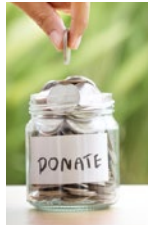
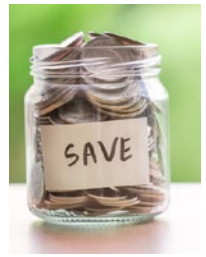
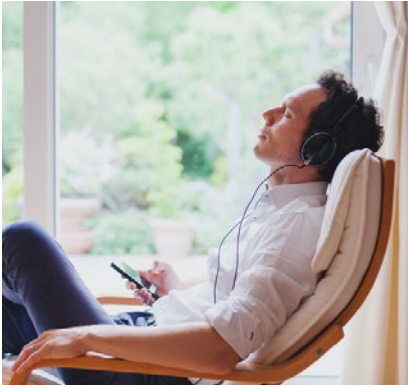


FYI MAGAZINE



FILL YOUR CUP 2020



FYI

SUGGESTIONS

Have suggestions for Fort Gordon's FYI?

Please send us your ideas for articles or submit an article for consideration using the link below. If you have any questions, please contact the Family & MWR Marketing Office at 706-791-6779.

gordon.armymwr.com/fyi-suggestions

WE NEED YOUR FEEDBACK!

LET US KNOW WHAT YOU THINK OF THE FYI.
VISIT THE LINK BELOW AND FILL OUT THE QUICK SURVEY!

WHAT'S IN IT FOR YOU?

YOU'LL BE ENTERED FOR A CHANCE TO WIN

\$50 TO  AND MORE!

FORTGORDON.COM/SURVEY





The Fort Gordon FYI is a free publication produced by the Marketing Office of the Fort Gordon Directorate of Family and Morale, Welfare & Recreation (DFMWR). The appearance of sponsorship and/or advertising does not imply an endorsement by the U.S. Army or government.

FROM THE COVER

2020 is the year to take care of yourself before taking care of others! Focus on long term options while diving into your self-care journey to ensure 2020 is all about YOU! This cover represents numerous ways to fill your cup in the new year. Happy New Year and thanks for reading!



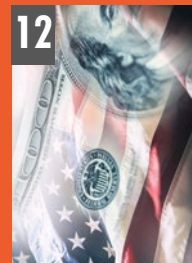
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DFMWR ADMINISTRATION

Craig Larsen DFMWR Director
Tiffany Olds Chief, NAF Support Services
Heather Addis Marketing Director

STAFF

Crystal Blackwell Tyson Editor
Alaine Maher FYI Creative Director
Nathan Hoeller Webmaster
Cathy Shaw Advertising Sales Manager
Dante Burgos Graphic Designer
Jenifer Chrisman Graphic Designer
Jasmine Franklin Social Media Manager

CONTACT INFORMATION

Bldg. 44401, 44th St., Ste. 149
P.O. Box 7180
Fort Gordon, GA 30905
Editor..... 706.791.6779
Sales 706.791.3912
Fax 706.791.7189



gordon.armymwr.com



JAN 11

Health & Wellness Fair

Cyber Fitness Center



FEB 8

Dr. Seuss on The Loose 5k

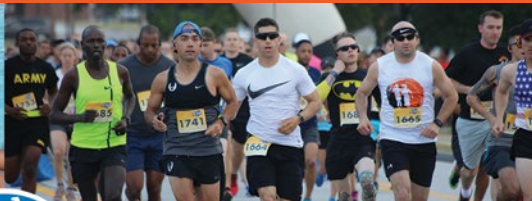
Signal Towers



MAR 21

Dare-To-Tri Triathlon

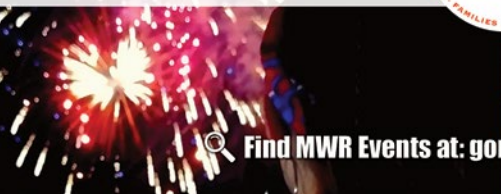
Indoor Swimming Pool



Need more



in your life?



JAN 9-12
**MAMMOTH SNIPER
CHALLENGE**

9th & 12th TASC
10th & 11th Range 6

JAN 16, FEB 20, MAR 19
MORALE CALL

Gordon's Conference &
Catering

JAN 11
PIZZA BOWL

Gordon Lanes
Bowling Center

JAN 18 & MAR 21
CAR CARE CLASS

Gordon Car Care

FEB 2
**BOSS SUPERBOWL
PARTY**

BOSS HQ

FEB 14
**VALENTINE'S
DAY DINNER**

Gordon's Conference &
Catering

FEB 14, 15, 21-23, 28 & 29
**EXIT LAUGHING
PRODUCTION**

Fort Gordon
Dinner Theatre

FEB 21
**PARENTS'
NIGHT OUT**

CDC Main

FEB 27 & MAR 19
GARDEN CLUB

Woodworth Library

MAR 6
**BOSS KICKBALL
TOURNAMENT**

Sports Complex

MAR 14
**ST. PATRICK'S
DAY SHUFFLE**

34th St.
(By the Dog Park)

MAR 21
**SPRING
TRIFECTA**

Gordon Lakes
Golf Club

CIRQUE DU SOLEIL PRESENTS OVO! *January 2nd - 5th*

See where insects work, eat, crawl, flutter, play, fight and look for love in a non-stop riot of energy and movement. It is love at first sight when a gawky, quirky insect arrives in this bustling community and a fabulous ladybug catches his eye - and the feeling is mutual. Visit augustaentertainmentcomplex.com/aec_events/cirque-du-soleil-ovo/ to purchase tickets.



THE BIG LEAP *February 29th*

Want to get married, renew your vows, or have a big anniversary coming up and can't afford it? Join The Big Leap on February 29th at the Evans Towne Center Park to have your wedding paid for with no strings or gimmicks! This huge celebration includes tons of different couples, bands, decor, the venue and more! Don't go into debt celebrating your love. Visit thebigleap2020.com to register or for more information.



2020 JOYE IN AIKEN FESTIVAL *March 5th - 13th*

In celebration of Aiken's unique relationship with The Julliard School, 42 of the finest artists visit Aiken to participate in the 12th annual performing arts festival and outreach program. The roster of distinguished musicians include both faculty and alumni of the renowned conservatory. Ticket sales begin February 3rd. For more information, to see a schedule of events, or to purchase tickets, visit joyeinaiken.com.



ALL YOUR SHOPPING NEEDS AT THE COMMISSARY

Purple Heart recipients, former prisoners of war and all service-connected disabled veterans, regardless of rating, as well as caregivers enrolled in the VA's Comprehensive Assistance for Family Caregivers program, can now shop at Defense Commissary Agency stores and military exchanges.



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Fill Your Cup

Self Care

By Crystal Blackwell Tyson - Editor



As a human, parent, service member or even student, individuals tend to forget to take care of themselves. It's easy to fall into the hustle and bustle of life, yet so many are inclined to take care of others before themselves. How does one ever find time to work out, help with homework, run kids to their extracurricular activities, eat, work, sleep, volunteer, go to school and cook? It seems impossible; but people do it every day. There seems to be a correlation between how much people have on their plate and how "good" of a person society deems them to be; the more one does, the better of a person they are! How does all this effect the ability to self-care?

In a recent study, it shows Americans have a tendency to either be content with the bare minimum, overachieve or have a winning mentality. Although not surprising, it does seem as though we've been brainwashed to believe the only way to achieve goals and dreams is by working harder than others and stomping out the competition. Some believe self-care means being selfish. Believe it or not, these mentalities have led to a major lack of self-care within the United States.

