



Community Information Exchange

January 2025



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



USAG Fort Moore

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black=Fort Moore Blue= MWR/ACS Purple= Garrison Red= Change/Holiday Green= Housing/Community/Schools Orange= Commissary Gray=Off-Post Events			1 Catholic Mass, MPC (0900-1000)	2 New Years Day Catholic Mass, MPC (0900-1000)	3	4
			Holiday Block Leave 18 Dec-2 Jan – All Schools 23 Dec-3 Jan			
5	6 Back to School, HC	7 Back to School, DoDEA, MCSD, ChattCo	8 Back to School, AL	9	10	11
12	13	14 Community Info Exchange, ACS (1030-1200)	15 RSO Family Night, MPC (1715-1930) Resident Forum, ACS (1730-1900)	16 Right Arm Night, Fiddlers Green (1600-1800)	17 Training Holiday	18
19	20 MLK Day No School, All Commissary (0700-2000)	21	22 RSO Family Night, MPC (1715-1930)	23	24	25
26	27	28	29 RSO Family Night, MPC (1715-1930)	30	31 CG Golf Scramble (1200 - 1600)	



WE ARE THE ARMY'S HOME



February 2025						
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2	3	4 Community Info Exchange, ACS (1030-1200) USO B-Day Celebration (1330-1600)	5 RSO Family Night, MPC (1715-1930)	6	7 (T) Hall of Heroes, SOS (1000-1100)	8 Run Your Heart Out 5k, Zuckerman Dog Park (0900-1100) Military Appreciation Night, Col Civ Center (1830-UTC)
9	10	11	12 RSO Family Night, MPC (1715-1930)	13	14 Training Holiday No School, DoDEA, ChattCo, MCSD, Russell	15 Valentine's Couple Shoot, RSC, (1000-1200)
16	17 Presidents' Day No School, All	18 No School, PC	19 RSO Family Night, MPC (1715-1930) Walking Town Hall, Bouton/Davis (1600-1730)	20 Right Arm Night, Infantry Bar (1600-1800)	21	22
USMA Tennis, CCP						
USMA Softball						
23	24	25	26 RSO Family Night, MPC (1715-1930)	27	28 CG Golf Scramble (1200 - 1600)	





Hours Of Operation

Monday-Thursday: 0700-1600
Friday: 0700-1600
Lunch Hour: 1200-1300
Closed for Federal Holidays.

Get In Touch



Pre-assessment Paperwork
<https://awc.army.mil>



Office Location
7919 Marne Road BLDG 9257
Fort Moore, GA 31905



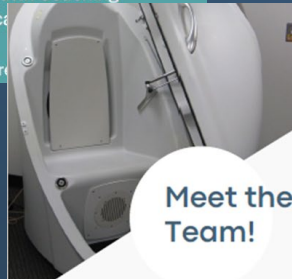
Front Desk
Call (706) 544-9142

**MEET
YOUR
GOALS**



Body Composition
Metabolic Assessment
Fitness Testing
Stress Management
Health Coaching
Education

Services are



Meet the Team!

Our Health Educators utilize evidence based, skillful conversation to actively engage the client in behavior change.

Health Educators bridge the gap between a client's current state and their desired state by making small behavioral changes to enable them to succeed in their desired outcomes.

All Educators have a bachelor's degree in an appropriate Allied Health field of study such as exercise science, public health, or health education.

Body Composition Analysis

BODPOD is utilized to determine body fat percentage at the AFWC. The BODPOD can track fat loss, muscle gain, and overall body composition.

Metabolic Assessment

AFWC testing methods will indicate caloric burn at rest and factor in lifestyle to provide a caloric recommendation specific to health goals (gain, lose, or maintain weight)

Physical Fitness Testing

An assessment of three components of fitness: aerobic fitness, muscular fitness, and flexibility. Submaximal and Maximal testing is offered based on goal and current fitness level. *Medical clearance from your provider may be required.

