

Information Exchange

5 September 2018

Talking Points

DPTMS, Major Events

David Clore

david.b.clore.civ@mail.mil

5 SEP: FaceBook 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: Volksmarch 5K
29 SEP: Fort Campbell Spouses Club 2nd Annual Golf Classic
2 OCT: National Night Out & Fall Fest
5 OCT: DONSA
6 OCT: Post-wide Yard Sale
8 OCT: Columbus Day
8-9 OCT: Fall Break (Fort Campbell Schools)
8-12 OCT: Fall Break (CMCSS, CCSD)
16 OCT: 160th SOAR Anniversary
20 OCT: Spooktacular & Party on the Post
30 OCT: 2-17 ARB Change of Command Ceremony
31 OCT: Halloween
4 NOV: Daylight Saving Time Ends
6 NOV: Election Day
8 NOV: 101st ABN DIV HHBn Change of Responsibility Ceremony
9 NOV: DONSA
15 NOV: Fort Campbell High School Grand Opening Ceremony
16 NOV: FCSC Mock Dining In
17 NOV: Vanderbilt Military Appreciation Football Game
17 NOV: Super Hero 5K/ 1 Mile Fun Run

Blanchfield Army Community Hospital Department of Radiology Dr. Sara Micheal 270-956-0033

- Breast Mammogram
- Screening Mammogram services
- BACH is available Monday-Friday for screening mammography between the hours of 7:30 a.m. – 4 p.m.
- On-post physicians or providers are able to self refer!

- Off-post physicians or providers should provide a prescription
- Call 270-956-0033 to make an appointment

About Breast Cancer Screening

The American College of Radiology recommends ANNUAL screening starting at the age of 40 for average risk women.

- 1 in 6 women diagnosed with breast cancer are under the age of 50
- Nearly 42% of the breast cancers diagnosed at BACH are in women <50 years old
- Most number of life years gained for starting screening at 40

Screening vs. Diagnostic

Screening mammography is offered for all women 40 years and up who have NO breast complaints

If you have a breast symptom (lump, discharge, focal persistent pain), you will need to see a physician or a provider to be evaluated.

Emergency Management Office

Jay Fangman

798-3847

john.j.fangman.civ@mail.mil

NATIONAL PREPAREDNESS MONTH 2018



PREPARE NOW

LEARN HOW



FEMA

Ready.

DISASTERS HAPPEN:

- Tornados
- Flooding (Flash and River)
- Ice Storms
- Wildfires
- Earthquake
- Terrorism
- House Fire

PREPARE NOW:

- Get an Emergency Kit
 - Should Last 72 Hours
- Check your kit when the time changes
- Have a Family Plan
 - Rehearse with your kids
- Update contact info

Be Informed:

- Sign up for AtHoc alerts
- Official Social Media Sites
- LEARN HOW
- Ready.gov
- Ready.army.mil
- Emergency Planning Folder

After Deployment Adaptive Parenting Tools (ADAPT)

Elizabeth Eversole

(612) 418-2491

eeversol@umn.edu

Program Overview:

- Request for Participants
- The first research-based parenting program developed specifically for deployed military families with school-aged children
- Tailored for OPTEMPO of active duty – aim to see what format (dosage) and sequence works for what family

Multiple formats: workshop, online, small group and individual (assigned using randomization)

Topics covered:

Encouragement, Discipline, Problem Solving, Monitoring, Positive Involvement, Emotion socialization

Families who participated in the ADAPT intervention showed:

- improved observed parenting
- improved self-efficacy (feeling more able to positively influence their children's behavior) among parents
- reductions in children's behavior, emotional problems, and peer problems
- Improvements in self-efficacy of parents as a result of the program led to reductions in: Depression, PTSD symptoms, Thoughts of suicide

Participation Overview:

- Families can earn up to \$520 in gift cards for participating in pre-program interviews/surveys, parenting program and on-going interviews/surveys
- Spouses can sign up to participate on their own; ideal to have SM
- Participation last for 2 years (ETS/PCS is okay!)
- Participation is voluntary, confidential and families can withdraw at any time

Eligibility:

Regular Army: 1 deployment in the past 5 years, SOF: 2 deployments in the past 3 years

Have a child between the ages of 5 and 12

Sign up at Adapt.umn.edu

American Red Cross

Tere Kangas

270-798-2171

Campbell@redcross.org

Red Cross Offers Volunteer Opportunities for

- Military Outstanding Volunteer Service Medal
- Promise Scholarships
- Building Resume in New Fields of Interest

