
Lunch and Award Ceremony to follow  
\$60 PER GOLFER, SHOTGUN SCRAMBLE  
Teams of 4, Ages 16+, Open to the Public

**Cole Park Golf Course**

1610 101st Airborne Division Road  
Fort Campbell, TN 42223

**For more information or to buy tickets go to:**  
<https://www.ftcampbellspousesclub.com/fall-fundraiser>

**Award Ceremony to Include:**

- **Hole-in-One Contest:** 1st golfer to hit a hole-in-one on the designated hole will win a prize to be announced from our Presenting Sponsor
- Closest to the Pin (4 chances to win)
- Longest Drive Contest (male and female)
- Putting Contest
- Individual prizes for top 9 teams
- Opportunity Raffle Tickets and more!



**Presenting Sponsor**

Contact Hannah Husemann or Kassie Peterson  
at [fcscfallfundraiser@gmail.com](mailto:fcscfallfundraiser@gmail.com)  
to see your logo here!

**Title Sponsors**

**Major Sponsors**

**USO Fort Campbell**

**Pamela Holz**

**270-839-9234**

[pholz@uso.org](mailto:pholz@uso.org)

**Upcoming Events:**

- Watch for Information about Women's Workout Wednesdays
- 9 Aug 10:00am USO Coffee Connections
- 10 Aug 11:00am USO Storytime
- 23 Aug 5:00pm Gary Sinise Foundation Dinner and AOTM Concert!
- 24 Aug 7:00pm USO Family Movie Night "Cinderella"
- 25 Aug 10:00am Healthy Kids, Healthy Families Wellness Program

**Free Food!**

"Nacho Normal Monday" 11:30am-1:00pm

Hot Pockets for Heroes (Tuesdays) 11:30am-1:00pm

Warrior Wednesday\* 11:30am-1:00pm (\*Active Duty only)

Waffle Fridays 10:00am-11:30pm

Pizza! @Late Night USO Fridays & Saturdays 10:00pm-1:00am

The mission of the USO is to serve our Active Duty, Guard, Reserve, and their dependents.

### USO Mommies Meet Up!

Moms with little ones,  
join us at USO Fort Campbell  
Friday mornings  
1000-1100

It's an opportunity to meet other  
moms and their little ones,  
enjoy some  
conversation, &  
let the little ones  
socialize.



Follow us at

USO Fort Campbell

USO Fort Campbell  
6145 Desert Storm Ave.  
270-697-4144



Fort Campbell

### USO STORY TIME!\*

Come & enjoy books  
with friends!

JOIN US AT USO FORT CAMPBELL IN  
THE FAMILY CONNECTIONS ROOM  
ON THE **SECOND** FRIDAY OF EACH  
MONTH 1100-1130

\*RESERVATIONS REQUIRED\*



USO & Wellness Center Hours

Monday-Thursday 0800-2000

Friday 0800-0100

Saturday 1000-0100/Sunday 1200-1800

### USO Wellness Center Work Out Opportunity!\*

## "Babies in Buckets"

You asked and we listened!

For safety reasons, children are not allowed in our USO Wellness Center. *HOWEVER*, we recognize that new moms are looking for a way to get out of the house and get back in shape after having a baby. We are excited to offer "Babies in Buckets," a Wellness Center exception! New moms are invited to come in and use our Wellness Center with their baby, as long as the baby remains safely contained in their "bucket" (car seat)—*suggested age: newborn-3 months*. No STROLLERS, PLEASE!



*We do ask that moms are courteous of others who are using the Center,  
and take baby out if he/she becomes fussy.*

*(We thank you in advance for understanding that not everyone  
thinks your newborn's cries are as adorable as you do!)*

\* This is not an organized exercise program, just an invitation to come and work out in our Wellness Center!

THANK YOU TO OUR SPONSORS!



