



Community Information Exchange

January 2026 “Wellness”

*** We Are The Army's Home ***

USAG Fort Benning



Community Information Exchange



Family



Partners

Mission

CELEBRATING 250 YEARS OF READINESS

WELCOME



FORT BENNING GARRISON COMMAND TEAM



COMMUNITY CALENDAR UPDATE

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black=Fort Benning Blue= MWR/ACS Purple= Garrison Red= Change/Holiday Green= Housing/Community/Schools Orange= Commissary / AAFES Gray=Off-Post Events https://www.calendarcolumbusga.com/tile				1 New Years Day Federal Holiday New Year's Catholic Mass @MPC (0900)	2	3
				HBL		
				Winter Break (All Schools)		
4	5	6 Community Info Exchange, ACS (1000-1100)	7 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) CWOC @ MPC (0900) Family Night @MPC (1715-1930)	8	9 Romance Book Club, Long Library (1600)	10
	Winter Break (All Schools)			PWOC @ TIC Annex (0900)		
11	12	13	14 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) CWOC @ MPC (0900) Family Night @ MPC (1715-1930)	15	16 Training Holiday for Dr. Martin Luther King Jr.	17 Beginner Pistol Training Course, RSC (0900)
18	19 Dr. Martin Luther King Jr. Federal Holiday	20	21 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) CWOC @ MPC (0900) Family Night @ MPC (1715-1930)	22	23	24 Decade Dash 5K + Polar Plunge (0900)
	No School (All Schools)			PWOC @ TIC Annex (0900)		
25	26	27	28 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) CWOC @ MPC (0900) Family Night @ MPC (1715-1930)	29	30 CG Golf Scramble (1200)	31 Atlanta Day Trip with ODR (0800)



WE ARE THE ARMY'S HOME



February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Community Info Exchange, ACS (1000-1100)	4 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o)	5 Outdoor Skills Camp, Russ Pond (1700)	6	7 Beginner Pistol Training Course, RSC (0900) Lifeguard Training Course, Breezeway Pool (0900) Super Bingo, MWR Bingo (1100)
8 Lifeguard Training Course, Breezeway Pool (0900) Super Bowl Party, IBar (1700)	9	10	11 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) Valentine's Pickleball Tourney (1800) CWOC @ MPC (0900) Family Night @MPC (1715-1930)	12 Painting with a Twist for Couples, IBAR (1730) PWOC @ TIC Annex (0900)	13 Training Holiday for Presidents Day Babysitting Basics Course, Youth Sports (0830) No School (DoDEA, MCSD)	14 Lifeguard Training Course, Breezeway Pool (0900)
15 Lifeguard Training Course, Breezeway Pool (0900)	16 Presidents Day Federal Holiday No School (All Schools, except Russell Cty)	17	18 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) CWOC @ MPC (0900) Family Night @ MPC (1715-1930)	19 Outdoor Skills Camp, Russ Pond (1700) Right Arm Night, IBar (1600) PWOC @ TIC Annex (0900)	20 Ladies Pistol Shoot, RSC (1500)	21 Thrifting Adventure to Opelika with ODR (0830)
22	23	24	25 Storytime at Long Library (1030 0-5 y/o, 1130 5+ y/o) CWOC @ MPC (0900) Family Night @ MPC (1715-1930)	26 Painting with a Twist for Parent & Child, IBAR (1730) PWOC @ TIC Annex (0900)	27 CG Golf Scramble (1200)	28 Hot Dog Run 5k, Zuckerman Rd Dog Park (0900)
Black=Fort Benning Blue= MWR/ACS Purple= Garrison Red= Change/Holiday Green= Housing/Community/Schools Orange= Commissary / AAFES Gray=Off-Post Events https://www.calendarcolumbusga.com/tile						



WE ARE THE ARMY'S HOME







Employee Assistance Program (EAP)



WE ARE THE ARMY'S HOME



Frederick Smith
DHR-ASAP & Employee Assistance Program Coordinator
Fort Benning
U.S. Army Installation Management Command

As of: 15 JUL2025

Employee Assistance Program (EAP)

Controlled by: HQ IMCOM
Controlled by: AMIM-G3
CUI Category: OPSEC
Limited Dissemination Control: DL ONLY
POC:Frederick.smith247.civ@army.mil/706.545.5718

^{CUI} Employee Assistance Program (EAP)

- **What Does The Program Offer:** The Employee Assistance Program (EAP) provides confidential, appropriate and timely problem-screening services, as well as referral and follow-up services with health care providers when appropriate
 - Counseling and support for employees who may be experiencing issues such as Substance Abuse, Mental Health or Emotional Issues, and/or Workplace Issues
 - Support for supervisors who are faced with employees who have performance problems
 - Training for civilian employees and their supervisors
- **Who Qualifies:** Employees & their family members, Military Retirees and their family members, Family Members of Active-Duty service members
- **When Can I Come:** Generally, employee are permitted to see the EAP during work hours (0800-1600). Self, Informal, and supervisor referrals are accepted
- **Where:** 35 Ridgway Loop, Bldg. 35, Rm 108
- **Why:** Goal of the program is to increase productivity, job satisfaction & employee retention

Join us for TRIO Training



Every 2nd Tuesday in FY26!

Training will be held on the 2nd Tuesday of each selected month in FY26.

In-Person (Bldg 35, Room 160)

18 Nov 25 @ 0900
13 Jan 26 @ 0900
10 Mar 26 @ 0900
12 May 26 @ 0900
11 Aug 26 @ 0900

MS Teams

9 Dec 25 @ 0900
10 Feb 26 @ 0900
14 Apr 26 @ 0900
9 Jun 26 @ 0900
8 Sep 26 @ 0900

[Click Here To Register](#)

Or

Use The QR Code Below Register



Per AR 350-1, every Army Soldier and Civilian is required to receive SHARP training and Personal Readiness each FY, which includes Suicide Prevention & Army Substance Abuse.

