



EXPERIENCE NAVY LIFE
N A V A L B A S E

KITSAP

NEW YEAR'S RESOLUTIONS JANUARY-MARCH

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1. *Take the Saver's Pledge with Military Saves Week* (pg. 4)

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6. *Learn a new skill with LIBERTY Cooking Classes* (pg. 27)

7. *Learn to swing dance at the Sock Hop* (pg. 28)





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Navy Gateway Inns & Suites (NGIS) is the preferred lodging choice for all TDY travel, military and civilian, helping you meet your fiscal and mission goals, while simultaneously delivering comfort and readiness to your personnel! At selected locations, if on-base lodging is not available, NGIS will accommodate guests at commercial hotels with rates at or below per diem. Call to make your reservation TODAY! Whether on business or leisure travel, we're here for you worldwide.

NGIS is professionally managed and staffed, has all the amenities and features of a commercial hotel, and is conveniently located near duty or training sites and base amenities. NGIS creates welcoming, comfortable, 5-star guest services for those we serve.



Sweetheart Fun Run



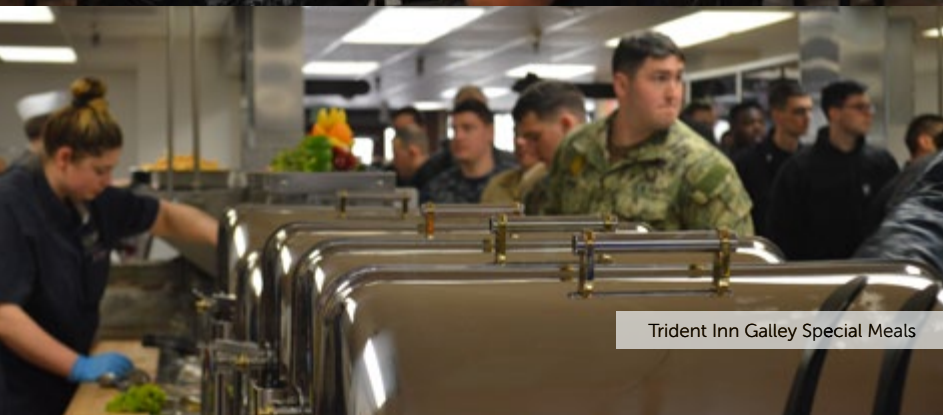
Bremerton Recreation Center Kids' Play Day



MWR Easter Egg Hunt



Super Bowl Viewing Parties at Samuel Adams Restaurant and Bangor Plaza Recreation Center



Trident Inn Galley Special Meals

EXPERIENCE NAVY LIFE NAVAL BASE KITSAP

JAN.-MAR. 2018

WELCOME TO EXPERIENCE NAVY LIFE!

Experience Navy Life Kitsap is a product of the Navy Region Northwest Fleet & Family Readiness Marketing Department, in cooperation with Fleet & Family Readiness (FFR) Program partners. Sign up to receive the *Navy Life Currents* email newsletter at navylifepnw.com/subscribe.

This magazine is sponsored by Navy Region Northwest Fleet & Family Readiness (CNRNW FFR). This magazine is intended to provide information and discussion on Quality of Life programs and services. The information contained in this issue was current at the time of publication. Activities, events and hours of operation are subject to change. Please visit our official homepage at navylifepnw.com.

DIGITAL ISSUES

To download a copy of this magazine, please visit kitsap.navylifepnw.com/magazine.

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Daddy Boot Camp



Military Saves Week

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FLEET & FAMILY SUPPORT PROGRAM

All classes are FREE unless otherwise noted. Prices, dates and times may be subject to change without prior notice. For most up-to-date information, visit kitsap.navylifepnw.com.



Classes will be held at Bangor Fleet & Family Support Center (FFSC) Blue, Bldg. 2901, unless otherwise noted.

For more information or to register, please call (866) 854-0638 or (360) 396-4115.

Appointments available for FREE individual consultations, call (866) 854-0638.

SPECIAL EVENTS

Daddy Boot Camp
Thursday, Jan. 25, 5-7 pm
Bldg. 2901, Bangor Blue
Register at (360) 396-4115 by Jan. 24

Baby Indoc
Wednesday, Feb. 14, 1-4 pm
Bldg. 1099, Bangor Gold
Register at (360) 396-4115 by Feb. 12

Military Saves Week
Monday, Feb. 26-Friday, Mar. 2

An annual opportunity for installations and organizations to promote good savings behavior, and a chance for service members and their families to assess their own saving status.

CLINICAL

Living Intentionally Fully and Effectively (L.I.F.E.) Group

Join the group to connect with other people and share your journey of personal growth, and to learn how to: improve your self-esteem, build healthier relationships, better understand and control your mood, express yourself

assertively and respectfully, have a positive outlook gain problem-solving skills, face your fears, and reduce your stress. Open to both men and women! Call (866) 854-0638 to register and for times and dates.

Survivors Overcoming Abuse with Resiliency (S.O.A.R.) Group

This group is open to active duty, family members and retirees. This is a 10-week psycho-educational support group that aims to assist survivors of sexual abuse and violence. SOAR is an educational rather than processing group. It is trauma-informed, strength-based and provides a safe environment to begin the healing process. SOAR strives to enhance resilience through the teaching of skills, such as coping, communication, regaining trust, strengthening intimate relationships and personal empowerment. SOAR has been developed for women, 18 and older, and is held once a week for two hours. Call 1-866-854-0638 to register and for times and dates.

SUBMERGED
Last Thursday of every month, 4-6 pm

Admiral Boorda Teen Center
SUBMERGED is a teen-centered program that strives to foster healthy teenage development by promoting a safe space for teens to talk about what is important to them. By actively engaging our teens, SUBMERGED addresses issues such as setting boundaries, healthy relationships, emotional intelligence, self-esteem, and other meaningful subjects. Fleet and Family Victim Advocates facilitate SUBMERGED on the last Thursday of every month at the Admiral Boorda Teen Center, located on Bangor. Registration is required. Register with the Child and Youth Programs at (360) 396-4853 or (360) 396-5138

Positive Parenting
Thursdays, Jan. 11-Mar. 15, 9-11 am

Bldg. 1099, Bangor
This class is a 10-week course designed for parents with children of all ages.

Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training

Tuesday, Feb. 6, 8:30 am-Noon
Bldg. 1099, Bangor
COMNAVREGNWINST 1753.1A requires all newly appointed Commanding Officers, Executive Officers, Command Master Chiefs and Chiefs of the Boat to attend the DV/SA Executive Leadership Training within 90 days of assuming their position. Register at (866) 854-0638

INDIVIDUAL AUGMENTEE/DEPLOYMENT PROGRAMS

Pre-deployment Briefs for IAMM/GSA/OSA/RC and Pre-deployment for Family and Friends. Call (360) 315-3053 to schedule your brief.

Post-deployment Briefs for IAMM/GSA/OSA/RC and Post-deployment for Family and Friends. Call (866) 854-0638 to schedule an appointment.

EMPLOYMENT

Assists you in landing that perfect job!

Spouse CERT (Career, Education, Resources, Training)
Thursday, Jan. 4,
10 am-Noon

Basic Resume
Wednesday, Jan. 24,
10 am-Noon

Preparing for FAFSA and Veteran's Education Benefit
Thursday, Jan. 25, 1-4 pm

Interviewing Skills
Thursday, Feb. 1, 1-3 pm

Federal Job Application Process
Wednesday, Feb. 14, 1-4 pm

Basic Resume
Thursday, Feb. 22,
10 am-Noon

Myers-Briggs Personality Test Class
Thursday, Mar. 1, 1-3 pm

Scholarships 101
Thursday, Mar. 8, 2-4 pm

Spouse CERT (Career, Education, Resources, Training)
Monday, Mar. 12,
10 am-Noon

Interviewing Skills
Friday, Mar. 23, 10 am-Noon

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Provides information, referral, systems navigation and non-medical case management to special-needs families.

EFMP Command POC Training
Thursday, Jan. 11, 1-4 pm

EFMP Command POC Roundtable
Thursday, Feb. 15, 1-3 pm
CMCs and Command Trained POCs - An opportunity to discuss concerns, challenges and program updates.

FAMILY ADVOCACY PROGRAM

Offering prevention, identification, treatment and follow-up when family relationships turn volatile and violent.

FAMILY READINESS GROUP (FRG)

Provides support to families before, during, and after deployment

Session A
Thursday, Jan. 11,
9 am-Noon
Modules 1 & 2: Establishing an FRG and FRG Membership Building - Attracting and Motivating FRG Members.

Session B
Thursday, Feb. 15,
9 am-Noon
Modules 3, 4 & 5: Financial Planning, Fundraising Policies, Event Planning, Homecoming and other Social Gatherings, and Operation Preparedness, Emergency Response.

FRG Abridged
Monday, Mar. 19,
10 am-3 pm
Combined Session A and B (condensed class of all modules).

LIFE SKILLS

Gain knowledge and develop new skills that will enhance self-esteem and interpersonal relations.

Anger Management
Mondays, Jan. 8, 22, 29,
Feb. 5, 12, 26, 1:30-3:30 pm
Must attend all six sessions to receive a completion certificate.