Self-care can be summed up into anything one does to be good to oneself. Now what's really important to remember is just because something feels good, doesn't always mean it's good for you! Anyone can easily fall into unhealthy mechanisms like substance abuse and over-eating. So to measure good self-care, be sure to look at long term benefits that ultimately are good for you - your body, mind and spirit.





Saying no can be difficult for someone wanting to see a goal achieved or someone feeling obligated to others. It also can give back an incredible amount of time and energy for those that learn to do it. When already stressed, being a "yes" person can lead to burnout, irritability and even anxiety. However, with practice and proper technique, saying no to a few things can lead to empowerment and opportunity for self-care.

Other forms of self-care deal with sensory, emotional, spiritual and physical forms. Once you've learned what your form of self-care looks like – and there can be many - you begin to reap the benefits of taking care of yourself! You can't fill another's cup if yours is empty. So all in all, give yourself permission to be happy. No matter what fills your cup... make sure you fill it a little every day because in order to help others you must first help yourself.

What does self-care look like? Self-care comes in many forms ranging from person to person. Organizing, mini vacations or "staycations", napping, exercising daily, reading and even pampering yourself, are just a few ways to practice self-care. Being more productive, improving physical health and having a high self-esteem are just some results of self-care. Imagine how it'll feel mentally and the extra time you'd have to enjoy life if self-care is practiced.

Organization is often the first step to becoming healthy. Writing down a schedule in one space allows visual proof of what needs to be done and when! The beauty of this is, when looking at a day, hour by hour, write in time to sleep, eat, cook, appointments, work, etc. Don't forget to add traveling time. An hourly calendar can visibly show there is not enough time in the day to realistically complete what is trying to be accomplished which proves you are trying to do too much in a small amount of time. How do you fix this? Trim down the things you have to do. Prioritize the tasks, spreading them out through the week, month and even the year. This heavily reduces stress.



Sources

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- tinybuddha.com/blog/why-put-ourselves-last-why-self-care-priority/
- psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself
- madinamerica.com/2018/10/we-need-to-talk-about-self-care/

10 Self Care Ideas

Do a 6-hour digital detox.

Write a review for a business you have enjoyed lately (such as a restaurant or product you have purchased).

Start a journal.

Set up daily reminders on your phone to remind you that you are awesome!

Smile at yourself in the mirror!

When feeling particularly stressed, take a mental health day and call in sick to work.

Write a letter to your older self.

Do something fun you used to do as a kid.

Cook a meal you've never cooked before.

Find a local therapist or counselor.



+ Open to the Public

FW20

HEALTH & WELLNESS FAIR 2020

JAN 11 2020

The Fort Gordon Fitness Programs join forces to promote and facilitate a healthy lifestyle experience for Fort Gordon service members, their families and the surrounding communities.

- + Interactive training sessions
- + Exhibits
- + Health screenings
- + Family friendly activities
- + Music, fun and giveaways

For more Info:

John Graham at
706-791-2369/2647 or
john.a.graham68.naf@mail.mil



Health and Wellness 5K Fun Run

FAMILY FUN EVENT TO KICK
OFF A HEALTHY NEW YEAR

Date: Jan 11, 2020

Start Time: 8:45AM

Location: Cyber Fitness Center

*OPEN TO THE PUBLIC
*FIRST 100 REGISTRANTS RECEIVE
A T-SHIRT

Visit Gordon.ArmyMWR.com for
more information.

Location:



Sponsored by:



PERFORMANCE NUTRITION

By Danielle Dunnagan, MS, RD, CSSD, LD - *Contributing Author*



As a dietitian, I frequently get asked what foods are best to eat before and after exercise whether it be to add muscle, lean out or improve athletic performance. It's no secret that food and exercise go hand in hand, but performance based nutrition is not just what you eat. It's when you eat too. Nutrition has a vital role in optimizing exercise as well as enhancing recovery. Because of this, professional soldier athletes should take interest in choosing the right foods to fuel for success.

Carbohydrates

The body and brain's preferred source of energy

Dietary sources: grains, cereals, pasta, rice, potatoes, fruit, milk, yogurt

Carbohydrates are a vital fuel source for both endurance and resistance training and can be divided into two main groups. Complex carbohydrates are digested slower because of their fiber content and help provide a sustainable source of energy. Simple carbohydrates are broken down into energy much faster and can be useful when consumed before exercise. When carbohydrates are broken down in the body, they are stored in muscles as "glycogen," or your body's main fuel source when exercising. It is important to consume carbohydrates both before and after exercise to maximize these glycogen stores for sustained energy.





Protein

Repairs and rebuilds

Dietary sources: meat, poultry, fish, eggs, beans, milk, cheese, yogurt, soy, grains

Protein is broken down into "amino acids" which are the building blocks for the human body. Protein is needed for many purposes such as formation of muscle, hair, nails, and skin as well as muscle contraction and injury recovery. Protein by itself is not a major form of energy and no storage form exists in the human body. An active individual needs between 0.4 and 0.8 grams of protein per pound of body weight per day. Try choosing lean sources of proteins to help reduce saturated fat intake.



Fat

Primary form of stored energy

Dietary sources: nuts, seeds, oils, fatty fish (salmon, tuna, trout, sardines, mackerel, herring), avocado

Fat is the most concentrated form of energy and plays an important part in our overall health. Fat helps insulate the body, protect organs, provide structural support for cells and transport nutrients. Choose unsaturated dietary fats from the sources listed above to enhance performance and recovery and decrease inflammation present in the body.

Staying hydrated and practicing dietary supplement safety are also imperative for overall health and performance. Come attend the class offered at the Army Wellness Center, "Performance Nutrition: Gaining the Tactical Edge," to learn more about performance nutrition, nutrient timing and supplement safety. We look forward to seeing you there!

What "Performance Nutrition: Gaining the Tactical Edge"

Where Army Wellness Center (Building #29605 next to Gordon Fitness Center)

When Select Fridays at 10am. (class lasts 60 minutes)

Call DDEAMC Nutrition Clinic at 706-787-2243/3081 to register! Class size is limited.



MAKE FINANCIAL READINESS YOUR MISSION

By Lisa Yeoman - *Contributing Author*

In the military, we often speak of "mission readiness" at the organizational level in terms of manpower, resources, job performance and competency. However, for individual service members, "mission readiness" is often directly impacted by factors outside of the workplace. Financial problems, relationship struggles and mental health concerns can become significant distractions for service members which can make it difficult to do their job at the level expected and demanded by leadership. Even one distracted service member can negatively impact an entire unit's mission readiness.

The Department of Defense has long recognized the need to address the impact of personal problems, particularly in the mental health and financial areas. Each branch of service has adopted a variety of programs designed to address these issues. For the Army, the traditional approach to financial readiness is to offer an eight hour class during Advanced Individual Training (AIT) and mandatory budget training through Army Community Service (ACS) for soldiers reporting to their first duty station. Beyond these mandatory training opportunities, it is up to individual soldiers to seek out additional financial services through ACS. Placing the responsibility on Soldiers to seek out assistance often means financial problems continue to fester until they reach a boiling point and catch the attention of command teams. Under the 2016 National Defense Authorization Act (NDAA), this traditional model for financial readiness has been replaced with a more holistic, recurring approach. The goal is now focused on offering training throughout a soldier's career and providing more opportunities for Army financial counselors to catch problems early. The NDAA mandates the Army provide mandatory financial training at 16 "touchpoints". On the professional side, there are 10 touchpoints: Initial Entry, First Duty Station, PCS, Promotion, Thrift Savings Plan vesting and Continuation Payment (under new Blended Retirement System), Deployment, Leadership Training, Recurring Training and Transition (retirement, separation). There are four additional touchpoints on the personal side: Marriage, Divorce, Birth of First Child and Disability.