Orientation Dates:

- 14 September, Friday 9:00am-12:00pm
- 29 September, Saturday 10:00am-12:00pm
- 12 October, Friday 9:00am-12:00pm
- 27 October, Saturday 10:00am-12:00pm
- 9 November, Friday 9:00am-12:00pm
- 8 December, Saturday 10:00am-12:00pm
- 14 December, Friday 9:00am-12:00pm

Special Events found on www.allforgood.org

- September
- Pillars of Hope
- 9/11 National Day of Remember
- Escort Replica of Vietnam Wall
- Vet Fest at Beachaven Vineyards and Winery
- Welcome Home Veterans Parade – Military Working Dog Memorial Float
- Wags and Wings Event
- October
- National Night Out
- Mount Olive Cemetery Project
- December
- Santa Visit

Blanchfield Army Community Hospital Public Affairs

270-956-0459

usarmy.campbell.medcom-bach.list.pao-users@mail.mil

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

www.facebook.com/BACH.Fort.Campbell

Upcoming Events**Soldier For Life / Retiree Appreciation Health Fair**

An information fair for Retirees is slated for Saturday, Sept. 22 from 9 a.m. to 2 p.m. at Fort Campbell's Soldier Support Center. BACH staff will administer vaccinations for influenza, shingles, and pneumonia. Retirees will also be able to receive educational information for various primary care and specialty services.

Community Flu Vaccines

The annual Community Flu Vaccine Campaign is slated for Oct. 22 through Nov. 9 at Fort Campbell. These events are open to all TRICARE beneficiaries **six months or older**, including Soldiers, Retirees and Family members. Vaccines will be available at Building 207 (near Bastogne Ave. and Screaming Eagle Blvd.) Mondays and Fridays 7 a.m. to 4 p.m.; and Tuesdays 9 a.m. to 6 p.m.

TRICARE Retiree Dental Program

The TRICARE Retiree Dental Program (TRDP) ends 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 1 January 2019. For more details on the new coverage options, visit TRICARE.benefeds.com and sign up for email updates.

Health and Wellness

September is Suicide Prevention Awareness Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. If you or someone you know is in an emergency, call 911 immediately. If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255).

Childhood Obesity Awareness Month

One in three children in the U.S. are overweight or obese, putting kids at risk for health problems once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. Make a difference for kids: spread the word about strategies for preventing childhood obesity and encourage communities, organizations, families, and individuals to get involved. Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.

Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to two hours or less a day. Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods. Check out www.cdc.gov/bam for more information.

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>.

Adult Immunization Service

An Adult Immunization Service is available at the Town Center Pharmacy. This will provide adults without access to military treatment facility 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 or call 270-956-0459.

BACH General Information

Supporting Gold Star Families

The Fort Campbell Fisher House now provides lodging to surviving Families of fallen Service Members on a space available basis. This exception to policy is strictly to allow Gold Star Families the opportunity to attend memorial services and other GS events hosted by military units and/or Survivor Outreach Services. Families wanting to take advantage of this exception to policy must be traveling more than 100 miles and need lodging for a minimum of two nights. Stays of up to six nights will be permitted, depending on the schedule of events Family will be attending. For more information, please contact the Fisher House manager at (270) 798-8330 or visit www.fortcampbellfisherhouse.org.

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 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.
- 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

Chaplain's Office

CH (LTC) Kevin Wainwright

270- 412-1528

kevin.e.wainwright.mil@mail.mil

Fort Campbell Mothers of Preschoolers (MOPS)

- 2nd and 4th Wednesdays each month @ Liberty Chapel 9:15am-11:15am
- Watch Care provided (first come basis)
- Faith-based fellowship and connection

Upcoming Topics:

- 12 September – Military Resource Fair
- 26 September – Bringing Christ into your child's life
- 10 October– No meeting (Fall break)
- 24 October– Finding your courage and passion
- 14 November – Growing your spark (parenting panel)
- 28 November – Self Care for mothers



Christian County Military Affairs Committee (MAC)

Lindsey Geraci

270-885-9096


lgeraci@christiancountychamber.com

SALUTE FORT CAMPBELL SERIES

 @christiancountymac
 @christiancountymac

AUGUST 24 & 25	Summer Salute Concert Series: featuring Sawyer Brown
SEPTEMBER 12	Spouses Luncheon & Tour of Homes
SEPTEMBER 15	Trot 4 Troops: 5k, 10k and 1 mile fun run
OCTOBER 19	Freedom Friday Chili Cook-off: food, music and kids activities
OCTOBER 27	Military Affairs Committee Gala

PRESENTED BY:



Rogers Group, Inc.

