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LETTER FROM DIRECTOR

What a year! Though the start to this new decade has had its challenges, 2021 brought us all a little closer to normalcy. Believe me, I know you were all craving it. We were able to bring back some of our most-loved events like Eggstravaganza, the Independence Celebration, Oktoberfest and outdoor concerts.

We were also able to complete many long-term projects that we're excited to invite you to visit! We opened the new, state-of-the-art Main Post Java Café in the old CB&T Bank on Ingersoll Street where we have several new menu items for you to enjoy. The newly renovated McIver Suites and the Marshall House have had magnificent makeovers, perfect for when family or the in-laws come to stay, and both of our bowling centers have received upgrades.

We've been listening to you, too, Fort Benning! Of the issues that were raised during the 2021 Better at Benning Army Family Action Plan (AFAP) Forum, I'm happy to announce progress on two of the major topics. In November 2021, the Teen Wellness Center opened its doors to youth ages 11 - 18. The Teen Wellness Center is dedicated to giving teens a free, safe place to exercise, and CYS staff is always onsite to provide equipment instructions and to help develop workout plans. The other major topic that arose during the forum was also wellness related: the absence of a 24-hour fitness center on Fort Benning. Well, you can expect that to change in 2022! We know that being a TRADOC installation means that the schedules of many of our patrons vary greatly, so Smith Fitness Center on Main Post will become a 24-hour facility, enhancing soldier readiness - day or night.

So, what's in store for 2022? My incredible team has found a way to remove the worry and keep you busy! All of our upcoming events and programs were carefully planned following installation mitigation measures to continue to keep you safe. We have kayak trips, boat cruises, campouts and recreational shooting events planned for our outdoor enthusiasts. Our 5K Fun Run series, the Oktoberfest Lederhosen Leap and Dirndl Dash, Turkey Trot and Ugly Sweater runs return for our fitness enthusiasts. We have mother-son and father-daughter dances, Eggstravaganza, EFMP Field Day, the Character Breakfast, the Summer Reading Program and Youth Sportsman's Day planned for our families. In fact, we have so much in store that I could easily fill this page, but I sadly have a character limit to adhere to. Be sure to continuously check our website at benning. armymwr.com to get the most up-to-date information available! As we embark upon another year, I want to personally thank everyone for your patience and perseverance. We worked together and remained vigilant in the effort to curb the spread of Covid-19, and you continue to prove to me that life is truly Better at Benning. Cheers to a successful 2022!

> Al Gelineau Director, Family & MWR

ON THE GO

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new year means a new opportunity to focus on fitness for the whole family. More and more, forward-thinking parents are adopting a holistic approach to family care by adopting smart dietary practices and sustainable fitness goals. Fun fitness is sustainable fitness, and choosing activities that are fun and healthy leads to lifelong healthy habits. They say an ounce of prevention beats a pound of cure, and we think a trip to the gym beats a trip to the doctor any day!

At MWR, it is our mission to offer you a wide range of opportunities and options for the health and welfare of your family. Spend a few minutes on our website at benning.armymwr.com, and you'll find a great variety of healthy food options, activities for all ages, and educational opportunities for the whole family.

Here are a few things we'd like you to know.

• Child & Youth Services offer classes, individual and team and sports, camps, and child care options that give them the chance to make memories – and friends – that will last a lifetime! CYS Sports is registering now for Spring Sports, including baseball, softball, soccer and kickball. The newly

developed Youth Instructional Program will offer zumbini, tumbling, functional fitness and more. For information about any of these opportunities, call 706-545-2079.

• For adults, we have a number of fitness centers to help you keep your New Year's resolutions. At benning.armymwr.com, you'll find information on our five free fitness centers, including Smith Fitness Center, Audie Murphy Athletic Performance Center, Whittington High Performance Center on Harmony Church and Santiago on Sand Hill. Audie Murphy Athletic Performance Center, Whittington High Performance Center and Kefurt Fitness Center will only be open to patrons who have fully completed

their COVID-19 vaccination. Visit any fitness center on Fort Benning before or during their first visit to the Audie Murphy APC, Kefurt or Whittington HPC to ensure your ID reflects your vaccination status. Registering your ID card is easy!

- To help you in your efforts to develop a healthy. active lifestyle for the whole family, we have a number of parks, trails and tracks all across post. Make this the year you teach the kids to enjoy the great outdoors. At Russ Park on Main Post, they'll run and climb and swing and fish. You might try your hand here at Disc Golf. Russ Park is the location of the free Family Fishing Night event, held in the spring and fall when the weather cooperates. We partner with the folks from the Conservation Branch to foster a healthy harvest of fish at Russ Pond. One good catch, and the kids will be hooked! Across post, at Kings Pond, we host the free Family Campout, and your family will enjoy free opportunities to kayak, camp, test their marksmanship skills and more. Check out all of the parks, ponds, trails and tracks at benning. armymwr.com.
- Though we occasionally host competitive sports for all MWR adult patrons, the Commander's Cup Intramural Sports program, All Army Sports, and post teams are reserved for active duty service members, who enjoy softball, basketball, football, volleyball, soccer, rugby, golf and more. You will find details and schedules under the Sports & Fitness tab at benning.armymwr.com.
- All our dining facilities offer healthy options.

 The Java Café serves incredible fresh wraps, keto options and salads.

\$3 class

\$25 month

We offer a variety of fitness classes. The cost is \$3 per class or \$25 per month for unlimited classes. We'll be happy to send you a calendar of classes each month. To request a class schedule, email benningmwr@gmail.com.



• Though most of the events in our annual race series are quite challenging, we find kids are quite often up to the challenges, and some of the events offer an alternate course for those less inclined to tackle the tougher stuff. Check out the calendar on our website for more information about the 5K Race Series, the Oktoberfest 10K and more.

You'll find information about all our restaurants and dining facilities on our website.

There you have it, an abbreviated list of ways we can help you start your new year on a healthy note. You'll find much more information on our website, where you'll find a helpful events calendar, and on our Facebook page at BenningFMWRfans. Join us there, and let's explore new opportunities together!





5:30-8:30 p.m.

Free event, open to the whole Fort Benning Community!
Enjoy games, prizes, singing.

NEW: Christmas train ride & ice skating rink!

For details, visit benning.armymwr.com

CONTENTS | DECEMBER • JANUARY • FEBRUARY







ON THE GO MAGAZINE WINTER ISSUE

Published four times a year with combined issues in June/July/August, September/October/ November, December/January/February and March/April/May by the Directorate of Family and Morale, Welfare and Recreation (DFMWR). On the Go magazine provides information about DFMWR programs, activities and services. Per issue circulation: 7,500. To advertise in publication, call 706-545-4559.

8 COMMUNITY SERVICES

Army Community Service **BOSS** • CARE • Library

DINING **13**

Benning Club • Breezeway Bar & Lounge The Checkpoint • El Zapata Fiddler's Green Pub • Mall Bowling Snack Bar Jack's 19th Hole Java Cafes • Roz's Cafe Smoothie King • SUBWAY • Zaxby's

15 **ENTERTAINMENT**

Bowling and Entertainment Center Drop Zone • Infantry Bar • Mall Bowling Topgolf Swing Suite & Virtual Reality

17 **KIDS ZONE (CYS)**

Child Development Centers Family Childcare • Homeschoolers Middle School & Teen . Parent Central School Age Care • School Liaison Officer Youth Sports & Instructional Programs

STAY AND PLAY 24

Destin Army Recreation Area Marshall House & McIver Suites • Uchee Creek

26 RECREATION

Golf • MWR Bingo Outdoor Recreation & Equipment Checkout Recreation Centers Recreational Shooting Complex

30 **SERVICES**

American Airborne • Auto Skills Car Wash • Laundromat • Recon Sportswear Soldier Photos • Tickets & Travel

32 **SPORTS & FITNESS**

Aquatics/Pools • Commander's Cup Fitness Centers • Intramural Sports Post Level Sports

34 DIRECTORY



FEBRUARY IS TEEN DATING AWARFNESS MONTH

Dating violence, especially among teens and young adults, is more common than many people think. In the US approximately 1 in 10 teens report experiencing physical violence by an intimate partner in the past year and 1 in 3 teens will experience physical, sexual or emotional abuse from an intimate partner before they become adults.

Prevention and education are key to stopping dating abuse. A simple and effective way to help teens is to reach

out and have conversations that help them gather information and raise awareness. Help them recognize the signs of unhealthy relationships and identify characteristics of healthy relationship.

UNHEALTHY RELATIONSHIPS

- Checking your phone, email, or social media accounts without your permission
- Putting you down frequently, especially in front of others
 - Isolating you from family or friends
 - Extreme jealousy, insecurity or controlling behavior
 - Any form of physical harm
- · Makes threats to harm your loved ones. including pets

HEALTHY RELATIONSHIPS

- Supports your relationships with friends and family
- · Asks your opinion and respectfully listens to your answers
 - · Accepts responsibility for his or her own mistakes, behavior, thoughts or feelings
 - · Trusting and safe
 - · Shared decision-making, budgeting, and allocation of resources

Everyone can make a difference and take a stand against dating violence. If you know a teen or parent who could benefit from speaking to a caring, well-trained peer advocate, please connect them with the National Dating Abuse Helpline at 1-866-331-9474, by texting "loveis" to 77054, or through live chat at loveisrespect.org.