MWR Marketing

Melissa Schaffner

(270) 798-7535

[melissa.a.schaffner.naf@mail.mil](mailto:melissa.a.schaffner.naf@mail.mil)

#### Kids Bowl Free

- Now thru 17 Aug (Mon-Fri)
- Hooper Bowling Center
- For age 14 and under.
- Register at [kidsbowlfree.com](http://kidsbowlfree.com) to qualify.
- Each child registered will get 2 free games per day, Monday thru Friday.
- Must pay for shoes.
  - Monday - \$1.75
  - Tue-Fri - \$2.75
- Valid Mon & Tue, 10 a.m. to 2 p.m. and Wed-Fri, 10 a.m. to 9 p.m.
- Not valid on Saturdays or Sundays.
- Parent/Family pass available for the summer too!

- (270) 798-5887
  - Please visit the Physical Fitness Centers page on our website for details.
  - [www.campbell.armymwr.com](http://www.campbell.armymwr.com)
- #### Muscle X Exercise Class
- 15, 22 & 29 Aug, 9 a.m. to 9:45 a.m.
    - Wednesdays
  - Estep Physical Fitness Center
  - \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
  - (270) 798-4664
- #### Aqua Living Fitness Exercise Class
- 15, 22 & 29 Aug, 10 a.m. to 11 a.m.
    - Wednesdays

- 13 & 27 Aug, 10 a.m. to 11 a.m.
- Baldonado Outdoor Swimming Pool
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-5207

#### **Cycle Exercise Class**

- 15, 22 & 29 Aug, 10:30 to 11:30 a.m.
  - Wednesdays
- Estep Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-4664

#### **Total Pump PM Exercise Class**

- 15, 22 & 29 Aug, 4:30 p.m. to 5:30 p.m.
  - Wednesdays
- 13 & 27 Aug, 4:30 p.m. to 5:30 p.m.
  - Mondays
- Estep Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-4664

#### **Aqua Kick Your Booty Boot Camp Style**

- 10, 17, 24 & 31 Aug, 10 a.m. to 11 a.m.
  - Fridays
- 13 & 27 Aug, 4:30 p.m. to 5:30 p.m.
  - Mondays
- Baldonado Outdoor Swimming Pool
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-5207

#### **Zumba® Exercise Class**

- 15, 22 & 29 Aug, 6 p.m. to 7 p.m.
  - Wednesdays
  - Estep Physical Fitness Center
- 9, 16, 23 & 30 Aug, 9 a.m. to 10 a.m.
  - Thursdays
  - Shaw Physical Fitness Center
- 10, 17, 24 & 31 Aug, 10 a.m. to 11 a.m.
  - Fridays
  - Estep Physical Fitness Center
- 18 & 25 Aug, 8:30 a.m. to 9:30 a.m.
  - Saturdays
  - Shaw Physical Fitness Center
- 14, 21 & 28 Aug, 9 a.m. to 10 a.m.
  - Tuesdays
  - Shaw Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 461-2294 – Shaw PFC

- (270) 798-4664 – Estep PFC

#### **Aqua Spin Exercise Class**

- 9, 16, 23 & 30 Aug, 10 a.m. to 10:45 a.m.
- 9, 16, 23 & 30 Aug, 4:30 p.m. to 5:15 p.m.
  - Thursdays
- Baldonado Outdoor Swimming Pool
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-5207

#### **Total Pump AM Exercise Class**

- 9, 16, 23 & 30 Aug, 10:30 to 11:30 a.m.
  - Thursdays
- 14, 21 & 28 Aug, 10:30 a.m. to 11:30 a.m.
  - Tuesdays
- Shaw Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 461-2294

#### **Children's Story & Craft Time**

- 9, 16, 23 & 30 Aug
- 10:30 a.m. & 1:30 p.m. (every Thursday)
- Robert F. Sink Memorial Library
- Free event held every Thursday
- Open to preschool age children
- (270) 798-7466

#### **QuarterMania Bowling**

- 9, 16, 23 & 30 August
- 4 p.m. to 10 p.m. (every Thursday)
- Hooper Bowling Center
- Pay \$5 cover charge per person (includes shoes) and each game will only cost \$.25.
- (270) 798-5887