- 30th Annual Trail of Tears Pow Wow
8-9 September at 11:30am
- Trail of Tears Park and Heritage Center
- 2018 Taste of the Pennyrile
13 September at 5:00pm James E. Bruce Convention Center
- Junior Auxiliary Charity Ball
20 October at 7:00pm
- Hopkinsville Golf & Country Club, Hopkinsville, KY
- Open to public

Clarksville Parks & Recreation

Candice Tillman

931-645-7476

www.CityofClarksville.com/ParksRec

- Clarksville Riverfest, 6-8 September McGregor Park www.ClarksvilleRiverfest.com
- Sevier Days, 15 September Fort Defiance, Free admission
- Sleep Under the Stars Campout, 22 & 23 September Billy Dunlop Park, \$15 each or \$55 per family
- Tours with BCycle
- Historic Church Tours, 22 September
- Ghost Tours 12 & 19 October Downtown

New Providence Pool Indoor Season

1 October – 5 May

Swim Lessons, Toddler Splash,

Water Aerobics, Events

- Pop-up Park Mini Photo Sessions, 6 October at the Clarksville Greenway, \$30 for 15-min session, 3 images

Exchange

David Swenson

270-439-1846

swenson@aafes.com

Up Coming Exchange Events

- 9 September – Grandparents Day, Coloring Card Table – 1:00pm-3:00pm
 - Located between Men's Befit & Furniture Department
- 15 September – Beachhaven Wine Tasting – 12:00pm-2:00pm
 - Located by Softlines Clothing Entrance
- 21 - 22 September – Case lot Sale located in the Exchange Mall
- 22 September -Retiree Event – 10:00am-2:00pm
 - Open to Public, Tabling Event, Food Trucks, Souvenir Sales
 - Located at 2702 Soldier Support Center, Indiana Ave (Old Commissary)
- 29 September – "Fall into Fitness" Event – 11:00am-2:00pm
 - Fitness Footwear demos, Sports Nutrition (SN) demos, Gift with purchase of items, and enter to win drawings
 - Located by SN shop, between Men's Be-Fit & Furniture department
 - Upcoming Vendor Events

Check the August sales tabloid for the coupons for the following sales:

- Patriot Outfitters: \$5 off \$30 or more with your Mil Star Card
- Optical: 0% interest/No Payments for 6 months with \$199 Military Star Card
- Petals & Bloom Flower Shop: \$10 off with a purchase of \$65 or more with your Military Star Card
- Barbershop (All locations): \$2.00 off every child's haircut when you use your Military Star Card

For information on requesting vending machine please call 270-439-1889

For more information regarding concession please contact Kelly Tolefree-Sarmiento at 270-439-1889 or tolefreearmiento@aafes.com

Fort Campbell Schools Community Superintendent **Youlanda Washington** **270-439-1927**
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

The First School board meeting will be held on Tuesday, September 25, 2018 @ 12:00 in the Central Office Boardroom located at 84 Texas Avenue.

CALENDAR OF EVENTS

No School	3 September	Labor Day
No School	24 September	Teacher Math Training Day
No School	5 October	Report Card Prep Day for Teachers
No School	8 October	Columbus Day
No School	9 October	Fall Break
No School	19 October	Parent-Teach Conference Day for all Schools

- 15 Nov Dedication of new Fort Campbell High School @ 9:00am

CYS School Liaison Officer **Dr. Terri McQuirter, EdD.** **270-798-9874**
terri.mcquirter.naf@mail.mil

Impact Aid:

Who is Eligible?

- School Districts with federally connected students
- 3% membership or 400 average daily attendance
- 10% membership or 1000 average daily attendance

Schools Responsibility:

- Distribute Survey Forms, Submit Application for Impact Aid Federal Funding

Parents Responsibility:

- Fill out, complete and return Survey Forms
- CMCSS (paper copy); CCPS (electronic copy)

Funding Based on:

- Number and percentage of military connected enrolled students
- Funding Allocations: School Supplies, equipment, furniture, etc.
- For additional information: Office of Impact Aid Programs –
 - US Department of Education

<https://www2.ed.gov/about/offices/list/oese/impactaid/index.html?exp=6>;

