

(This information can be downloaded from www.campbell.armymwr.com; see Facilities & Programs)

Information Exchange

4 September 2019

Talking Points

DPTMS, Major Events

Deanna Cote

deanna.l.cote.civ@mail.mil

- 6 SEP: 1700 – Live Music at Baldonado Pool
- 11 SEP: National Day of Remembrance (9/11) Ceremony
- 16-21 SEP: 5th SFG Reunion Week
- 17 SEP: 1800 - Housing Town Hall at Wilson Theater
- 18-19 SEP: SFL-TAP Fall Hiring Event at Cole Park Commons
- 19 SEP: 1200 - Welcome Home Veterans Ceremony at Hangar 3
- 20 SEP: 1900 - Army Bowl - FCHS vs. FKHS at Fryar Stadium
- 1 OCT: National Night Out & Fall Fest
- 5 OCT: Volksmarch 5K & Oktoberfest
- 10 OCT: CCSD Fall Break
- 11 OCT: DONSA
- 14 OCT: Columbus Day
- 14-18 OCT: CMCSS Fall Break
- 16 OCT: 160th SOAR Anniversary
- 17 OCT: National Career Summit at PPC
- 19-20 OCT: Spartan Race
- 31 OCT: Halloween Trick or Treating

ACS Relocation

Connie Silk

270-798-9516

connie.c.silk@mail.mil

ACS Updates - Hours & Services:

- 1 Sep 2019 – Main ACS (Bldg. 2601): 0730-1600
- 9 Sep 2019 – Relocation Readiness- Hours/Services

Updates:

PCS Clearing - 0730-1130 – Weekly - Mon, Tue & Fri

Lending Closet - 1330-1530 - Weekly - Mon, Thu & Fri

One-on-One Relocation Consultation Appointments - 1330-1530 - Weekly - Tue, Wed & Thu

Sponsorship Brief - 1500-1530 – Weekly – Mon

Unchanged:

Citizenship Class - 1000-1100 – Monthly - 1st & 3rd Tue

German Culture Workshop - 1100-1230 – Monthly - Last Thu

Korean Culture Workshop - 1100-1230 – Monthly - 2nd Tue

Soldier & Family Newcomers Orientation – 0800-1500 – Weekly – Thur

OCONUS Brief - 1200-1300 – Weekly – Wed

Berenstain Bears-A Theatrical off Broadway Performance that uses music and dance to highlight healthy and safe family life.

Friday, September 13th : 7:00pm – 8:30pm or Saturday, September 14th : 11:00am – 12:30pm
Tickets are free at Army Community Service, 2601 Indiana Avenue, 9:00am – 11:30am

October is Nationally recognized as Domestic Violence Awareness Month

ACS Family Advocacy Program is hosting a variety of initiatives throughout the month focusing on ways to build and strengthen relationships:

Educational and Outreach Initiatives:

Relationship Recharge, All Month

Purple Shirt Friday's, All Month

1 October, 6:00pm – 8:30pm, National Night Out, Hammond Heights

5 October, 6:30pm – 9:30pm, Beachhaven Winery, Clarksville, TN

8 October, 5:30pm – 7:30pm, Tale of Two Brains, Location TBA

12 October, 5:00pm – 8:30pm, Movie Night, Liberty Park, Clarksville, TN

22 October, 5:30pm – 7:30pm, Always and Forever, Location TBA

Public Affairs Office Brendalyn Carpenter (270) 798-4730

brendalyn.a.carpenter.civ@mail.mil



Online presence

NEW website www.fortcampbell-courier.com

www.facebook.com/FortCampbellCourier

Twitter @CampbellCourier

Instagram at FortCampbellCourier

Courier Staff : [Embedded in the community](#)

- Maria McClure, Editor-in-Chief, 270-798-6090

Mari-Alice Jasper, Managing Editor, 270-798-4017

Stephanie Ingersoll, Journalist, 270-798-6871

- Emily LaForme, Journalist, 270-798-9969

Email: fortcampbellcourier@gmail.com

Blanchfield Army Community Hospital Public Affairs
270-956-0459 usarmy.campbell.medcom-bach.list.pao-users@mail.mil

<https://blanchfield.amedd.army.mil>
www.facebook.com/BACH.Fort.Campbell

Upcoming Events

Community Flu Vaccines

The annual Community Flu Vaccine Campaign is slated to begin Oct. 28 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.) on the following dates and times:

- Oct. 28: 7 a.m.-4 p.m.
- Oct. 29: 9 a.m.-6 p.m.
- Oct. 30: 7 a.m.-4 p.m.
- Nov. 4: 7 a.m.-4 p.m.
- Nov. 5: 9 a.m.-6 p.m.
- Nov. 6: 7 a.m.-4 p.m.