#### **Leather Bracelets**

- 14 Aug, 4:30 p.m. to 5:30 p.m.
- Guenette Arts & Crafts Center
- For ages 6 and over.
- Children age 12 and under must be accompanied by an adult.
- \$8
- (270) 798-6693

#### **Spin® Exercise Class**

- 9, 16, 23 & 30 Aug, 6 p.m. to 7 p.m.
  - Thursdays
  - Estep Physical Fitness Center
- 14, 21 and 28 Aug, 6 p.m. to 7 p.m.
  - Tuesdays
  - Estep Physical Fitness Center
- 11, 18 & 25 Aug, 10 a.m. to 11 a.m.
  - Saturdays
  - Shaw Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and

Aquatics exercise classes.

- (270) 798-4664 – Estep PFC
- (270) 461-2294 – Shaw PFC

#### **Aqua Zumba® Exercise Class**

- 18 Aug, 10 a.m. to 11 a.m.
  - Saturdays
- Baldonado Outdoor Swimming Pool
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-5207

#### **Nine O'Clock Mixer Exercise Class**

- 13, 20 & 27 Aug, 9 a.m. to 10 a.m.
  - Mondays
- Estep Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- 13 Aug – Core De Force™
- 20 Aug – P90X™
- 27 Aug – PiYo™
- (270) 798-4664

#### **Power Cycle Exercise Class**

- 13, 20 & 27 Aug, 10:30 a.m. to 11:15 a.m.
  - Mondays
  - Estep Physical Fitness Center
- 6, 13 & 27 Aug, 5 p.m. to 5:45 p.m.
  - Mondays
  - Shaw Physical Fitness Center
- 10, 17, 24 & 31 Aug, 10:30 to 11:30 a.m.
  - Fridays
  - Estep Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-4664 – Estep PFC
- (270) 461-2294 – Shaw PFC

#### **Aqua Jump Exercise Class**

- 14, 21 & 28 Aug, 10 a.m. to 11 a.m.
- 14, 21 & 28 Aug, 4:30 p.m. to 5:30 p.m.
  - Tuesdays
- Baldonado Outdoor Swimming Pool
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-5207

#### **Power Hour Exercise Class**

- 14, 21 & 28 Aug, 5 p.m. to 6 p.m.
  - Tuesdays
- Estep Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-4664

#### **Wheel Throwing Club**

- 8 Aug, 5 p.m. to 7 p.m.
- Guenette Arts & Crafts Center
- For ages 14 and over.
- \$4
- This is not a class.
- (270) 798-6693

#### **Galaxy Painting on Book Bag**

- 9 Aug, 4:30 p.m. to 6:30 p.m.
- Guenette Arts & Crafts Center
- Open to ages 8 and over. Children age 12 and under must be accompanied by an adult.
- \$12
- (270) 798-6693

#### **Stained Glass Sun Catchers**

- 10 Aug, 10 a.m. to 12:30 p.m.
- 29 Aug, 5 p.m. to 7:30 p.m.
- Guenette Arts & Crafts Center
- For ages 18 and over.
- \$22 plus cost of glass
- Registration required.
- (270) 798-6693

#### **Aqua Glide Exercise Class**

- 11 & 25 Aug, 10 a.m. to 11 a.m.
  - Saturdays
- Baldonado Outdoor Swimming Pool
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-5207

#### **Gear To Go Birthday Celebration**

- 11 Aug, 10 a.m. to 2 p.m.
- Gear To Go
- Equipment on display.2
- Free hot dogs, sno cones and popcorn.
- Inflatables
- All future reservation made and paid in full during the celebration will receive a 20% discount.
- (270) 798-3919

#### **Kids Clay Workshop**

- 11 Aug, 10 a.m. to 11 a.m.
  - Chip & Dip
- 23 Aug, 4:30 p.m. to 5:30 p.m.
  - Chip & Dip
- 25 Aug, 10 a.m. to 12 p.m.
  - Wall Pocket
- 28 Aug, 4:30 p.m. to 5:30 p.m.
  - Wind Chime
- Guenette Arts & Crafts Center
- Open to all ages. Children age 12 and under must be accompanied by an adult.
- \$11