Stress Management 101
Thursday, Jan. 25, 9-11 am

Stress Management
Thursdays, Feb. 1, 8, 15, 22,
9-11 am

Effective Communication
Monday, Feb. 26, 9-11 am

Relationship Resources
Wednesday, Feb. 28,
10 am-Noon



Daddy BOOT CAMP Class **FREE!**

Hosted by the Fleet & Family Support Center

Workshop for active-duty DADS-to-Be only

Thursday, Jan. 25, 2018, 5-7 pm, FFSC (Blue), B-2901

Learn what makes a good Dad:

- Getting ready for your baby
- Bonding with your newborn
- Crying - how much is too much and ways to soothe your baby
- Baby care, including feeding, bathing and changing
- Ways to support Mom and newborn
- A new father will discuss what it is really like after the baby is born

How you care for your child, from the very first day, will build the foundation for YOUR relationship.

Pre-register by Monday, Jan. 22 (360) 396-4115

Anger Management
Mondays, Mar. 5, 12, 19, 26,
Apr. 2, 9, 1:30-3:30 pm
Must attend all six sessions to receive a completion certificate.

Stress Management 101
Thursday, Mar. 8, 9-11 am

OMBUDSMAN

Training and support for the liaison between commands and all family members within a command.

Ombudsman Basic Training
Wednesday, Jan. 17-
Friday, Jan. 19, 9 am-4 pm
Register with Ombudsman Program Coordinator (360) 396-5137 or NBK FFSC Front Desk (360) 396-4115

PERSONAL FINANCIAL MANAGEMENT (PFM)

Learn to manage your finances, budgeting, credit/debt management, savings and investing, ID theft, car buying and home buying, as well as other individual financial concerns.

Home Buying Seminar
Friday, Jan. 12, 10 am-Noon

Million Dollar Sailor
Tuesday, Jan. 30-
Wednesday, Jan. 31,
8 am-3 pm

Psychology of Spending
Friday, Feb. 9, 10 am-Noon

CFS Refresher Training
Monday, Feb. 12,
7:30 am-4 pm

Command Financial Specialist Training
Monday, Mar. 26-Friday,
Mar. 30, 7:30 am-4 pm

PODCASTS

Great information available to download in MP3 format at any time and listen to anywhere!

Click on Fleet & Family Support Podcasts from the Fleet & Family Support drop-down menu on navylifepnw.com.

RELOCATION

Whether you are settling in or departing, we can help ease the stress of moving with these FREE classes.

Sponsorship Training
Friday, Jan. 19, 10 am-Noon

Welcome Aboard
Friday, Jan. 26, 10 am-Noon

Smooth Move
Thursday, Feb. 8,
10 am-Noon

Sponsorship Training
Friday, Mar. 16, 10 am-Noon

SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM (SAPR)

The main goal of the SAPR program is to assist victims of sexual assault and reduce the incidence of sexual assault committed by or against military service members, their families and civilians. Register at NBKSAPR@navy.mil

Initial Unit SAPR POC Training
Tuesday, Jan. 9, 7:30 am-4:30 pm

Initial SAPR Unit Victim Advocate (UVA) Training
Monday, Jan. 29-Friday,
Feb. 2, 7:30 am-4:30 pm

Initial SAPR UVA Training
Monday, Feb. 26-Friday,
Mar. 2, 7:30 am-4:30 pm

MILLION DOLLAR SAILOR

Million Dollar Sailor is a two-day seminar, designed to educate and assist Sailors and their families in their quest to have a better quality of life with more financial choices.

Tuesday, Jan. 30-Wednesday, Jan. 31
Register by Thursday, January 25
NBK-Bangor FFSC (Blue), Bldg. 2901
8 am-3 pm, FREE

(360) 396-4115

UVA Refresher Training (Module 1)
Monday, Mar. 12, 8 am-5 pm

Unit Victim Advocate (UVA) Refresher Training (Module 2)
Tuesday, Mar. 13, 8 am-5 pm

UVA Refresher Training (Module 3)
Wednesday, Mar. 14, 8 am-5 pm

UVA Refresher Training (Module 4)
Thursday, Mar. 15, 8 am-5 pm

UVA Refresher Training (Module 5)
Friday, Mar. 16, 8 am-5 pm

Initial Unit SAPR POC Training
Thursday, Mar. 22, 7:30 am-4:30 pm

TRANSITION ASSISTANCE PROGRAMS – GOALS, PLAN, SUCCEED (GPS)

Are you separating or retiring soon? If so, the FFSP can help you become better prepared for your transition into the civilian sector. Contact your Command Career Counselor for registration; spouses call (866) 854-0638.

Transition GPS
Monday, Jan. 8-Friday, Jan. 12, 7 am-4:30 pm

Transition GPS: Boots to Business Career Track
Tuesday, Jan. 16-Wednesday, Jan. 17, 8 am-4 pm

Transition GPS CAPSTONE Event
Thursday, Jan. 18, 9-11 am or 1-3 pm

Final Move
Thursday, Jan. 18, 11 am-1 pm

Transition GPS
Monday, Jan. 22-Friday, Jan. 26, 7 am-4:30 pm

Transition GPS
Monday, Jan. 29-Friday, Feb. 2, 7 am-4:30 pm
Bldg. 1013, Bremerton

Transition GPS CAPSTONE Event
Tuesday, Jan. 30, 9-11 am or 1-3 pm
Bldg. 1013, Bremerton

Understanding Survivor Benefits Plan
Tuesday, Jan. 30, 11 am-Noon
Bldg. 1013, Bremerton

Tricare Benefit As You Transition
Tuesday, Jan. 30, Noon-1 pm
Bldg. 1013, Bremerton

Transition GPS
Monday, Feb. 5-Friday, Feb. 9, 7 am-4:30 pm

Transition GPS CAPSTONE Event
Tuesday, Feb. 6, 9-11 am or 1-3 pm

Understanding Survivor Benefits Plan
Tuesday, Feb. 6, 11-Noon

Tricare Benefit As You Transition
Tuesday, Feb. 6, Noon-1 pm

Transition GPS
Monday, Feb. 12-Friday, Feb. 16, 7 am-4:30 pm

Transition GPS: Accessing Higher Education Career Track
Tuesday, Feb. 20-Wednesday, Feb. 21, 8 am-4 pm

Transition GPS CAPSTONE Event
Thursday, Feb. 22, 9-11 am or 1-3 pm
Bldg. 1013, Bremerton

Final Move
Thursday, Feb. 22, 11 am-1 pm
Bldg. 1013, Bremerton

Transition GPS
Monday, Feb. 26-Friday, Mar. 2, 7 am-4:30 pm
Bldg. 1013, Bremerton

Transition GPS
Monday, Mar. 5-Friday, Mar. 9, 7 am-4:30 pm

Military to Manufacturing (M2M)
Tuesday, Mar. 6-Wednesday, Mar. 7, 8 am-4 pm
Bldg. 1013, Bremerton

Transition GPS CAPSTONE Event
Thursday, Mar. 8, 9-11 am or 1-3 pm
Bldg. 1013, Bremerton

Understanding Survivor Benefit Plan
Thursday, Mar. 8, 11 am-Noon
Bldg. 1013, Bremerton

Tricare Benefit As You Transition
Thursday, Mar. 8, Noon-1 pm
Bldg. 1013, Bremerton

Transition GPS
Monday, Mar. 12-Friday, Mar. 16, 7 am-4:30 pm
Bldg. 1013, Bremerton

Transition GPS Technical Training Career Track
Wednesday, Mar. 14-Thursday, Mar. 15, 8 am-4 pm

Transition GPS
Monday, Mar. 19-Friday, Mar. 23, 7 am-4:30 pm

Transition GPS CAPSTONE Event
Tuesday, Mar. 20, 9-11 am or 1-3 pm

Final Move
Tuesday, Mar. 20, 11 am-Noon

CONSEP
Wednesday, Mar. 21-Thursday, Mar. 22, 8 am-4 pm
Bldg. 1013, Bremerton

Transition GPS
Monday, Mar. 26-Friday, Mar. 30, 7 am-4:30 pm

WEBINARS

FREE! Attend live workshops from the comfort and convenience of your home computer! Register online by visiting the Webinar page on navylifepnw.com, unless otherwise noted. Upon registration, details for attending the webinar will be emailed to the address you provide.

Advanced CFS
Wednesday, Jan. 17, 2-3:30 pm

Deployment and Couples
Tuesday, Jan. 23, 10 am-Noon

New Spouse 101
Wednesday, Jan. 24, 10-11 am

Deployment and Children
Wednesday, Jan. 24, 10 am-Noon

Deployment and Spouses
Thursday, Jan. 25, 10 am-Noon

The Ghost of Christmas Past
Thursday, Jan. 25, 2-3:30 pm

Spouse Career Education Resource Training (CERT)
Tuesday, Feb. 13, 10 am-Noon

Writing Your Best Resume
Thursday, Feb. 22, 11 am-Noon

Deciphering the Code: Learning to Read a Job Announcement
Tuesday, Mar. 6, 1-3 pm

Lemons to Lemonade: Make the Best of Your Duty Station
Tuesday, Mar. 13, 1-2 pm

MILITARY Saves

FREE

Military Saves Week
Monday, February 26-Friday, March 2

An annual opportunity for installations and organizations to promote good savings behavior, and a chance for service members and their families to assess their own saving status.