If you have issues with registration, send an email to:
frederick.smith247.civ@army.mil or
jamisena.l.tarver.civ@army.mil

Phone: (706) 545-5718

or

Email: frederick.smith247.civ@army.mil



WE ARE THE ARMY'S HOME





**MILITARY & FAMILY
LIFE COUNSELING**

FOR WHEREVER YOU ARE IN LIFE.

Military and Family Life Counselor Program Brief

Presented by
Military and Family Life Counselors



Agenda



- Military and Family Life Counseling Program Overview
- MFL Counselor Qualifications and Services
- MFL Counselor for Adults
- MFL Counselor for Children
- Confidentiality
- Conclusion



Objectives

- Understand the services the MFLC program provides
- Name MFLC credentials
- Identify the settings MFLCs perform their work
- Define the MFLC scope of practice
- Discuss MFLC services for adults and children
- Recognize confidentiality and limitations



Program Overview

Non-medical, short-term counseling

Available worldwide

Address common life stressors

Walk around, non-traditional settings

Ready to meet service members' needs



Who MFLCs Serve

Service members – all branches

- Active duty
- National Guard
- Reserves
- Coast Guard when activated by the Navy

Families

Survivors

Expeditionary civilian workforce and family



MFLCs Are:

Doctorate and master's
level providers

Board certified
Licensed clinical providers

Licensed clinical psychologists
Licensed marriage and family therapists
Licensed professional counselors
Licensed clinical social workers



MFLC Location and Settings

Located at:

- Installation family centers
- On-demand events
- Surge – support of significant events
- Child/youth programs
- Schools
- Summer camps

Practice Methods:

- Face-to-face non-medical counseling
 - Individual
 - Groups
- Workshops
- Presentations



MFLCs Assist With Life Stressors Via Non-medical Counseling

Marital and relationship issues

Communication

Stress and anger management

Parent/child relationships

Grief/loss

Deployment/reintegration



Situations Outside of MFLC Scope:

Active suicidal or
homicidal
thoughts

Crisis situations

Post-traumatic
stress disorder and
traumatic brain
injury

Substance abuse
and addiction

Domestic abuse
and child abuse

Fitness-for-duty
evaluations

Depression and
long-term
counseling



Confidential



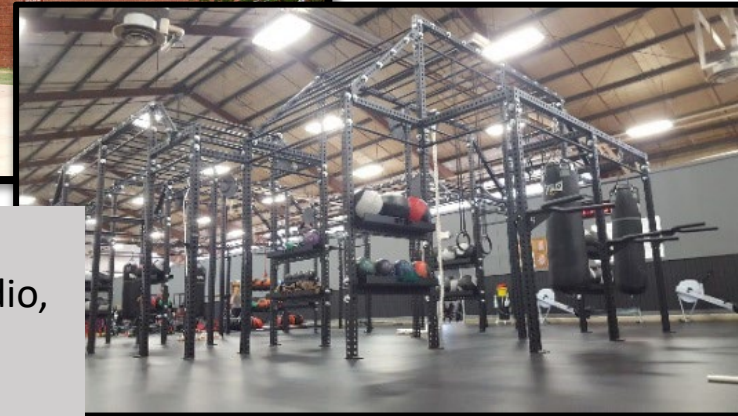
Thank You!

www.MilitaryOneSource.mil | 800-342-9647



FITNESS CENTERS

Smith, Audie Murphy, Kefurt, Whittington, Santiago



- 24/7 Hours at Smith and Whittington
- Power lifting, Selectorized Equipment, Cardio, Benches, much more
- Fitness Classes
- Personal Training

Aquatics Smith, Briant Wells, Breezeway (Summer) and Carey (Summer)

- Swim lessons
- Open Rec Swim
- Lap Swim
- Mission Swim



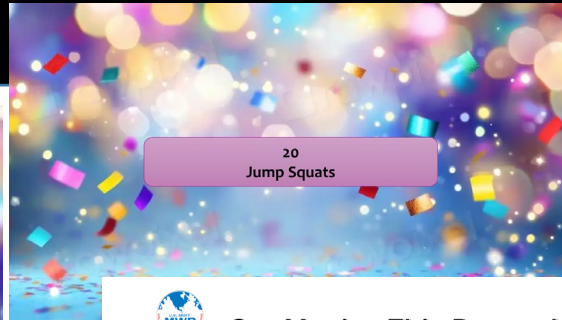
Sports – Commanders Cup, Sports Above Intramurals



- Flag Football
- Basketball
- Softball
- Soccer
- Volleyball



Fitness Programs



Get Moving This December!



As we head into the New Year, let's stay active together!

Join us for our new exciting **30 for 30 Wellness Program**:

Move for just 30 minutes a day for 30 days!

You can lift weights, go for a walk, stretch, do yoga or Pilates, dance, play with your dog—whatever gets you moving and having fun!

Keep track of your daily activity on this calendar and return it back to Smith Fitness Center to earn a FREE prize—a stylish Nalgene water bottle!

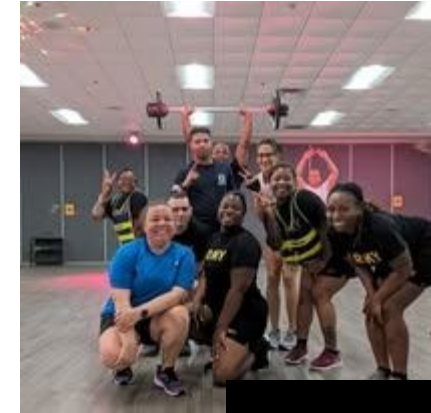
Participation is FREE but make sure to submit your completed calendar by January 15, 2026.