- (270) 798-6693

### **Wheel Throwing Class**

- 15 Aug, 5 p.m. to 7 p.m. (part 1 of 2)
- 22 Aug, 5 p.m. to 7 p.m. (part 2 of 2)
- Guenette Arts & Crafts Center
- For ages 14 and over.
- \$26 (includes both parts)
- Reservations required.
- (270) 798-6693

### **Galaxy Painting on Glass**

- 15 Aug, 5 p.m. to 7 p.m.
- Guenette Arts & Crafts Center
- Open to ages 8 and over. Children age 12 and under must be accompanied by an adult.
- \$10
- (270) 798-6693

### **Kids Canvas Painting**

- 16 Aug, 4:30 p.m. to 6:30 p.m.
- 25 Aug, 10 a.m. to 12 p.m.
- Guenette Arts & Crafts Center
- For ages 6 and over. Children age 12 and under must be accompanied by an adult.
- \$12
- Pre-registration required.
- (270) 798-6693

### **Wheel Throwing Class**

- 17 Aug, 10 a.m. to 12 p.m. (part 1 of 2)
- 24 Aug, 10 a.m. to 12 p.m. (part 2 of 2)
- Guenette Arts & Crafts Center
- For ages 14 and over.
- \$26 (includes both parts)
- Reservations required.
- (270) 798-6693

### **Hunter Hayes Concert**

- 17 Aug
- Division Parade Field
- Free
- Brought to us by the Air Force Reserve Tour for the Troops
- Thank you our Sponsors for helping make this event possible – USAA and USO.\*
- More information to follow.
- (270) 798-7535

### **Clay Chameleon**

- 18 Aug, 10 a.m. to 12 p.m.
- Guenette Arts & Crafts Center
- For ages 8 and over. Children age 12 and under must be accompanied by an adult.
- \$11
- (270) 798-6693

### **DIY Framing Class**

- 18 Aug, starting at 12:30 p.m.
- Guenette Arts & Crafts Center
- For ages 18 and over.

- \$10 plus materials.
- Bring an item to frame. Please no coins, flags, guidons or canvases.
- Reservations required.
- (270) 798-6693

### **CYS School Age Center (SAC) Saturdays Open to Kindergarten thru 5<sup>th</sup> Graders**

- 18 Aug, 1 p.m. to 5 p.m.
- Third Saturday of each month.
- Free to currently enrolled patrons paying fees for SAC already.
- Children not enrolled in the regular SAC program will pay \$4 per hour.
- Child must be registered with CYS to use SAC Saturdays.
- Reservations made thru Parent Central Services.
- (270) 798-0674

### **Galaxy Painting on Canvas**

- 21 Aug, 4:30 p.m. to 6:30 p.m.
- Guenette Arts & Crafts Center
- Open to ages 8 and over. Children age 12 and under must be accompanied by an adult.
- \$12
- (270) 798-6693

### **Teen Canvas Painting**

- 22 Aug, 5 p.m. to 7 p.m.
- Guenette Arts & Crafts Center
- For ages 11 and over. Children age 12 and under must be accompanied by an adult.
- \$12
- Pre-registration required.
- (270) 798-6693

### **Doggie Dip**

- 25 Aug, 10 a.m. to 12 p.m.
- Dolan Swimming Pool
- \$5 per dog (their humans are free)
- (270) 798-6310

### **Watch Showtime Boxing at Warrior Zone**

- 25 Aug
- Free admission
- Doors open at 11 a.m.
- Food and beverage menu available for purchase.
- Must be 18+ to enter Warrior Zone.
- Must be 21+ to purchase and consume alcohol.
- Fights are subject to change.
- (270) 461-0603

### **Zumba® Exercise Class**

- 1, 8, 15, 22 & 29 Sep, 8:30 a.m. to 9:30 a.m.
  - Saturdays
  - Shaw Physical Fitness Center
- 7, 14, 21 & 28 Sep, 10 a.m. to 11 a.m.