Join the Fort Benning Family Advocacy Program to raise awareness about teen dating violence and promote safe, healthy relationships. Be on the lookout this February for special events and activities. Stay connected to the MWR Facebook page and installation marquees for updates or call 706-545-0892 for more information.



COMMUNITY ACTIVITIES RESOURCES EXCHANGE

The Community Activities Resources Exchange (CARE) meetings provide information on events and subjects of interest within the surrounding communities to the Fort Benning community, specifically spouses and those who disseminate information throughout the community. Everyone is invited. Representatives from various post agencies (including the Garrison Command, MWR, Schools, Housing, DES, MACH, the Commissary, AAFES and the Chaplaincy) address current events, and guest speakers brief and entertain questions on various topics. CARE meetings are typically held the first Tuesday of each month during the school year, 9:30 - 11 a.m., at Army Community Service headquarters in Building 7 on Baltzell Avenue. All CARE meetings are also live streamed via facebook on the U.S. Army Garrison Fort Benning page www.facebook.com/FortBenningGarrison/. Minutes and agenda of each CARE meeting can be found at benning.armymwr. com/programs/care-community-activities-resource-exchange.

COMMUNITY SERVICES



ACS RELOCATION PROGRAM

We are located in Building 7, 7117 Baltzell Avenue. Our office hours are 8 a.m. - 4:30 p.m. Monday - Thursday and Friday 10 a.m. - 4:30 p.m. For more information, call 706-545-0403/4485. Stop by our office and pick up a Welcome Packet.

Our program provides the following services:

Newcomers Orientation

Welcome to Fort Benning! If you are new to the installation, join us for the weekly Newcomers Orientation 9 - 11:30 a.m. Wednesdays at Army Community Service Auditorium in Building 7, Baltzell Avenue. All military personnel, family members and civilians are invited. Here you will learn about resources, programs, activities and organizations on post and across the Chattahoochee Valley. Spouses are encouraged to attend, and children are welcome. For more information, call 706-545-0403/4485.

Lending Closet

Are you waiting on your Household goods to arrive or have they already left? Our Lending Closet has basic household items available for Soldiers and families while their household goods are in transit. Items include basic kitchen equipment, folding table and chairs, sleeping mats, microwaves, ironing boards, irons, high chairs, car seats, pack-n-plays and alarm clocks. You may borrow up to 30 days when you present your orders to Fort Benning, an ID card and a unit POC. Lending Closet hours are Monday - Thursday 8 a.m. - 4 p.m., Friday 10 a.m. - 4 p.m.

We also host a Sponsorship Training, PCS Brief, Relocation Counseling, Multicultral and Hearts Apart. For more information on all our programs, visit benning.armymwr.com.

NEW PARENT SUPPORT **PROGRAM**



The New Parent Support Program (NPSP) is offered to Army Families to enhance parent and infant attachment, increase knowledge of child development, and provide connections to support services that allow parents to become nurturing and capable caregivers.

The NPSP staff consists of registered nurses and a licensed social worker who provide in-home parenting education, support, and resource linkage. NPSP targets all Families with children 3 years of age and younger. Program entry may occur by self-referral, referral by a health professional, or by the Command. The program activities include risk assessments, home visits, provision of health and child development services, clinic and hospital visits, respite support, parenting classes and other concrete services as needed.

We offer Home Visits, Nurturing parenting Education. Nurturing parenting for Prenatal Families Classes, Breastfeeding and Lactation Support and Play and Learn Playgroups.

You don't have to be a new parent to participate. Expectant parents are eligible for NPSP services.

Contact Darlene James-Richardson, MSN, RNC, Nurse Supervisor, NPSG at 706-545-6316 - or visit our office at 6980 Dixie Road, building 2652. For more information visit benning. armymwr.com.



BECOME THE NEXT MILITARY SPOUSE IN A LEADERSHIP ROLE!

Are you a Spouse on Fort Benning and in the process of assuming a leadership roles in your spouse's unit?

Army Community Service offers the 'Spouse Leadership Seminar' March 1-3, 8:45 a.m. -3 p.m. and March 4 for an optional 4th day, featuring Spouse Employment, Resiliency and a Fort Benning Bus Tour (Bus Tour starts at 12:30 p.m.), after a lunch at Roz's Café.

This three-day seminar is geared towards emerging spouses serving in leadership roles to assume a role in the near future. The course will provide leadership concepts, ways to develop effective and dynamics TEAMS and working with Soldier Spouse Readiness Groups (SSRG) while serving in a leadership role. You will receive practical knowledge from senior leaders and a wealth of resource information to help you be successful! Register now untill February 18 by emailing Corinne Harang at corinne.s.harang.civ@ mail.mil or call 706-545-4374.

The seminar is open to all spouses, regardless of their sponsor's rank or number of years as a

spouse. Students in the last course included spouses who had been married for 2 months to 18 years!

The seminar incorporates classes, activities, guest speakers, senior leader discussions, spouse panels, and opportunities for spouses to meet and network with each other. Information ranges from basic foundations of military life to developing personal leadership skills.

We offer an optional 4th day to all registered students. This opportunity will include classes tailored to spouse employment, resiliency, and getting to know your resources on Fort Benning. It will offer a bus tour that includes stops at the Army Wellness Center and Riverside!

Feedback from previous attendees:

- Instructors are fun, engaging and knowledgeable
- · Very informative class
- · Wonderful event! Fort Benning rolled out the red carpet for this seminar.
- · I enjoyed this seminar and will be recommending it to other spouses.
- · What an amazing event! A LOT of great resources and information! What a wonderful experience....

Call today to reserve your spot!

FINANCIAL READINESS PROGRAM



"Here we are again...Time for a fresh start and time for me to get a handle on my finances." This is a thought that crosses a lot of our minds at the end or beginning of the year. Maybe you went a little overboard with your holiday spending and are determined to plan ahead for next year. Perhaps one of your goals for the New Year is to reduce or eliminate your debt. Maybe your finances are in decent shape and you want to know how to better use your resources to plan for the future. But, where do you start? We start at the beginning. The beginning of the year is a great time to re-evaluate our spending and priorities. The first question to ask yourself is "What do I have coming in and what do I have going out?" When you understand that, then you know whether or not you are living within your means. Once you know the answer to that question, it is much easier to know if you need to work on budgeting to better control your spending, pay down debt because you have some money left over after your monthly obligations are met, or if you can start saving towards a goal.

Remember that you don't have to do any of this alone. The military provides FREE Financial Counseling and support to service members and dependents. Call Financial Readiness at 706-545-4043.

Upcoming Classes:

Smart Car Buying: Thursday, January 27, 1 – 3 p.m.

Building Credit and Managing Debt: Thursday, February 3, 1 - 3 p.m.

Saving for the Holidays: Thursday, February 10, 1 - 3 p.m.

Visit us at benning.armymwr.com and join our Facebook group at www.facebook.com/groups/FtBennFRP for more information.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)



It's that time of year for our Annual EFMP Holiday Social, held on Thursday, December 2 from 5 - 7 p.m. in the ACS Auditorium. EFMP hosts a virtual support group every month on the first non-holiday Monday at 11 a.m. via Facebook live. EFMP also partners with Military Child Education Coalition (MCEC) to offer monthly educational workshop opportunities and STOMP to offer monthly special education specific trainings. For more event details, please visit the EFMP Facebook www.facebook.com/ at: FortBenningEFMP or call (706) 545-6545/2695.

Trainings and Workshops:

December Dates:

Holiday Social: December 2, 5-7 p.m.

Monthly Support Group: December 6,

11 a.m. via FB Group

STOMP: December 17, 2 p.m.

January:

Monthly Support Group: January 10, 1 a.m. via FB Group

STOMP - 4-Day Workshop: January

11, 13, 18, and 20

STOMP: January 28, 2 p.m.

February:

Monthly Support Group: February 7,

11 a.m. via FB Group

STOMP: February 25, 2 p.m.



MILTON E. LONG LIBRARY

Aside from an extensive collection of print material, our library offers a variety of equipment and services, including free wireless internet, 77 desktop computers, thousands of DVDs and CDs, digital audio books, book clubs and children's programs. Our research and reference resources are second to none, and our librarians are always happy to help. If you don't find what you need, perhaps we can borrow it from another library.



Story Time

Military Child Education Coalition Programshas an in-person story times on Zuckerman Avenue, Wednesdays at 10 a.m., weather permitting.

American Girl Book Club: 1st Wednesday of each month, 4 - 4:45 p.m. for ages 7 - 13. Books will be provided by the Library.