Let's kick off the New Year with energy and enthusiasm!

Ready to take on the challenge? Sign up now!

#30Minutes30Days #SmithFitnessCenter #StayActive

For any questions or more information, contact Jamie Milburn at jamie.m.milburn.naf@army.mil.



FITNESS PROGRAMS:

FITNESS CLASSES

PERSONAL TRAINING

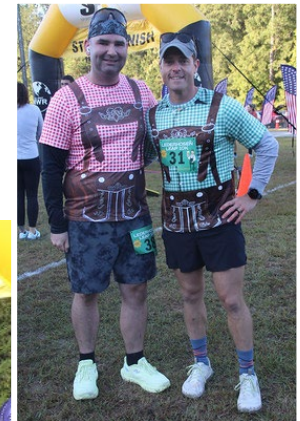
UNIT/GROUP RESERVATIONS FOR CLASSES

FREE FITNESS INCENTIVES



<https://www.facebook.com/FortBenningFitness>

Runs/Special Events



5K Running Series

Decade Dash - Jan 24th

HOT DOG 5K - FEB 28th

RUN TO REMEMBER - May 16th

DASH AND SPLASH - JULY 25th

OTHER FUN FITNESS CHALLENGES

POLAR PLUNGE - Jan 24th

MARCH FITNESS CHALLENGE - MARCH 14th

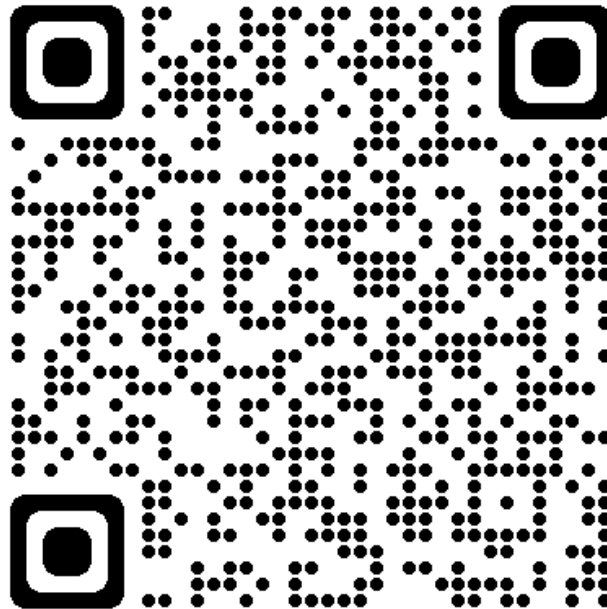
9/11 MEMORIAL STAIR CLIMB

DIRNDL DASH 5K AND LEDERHOSEN LEAP 10K - OCT 17th



Sports, Fitness and Aquatics

benning.armymwr.com





Armed Forces Wellness Centers

Overview

Doug Terza

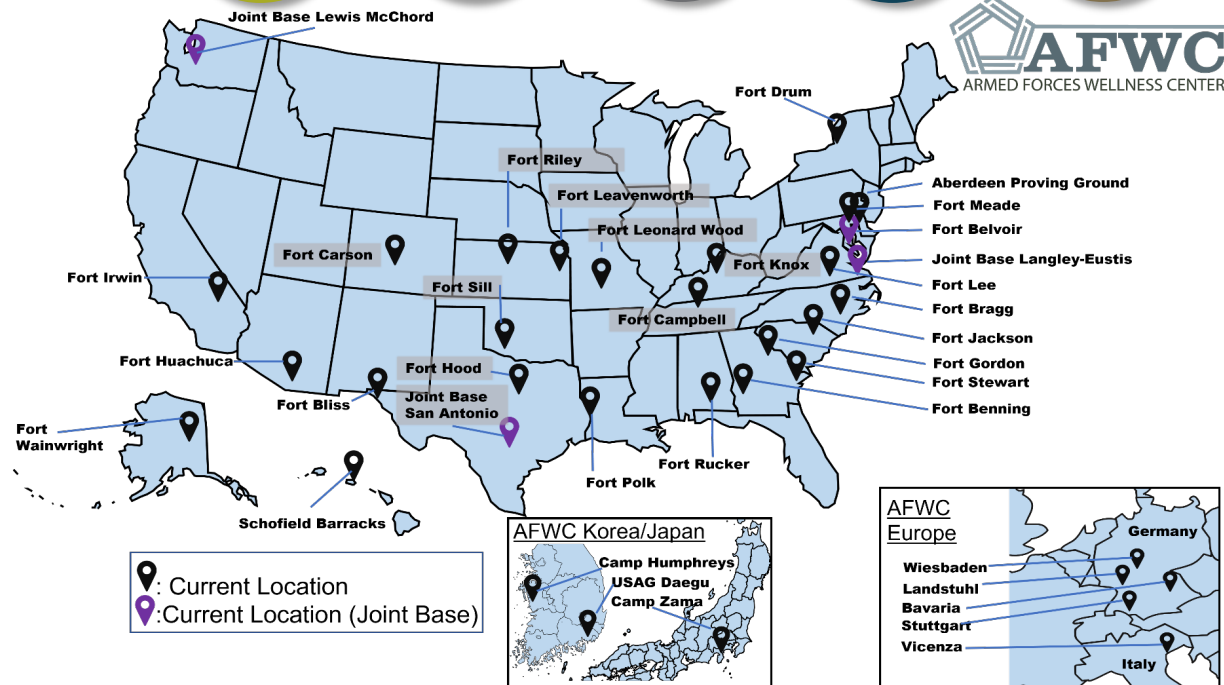


AFWC Clients' top goals for seeking services:



For over 1.5 million visits, the Armed Forces Wellness Centers (AFWCs) have provided healthy behavior change through evidenced-based health education / health coaching and advanced fitness testing technology for all Service Members, Family Members, Retirees, and DoD Civilians.