Take the Saver's Pledge at <http://www.militarysaves.org/> (360) 396-4115

CNIC The Center

21st Century CONSEP

THE STANDARD FOR CAREER READINESS

The Career Options and Navy Skills Evaluation Program (CONSEP) is a class designed to help you make informed decisions about your career path, whether you decide to stay Navy or move into the civilian sector. CONSEP will help you identify your individual skills and talents, and develop long-term professional goals. Attend CONSEP and let experienced professionals help you navigate your decision-making process.

Naval Air Station Whidbey Island, Nor'Wester

First-Term: Wednesday, Jan. 31-Thursdays, Feb. 1, 7:30 am-4 pm

Mid-Career: Wednesday, Feb. 28-Thursdays, Mar. 1, 7:30 am-4 pm

Naval Base Kitsap, Bremerton, Bldg. 1013

Mid-Career: Wednesday, Mar. 21-Thursdays, Mar. 22, 8 am-4 pm

Naval Station Everett, Bldg. 2000, Room 107

First-Term: Tuesday, Mar. 27-Wednesday, Mar. 28, 8 am-4 pm

To register, contact your Command Career Counselor (866) 854-0638 or TAP.cnrnw@navy.mil

Teen Dating Violence Awareness

MONTH

February

One in three teens will experience physical, sexual or emotional abuse in a relationship. Help us spread awareness and stop dating abuse before it starts!

(360) 396-4115/(360) 315-5028



MWR Kids' Play Days



Start Smart

* * * * *

CHILD & YOUTH PROGRAM

Prices, dates and times may be subject to change without prior notice. Please check the website for updates: kitsap.navylifepnw.com/child-youth.



Navy Child and Youth Programs (CYP) provide developmental childcare and youth recreational programs and services for eligible children and youth, ages 4 weeks to 18 years of age.

Programs and services are specifically designed and operated to meet the unique needs of the military mission and service members and their families.

Events and Programs are FREE, unless otherwise noted.

CYP Wants Your Feedback!

Break the ICE! Tell us about your experience. The goal of Navy Region Northwest's Fleet & Family Readiness Programs is to provide you with high quality programs and services.

Please fill out an ICE comment card and place in the ICE comment collection box or give to any staff member in one of our programs. Or, you can visit us online at: https://ice.disa.mil/index.cfm?fa=site&site_id=844 to give us your feedback. Thank you!

Parents' Night Out

\$4 per child/per hour
Do you need time to enjoy a movie, dinner or just to run some errands without your children? Eligible families with children, ages 6 weeks to 12 years, can reserve. Military sponsor must complete registration prior, and advanced reservations are required. Space is limited, don't delay!

Bangor Child Development Center

2902 Ohio Street, Silverdale, WA 98315

- Tuesday, Jan. 9, 6-10 pm
- Tuesday, Feb. 13, 6-10 pm
- Tuesday, Mar. 13, 6-10 pm

(360) 396-5920

Jackson Park Child Development Center

110 Olding Road, Bremerton, WA 98312

- Saturday, Jan. 27, 10 am-2 pm
- Thursday, Feb. 22, 6-10 pm
- Thursday Mar. 22, 6-10 pm

(360) 476-8666

School Liaison Officer

The School Liaison Officer is the primary point of contact between the military installation, the local schools and school districts, transitioning families and the community at large.

Call (360) 396-5139 or email nbk.slo@navylifepnw.com for more information.

- Provides services for:
- Transitioning Families
- Educators
- Command Leadership

8TH Annual Kindergarten Fair

- Tuesday, Jan. 16, 3-5:30 pm, Bangor Plaza Ballroom, 2720 Ohio Street, Silverdale, WA 98315
- Tuesday, Jan. 30, 3-5:30 pm, Jackson Park Community Center Chapel, 90 Olding Road, Bremerton, WA 98312

The NBK School Liaison Officer is always available for your questions.

Call (360) 396-5139 or email nbk.slo@navylifepnw.com for more information.

Come Work For Navy CYP!

Navy Child and Youth Program (CYP) professionals make a difference every day in the lives of our military families. When our families are confident that their children are safe and in good care, they can concentrate on fulfilling their responsibilities. What we do truly matters. We've got it all: Options, Advancement, and Great Benefits.

Our career areas cover a variety of age groups and activities - find the right fit for you.

- Child Development Centers serving ages 6 weeks to 5 years
- Child Development Homes supporting certified home-based programs serving ages 6 weeks to 12 years
- School-age Care serving ages 5-13 years
- Youth/Teen Center serving pre-teens (9-12 years) and teens (13-18 years) in a fun and safe atmosphere to hang out and socialize with peers
- Youth Sports and Fitness serving ages 3-18 years through recreational exercise and athletics

No degree? No experience? Let us train you. Plus, we'll help pay for industry certification or college courses. Once you're here and ready, we will work with you to make sure you keep advancing.

Competitive wages, a variety of work schedules, amazing health insurance,

WHAT WE DO TRULY MATTERS!

For more info: (360) 396-7242

MAKE A DIFFERENCE. BUILD A CAREER.

We've got it all:
Options, Advancement,
and Great Benefits.

Our career areas cover
a variety of age groups
and activities.

No degree? No experience?
Let us train you.

Competitive wages and a variety of
work schedules

Medical, Dental, and Life Insurance

Exciting work locations

Career advancement and tuition
assistance

401k with 3% employer matching

Location flexibility when you or your
family needs to move

FREE perks: fitness centers, pool
access, preferred daycare for children

Find the right fit for you and begin your CYP career by visiting
USA Jobs and searching Navy CYP, or visit navylifepnw.com/jobs

retirement savings, and paid
time off (13 days to start)
are just a few of the perks
of working here. We offer:

- Medical, dental, and life insurance
- Exciting work locations
- Career advancement and tuition assistance
- 401K with 3% employer matching
- Location flexibility when you or your family needs to move
- FREE perks: fitness centers, pool access, preferred day care for children

Find your CYP career
by visiting USA Jobs and
searching Navy CYP,
or visit <http://www.navylifepnw.com/jobs>.

Start Smart

**Six consecutive Saturday
sessions, Feb. 24-Mar. 31,
10-11 am, Admiral Boorda
Teen Center, 4168 Greenfish
Circle Silverdale, WA 98315
FREE!**

Sports program offered by
Child and Youth Programs
for parents with children
ages 3-5 years. Start
Smart Program promotes
children's development
of motor and social skills
necessary to participate
in organized sports,
while giving them the
opportunity to have fun
in a safe, nurturing, and
enjoyable environment.
Children will learn the
basics of basketball,
soccer, and more. Parent
participation is required.
This is not a drop-off care.
Register by Saturday,
Feb. 1. For more information
and/or to register, call
(360) 396-2463

Parents' Night Out!

Eligible families with children,
ages 6 weeks to 12 years,
can reserve care.

\$4 per child,
per hour
Light snacks included

Parents, take a
well-deserved break.

SPACE IS LIMITED, DON'T DELAY!

Call the hosting center to reserve a space today:

Bangor CDC (360) 396-5920

Jackson Park CDC (360) 476-8666

Tuesday, Jan. 9 6-10 pm · Bangor CDC

Saturday, Jan. 27 10 am-2 pm · Jackson Park CDC

Tuesday, Feb. 13 6-10 pm · Bangor CDC

Thursday, Feb. 22 6-10 pm · Jackson Park CDC

Tuesday, Mar. 13 6-10 pm · Bangor CDC

Thursday, Mar. 22 6-10 pm · Jackson Park CDC

Let us know how we are doing?

CYP wants your **FEEDBACK**

**Break the ICE,
tell us about your experience.**

Please fill out an ICE comment card and return
to the ICE comment collection box.

You can also visit us online at:

ice.disa.mil/index.cfm?fa=site&site_id=844

to give us your input.

We appreciate and look forward to your feedback.

**BREAK THE
ICE**





Camping at Navy Getaways Pacific Beach



Star Wars Day at Jim Creek



Cliffside RV Park

* * * * *

HOUSING, LODGING & NAVY GETAWAYS

Prices, dates and times may be subject to change without prior notice. Please check our website for updates: navylifepnw.com.



Navy Gateway Inns & Suites
(877) NAVY-BED
DoDLodging.net



Navy Getaways
(877) NAVY-BED
navygetaways.com

Cliffside RV Park:
(360) 257-2649
cliffside.navylifepnw.com

Jim Creek Navy Community
Recreation Area:
(425) 304-5315/
(425) 304-5363
jimcreek.navylifepnw.com

Pacific Beach:
(360) 276-4414
pacbeach.navylifepnw.com

*Indicates a community event

Navy Getaways and Navy Gateway Inns & Suites (NGIS) are open to active duty, retirees, reservists, DoD civilians, base contractors, families, and accompanied guests, unless otherwise noted.



Housing Service Center
(800) 876-7022

NAVY GETAWAYS

Mallard RV Campers Available for your Navy Getaways Stay!