BETTER OPPORTUNITIES FOR SINGLE SOLDIERS (BOSS)

Every Army installation is authorized a BOSS program, with a president, representatives from each major subordinate command, a senior military advisor (usually the post or Garrison Sergeant Major) and advisor from MWR, who assists with financial planning, marketing and guidance.

Without Soldiers, there is no BOSS program. Every company, battalion, regiment and brigade will have a primary and alternate representative on orders for this additional duty. In addition, every company in each major subordinate command group, will have a primary and alternate company representative. Representatives act as liaisons, passing information to the Soldier and relaying questions, comments and concerns from the

Soldier to BOSS committee members and the chain of command.

BOSS meetings are held last Wednesday of the month at the Main Post Recreation Center, Building 2784, 7611 Sightseeing Road, 706-617-7223.





JAVA CAFÉ

Looking for something to warm you up on those cold and gloomy winter days? Swing through one of our Java Café drivethrus on Main Post or Harmony Church! Whether you order a hot coffee or tea off the Starbucks® menu or a hearty bowl of soup from the daily soup menu, there's a variety of items to warm you up from the inside out.

Stop by before 10:30 a.m. and enjoy a wide selection of breakfast items like the breakfast burrito or bagel sandwiches. If you swing in around lunch, try one of the specialty artisan pizzas, loaded salads or handcrafted sandwiches! We proudly serve our full Starbucks® menu throughout the day, so you'll never miss a craving.

WARM UP

It's that time of year! Warm up during these chilly mornings with a freshly brewed Starbucks® coffee or Teavana® tea. Whether you're in the mood for a specialty beverage like the

White Chocolate Mocha, Caramel Macchiato or Chai Tea Latte, or a classic favorite like an Earl Gray or drip coffee, Java Café has you covered. Looking for a little more caffeine? Add a shot of espresso to any order.

HEALTHY MENU & KETO OPTIONS

Are you watching what you eat or trying to adhere to a specific meal plan? Java menus easily allow you to see which items adhere to the

Healthy Army Community guidelines and are ≤ 500 calories. For our keto-friendly patrons, we offer a variety of chaffle options! Come in and try a chaffle breakfast sandwich or the chaffle burger today.



Located inside the Bowling and Entertainment Center on Main Post, The Checkpoint features hamburgers, chicken wings, pizza, and more! Available for dine-in, takeout, curbside pickup and limited delivery. Delivery is available Friday through Sunday with a minimum purchase of \$20. Patrons can call 706-545-4272 to place their orders and upon arrival for curbside pickup (15-minute wait time for curbside orders). Visit benning. armymwr.com for the full menu.

MALL BOWLING SNACK BAR

Located inside the Mall Bowling Center, next to the Commissary. The snack bar features salads, wings, burgers, pizza and more! Available for dine-in and takeout, Patrons can call 706-545-4164 to place their to-go order. Visit benning.armymwr.com for the full menu.

After or during lunch, play a game of bowling or pick up an electronic bingo machine and win big!

EL ZAPATA

El Zapata serves up fresh salsa, guacamole and chips all around! With their traditional Mexican flavored meals, you don't want to miss sizzling hot fajitas, mouthwatering enchiladas or one of their famous taco salads. And what better way to help wash down the delicious food than with a nice, cold margarita (the only thing to choose between is on the rocks or frozen)!

ROZ'S CAFÉ

Visit Roz's Café for your favorite Southern, home-cooked meals! Open weekdays 11 a.m. - 3 p.m., Roz's Café is conveniently located on Main Post next to the Fort Benning Golf Course. Open for dine-in (limited seating) and takeout. Curbside pickup is not available. To place an order, call 706-641-2814.

BENNING CLUB

Catering Office Open ONLY

Building 128, 7010 Morrison Avenue 706-545-0935

Weekdays: 9 a.m. - 4 p.m.

Weekends/Training/Federal Holidays: Closed

CHECKPOINT

Building 2785, 6530 Eckel Avenue located inside the Bowling & Entertainment Center 706-545-4272

> Monday - Friday: 11 a.m. - 3 p.m. Saturday: noon - 8 p.m.

Sunday: noon - 5 p.m.

EL ZAPATA

Building 2784, 7611 Sightseeing Road 706-689-9009

Catering available

Weekdays: 11 a.m. - 2 p.m. & 5 - 9 p.m. Saturday: Closed

Sundays: Closed

JACK'S 19TH HOLE

Building 390, 7471 Baltzell Avenue located at Fort Benning Golf Course 706-545-0397

Thursday - Sunday: 11 a.m. - 2 p.m.

JAVA CAFE (3 LOCATIONS)

MAIN POST

Building 168, 7280 Gaudette Street 706-626-0232

Weekdays: 7 a.m. - 3 p.m. Saturday and Sunday: Closed Federal Holidays: Closed

HARMONY CHURCH

Building 4102, Jamestown Road 706-626-2971

Weekdays: 6:30 a.m. - 3 p.m. Saturday and Sunday: Closed Federal & Training Holidays: Closed

INSIDE BUILDING 35

Closed during Covid-19

Ridgway Hall, Building 35, 35 Ridgway Loop Weekdays: 7:30 a.m. - 2 p.m. Weekends/Training/Federal Holidays: Closed

MALL BOWLING SNACK BAR

Building 9232, 8140 Marne Road 706-545-4164

Monday and Tuesday: Closed

Wednesday - Thursday: 11 a.m. - 6 p.m.

Friday: 11 a.m. - 7 p.m. Saturday: noon - 7 p.m.

Sunday: noon - 5 p.m.

ROZ'S CAFE

Building 390, 7471 Baltzell Avenue located inside Fort Benning Golf Course Catering available 706-641-2184

Monday - Saturday: 11 a.m. - 3 p.m.

SMOOTHIE KING

Building 2874, 6835 Dixie Road located inside Smith Fitness Center 706-685-8200 Weekdays: 7 a.m. - 7 p.m.

Saturday - Sunday: 10 a.m. - 4 p.m. Download our app today!

SUBWAY (2 LOCATIONS)

Download our app today!

BUILDING 2502, 7308 ANDERSON STREET

next to Drop Zone 706-687-8274

Weekdays: 7 a.m. - 9 p.m. Saturday and Sunday: 9 a.m. - 9 p.m.

LOCATED INSIDE SAND HILL REC CENTER

Building 3308, 41st Infantry Regiment Street 706-687-4919

Weekdays: 8 a.m. - 8 p.m. Saturday: 8 a.m. - 8 p.m. Sunday: 9 a.m. - 8 p.m.

ZAXBY'S

Building 1692, 7290 Ingersol Street next to Lucas Theater 706-683-0066

Open 7 days a week, 11 a.m. - 7 p.m. Download our app today!

MALL BOWLING AND **BOWLING & ENTERTAINMENT CENTER**



WACKY WEDNESDAYS

It's a holiday sock hop! Wear a pair of holiday socks on Wacky Wednesdays to bowl for only \$2 per game with a \$1 shoe rental!

BABY IT'S COLD OUTSIDE

Warm up on the weekends with 2 hours of unlimited bowling, a wing basket and a frosty fountain drink for only \$12! Shoe rental included.

UGLY SWEATER SPECIAL

Come in wearing your ugliest holiday sweater on Saturday, December 11, and enjoy 2 hours of unlimited bowling for only \$8! Shoe rental included.

JANUARY SPECIALS

NEW YEAR. NEW YOU IN 2022!

Enjoy \$2 games and \$2 shoe rentals on weekdays in January to ring in 2022!

WINTER WONDERLAND!

Wear white on the weekends to receive a chili dog special with 2 hours of unlimited bowling and shoe rental for only \$12! Includes 2 chili dogs, chips and a 16 oz drink. Must wear white undershirts do not count.

FEBRUARY SPECIALS

BOWL YOUR HEART OUT!

You and your other half both wear pink and/or red to receive buy-one, get-one free games during the week. Shoe rental not included.

SUPER BOWL SPECIAL

Come in showing off your favorite NFL team on Superbowl Sunday, February 13, and enjoy 2 hours of unlimited bowling for only \$8! Shoe rental included.

VALENTINE SPECIAL

Calling all couples! Enjoy 2 hours of unlimited bowling with your sweetheart for \$12 per pair on Sunday, February 13. Shoe rentals included.

MALL BOWLING AND **BOWLING & ENTERTAINMENT** CENTER



Bowling is fun and exciting for all ages! The Mall Bowling Center offers a first-class, state-of-the-art bowling experience, complete with a Pro Shop, Bingo, snack bar and great specials throughout the year. Conveniently located next to the Commissary, stop by and see all the new upgrades!

Need a way for the kids to release some energy during these cold winter days? Stop by the Bowling and Entertainment Center (BEC) on Eckel Avenue to enjoy the PlayZone! On top of their 12 bowling lanes, the BEC has an indoor playground with a rock climbing wall, ball shooters. toddler area, party rooms and much more! The playground is reserved for guests 13 and younger, and socks are required. If you're planning a birthday party, visit our website to see our newly revamped birthday party packages! Visit benning.armymwr.com for details.