Services **improve health and build readiness** by targeting the behaviorally-modifiable factors most likely to result in chronic disease, injury and / or performance issues.



Improving Health and Building Readiness...Anytime, Anywhere – Always!

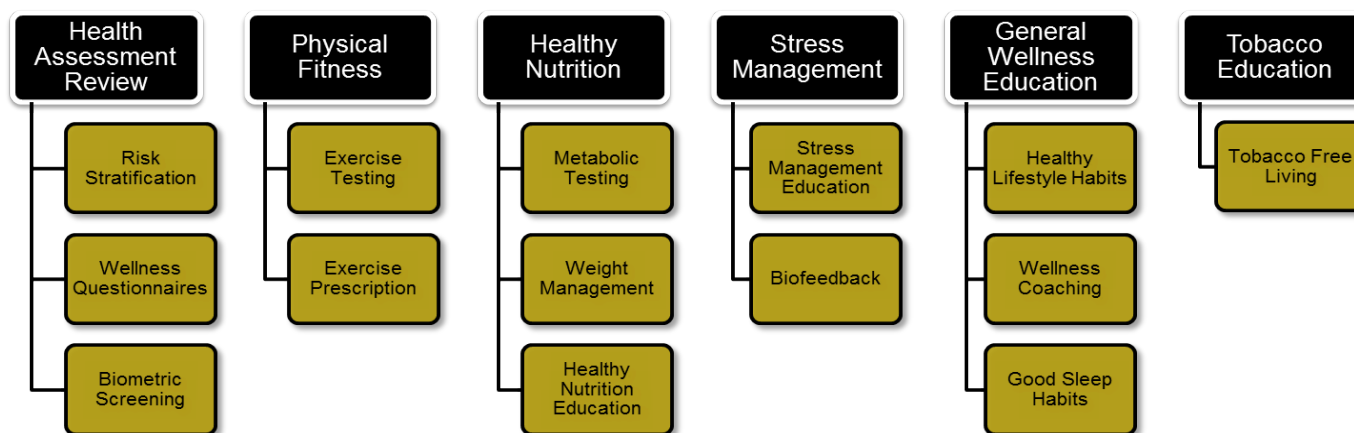


Armed Forces Wellness Centers Optimized Program Model Empowers Clients to Improve Their Health and Build Readiness at Enterprise Scale



AFWC Core Programs

- Six standardized core programs that are in alignment with U.S. Community Preventive Services Task Force recommendations and designed to holistically empower clients to improve health and build readiness
- AFWC program based on over 186 peer reviewed studies and built on evidenced-informed practice
- Program standards are built into GS performance elements, reinforced through consistent program monitoring, and routinely assessed through AFWC location technical assisted visits (TAVs) by headquarters staff



Improving Health and Building Readiness...Anytime, Anywhere – Always!

Contact Us!!



- Building 9257
- Hours 0700-1600
 - Closed 1200-1300
 - Closed Federal Holidays
- 706 544 9142

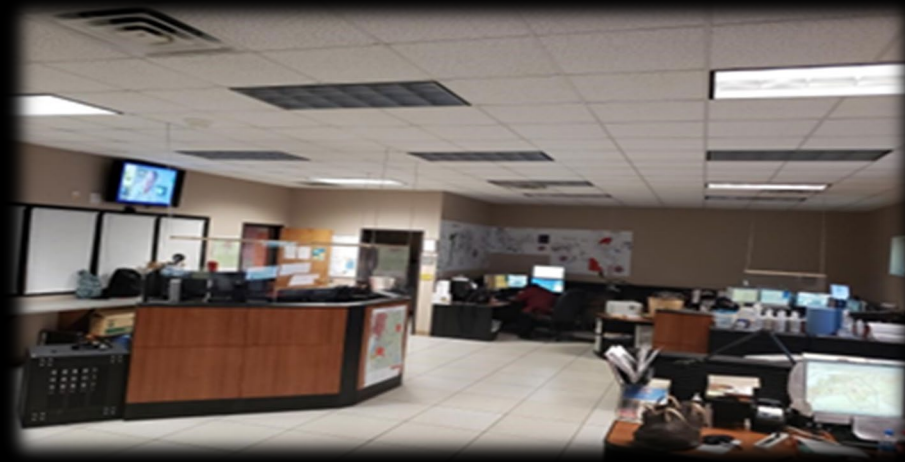


Improving Health and Building Readiness...Anytime, Anywhere – Always!



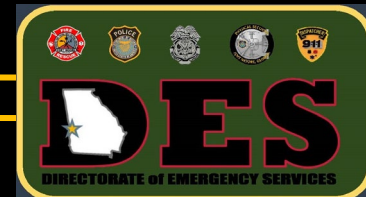


PANEL MEMBERS REPORT



*** We Are The Army's Home ***

Directorate of Emergency Services





Access Control Construction Updates

Plumley ACP (I-185, Lindsey Creek Parkway)

- Passive Vehicle Barrier construction begins in January 2026

Grange ACP (Legacy Blvd)

- Passive Vehicle Barrier construction begins in January 2026

Cash ACP (Sand Hill) – Active Vehicle Barrier (AVB) testing

- Passive Vehicle Barrier construction is pending bids

Childers ACP - Eddy Bridge (LAAF)

- Passive Vehicle Barrier construction is pending bids

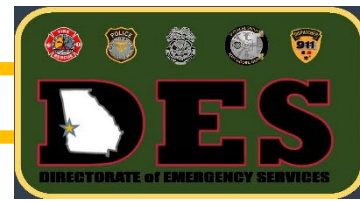
Quarterly PMI

- Requires raising and lowering each barrier
- 20 - 26 FEB 25

**Do not go over the barrier above posted speed limit or
damage to your vehicle may occur.**

Note: Updates are posted to the Garrison Social media pages.