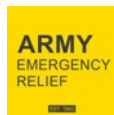
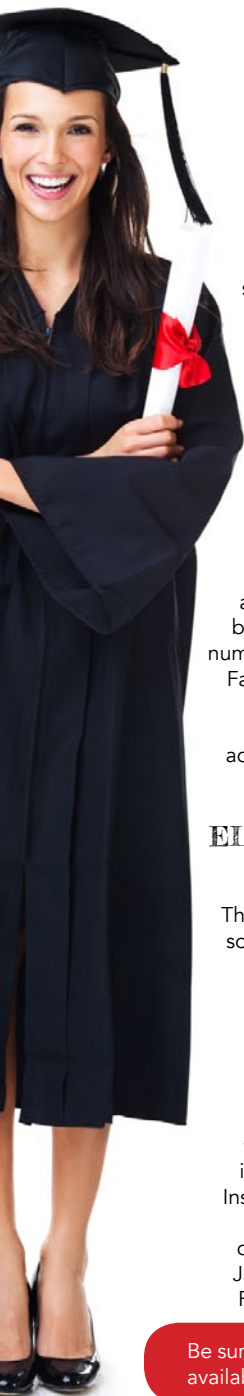
In addition to taking advantage of the new website and its offerings, service members, retirees and their families, in the local Fort Gordon area, are encouraged to call and schedule an appointment with Army Community Service, Financial Readiness. Financial counselors are available to meet one-on-one and to assist with debt management and consolidation, retirement planning, college planning, and money management. ACS also offers monthly financial readiness classes on a variety of subjects, including identity theft, credit score improvement, retirement, home and car buying, budgeting and debt reduction.

Follow Fort Gordon ACS on Facebook for more information or call ACS at (706) 791-3579 to schedule an appointment with a financial counselor.

The Army has announced a new slogan for its revamped financial readiness program, "Securing the Financial Frontline", and has also launched a new website, financialfrontline.org, describing the program and offers financial education products and distance learning. This website is currently in its early stages and will gradually be updated with new products and training as the Financial Front Line initiative continues to evolve and grow.

AER College Planning

By James Millwood - Contributing Author



JUMP START YOUR 2020 COLLEGE PLANNING!

Did you know Army Emergency Relief offers scholarships to assist Army spouses and dependent children to obtain a 4-year undergraduate degree?

In 2019, Army Emergency Relief awarded \$8 million in scholarships for undergraduate educational needs. Here at Fort Gordon, 20 Army spouses received \$32,566 for full or part-time scholarships. 87 Fort Gordon dependent children were the recipient of \$105,500 in scholarships.

ELIGIBILITY CRITERIA FOR MILITARY SPOUSES Spouse Education Assistance Program

The Spouse Education Assistance Program is a need-based scholarship program established to assist spouses of Army Soldiers in obtaining an undergraduate degree. Applicants may receive assistance for up to four academic years of full-time study or eight academic years of part-time study but must re-apply each year. The award amounts vary annually based on the number of applicants, total approved scholarship budget, applicant's Expected Family Contribution (EFC) reported on the Student Aid Report (SAR) from the FAFSA. Also included is the average cost to attend a college or university in the United States as provided by the college board. For the 2018-2019 academic year, the spouse awards ranged from \$500 to \$2,200. Spouses may apply year-round. There is no deadline date to apply.

ELIGIBILITY CRITERIA FOR DEPENDENT CHILDREN: MG James Ursano Scholarship Application

The student must be a dependent of a soldier on federal active duty, a retired soldier, or a deceased active or deceased retired soldier. Children of National

Guard/Reserve Soldiers are eligible if the soldier is on Title 10 Orders for the entire academic year. The student must verify status by enrollment as a dependent of the service member in DEERS (Defense Eligibility Enrollment Reporting System). The student must be under the age of 24. The student must remain unmarried for the entire academic year. The student must not be a member of the National Guard, Reserves, or another military branch.

The student must be enrolled, accepted or pending acceptance as a full-time student in an accredited post-secondary or vocational institution listed in the US Department of Education's Database of Accredited Postsecondary Institutions (<http://ope.ed.gov/accreditation/Search.aspx>). Students attending

Military Service Academies are not eligible. All students must maintain a cumulative GPA of 2.0 on a 4.0 scale. Applications are available beginning 1 January 2020. The deadline to apply is 1 April 2020 for dependent children. For details, visit or contact Army Community Service AER at (706) 791-3579.

Be sure to visit fortgordon.com/fyi for a preview of special grants and scholarships available specifically for military members and their dependents.

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3 EASY STEPS

TO RECEIVING YOUR AIE CARD TO VISIT FORT GORDON



STEP 1

Visit any MWR Facility and ask for a Driver's Consent Form.



STEP 2

After completing sections 1 through 12, present the form to the manager on site for review and signature during regular business hours.



STEP 3

Upload the complete form and two forms of ID (driver's license, social security card, birth certificate and/or passport) to <https://safe.apps.mil/> or bring to any MWR facility for processing.

With your AIE card, you will have access to these MWR facilities:

Alternate Escapes Café • Bingo Palace • Community Garden • Domino's
Fort Gordon Dinner Theatre • Fort Gordon Disc Golf Course • Gordon
Car Care • Gordon Lakes Golf Club • Gordon Lanes Bowling Center
Gordon's Conference & Catering • Hilltop Riding Stable • Huddle House
Lift A Latte • MeMe & BoBo's • MWR Café • Outdoor Pool & Spray Park
Skeet/Trap/Shooting • Special Events • Towers Café

Visit Gordon.ArmyMWR.com/AIE for more information



/FortGordonCYS or /GordonCYSTeens or /FortGordonYouthSports

ISO COACHES

Youth Sports is in search of new volunteer coaches! Want to share your sports knowledge on a volunteer basis with youth between the ages of 5 and 17? Call Youth Sports at 706-791-1306/4790.



Register now for Spring Camp before the slots go by calling 706-791-4722/4455.

Did you know that SAC accommodates soldiers who need childcare while at PT? You can drop your child off if fully registered for CYS, but transportation to school is not provided.



February 21: Parents' Night Out

March 12: Parent Advisory Board Meeting



School Age Center is here for parents needing before and after school services. SAC provides for parents needing care during school, early release days and full days out of school. Register your child for free at Parent Central Services.

STAY HYDRATED

Proper hydration in winter months is as important as in the summer months.

Parent Central Services offer appointments Monday, Wednesday and Friday between 1-4:30pm. Tuesdays and Thursdays appointments are 1-5:30pm. Walk-ins are daily, 8-12pm.

 **Parent Central Services will be closed February 14, 2020.** 

NEW PARENT SUPPORT PROGRAM

NPSP has changed the play group structure! Join us at the Family Outreach Center at 547 Rice Drive, Bldg. 33512. Ages 0-12 months will now meet from 9-10am and ages 12-36 months meet from 10:30-11:30am on Thursday. Don't forget to register by calling 706-791-3579.