MAIN POST REC CENTER **SWING SUITE AND VIRTUAL REALITY GAMES**

Open for appointments only, call 706-545-8205. Come and enjoy our Topgolf Swing Suite! The Topgolf Swing Suite features two simulator bays

INFANTRY BAR

Open for appointments only, call 706-545-8205. The Fort Benning Infantry Bar is conveniently located on Sightseeing Road and offers pool tables, karaoke and large screen TVs.

YOUTH SPORTS CAMPS

Sport	Registration	Practice Starts	Season Starts	Age	Cost
Basketball January	December 1- 23	Week of January 4	January 15	5-6 years	\$45
Basketball February	January 4-21	Week of February 1	Febraury 12	7-8 years	\$45
Basketball March	February 1-18	Week of March 1	March 12	9-13 years	\$45
Soccer	January 18 -February 18	Week of March 22		4-13 years	\$45
T-Ball and Coach Pitch	January 18 -February 18	Week of March 22		4-10 years	\$45
Flag Football	January 18 -February 18	Week of March 22		5-8 years	\$45



Give back to the community and coach a new generation of athletes! (Coaches discounts offered). Local background checks must be cleared on all coaches prior to team assignment. Coaches must attend one of the coaches clinics to review roles and coaching policies, and become certified through the National Alliance for Youth Sports (NAYS). Interested? Sign up today by calling the Youth Sports office at 706-545-0522 or Parent Central at 706-545-2079.

TOTS TUMBLING

Ages 3-5 • 3 p.m. • \$45

INTRO TO BEGINNING TUMBLING

6 & Up (based on skill level) 4 p.m. • \$45

CHEERLEADING

5 & Up • 5 p.m. • \$45

BEGINNING TUMBLING

aU & 0

(must be able to do and back walkover, cartwheel and round off))

6 p.m. • \$45

BALLET LEVEL 1 AND COMBO BALLET/TAP

Wednesdays, time varys per age Ages 3-6 • \$60

BALLET LEVEL 1, COMBO BALLET/ TAP, AND HIP HOP LEVEL 1

Wednesdays, time vary Ages 6+ • \$60

BALLET LEVEL 2, COMBO JAZZ/TAP, AND HIP HOP LEVEL 2

Wednesdays, time vary Ages 6+ • \$60



SWIM LESSONS:

Registration starts in November and will close when classes are full.

Class Dates: December 7, 9, 14, and 16

Class Hours: 9:30 a.m., 10:15 a.m., 1:30 p.m., 2:15 p.m.

Location: Smith Gym Pool

SCHOOL LIAISON OFFICERS (SLO)



SCHOOL LIAISON OFFICERS (SLOS) assist with transitions associated with military life and facilitate communication among schools, parents and installation leaders.

Facilitates understanding of the INTERSTATE COMPACT ON EDUCATIONAL OPPORTUNITY FOR MILITARY CHILDREN and liaisons between the parent and the school as needed to ensure compliance and develop solutions.

Provides information about **POST-SECONDARY OPPORTUNITIES** from college and vocational school applications to scholarships and career choice.

Provides **PARENT AND EDUCATOR WORKSHOPS** on a variety of transition issues.

YOUTH SPONSORSHIP facilitates transition from installation to installation and school to school by providing information, a sense of belonging and the opportunity to make friends in both youth centers and schools.

Delivers the **ARMY READY AND RESILIENT** program for teens. Is aligned, through experiential and outreach activities, with the training Soldiers and Army Spouses receive creating acommon language around resilience between parents, youth and educators.

Facilitates the **ADOPT-A-SCHOOL** program fostering relationships between units and local schools and encouraging parent involvement

IN/OUT PROCESSING PROTOCOL provides Soldiers with children an overview of available CYS options and educational support

ARMY HIGH SCHOOL SENIOR STABILIZATION supports college and career readiness by allowing Soldiers to delay PCS so students can complete their senior year of high school.

Tutor.com, through the military, provides **NO COST ONLINE 24/7 TUTORING.**

Contact your SLO at 706-545-3062 or 706-626-8625.

ZUMBINI CLASSES:



Zumbini is an early childhood education program that uses original music and movement to promote cognitive, social, fine/gross motor skills, and emotional development for children ages 3-5, all while creating the ultimate bonding experiences for families

WINTER SESSION

Register now until December 30 for a 7 week session. Classes will begin January 10, 2022, every Monday through March 7 at 10:45 a.m. or 11:45 a.m. (No classes on January 17 and February 21, 2022). Open to ages 3-5 years old. Cost is \$70 per session for 1st child and \$50 for 2nd child

SPRING SESSION

Register February 14 - March 18, 2022 for a 8 week session. Classes begin March 21, 2022, every Monday, through May 23 at 10:45 a.m. or 11:45 a.m. (No classes Spring Break). Open to ages 3-5. Cost is \$80 per session for 1st child and \$60 for 2nd child

FUNCTIONAL FITNESS:

Register throughout the year for this fun packed class. Classes are held every Wednesday at Building 1055, Middle School & Teen Gym (next to the Youth Sports office). We will hold two sessions, 9:30 - 10:30 a.m. and 10:30 - 11:30 a.m. Class is open to ages 3-4 year olds. This is a FREE class but you must register monthly.

december calendar

DECEMBER 1

American Girls Book Club pg 12

DECEMBER 1-23

CYS Basketball Registration

DECEMBER 1-31

\$1 Car wash pg 31



DECEMBER 2

EFMP Holiday Social pg 11

DECEMBER 3

Trees for Troops pg 28



DECEMBER 6

New Parent Support Group pg 11

DECEMBER 7

CARE pg 8

DECEMBER 8

CPR Classes pg 33



DECEMBER 9

Santa at Riverside pg 6

DECEMBER 10

CG Golf Scramble pg 27



DECEMBER 10

Grinch and Sip pg 28

DECEMBER 11

Bowling Special

DECEMBER 11

Ugly Sweater 5K pg 33

DECEMBER 17

EFMP STOMP pg 11

DECEMBER 24

FEDERAL HOLIDAY, **CHRISTMAS**

DECEMBER 27

TRAINING HOLIDAY

DECEMBER 27

Smart Car Buying Workshop pg 11

DECEMBER 30

Zumbini Registration pg 16



DECEMBER 31

FEDERAL HOLIDAY, NYE

ONGOING EVENTS

WEDNESDAYS

Good Neighbor Bingo Special pg 29

WEDNESDAYS

Preschool Storytime & Early Literacy Workshop pg 11

WEDNESDAYS

Bowling Wacky Wednesdays pg 15

LAST WEDNESDAY OF MONTH

BOSS Meeting pg 11

THURSDAYS

BOGO Bingo pg 29

2ND THURSDAY

SFRG Command Team **Training** pg 8

3RD THURSDAY

SFRG Foundation Training pg 8

4TH THURSDAY

SFRG Informal Funds Training pg 8

FRIDAYS

1/2 Off Bingo Special pg 29

WEEKDAYS

Bowling Special pg 15



january calendar

JANUARY 3

TRAINING HOLIDAY

JANUARY 4

CARE

pg 8

JANUARY 4-21

CYS Basketball Registration

JANUARY 5

American Girls Book Club

JANUARY 10

New Parent Support Group pg 11



JANUARY 11

EFMP STOMP pg 11

JANUARY 12

CPR Classes pg 33

JANUARY 14

TRAINING HOLIDAY

JANUARY 17

FEDERAL HOLIDAY, MLK Jr.

JANUARY 18

CYS Soccer, T-Ball and Flagg Football Registration pg 16

JANUARY 28

EFMP STOMP pg 11

JANUARY 28

CG Golf Scramble pg 27



ONGOING EVENTS

WEDNESDAYS

Good Neighbor Bingo Special pg 29

WEDNESDAYS

Preschool Storytime & Early Literacy Workshop pg 11

LAST WEDNESDAY OF

MONTH

BOSS Meeting pg 11

THURSDAYS

BOGO Bingo MWR Bingo, pg 29

2ND THURSDAY

SFRG Command Team Training pg8



SFRG Foundation Training

4TH THURSDAY

SFRG Informal Funds Training pg 8

WEEKENDS

Bowling \$2 Games/ \$2 Shoes pg 15

WEEKENDS

Bowling Special pg 15





february calendar

FEBRUARY 1-28

Teen Domestic Violence Awareness Month



FEBRUARY 1

CARE

pg 8

FEBRUARY 1

CYS Basketball Registration

FEBRUARY 2

American Girls Book Club pg 12

FEBRUARY 3

Building Credit Workshop pg 11

FEBRUARY 4

Mother and Son Ball pg 36



FEBRUARY 7

EFMP Holiday Social pg 11

FEBRUARY 10

Saving for Holidays Workshop pg 11

FEBRUARY 11

Cupid Paint and Sip pg 28

FEBRUARY 12

Sweetheart Shoot pg 29

FEBRUARY 13

Bowling Specials pg 15

FEBRUARY 14

Zumbini Registration pg 17

FEBRUARY 16

CPR Classes pg 33



FEBRUARY 18

TRAINING HOLIDAY

FEBRUARY 21

FEDERAL HOLIDAY, PRESIDENTS Day

FEBRUARY 25

EFMP STOMP pg 11

FEBRUARY 25

CG Golf Scramble pg 27

FEBRUARY 25

Glow in Dark Archery Tag pg 28

FEBRUARY 26

Lifeguard Classes pg 33

ONGOING EVENTS

WEDNESDAYS

Good Neighbor Bingo Special pg 29

WEDNESDAYS

Preschool Storytime & Early Literacy Workshop pg 11

LAST WEDNESDAY OF **MONTH**

BOSS Meeting pg 11

THURSDAYS

BOGO Bingo MWR Bingo, pg 29

2ND THURSDAY

SFRG Command Team Training pg 8

3RD THURSDAY

SFRG Foundation Training

4TH THURSDAY

SFRG Informal Funds Training pg8

FRIDAYS

1/2 Off Bingo Special MWR Bingo, pg 29

WEEKDAYS

Bowling BOGO pg 15



FAMILY CHILD CARE (FCC)