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Weapons Registration

MANDATORY:

On Post Resident: 24-hour registration requirement from the time you bring the firearm on post.

Off Post Resident: hunting or use of installation ranges (MWR).

AAFES Purchases: 3-day wait period

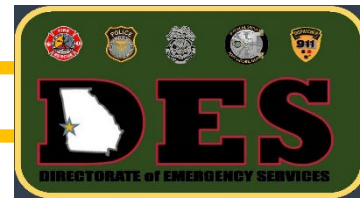


Registration:

1. Complete FB FM (DES) Form 190-11-R. (Firearms Registration Form)
2. Requires your Commander's approval and signature, email or drop off to DES.

***Firearms must be transported in a gun case, unloaded, and not in plain view from outside the vehicle. If the vehicle has a trunk the firearm must be transported in the trunk. Ammunition must be separated from the firearm.**

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DES on the Web

MENU

SEARCH

DIRECTORATE OF EMERGENCY SERVICES (DES)

The Directorate of Emergency Services plans, directs and provides law and order, fire and emergency services, and protection operations in support of Fort Moore and Maneuver Center of Excellence in order to provide a safe and secure environment for the Servicemembers, civilians, and families that work, live, or visit Fort Moore. The Directorate is made up of the Police/Provost Marshal Office and Fire and Emergency Services Division.

Access Control

Animal Control

Fire Department

Hunting Enforcement

MP Investigations

MP Operations

MP Working Dogs

Physical Security

Police Reports

Off-Limits Area

Tickets & Towing

Weapon Registration

DIRECTORATE OF EMERGENCY SERVICES (DES)
 Primary: 706-545-5223
 Secondary: 706-545-5222

Sunday	Closed
Monday	8 a.m. - 5 p.m.
Tuesday	8 a.m. - 5 p.m.
Wednesday	8 a.m. - 5 p.m.
Thursday	8 a.m. - 5 p.m.
Friday	8 a.m. - 5 p.m.
Saturday	Closed

BLDG 215
 Wold Avenue
 Fort Moore Georgia 31905

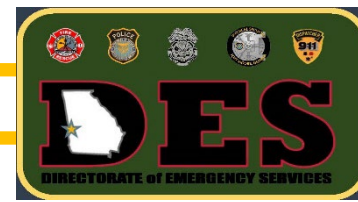
DES CRIME STATISTICS

Directorate of Emergency Services (DES)
 Forms:

- DES Contact information
- MWD Support
- Access Information
- Weapons Registration
- LE Records
- Off Limits

<https://home.army.mil/benning/About/garrison/des>

We Are The Army's Home





Martin Army Community Hospital (MACH)

January 2026

Preventive Screenings

Mammogram Screening Recommendations

- Full-field digital mammography proven to be effective in early detection; MACH equipped with digital or 3D Mammography
- Clinical & annual screening mammograms recommended for women age 40 -74
- Earlier mammograms for women with certain risk factors, i.e., family history or genetic mutations (BRCA 1 &2)
- Women less than age 30, ultrasound is modality of choice
- Men can get breast cancer; any breast complaints are evaluated with mammograms

Call Mammography at 762-408-2079/2080 to schedule an appointment

GI Screening Recommendations

- No immediate family history (one degree of separation)
- Age 45 and then every five years thereafter with a clean colonoscopy screening
- If the colonoscopy screening reveals polyps, anticipate repeat colonoscopy in three years per your provider's guidance
- Immediate family history (one degree of separation)
- 10 yrs prior to youngest family member's diagnosis
- Your PCM (primary care manager) refers you to GI

Prostate Exam Recommendations

- No immediate family history (one degree of separation)
- Age 55 and then yearly thereafter through age 69
- Immediate family history (one degree of separation)
- Age 45 and then yearly thereafter
- Your PCM (primary care manager) can perform the prostate exam

Pap Smear Recommendations

- Women age 21-65 complete a Pap Smear (cervical cancer screening) every 3 years
- Women age 30-65 complete an HPV or HPV + Pap Smear every 5 years; or Pap Smear alone every 3 years
- Exclusion-women with hysterectomy (absence of uterus/cervix or absence of cervix) or agenesis of cervix (no development of cervix)
- Performed by primary care provider or referred to Women's Health (conditions of the female organ)



Service Animals

- Service animals, when properly documented and specifically trained to aid an individual with a disability, are welcome at MACH.
- If you need a service animal and are unsure about bringing your service animal to MACH, please talk to MACH's Beneficiary Services at 762-408-2598/2599.
- If you are allergic to a specific type of animal and that type of animal is present at MACH in the form of a service animal nearby while you are at MACH, please let the staff know about your allergy so that we can accommodate both you and the individual in need of his/her service animal.



MACH Holiday Schedule

- **Martin Luther King Jr. Day**

- 16 January, minimal staffing day, all services open with diminished capacity
- 19 January, holiday, ER and Inpatient Services open

- **President's Day**

- 13 February, minimal staffing day, all services open with diminished capacity
- 17 February, holiday, ER and Inpatient Services open



QUESTIONS?



