

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

PRESORTED
STANDARD
U.S. POSTAGE PAID
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PERMIT #45

POSTAL CUSTOMER
FORT LEAVENWORTH, KS 66027

Family & MWR Preview

2019 Holiday Edition

STRIKE ZONE BOWLING CENTER

NYE BOWLING BASH

TUESDAY
DECEMBER 31
9 PM - 1 AM

PREPAID RESERVATIONS BY
MONDAY DECEMBER 30 - 5 PM

UNLIMITED BOWLING
ALL-U-CAN EAT BUFFET
DOOR PRIZES • CHAMPAGNE
& SPARKLING JUICE TOAST
AT MIDNIGHT

BUFFET & BOWLING:
ADULTS: \$28 / 5 - 15 YRS: \$23
BUFFET ONLY:
ADULTS: \$12 / 5 - 15 YRS: \$10
4 & UNDER: FREE

(913) 651-2195
leavenworth.armymwr.com

THE STATION

HISTORICAL LOFTS AT THE RIVER FRONT
1100 N 2ND STREET

THESTATIONLV.COM

PET FRIENDLY
DOG PARK
WASHER/DRYER
SECURED ACCESS

BREATHTAKING VIEWS
FITNESS CENTER
COVERED PARKING
ALL UTILITIES PAID

NOW LEASING

913.828.0208

KU THE UNIVERSITY OF KANSAS

LOCAL CLASSES.
GLOBAL RESPECT.

2018 BEST COLLEGES

Leavenworth.KU.edu

Fort Leavenworth

Preview

Monthly Newsletter of Family & Morale, Welfare & Recreation

2019 Holiday Edition

leavenworth.armymwr.com

www.facebook.com/FortLeavenworthFMWR

TREE LIGHTING Ceremony

December 6th
BEGINS @ 4 PM WITH LIGHTS COMING
ON @ APPROXIMATELY 5:45 PM

ZAIS PARK

SANTA CARRIAGE RIDES MUSIC & LIGHTS!

leavenworth.armymwr.com

FREE

DECEMBER 8 // 1 p.m. Eisenhower Auditorium

312TH ARMY BAND HOLIDAY CONCERT

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



JAVA CAFE
Located in Munson Army Health Center
(913) 684-6011



ANGEL TREE

GIVE A GIFT TO SOMEONE IN NEED!

THE BOSS ANGEL TREE WILL BE DISPLAYED IN THE PX LOBBY FROM NOV. 29TH THROUGH DEC. 18TH.

TO DONATE A GIFT, SELECT A TAG FROM THE TREE AND TAKE IT SHOPPING WITH YOU. CHOOSE AN AGE AND GENDER APPROPRIATE GIFT. GIFTS SHOULD BE PLACED IN A BOX NEAR THE TREE. (DO NOT PLACE GIFTS UNDER THE TREE). GIFTS WILL GO TO LOCAL MILITARY FAMILIES IN FINANCIAL NEED.

IF YOU KNOW OF A FAMILY IN NEED PLEASE CALL, (913) 684-1703 FROM NOV. 12 - DEC. 11.

THANK YOU FOR SUPPORTING BOSS IN THEIR EFFORT TO PROVIDE A MEMORABLE HOLIDAY FOR FORT LEAVENWORTH FAMILIES!



FOR MORE INFO: (913) 684-1703



Army Community Service Classes



EXCEPTIONAL FAMILY MEMBER PROGRAM

- EFMP Recreational Bowling •December 7 • 9 a.m. - 11a.m.(Strike Zone)
- EFMP Christmas Party • December 14 • 1 p.m. - 3 p.m. (Resiliency Center)

FAMILY ADVOCACY PROGRAM

- Lunch & Latch • December 2 • 11:30 p.m. - 1 p.m. (Resiliency Center)
- Baby Boot Camp for Dads • December 12 • 2 p.m. - 4 p.m. (Resiliency Center)

SURVIVOR OUTREACH SERVICES

- Holiday Dinner • December 10 • 5:30 p.m. - 8:30 p.m. (FCC)
- Trim the Tree for our Fallen • December 14 • 10 a.m. - 12 p.m. (Center for Valor and Remembrance)

ENGLISH AS A SECONDARY LANGUAGE FOR SPOUSES

- Monday - Friday times and levels vary (Pioneer Chapel)
- (inquire with POC Mallory to register)

For more information about any of these classes, call (913) 684-2800

Strike Zone Bowling Center

NEW YEARS EVE BOWLING BASH

Tuesday, December 31 • 9 p.m. - 1 a.m.
Unlimited bowling, all you can eat buffet and more. Please see below for pricing.

