



**NEW YEAR
NEW YOU!**

7-DAY FITNESS/DIET/WELLNESS CHALLENGE

JANUARY 23 - 30

HALL OF CHAMPIONS

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

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.

[LEARN MORE](#)


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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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!

[LEARN MORE](#)

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.

[LEARN MORE](#)

**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.

[LEARN MORE](#)

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.

[LEARN MORE](#)



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

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