DoD to begin next major phase of military hospital consolidation

The Department of Defense is preparing for the next major step in consolidating military hospitals and clinics under a single agency, one of the largest organizational changes within the U.S. military in decades. On Oct. 1, the Army, Navy and Air Force begin the final two years of a multi-year transition to shift administration and management of medical facilities to the Defense Health Agency by October 2021, changes that are transformational and far-reaching. Blanchfield Army Community Hospital will begin transitioning under the DHA authority Oct. 1, 2019. The primary driver for this change is the National Defense Authorization Act of 2017. Congress mandated that a single agency will be responsible for the administration and management of all military hospitals and clinics to sustain and improve operational medical force readiness and the medical readiness of military members, improve beneficiaries' access to care and experience of care, improve health outcomes, and eliminate redundancies in medical costs and overhead across three separate Service-run systems. DHA will be responsible for health care delivery and business operations across the Military Health System including budgets, information technology, health care administration and management, administrative policies and procedures, and military medical construction.

TRICARE Open Season

TRICARE Open Season is the annual period when you can enroll in or change your health plan for the next year. It occurs each fall, beginning on the Monday of the second full week in November to the Monday of the second full week in December. During TRICARE Open Season, you can:

- Enroll in a new TRICARE Prime or TRICARE Select plan
- Change your enrollment (e.g., from individual to family)

If you are happy with your current TRICARE health plan, you don't have to take any action to stay enrolled. Learn more at www.tricare.mil/openseason.

FEDVIP Vision Insurance

You may be eligible to enroll in a vision plan through the Federal Employees Dental and Vision Insurance Program. Plans vary in coverage and costs, and may include routine eye exams, eyeglasses and contact lenses. Learn more at www.tricare.mil/vision.

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 United States 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/healthyschools/obesity 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, 24/7. 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.

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

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.

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 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*

Chapel **CH (LTC) Scott Nichols** **270 - 412 – 5794** **scott.e.nichols2.mil@mail.mil**



This app will allow followers to access all chapel and auxiliary activities that take place on Ft. Campbell in one app. Access this app on app store: "Fort Campbell Chapel"

Upcoming Jewish Holidays:

Rosh Hashanah (29 Sep 19 thru 2 Oct 19)
Yom Kippur (8 Oct 19 thru 9 Oct 19)
Sukkot (13 Oct 19 thru 20 Oct 19)

Fort Campbell Schools Community Superintendent **Youlanda Washington** **270-439-1927**
Youlanda.washington@am.dodea.edu

- Mahaffey Middle School held a 'Back to School' dance AUG 23rd with 330 students attending. Many thanks to the PTO, support unit (101st Sustainment Command), parents, and teachers for setting up, refreshments, traffic control and chaperoning.
- Ft. Campbell High School has its own Facebook page! Please "like" us and follow our school's happenings at "DoDEA Fort Campbell High School."
- There are many new upcoming events at all of our schools. If you have questions or would like additional information for the events listed on the following slides, please contact the schools front office for additional information.

Calendar of Events:

Lucas Elementary School	4 Sep	Fall Picture Day
Lucas Elementary School	16-20 Sep	Book Fair
Barsanti Elementary School	6 Sep	BEST Store Opens (School rewards program)
Barsanti Elementary School	9 Sep	Reading Counts Night

	(3:30-4:30 PM)	Students read in library earn Reading points
Barsanti Elementary School	11 Sep	Fall Picture Day
Barsanti Elementary School	12 Sep	Student of the Month
	(2:00 pm)	(Outstanding achievements In academics & citizenship)
Barkley Elementary School	27 Sep	APEX Fun Run
Barkley Elementary School	18 Oct	Fall Festival
Marshall Elementary School	3-5 Sep	Technology for Parents
Marshall Elementary School	12 Sep	Kindergarten Parent Power
	(2:00-3:00pm)	
Mahaffey Middle School	20 Sep (6 th graders)	LT Julianne, a degreed engineer from USACE-
	25 Sep (7 th graders)	
	27 Sep (8 th g	

MWR Marketing
melissa.a.schaffner.naf@mail.mil

Melissa Schaffner

(270) 798-7535

Fall Swimming Lessons Now Taking Registration

- (270) 798-6310

Wheel Throwing Club

- 4 September, 5 p.m. to 7 p.m.
- 27 September, 10 a.m. to 12 p.m.
- Guenette Arts & Crafts Center
- Open to ages 14 and over.
- \$4
- (270) 798-6693