Jim Creek Navy Community Recreation Area, Navy Getaways Pacific Beach, and Cliffside RV Park

Book your next Navy Getaways stay in one of our Mallard RV Campers! The one-bedroom campers include a queen bed, flat-screen TV and DVD player, one set of double bunk beds, 30/50 amp service, FREE WiFi, a full bathroom with shower, and full kitchen with all standard amenities, including a coffee maker. Learn more at navylifepnw.com.

JIM CREEK NAVY COMMUNITY RECREATION AREA

Jim Creek Stay One Night, Get One Night FREE

Now-Saturday, Mar. 31

Valid for Standard Cabins, RV Sites, RV Trailers and Tent Sites. Excludes Deluxe Cabins, Dens, Group Camps and Lodge. Not valid during holiday periods. Special is valid for one site per household. Go one step further and plan your stay around our special events! (425) 304-5315

(425) 304-5363

JANUARY

Star Wars Day

Saturday, Jan. 27
Noon-4 pm

FREE

The Force is strong at a Campground not so far, far away! Light saber battles, crafts, activities, and BIG SCREEN Star Wars movies. Come dressed as your favorite character for an all-ages costume contest! VOLUNTEERS NEEDED!

(425) 304-5315

(425) 304-5363

FEBRUARY

FROZEN Celebration

Saturday, Feb. 24,
Noon-4 pm

The cold never bothered us anyway! Bundle up and join us for a day of everything FROZEN, including a meet and greet with Elsa and Anna, sing-a-longs, Kristoff's Ice Delivery Wagon Rides, "snowball" fights, ice-cream social, trivia, crafts, games, bounce houses and more! VOLUNTEERS NEEDED!

(425) 304-5363

(425) 304-5315

MARCH

Jurassic Adventures

Saturday, Mar. 17,
Noon-4 pm

Enjoy a prehistoric

adventure of Titanosaurus proportions! Raptor Hunt on the hay wagon, participate in the loudest roar contest, roam the forest on a fossilized scavenger hunt, and more! VOLUNTEERS NEEDED!

(425) 304-5315

(425) 304-5363

Think Ahead for Summer

The early bird catches the worm! Now is the time to start planning your getaway to Jim Creek. Whether for a family reunion, command function, scout campout, or just a weekend stay with the family. Call now to reserve your cabin, RV spot, trailer, lodge, and/or a stay in our newly renovated dens!

(425) 304-5315

(425) 304-5363

NAVY GETAWAYS PACIFIC BEACH

Navy Getaways Pacific Beach BOGO

Now-Monday, Apr. 30

Spend more time relaxing on the beach! Stay one night and get one FREE! Offer excludes holidays and any school breaks. Please ask when making your reservations.

(360) 276-4414

JANUARY

Princess Party

Saturday, Jan. 13,
Noon-4 pm
FREE

Join us at the beach for a magical weekend. Come dressed as your favorite Disney princess or prince and participate in royal activities.

(360) 276-4414

FEBRUARY

Touchdown Party at the Beach

Sunday, Feb. 4
Pac Beach Lounge, FREE
Watch the big game with us at the beach. There will be drink and food specials throughout the game. We will also be hosting football-themed party games with a chance to win prizes. (Not an NFL-sanctioned event.) (360) 276-4414

Sweetheart Weekend Friday, Feb. 9-Sunday, Feb. 11

Come stay, play and enjoy a romantic couples' weekend at the beach! The weekend includes Valentine's goodies, a dinner for two, and lodging, in a convenient package. (360) 276-4414

MARCH

Superhero Day
Saturday, Mar. 3,
Noon-4 pm
FREE

Fly into March as your favorite superhero. Dress as a hero or villain and join us for an adventurous time.

(360) 276-4414

Glass Float Frenzy
Saturday, Mar. 17, 8 am
FREE

Our facility will become an arena for the glass float scavenger hunt. Learn about beachcombing from a local marine biologist and then, spend the next day searching the facility for your own glass float.

(360) 276-4414

Eggstravaganza
Saturday, Mar. 31-
Sunday, Apr. 1
FREE

Join us for our annual egg hunt. We will have an egg hunt for two age groups, pictures with the Easter Bunny, an hour of FREE bowling and Easter crafts!

Then, on Sunday, we will have an Easter breakfast.
(360) 276-4414

CLIFFSIDE RV PARK

Cliffside RV Park: A Navy Getaways Destination

Stay, play, and relax! Nestled along the shoreline of Whidbey Island, Cliffside overlooks the Strait of Juan de Fuca, Vancouver Island, the San Juan Islands and the Olympic Peninsula. With its awe-inspiring location, Cliffside offers the ambiance of shoreline living. Book your stay at one of the RV Sites, Tent Campsites, Camping Trailers, or furnished Yurts! (360) 257-2649

Cliffside BOGO
Monday, Feb. 12-Sunday, Feb. 18

Buy one night stay and get one night FREE! Applies to all types of new stays during this week (except 30-day stay). Special valid for one stay per household.

Cliffside Star Party
Thursday, March 15

A getaway from home right in Western Washington's backyard.



BOGO
Feb. 12-18

Cliffside
RV PARK • CAMPING • YURTS

**Buy One Night Stay and
Get One Night FREE!**

Applies to all types of new stays during this week (except 30-day stay). Special valid for one stay per household.

Reservations:

1 (877) NAVY BED • navygetaways.com
cliffside@navylifepnw.com

PARK OFFICE: (360) 257-2649



Now through March 31, 2018

**Stay 1 Night
Get 1 Night FREE**

Valid for Standard Cabins, RV Sites, RV Trailers and Tent Sites. Excludes Deluxe Cabins, Dens, Group Camps and Lodge. Not valid during holiday periods. Valid for one Cabin per household.

TOLL FREE: 1-877-NAVY-BED
DIRECT: 1 (425) 304-5363/1 (425) 304-5315

 **navylifepnw.com**
everything northwest



NAVY GETAWAYS PACIFIC BEACH

bo go

**NOW THROUGH
MONDAY, APRIL 30, 2018**

**SPEND MORE
TIME RELAXING
ON THE BEACH**

**Stay 1
Night,
Get 1
FREE!**

Offer excludes holidays and any school breaks. Please ask when making your reservations.

BOOK YOUR STAY TODAY!
WWW.NAVYGETAWAYS.COM
(877) NAVY-BED

PACBEACH.NAVYLIFEPNW.COM
(360) 276-4414

WINTER EVENTS

All events are FREE and from Noon-4 pm, unless otherwise noted.
Some additional fees apply, please consult navylifepnw.com or
contact the Community Recreation Office for more information.



Star Wars Day

Saturday, January 27
Noon-4 pm

The Force is strong at a campground
not so far, far away.



FROZEN Celebration

Saturday, February 24
Noon-4 pm

The cold never bothered us anyway!



Jurassic Adventures

Saturday, March 17
Noon-4 pm

Have a roaring good time in the
prehistoric era!



Legend of Zelda: Jim Creek Adventures

Saturday, April 28
Noon-4 pm

Adventure awaits and you're the
missing 'Link'!

PACIFIC BEACH



Transform into your favorite Disney Princess or Prince and travel to our magical kingdom at the beach!

FREE Activities:

- Watch your favorite Disney Princess movies all weekend long!
- Craft like royalty! Create crowns, wands, and more.
- Don't forget your camera! There will be lots of photo ops, and you may even spot a real-life princess!

Other Activities:

- Have a grand time with bowling and activities fit for kings and queens!
- Feast in the presence of royalty with breakfast in our Café!

SATURDAY, JANUARY 13 · NOON-4 PM

**SUPERHERO
DAY**

*Fly into March
as your favorite
Superhero!*

Saturday, March 3, Noon-4 pm

- Dress as a hero or villain and join us for an adventurous time, Noon-4 pm
- FREE Crafts: Design a cape, a mask, and more
- FREE Activities: Superhero Training - learn to punch down walls!
- Watch Superheroes and Villains all weekend long in the movie theater.
- Bowl like a Superhero and win prizes.
- Join us Sunday morning for a Superhero breakfast, and keep an eye out for a Superhero!



BOOK YOUR STAY TODAY!
WWW.NAVYGETAWAYS.COM | (877) NAVY-BED
GET OUR QUARTERLY E-NEWSLETTER,
VISIT: WWW.NAVYLIFEPNW.COM/SUBSCRIBE

PACBEACH.NAVYLIFEPNW.COM
(360) 276-4414



1RM Squat/Bench/Deadlift



Open Wrestling Practice

* * * * *

SPORTS, FITNESS & AQUATICS

Prices, dates and times may be subject to change without prior notice. For most up-to-date information, visit kitsap.navylifepnw.com. Register online at myFFR or at any MWR facility.



The Navy Fitness Program offers a variety of fitness, aquatic and intramural sports programs that enhance the readiness, retention and quality of life of the entire Navy family.

Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, have the chance to represent the Navy at higher-level athletic competitions through the All-Navy Sports Program.

More information can be found at kitsap.navylifepnw.com or by contacting:

Sports: nbk.sports@navylifepnw.com

Fitness: nbkfitness@navylifepnw.com

Aquatics : nbk.aquatics@navylifepnw.com

= Captain's Cup Event

AQUATICS

Register online or at any Gear Issue Desk.