- Fridays
- Estep Physical Fitness Center
- 4, 11, 18 & 25 Sep, 9 a.m. to 10 a.m.
  - Tuesdays
  - Shaw Physical Fitness Center
- 5, 12, 19 & 26 Sep, 6 p.m. to 7 p.m.
  - Wednesdays
  - Estep Physical Fitness Center
- 6, 13, 20 & 27 Sep, 9 a.m. to 10 a.m.
  - Thursdays
  - Shaw Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 461-2294 – Shaw PFC
- (270) 798-4664 – Estep PFC

**Aqua Zumba® Exercise Class**

- 1, 15 & 29 Sep, 10 a.m. to 11 a.m.
  - Saturdays
- Baldonado Outdoor Swimming Pool
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-5207

**Spin® Exercise Class**

- 1, 8, 15, 22 & 29 Sep, 10 a.m. to 11 a.m.
  - Saturdays
  - Shaw Physical Fitness Center
- 4, 11, 18 & 25 Sep, 6 p.m. to 7 p.m.
  - Tuesdays
  - Estep Physical Fitness Center
- 6, 13, 20 & 27 Sep, 6 p.m. to 7 p.m.
  - Thursdays
  - Estep Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-4664 – Estep PFC
- (270) 461-2294 – Shaw PFC

**Total Pump AM Exercise Class**

- 4, 11, 18 & 25 Sep, 10:30 a.m. to 11:30 a.m.
  - Tuesdays
- 6, 13, 20 & 27 Sep, 10:30 a.m. to 11:30 a.m.
  - Thursdays
- Shaw Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 461-2294

**Aqua Jump Exercise Class**

- 4, 11, 18 & 25 Sep, 10 a.m. to 11 a.m.
- 4, 11, 18 & 25 Sep, 4:30 p.m. to 5:30 p.m.
  - Tuesdays
- Baldonado Outdoor Swimming Pool
- \$3 per class or \$30 for a 30 Day Unlimited

pass good for both PFC exercise classes and Aquatics exercise classes.

- (270) 798-5207

**Power Hour Exercise Class**

- 4, 11, 18 & 25 Sep, 5 p.m. to 6 p.m.
  - Tuesdays
- Estep Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-4664

**Muscle X Exercise Class**

- 5, 12, 19 & 26 Sep, 9 a.m. to 9:45 a.m.
  - Wednesdays
- Estep Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-4664

**Aqua Living Fitness Exercise Class**

- 5, 12, 19 & 26 Sep, 10 a.m. to 11 a.m.
  - Wednesdays
- 10, 17 & 24 Sep, 10 a.m. to 11 a.m.
- Baldonado Outdoor Swimming Pool
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-5207

**Cycle Exercise Class**

- 5, 12, 19 & 26 Sep, 10:30 to 11:30 a.m.
  - Wednesdays
- Estep Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-4664

**Total Pump PM Exercise Class**

- 5, 12, 19 & 26 Sep, 4:30 p.m. to 5:30 p.m.
  - Wednesdays
- 10, 17 & 24 Sep, 4:30 p.m. to 5:30 p.m.
  - Mondays
- Estep Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-4664

**Aqua Kick Your Booty Boot Camp Style**

- 7, 14, 21 & 28 Sep, 10 a.m. to 11 a.m.
  - Fridays
- 10, 17 & 24 Sep, 4:30 p.m. to 5:30 p.m.
  - Mondays
- Baldonado Outdoor Swimming Pool
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and

Aquatics exercise classes.