Karaoke and Wild Wing Wednesday

- 4, 11, 18 & 25 September, 5 p.m. to 11 p.m.
- Warrior Zone
- Must be age 18+ to enter.
- Must be age 21+ to purchase and consume alcohol.
- Featuring .50 cent wings!
- Warrior Zone is a high energy entertainment facility with a full food and beverage menu available for your purchases.
- (270) 461-0603

Children's Story Time & Craft

- 5, 12, 19 and 26 September
- 10:30 a.m. & 1:30 p.m. (every Thursday)
- At Robert F. Sink Memorial Library
- Free event held every Thursday
- Open to preschool age children
- (270) 798-7466

QuarterMania Bowling

- 5, 12, 19 and 26 September
- 4 p.m. to 9 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

Wheel Throwing Class

- 6 September, 10 a.m. to 12 p.m., Part 1 of 2
- 13 September, 10 a.m. to 12 p.m., Part 2 of 2
- Guenette Arts & Crafts Center
- Open to ages 14 and over.
- \$36 (includes both parts)
- (270) 798-6693

Payday Golf Scramble

- 6 September, 1 p.m.
- Cole Park Golf Course
- Teams are made up of 4 people (any mix of players). If you don't have a team, the staff at Cole Park Golf Course will be happy to assist with placing you on a team.
- Cole Park Golf Course is open to the public and anyone can play in the Payday Scrambles.
- \$20 – member or \$30 non-member (includes green fees and carts)
- Future dates:
 - 4 October
 - 1 November
- (270) 798-4906

Evening Pool Party with Live Nashville Music

- 6 September, 5 p.m. to 7:30 p.m.
- Baldonado Pool
- Free entry begins at 5 p.m.
- Family friendly for all ages.
- You are invited to bring a picnic or snacks, swimwuits, towels, blankets or lawn chairs.
- Please NO glass, alcohol or pets.
- Sponsored by Smile Doctors.*
- (270) 798-7535

Karaoke at Tilt N' Tap

- 6, 13, 20 and 27 September
 - Starting at 7 p.m.
- Tilt N' Tap Lounge
 - At Hooper Bowling Center
- Must be 21 and over.
- (270) 798-5887

Doggie Dip at Dolan Pool

- 7 September, 10 a.m. to 1 p.m.
- Dolan Swimming Pool
- Owners will be responsible for dogs.
- Must bring your dog's up to date shot records.
- \$5 per dog – their humans are free.
- (270) 798-6310

9/11 Hero Workout of the Day (WOD)

Remembrance Event

- 11 September, 5 p.m. to 6:30 p.m.
- Fratellenico Physical Fitness Center
- Open to everyone.
- Units are encouraged to participate together.
- This is a Functional Fitness event with 9 exercises of 11 repetitions each.
- \$5 entry fee (includes t-shirt)

- Register onsite day of event.
- Sponsored by USAA and Steere's Nutrition.*
- (270) 956-1006

Wheel Throwing Class

- 11 September, 5 p.m. to 7 p.m., Part 1 of 2
- 18 September, 5 p.m. to 7 p.m., Part 2 of 2
- Guenette Arts & Crafts Center
- Open to ages 14 and over.
- \$36 (includes both parts)
- (270) 798-6693

Dip Station Challenge

A PFC Challenge Series Event

- 13 September, 11:30 a.m. to 1 p.m.
- Sabo Physical Fitness Center
- Perform as many reps as possible in two minutes.
- (270) 798-7355

Whiskey and Bourbon Tasting

- 13 September, 5 p.m. to 8 p.m.
- Cole Park Commons
- Age 21 and up.
- Light appetizers provided.
- Prize drawings periodically throughout the evening.
- \$15 in advance
- \$20 at door
- Tickets sold at Class 6, Cole Park Commons, Leisure Travel Services and online
- www.campbell.armymwr.com

Challenge Course Open Climb

- 14 September, 9 a.m. to 2 p.m.
- Challenge Course Complex
- Experience the fun filled adrenaline ropes course.
- Age 5 and up can climb on the Alpine Tower and the Carolina T-Wall.
- Age 12 and up can climb on the Odyssey.
- \$15 – age 12 and older
- \$5 – age 11 and below
- (270) 412-7855

String Art

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

Corks & Canvas

- 14 September, 6 p.m. to 9 p.m.
- Warrior Zone
- Age 18+ to enter Warrior Zone
- Price includes two adult beverages (or soft drinks) and light refreshments.
- Must be 21+ to purchase and/or consume alcohol.