JANUARY

Evening Swim Lessons Begins Monday, Jan. 8 & Tuesday, Jan. 9

Bangor Aquatics Center
Monday/Wednesday
\$26.25 Active Duty/Retirees,
\$28 DoD Civilians
and Guests

Tuesday/Thursday
\$30 Active Duty/Retirees,
\$32 DoD Civilians and
Guests

Monthly Swim Lessons meet twice per week on either Monday and Wednesday or Tuesday and Thursday. Classes are 30-minutes long. Registration open Monday, Dec. 25-Sunday, Jan. 7 (360) 315-2131 myFFR #622001/622002

Adult and Pediatric First Aid, CPR and AED Thursday, Jan. 11, 9 am-2 pm

Bremerton Fitness Center Classroom, \$40

An American Red Cross Course which will result in a 2-year certification in Adult and Pediatric First Aid, CPR and AED.

Registration open Tuesday, Dec. 12-Wednesday, Jan. 10 (360) 476-9416 myFFR #621014

Swim Clinic: Breaststroke Thursday, Jan. 18, 4-5:30 pm

Bangor Aquatics Center, FREE Active Duty, \$10 All other eligible patrons

This swim clinic will focus on breaststroke technique and drills to help improve your swim time. (360) 315-2131 myFFR #621007

2nd Class Swim Qualification Prep Clinic Tuesday, Jan. 23, 6-7 am

Bremerton Aquatics Center, FREE (ACTIVE DUTY ONLY)

This hour-long swim clinic will focus on stroke technique for each of the required strokes, floating, and treading water. (360) 476-9416 myFFR #621007

FEBRUARY

2nd Class Swim Qualification Prep Clinic Tuesday, Feb. 6, 6-7 am

Bangor Aquatics Center, FREE (ACTIVE DUTY ONLY)

This hour-long swim clinic will focus on stroke technique for each of the required strokes, floating, and treading water. (360) 315-2131 myFFR #621007

Evening Swim Lessons Begins Monday, Feb. 5 & Tuesday, Feb. 6

Bangor Aquatics Center
Monday/Wednesday
\$26.25 Active Duty/Retirees,
\$28 DoD Civilians
and Guests

Tuesday/Thursday
\$30 Active Duty/Retirees,
\$32 DoD Civilians
and Guests

Monthly Swim Lessons meet twice per week on either Monday and Wednesday or Tuesday and Thursday. Classes are 30-minutes long. Registration open Monday, Jan. 22-Sunday, Feb. 4 (360) 315-2131 myFFR #622003/622004

Cupid's Splash Pool Party Saturday, Feb. 10, 10 am-3 pm

Bremerton Aquatics Center, FREE

Inflatable toys, crafts, balloon twister, goody bags, and fun! (360) 476-9416

Adult and Pediatric First Aid, CPR and AED Saturday, Feb. 24, 9 am-2 pm

Bremerton Fitness Center Classroom, \$40

An American Red Cross Course which will result in a 2-year certification in Adult and Pediatric First Aid, CPR and AED. Registration open Wednesday, Jan. 24-Friday, Feb. 23 (360) 476-9416 myFFR #621014

MARCH

Youth First Aid and CPR Course Saturday, Mar. 3, Noon-2 pm

Bangor Fitness Complex, \$10
A CPR course designed for kids, ages 10-15, who are looking to learn the basics about recognizing and

responding to emergencies.
Registration open Saturday,
Feb. 3–Friday, Mar. 2
(360) 315-2131
myFFR #621016

Evening Swim Lessons Begins Monday, Mar. 5 & Tuesday, Mar. 6

Bangor Aquatics Center
Monday/Wednesday
\$30 Active Duty/Retirees,
\$32 DoD Civilians
and Guests

Tuesday/Thursday
\$30 Active Duty/Retirees,
\$32 DoD Civilians
and Guests

Monthly Swim Lessons meet
twice per week on either
Monday and Wednesday
or Tuesday and Thursday.
Classes are 30-minutes long.
Registration open Monday,
Feb. 19–Sunday, Mar. 4
(360) 315-2131
myFFR #622003/622004

Swim Clinic: Front Crawl Stroke

Thursday, Mar. 8, 4–5:30 pm
Bremerton Aquatics Center,
FREE Active Duty, \$10 All
other eligible patrons

This hour-long swim
clinic will focus on stroke
technique for each of the
required strokes, floating,
and treading water.
(360) 476-9416
myFFR #621007

Spring Swim Challenge Monday, Mar. 12–Friday, Mar. 16

Bangor and Bremerton
Aquatics Centers, FREE
Get moving with a swim
challenge! Swim anytime
at either the Bangor or
Bremerton Aquatics Centers
and record your mileage
as you go. Prizes will be
given to swimmers who
swim the farthest distance.
(360) 315-2131

Bunny Plunge Pool Party Saturday, Mar. 31, 10 am–3 pm

Bangor Aquatics Center,
FREE
Egg hunts will run hourly
and be separated by age.
There will be different heats
for all age groups. Inflatable
toys, crafts, balloon twister,
goody bags, and fun!
(360) 315-2131

FITNESS

*Group Fitness Class schedule
and details can be found on
navylifePNW.com. All activities
are open to men and women.*

JANUARY

**Wounded Warrior/Safe
Harbor Spin-A-Thon**
Friday, Jan. 19, 6 am–2 pm
Bangor Fitness Complex,
FREE

Ride for one hour or stay
for all eight! This event
is designed to support
physical readiness and
command morale. The
command with the most
cumulative spinning hours
wins the challenge.
(360) 315-2134

NOFFS 5-hour Course
Friday, Jan. 26, 7 am–1 pm
Bangor Fitness Complex,
FREE

The Navy Operational
Fitness and Fueling System
(NOFFS) provides the
Navy with "Best-in-Class"
physical fitness and nutrition
information for Sailors.
Register by Wednesday,
Jan. 24
(360) 315-2134
myFFR #625500

FEBRUARY

FITGO–Fitness Bingo
**Thursday, Feb. 1–
Wednesday, Feb. 28**

Bangor and Bremerton
Fitness Complexes, FREE
FITGO is a fitness spin on
bingo! Participate in group
fitness classes and other
fitness activities to get
your FITGO card stamped.
Completion of the whole
card results in a prize at
the end of the month.
Registration closes
Monday, Feb. 26.
Bangor (360) 315-2134
Bremerton (360) 476-2231
myFFR #622202

1RM: Squat/Bench/ Deadlift

**Friday, Feb. 2, 6–8 am,
11 am–1 pm, 3–5 pm**
Bangor and Bremerton
Fitness Complexes, FREE
Competitors will compete
in their appropriate weight
division and record their
heaviest lift in each event:
squat, bench and deadlift.
Bangor (360) 315-2134
Bremerton (360) 476-2231

Sweetheart Run 5K
**Wednesday, Feb. 14,
11:30 am**

Bangor Fitness Complex,
FREE, \$10 to guarantee a
towel
Celebrate Valentine's Day
with a 5K run or stroll! The
top three finishers in each
division will receive awards.
Register by Tuesday, Feb. 13.
To guarantee a T-shirt or
towel, you must register by
Monday, Jan. 29.
(360) 315-2134
myFFR #622214

NOFFS 5-hour Course
Friday, Feb. 23, 7 am–1 pm
Bremerton Fitness Complex,
FREE

The Navy Operational
Fitness and Fueling System
(NOFFS) provides the
Navy with "Best-in-Class"
physical fitness and nutrition
information for Sailors.
Register by Wednesday,
Feb. 21
(360) 476-7026
myFFR #635500

MARCH

Shamrock Shuffle
Friday, Mar. 16, 11:30 am

Jackson Park Waterfront,
FREE or \$15 for a T-shirt
The Shamrock Shuffle is a
3-mile run/walk along the
Jackson Park waterfront.
This route is stroller-friendly.
Register by Noon, Mar. 15. To
guarantee a T-shirt, register
by Saturday, Mar. 3.
(360) 476-2231
myFFR #632018

CFL Course
**Monday, Mar. 26–Friday,
Mar. 30, 7 am–4:30 pm**
Bangor Fitness Complex,
FREE

The Command Fitness
Leader (CFL) Course is the
40-hour mandatory training
for those Sailors appointed
to be their Command CFL.
ACFL's are not required
to take this course, but
are highly encouraged to
attend. All applications must
be submitted to CNIC two

weeks prior to start date.
Register by Tuesday, Mar. 13
(360) 315-2134

INTRAMURAL SPORTS

*Open to men and women.
Register online or at any
Gear Issue Desk.*

Open Wrestling Practice
Monday–Friday
Bremerton Fitness Complex,
FREE

Conducted and
monitored by an All-Navy
Wrestling Coach. Call
for more information.
(360) 476-2231

JANUARY

Basketball Leagues
**January–March,
Monday–Thursday Evenings**
Bangor and Bremerton
Fitness Complex Basketball
Courts
FREE Active Duty/Retirees,
\$25 DoD Civilians/Guests
Three leagues: Intramural,

FRIDAY, MARCH 16

NAVAL HOSPITAL BREMERTON | 11:30 AM



**Get GREEN
and run along
Naval Hospital's
beautiful waterfront!**

This route is stroller-
and child-friendly.