Phone: 202-260-3858

SLO POC: Dr. Terri McQuirter, EdD., terri.mcquirter.naf@mail.mil

Mrs. Manuela Hemington, M.S., M. Ed.,

manuela.hemington.naf@mail.mil

Phone: (270) 798-9874

Fort Campbell Spouses' Club

Sarah Kuchan

Sep. Luncheon Tailgate Bunco

- 19 September 10:30am – 1:00pm
- Joe Swing Recreation Facility
- Highlighted Charity: CMC Teachers Warehouse

2nd Annual Fall Charitable Golf Classic

- 29 September Doors open 6:30am; Tee off 8:00am
- Cole Park Golf Course
- Charity Event Open to the Public
- \$60 per golfer

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

All proceeds go to the FCSC Scholarship & Community Grant Program

A few sponsorship opportunities are still available if interested contact: fcscfallfundraier@gmail.com

MOCK DINING IN

- 16 November 6:00pm-11:00pm
- James E. Bruce Center
- You do NOT have to be a FCSC member to attend
- 1 September Table theme enrollment
- 17 September Ticket sales

For more information email us at fcscmockdiningin@gmail.com

USO Fort Campbell

Pamela Holz

270-839-9234

pholz@uso.org

Upcoming Events:

- Watch for Information about Women's Workout Wednesdays
- 10 September 6:00pm USO Songwriters Night at Hard Rock Café Nashville
- 13 September 9:00am Military Spouse Networking Event
- 14 September 11:00am USO Storytime
- 22 September 10:00am Healthy Kids, Healthy Families Wellness Program
- 27 September 5:00pm Gary Sinise Foundation Dinner and AOTM Concert!
- 28 September 7:00pm USO Family Movie Night "Aladdin"

USO Wellness Center open Monday - Thursday: 0800-2000

Friday: 0800-2200 Saturday: 1000-2200 Sunday: 1200-1800

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

Book Your Holiday Parties at Smokehaus

- Smokehaus Restaurant
- 6633 Sportsman's Lane
- Everyone is welcome to book parties.
- First come first served.
- Festively decorated for the holidays.
- Homemade, fresh and tasty selections for your lunch or dinner parties.
- (270) 798-4993

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

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

Boot Camp Xtreme (BCX)

- 5 September – 29 October
- Mon, Wed, Fri, 9 a.m. to 10 a.m.
- Estep Physical Fitness Center
- Sessions will take place at a variety of places around Post and may be inside or outside.
- \$75 (includes)
 - 21 Amazing Workouts
 - 1 Free fitness class per week. Your choice at Estep or Shaw PFC. (Only during duration of this class.)
 - BCX Survivor T-Shirt
- Orientation is on Friday, 31 Aug, at 9 a.m.

- (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 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

Wheel Throwing Club

- 5 September, 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

Adult Canvas Painting

- 5 September, 5:30 p.m. to 7:30 p.m.
- Guenette Arts & Crafts Center
- For ages 16 and over.

- \$25
- Pre-registration required.
- (270) 798-6693

Wednesday Night BACH Bowling League

- Starts on 5 September 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.
- Contacts
 - Chico Aguon at (931) 933-1936
 - Angela Williams at (931) 220-9054 or (270) 798-8026 or angela.j.williams12.civ@mail.mil

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

Children's Story & Craft Time

- 6, 13, 20 and 27 September
- 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

- 6, 13, 20 and 27 September
- 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

- 6 September, 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

Power Hour Exercise Class**

- 6, 13, 20 & 27 Sep, 5 p.m. to 6 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

Company Flag Football Season / Turkey Bowl Deadline to Register

- 7 September
- Round Robin followed by Turkey Bowl Tournament
- Sports Office at Fryar Stadium
- Commander's Cup event
- Games start on 17 September
- (270) 956-1006

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

Wheel Throwing Class

- 7 Sep, 10 a.m. to 12 p.m. (part 1 of 2)
- 14 Sep, 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

Party on the Post - with LIVE Nashville Talent

- 7 September, 5:30 p.m. to 8:30 p.m.
- Town Center Park (located in front of the main Exchange)
- Free
- Family friendly.
- Future dates:
 - 20 October (location TBD)
- www.campbell.armymwr.com

Friday Night 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.
- Contacts:
 - George Dixon at (270) 798-5887
 - Ann Hairston at (931) 216-6240

Saturday Morning Youth Bowling League

- Starts on 8 September 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.
- Contacts:
 - Joe Summers at (931) 624-4496
 - Regina Aman at (253) 380-8020.