- Painting instruction and assistance will be available from Guenette Arts & Crafts staff members.
- Online registration will be available from 26 Aug – 11 Sep. Remaining seats will be sold at the door on a first come first served basis.
- (270) 461-0603

Parents' Night Out

- 14 September, 6 p.m. to 11 p.m.
- Infants thru Preschool at Gardner Hills CDC.
- Kindergarten thru 5th at Gardner Hills SAC.
- Child must be CYS registered.
- \$25 or 5 respite hours.
- Sign-up no later than Wed, 7 August.
- Future dates:
 - 19 October
 - 16 November
 - Parents' Day Out – 14 December
(different hours and cost)
- (270) 798-0674

Dumbbell Rep Challenge

A PFC Challenge Series Event

- 20 September, 11:30 a.m. to 1 p.m.
- Gertsch Physical Fitness Center
- Free
- Sponsored by Steere's Nutrition.*
- (270) 798-2753

Clay Fairy House

- 21 September, 10 a.m. to 12 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

Kick Off to Fall Indoor Beer Garden

- 21 September, 3 p.m. to 5 p.m.
- Tilt N' Tap Lounge
(inside Hooper Bowling Center)
- Must be age 21+ to participate.
- Enjoy a sampling of seasonal beers, two games of bowling (shoes included), soft pretzels with beer cheese dip samples and Hooper's take on Flammkuchen.
- \$15 per person
- Tickets available at Hooper Bowling Center.
- (270) 798-5887

Stained Glass Sun Catchers

- 25 September, 5 p.m. to 7:30 p.m.
- Guenette Arts & Crafts Center
- Open to ages 18 and over.
- \$22 plus the cost of glass
- Reservations required.
- (270) 798-6693

Rock Climbing Challenge

A PFC Challenge Series Event

- 3 October, 11:30 a.m. to 12:30 p.m.
- Shaw Physical Fitness Center
- Each participant will be timed to see who can climb to the top of the wall the fastest.
- Open to Soldiers, Civilians and Family members.
- Free
- Sponsored by Steere's Nutrition.*
- (270) 461-2294

Pick Your Poison

A PFC Challenge Series Event

- 4 October, 11:30 a.m. to 1 p.m.
- Estep Physical Fitness Center
- Draw your exercises from a cauldron.
- Compete as an individual or in teams of three.
- (270) 798-4664

Oktoberfest with Volksmarch

- 5 October, 4 p.m. to 9 p.m.
- Eagles Rest Pavilion
- Volksmarch, Concert, Hayrides, Game and Activities, a Costume Contest and more!
- Family friendly.
- Free
- Food and beverages available for purchase.
- www.campbell.armymwr.com

"Beat Breast Cancer" Fitness Challenge.

A PFC Challenge Series Event

- Fratellenico Physical Fitness Center
- 18 October, 11:30 a.m. to 1 p.m.
- Six exercises. Participants will have one minute to complete as many reps as they can for each exercise.
- Free
- (270) 798-9418

Spartan Super and Sprint Weekend

- 19 & 20 October
- www.spartan.com

Abandoned Vehicles and Auto Equipment

Open Bid Auction

- 19 October
 - 8 a.m. – Registration
 - 9 a.m. – Auction begins
- Air Assault Auto
- No one under the age of 12 may attend.
- No babies, toddlers, strollers, carriers or pets.
- www.campbell.armymwr.com

MWR Equipment Open Bid Auction

- 19 October
 - 12 p.m. – Registration
 - 1 p.m. – Auction begins
- NAF Property Warehouse
- No one under the age of 12 may attend.
- No babies, toddlers, strollers, carriers or pets.

- www.campbell.armymwr.com

Bell Witch Trip

With ODR Adventure Programs

- 26 October at 1 p.m.
- Visit the Bell Witch Cave, Bell Cabin, see a live theatre production of *Spirit*, and more.
- \$70 (includes transportation and tickets for the Bell Witch Cave and Bell Cabin)
- Deadline to register is 4 p.m. on Thursday, 24 October.
- (270) 412-7854

Super Hero Sprint

- 2 November
- Save the Date
- www.campbell.armymwr.com

Agility Team Relay Challenge

A PFC Challenge Series Event

- 6 November, 11:30 a.m. to 1 p.m.
- Fratellenico Physical Fitness Center
- Teams of three (can be co-ed).
- Free
- Sponsored by Steere's Nutrition.*
- (270) 798-9418

Treadmill Challenge

A PFC Challenge Series Event

- 20 November, 11:30 a.m. to 1 p.m.
- Sabo Physical Fitness Center
- Open to all DoD Card Holders
- Free
- Sponsored by Steere's Nutrition.*
- (270) 798-7355

3 Point Shoot Contest

A PFC Challenge Series Event

- 3 December at 11:30 a.m.
- Shaw Physical Fitness Center
- Open to Soldiers, Civilians and Family members age 18 and over.
- Each participant will have one minute to shoot as many three point shots as they can.
- Sponsored by Steere's Nutrition.*
- (270) 461-2294