Shamrock Shuffle

Register By Noon, Thursday, March 15
FREE or \$15 for a T-shirt
myFFR #632017

(360) 476-2231

Over-35, and Women's.
Mandatory Coaches'
Meeting Jan. 24 at 5 pm
in the Bremerton Fitness
Complex Classroom.
Register/submit Letter of
Intent by Monday, Jan. 15.
(360) 315-2132

**Naval Base Kitsap
Wrestling Invitational**
Saturday, Jan. 20,
9 am-4 pm, 9 am Weigh-In,
11 am Tournament Start
Bremerton Fitness Complex,
Bldg. 502, FREE

This annual wrestling
event will feature some of
the top military wrestlers
in the Northwest. There
will also be a novice
category for all levels of
participation. Open to all
eligible ID card holders.
(360) 476-9414

FEBRUARY

**Arctic Freeze Softball
Tournament**
Friday, Feb. 9 &
Saturday, Feb. 10
Bremerton Fitness Complex
Softball Fields, FREE Active
Duty/Retirees, \$25 DoD
Civilians/Guests
Register by Wednesday,
Feb. 7.
(360) 315-2132
myFFR #621213

MARCH

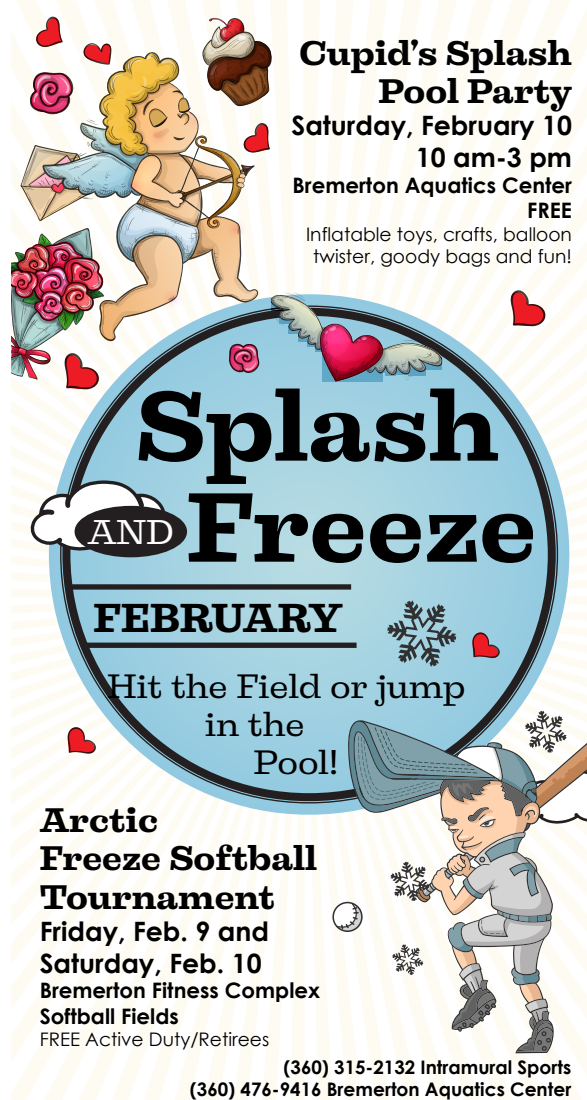
Army vs. Navy Ice Hockey
Saturday, March 3, Gates
open at 1 pm
Xfinity Arena, FREE
Watch our most anticipated
hockey game of the year!
Hosted by the Everett
Silvertips of the Western
Hockey League (WHL) All
MWR eligible 18+ patrons
are welcome to try out for
the PNW Navy Hockey team.
GO NAVY BEAT ARMY.
(425) 304-3935

Volleyball Leagues
March-May,
Monday-Thursday Evenings
Bangor and Bremerton
Fitness Complex Volleyball
Courts, FREE Active Duty/
Retirees, \$25 DoD Civilians/
Guests

Two leagues: Intramural
and Women's. Mandatory
Coaches' Meeting Mar. 21
at 5 pm in the Bremerton
Fitness Complex Classroom.
Register/submit Letter of
Intent by Friday, Mar. 16.
(360) 315-2132

SAVE THE DATE

Golf League
Wednesday Evenings at
Gold Mountain Golf Club
Mandatory Coaches'
Meeting Wednesday, April 18
at 5 pm at Gold Mountain
Golf Club. Golfers are
responsible for greens fees.
Register/submit Letter of
Intent by Monday, Apr. 9.
(360) 315-2132



**Cupid's Splash
Pool Party**
Saturday, February 10
10 am-3 pm
Bremerton Aquatics Center
FREE
Inflatable toys, crafts, balloon
twister, goody bags and fun!

Splash AND Freeze

FEBRUARY

Hit the Field or jump
in the
Pool!

**Arctic
Freeze Softball
Tournament**
Friday, Feb. 9 and
Saturday, Feb. 10
Bremerton Fitness Complex
Softball Fields
FREE Active Duty/Retirees
(360) 315-2132 Intramural Sports
(360) 476-9416 Bremerton Aquatics Center



NAVY WOUNDED WARRIOR SAFE HARBOR

Supporting seriously wounded, ill and injured
Sailors and Coast Guardsmen and their families.

CNRNW Regional Director &
Recovery Care Coordinator
(360) 315-2645 • NWWSH@navylifepnw.com

Naval Hospital Bremerton -
Non-Medical Care Manager
(360) 475-4679 • navywoundedwarrior@navy.mil

f i YouTube

1 (855) 628-9997 (24/7)
safeharbor.navylive.dodlive.mil

NAVAL BASE KITSAP
8th Annual

Kindergarten FAIR

Parents, do you have a child who is five or will be five years old on or before August 31, 2018?

Mark your calendar for the Kindergarten Fair, hosted by NBK's Child and Youth Education Services Navy School Liaison Officers.



Meet with representatives from the local area to learn more about kindergarten options, expectations, and readiness.

Tuesday, JANUARY 16

3-5:30 pm

Bangor Plaza Ballroom

2720 Ohio Street, Silverdale, WA 98315

Tuesday, JANUARY 30

3-5:30 pm, Jackson Park

Community Center Chapel

90 Olding Road, Bremerton, WA 98312

This fair is for Military, DoD, and Base Contractor parents/guardians with base access.

(360) 396-5139



Saturdays

FEBRUARY 24-MARCH 31

Admiral Boorda Teen Center

Six consecutive Saturday sessions, 10-11 am
Sports Program offered by Child & Youth Programs
for parents and children ages 3-5 years old

Promotes children's development of motor and social skills, while giving them the opportunity to have fun in a safe, nurturing, and enjoyable environment. Program will focus on "the Basics of Soccer."

Registration deadline: Thursday, February 1.

Parent participation is required. This is not drop-off care.

FREE (360) 396-2463

Bunny Plunge POOL PARTY

Saturday, March 31 | 10 am-3 pm
Bangor Aquatics Center

Join us for
an egg hunt
in the pool!

FREE

Egg hunts will run hourly and be separated by age!

INFLATABLE TOYS • CRAFTS • BALLOON TWISTER
GOODY BAGS • AND FUN!

(360) 315-2131

Sweetheart Run 5K

WEDNESDAY,
FEBRUARY 14

11:30 AM | BANGOR FITNESS COMPLEX

Baby, it's cold outside.... let's get running! Bring your Valentine out for a 5K run or stroll! Awards to top three finishers!

FREE
\$10 for an event towel

Register online at
myFFR
At navylifepnw.com!
(#622214)

Registration Deadline:
Tuesday, February 13
(360) 315-2134



Outdoor Rentals at Bremerton Recreation Center



MWR Eggsplasion

RECREATION PROGRAMS

Prices, dates and times may be subject to change without prior notice. For most up-to-date information, visit kitsap.navylifepnw.com. Register online using myFFR or at any MWR facility! For more information: nbk.commrec@navylifepnw.com, (360) 396-2151 or (360) 476-3178



ACTIVITIES LEGEND

ACTIVITY DIFFICULTY RATINGS:

I = EASY: Equivalent to being able to walk 3 miles on a treadmill at 2.5 mph. Slight inclines.

II = AVERAGE: Equivalent to being able to walk for an hour at 3 mph. Varying inclines.

III = STRENUOUS: Equivalent to being able to maintain a brisk pace on a step stepper for up to 45 minutes. Extreme inclines.

LS = Leisure Skills Class

RA = Recreation Activity

TO = Trip/Outing

= Kid Friendly Event

SP = Special Event

Locations and times may be subject to change without prior notice depending on weather conditions.

Design A Trip

Does the currently scheduled time frame not work for you? Build a trip around your schedule! Consult with our professional trip planner to customize a trip. From single-day excursions to week-long trips, we'll help you plan your journey and transportation.

WEEKLY PROGRAMS

Watch Facebook and NavyLifepnw.com for destination ski trips and ski shuttles for Military Appreciation Days!

Fireball Bowling

\$12 per person, \$2 shoe rental

Every Friday & Saturday, 8-11 pm

Olympic Lanes Bowling Center

Bowl with state-of-the-art lights, music, games and great prizes!

Every Friday, 6-8 pm, 8:30-10:30 pm

Bremerton Recreation Center

Bowl to the music, laser lights and fog. Prizes awarded.