Improving Health and Building Readiness. Anytime, Anywhere — Always





FOR THE PEOPLE WHO SERVE.™

2026

JANUARY

Fort Benning
Physical Address:
6861 Wold Ave
Building 109



USO FORT BENNING

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1 <i>Happy New Year</i> Center Closed	2	3
4	5	6  Crumb! Cookie Tuesday	7  Lunch with Jones 11:30 AM-1 PM	8	9	10
11	12	13  Crumb! Cookie Tuesday	14	15  Operation: Toddler Time @Oxbow Meadows 10-11 AM	16	17
18	19 Martin Luther King Jr. Day Center Closed	20  Crumb! Cookie Tuesday	21  Lunch with Jones 11:30 AM-1 PM	22	23  Coffee Connections 10-11 AM	24
25	26  Family Game Night 5-7 PM	27  Crumb! Cookie Tuesday	28	29	30	31
<div>Hours of Operation: Monday - Friday 9AM - 6PM Saturday 10AM - 3PM</div>						



USO YOUTH PROGRAMS

OPERATION: TODDLER TIME AT OXBOW MEADOWS



This January, we're trying something new! Instead of meeting at the USO Center, USO Toddler Time is heading out on a special field trip to Oxbow Meadows Environmental Center.

January 15th
10:00 AM - 11:00 AM

Join us for a cozy winter morning featuring:

- Nature-themed stories
- Songs and movement
- Hands-on exploration (winter-style!)

Bundle up and join us for this exciting winter adventure!



USO COFFEE CONNECTIONS

JAN **23**
1000-1130

NEW YEAR PAINT & SIP



USO.org/CoffeeConnections

USO GAMING

JAN 26
1700-1900

FAMILY GAME NIGHT



USO

USO.org/GAMING
GLOBAL USO GAMING PARTNERS

BOEING COMCAST NEX SALUTE TO SERVICE USAA

USO GAMING USO GAMING USO GAMING

FOLLOW US ON *social media*



SCAN ME



@USO Fort Benning



SCAN ME

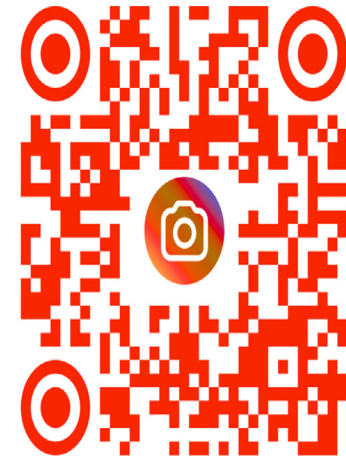


THANKS FOR SUPPORTING US!

The Villages



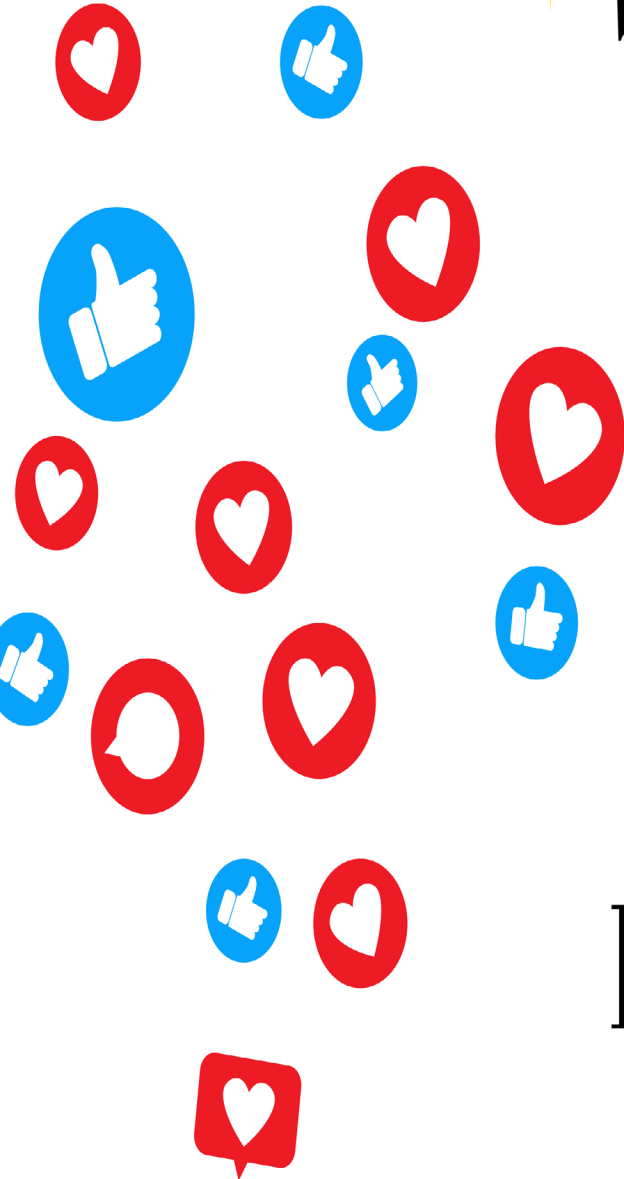
Socials



Stay up to date on:

- Events
- Closures
- Pool Hours
- Contests!
- Surveys

Follow us !



Your Fort Benning Commissary...how may we help you?



Your Commissary...It's Worth the Trip!



Dietitian Approved Thumb

Learn how to fill your basket with healthy choices



Thinking Outside the Box

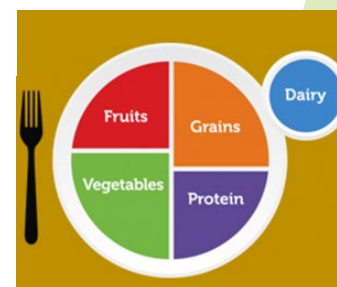
View recipes specially crafted by the DeCA Dietitian.



Dietitian Approved Fuels

Grab-n-go Dietitian Approved Fueling Stations.

**BUILD your
Basket with us!**





DIETITIAN APPROVED THUMB (DAT) shelf tags make it easy to identify foods that are nutrient dense from lean proteins, healthy fats and whole grains. Look for the DAT shelf labels while shopping the Commissary.