Plank Challenge

A PFC Challenge Series Event

- 6 December, 11:30 a.m. to 1 p.m.
- Gertsch Physical Fitness Center
- Open to Soldiers, Families and Civilians.
- Sponsored by Steere's Nutrition.*
- (270) 798-2753

Ugly Christmas Sweater Run

- 7 December
- www.campbell.armymwr.com

Holiday Express 2019

- 7 December, 9:30 a.m. to 12 p.m.
- Smokehaus Restaurant
- Activities, cereal, waffle sticks, apple juice, hot chocolate, s'mores, selfies with Santa and more.
- \$5 – age 2 and up
- Free – up to age 1
- www.campbell.armymwr.com

Holiday Happenings at the Library

- 11 December, 5 p.m. to 7 p.m.
- Robert F. Sink Memorial Library
- Including a special story time, face painting, crafts, light refreshments and holiday caroling with the 101st Band.
- Open to all ages.
- Children age 12 and under must be accompanied by an adult.
- (270) 798-5729

2019 Holiday Tree Lighting

- 13 December at 5:30 p.m.
- Division Headquarters
- Holiday Music by the 101st Division Band
- Caroling by CYS Children
- Command remarks.
- Coffee and Hot Chocolate
- Food will be available for purchase.
- After the tree is lit, Soldiers and Families will have an opportunity to visit with Santa.

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

Group Fitness Classes September 2019

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	545am Express Yoga(45m) Holly 9am Boxing 101 (KC) Sean 10am Aqua FIT *New* Marla 1030am Morning Mash-Up (KC) Amanda 1030am Cycle Megan	9am Zumba® (KC) Lena 10am Cardio Blast *New* Debbie 1030am Total Pump AM Megan	9am Muscle X (45m) (KC) Lena 10am Aqua FIT *New* Marla 1030am Cycle Sean	9am Zumba® (KC) Lena 10am Cardio Blast *New* Debbie 1030am Total Pump AM Megan (Sean 5 Sep)	9am Boxing 101 (KC) Sean 10am Anything Goes Friday *New* Marla 1030am Cycle Sean
MID DAY	130pm Zumba® (KC) Lanora	12pm Boot Camp (KC) Sean	130pm Zumba® (KC) Lanora	12pm Boot Camp (KC) Sean	130pm Zumba® (KC) Lanora
EVENING	430pm Total Pump PM Emelia (Megan 9 Sep)	430pm Aqua Jump (45m) Debbie 430pm Barre Emelia (No Class 10 Sep) 445pm Yoga Holly 6pm Spin® Geneva	430pm Total Pump PM Sean 6pm Boxing 101 (KC) Sean	430pm Kick Your Booty Boot Camp Style (45m) Marla 6pm Spin® Geneva	CLOSED September 2
Saturdays					
	7	14	21	28	**Important Notice**
	830am Boxing 101 (KC) Sean 10am Spin®/Barre Fusion Geneva	830am Boxing 101 (KC) Sean 10am Spin®/Barre Fusion Geneva 10am SPARTAN Prep (90m) Sean / Megan	830am Boxing 101 (KC) Sean 10am SPARTAN Prep (90m) Sean / Megan	830am Boxing 101 (KC) Sean 10am Spin®/Barre Fusion Geneva 10am SPARTAN Prep (90m) Sean / Megan	Patrons may no longer check in for classes more than five minutes after the class is scheduled to begin.

- All classes and instructors subject to change without notice.
- All classes are 60 minutes unless otherwise specified.
- Admission to classes will not be allowed 5 minutes after class has started.
- Patrons MUST register for SPARTAN classes each week by 1300 on Friday

Location

Estep PFC

Shaw PFC

Baldonado Outdoor Pool

Weather Permitting

"KC" Kids Allowed in Kids Corner

Individual Class at each facility \$3

30 day unlimited pass \$30



Fort Campbell Physical Fitness Centers Hours of Operation OCT - DEC 2019



HOURS OF OPERATION

	Shaw	Sabo	Lozada	Gertsch	Fratellenico	Olive	Clarksville Base	Estep
	461.2293	798.7355	798.5830	798.2753	798.9409	798.4101	412.5285	798.4023
Monday - Friday	5am-9pm	5am-9pm	5am-9pm	5am-9pm	5am-8pm	Closed for Renovations	5am-9am	5am-9pm
Saturday	7am-5pm	7am-5pm	8am-4pm	Closed	Closed		Closed	8am-12pm
Sunday	7am-5pm	7am-5pm	Closed	8am-4pm	Closed		Closed	Closed
DONSA	7am-5pm	7am-5pm	8am-4pm	8am-4pm	Closed		Closed	Closed