Financial Readiness has quarterly classes to assist you in your financial journey:

- January 16th "The Debt Snowball: How to Get Yourself Out of Debt and Stay That Way"**
 From 9:30-11am, receive training on debt reduction techniques and strategies to ready yourself for the month-long February Military Saves Month - Have you started your Savings Plan?
- February 13th "Money Management 101: How to Budget, Build Savings and Grow Wealth"**
 From 9:30-11am, receive training on financial management, debt management, budgeting and increasing personal savings.
- February 20th "Service Member for Life: How to Plan and Manage Your Finances After the Military"** From 9:30-11am, receive training on financial aspects of transitioning, separating or retiring from active duty military.
- March 12th "PCS Like a Pro—How to Make your Military Move a Financial Success"**
 From 9:30am -12:30pm, receive training on financial issues relating to upcoming Permanent Change of Duty Station Move, including allotments, travel expenses, transportation, moving and storage expenses and employment readiness.

For more information, contact 706-791-3579.



The Employment Readiness Program offers "10 Steps to A Federal Resume" class on the 2nd Monday of each month. This workshop helps you navigate through *USAJOBS.gov* and teaches you how to write effective federal resumes. Military spouses, service members, family members and veterans are welcome.

Financial Readiness program has changes that you should be aware of. Read all about it on page 12.



AER has a scholarship for dependents. Now is the time to begin registering for scholarships of all kinds. Read more about the AER scholarship on page 14.



- January 13:** Federal Employment Workshop
- January 16:** Exceptional Family Member Program (EFMP) - Support Group
- January 24:** EFMP Movie Night
- February 6:** EFMP Summer Camp Planning
- February 10:** Federal Employment Workshop
- February 21:** EFMP Bowling Bash
- March 9:** Federal Employment Workshop
- March 14:** EFMP IEP Clinic
- March 20:** EFMP Painting & Juice Boxes - Pt. 1



@FortGordonACS

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2115 Windsor Spring Rd, Augusta, GA 30906

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FREE CAR CARE CLASSES




Gordon Auto Skills offers free automotive training classes to active military, retirees, their family members, age 16 and above, and DOD civilians. Classes are not designed to make you an expert, but familiarize you with car repair basics and a foundation to build upon. The next class will be held on January 18th at Gordon Car Care, Building 29300, 30th St. from 10am-3pm. Refreshments will be served and registration is required. Register online at gordon.armymwr.com/free-auto-classes or call 706-791-2390.

The January 18th class covers how to: Inspect & Replace Struts and Shocks, Inspect Front End & Alignment, Diagnose & Repair Noises & Vibrations. The March 21st class will cover how to: Trace an Electrical Circuit & Read Wiring Diagrams, Diagnose & Replace Window Regulator & Motor, Diagnose a No Crank & Test Starter, Alternator, & Battery.



GORDON STORAGE

Gordon Storage has a vehicle sale lot for military, retirees, their family members and DOD Civilians to place their vehicle for sale to the Fort Gordon community. Cost is \$10 per week or \$30 per month. All vehicles must have current insurance and registration. Call 706-791-5241 for more information.

A wide-angle photograph of a large, empty car storage facility. The floor is polished concrete, and several bright, circular overhead lights illuminate the space.

Gordon Storage currently has immediate storage space available for personally owned vehicles only. RV, boat, trailer storage and storage units are currently full and are made available based on a waiting list. If you would like to be placed on the waiting list, visit gordon.armymwr.com/gordon-storage and fill out the storage request form or call 706-791-5241.



Community Garden
FORT GORDON



FortGordonCommunityGarden



February 27: Garden Club - Plan Your Spring Garden

March 26: Garden Club - Starting Seeds

2020 GARDENING PLOTS

2020 gardening plots are open for registration February 3rd. Plots are 9'x18' and cost \$40. The garden opens March 2nd for planting. Plots will be sold in person only at the Recreation Division by appointment. For more information or to make an appointment contact Kathleen Duncan at 706-791-9483 or Kathleen.s.duncan4.naf@mail.mil.



FORT GORDON
RECREATION

FATHER DAUGHTER BUTTERFLY BALL

All fathers are welcome to bring their princess(es) to a magical daddy daughter night out on March 7th from 5-8pm at Nelson Fitness Center! Purchase your tickets now for this popular event filled with crafts, dancing, food and fun for \$10. Tickets go fast, so visit Woodworth Library (cash only) or the Recreation Division, Bldg 44401 44th Street (cash or card) before its too late. For more information, call 706-791-8878.



COUPLES PAINT NIGHT

Love is in the air on February 21st at the Couples Paint Me Pretty Painting Parties event. Join a relaxing night at Hilltop Riding Stable to paint a beautiful work of art with your sweetheart or friends! The event is \$60 per couple and includes appetizers and beverages. Open to the public, patrons 21 and over are welcome to bring their own beer and wine. Spaces are limited and registration deadline is February 19th. For more information, call 706-791-4300.



/Fort-Gordon-Special-Events

AlternateEscapes



SUPERBOWL SUNDAY FOOTBALL PARTY

Join Alternate Escapes for a football gaming tournament starting at 2pm with a live DJ and football. Afterwards, enjoy watching the game with us! Throughout the game we will have trivia and other fun activities. For more information, call 706-791-0785.



EXIT Laughing



@FortGordonDinnerTheatre

EXIT LAUGHING February 14, 15, 21, 22, 23, 28 & 29

When the biggest highlight in your life for the past 30 years has been your weekly bridge night out with the "girls," what do you do when one of your foursome inconveniently dies? If you're Connie, Leona and Millie, three southern ladies from Birmingham, you do the most daring thing you've ever done. You "borrow" the ashes from the funeral home for one last card game, and the wildest, most exciting night of your lives involves a police raid, a stripper and a whole new way of looking at all the fun you can have when you're truly living. Call 706-793-8552 to purchase tickets to this laugh out loud show or for more information.

MONTHLY BINGO SPECIALS Bingo Palace

There's always a special happening at Bingo Palace. On February 14th, wear red or pink and fall in love with a free 6-on pack! Wear green on March 17th and let the luck of the Irish help you win big with a free St. Patrick's Day door pack. Visit gordon.armymwr.com/bingo-palace for more information and regular programming schedules.



BingoPalace



FUN DEALS

Take advantage of daily deals! From a Superbowl party to Pizza Bowls, we have something for you! For information on all daily deals, visit gordon.armymwr.com/gordon-lanes.

MLK Special January 20th - Celebrate MLK's 91st birthday with \$0.91 games (maximum 3 per person).

Superbowl Fever February 2nd - Bring your family/friends bowling and show your team spirit by wearing your team jersey or colors and get a free fountain drink.

It Takes 2! February 14th - Have a bowltastic night out with a large cheese pizza and 2 games of bowling (including shoe rental), per couple, for only \$20.

President's Day Special February 17th - Celebrate 135 years of President's Day, 10am-5pm, for only \$1.35 per game.

Pizza Bowl January 11th - Enjoy two slices of pizza and two games of bowling with shoe rental for \$9 per person, 5-9pm.

FRESH BEATS

Karaoke has a fresh face! Sing your heart out with our new DJ every 1st and 3rd Friday! Rep your team during March Madness.

Bowling is a great way to stay active! It promotes muscle toning and strength, weight loss and relieves stress!

Buy a March Madness Punch Card to bowl for a dollar from 10am-5pm on March 17th-22nd, 26th-29th and April 4th and 6th (Maximum of 4 games per day.). Enter your punch card at the end of the series to win a prize. Bring your completed card to the front desk before 10pm on April 6th for a chance to win! A randomly selected winner will be announced April 7th.

