



W I N S I D E T H E C O O P

BIWEEKLY INFO

We have a lot of exciting things planned for you!
Scroll and see.

ON THE RADAR!

JANUARY 14



1918 CLUB

LUNCH BUFFET

Tuesdays and Thursdays Buffet
11:30 a.m. - 1:30 p.m.
Enjoy a choice of meats, fresh vegetables, a salad and drink.

\$15 per person for dine-in.
\$7.50 per pound Takeout

JANUARY

- | | |
|---------------------|---------------------|
| 14: Taco Tuesday | 23: Southern Buffet |
| 16: Southern Buffet | 28: Taco Tuesday |
| 21: German Buffet | 30: Southern Buffet |



moore.armymwr.com ☎ 706-545-1588 📍 7010 Morrison Ave, Bldg128

You won't pay extra for guac at our Taco Tuesday at the 1918 Club! Stop by on January 14 from 11:30 a.m. - 1:30 p.m. for a fiesta buffet with seasoned ground beef or chicken, Spanish rice, refried beans and roasted vegetables with a choice of soft tortillas or hard shells. Toppings include lettuce, tomatoes, onions, sour cream, salsa and (free) guacamole.

LEARN MORE



Looking to become certified in CPR, AED and First Aid? Sign up for one of the next one-day courses on January 15 or 29! Upon successfully completing all course activities and passing the assessments, participants will receive an American Red Cross Certification valid for two years from date of course completion.

LEARN MORE



FIRST AID CPR and AED TRAINING

\$100 PER PERSON
BREEZEWAY COMPLEX, BUILDING 117
9 A.M. - 3 P.M. | MONTHLY DATES

After completion you will earn a 2 year certificate in Adult, Child, Infant CPR/AED/ First Aid from the American Red Cross.

To register, email at annerose.whitehead.naf@army.mil.



Scan for class dates

JANUARY 15+29



JANUARY 15+22

LEARN TO BOWL

Bowling League



Every Wednesday
January 15 - April 2
Start 7 p.m.
(until 3 games are bowled)

\$10
per session

Attendees will bowl 3 games for 12 weeks (shoe rental is not included) and will learn how to bowl like the professionals!

Door prizes and grand prize winner for those that participate!
Registration is required, sign-up in person at the Mall Bowling Center or call 706-545-4164!



You've rented the shoes, chosen a ball, and have your eye on that perfect spot in the lane. You're ready to bowl! But wait - bowling is harder than it looks! What is the right bowling ball for you? How do you stand before you swing and when should you release the ball? Starting January 15, join us at the Mall Bowling Center for our new 12-week **Learn to Bowl Bowling League!**

LEARN MORE >

Setting fitness goals for the new year? Try out the **NEW GlideFit class!** This class takes place in the pool on a stand up paddleboard and is low impact but high intensity. Work on balance, core strength and cardio while having fun at the same time. Join us every Thursday from through February 13 at 9 a.m. at Smith Indoor Pool. Classes are \$5 per person, per class and open to ages 16 and older.

LEARN MORE >



NEW CLASS!
GLIDEFIT

JANUARY 9 - FEBRUARY 13 | 6 SESSIONS | THURSDAYS 9 A.M. | SMITH FITNESS CENTER INDOOR POOL
WORK ON BALANCE, CORE STRENGTH, AND CARDIO!
AGES 16+, SPACE IS LIMITED!
QUESTIONS: JAMIE MILBURN AT JAMIE.M.MILBURN.NAF@ARMY.MIL

\$5 per person/per class!
Register at Smith Fitness Center, front desk.




JANUARY 16+23

JANUARY 16



Right Arm Nights are back! Right Arm Night is a longstanding Army tradition in which leaders invite a key subordinate from their staff to socialize with their supervisor in a more relaxed, informal environment. The intent is to build esprit de corps and camaraderie.

Bring your Right Arm, battle buddy, co-workers, friends and family out to Fiddler's Green at the 1918 Club on January 16 and enjoy free appetizers and giveaways!

LEARN MORE >

It's **Crafternoon** at the Milton E. Long Library on January 18 from 11 a.m. - 1 p.m.! Join us for a fun, free, and relaxing afternoon of crafts for adults (the kids have to stay at home for this one). Discover the joy of creativity just for adults. From DIY home décor to handmade gifts, our session features a new and exciting seasonal craft project to take home. We supply the materials, so all you need to bring is your enthusiasm and creativity.

LEARN MORE >



JANUARY 18



JANUARY 21



Audie Murphy Athletic Performance Center is getting an upgrade! While flooring renovations take place, they will close for approximately 3-4 weeks beginning January 21.