- (270) 798-5207

### **Wednesday BACH Bowling League**

- Starts on 5 Sep at 6:20 p.m.
- Hooper Bowling Center
- \$15 per person per night
- League Meeting is 29 August at 6:30 p.m.
- Anyone can join – you do not have to work at BACH.
- Age 18 and over.
- 4 person team - mixed league (at least one person of opposite sex)
- Come as an individual and you will be placed on a team.
- POC is Rockey Rushing at (931) 218-3468

### **Aqua Spin Exercise Class**

- 6, 13, 20 & 27 Sep, 10 a.m. to 10:45 a.m.
- 6, 13, 20 & 27, 4:30 p.m. to 5:15 p.m.
  - Thursdays
- Baldonado Outdoor Swimming Pool
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-5207

### **Friday Young and Old Bowling League**

- Starts on 7 September at 6:20 p.m.
- Hooper Bowling Center
- \$15 per person per night
- League Meeting is 31 August at 6:30 p.m.
- Age 18 and over.
- 4 person team – mixed league (at least one person of opposite sex)
- Come as an individual and you will be placed on a team.
- POC is George Dixon or Ann Hairston

### **Saturday Morning Youth Bowling League**

- Starts on 8 Sep at 9:50 a.m.
- Hooper Bowling Center
- \$4 Sanction Fee & \$10 per person per week
- Age 21 and under.
- Come as an individual and you will be placed on a team.
- POC is Joe Summers at (931) 624-4496 or Regina Aman at (253) 380-8020.

### **Aqua Glide Exercise Class**

- 5, 12, 19 & 25 Sep, 4:30 p.m. to 5:30 p.m.
  - Wednesdays
- 8 & 22 Sep, 10 a.m. to 11 a.m.
  - Saturdays
- Baldonado Outdoor Swimming Pool
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-5207

### **Thursday Night Mixed Bowling League**

- Starts on 13 Sep at 6:20 p.m.
- Hooper Bowling Center
- \$18 per person per night
- League Meeting is 6 Sep at 6:30 p.m.
- Age 18 and over.
- 4 person team - mixed league (at least one person of opposite sex)
- Come as an individual and you will be placed on a team.
- POC is Chico Aguon

### **Nine O'Clock Mixer Exercise Class**

- 10, 17 & 24 Sep, 9 a.m. to 10 a.m.
  - Mondays
- Estep Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- 10 Sep – PiYo™
- 17 Sep – P90X™
- 24 Sep – Bootcamp
- (270) 798-4664

### **Power Cycle Exercise Class**

- 10, 17 & 24 Sep, 10:30 a.m. to 11:15 a.m.
  - Mondays
  - Estep Physical Fitness Center
- 10, 17 & 24 Sep, 5 p.m. to 5:45 p.m.
  - Mondays
  - Shaw Physical Fitness Center
- 7, 14, 21 & 28, 10:30 a.m. to 11:30 a.m.
  - Fridays
  - Estep Physical Fitness Center
- \$3 per class or \$30 for a 30 Day Unlimited pass good for both PFC exercise classes and Aquatics exercise classes.
- (270) 798-4664 – Estep PFC
- (270) 461-2294 – Shaw PFC

### **Installation Volunteer Recruitment Fair**

- 18 Sep, 10 a.m. to 1 p.m.
- Family Resource Center
- Registration is required.
- (270) 956-2934

### **Fall Job Fair**

- 19 & 20 Sep, 9 a.m. to 3 p.m.
- 19 Sep, National and International Employers
- 20 Sep, Local and Regional Employers
- Cole Park Commons
- (270) 798-5000/4412

### **Volksmarch**

- 6 Oct, starting at 8:30 a.m.
- Location TBD
- \$10 per person  
\$25 for your Family
- (270) 798-3320

### **Super Hero Fun Run & 5K**

- 17 Nov, starting at 8:30 a.m.
- Location TBD
- Fun Run
- \$5 per person  
\$15 for your Family
- 5K
  - \$10 per person  
\$25 for your Family
- (270) 798-3320

### **Create Your Own Bowling League**

- Hooper Bowling Center
- 6 teams / 6 lanes minimum
- \$7.50 per person per night paid to Hooper  
(does not include league fees)
- Space available anytime we're open.
- POC Patty Schneider at (270) 798-5887
- 6 teams / 6 lanes minimum
- \$7.50 per person per night paid to Hooper  
(does not include league fees)
- Space available anytime we're open.
- POC Patty Schneider at (270) 798-5887

*\*Sponsorship does not imply Army endorsement. See AR 215-1, para. 11-8d.*