Bangor Plaza Recreation Center

Sunday: Coffee and Cartoons, 11 am-1 pm

Tuesday: Creative Corner, 6-8 pm

Bremerton Recreation Center

Tuesday: Tournament Tuesdays, 11 am-8 pm

Thursday: Preschool Story Hour, 11 am-Noon

Thursday: Hollywood Bowl and Movie, 4 pm and Movie at 5:30 pm

Friday: Family Movie Night, 6 pm

Saturday: Matinée Movie 1:30 pm, Family Movie Night 5:30 pm

JANUARY

National Trivia Night

Thursday, Jan. 4, 6-8 pm
Bangor Plaza Recreation Center, FREE

Think you know all the answers? Then bring some friends and join our family-friendly trivia night! Prizes will be awarded.

Crystal Mountain Ski Trip

Saturday, Jan. 6, 6:45 am-9 pm

Crystal Mountain, \$35, \$10 LIBERTY-eligible
Climb aboard as we take you to one of Washington's premier ski resorts for a day of skiing and snowboarding. Skis, snowboards and lift tickets can be rented and purchased with a military discount at the mountain. Register by Thursday, Jan. 4 myFFR #4418006B

Wheel of Fortune Fireball Bowling

Saturday, Jan. 6, 8 pm-11 pm

Olympic Lanes, \$12 per person, \$2 shoe rental
Fireball Bowling and Wheel of Fortune blend together for a great night of family fun! Solve word puzzles for prizes while bowling.

Bowling Battle on the Lanes

Sunday, Jan. 7, Noon-6 pm

Olympic Lanes and Bremerton Recreation Center, \$15/hour per family of 4, \$2 shoe rental
Shake up the game of bowling! Families can battle it out in an epic war of kids vs. adults or boys vs. girls.

Creative Corner: 2017 Collage Making

Tuesday, Jan. 9, 6-8 pm
Bangor Plaza Recreation Center, FREE

Join us for this special edition of "Creative Corner" where we will be making collages to commemorate 2017! Bring your favorite pictures from the past year.

Avalanche Awareness

Wednesday, Jan. 10, 5:30-7:30 pm
Bangor Plaza Recreation Center, FREE

You can never be too safe when it comes to avalanche awareness. Join our experienced guides for two hours of quality instruction. Register by Monday, Jan. 8 myFFR #440004-1

New Year, New You: Knitting for Your Neck

Wednesday, Jan. 10, 6-7:30 pm
Bremerton Recreation Center, \$10

Learn the basics of knitting, and how to knit a scarf to help keep warm this winter! Registration fee includes supplies. Register by Tuesday, Jan. 9 myFFR #560110

Have @ Ball!

youth bowling league



Olympic Lanes Bowling Center, NBK-Bangor
Register at Olympic Lanes by Wednesday, January 24
Thursdays, February 1-March 29, 6-8 pm
\$15/week or \$120/season
Open to all eligible patrons ages 5-17
(360) 396-2494

- Earn your own bowling ball!
- Learn the sport of bowling in this 8-week, non-competitive league
- Bowling Party at the end of the season!

RA Paint and Sip: String Art Edition

Wednesday, Jan. 10, 7-9 pm
Bangor Plaza Recreation Center, \$35

Create a masterpiece on a handmade wooden pallet using nails, string, and paint. Price includes two drinks, art supplies, a wooden pallet, and a knowledgeable instructor. Register by Tuesday, Jan. 9 myFFR #440803-02

RA Paint and Sip: Canvas Edition

Friday, Jan. 12, 7-9 pm
Bremerton Recreation Center, \$35

Create a masterpiece on canvas. Price includes two drinks, art supplies, canvas, and a knowledgeable instructor. Register by Wednesday, Jan. 10 myFFR #560112

TO Bavarian Ice Festival: Leavenworth Washington

Saturday, Jan. 13, 7 am-10 pm
Leavenworth, WA, \$48, \$35 LIBERTY-eligible
This family-friendly

"Bavarian Ice Festival" has something for everyone! There will be a Bavarian Mug Relay, Snowball Toss, Snowmobile Sled Pull and much more. Register by Thursday, Jan. 11 myFFR #5418013B

TO Snowshoe Olympic National Park

Saturday, Jan. 13, 8 am-6 pm
Hurricane Ridge, \$42, \$25 LIBERTY-eligible

Join us for the finest snowshoeing in Olympic National Park, where you will be surrounded by 360-degree alpine views. Register by Thursday, Jan. 11 myFFR #4418013B

RA Family Game Night

Wednesday, Jan. 13, 4-6 pm
Bangor Plaza Recreation Center, FREE
Operation, Monopoly, Battleship, oh my! Head to the Bangor Plaza Recreation Center for our Family Game Night and choose from a wide variety of classic games.

RA Holiday Blindfolded Bowling

Monday, Jan. 15, Noon-6 pm
Olympic Lanes, \$15 per hour, per family of four, \$5 per additional person

Create new characters and monsters with our "Mad Games" programs while blindfolded! Lucky train prizes every 30 minutes.

Holiday Bowling Bremerton

Monday, Jan. 15, 11 am-7:30 pm
Bremerton Recreation Center

Two FREE games of bowling for Active Duty Service Members!

LS Snowshoe 101 Class

Wednesday, Jan. 17, 5:30-7:30 pm
Bremerton Recreation Center, FREE

Are you looking for a fun winter sport? Join our experienced guides for a class on the snowshoeing basics. Learn the essentials, including what equipment to use and all the premier snowshoeing destinations to visit! Register by Monday, Jan. 15 myFFR #560405-03

LS Mixology Class

Thursday, Jan. 18, 7-9 pm
Bangor Plaza Recreation Center, \$25

Learn how to make your own mixed drinks from a local expert! Price includes all necessary supplies and an instructor. MUST BE 21 YEARS OR OLDER. Register by Tuesday, Jan. 16 myFFR #441001-01

RA Magic the Gathering: Rivals of Ixalan Card Release Night

Friday, Jan. 19, 7-10:30 pm
Bremerton Recreation Center, See navylifepnw.com for pricing

Build or add to your own decks of cards with thousands of cards to choose from. Go home with new cards to play with fellow Magic the Gathering enthusiasts. Register by Wednesday, Jan. 17 myFFR #560119

TO Snoqualmie Falls and Chocolate Delight

Saturday, Jan. 20, 9 am-7 pm
Snoqualmie, \$36, \$20 LIBERTY-eligible

This trip is designed for the enjoyment of all ages. View the beautiful Snoqualmie Falls and then three Northwest chocolatiers: Boehms Chocolate, Brown and Haley, and Emily's. Register by Thursday, Jan. 18 myFFR #5418020B

RA Mobster Mark's Bowling Bash

Saturday, Jan. 20, 8-11 pm
Olympic Lanes, \$12 per person, \$2 shoe rental

Dress to impress at Mobster Mark's special Fireball Bowling! Join us for Mob-related trivia and red-pin bowling for prizes! Prizes go to "Best Dressed" in 3 Categories: Best Male, Best Female, and Best Couple Costume.

TO Overnight Snow Camping

Saturday, Jan. 20-Sunday, Jan. 21, 7 am-7 pm
Mt. Rainier, \$110, \$60 LIBERTY-eligible

Join our experienced guides and learn how to camp

in the snow! Participate in a basic avalanche awareness clinic, build a snow cave and experience the great outdoors! See navylifepnw.com for more information. Register by Monday, Jan. 15 myFFR #4418020B

SP MWR Winter Wonderland

Saturday, Jan. 20, Noon-4 pm
Bangor Plaza Ballroom, FREE

It may be cold outside, but it is warm inside the Bangor Plaza! Stop by for a fun-filled day of winter activities including: winter crafts, hot cocoa, bounce houses, and games!

LS Myers-Briggs Class

Thursday, Jan. 25, 5-7 pm
Bangor Plaza Recreation Center, FREE

We will be partnering with the Fleet and Family Support Center to discover more about your personality. It will teach you about your needs, values, and motivations, as well as those around you. Register by Thursday, Jan. 18 myFFR #440125

RA Newlywed Game

Friday, Jan. 26, 7-9 pm
Bangor Plaza Recreation Center, FREE

Valentine's Day is almost here, and love is in the air! Find out how much you know about your spouse, partner or friend at MWR's version of the Newlywed Game. Prizes will be awarded! Register by Tuesday, Jan. 23 myFFR #440126

RA Paint and Sip: String Art Edition

Friday, Jan. 26, 7-9 pm
Bremerton Recreation Center, \$35

Create a masterpiece on a handmade wooden pallet using nails, string, and paint. Price includes two drinks, art supplies, a wooden pallet, and a knowledgeable instructor. Register by Thursday, Jan. 25 myFFR #560126



TO Sleigh Ride and Dinner
Saturday, Jan. 27, 9 am-10:30 pm
 Leavenworth, WA, \$95 Adults, \$83 Children (3-12), \$64 LIBERTY-eligible
 Join us for an old-fashioned sleigh ride, just like the good old days. At the conclusion of our ride, we will have dinner in Leavenworth. Register by Thursday, Jan. 25 myFFR #5418027B

III TO Snowshoe Mt. Rainier National Park
Saturday, Jan. 27, 7:30 am-6 pm
 Paradise, \$42, \$15 LIBERTY-eligible
 Snowshoe on a scenic trail that showcases the unique features of a dormant volcano. Weather permitting, enjoy fantastic views of glaciers, rivers, wildlife and snow-covered forests. Register by Thursday, Jan. 25 myFFR #4418027B

RA New Year, New You: Basic Reupholstering Class
Wednesday, Jan. 31, 6-8 pm
 Bremerton Recreation Center, \$15

Learn basic reupholstering skills to transform any tired, outdated canvas

frame into a new piece of art! Includes all tools, canvas frame, and fabric! Register by Monday, Jan. 29 myFFR #560131

FEBRUARY

Have a Ball: Youth Bowling League
Thursdays, Feb. 1, 8, 15, 22, 6-8 pm
 Olympic Lanes, \$15 per week, includes shoe rental
 Learn the sport of bowling while earning your very own bowling ball! Open to ages 5-17, this is a non-competitive league designed for fun! Register in person at Olympic Lanes or give us a call for more information. Register by Wednesday, Jan. 24 (360) 396-2496

RA Riddle Me This
Saturday, Feb. 3-Friday, Feb. 23, All Day
 Bangor and Bremerton Recreation Centers, FREE
 Test your wits at Riddle Me This! Each week there will be a new set of riddles to answer. Answer the most riddles correctly, and you could win a prize!