Visit one of our other fitness centers during this time:
Smith Fitness Center, *Main Post*
Santiago Fitness Center, *Sand Hill*
Kefurt Fitness Center, *Kelley Hill*
Whittington High Performance Center, *Harmony Church*

LEARN MORE

The MWR Auto Skills Center is offering a FREE class on **how to change your oil** on January 23 at 1 p.m.! Our friendly instructors will teach you how to perform an oil change, why oil changes are important for your vehicle's maintenance, which kind of oil you need for your car and how to monitor your car's maintenance schedule. This class is free of charge and open to ID card holders!



JANUARY 23

LEARN MORE



FOR THE KIDDOS

SPRING SPORTS!

CYS YOUTH SPORTS 706-545-0522 / 2079

SPRING SPORTS

REGISTRATION: JANUARY 6 - FEBRUARY 14
REGISTER AT PARENT CENTRAL, BUILDING 104 OR WEBTRAC

SEASON: MARCH - MAY

 \$50 SOCCER AGES: 3-14	 \$50 FLAG FOOTBALL (CO-ED) AGES: 5-14	 \$50 GIRLS FLAG FOOTBALL AGES: 10-14
 \$50 CHEERLEADING AGES: 5-14	 \$50 BASEBALL AGES: 4-14	 \$50 SOFTBALL AGES: 8-14
 FREE! KILOMETER KIDS AGES: 7-14	SCAN FOR MORE INFO! 	

Youth Sports is ready for an exciting season of **Spring Sports!** Our program is designed to help young athletes of all skill levels learn to develop skills in their chosen sport, build their confidence and have fun. Register January 6 - February 14 at Parent Central or online - practices begin in March!

**Soccer | Flag Football | Girls Flag Football
Cheerleading | Baseball | Softball | Kilometer Kids**

Volunteer coaches needed! Children of parents that volunteer to coach will play that sport for free!

LEARN MORE



Registration is still open for the Middle School & Teen Center's **College & Career Fair + a boot camp** to prepare for it!

Career Fair | March 8

This is a unique opportunity for young individuals to explore various academic and career options, all in one place.

Boot Camp | February 22

This two-day course is designed to get youth ready for the College and Career Fair on March 8. During the boot camp, youth will have access to free job readiness workshops and job search support.



MIDDLE SCHOOL & TEEN CENTER
COLLEGE & CAREER FAIR
MARCH 8
10 A.M. - 2 P.M.
Building 1055 & 1056

8th - 12th GRADE

FREE! **PREP BOOT CAMP**
FEB 8 & 22
10 A.M. - 3 P.M.
BUILDING 1055
REGISTRATION:
JAN 6 - FEB 5
REGISTER AT PARENT CENTRAL
BUILDING 104

Explore various academic and career options, all in one place!
Interviews on the spot!

REGISTRATION: JANUARY 6 - MARCH 7
REGISTER AT PARENT CENTRAL, BUILDING 104

706-545-3070

COLLEGE PREP!

LIBRARY PROGRAMS!



The Milton E. Long Library stays pretty busy! Check out what they have planned for the kiddos this month:

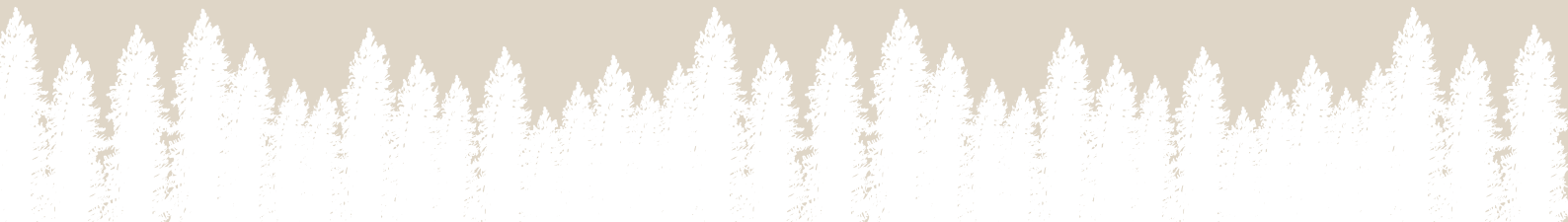
Wednesdays | Storytime | 10:30 a.m.

Jan. 17+31 | Sensory Storytime | 10:30 a.m.

January 21 | Book Buddies Children's Book Club | 4 p.m.

January 31 | Teen Swiftie Hour | 4 p.m.

[LEARN MORE](#) 



ARMY COMMUNITY SERVICE

Join the Family Advocacy Program's New Parent Support Program every third Thursday of the month for the **Play and Learn Playgroup!** This is an interactive playgroup for children ages birth to three years that assist parents in learning developmentally appropriate play techniques and to help children improve their social, cognitive and motor skills.