NEW MEMBERSHIP SPECIALS

You asked, we listened! Gordon Lakes Golf Club is now offering senior membership rates starting at age 66, as well as a weekly rate (Monday through Thursday excluding holidays) and weekend rates (Friday through Sunday) for \$500 each. Join Gordon Lakes Golf Club and talk to us about the extensive membership benefits and options GLGC offers.



Host your next tournament at Gordon Lakes! We offer tournament packages for up to 225 players. Stop by Gordon Lakes and talk to the friendly ProShop staff about the different options.

Too busy to play a round of golf? How about hitting some balls at the range? Gordon Lakes now offers a Range membership. For only \$350/ per year, you will get up to 2 bags of range balls per day - a great way to improve your golf swing AND to get a break from the office.



Unwind this winter in the serene beauty of Clarks Hill Lake for less. Book 1 night in any of our lodging units (cabins, cottages, motel suites) and get all of your subsequent nights for 50% off. The longer you stay, the more you save! 2-night minimum stay required. Winter special does not apply to online bookings. Call the front desk at 706-541-1057 for your reservation today!

Fun at Pointes West doesn't stop just because the temperature drops. Our 2 boat launches are open year round for anglers and pleasure cruisers alike. Just \$3/day to launch or ask about an annual pass.

 @PointesWestArmyRecreationResort

  @FortGordonOutdoorRecreationTASC



MAMMOTH SNIPER CHALLENGE

The Mammoth Sniper Challenge is a three day precision rifle shooting competition that will test competitors' marksmanship skills and physical/mental preparedness. The challenge will feature 100 two-person teams representing active duty teams from all service branches, collegiate teams, professional industry teams and enthusiast teams. On January 10th and 11th, the competition is from 8am-4pm on Range 6 and on the 12th at Range 14/ Tactical Advantage Sportsman's Complex from 12:30-2:30pm. Call Outdoor Recreation at 706-791-5078 for more information.



January 12: Bass Tournament

January 18 & 25: Recreational Shooting

February 1: Pistol and Rifle Instructional Class

February 8 & 29: Recreational Shooting

February 9: Bass Tournament

February 14: AIT Day

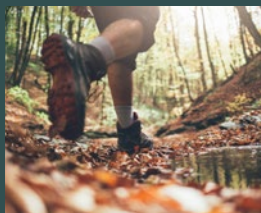
March 8: Bass Tournament

March 14, 21 & 28: Recreational Shooting

March 15: 3-D Archery Tournament

March 22: Crappie Tournament

Outdoor Recreation Program has new hours for the winter. Enjoy our services Tuesday-Sunday and select Saturdays for range hours. Visit gordon.armymwr.com/outdoor-rec for more information.



Fort Gordon Outdoor Recreation is looking to build a volunteer corps of outdoor enthusiasts to help teach and lead outdoor recreation classes, activities and trips. If you're looking to give back and can instruct outdoor activities like hiking, archery, kayaking and more, call 706-791-5078 for more information.



KINDER-CAMP

Kinder-Camp is March 18th from 9am-12pm. Children ages 4-6 are welcome. Children must be self-sufficient (able to use the restroom on their own and feed themselves snack). Camp will include a pony ride on the pony carousel, a pony grooming demo, a barn tour, arts and crafts and snack time. Space is limited to 10 children and you must register no later than February 7th. The cost per child is \$45.

CAMP REGISTRATION

Registration for our Spring and Summer Youth Horse Camp is now open. Spring Youth Horse Camp is a week long session April 6th-10th. Summer Youth Horse Camp will begin May 26th. These week-long sessions are for ages 7-13. Space is limited, so parents need to trot on over and get registered.



Special Assistance Riding is available. Special tack is available and guest's therapist may accompany the rider and/or provide our staff with instructions. Sessions are held twice monthly on Tuesdays and is open to the public; reservations are required.

ST. PATRICK'S DAY RIDE

Sunday, March 15th, you're in luck! If you wear green, you will receive 50% off your regular rate on any one hour ride.

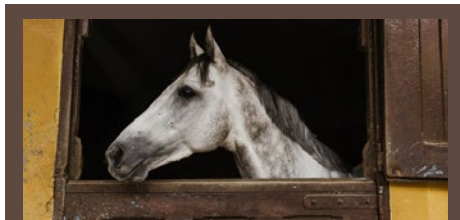


VALENTINE'S DAY RIDE OUT

Come out with your sweetie and enjoy a relaxing trail ride. This ride is available by reservation only that can accommodate up to 6 couples. This will be a 2 hour trail ride at 2pm on Friday, February 14th. Please register by February 1st.



January 18, February 15 & March 21: Family Fun Day
February 22 & 23: Volunteer Training Class

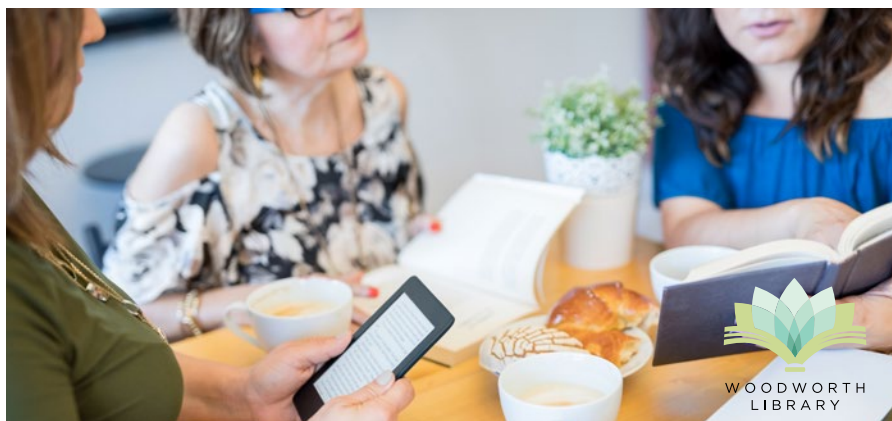


Did you know if you are going out of town for any occasion HTRS offers overnight boarding? You must provide coggins within 6 months or less. An overnight Boarding Packet and SOPs can be reviewed and downloaded at gordon.armymwr.com/hilltop. For more information, please contact the office.



Celebrate your next birthday (or your favorite person's) at Hilltop. We have pony or horse party packages available. Call 706-791-4864 for package details.

During fall/winter months (August-May), hours of operations are Wednesday - Sunday, from 9am-4pm. For more information, contact our office at 706-791-4864.



READING GROUPS

Woodworth has reading groups for adults and children. Check out Children's Story Hour (for kids under 6 years old) every Wednesday from 10-11am with Evelyn Guzman. For adults, Readers Circle Book Club is monthly. The books discussed are as follows:

- January 14: *Red, White, and Royal Blue* by Casey McQuiston
- February 11: *The Source of Self Regard: Selected Essays, Speeches, and Meditations* by Toni Morrison
- March 10: *The Nightingale* by Kristin Hannah

STEAM

Woodworth Library brings science, technology, engineering, art and math labs for all children to participate in. Each month is a different lab. Enjoy the education of STEAM:

- January: "Healthy You" Kits
- February: "What Does Black History Mean to You?" Art
- February 1-6: Groundhog Day Weather Kits
- March: Youth Art & Exhibition



February 12: Friendship Day & Stuffed Animal Sleepover Day

February 13: Learn the Cupid Shuffle Day

February 26: Cat in the Hat Day

March 5: Women's History Program & Pampering Day

Woodworth Library offers much more than you know; free notary services, free test proctoring and access to thousands of free digital resources such as movies, concerts, popular magazines, practice exams and audiobooks. Come in for help connecting your mobile devices to these resources. Visit Woodward Library to learn more.