Stress Management/Biofeedback

Practice and utilization of stress management techniques such as deep breathing, guided imagery, and progressive muscle relaxation. Evaluating heart rate variability to help reduce stress.

Education

Performance Optimization

Discusses aspects of fitness related to the ACFT such as form, injury prevention and exercise planning.

Stress Management

Defines stress and explains the impact of stress on overall wellness.

Upping Your Metabolism

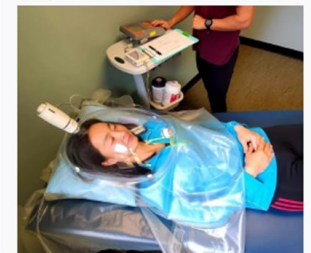
Explanation of metabolism and energy balance.

Fueling for Health

Development of a better understanding of nutrients and the Dietary Guidelines for Americans.

Healthy Sleep Habits

General information about sleep habits and the impact of sleep on health and well-being.



FITNESS CENTERS

Smith, Audie Murphy, Kefurt, Whittington, Santiago

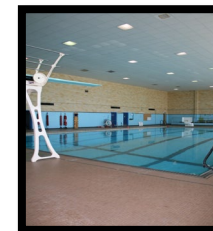
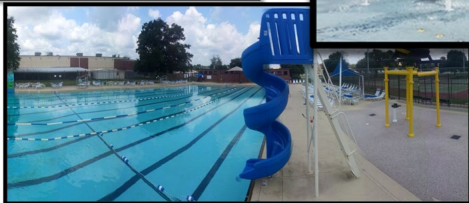
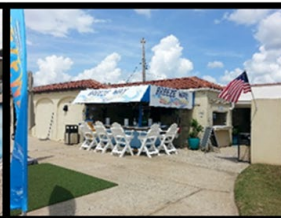
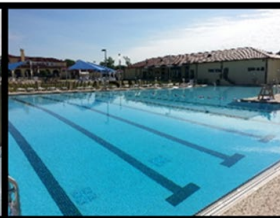


- 24/7 Hours at Smith and Whittington
- Power lifting, Selectorized Equipment, Cardio, Benches, much more
- Fitness Classes
- Personal Training



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



Runs/Special Events



5K Runs/Endurance Challenges:

Run your heart out – Feb 8th

Shamrock Shuffle – Mar 14th

Run to Remember – May 17th

Big Summer Blow out – July 26th

9/11 Memorial Stair Climb – Sept 11th

Holiday 5K – Dec 6th

Dirndl Dash 5K and

Lederhosen Leap 10K

Oktoberfest Oct 28th



Fitness Programs

Moore.armymwr.com

New Year's Day Workout!

(January) 31 Kettlebell Swings
(February) 28 Wallballs
(March) 31 Jumping Jacks
(April) 30 Toe Touch Crunches
(May) 31 Overhead Squats
(June) 30 Pushups
(July) 31 Box Jumps
(August) 31 Mountain Climbers
(September) 30 Overhead Walking Lunges
(October) 31 Kettlebell Cleans
(November) 30 Pike Push Ups
(December) 31 Goblet Squats

20
Jump Squats

GO FOR THE GOAL - set yourself up for success in achieving your goals!

2025 Wellness Challenge runs February 1 - March 31.
Write in your goal for each day, check the box once completed!
Accomplish your goals four consecutive weeks and turn in your calendar at Smith Fitness Center front desk to receive your Wellness Prize!
Questions? Contact Jamie Milburn at 706-329-1034 or via email at jamie.m.milburn.naf@army.mil.