In our continued efforts to grow the Army FCC Program, we still offer a retention bonus of up to \$1,000 to FCC Providers who relocate their home business to their next installation and a recruitment bonus of up to \$1,000 will be offered to those who successfully open their homes for the first time!

The FCC program is an integral part of the Child, Youth Services (CYS) child care system available on Army garrisons. FCC provides quality home based care for children 4 weeks to 12 years old and is offered in government owned and government leased housing located on post.

FCC has unique qualities that make it a preferred choice for many families. It offers flexible hours: full day, part day, extended /overnight, weekend and hourly care in a comfortable home setting. FCC also offers a 15 percent cost savings compared to Child Development Centers and School Age Care fees.

FCC Providers are vetted and only the best qualified candidates are recommended for certification. Providers must complete background checks and regular home inspections as a part of certification. They also receive paid ongoing training for professional development.

Army policy requires that anyone providing care on a regular basis for more than 10 hours per week, must be certified through CYS as a FCC provider.

Providing unauthorized child care in government owned/ leased housing puts you at risk of losing your housing privileges. Unauthorized child care by an uncertified person puts your child at risk.

For more information on how to register your children in the FCC Program visit MCC.COM MilitaryChildCare.com

Interested? Visit https://benning.armymwr.com/programs/family-child-care-fcc and contact Natalie Hodgdon, FCC Director at 706-545-4868 for more information.

MIDDLE SCHOOL & TEEN



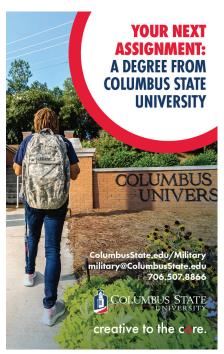
Did you know?

The Middle School & Teen (MST) Program is designed to develop young minds and bodies for a healthy transition to adulthood. This program includes classes, field trips, after school homework help, open recreation and more. The office opens at 9:30am. Register at Parent Central or call MST for more information at 706-545-3070. This program is for ages 11-18, grades 6th to 12th. This program is at no charge.

Sign up now for winter camp from December 20 until December 31, 2021! MST offers two weeks of fun with some exciting activities. (Camp fee applies, fee is based on total household income, for more information contact Parent Central at 706-545-2079).

SCHOOL AGE CENTER PROGRAM

The Fort Benning School Age Center, Building 2653 on Ingersoll Street, offers educational and recreational opportunities for elementary age children, such as before and after school care, full-time care during school breaks and other occasions. full day camp sessions during school breaks and way much more. Space is limited and registration is required - get ready for the Winter break and sign up for the amazing Winter camp at SAC starting November 22! We will offer fun activities with holiday themes - Winter camp at SAC runs from December 20 until December 31. Register at Parent Central, building 104 on Marchant Avenue, 706-545-2079. Fee is based on total household income.







All three locations now feature state-of-the-art self-service gaming pods with 4K monitors, Xbox One X consoles with 100+ games, custom gaming PCs, and high bandwidth business class internet connections.

Main Post, Building 2502, 7308 Anderson Street

Harmony Church Recreation Center, Building 4203, 6986 Old Cusseta Road

Sand Hill Recreation Center, Building 3308, 41st Regisment Street

PARTNER WITH US!



REACH AMERICA'S FINEST

Family and MWR programs give our community a host of recreational opportunities including sports and fitness, entertainment, travel, child and youth activities and more!

Create awareness and visibility through customized partnership endeavors across multiple platforms:

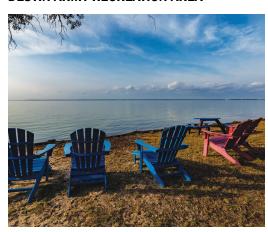
- · Event sponsorship
- · Online promotions
- · Digital Networking
- · Social media programs and presence



Not only will you expand your market, the revenue generated from commercial sponsorship and advertising will support vital Family and MWR programs. These valuable programs enrich the lives of Soldiers and Families and the Fort Benning community.

To learn more please call 706-545-4559 or email terrill.n.alexander.naf@mail.mil.

DESTIN ARMY RECREATION AREA



Destin Army Recreation Area is Fort Benning's premier vacation destination. It is just 220 miles south of Fort Benning, between Pensacola and Panama City. This gated resort is located in the heart of Old Destin, near the Harbor Walk Village. This prime location is only minutes from Destin's best shopping and dining options. Staying on property gives you the most affordable way to participate in the versatile entertainment that Destin and the surrounding area have to offer. The resort spans 15 acres along the Choctawhatchee Bay, minutes from the Gulf of Mexico.

ACCOMMODATIONS	WINTER RATES November 1 - February 28 (Daily Rate)
3 Bedroom Villa, Standard	\$123
3 Bedroom Villa, Deluxe	\$133
2 Bedroom Villa, Standard	\$112
2 Bedroom Villa, Deluxe	\$118
Suite (1-Bedroom)	\$102
Studio, Deluxe	\$90
Studio, Premium	\$96
Hotel	\$75



Marina

Check benning.armymwr.com for our open dates and hours of operation.

BOATS	4 HRS	6 HRS	8 HRS	
Pontoon	\$165	\$235	NA	
FISHING CHARTER	4 HRS NEAR SHORE	6 HRS BOTTOM FISHING	8 HRS BOTTOM FISHING	
Stars and Stripes	\$500	\$725	\$950	
VESSELS	4 HRS	6 HRS	8 HRS	
Jet Skis	\$60	\$205	NA	
Kayak	\$15	\$40	\$60	
Paddle Board	\$15	\$40	\$60	

Guests must have a Boater Safety Certification to rent a motorized boat. Certifications are available at Boatus. org.

MARSHALL HOUSE AND MCIVER SUITES LODGING



Marshall House: The Marshall House is a classic, two-story structure on the corner of 1st Division Road and Baltzell Avenue, just off Dixie Road on Fort Benning. This home is named after the famous WWII and post-war Soldier and statesman, General George C. Marshall. The Marshall House is a perfect venue for wedding photos and/or parties, graduations and general entertaining. This spacious 4,000-plus square foot structure has 3 spacious bedrooms, 2.5 baths and a pleasant sunroom off the master bedroom. All bedrooms have cable TV and plenty of dresser space for long stays.



McIver Suites: Just a short walk from the Fort Benning Golf Course is a row of five two-story duplexes called the McIver Suites. Each of the 10 units has a living room, kitchen and mud room. McIver offers four two-bedroom and six one-bedroom suites. The two-bedroom suites have a dining room, and two units are equipped with a washer and dryer in the mud room.

Benefits for staying: Reserve your stay with the Marshall House or McIver Suites and receive perks and discounts at a variety of MWR facilities on Fort Benning. These bonuses included:

- · A free combo upgrade, with qualifying meal purchases, at one of our Java Café locations. We have three Java Café locations for your convenience - Jamestown Road on Harmony Church, Ingersoll Street and inside Building 35, both on Main Post.
- A free Daily Range Pass at the Recreational Shooting Complex
- 10 percent off Boat Rentals at Uchee Creek Campground and Marina
- · Free greens fee with cart rental at the Fort Benning Golf Course
- Two free games of bowling with the purchase of any meal combo (valid at Mall Bowling & The Bowling & Entertainment Center)

UCHEE CREEK



Are you hesitant to travel, but want to plan a getaway? Does your Girl Scout or Cub Scout troop need to earn their camping and outdoor badges? Or maybe you don't have enough room in your house for extended family members visiting? Check out everything Uchee Creek Campground and Marina has to offer.

This beloved MWR facility sits on the banks of the Chattahoochee River on the Alabama side of Fort Benning. Uchee Creek offers cabins, chalets, park homes and campsites. Rates are available for daily, weekly, monthly and long-term reservations. Laundromats, a swimming pool, children's playgrounds and our recreational fuel pumps are some of our most popular features. Furry friends are welcome on our grounds and we have additional pet friendly amenities! Please note, pet fees, weight/breed restrictions may apply. Call 706-545-4053 for more information.

