



NEW YEAR **NEW YOU!**

7-DAY FITNESS/DIET/WELLNESS CHALLENGE

JANUARY 23 - 30

**YOU COULD
WIN!**
1ST PLACE PRIZE
FITBIT WATCH

HALL OF CHAMPIONS

New Year, New You

Jan. 23, 6 a.m. to 6 p.m.

The Hall of Champions Physical Fitness Center is hosting the New Year, New You Fitness Program from Jan. 23 to Jan. 30 at the fitness center, Bldg. 8105 on Smith Barracks.

The seven-day challenge offers expert fitness coaching, daily nutrition guidance, multiple workout classes, and mind-body sessions on meditation and injury-prevention stretching. Participants receive a personal fitness schedule with daily check-ins, and the program ends with a final weigh-in on January 30. Adults 18+ can join, and the top prize is a Fitbit Watch.

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Tabletop Role Playing Game Campaigns

Jan. 24, 1 to 3 p.m.

The Baumholder Library, Bldg. 8332 on Smith Barracks, invites youth ages 8 to 14 to join its Tabletop Role-Playing Game (TTRPG) campaigns.

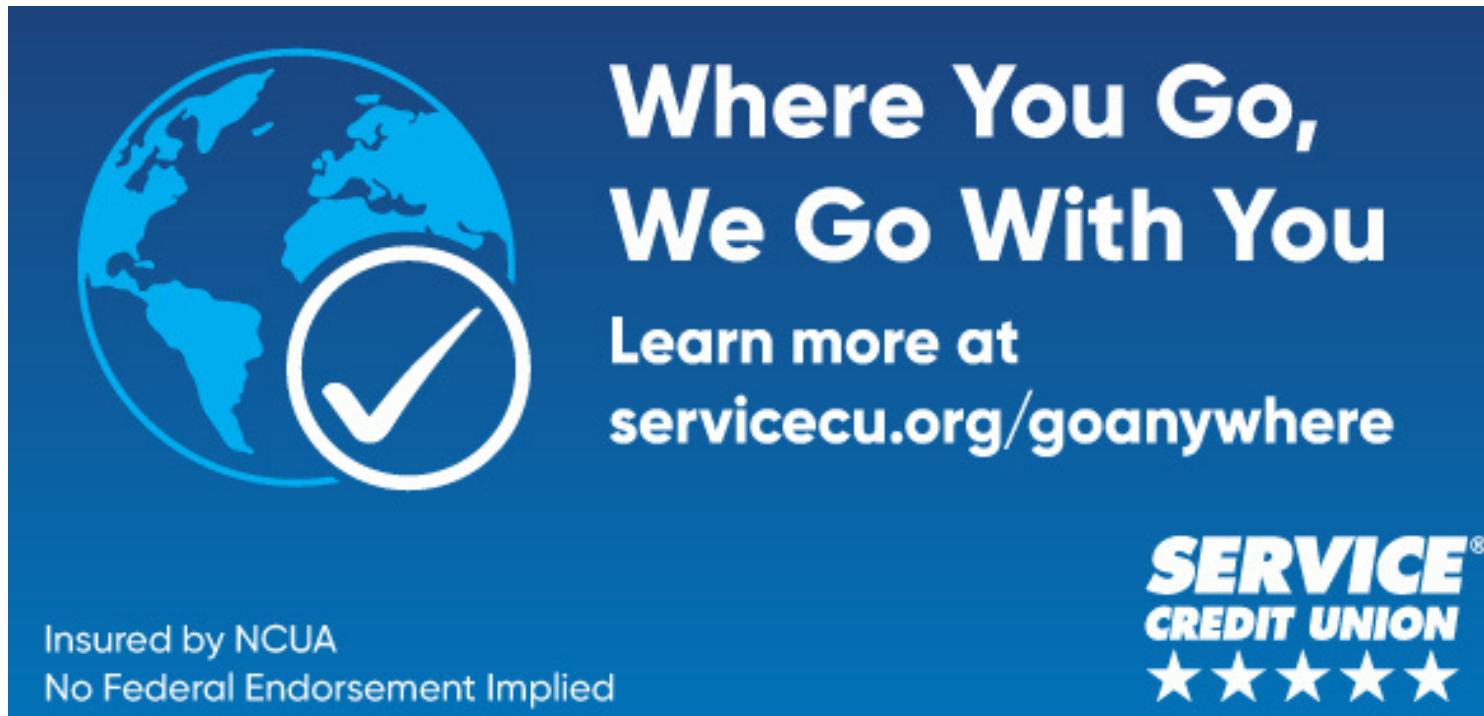
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Saturday Night Comedy Show

Jan. 24, 7 to 9 p.m.

Barney Rivera headlines the Thursday Comedy Show Jan. 24 from 7 to 9 p.m. The **Rheinlander Community Club**, Bldg. 8085 on Smith Barracks.

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We Go With You

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No Federal Endorsement Implied

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★★★★★





SATURDAY KARAOKE

Karaoke Night

Jan. 24, 9 p.m. to 2 a.m.

Tavern on the Rock located in the **Rheinlander Community Club** is inviting you to come down and show off your singing skills at Saturday Night Karaoke!

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Baumholder 101: Spouse Orientation

Jan. 26, 10:30 a.m. to 12:30 p.m.

Meet new and seasoned spouses at the Spouse Orientation 101 held either twice or once a month from 10:30 a.m. to 12:30 p.m. at the **Post Office building** 8661 on Smith Barracks.

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BAUMHOLDER 101: SPOUSE ORIENTATION

Pre-School Storytime



Preschool Storytime

Jan. 28, 10:30 a.m.

Preschool Storytime, for ages three to five years old, is the second and fourth Wednesday of the month at 10:30 a.m. in the Imagination Room in the **Baumholder Library**, Bldg. 8332 on Smith Barracks.

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VOLUNTEER OF THE YEAR

NOMINATIONS 2025



Volunteer of the Year Nominations

Until Feb. 6

The Army Community Service Army Volunteer Corps is accepting nominations for calendar year 2025 Volunteer of the Year from January 1 to February 6.

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Hobby Exploration Fair

Jan. 29, 3:30 to 5:30 p.m.

Celebrate National Hobby Month on Thursday, Jan. 29 from 3:30 to 5:30 p.m. at the **Baumholder Library**, Bldg. 8332 on Smith Barracks.

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[For a complete listing of events and activities, please visit our website Baumholder Family and MWR Website](#)

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