FortGordonMWRWoodworthLibrary



CIRCUIT TRAINING 101

Enjoy Circuit Training 101 every Tuesday and Thursday from 11:30am-12:45pm at Nelson Fitness Center. This high intensity alternate to cardio, strength and endurance improves workouts at a beginners level but is open to all levels. For more information, visit gordon.armymwr.com/nelson-fitness.



GymDog Fitness classes are no longer offered free of charge. As of Oct 1, 2019, attend classes for a fee of \$6 for a single class, \$25 for a 30 day pass for the rank of E1-E5, and \$35 for a 30 day pass for E6 and above; as well as spouses/dependents. For more information, visit gordon.armymwr.com.



MWRSports

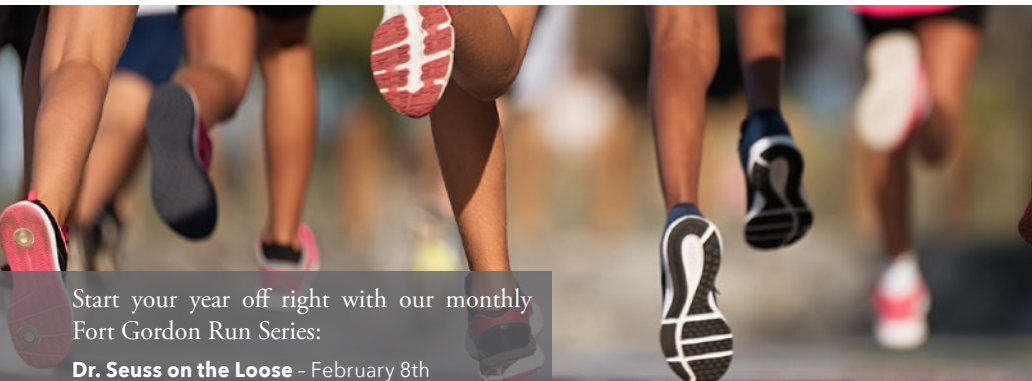
January 23: Unit Level Volleyball Coaches Meeting

January 30: Battalion Level Basketball Coaches Meeting

February 20: Unit Level and Co-Ed Softball Coaches Meeting

March 12: Over- 30 Basketball Coaches Meeting

March 26: Ultimate Frisbee Coaches Meeting



Start your year off right with our monthly Fort Gordon Run Series:

Dr. Seuss on the Loose - February 8th

St. Patrick's Shuffle - March 14th

Dare to Tri - Sprint Triathlon - March 21st



NEW YEAR, NEW OPTIONS

New year, new you! Don't let your resolution keep you from enjoying great food! We have a variety of new items such as freshly made salads, wraps and sandwiches that are healthy and tasty! Visit any café for fresh new menus.

Winter Drink Specials

January: Black and White Mocha

February: Chocolate covered Cherry Latte

March: Irish Cream Coffee



MWR Cafe or Towers Cafe or AltEsc Cafe



January 16, February 20 & March 19:

Morale Call

Join Gordon's Conference & Catering the third Thursday of the month for Morale Call with FREE hors d'oeuvres, beverages, a cash bar and a Trivia Contest with door prizes sponsored by First Command! This event is FREE and open to all of Fort Gordon! For more information, call 706-791-2205.



Gordon's Conference and Catering is back at full capacity! Renovations are now complete and the Cypress Wing is now open! Banquet style events can host up to 500 guests or theater style up to 1000 guests. The new Cedar ballroom, with connectivity to the Juniper Ballroom, can host banquet style events up to 100 guests and theater style up to 200 guests. More than a new ballroom and kitchen, GCC has an all NEW catering booklet with unique and completely customized menu options. Call 706-791-2205 today to schedule your tour or for more information.



Take your Sweetheart out for a Romantic Valentine's Day Dinner on Feb 14th at 6pm at Gordon's Conference and Catering. Visit us to purchase your tickets beginning January 5th.



GordonsConferenceandCatering



ALTERNATE ESCAPES CAFÉ
Grill, snacks, smoothies
& coffee

706-791-0785
at Alternate Escapes
Recreation Center,
Bldg. 25722, B St.



BOGEY'S GRILL
Sandwiches, grill &
snacks

706-791-2433 (ext. 4)
at Gordon Lakes Golf
Club, Bldg. 537, Range Rd.



Domino's

DOMINO'S
Pizza, pasta, breadsticks
& more

706-863-6211
at Alternate Escapes
Recreation Center,
Bldg. 25722, B St.



HEROES SPORTS BAR

**Great atmosphere.
Friendly staff.
Your favorite beverages**
706-791-3446

at Gordon Lanes Bowling
Center, Bldg. 33200, 3rd Ave.



HUDDLE HOUSE
Any meal. Any time.
Breakfast, lunch &
dinner

706-798-3722
35304 Avenue of the States Dr.



JACKPOT CAFÉ
Burgers, Philly cheese
steak, liver, gizzards &
more

706-791-5106
at Bingo Palace, Bldg.
15500, Lane Ave. & 15th St.



KEGLER'S CAFÉ
Grill, salads, sandwiches
& burgers

706-771-6907
at Gordon Lanes Bowling
Center, Bldg. 33200, 3rd
Ave.



LIFT-A-LATTE
Protein shakes &
smoothies

706-706-2647
at Gordon Fitness Center,
Bldg. 29607, Barnes Ave.



**MEME'S & BOBO'S
EXPRESS**

Chinese food/buffet
706-792-9774
at the Bus Station, Bldg.
36000, 3rd Ave.



MWR CAFÉ
Grill, snacks, smoothies
& coffee

706-791-1330
at Darling Hall, Bldg. 33720,
307 Chamberlain Ave.



TOWERS CAFÉ
Grill, snacks, smoothies
& coffee

706-791-5849
at Signal Towers, Bldg. 29808,
506 Chamberlain Ave.

= These facilities are participants in the "Better for You" healthy based initiative.

FAMILY AND MWR ADMINISTRATION

Directorate of Family and Morale, Welfare and Recreation (DFMWR)706-791-4140
 Bldg. 28320, Lane Ave.

Advertising Sales/Sponsorship.....706-791-3912
 Bldg. 44401, Rm. 149, 44th St.

FYI Editorial706-791-6779
 Bldg. 44401, Rm. 149, 44th St.

For a complete list of DFMWR key personnel, visit gordon.armymwr.com/contact-us

CHILD & YOUTH SERVICES

CHILD CARE

Child Development Center Main706-791-2701/6761
 Bldg. 45300, 45th St.

Child Development Center East.....706-791-8707/8507
 Bldg. 290, East Hospital Rd.

Child Development Center West.....706-791-0718
 Bldg. 18407, 19th St.

Family Child Care706-791-3993
 Bldg. 44401, 44th St.

CHILD RECREATION

Youth Sports & Fitness706-791-1306/4790
 Bldg. 45400, 46th St.

SKIES Unlimited706-791-1306/4790
 Bldg. 45400, 46th St.

PARENT SUPPORT

Parent Outreach Services706-791-4455/4722
 Bldg. 44401, 44th St.

SCHOOL SERVICES

School-Age Services.....706-791-7575
 Bldg. 45410, 46th St.

School Support Services.....706-791-4168/7270
 Bldg. 44401, 44th St.