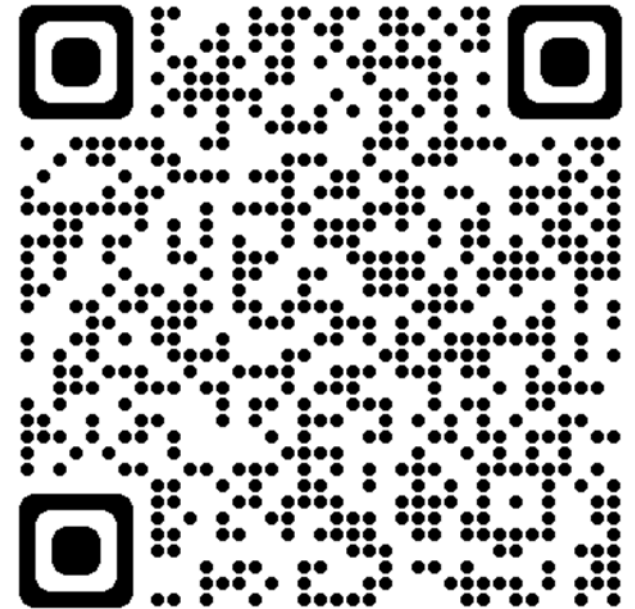
NAME: 

FEBRUARY 2025

COMPLETED/TURNED IN:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Fitness Classes
Personal Training Sessions
Unit/Group reservations
Free Fitness Incentives
programs all year including:
Bench Press Competition
Go for the Goal





Behavioral Health Service Line



The National Suicide and Crisis Lifeline is 988

- The holiday season can be very stressful, and MACH typically sees higher utilization for behavioral health services from January - March
 - Relationship-related stressors
 - Financial stress
 - Substance use
 - Isolation
- Fort Moore has a variety of resources and programs that support wellness, resiliency and mental health
- Provides specialty behavioral health care services for Active Duty and Family Members
 - Individual therapy, group therapy, substance abuse treatment (AD), higher level care coordination
 - Walk in access during duty hours for safety and crisis concerns
- After duty hours access for safety concerns: MACH (or closest) Emergency Room or call 911
- Family Members can go off post without a referral, it is a part of the Tricare agreement
 - If they are told they need a referral, please report the agency to Referral Management
- Primary Care has embedded Behavioral Health Consultants (MACH, Sledgehammer and CTMC)
- Armed Forces Wellness Center: 706-544-9142
 - Stress management, relaxation, fitness, nutrition, weight
- Army Community Service: 706-545-4043
 - New Parent Support Program, Financial Readiness, Employment Readiness, Substance Abuse prevention and education, Family Advocacy prevention and education, etc.
- MFLC: 706-366-6702 (hospital) or 706-566-1033 (MCOE)
- Chaplain on call: 706-545-2218
- H2F (unit specific)
 - Fitness, sleep, nutrition, physical therapy and strength coaching
- MilitaryOneSource: 800-342-9647
- Early Developmental Intervention Services (EDIS): 706-545-3835
 - Services for children 0-3 with developmental concerns and their Family
- Telemetry (virtual) at 1-866-991-2103 or <https://www.telemetry.com/military>



SilverCloud

- **SilverCloud** is an online wellness program consisting of automated behavioral health therapy modules designed to boost resilience and increase overall well-being. Please note, patients can only sign up for one program at a time.
 - **SilverCloud** is a confidential online platform that provides tips and tools for managing anxiety, depression, and stress.
 - **SilverCloud** is available on your laptop or mobile device. You can access the platform anywhere, anytime!

For SilverCloud
self-enrollment,
visit us at:

<https://bh.mymilitary.health.mil/signup/>

Or scan the QR code below:



