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Leavenworth.KU.edu



Diabetes/ Pre-diabetes Education Class

Class Days & Hours

3rd Monday of the Month
8-11:30 a.m.
Located in Munson Army Health Center
VTC Room 1st Floor

Learn about Medications &
Carbohydrate Counting

Reach your healthy
blood sugar levels.

Check with your PCM to get a referral to this class.



Point of Contact
Nutrition Clinic
(913) 684-6523

U.S. Army Family & MWR
Marketing
600 Thomas Avenue
Fort Leavenworth, KS 66027
OFFICIAL BUSINESS



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Family & MWR Preview November 2019



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913-682-1888 or 877-268-4636

CENTRAL MICHIGAN UNIVERSITY

Fort Leavenworth Preview

Monthly Newsletter of Family & Morale, Welfare & Recreation

November 2019





leavenworth.armymwr.com

www.facebook.com/FortLeavenworthFMWR

FOR SALE



NAF Property Sale

November 21-22 • 7 a.m. - 2 p.m.

801 Riley Ave. Bldg 303



For more information, call
(913) 684-2726 or (913) 684-2727

TURKEY SHOOT SCRAMBLE

TRAILS WEST GOLF COURSE

SATURDAY, NOVEMBER 23

10AM // SHOTGUN START
9AM BREAKFAST BUFFET

NEED A TEAM?
DON'T WORRY, WE CAN PAIR YOU UP!
EVENT IS OPEN TO EVERYONE.
THIS IS A RELAXED 4-PERSON SCRAMBLE.

\$45 MEMBERS // \$50 NON-MEMBERS // \$30 YOUTH 16 AND UNDER.
PREPAY AND SAVE \$5.
(MULLIGANS AVAILABLE FOR PURCHASE).

FEES INCLUDE: GREENS FEE, CART RENTAL AND RANGE BALLS, FLIGHT, TRIVIA & HOLE PRIZES ARE INCLUDED.

EVERY PLAYER WILL RECEIVE
A FREE TURKEY!

Need more info?
(913) 651-7176




Stray Facility

510 Organ Ave. ADOPT A PET



(913) 684 - 4939



CYS Facebook Day

November 7th

Comments
monitored
by CYS staff
7:30-4:30*

- An online CYS Parent Advisory Board meeting & Parent Education event.
- Post questions regarding any of our CYS programs.
- Participate in CYS polls & posts to provide parent input.
- Follow all day or after work.

facebook.com/cys.ftleavenworth



Find us on: **facebook**



*Please continue to post comments after 4:30.
Replies will be made the next day.

Contact Outreach Services Director to request an anonymous comment posting, (913)684-1651.



Trails West Golf Course

SUNDAY SPOUSE SPECIAL

Sundays, 10 a.m. - 6 p.m.

CAC SCRAMBLE

Friday, November 15 • 1 p.m.

TURKEY SHOOT

Saturday, November 23 • 10 a.m.

For more information, call (913) 651-7176. See our website for full details and



Army Community Service Classes

EFMP RECREATIONAL BOWLING

Saturday, November 2 • 9 a.m. - 11:00 a.m.

Free event at Strike Zone Bowling Center

FINANCIAL SEMINAR ON INCOME TAX PLANNING

Monday, November 4 • 12 p.m. - 12:30 p.m. & 7 p.m. - 7:30 p.m.

BREASTFEEDING SUPPORT GROUP

Monday, November 4 • 11 a.m. - 1 p.m.

IN-PROCESSING BRIEF

Tuesday, November 5, 12, 19 & 26 • 9 a.m. - 10 a.m.

IN-PROCESSING BRIEF

Tuesday, November 7, 14, 21 • 1 p.m. - 2 p.m.

EFMP SENSORY STORY TIME

Wednesday, November 20 • 4 p.m. - 5 p.m. (CARL Library)

A welcoming, interactive environment geared towards children with sensory needs but open to all. Sensory Storytime will engage children through movement, music stories and play. This event is free!

ENGLISH AS A SECONDARY LANGUAGE FOR SPOUSES

Monday - Friday, times and levels vary

location: Pioneer Chapel

FAMILY OF PATRIOTS LUNCHEON

Thursday, November 21 • 11:30 a.m. - 1 p.m.

(RSVP by November 15)

Location is at Famous Dave's • 1320 Village Pkwy, Kansas City, KS

To register or for more information, call (913) 684-2800

Strike Zone Bowling Center

AFTER THANKSGIVING DOLLAR DAY

Friday, November 29 • 10:30 a.m. - 9 p.m.
\$1 each game, shoes, pizza slice & 16 oz. fountain drink.