Kids Clay Workshop

- 8 September, 10 a.m. to 11 a.m.
 - Wind Chime
- 25 September, 4:30 p.m. to 5:30 p.m.
 - Chip & Dip

Watch UFC Fights at Warrior Zone

- 8 Sep – UFC #228
 - Tyron "The Chosen One" Woodley vs Darren "The Gorilla" Till
 - Welterweight Title Fight*
- Must be 18+ to enter Warrior Zone.
- Must be 21+ to purchase and consume alcohol.
- *Per UFC.com – Fights are verbally agreed upon and card may change at any time. Some fights may not be broadcast.
- (270) 461-0603

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.
- There is a different class each week.
- (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

Alpha Warrior Boot Camp

- 10, 17, 24 Sep & 1 Sep, 5 p.m. to 6 p.m.
- 4 total sessions
- Estep Physical Fitness Center
- Alpha Warrior introduction for beginners.
- Free
- (2710) 798-4664

Kids Canvas Painting

- 11 September, 4:30 p.m. to 6:30 p.m.
- 22 September, 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
- 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

- 12 September, 5 p.m. to 7 p.m. (part 1 of 2)
- 19 September, 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

- 13 September, 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.
- \$10
- (270) 798-6693

Thursday Night Mixed Bowling League

- Starts on 13 September at 6:20 p.m.

- Hooper Bowling Center
- \$18 per person per night
- League Meeting is 6 September 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 Rocky Rushing at (931) 218-3468

Suminagashi Paper Marbling

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

DIY Framing Class

- 15 September, 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 5th Graders

- 15 September, 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

Installation Volunteer Recruitment Fair

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

Galaxy Painting on Canvas

- 18 September, 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

Fall Job Fair

- 19 & 20 September, 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

Teen Canvas Painting

- 19 September, 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

Shrink It for Kids

- 20 September, 4:30 p.m. to 5:30 p.m.
- Guenette Arts & Crafts Center
- Open to all ages. Children age 12 and under must be accompanied by an adult.
- \$5
- (270) 798-6693

Burlap Wreath Making

- 21 September, 1 p.m. to 3 p.m.
- Guenette Arts & Crafts Center
- For ages 16 and over.
- \$28
- Registration required.
- (270) 798-6693

Clay Fairy House

- 22 September, 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

Stained Glass Sun Catchers

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

Family Game Night

- 27 September, 5 p.m. to 7 p.m.

- Family Resource Center
- Free
- First 50 Families that register will receive a free board game to take home.
- Hot dogs, chips and juice will be served.
- Reservations are required.
- (270) 956-4381

BN Post Championship Soccer Tournament Deadline to Register

- 28 September
- Sports Office at Fryar Stadium
- Commander's Cup event
- Games start on 9 October
- (270) 798-3094

Volksmarch

- 29 September, starting at 8:30 a.m.
- Smokehaus Restaurant
- \$5 per adult
Free for age 17 and under.
- Register online at www.campbell.armymwr.com or in person day of. On site registration opens at 7 a.m., cash preferred.
- Wear your best German attire and you might win an MWR Gift Card in the 8 a.m. contest. The top three winners will be chosen by event participant votes.
- Family friendly.
- Approximately 5K.
- (270) 798-3320

Tuesday Night Intramural Bowling League

- Starts on 2 October at 6 p.m.
- Bowls on Tuesdays
- Hooper Bowling Center
- Free to play.
- Shoe rental is \$2.75
- League Meeting is 28 September at 5 p.m.
- 3 or 4 person teams per Battalion (if not enough then will be open to ID Card Holders age 18 and over.
- 12 teams only.
- 6 weeks of league play.
- POC is Patty Schneider at (270) 798-5887

Watch UFC Fights at Warrior Zone

- 6 Oct – UFC #229
 - Khabib "The Eagle" Nurmagomedov vs Conor "The Notorious" McGregor
 - Lightweight Title Fight*
- Must be 18+ to enter Warrior Zone.
- Must be 21+ to purchase and consume alcohol.

- *Per UFC.com – Fights are verbally agreed upon and card may change at any time. Some fights may not be broadcast.
- (270) 461-0603

Super Hero Fun Run & 5K

- 17 November, 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

Battalion Level Holiday Basketball Tournament Deadline to Register

- 30 November
- Round Robin
- Commander's Cup event
- BOSS & MWR can enter 1 team each.
- Sports Office at Fryar Stadium
- Games start on 10 December
- (270) 956-1006

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 is Patty Schneider at (270) 798-5887

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

***Fitness Classes and Instructors are subject to change.*