THINKING OUTSIDE THE BOX (TOTB) Our easy and economical dietitian approved meal solutions are designed to save time in the kitchen. All align with the Dietary Guidelines for Americans and include scientifically credible health and nutrition information with tips on how to improve the quality of the diet.



FUELING STATIONS are grab-n-go dietitian approved nutritious and high performance snacks and meals. They are great for fueling and refueling before and after a workout and an alternate to using the drive thru.



The application period for the 2026-2027 academic year will open on December 10, 2025 and close on February 11, 2026. Recipients will be notified of their status by mail on or about May 15, 2026. Due to the volume of applications, non-recipients are not notified.

The **Scholarships for Military Children Program** is designed to award scholarships annually at each commissary operated by the Defense Commissary Agency worldwide, with funding provided through generous contributions.

For the 2026–2027 academic year, **500 scholarships valued at \$2,000 each** will be awarded. At least one recipient will be selected at every commissary location where qualified applications are received. Additional awards are allocated on a prorated basis, meaning commissaries with larger applicant pools may have more than one recipient.

Visit the following website to learn more and apply:
www.fisherhouse.org/programs/scholarship-programs/



ProCamps for Kids Competition Continues: Procter & Gamble, in collaboration with ProCamps, is sponsoring a free military athletic camp for winning bases worldwide, and every commissary has a chance to win. So get into your local commissary where you'll find the P&G and ProCamps for Kids displays for details on how to enter and win.

Commissary Holiday Hours

JANUARY-FEBRUARY 2026



Monday, Jan. 19th 0700-1700



Monday, Feb. 17th 0700-1700

Regular Hours: Monday-Saturday 0700-2000, Sunday 1000-2000



Get in Touch

Store Phone: 762-396-5048

Store Email: deca.lee.store-ops-grp.list.websitez04fortbenning@mail.mil

Store Operating Hours:

Sunday	1000-2000
Monday	0700-2000
Tuesday	0700-2000
Wednesday	0700-2000
Thursday	0700-2000
Friday	0700-2000
Saturday	0700-2000



Scan QR Code to get one-click access to our Store Webpage for updates and upcoming events.

Ft. Benning Exchange

January 2026



EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE

**MARTIN LUTHER
★ KING JR. ★
★ DAY ★**

**FOR HOLIDAY STORE HOURS
VISIT THE
FT. BENNING EXCHANGE
SOCIAL MEDIA**





TAX PREPARATION

BY THE FT. BENNING COMMISSARY

HOURS:

0800-1900 MONDAY – SATURDAY

0900-1700 SUNDAY

SAVE 10%

**ON ALL FOOD PURCHASES
AT EXCHANGE FOOD FACILITIES**



AT THE FT. BENNING MAIN EXCHANGE BE FIT AREA



UNDER ARMOUR



ATHLETICA



new balance



QUESTIONS ?

THANK YOU !



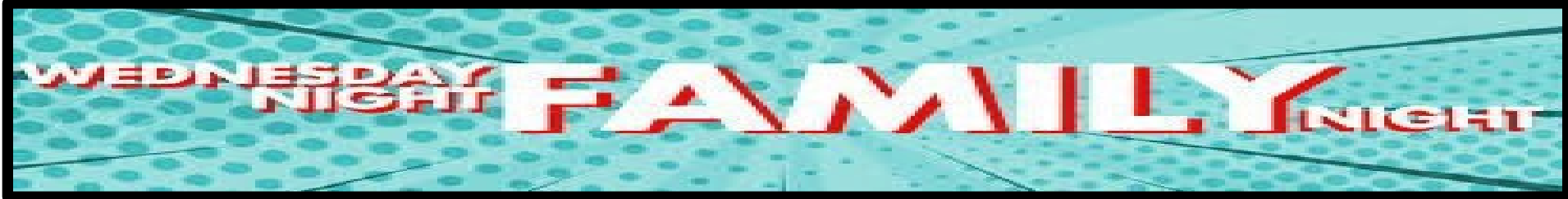
EXCHANGE

ARMY & AIR FORCE EXCHANGE SERVICE

Garrison Chaplain



"Servant Leaders Serving Leaders"



Main Post Chapel

WEDs

Dinner: 5:15-6:00 pm

AWANA: 6:00-7:30 pm

Adult and Teen Bible Studies: 6:00-7:30 pm

**For More Info, please contact Steve Paquette at
(706) 392-2996**

Garrison Religious Support

- ***PWOC (Thurs 0900 @ Infantry Chapel Annex)***
- ***CWOC (Wed 0900 @ MPC)***
- ***MomCo (2nd & 4th Tues 0900 @ Infantry Chapel Annex)***



BATTLE BUDDY RESOURCE CENTER

HOURS OF OPERATION:

**TUES: 1200-1400
WED: 1200-1400
THURS: 1500-1800
2ND SAT/MONTH:
1200-1400**

**BUILDING 16
(706) 545-4817**

battlebuddyresourcecenter@gmail.com

The *Battle Buddy Resource Center* (BBRC) is a food & hygiene pantry.

It is available to all DOD ID card holders living on Fort Benning and in the surrounding areas.

The BBRC seeks to communicate compassion, hope, and support to the community.