If you want to take the family or scouts camping, enjoy our 385-acre park. RV and tent sites are available for you to enjoy. Campsites are equipped with full hook-ups (30 and 50 AMP), water, sewer, electric and cable. Whether you are looking for a trailer or a tent, Outdoor Recreation and Equipment Resource Center (ERC) has a variety of equipment available for rent. Add contacting the ERC at 706-545-7978 to your to do list before heading out on your staycation.

Enjoy the fishing and boating marina all year long! Guests are welcome to fish at the boat dock, but a fishing license is required. More information regarding fishing regulations can be found by calling the Conservation Branch at 706-544-7516. Pontoon boats are available and have a capacity of ten guests. Rates are available for two-hour, four-hour and eighthour rentals. Fishing boats and kayak rentals are also available through the Uchee Creek Country Store.

If you are in search of more outdoor adventure, Uchee Creek offers softball fields, basketball courts, volleyball courts and a paintball field. A variety of hiking and walking trails are also accessible. Don't be a couch potato, head outdoors today! Uchee Creek accommodations are open to military ID card holders and families. Reserve your stay!

AMENITIES AND ACTIVITIES FOR OUR GUESTS



Pool – The pool (open Memorial Day weekend through the Labor Day weekend) is available for guests staying in the campground or cabins only.

Fishing – Guests are welcome to fish at the boat dock. A fishing license is required. Fishing and hunting permits for Fort Benning can be stamped at the Country Store.

Country Store - Guests check in and out at the Country Store, where we sell camping supplies, ice, propane, ethanol-free fuel, live bait, convenience items, snack foods and beverages.

Pavilion Rentals - Year-long outdoor pavilion rental.

Boat Launch - \$5 honorary boat launch to be paid at the Country Store or at the boat ramp.

Laundry – Laundromats are located at each comfort station. Clotheslines and ropes or chains tied to trees are prohibited.

We rent fishing boats, kayaks and pontoons!

Propane and non-ethanol gas is available every day 9 a.m. - 4 p.m.

FORT BENNING GOLF COURSE



COMMANDING **GENERAL** SCRAMBLE:

Join us for the upcoming Fort Benning CG Golf Scrambles on December 10, January 28 and February 25! Show off your skills and enjoy the brisk weather with some friends. Begin with lunch at 11 a.m. and a shotgun start at noon. The \$40 per person fee includes the greens fee, single cart, range balls, lunch and prizes. For more information or to register, call 706-545-0397. What are you waiting for? Grab your friends and register your four-person team today! Sponsored by Flint Energies.

DRIVING RANGE:

No need to put the clubs away when the sun goes down. The Fort Benning Golf Course driving range is now accessible 24/7! We've made after hours access easy for you. Our new stadium-like lighting lights up the entire driving range so you can get a few swings in after work without worrying about limited daylight. Simply set the timer next to the pavilion to the amount of time you'd like the lights to stay on and you're all set! Call 706-545-0397 for more details.

GOLF LESSONS

Lessons available for all ages. Kids canget a one-on-one lesson for 30 minutes for \$20. Adults can receive one personal lesson for \$35 for 30 minutes or \$60 for one hour. If you are interested in multiple one-on-one lessons, take advantage of our series pricing to receive a discount. Series pricing features six 30-minute lessons for \$175 or six one-hour lessons for \$300.

Weekday Special	Monday – Thursday	9 holes	\$14 with a golf cart
	Monday - Thursday	18 holes	\$23 with a golf cart
Active Duty Special	Fridays	18 holes	\$25 with a golf cart



PRO SHOP SALE

Do you know an avid golfer that you're still trying to find a gift for? Head over to the Golf Course through December 24 for the Annual Christmas Golf Sale! Stop by the Golf Pro Shop and draw a ticket at checkout for a chance to earn up to 50% off your entire purchase! Each ticket ranges between 10% and 50% off, Call 706-545-0397 for more information.

RECREATION CENTERS

SAND HILL RECREATION CENTER



The Sand Hill Recreation Center has so many amenities, choose which one to take advantage of first! Stop by and check out the billiard tables, air hockey games, foosball tables, table tennis, board games and free Wi-Fi with several computers in the computer lab. We also offer eight sound rooms with various instruments available. Play your favorite game on one of our 56 gaming pods, partnered with DropZone or on XBOX One and Alienware video games in our gaming pods! If you're looking to relax, we have more than 400 movies to watch in our two movie rooms or the large areas for television viewing. Use the large auditorium with A/V capabilities for your meetings, classes or briefings. Subway is also conveniently located inside the center, making it a onestop shop for indoor recreation this winter.

HARMONY CHURCH RECREATION CENTER

The Harmony Church Recreation Center has partnered with DropZone to bring you state-of-the-art gaming in the facility! Grab your favorite snacks, candies and energy drinks from our snack bar before relaxing in one of our TV stations. You can also choose a movie from our extensive collection to enjoy in our cinema, or make use of the pool tables located in the back of the building for your entertainment. If you're looking for convenient internet access or printing capabilities, take advantage of our computer lab.

MAIN POST RECREATION CENTER

Open by appointment only, the Main Post Recreation Center is conveniently located on Sightseeing Road., within walking distance of Airborne School, 75th Ranger Regiment and Task Force 1-28. We offer a computer lab with 20 computers, a movie room, two game rooms, pool tables and a snack bar. We also offer Topgolf Swing Suite! The Topgolf Swing Suite features 2 simulator bays and a variety of virtual games - including the popular Topgolf target game, Zombie Dodgeball, Hockey Shots, Baseball Pitching Carnival Classic and more - paired with comfortable lounge seating, HDTVs and snack bar service.



OUTDOOR RECREATION EOUIPMENT RESOURCE CENTER

Have you recently PCSd and need extra some storage? Outdoor Recreation's Equipment Resource Center (ERC) offers more than just rental equipment! We offer storage units and storage spots for vehicles and boats. Lots are gated and controlled access is granted 24/7. Perhaps you're considering downsizing what's in your garage. If you have a vehicle, boat, trailer, motorcycle or other recreational vehicle that you're trying to sell, take advantage of the Lemon Lot! For only \$11 per vehicle for 30 days, customers can take advantage of the convenience and visibility that the lot offers. For additional information and policies, visit bnenning.armymwr.com.

PATTON RECREATION AREA



While both the Disc Golf and Foot Golf courses begin at the Golf Pro Shop, patrons can also access Patton Recreation Area from the Follow Me Fitness Trail parking area. The Disc and Foot Golf courses are free to play, no need to pay! If you're in need of equipment, stop by the Golf Pro Shop to rent a soccer ball, kick ball or playing discs. Soccer balls and kick balls can also be rented from Outdoor Recreation, located at 7310 Gillespie Street.

OUTDOOR RECREATION



TREES FOR TROOPS: It's one our favorite times of the year! Trees for Troops returns to Fort Benning on Friday, December 3! Active Duty Soldiers or their spouses will receive one free, live Christmas tree while supplies last! Starting at 10:30 a.m. at Wetherby Field, one tree will be given to each eligible household and you must show your military ID. No rank restrictions will be imposed. Though we often have volunteers to help load, please come prepared to haul it away yourself. If you're strapping it to your vehicle, be sure to bring tie downs! Please remember that trees do go quickly and will be available on a first-come, first-served basis.

GRINCH & SIP: It's time to paint and sip, Grinches! Join MWR Outdoor Recreation for a Paint & Sip, Grinch edition! Embrace the holiday spirit on Friday, December 10 6 to 8 p.m. The cost to participate is

\$35 per person, and includes all art supplies. Adult beverages will be available onsite for purchase, and patrons must be 21 or older to register. Space is limited, so call 706-545-7978 to sign up!

CUPID'S PAINT & SIP: Couples that paint together stay together! Join MWR Outdoor Recreation on Friday, February 11 for a Valentine's Day Paint & Sip! The cost to participate is \$65 per couple, and includes all art supplies. Adult beverages will be available onsite for purchase, and patrons must be 21 or older to register. Space is limited, so call 706-545-7978 to sign up!

GLOW IN THE DARK ARCHERY TAG: Meet us at Campbell King Horse Bowl on February 25 at 6 p.m. for an exciting game of glow in the dark archery tag! Archery tag is a fun twist on dodgeball, but uses non-lethal bow and arrows. Teams will be divided into two groups, and will battle to eliminate the opposing team. Call MWR Outdoor Recreation at 706-545-7978 for more information.





OUTDOOR ADVENTURE PROGRAMS

Book your next private adventure with Fort Benning Outdoor Recreation! Our experienced staff offers outdoor experiences and instructional programs for groups interested in getting active and exploring the outdoors. Our programming is perfect for PT activities, organizational days, unit events, Soldier & Family readiness Group events, birthday parties, church and club events, and more! Visit benning.armymwr.com for program offerings and pricing.