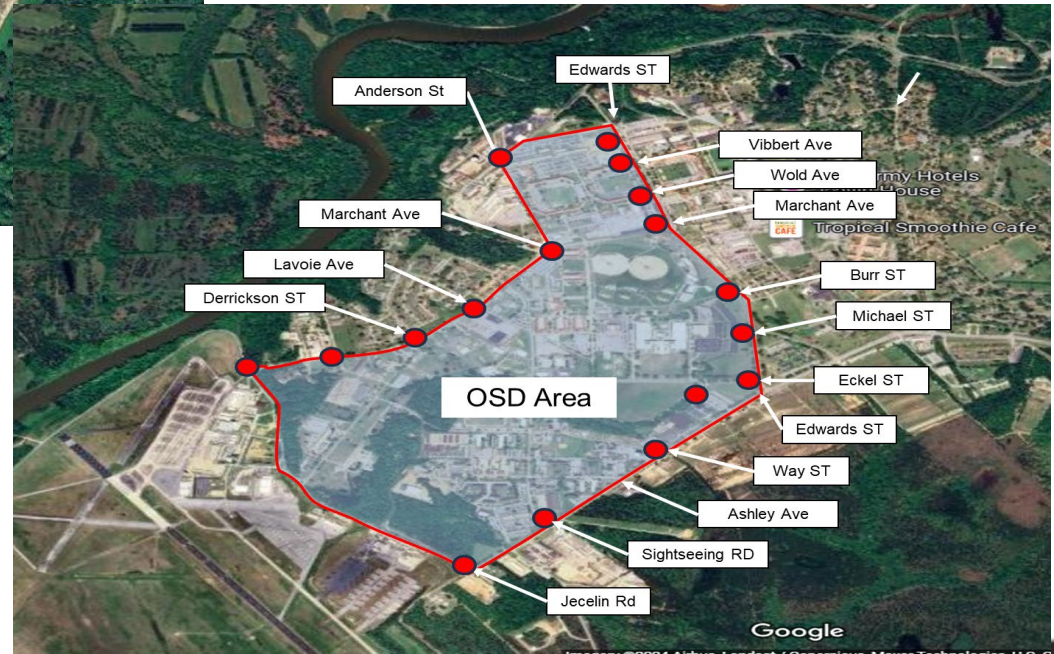
SilverCloud

Grange ACP Phase 1

Arrowhead Road Closed 13 Jan-6 Feb 25



Operation Slow Down



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 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.**



<https://moore.isportsman.net> - 866-401-1448

- Fort Moore Reg 200 -1
- Table 10-1 (Season Dates)
- Maps
- Weapons Registration Form
- Open Areas (What range areas are available for hunting)
- Check- In / Check Out

Current Issues:

- All firearms must be registered
- No firearms in archery only areas
- Must have state license to hunt & fish
- Report any observed violations
- * Self Report * any hunting violations (could affect the length of suspension)

Email: usarmy.moore.usag.mbx.des-game-warden@army.mil

When to Call or Text 911

ONLY WHEN IT REQUIRES **emergency** and **immediate assistance** from:

- **Military Police**
- **Fire Department**
- **Medical Services**

The MP Station is located in Building 215, Wold Ave



Non-emergency calls for assistance:
(706) 545-5222 / 5223 / 5224





MACH Update

Mammogram Screening Recommendations

- No immediate family history (one degree of separation)
 - Age 40 and then every year thereafter
- Immediate family history (one degree of separation)
 - 10 yrs prior to youngest family member's diagnosis
 - Every year thereafter
- Call Mammography at 762-408-2079/2080 to schedule an appointment

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

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

MACH Job Listings on USAJobs (as of 06JAN25)

- Industrial Hygienist: GS-11
- Diagnostic Radiologic Technologist: GS-8
- Medical Instrument Technician (Telemetry): GS-5
- Cook: WG-6
- Supply Systems Analyst: GS-09





MACH Holiday Schedule & Highlights

- **Martin Luther King Jr. Day**
 - 20 January
 - ER and Inpatient Services open
- **President's Day**
 - 17 February
 - ER and Inpatient Services open





USO Calendar





Hours
M-F 9-6
Sat 10-3

2025



Crumb! Cookie
Tuesday

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED	2	3	4
5	6	7 	8	9	10	11
12	13	14 	15 Operation :Toddler Time 10:00-11:30am	16	17	18
19	20 CLOSED	21 	22	23 Coffee Connections 10:00-11:30am	24	25
26	27	28 	29	30	31 Moore Family Time (Trivia Edition) 4:00-5:30pm 	






USO HOLIDAYS


FEB 04

1300-1500

USO BIRTHDAY CELEBRATION



Join us as we commemorate the USO's Birthday and One Year on Fort Moore! Enjoy delicious food, fun activities, and a chance to connect with our amazing military community. Let's honor the past year of service and look forward to many more to come!