LUNCH AND BOWL

Weekdays • 10:30 a.m. - 2 p.m.

For every \$5 you spend at the Strike Zone Snack Bar you get 1 free game of bowling! Take your receipt up to the bowling counter.

FAMILY DAY OUT

Saturday/Sundays • 10:00 a.m. - 8:30 p.m.

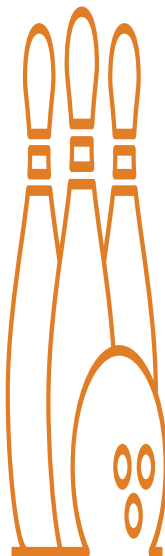
\$36 for 4 games, 4 shoes, 4 drinks & single topping pizza.

50/50 NIGHT

Mondays • 5 p.m. - 9 p.m.

\$2 Cover per person, \$.50 games and shoes

For more information, call (913) 651-2195.



Gruber Fitness Center

TRX

Mondays • 5:30 a.m. - 6:30 a.m.

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

CYCLE

Tuesday, Wednesday, • 5:30 a.m. - 6:30 a.m.

Thursday • 6 a.m. - 7 a.m.

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises.

YOGA

Wednesdays, • 9 a.m. - 10 a.m.

Work on your 3 components of physical fitness: (strength, balance, flexibility)

ACFT PREP

Wednesdays • 6 a.m. - 7 a.m.

Train for proper lifting techniques and activities for daily living, improve ranges of motion, train for the new PT test requirements.

COST:

Active Duty - Free

Single Ticket - \$3.50

Ten Tickets - \$30

Unlimited Month - \$40

For more information, call (913) 684-5120



Fort Leavenworth

Soldier for Life - Transition Assistance Program



Career & Education Fair

NOVEMBER 5

Frontier Conference Center
350 Biddle Blvd.
(913) 684-2227
www.sfl-tap.army.mil

The Career & Education Fair is also in conjunction with the NAF Hiring Event. Family & Morale, Welfare & Recreation and the USDB offer positions within the childcare facilities, recreation division and the USDB. Our positions offer competitive salaries, with flexible to full time work hours. Regular-status positions offer an impressive retirement option, 401(k), paid vacation/ sick leave, paid holidays, flexible spending accounts, and easy health/ life insurance options.



Active Duty/Guard/Reserve/Retirees/Veterans/
Family Members/Contractors - All Are Invited

Government, Law Enforcement, Contracting, Manufacturing, Sales, Logistics, Retail, Service, Technical, Educational, and other opportunities available.

INTRAMURAL BASKETBALL

Coaches Meeting :
November 13 // 6PM //
Gruber Fitness Center

Team Rosters/Letters of intent:
COB November 26

Open to Active duty, DoD Civilians,
Retirees, Dependents, Spouses, and
contractors working at Fort
Leavenworth ages 18 AND OLDER

Info: (913) 684-3224

Brunner Range Skeet & Trap

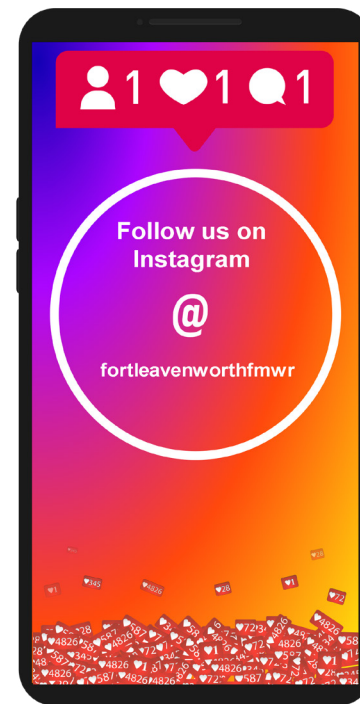
FREE SHOOTING LESSONS

Wednesday & Thursdays, 10 a.m. - 11 a.m.

Saturday & Sundays, 9 a.m. - 10 a.m.

The Brunner Range staff includes NRA certified and National Skeet Shooting Association instructors who teach shotgun safety and shooting techniques for beginning and experienced shooters. All necessary equipment and supplies are available to rent or purchase at the range.

For more information, call (913) 651-8132,



Java Café

Sweet & Spice
Here comes the season of Pumpkin.
(And Cinnamon. And Salted Caramel.)

Located inside Munson Army Health Center
(MAHC)
(913) 684-6011



CLEAN PAWS PET WASH NOW OPEN

- Temperature controlled
- DIY options
- Price varies



MERRITT LAKE PARKING LOT
(913) 651-7176

Leisure Travel Services
310 McPherson Ave.
(913) 684-2580