FORT BENNING CHAPEL SERVICES

<https://www.benning.army.mil/Garrison/Chaplains/Worship.html>

Worship Service	Service Time	Location
Crossroads	11 a.m. (Sunday)	Main Post Chapel
Gospel Service	10:30 a.m. (Sunday)	Sightseeing Road Chapel
Muslim Service	1245 (Friday)	BLDG 974
Roman Catholic	12 p.m. (Mon-Fri)	Main Post Chapel
Roman Catholic	9 a.m. (Sunday)	Main Post Chapel
Roman Catholic (Spanish)	2:30 p.m. (Sunday)	The Infantry Chapel
St. Paul's Cross	9 a.m. (Sunday)	The Infantry Chapel
Airborne Chapel Service	9 a.m. (Sunday)	Airborne Chapel
Traditional Service	11 a.m. (Sunday)	The Infantry Chapel
Wednesday Family Night	5:15 p.m. (Wednesday)	Main Post Chapel

Directorate of Family and Morale, Welfare and Recreation





CYS YOUTH SPORTS
PRIVATE SWIMMING LESSONS
 AT SMITH FITNESS CENTER INDOOR POOL
 4 SESSIONS PER MONTH | MAX 24 PARTICIPANTS EACH MONTH

SCAN FOR MORE INFO!

REGISTRATION DATES:

- January Lessons:** November 3 - December 19
- February Lessons:** January 5 - January 23
- March Lessons:** February 2 - February 20
- April Lessons:** March 2 - March 20

Costs:

- Parent & Child:** \$75 PER MONTH, 6 Months - 3 Years, 30 Minute Sessions
- Pre-K Learn to Swim Level 1, 2, 3:** \$100 PER MONTH, 4 - 5 Years, 45 Minute Sessions
- Learn to Swim Level 1, 2 & 3:** \$100 PER MONTH, 6 - 17 Years, 45 Minute Sessions

CALL TO REGISTER! 706-545-0522

7110 MCIVER STREET, BLDG. 1056



CYS YOUTH SPORTS
SPRING SPORTS
 REGISTRATION DATES: JANUARY 6 - FEBRUARY 14

INTERESTED IN BEING A COACH? CALL US TODAY!

REGISTRATION DATES: JANUARY 6 - FEBRUARY 14

MUST BE ENROLLED IN CYS AND HAVE A CURRENT SPORTS PHYSICAL ON FILE BEFORE THE FIRST DAY OF PRACTICE

CALL TO REGISTER! 706-545-0522/2079 BENNING.ARMYMWR.COM

Sports and Costs:

- Kilometer Kids:** Season: March 5 - May 16, Ages: 7-14, Cost: FREE
- Soccer:** Season: March 23 - May 2, Ages: 4-14, Cost: \$50.00
- Flag Football:** Season: March 23 - May 2, Ages: 5-14, Cost: \$50.00
- Girls Flag Football:** Season: March 23 - May 2, Ages: 10-14, Cost: \$50.00
- Cheerleading:** Season: March 23 - May 2, Ages: 5-14, Cost: \$50.00



Decade Dash 5K

JANUARY 24, 9 A.M.
Breezeway Complex, 977 Lincoln Street, Building 117

Dress up in your favorite decade's attire!
Family friendly course • Register early

706-329-1034 benning.armymwr.com



Stay after the run and take a plunge in the pool!

Ice Breaker POLAR PLUNGE
JANUARY 24, 10 A.M.
Breezeway Pool

REGISTER EARLY



Apply For Job
and your complete the Lifeguard Course

American Red Cross

LIFEGUARD COURSES

December 6, 7, 13 & 14 • Register by November 26
January 10, 11, 17 & 18 • Register by January 2
February 7, 8, 14 & 15 • Register by January 30
March 30, 31 & April 1-3 • Register by March 20

Participants must attend all four days
Call five for Mar 30-Apr 3.

CLASSES: 9 A.M. - 5 P.M.
LOCATION: BREEZEWAY

\$200 per person
(15 years and older)

Scan to see pre-requisites and to register for courses!



For more information, benning.armymwr.com

THE PERFECT MATCH

Pickleball Tournament!



Register: January 26-29



How We Communicate



benning.armymwr.com

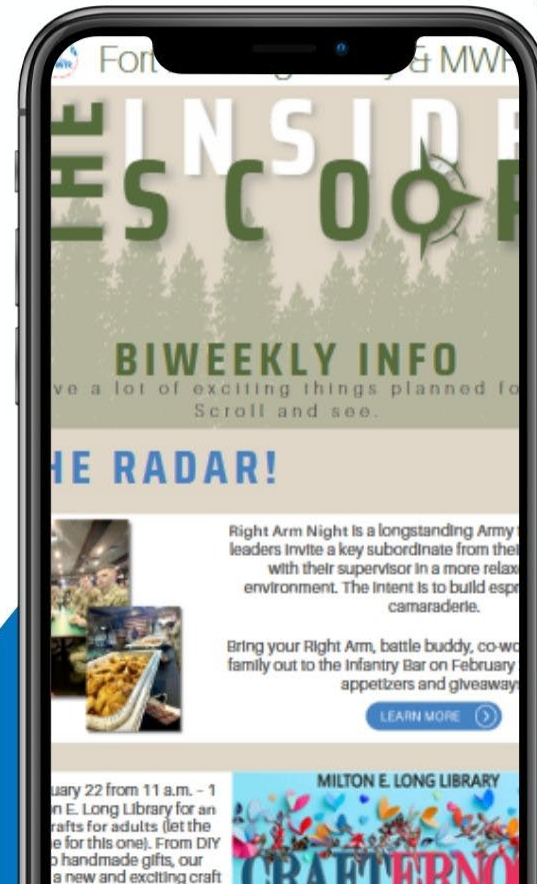


MWR Biannual Magazine



Email updates

**Never miss a thing. Follow us
on social & sign up for
emails!**



Good to know Information

Spouse Employment Forum



A U.S. Army Garrison Fort Benning Group



Find and share job
announcements open
to military spouses in
Fort Benning and our
surrounding
communities.

[https://www.facebook.com/
groups/425421268601742](https://www.facebook.com/groups/425421268601742)

CLOSING REMARKS



**FORT BENNING
GARRISON COMMAND TEAM**



The next Community Information Exchange is
3 February 2026 at 1000, ACS Auditorium!
"Spring Break Fun"