USO.org/HOLIDAYS

USO SPECIAL DELIVERY*

MAR 26

1100-1300

PEACH PERFECT BABY SHOWER





USO.org/SpecialDelivery

We welcome new and expecting moms, including active duty service members and military spouses within the first six months postpartum.




Journeys of Courage:

Celebrating Military Kids

4.18.25






THE VILLAGES AT FORT MOORE

Resident Reminders



The ActiveBuilding Resident Portal allows you to stay connected with your community!

If you have not yet registered
Call 888.880.6530
Visit FortMoore.ActiveBuilding.com



THE VILLAGES AT FORT MOORE

Resident Reminders

Friendly Reminder

The holiday season is over!

As a reminder, the Resident Responsibility Guide (RRG 7.6) states, that holiday lighting and decorations may be displayed during the month of or 15 days prior to the celebrated holiday, whichever is longer.

All decorations are required to be removed 15 days after the occasion.

Decorations, which may be considered offensive are prohibited.

THE VILLAGES AT FORT MOORE

Dec RECAP - Polar Express



★ GOLDEN TICKET ★

THE VILLAGES AT FORT MOORE

Dec RECAP - Light It Up Contest

THE VILLAGES AT FORT MOORE

Dec RECAP - Light It Up Contest



THANK YOU TO ALL WHO DECORATED AND BROUGHT HOLIDAY CHEER TO THE VILLAGES AT FORT MOORE



THANK YOU TO ALL WHO DECORATED AND BROUGHT HOLIDAY CHEER TO THE VILLAGES AT FORT MOORE

THE VILLAGES AT FORT MOORE

Upcoming Events - Feb. 2025

FATHER-DAUGHTER // MOTHER-SON
2025 SWEETHEART DANCE



February 21,



AT 6 - 8 PM

FREEDOM HALL ~ BUILDING 2411
6007 Indianhead Road

SIGN-UPS VIA ACTIVEBUILDING STARTING FEB 1ST
Register Today ~ fortmoore.activebuilding.com



The Villages
AT FORT MOORE



Commissary Holiday Hours

JANUARY-FEBRUARY 2025

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



Monday, Jan. 20th 0900-1700



Monday, Feb. 17th 0900-1700



- The Produce Department has all the goodness of fresh fruits and vegetable platters. A 48-hour notice is greatly appreciated.
- Contact the Meat Department to place your order for special cuts, and special orders. A 24-hour notice is greatly appreciated.
- Our Deli Bakery Department is here to help you with your party trays such as chicken tenders, wings, mini subs, meat and cheese, and cubed cheese. They also have decorated cakes.




The application period for the 2025-2026 academic year has opened!

The program, entering its 25th year, recognizes the contributions of military families to the readiness of America's fighting force and celebrates the commissary's role in enhancing military quality of life. For scholarship year 2025-26, Fisher House Foundation will award 500 scholarship grants of \$2,000 each. The application period will close at 11:59pm Eastern Standard Time (8:59pm Pacific Standard Time), Wednesday, February 12th, 2025.



The Commissary now has Valentine's Candy available. Stop by and check out our variety and assortments!



#DYK: Careers with DeCA

The Defense Commissary Agency (DeCA) employs more than 12,000 civilians in 13 countries as it delivers a premier commissary benefit to the U.S. armed services community.

Working at DeCA is exciting, meaningful, rewarding and a great place to build your federal career and includes a very comprehensive benefits package.



Join our noble cause to serve the most deserving!