BUFFET & BOWLING

Adult \$28 // 5 - 15 yrs old \$23

BOWLING ONLY

Adults \$12 // 5 - 15 yrs old \$10

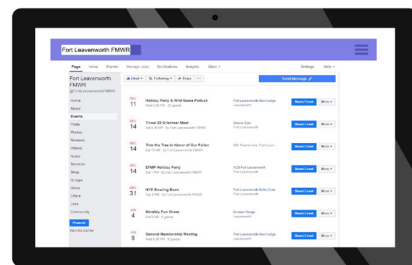
4 YRS & UNDER
Eat Free



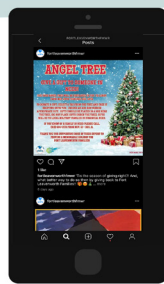
Prepay and Reservations by Monday, December 30.
For more information, call (913) 651-2195

Social Media Information

Follow/Like us on Facebook
Fort Leavenworth FMWR



We are also on Instagram
Fort Leavenworth FMWR



Holiday Tinsel Orienteer

December 14 // 9 am

Gruber Gym (South Parking Lot)

\$15 per person or \$35 per family
registration includes;
orienteer maps, race passport, finisher awards plus more!

For more information, call (913) 684-5634

Trails West Golf Course

SUNDAY SPOUSE SPECIAL

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

HOLIDAY SPECIAL

Sunday, December 1-31 • 8 a.m. - 5 p.m.
With the holidays quickly approaching you won't want to miss your chance to get personalized Titleist golf balls for only \$39.99! Great holiday gift!

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



Rod & Gun Club

HOLIDAY PARTY & WILD GAME POTLUCK

December 11, 5:30 p.m.

This will be the holiday meeting and in lieu of the normal steak dinner, bring in your favorite wild game dish to share with the group potluck style. If you don't have a wild game dish, feel free to bring in your favorite side dish or dessert instead. Every member will receive a door prize, and bring the kids, as we expect a visit from outdoor Santa Claus!



For more information, call (913) 684-2035

Adult Fitness Classes

GRUBER FITNESS CENTER
(913) 684-5120

MONDAYS

TRX • 5:30 a.m. - 6:30 a.m.
Yoga • 9 a.m. - 10 a.m.
Cycling • 5 p.m. - 6 p.m.

TUESDAYS

Cycle • 5:30 a.m. - 6:30 a.m.
PiYo • 9 a.m. - 10 a.m.
Yoga • 4:30 p.m. - 5:30 p.m.

WEDNESDAYS

Cycle • 5:30 a.m. - 6:30 a.m.
ACFT Prep • 6 a.m. - 7 a.m.
Yoga • 9 a.m. - 10 a.m.
Cycling • 5 p.m. - 6 p.m.

THURSDAYS

Cycle • 5:30 a.m. - 6:30 a.m.
PiYo • 9 a.m. - 10 a.m.
Yoga • 4:30 p.m. - 5:30 p.m.

FRIDAYS

Yoga • 9 a.m. - 10 a.m.

HARNEY SPORTS COMPLEX
(913) 684-2190

MONDAYS

Water Aerobics • 8:30 a.m. - 9:30 a.m.
Power Pump • 8:30 a.m. - 9:30 a.m.
Boot Camp • 4:30 p.m. - 5:30 p.m.

TUESDAYS

HIIT Class • 11:30 a.m. - 12:30 p.m.
Float2Fit • 1:30 p.m. - 2:30 p.m.
Water Aerobics • 4 p.m. - 5 p.m.

WEDNESDAYS

Water Aerobics • 8:30 a.m. - 9:30 a.m.
Power Pump • 8:30 a.m. - 9:30 a.m.
Boot Camp • 4:30 p.m. - 5:30 p.m.

THURSDAYS

HIIT Class • 11:30 a.m. - 12:30 p.m.
Float2Fit • 1:30 p.m. - 2:30 p.m.
Aqua Fitness • 6 p.m. - 7 p.m.
Power Cut • 4:30 p.m. - 5:30 p.m.

FRIDAYS

Water Aerobics • 8:30 a.m. - 9:30 a.m.
Power Pump • 8:30 a.m. - 9:30 a.m.

Cost:

Single Ticket \$3.50
10 Tickets \$30
30 Day Unlimited \$40