Youth Services, Middle School & Teen.....706-791-6500
 Teen Center, Bldg. 41503, Brainerd Ave.

COMMUNITY

ARMY COMMUNITY SERVICE

Army Community Service (ACS).....706-791-3579
ACS (Toll-Free).....1-877-310-5741
 Bldg. 35200, 271 Heritage Park Lane

Army Emergency Relief (AER)706-791-3579/8685

Army Volunteer Corps (AVC)706-791-3579/3880

Domestic Violence Hotline.....706-791-STOP (7867)

Employment Readiness Program (ERP) ..706-791-3579/0368

Exceptional Family Member Program (EFMP) ..706-791-3579/1918

Family Advocacy Program (FAP).....706-791-3579/6967

Family Outreach Center.....706-791-3579
 Bldg. 33512, Rice Dr.

Financial Readiness706-791-3579/0844

Information and Referral Services.....706-791-3579/0794

Military OneSource.....1-800-342-9647

Mobilization & Deployment Program706-791-3579/3504

New Parent Support706-791-3579

Relocation Readiness706-791-4181/1922
 Welcome Center/Lending Closet: Darling Hall, Rm. 172

Survivor Outreach Services (SOS)706-791-3579/7014

AUTOMOTIVE

Gordon Car Care Auto Skills Center.....706-791-2390
 Bldg. 29300, 30th St.

RECREATION

Community Garden706-791-9483
 134 Brainerd Ave.

Recreation Office706-791-4300
 Bldg. 44401, Rm. 170, 44th St.

RECYCLING

Recycling Office706-791-0132
 Bldg. 997, 10th St. and Chamberlain Ave.

DINING

CATERING SERVICES

Gordon's Conference & Catering706-791-2205
 Bldg. 18402, 19th St.

COFFEE & SMOOTHIES

Lift-A-Latte.....706-791-2647
 at Gordon Fitness Center, Bldg. 29607, Barnes Ave.

RESTAURANTS

Alternate Escapes Café706-791-0785
 at Alternate Escapes Recreation Center, Bldg. 25722, B St.

Bogey's Grill706-791-2433
 at Gordon Lakes Golf Club, Bldg. 537, Range Rd.

Domino's Pizza706-863-6211
 at Alternate Escapes Recreation Center, Bldg. 25722, B St.

Heroes Sports Bar.....706-791-8716
 at Gordon Lanes Bowling Center, Bldg. 33200, 3rd Ave.

Huddle House.....706-798-3722
 Bldg. 35304, Avenue of the States Dr.

Jackpot Café706-791-5106
 at Bingo Palace, Corner of Lane Ave. & 15th St.

Kegler's Café.....706-771-6907
 at Gordon Lanes Bowling Center, Bldg. 33200, 3rd Ave.

Me Me's & Bo Bo's Express.....706-792-9774
 at the Bus Station, Bldg. 36200, 3rd Ave.

MWR Café.....706-791-1330
 at Darling Hall, Bldg. 33720, Chamberlain Ave.

Towers Café706-791-5849
 at Signal Towers, Bldg. 29808, Chamberlain Ave.

LEISURE

ACTIVITIES

Fort Gordon Disc Golf Course.....706-791-6433
 Wainwright Cir.

Gordon Lakes Golf Club706-791-2433
 Bldg. 537, Range Rd.

Gordon Lanes Bowling Center.....706-791-3446
 Bldg. 33200, 3rd Ave.

Hilltop Riding Stable.....706-791-4864
 Bldg. 509, North Range Rd.

ENTERTAINMENT

- Alternate Escapes Recreation Center**.....706-791-0785
Bldg. 25722, B St.
- Battleground Gaming**706-791-0785
at Alternate Escapes Recreation Center, Bldg. 25722, B St.
- Bingo Palace**706-793-0003
Bldg. 15500, Lane Ave. & 15th St.
- Dinner Theatre**706-793-8552
Bldg. 32100, 3rd Ave.
- Special Events**.....706-791-8878
Bldg. 44401, Rm. 170, 44th St.

LIBRARY

- Woodworth Library**.....706-791-7323
Bldg. 33500, Rice Rd.

OUTDOOR

- Leitner Lake Recreation Complex**706-791-5078
MWR Lake Park Dr.
- Outdoor Recreation**706-791-5078
at Tactical Advantage Sportsman's Complex,
Bldg. 00445, Carter Rd.
- Pointes West Army Resort**706-541-1057
6703 Washington Rd., Appling GA

SERVICE MEMBER SPECIFIC

- BOSS Headquarters**706-791-5902
behind The Courtyard, Bldg. 36708, O Club Dr.
- Warrior Adventure Quest**.....706-831-8328
Bldg. 36708, Barnes Ave. at the Courtyard

TRAVEL

- Aladdin Travel**.....706-771-0089
Bldg. 36200, 36th St.
- Bus Station**706-793-0026
Bldg. 36200, 36th St.
- Carlson Wagonlit Travel – Official Travel**800-269-6230
Bldg. 33720, Rm. 117, 307 Chamberlain Ave.

SPORTS & FITNESS

AQUATICS

- Indoor Pool**.....706-791-3034
Bldg. 21608, Barnes Ave.
- Outdoor Pool & Spray Park**.....706-791-8053
at The Courtyard, Bldg. 36710, Brainard Ave.

FITNESS CENTERS

- Cyber Fitness Center**.....706-791-7370
Bldg. 25713, 26th St.
- Gordon Fitness Center**706-791-2369
Bldg. 29607, Barnes Ave.
- Nelson Fitness Center**.....706-791-6872
Bldg. 21713, 21st St.
- Victory Fitness Center**.....706-791-2864
Bldg. 25510, Brainard Ave.

SPORTS

- MWR Sports**.....706-791-1142
Bldg. 24501, 25th St.

VENUE/EQUIPMENT RENTAL

EQUIPMENT

- Outdoor Equipment Rentals**.....706-791-5078
at Tactical Advantage Sportsman's Complex,
Bldg. 00445, Carter Rd.
- Sports Equipment Rentals**706-791-7857
Bldg. 24501, 25th St.

STORAGE

- Gordon Storage**706-791-5241
Bldg. 29300, 30th St.
- Pointes West Boat Storage**.....706-541-1057
6703 Washington Rd., Appling GA

VENUES

- Gordon's Conference & Catering**706-791-6780
Bldg. 18402, 19th St.
- Leitner Lake Conference Center**706-791-5078
MWR Lake Park Dr.
- Pavilion Rentals**706-791-4300
Bldg. 44401, Rm. 170, 44th St.
- Pointes West Conference Center**706-541-1057
Bluegill Rd., Appling GA

MISCELLANEOUS

- Commissary**706-791-3718
Bldg. 37200, 3rd Ave. By-Pass
- Dwight David Eisenhower Army Medical Center**.....706-787-5811
300 East Hospital Rd.
- Exchange**.....706-793-7171
Bldg. 38200, Avenue of the States
- ForcesUnited**706-910-1349
Bldg. 35200, 271 Heritage Park Lane, Rm. 227 & 229
- Housing Office**706-791-5116/9658
Bldg. 33720, Chamberlain Ave.
- ID Card Section/DEERS Office**706-791-1930
Darling Hall, Bldg. 33720, Rm. 161, 307 Chamberlain Ave.
- IHG Army Hotels**706-790-3676
- Military Police Station**706-791-4380/4537
Bldg. 32422, Rice Rd.
- NAF Civilian Personnel Office**706-791-6382
Bldg. 35200, 271 Heritage Park Ln.
- Post Information**706-791-0110
- Public Affairs Office (PAO)**.....706-791-2003
Darling Hall, Bldg. 33720, Rm. 382, 307 Chamberlain Ave.
- Technical Support Services (TSS)**.....706-791-2887
Bldg. 12307, Lane Ave.
- U-Do-It Shop**706-791-7683/3942
Bldg. 40101, 40th St.
- Veterinary Services**.....706-787-7375/3815
Bldg. 500, Range Rd.
- Welcome Center at Gate 1**706-791-3071
- Yellow Cab**.....706-733-3444