Frequently posted positions are Sales Store Checkers, Store Associates, and Store Workers

- **Military Spouses Executive Order 13473**
Current resume, Copy of PCS orders, and Copy of Marriage Certificate
- **Veterans Recruitment Appointment (VRA)**
Current resume, Copy of DD-214 (Member 4 copy), SF-15, if claiming 10 point preference, Letter from Veterans Administration, if claiming 10 pt. preference based upon disability.

Please stop by the Commissary Administrative Office Monday through Friday between 0800-1630 with a copy of your documents if your are interested in employment opportunities.



Exchange inventories be from 26 – 31 January. Main Exchange will be closed on 27 January.

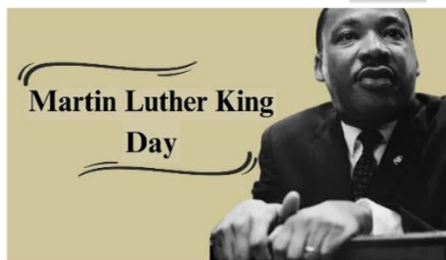


Watch the Ft. Moore Exchange Facebook page for other facility's inventory operating schedule.

The Harmony Church Arby's is now closed. Please visit the Airborne Express Arby's for great roast beef sandwiches and curly fries.



AFFES Updates



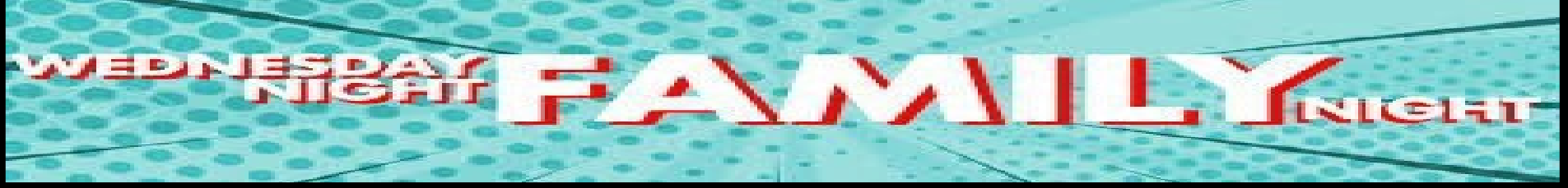
Martin Luther King Holiday – Facility holiday hours will be posted on the Ft. Moore Facebook page.

Use your Military Star Card at the Commissary! Earn points



Garrison Chaplain





Main Post Chapel

08JAN – 21MAY

Dinner: 5:15-6:00 pm

AWANA: 6:00-7:30 pm

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

Garrison Chaplain



Wednesday night Family night Main Post Chapel

08JAN – 21MAY

Dinner: 5:15-6:00 pm

AWANA: 6:00-7:30 pm

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

How to Donate:

Individual & group donations: Items can be dropped off at the BBRC during our operating hours or you can contact the BBRC to make arrangements for larger donation drop off.

Monetary donations: Monetary Donations can be made through the Religious Support Office under Operation Helping Hands (OHH).

Interested in donating your time? Contact the BBRC for more information on how to become a volunteer!

We accept:

- ✦ Non-perishable, unopened food
- ✦ Unopened/unused hygiene products
- ✦ Unopened/unused household items
- ✦ Unopened/unused baby items

PLEASE SEE INSIDE FOR A LIST OF DONATION IDEAS

The Battle Buddy Resource Center is a food & hygiene pantry under the Fort Moore Religious Support Office, Chaplains, and Chapel Congregations.

It is available to all DOD ID card holders, living on Fort Moore and in the surrounding areas, with a Chaplain referral.

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

If you are in need of assistance, please contact your Chaplain.

You can also call the BBRC at (706) 545-4817 or email us at battlebuddyresourcecenter@gmail.com for more information.

After duty hours and on holidays, please contact the Fort Moore staff duty desk at (706) 545-2218 or (706) 626-1871 to reach the 24 hour on-call Chaplain.