HOLIDAY HOURS OF OPERATION

Oct 14: Columbus Day	8am-4pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Nov 11: Veterans Day	Closed	8am-4pm	Closed	Closed	Closed	Closed	Closed	Closed
Nov 28: Thanksgiving	Closed	Closed	8am-4pm	Closed	Closed	Closed	Closed	Closed
Dec 25: Christmas	8am-4pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Jan 1, 2020: New Year's Day	Closed	8am-4pm	Closed	Closed	Closed	Closed	Closed	Closed

In Observance of the Holiday, Columbus Day. The Commissary hours of Operation are :

Sunday : 0900-1900

Monday : 0800-1600

Tuesday : 0800-2000

Wednesday : 0800-2000

Thursday : 0800-2000

Friday : 0800-2000

Saturday : 0800-2000

CUSTOMER SERVICE SURVEY

DeCA's Online Survey system Officially Began Sunday, 21 July 2019,

The link [HTTPS://MYDECA.ME/RECEIPT](https://mydeca.me/receipt) is identified on the bottom of your sales' receipt.

Great Bang for Your \$\$\$

Sidewalk (Case Lot) Sale September 12-14, 2019

This sale will actually be set-up on the sidewalk spaces in front of the commissary. This location was chosen due the difficulty of pushing carts filled with groceries uphill from the parking lot.

Additional Commissary Information

Halloween Candies available upon commissary entrance immediately to your right.

International Holiday merchandise is available October 5, 2019

These items will be located at deli/bakery entrance area!

Starting 1 January 2020 commissary privileges to Purple Heart recipients; former prisoners of war; veterans with service-connected disabilities; caregivers or family caregivers enrolled as the primary caregiver for veterans in the Department of Veterans Affairs (VA) Program of Comprehensive Assistance for Family Caregivers; and Medal of Honor (MOH) recipients.
Additional information will be shared when that information becomes available.

Campbell Crossing : Nicole Wright 931 431 2473

nwright@campbellcrossingllc.com

National Night Out, Oct 1, 6-8:30PM, "Back to the Future", theme (w/ DeLorean!)

Accommodating residents' requests for a later event time

Fort Campbell Spouses' Club Brigitte Burr

fcscpublicaffairsofficer@gmail.com

September Luncheon "Easy Peasy Lemon Squeezy, We got This!"

18 September, 10:30 am- 1pm, Joe Swing Event Center, Donations of school supplies will be collected for CMC Teacher's Warehouse

Save the Date Mock Dining In Hosted by FCSC, 18 October, the James E. Bruce Convention Center, Ticket Sales begin September 1st, for more information please email fcscmockdiningin@gmail.com

USO Kari Moore

270-660-9968

kmoore@uso.org

EmPaCt

Designed to engage the entire family, the USO EmPaCt program flips traditional family dynamics and empowers military kids to lead the outcomes of their family's experiences. Ideal for children ages 8 – 18, Saturday 7 SEPT, 1100 to 1400, Register on the USO Fort Campbell Facebook page! Click for Events, then click for Tickets.

Coffee Connections is a casual, monthly touchpoint to Military Spouse Networking events. They allow spouses to relax in a comfortable setting, share advice, learn about local events, and make new friends over a cup of coffee and pastries. Friday 13 SEP, 1600 – 1730 (EVENING!!)

<http://www.cvent.com/d/8yqtyw>

USO's annual Songwriters Night Fundraiser is a chance to peak behind the charts and hear the stories behind country's most popular songs! Tuesday 10 SEPT, 1800 – 2130, The Listening Room Café in Nashville, For more information, visit the Listening Room Café website or either USO Fort Campbell or USO Nashville Facebook page

Clarksville Parks & Recreation

Candice Tillman

931-645-7476

www.CityofClarkville.com/ParksRec



2019 SEPT-DEC

We offer tons of fun activities for all ages! Be sure to mark your calendars so you don't miss out on these important dates. For more details or to register, visit CityofClarkville.com/ParksRec or call (931) 645-7476.

SEPTEMBER

- 07** CLARKSVILLE DOWNTOWN MARKET
8AM | Public Square
NEW! 154TH INFANTRY DAYS
10AM | Fort Defiance
- 14** SEVIER DAY
10AM | Fort Defiance
CLARKSVILLE DOWNTOWN MARKET
8AM | Public Square
- 21** CLARKSVILLE DOWNTOWN MARKET
8AM | Public Square
MOVIES IN THE PARK
Sunset | Liberty Park
- 28** CLARKSVILLE DOWNTOWN MARKET
8AM | Public Square