WARRIOR ADVENTURE QUEST: Warrior Adventure Quest (WAQ) is an Army RESET training tool designed to introduce Soldiers to activities that serve as alternatives to aberrant behaviors often

associated with accidents involving recently redeployed Soldiers. This tool presents coping outlets to help Soldiers realize their own new level of normal after deployment and "move on" with their lives. WAQ combines existing MWR Outdoor Recreation high adventure activities with a leader-led, afteraction debriefing tool developed by Army Medical Department center and school. WAQ is free to units; funding has been provided by the Department of the Army. WAQ eligibility includes all units located at Fort Benning, active duty Soldiers only. Units may participate post-deployment or once every two years for non-deployable units. Activities offered include archery tag, go-karting, paintball, trap shooting, whitewater rafting and ziplining. To learn more or to schedule an event, visit benning armymwr.com.

RECREATIONAL SHOOTING COMPLEX



The Fort Benning Recreational Shooting Complex (RSC) is one of the top outdoor shooting ranges in the Columbus, GA and Fort Benning, GA area. Open to the public and military ID cardholders, RSC is open 5 days a week and offers an impressive 300-yard rifle range, a 50-yard handgun range and an archery range with an upper deck and targets out to 90 yards. RSC also offers a popular Skeet, Trap & 5 Stand Range alongside a supply store that will keep you stocked up all day at the range.

SWEETHEART SHOOT: Save the date for our annual Sweetheart Shoot on February 12! From noon - 3 p.m., couples will have the opportunity to pair up to win prizes! Each round is \$25 per couple - all skill levels welcome! Call 706-545-6158 to register or for more information.

AMMO CANS



Get the best deal on ammo cans in the Columbus/Fort Benning area right here at the RSC! Small cans are \$5 and measure 4"x7"x11". Large cans are \$10 and measure 6"x7"x12".

Stop by the RSC to pick up your ammo cans today!

MWR BINGO CENTER



Wanna play? Wanna Win? You have to spend to win! Play traditional bingo at the MWR Bingo Hall and try your luck at winning up to \$1,000 cash. Spend more, win more! Try our electronic 24# games on the Champ-E the Mall Bowling Center and the Fort Benning Bowling & Entertainment Center, B-I-N-G-O and win cash at our 3 MWR locations!

MWR Bingo is open to all military personnel, retirees, family members, sponsored guests and DoD civilians 18 years and older. Regular Bingo packets start at \$9. First-time players receive one free add-on bingo packet.

MWR BINGO SPECIALS

Birthday Specials: Purchase a Regular Admission Pack for \$9, receive a free Birthday Pack! Birthday packs must be used the day before your birthday, day of or the day after. No exceptions.

Good Neighbor Wednesday: Any player that bingos on a pack game, neighbor to the immediate right or left of that player will receive \$5 each. Valid on pack games only.

Thursday BOGO Offer: Every Thursday, buy one Regular Admission Pack and get a second one free!

Half-Off Fridays: Join us on Half-Off Fridays to receive half off on your Electronic Machine game packs.

Spin the Wheel Saturdays: Visit MWR Bingo on the first and third Saturday of the month for a chance to spin the wheel to win up to \$500!

AUTO SKILLS



Climate changes don't affect just you-they also affect your car! The winter months, although mild in this region, can be hard on your vehicle. Cold temperatures, dirt and residue can all cause problems. However, there are some simple checks and maintenance items you can do that will help your vehicle stay in top condition:

Good visibility • Check your cooling system • Check your hoses and belts Keep the gas tank full . Keep the battery in good shape . Check tires and spares Check your defrosting and heating units . Keep an emergency kit

Stop in today and let us help make sure your car is safe, so you and your family can stay safe.

LAUNDROMAT

You can clean just about anything at the Main Post Laundromat, including your TA-50! We have 81 heavy duty washers and 54 dryers available for Soldiers and their families. You won't ever have to carry a pocketful of quarters with our laundry card, or you can pay with cash or credit card. The more you use the post laundromat, the more free credit you earn on your card! If you would like to coordinate a unit laundry party, please call wanda.f.kirby2.naf@mail.mil, 706-545-3398/706-844-5722 or lidia.m.gil-rodriguez.naf@mail.mil, 706-545-3398/706-527-0814.



DOG WASH

Attached to the Main Post Car Wash is our do-it-yourself, climate controlled dog wash. You may use your credit card or the reloadable MWR Car Wash Card for washing, drying, and flea and tick bathing options. Open 24/7.

DOG PARKS

MWR has two dog parks on Main Post, one on the corner of Edward and Carpenter Street and another on the corner of Zuckerman Avenue and 1st Division Road. MWR dog parks are managed by Outdoor Recreation and include agility playground equipment. Spaces are divided into two areas, one for dogs up to 25 pounds and one for larger dogs. Guests are legally responsible for their dog's behavior.

CAR WASH



Drop by one of our three car wash locations (Main Post, next to Commissary and on Harmony Church) and spoil her! We offer cloth-and-water wash or touch-free water wash. The touch-free \$8 option at the MWR car washes include treatments for the undercarriage, windshield and sidewalls and a hot wax. The self-serve bays have a popular tire shine option. Don't forget to take advantage of our multi-faceted vacuums, which feature spot remover, carpet cleaner, turbo and super modes.

Dasher's Dollar Deal

of December! Keep your sleighs spotless by taking advantage of \$1 car washes at all three of our MWR car wash locations. Enjoy this dashing deal 24/7, all month

TICKETS & TRAVEL

Tickets & Travel - your one-stop shop for all of your vacation needs! Conveniently located at 9230 Marne Road inside the Commissary Mall, we offer exceptional deals and discounts on travel, flights, vacation plans and cruise packages. In addition, we offer discounts on local, regional and national attractions. Call or stop by today! Call 706-626-7644 to see how we can serve you. Keep an eye out in early March for our Travel Expo! Vendors from near and far will be here to talk about exciting travel plans.



Members of the U.S. Military can enjoy Disney's Military Promotional Tickets starting January 1. 2022-December

16. 2022. Disney Military U.S. ARMED FORCES Promotional Tickets may be purchased in office ONLY by

eligible service members or their spouses (but not both) unless dual military. No more than six (6) Disney Military Promotional Tickets may be purchased by any eligible service member or spouse during the period of November 17, 2021 - December 12, 2022 (regardless of the place of purchase and whether purchased by that person or that person's spouse). In addition, the eligible service member or his/her spouse must use one of the six (6) Disney Promotional Tickets purchased. For prices and more information, visit benning.armymwr.com.



Building 2502, 7308 Anderson Street 706-689-9777 Monday - Thursday 3 - 7 p.m. Friday 10 a.m. - 6 p.m. Closed Weekends



We have everything you need for your customized needs! 3270 2nd Infantry Division Road 706-682-0730



Located in the Sand Hill Recreation Center 41st Infantry Regiment Street Building 3308 706-685-2222 Weekdays, 9 a.m. - 2 p.m. www.soldiers-photos.com



2800 Harley Court Columbus, GA 31909 24/7706-324-3939

columbusoffice@groometrans.com groometransportation.com/ft-benning/



FITNESS CENTERS

Fort Benning offers five fitness facilities on the installation. Audie Murphy Athletic Performance Center on Main Post, Whittington High Performance Center on Harmony Church and Kefurt Fitness Center on Kelley Hill are mask-free facilities and are only open to patrons who have fully completed their COVID-19 vaccination. Visit any fitness center on Fort Benning before or during your first visit to the Audie Murphy Performance Center, Kefurt or Whittington High Performance Center to ensure your ID reflects your vaccination status. Registering your ID card is easy!

- 1. Bring Proof of Vaccination: A vaccination card that shows you had your final shot of the COVID-19 vaccine at least 14 days prior to your use of the facility is required on your first visit
- 2. Staff will register your status into the ID scanning system

Our other fitness centers, Smith on Main Post and Santiago on Sand Hill, will not be impacted by this requirement. These two fitness centers will remain open to patrons with or without receiving the vaccination, and masks will be required. To learn more about what each fitness center offers, visit benning.armymwr.com.



FITNESS CLASSES

Smith Fitness Center on Dixie Road on Main Post, offers a variety of fitness classes, including BODYPUMP™, RPM™, P90X®, Kettlebell, MixxedFit®, Yoga, HIIT, Step classes and several Zumba® classes. Drop in for only \$3 per class, or try as many as you'd like for a \$25 monthly pass. Visit benning.armymwr.com to see the monthly schedule!

Are you a certified instructor and interested in becoming part of the team? Learn more by calling Fernanda Ruiz at 360-469-9199 or email fernanda.ruiz.naf@mail.mil.