VISIT US AT:

www.facebook.com/fortmoorebbrc

BATTLE BUDDY RESOURCE CENTER

"Combating Hunger One Can At A Time"

CHAPLAIN REFERRED
FOOD & HYGIENE PANTRY
6831 VIBBERT AVENUE
BUILDING 16
FORT MOORE, GA 31905
(706) 545-4817



Office Hours:

Tuesday 1100-1300

Wednesday 1730-1930

Thursday 1800-2000

Or



By Appointment

This institution is an equal opportunity provider.



FOOD NEEDS	HYGIENE/HOUSEHOLD NEEDS	BABY/TODDLER NEEDS
BBQ SAUCE, KETCHUP, MUSTARD, MAYO, MIRACLE WHIP	4 & 6 PACKS TOILET PAPER	BABY FOOD
BOTTLED JUICE	BODY WASH	BABY FORMULA
BOXED CEREAL	CONDITIONER	BABY WIPES
BOXED FLAVORED RICE	FACIAL TISSUE	DIAPERS
BOXED PASTA	FEMININE HYGIENE PRODUCTS	TRAINING PANTS
BREAKFAST BARS/PATRIES (EX: POPTARTS)	HAND SANITIZER	
BROWNIE MIXES	HAND SOAP	
CAKE MIXES/ICING	MEN'S DEODORANT	
CANNED BEANS	MEN'S RAZORS	
CANNED FRUIT	MEN'S SHAVING CREAM	
CANNED LEAFY GREENS	SHAMPOO	
CANNED MEATS (EX: CHICKEN, TURKEY)	TOOTHBRUSHES	
CANNED PASTA	TOOTHPASTE	
CANNED PASTA SAUCE	UNI-SEX DEODORANT (EX: ARM AND HAMMER)	
CANNED SOUP	WOMEN'S DEODORANT	
CANNED VEGETABLES	WOMEN'S RAZORS	
CHIPS/POPCORN	WOMEN'S SHAVING CREAM	
COFFEE		
COOKIES	DISH SOAP	
COOKIES	DISINFECTION WIPES/SPRAY	
COOKING OIL	LIQUID LAUNDRY SOAP	
CORN BREAD/MUFFIN/BREAD MIXES	PAPER TOWELS	
FLOUR	TRASH BAGS	
FRUIT SNACKS		
MACARONI AND CHEESE	BAGGED CAT FOOD (smaller bags)	
PANCAKE MIXES/SYRUP	BAGGED DOG FOOD (smaller bags)	
RAMEN		
SALAD DRESSINGS		
SALTINES/RITZ TYPE CRACKERS		
SHELF-SAFE MILK		
SUGAR		
TEA BAGS		

Directorate of Family and Morale, Welfare and Recreation



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

Right Arm Night

January 16 | 4 p.m.
Fiddler's Green








NEW CLASS!

GLIDE FIT

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.



Audie Murphy Athletic Performance Center

CLOSED

January 21 for 3-4 weeks



FAMILY & MWR
WANTS TO HEAR FROM
YOU!



Let us know how we're doing.
Our goal is to make what's good for you...**better.**

TAKE THE SURVEY TODAY!



Or visit ArmyMWR.com/survey



VACATION SWEEPSTAKES!
You could win a trip to an
**Armed Forces Recreation
Center** for taking the survey!



UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND
A major subordinate command of Army Materiel Command

Run Your Heart Out 5K

February 8
9 a.m. at Zuckerman Avenue
across from the MWR Dog Park

\$20 **\$15**
ages 6+ ages 6 and under

Register today,
price increases
day of race!



Shirts and medals are guaranteed to the
first (paying and registered) 175 runners

For more information contact Jamie Milburn at 706-329-1034





We want to hear from you!



Scan the QR code to take the Survey



If you have questions, comments or feedback, please send them to the email below:

EMAIL US AT USARMY-FORTMOOREQUESTIONS@ARMY.MIL



The next Community Information Exchange is
4 February 2025 at 1030, ACS Auditorium