ADVERTISE WITH US!
706-791-8692

FORT GORDON MWR MAP KEY

CHILD & YOUTH SERVICES

- 2 CDC East
- 10 CDC West
- 19 Teen Center
- 20 Parent Outreach Services
- 22 School Age Center
- 23 CDC Main
- 27 Youth Sports & Fitness

OTHER

- 7 Darling Hall
- 20 Marketing Office
- 20 Recreation Office
- 30 Duplex
- 31 DFMWR Office

LEISURE

- 4 BOSS
- 6 Alternate Escapes
- 13 Woodworth Consolidated Library
- 14 Bingo Palace
- 17 Dinner Theatre
- 18 Gordon Lanes Bowling Center
- 21 Hilltop Riding Stable
- 24 Outdoor Recreation (Range 14)
- 25 Gordon Lakes Golf Club
- 28 Fort Gordon Disc Golf Course
- 34 Sports & Equipment
- 35 Aladdin Travel

DINING

- 6 Alternate Escapes Café
- 7 MWR Café
- 9 Lift-A-Latte
- 11 Gordon's Conference & Catering
- 18 Heroes Sports Bar
- 18 Kegler's Café
- 25 Bogey's Grill
- 32 Towers Café

VENUE/EQUIPMENT RENTAL

- 15 The Courtyard
- 16 Gordon Storage

SPORTS & FITNESS

- 3 Nelson Fitness Center
- 5 Cyber Fitness Center
- 8 Indoor Pool
- 9 Gordon Fitness Center
- 12 Victory Fitness Center
- 15 Outdoor Pool & Spray Park

COMMUNITY

- 1 Recycling
- 7 ACS Relocation Readiness Services
- 16 Gordon Car Care Auto Skills Center
- 26 Dog Park
- 29 Community Garden
- 33 Family Outreach Center
- 36 ACS Annex
- 37 ACS (various departments)



All persons 16 and over entering the post must have proper identification (pictured I.D.).

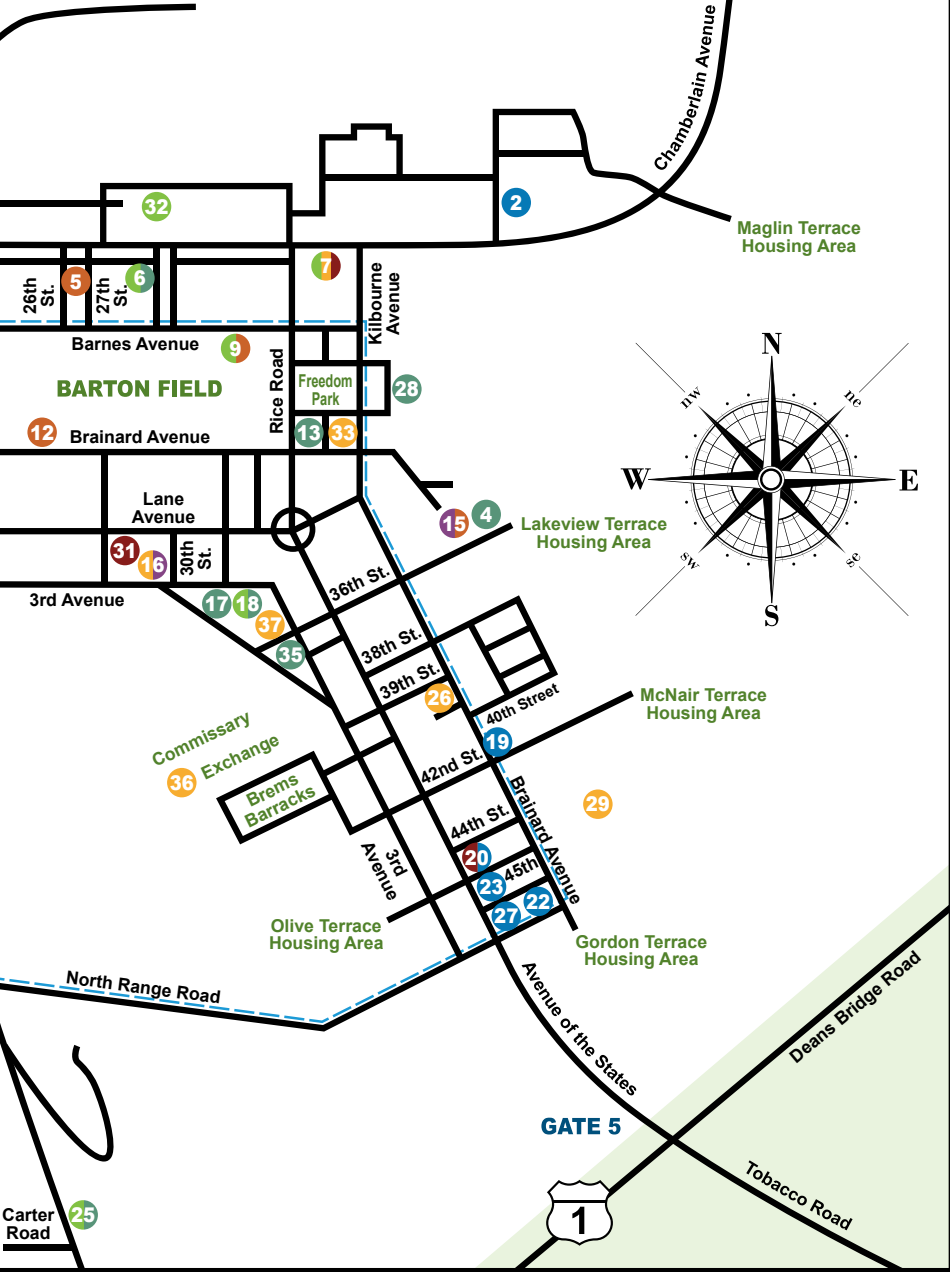
--- Bike Path

FORT GORDON MAP

Gordon Highway (Highway 78/278)

TO AUGUSTA, GA →

GATE 1



Dyess Parkway

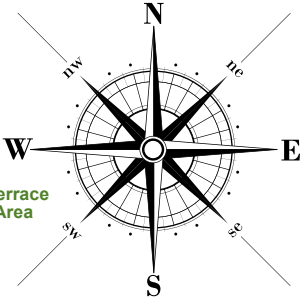
Chamberlain Avenue

Maglin Terrace Housing Area

BARTON FIELD

Freedom Park

Lakeview Terrace Housing Area



McNair Terrace Housing Area

Commissary Exchange

Brems Barracks

Olive Terrace Housing Area

Gordon Terrace Housing Area

GATE 5



Deans Bridge Road

Tobacco Road

Carter Road



Let's Be Friends.

Follow us on social media and stay up to date with the latest news, contests, events and more!



fortgordonmwr



@fortgordonmwr



@fortgordonmwr



fortgordonmwr



Text "MWR1" to 74574



fort_gordon_mwr



gordon.armymwr.com/subscribe



gordon.armymwr.com