OCTOBER

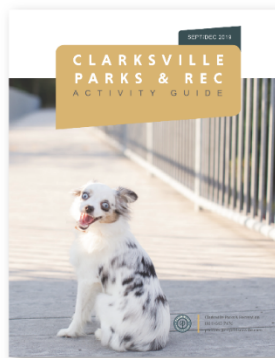
- 05** CLARKSVILLE DOWNTOWN MARKET
8AM | Public Square
FUN WITH FIDO
8AM | Clarksville Downtown Market
NEW! HISTORY ALIVE!
6PM | Fort Defiance
- 11** GHOST TOURS WITH CLARKSVILLE BCYCLE
6PM | Austin Peay State University Bicyclo Station
- 12** CLARKSVILLE DOWNTOWN MARKET
8AM | Public Square
NEW! PUMPKIN CARVING SATURDAY
12PM | Crow Recreation Center
MOVIES IN THE PARK
Sunset | Liberty Park
- 19** CLARKSVILLE DOWNTOWN MARKET
8AM | Public Square
CLARKSVILLE BBQ BASH
11AM | Liberty Park
FLOATING PUMPKIN PATCH
2PM | New Providence Pool
HAUNTED SWIM
7PM | New Providence Pool
- 25** ADAPTIVE SWIM DAY
10AM | New Providence Pool
NEW! LIBERTY PARK HALLOWEEN TAKEOVER
5PM | Liberty Park
SUPERHERO PARTY
5:30PM | Burt-Cobb Recreation Center
HALLOWEEN AT FORT DEFIANCE
6PM | Fort Defiance
- 26** CLARKSVILLE DOWNTOWN MARKET
8AM | Public Square
NEW! ADAPTIVE MUSIC THERAPY
12PM | Crow Recreation Center
FRIGHT ON FRANKLIN
3PM | Downtown Clarksville
- 31** SCARE-CROW
5:30PM | Crow Recreation Center

NOVEMBER

- 01** GHOST TOURS WITH CLARKSVILLE BCYCLE
6PM | Austin Peay State University Bicyclo Station
- 07** **NEW! CARDS FOR TROOPS**
2:30PM | Kleeman Recreation Center
- 09** HANDMADE HOLIDAYS
9AM | Wilma Rudolph Event Center
- 10** HANDMADE HOLIDAYS
12PM | Wilma Rudolph Event Center
- 11** VETERAN'S APPRECIATION DAY
9AM | New Providence Pool
- 14** COMMUNITY THANKSGIVING FEAST
5:30PM | Burt-Cobb Recreation Center
- 16** COMMUNITY HOLIDAY BAZAAR
8AM | Burt-Cobb Recreation Center
- 19** CHRISTMAS ON THE CUMBERLAND
Nightly through January 11 | McGregor Park
- 28** SLEEP UNDER THE STARS CAMPOUT
2PM | Billy Dunlop Park

DECEMBER

- 07** ELF SPLASH
10AM | New Providence Pool
CLARKSVILLE CHRISTMAS PARADE
5PM | Downtown Clarksville
- 14** 19TH CENTURY CHRISTMAS
3PM or 5PM | Fort Defiance
NEW! YOUTH DIVE-IN MOVIE
6PM | New Providence Pool
NEW! CHRISTMAS LIGHT FUN RUN
6PM | McGregor Park
- 19** **NEW! A "NOT SO SILENT" NIGHT**
5:30PM | Burt-Cobb Recreation Center
- 31** NEW YEAR'S EVE SPLASH
8:30PM | New Providence Pool



Access a digital copy of our latest Activity Guide and never miss another Parks & Recreation activity by visiting our website!



#CLARKSVILLEPARKSREC | CITYOFCLARKSVILLE.COM/PARKSREC

For ADA Assistance, please call 931-645-7476.



2ND ANNUAL
HOPTOWN HARVEST FESTIVAL
HOPKINSVILLE, KY
PRESENTED BY CONTINENTAL MILLS & KRUSTEAZ
SEPTEMBER 26-28, 2019
DOWNTOWN HOPKINSVILLE

THURSDAY, SEPTEMBER 26, 2019
7:00 p.m. - CMT's Next Women of Country: Stephanie Quayle
An incredible night of country music at the historic Alhambra Theatre presented by McGee Pest Control with 101 tickets provided free for military. Tickets \$20.