[LEARN MORE](#) 



JANUARY 16



JANUARY 16+23

ARMY COMMUNITY SERVICE ARMY FAMILY TEAM BUILDING



2025

January 16
Introduction to Military Benefits & Preparedness
8 a.m. - 3 p.m. | ACS, building 7, training room #111

January 23
Effective Communication for Leaders
9 - 11:30 a.m. | ACS, building 7, training room #111

February 6
Problem Solving Strategies & Exploring
Personality Traits
8 a.m. - 3 p.m. | ACS, building 7, training room #111

March 13
Establishing Team Dynamics &
Resolving Conflict
8 a.m. - 3 p.m. | ACS, building 7, training room #111

April 10
Improving Personal Relationships
& Successful Team Dynamics
8 a.m. - 3 p.m. | ACS, building 7, training room #111

May 8
Military Life...What Does It Mean?
8 a.m. - 3 p.m. | ACS, building 7, training room #111

May 15
Coaching & Mentoring Tips
8 a.m. - 3 p.m. | ACS, building 7, training room #111

June 12
Growing Through Change & Resiliency
During Crisis & Grief
8 a.m. - 3 p.m. | ACS, building 7, training room #111

July 10
Volunteer Experience & Heading
Towards Leadership
8 a.m. - 3 p.m. | ACS, building 7, training room #111

August 7
Time to Serve: The Volunteer Experience
9 - 11:30 a.m. | ACS, building 7, training room #111
9 - 11 a.m. | MS Teams Training

September 11
Introduction to Military Benefits & Preparedness
8 a.m. - 3 p.m. | ACS, building 7, training room #111

706-545-4365/4043 7117 Baltzell Avenue

SCAN FOR MORE INFORMATION!



LEARN MORE >

Join Army Community Service for **Army Family Team Building Modules** this month!

January 16: Introduction to Military Benefits & Preparedness

January 23: Effective Communication for Leaders

Want to know more about how to prepare your individual federal income tax return? The **Tax Preparation for Service Members Class** on January 16 covers the terminology associated with federal income taxes, where the information needed to prepare IRS Form 1040 comes from, and where figures are entered on the form. Don't miss this great opportunity to learn how to prepare your own taxes!



LEARN MORE >

JANUARY 16

JANUARY 23

We ♥ our Volunteers

If you're an **Organizational Point of Contact**, ACS is offering a **Volunteer Management Information System (VMIS) Training** on January 23 from 9 - 11 a.m. Participants will learn how to track and certify volunteer hours that fall under their unit or organization, how to request changes and updates to their contacts and more.

LEARN MORE >

Join Army Community Service for a **three-day course to become a skilled instructor** from January 27-29! You'll learn how to prepare for trainings, use instructional aids, platform skills, create lesson plans, and much more. In addition, you'll have the opportunity to volunteer with ACS and teach Army Family Team Building modules, Spouse Leadership Seminars, and Soldier Family Readiness Groups modules.

LEARN MORE >

**ARMY COMMUNITY SERVICE
INSTRUCTOR TRAINING COURSE**

Interested in becoming a volunteer instructor for ACS?

2025 Course Dates:
January 27 - 29
March 10 - 12
May 19 - 21
July 21 - 23
September 15 - 17
November 17 - 19

Join us for a **FREE** three-day course from 9 a.m. - 1 p.m. at building 7, training room #111.

Training Will Include:
Platform Skills, Adult Learning, Methods of Instruction & More!

REGISTER 5 DAYS BEFORE EACH COURSE →

706-545-4365
nancy.larvasi.civ@army.mil

JANUARY 27-29



Run your hearts out!

Our first 5k Fun Run in 2025 is February 8 at 9 a.m.! Run your hearts out with us beginning at the park on Zuckerman Avenue. Our runs are stroller and dog friendly and fun for all ages. Registration is \$20 for 6 and over, \$15 for 5 and under. First 175 registered runners receive a commemorative t-shirt and race medal.

Before the grownups run their hearts out, let the kiddos race for friendship vibes. Children 11 & under can participate in the Friendship Fun Run 1K at 8:30 a.m.! For \$15, the first 75 kiddos that register will be guaranteed a t-shirt and friendship bracelet.

LEARN MORE

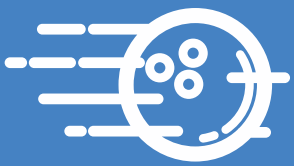


SEE YOU NEXT TIME!

Visit us online for the latest
moore.armymwr.com

#BEMOORE
#DOMOORE
#EXPLOREMOORE

EXPLORE MORE DEALS



BOWLING



DINING



**TICKETS &
TRAVEL**



**OUTDOOR
RECREATION**

Forward the fun to your friends! [Sign up for email updates from Fort Moore MWR!](#)
We hate to see you go, but we know the drill. [Click here to unsubscribe.](#)