UGLY SWEATER 5K



It's time to get tacky! We want you to dig into those closets and dust off the most hideous sweater you own for our annual Ugly Sweater 5K! The race will begin at Doughboy Stadium Saturday, December 11 at 9 a.m. Pre-register online beginning October 28! Pre-registration costs \$15 for ages 6 and older and \$10 for racers 5 and under. Day-of registration prices increase by \$5 for each age group. Shirts are guaranteed to the first 250 runners to register, and finisher medals are guaranteed to all paid entries! The race is limited to 400 total runners. Visit benning.armymwr.com to register in advance. For more information, contact Lori Smith at lori.m.smith38.naf@mail.mil.

WINTER SPORTS



Stay tuned - Commander's Cup Soccer and Kickball are coming up in January and February! Information about the coaches meetings for each sport will be posted online at benning.armymwr.com.

AQUATICS/POOLS

Smith and Briant Wells indoor pools offer lap or recreational swim throughout the winter season! Our pools offer a number of classes and programs including adult and youth swim lessons, lifeguard training and CPR, first aid and AFD certifications. For information on the Aquatics Program at Fort Benning, call 706-545-1400.

CPR / AED TRAINING



Take the first step in learning how to save a life! Our next CPR, First Aid and AED classes will be held from 9 a.m. to 5 p.m. on December 8, January 12 or February 16. Certification is for Adult, Child and Infant CPR, First Aid and AFD and costs \$100. For more information about these one-day training sessions, call the Aquatics Team at 706-545-1400 or email. annerose.whitehead.naf@mail.mil.

LIFEGUARD CERTIFICATION COURSES

We offer a 2-vear lifeguard certification, which includes the American Red Cross certification, lifeguarding, first aid, CPR and AED. Courses are available to MWR patrons 15 and older! The certification is a 4-day course. Planning to be certified before the summer pool season? Take our January or February classes to ensure you're on board before the pools open! Call the Aquatics Team to register at 706-545-1400 or email annerose.whitehead.naf@mail.mil.

Upcoming Classes:

January 29 & 30, February 5 & 6 February 26 & 27, March 5 & 6

ARMY COMMUNITY SERVICE Army Community Service	706-545-4042	Director Building 85, 6850 Barron Avenue	100-545-151
Patch Hall, Building 7, 7117 Baltzell Avenue	100-545-4043	Deputy Director	706-545-670
Exceptional Family Member, Financial Readiness,		Building 85, 6850 Barron Avenue	100-343-010
Information and Referral, Relocation, Army Emergency	Relief	Marketing & Sponsorship	706-545-332
Army Community Service		Building 85, 6850 Barron Avenue	
Building 359, 7021 Ingersoll Avenue		Support Management Division	706-545-493
Survivor Outreach Services		Building 85, 6850 Barron Avenue	
Family Advocacy Program		FITNESS CENTERS & AQUATICS	
Lewis Hall, Building 36, 7131 Richardson Circ		Aquatics	706-545-1400
Military Family Life Consultants	706-604-2432	Building 394, Lauber Street	
Building 359, 7021 Ingersoll Avenue		Audie Murphy	706-545-1940
CHILD & YOUTH SERVICES CHILD DEVELOPMENT CENTERS (CDC, 5 loca	tions)	Building 2818, 6561 Way Street	
• 1st Division CDC		Breezeway	706-545-168
Building 1051, 7191 1st Division Road		Building 117, 7190 Muir Street Kefurt	706-544-451
Indianhead CDC	706-626-0673	Building 9001, 8710 Watkins Street	100-344-431
Building 2389, 6351 Indianhead Road		Santiago	706-544-948
Main Post CDC	706-545-3732	Building 3350, 5310 23rd Infantry Regiment	
Building 1366, 7000 Yeager Avenue		Smith	706-545-438
• McGraw CDC	706-544-1758	Building 2874, 6835 Dixie Road	
Building 11306, 8220 Custer Road	706 544 2220	Whittington High Performance Center	706-544-752
• Sante Fe CDC Building 9242, 9242 Hoff Street	, 00-544-2559	Building 4303, 7098 Old Cusseta Highway	
• Sante Fe ANNEX	706-544-4150	RECREATION	
Building 9257, 7919 Marne Road		Destin Army Recreation Area	850-837-642
Family Child Care	706-545-4868	557 Calhoun Avenue, Destin, Florida	
Building 9257, 7919 Marne Road		Bowling and Entertainment Center	706-545-427
Middle School & Teen	706-545-3070	Building 2785, 6530 Eckel Avenue Fort Benning Golf Course	706 545 020
Building 1055, 7110 McIver Street	700 545 0070	Building 390, 7471 Baltzell Avenue	100-545-059
Parent Central Services	706-545-2079	Drop Zone	706-587-404
Building 104, 6880 Marchant Avenue School Age Care	706-545-3605	Building 2502, 7308 Anderson Street	
Building 2653, 7502 Ingersoll Street	100-343-3003	Harmony Church Recreation Center	706-626-126
School Liaison Officer	706-626-8625	Building 4203, 6986 Old Cusseta Highway	
Building 85, 6850 Barron Avenue		Main Post Recreation Center	706-545-820
Youth Sports & Instructional Programs	706-545-0522	Building 2784, 7611 Sightseeing Road	
Building 1056, 7110 McIver Street		Mall Bowling	706-544-416
DINING & PUBS		Building 9232, 8140 Marne Road	706 545 405
Benning Club Catering	706-580-3810	McIver Suites McIver Street	100-545-405
Building 128, 7010 Morrison Avenue		MWR Bingo	706-544-196
Checkpoint	. 706545-4272	Building 93, 6870 Wold Avenue	
Building 2785, 6530 Eckel Avenue		Outdoor Recreation	
El Zapata	706-689-9009	and Equipment Resource Center	706-545-797
Building 2784, 7611 Sightseeing Road	706 545 9426	Building 1707, 7310 Gillespie Street	
Building 2784 , 7611 Sightseeing Road,	100-343-6420	Recreational Shooting Complex	
Jack's 19th Hole	706-545-0397	Building 2975, 7839 1st Division Road, Cour Sand Hill Recreation Center	
Building 390, 390 Baltzell Avenue		Building 3308, 5300 41st Infantry Regiment	
Java Cafés (3 locations)		Uchee Creek Campground & Marina	
Main Post	706-626-0232	7 Uchee Creek Road	
Building 1686, 7280 Ingersoll Street		OFFINANCE OF THE PROPERTY OF T	
Harmony Church	706-626-2971	SERVICES Auto Skills Center	706 545 222
Building 4102, Jamestown Road	700 545 2020	Building 111, 6800 Marchant Avenue	100-545-255
• Ridgway Hall Building 25 25 Bidgway Loop	706-545-3938	Car Wash Facilities	706-545-339
Ridgway Hall, Building 35, 35 Ridgway Loop Mall Bowling Center Snack Bar	706-545-4164	Harmony Church Car Wash, Building 4101, Jamestow	
Building 9232, 8140 Marne Road	700-343-4104	Mall Car Wash, Building 9231, Marne Road	
Roz's Cafe	706-641-2184	Main Post Car Wash, Building 105, Marchant Avenue Dog Wash	
Building 390, 7471 Baltzell Avenue		Dog Wash, Building 105, Marchant Avenue	100-044-312
Smoothie King	706-685-8200		706-545-339
Building 2874, 6835 Dixie Road		Building 1683, 6900 Gaudette Avenue	
Subway (2 locations)		Milton E. Long Library	706-545-491
Main Post	/06-687-8274	Building 2783, 6529 Eckel Avenue	
Building 2502, 7308 Anderson Street	706 607 4040	NAF Property	706-545-375
Sand Hill Building 3308, 5300 41st Infantry Regiment 3		Building 2384, 7701 Prussman Street	700 00= 0
Zaxby's		Soldier Photos	
Building 1692,7290 Ingersoll Street		Building 3308, 5300 41st Infantry Regiment	
		Tickets and Travel Building 9230, 9230 Marne Road	/00-026-/64
DFMWR ADMINISTRATION	706 E4E 72E7	-	
Business and Recreation Division Building 85, 6850 Barron Avenue	100-545-135/	OTHER AGENCIES	
BOSS	706-617-7122	Lodging, Abrams Hall	
Building 2784, 7611 Sightseeing Road	00 011-1123	Military Police Post Operator	
		rusi uperator	100-545-201
Child & Youth Services	706-545-6811	Recon Sportswear	706-682-072



DO YOU KNOW WHERE YOUR **CLOSEST RECYCLING POINT IS?**

There are recycling trailers available to drop-off material 24/7 located at McGraw Village, Old White Elementary site (1st Division Road and Madden Avenue), Custer Road PX and the MWR Bingo on Main Post. We also have collection receptacles for paper in several facilities around the installation.

Our drop-off location at the Commissary (located behind the MWR carwash)i s open daily from 6 a.m. to 8 p.m. and our primary material recovery facility, located at building M0298 on Jamestown Road, is open Monday - Friday 8 a.m. - 3:30 p.m.

For more information about what is accepted and not accepted as well as other recycling questions, visit our website at benning.armymwr.com.



Stay tuned to benning.armymwr.com