FRIDAY, SEPTEMBER 27, 2019
6:00 p.m. - Farm to Table Dinner - Founders Square
With social hour starting at 6 pm and dinner served at 7 pm, act fast to grab a seat at this delicious event with dinner prepared by Southern Belle Catering and dessert by The Mixer featuring locally sourced ingredients, \$50/person

SATURDAY, SEPTEMBER 28, 2019
7:00 a.m. - Inaugural Hoptown Half Marathon & 5K
Take on Hoptown's first 13.1 mile race presented by Planters Bank & Jennie Stuart Health
11:00 a.m. - Farmers Market & Vintage Craft Fair
Pick up farm fresh veggies, baked goods and vintage craft items from unique vendors
12:00 p.m. - Military Affairs Chili Cook-Off & Grilled Cheese Challenge
Chili tasting cups FREE with Military ID, \$2 for civilians, teams compete for prize money & bragging rights
12:00-7:00 p.m. - Kentucky Bourbon Mashoree
Craft distilleries, breweries & wineries from across the region compete for bragging rights. Live music including Roux and the Willing, 101st Airborne Division Band & The Todd County Boys, and awesome kids' zone activities

FOR ADDITIONAL INFO AND TICKETS, VISIT: WWW.VISITHOPKINSVILLE.COM/HOPTOWNHARVESTFESTIVAL

SATURDAY, SEPTEMBER 7, 2019

PENNYROYAL ARTS COUNCIL
& SANCTUARY, INC.

present
Dancing
WITH OUR
Stars
SPONSORED BY
Hugharts, Beard & Giles
FUNERAL HOMES



**32ND ANNUAL TRAIL OF TEARS
POW WOW**
SEPTEMBER 7-8 | HOPKINSVILLE, KY.

ADMISSION
Adults – \$10
Children (7-12) – \$5
Children 6 and under – Free
Free parking

100 Trail of Tears Dr.
Hopkinsville, KY 42240

OVER \$20,000 PRIZE MONEY

Raffles will be held throughout the event.
Prizes include T-shirts and merchandise
donated by vendors.

DRUM COMPETITION

1st \$2,000 | 2nd \$1,000 | 3rd \$500

MC – Rob Daugherty
Host Drum – Medicine Tail
Arena Director – Jimmy Reedy
Dance Judge – Thomas Rolin
Singing Judge – Shannon Ross
Head Vet – Ronnie Headly
Head Man – Selected Every Session
Head Woman – Selected Every Session
Sound provided by: **Hokah Sound**

SPECIALS

Women's Jingle[‡] Special Chicken Dance
Dance \$300 Winner take all \$300 Winner take all
Men's Traditional[‡] Special Women's Buckskin
Dance \$300 Winner take all Northern and Southern[‡]
\$300

(Schedule subject to change due to
time constraints)

For more information, call:

270.887.2300 270.886.8033
(Tourist Center) (Heritage Center)
270.987.9806
(Timothy Moss)

Coffee provided by:
Panera Bread

**Saturday
September 7, 2019**

9:00 am
Dance registration
1:00 pm
Grand Entry
4:30 pm
Dinner Break
6:00 pm
Grand Entry
Hoop Dancer
(Peanutt Roberts)

➤ Tiny Tot Girls^{*}
➤ Tiny Tot Boys^{*}
Golden Age Women[‡]
Golden Age Men[‡]
Youth Girls^{**}
Youth Boys^{**}
Junior Girls Traditional[‡]
Junior Girls Fancy[‡]
Junior Boys Traditional[‡]
Junior Boys Fancy[‡]
Women Cloth[‡]
Women Jingle[‡]
Women Buckskin[‡]
Women Fancy Shawl[‡]
Men Straight[‡]
Men Grass[‡]
Men Traditional[‡]
Men Fancy[‡]

**Sunday
September 8, 2019**

1:00 pm
Grand Entry

6:00 pm
Awards
Retire Colors

Hoop Dancer
(Peanutt Roberts)
Golden Age Women[‡]
Golden Age Men[‡]
Youth Girls^{**}
Youth Boys^{**}
Junior Girls Traditional[‡]
Junior Girls Fancy[‡]
Junior Boys Traditional[‡]
Junior Boys Fancy[‡]
Women Cloth[‡]
Women Jingle[‡]
Women Buckskin[‡]
Women Fancy Shawl[‡]
Men Straight[‡]
Men Grass[‡]
Men Traditional[‡]
Men Fancy[‡]

(Schedule subject to change
due to time constraints)

➤ Prizes for Tiny Tot Girls and
Boys will be Day Money

^{*}5 and Under | ^{**}6 – 10 | [‡]11 – 17 | [‡]18 and up | [‡]19 and up

Youth	Junior	Adult
1st – \$60	1st – \$200	1st – \$600
2nd – \$50	2nd – \$150	2nd – \$500
3rd – \$40	3rd – \$100	3rd – \$400
		4th – \$300

Host Hotel – Hotel information is not currently available at this time and will be updated ASAP.
(Please call ahead for hotel reservations) If no more than three registered dancers are present, the
committee will combine categories. Please sign up in advance or during registration for all separate
special dances.

Trail of Tears Commemorative Park



http://www.trailoftears.org