RA Tunes and Trivia Fireball Bowling
Saturday, Feb. 3, 8-11 pm
 Olympic Lanes, \$12 per person, \$2 shoe rental
 Join us for a special Fireball night to celebrate all-American music from the 80's, 90's and 2000's with trivia, a prize wheel, and lucky train bowling.

II TO Snowmobile in the Cascades
Saturday, Feb. 3, 6:30 am-6 pm
 \$170, \$150 LIBERTY-eligible
 Join us as we head to the Mountains for a 4-hour snowmobile ride! Transportation from Bangor Plaza Recreation Center, snowmobile rental and snowsuit provided. Register by Friday, Jan. 19. myFFR #4418034B

TO A Day in Victoria B.C.
Saturday, Feb. 3, 5:30 am-8 pm
 Victoria B.C., \$74 Adults, \$62 Youth 6-11, \$29 Children 2-5, \$60 LIBERTY-eligible
 The capital of British Columbia has beautiful architecture and old-world charm! Spend the day exploring this city. Note: You must have a passport or an enhanced driver's license. Register by Thursday, Feb. 1 myFFR #5418034B

RA Super Bowl Viewing Parties
Sunday, Feb. 4, Doors open at Noon
 Sam Adams Restaurant or Bangor Plaza Recreation Center
 Come watch the big game with us! Hourly door prize drawings, free popcorn, food and drink specials. Not an NFL-sanctioned event. (360) 396-5466

LS Avalanche Awareness
Wednesday, Feb. 7, 5:30-7:30 pm
 Bangor Plaza Recreation Center, FREE
 You can never be too safe when it comes to avalanche awareness. Join our experienced guides for two hours of quality instruction. Register by Monday, Feb. 5 myFFR #440004-2

LS Valentine Magnet Craft
Wednesday, Feb. 7, 6-8 pm
 Bremerton Recreation Center, FREE
 Create a custom set of glass magnets to give to your Valentine! Class includes magnetic case and all supplies. Register by Tuesday, Feb. 6 myFFR #560207

RA Paint and Sip: Pallet Edition
Thursday, Feb. 8, 7-9 pm
 Bangor Plaza Recreation Center, \$35
 Create a masterpiece on a handmade wooden pallet just in time for Valentine's Day. Price includes two drinks, art supplies, a wooden pallet, and a knowledgeable instructor. Register by Tuesday, Feb. 6 myFFR #440803-03

RA Paint and Sip: Canvas Edition
Friday, Feb. 9, 6-8:30 pm
 Bremerton Recreation Center, \$35
 Create a masterpiece on canvas. Price includes two drinks, art supplies, canvas, and a knowledgeable instructor. Register by Wednesday Feb. 7 myFFR #560209

SP Hugs and Hearts Hoopla
Saturday, Feb. 10, 3-7 pm
 Bremerton Recreation Center, FREE
 Join us for a fabulous day of family fun! The event will feature: Valentine craft, music, face painting, healthy snacks, and games!

TO Red Wine and Chocolate Tour
Saturday, Feb. 10, 7 am-10 pm
 Yakima Valley, \$60
 Treat your Valentine to a relaxing day of wine and chocolate tasting in Yakima Valley! Register by Thursday, Feb. 8 myFFR #5418041B

III TO Overnight Snow Camping
Saturday, Feb. 10-Sunday, Feb. 11, 7 am-7 pm
 Paradise, Mt. Rainier, \$110, \$60 LIBERTY-eligible
 Join our experienced guides and learn how to camp in the snow. Participate in a basic avalanche awareness clinic, build a snow cave and experience the great outdoors! See navylifePNW.com for more information. Register by Monday, Feb. 5 myFFR #4418041B

Bowling Battle on the Lanes
Sunday, Feb. 11, Noon-6 pm
 Olympic Lanes and Bremerton Recreation Center, \$15 per hour, per family of four, \$2 shoe rental
 Shake up the game of bowling! Families can battle it out in an epic war of kids vs. adults or boys vs. girls!

LS Valentine's Day Cards
Monday, Feb. 12-Wednesday, Feb. 14, 11 am-8 pm
 Bremerton Recreation Center, FREE
 Make a Valentine for you sweetheart! Art supplies provided.

RA Creative Corner: Valentine's Edition
Tuesday, Feb. 13, All Day
 Bangor Plaza Recreation Center, FREE
 Create a Valentine's card for your special someone at Creative Corner. All supplies will be provided.

LS Mixology Class
Thursday, Feb. 15, 7-9 pm
 Bangor Plaza Recreation Center, \$25
 Learn how to make mixed drinks from a local expert! Price includes all necessary supplies and an instructor. Must be 21 years or older. Register by Tuesday, Feb. 13 myFFR #441001-02

LS Snowshoe 101 Class
Thursday, Feb. 15, 6-8 pm
 Bangor Plaza Recreation Center, FREE
 Are you looking for a fun winter sport? Join our experienced guides for a class on the snowshoeing basics. Learn the essentials, including what equipment to use and all the premier snowshoeing destinations to visit! Register by Tuesday, Feb. 13 myFFR #440003-03

RA DC vs. Marvel Fireball Bowling
Saturday, Feb. 17, 8-11 pm
 Olympic Lanes, \$12 per person, \$2 shoe rental
 Dress as your favorite character. Prizes for best costume!

III TO Snowshoe Olympic National Park
Saturday, Feb. 17, 8 am-6 pm
 Hurricane Ridge, \$42, \$25 LIBERTY-eligible
 Join us for the finest snowshoeing in Olympic National Park where you will be surrounded by 360-degree alpine views. Register by Thursday, Feb. 15 myFFR #4418013B

Holiday Bowling: Beat the Monsters
Monday, Feb. 19, Noon-6 pm
 Olympic Lanes, \$15 per hour per family of four, \$5 per additional person
 Create virtual monsters as you bowl with your family. Prizes to the scariest monsters!

LS Snowshoe 101 Class
Wednesday, Feb. 21, 6-8 pm
 Bremerton Recreation Center, FREE
 Are you looking for a fun winter sport? Join our experienced guides for a class on the snowshoeing basics. Learn the essentials, including what equipment to use and all the premier snowshoeing destinations to visit! Register by Monday Feb. 19 myFFR #560405-04

LS Personal Finance Class
Thursday, Feb. 22, 5-7 pm
 Bangor Plaza Recreation Center, FREE
 We are partnering with the Fleet and Family Support Center to have an expert give you tips on how to get your finances in order. Register by Thursday, Feb. 15 myFFR #441016-01

RA Paint and Sip: Monogram Edition
Friday, Feb. 23, 7-9 pm
 Bremerton Recreation Center, \$35

Create a handmade wooden pallet using stencils and paint. Price includes two drinks, art supplies, a wooden pallet, and a knowledgeable instructor. Register by Thursday, Feb. 22 myFFR #560223



Winthrop HOT AIR BALLOON RALLY

Watch the skies come alive with color while enjoying a weekend in eastern Washington!

Friday, March 2-Sunday, March 4
 \$297 per person, double occupancy • \$456 per person, single occupancy,
 Register by Wednesday, January 31, 2018, myFFR #5418061B

NBK-Bangor: (360) 396-2449 • NBK-Bremerton: (360) 476-3178

RA Family Valentine's Game Night: Life-size Edition
Wednesday, Feb. 24, 5-7 pm
 Bangor Plaza Recreation Center, FREE
 Challenge your favorite sweethearts to a classic family game in life-size form!

TO Inner-tubing at Snoqualmie Summit
Saturday, Feb. 24, 10 am-8 pm
 Snoqualmie Summit, \$64 Adults 13+, \$62 Youth ages 6-12, \$40 Children 5 and Under, \$56 LIBERTY-eligible
 Enjoy an afternoon tubing down incredible runs with special inner-tubes that allow you to catch a tow rope back to the top! Register by Thursday, Feb. 22 myFFR #5418055B

III TO Snowing: Snowshoe, Yoga, and Wine in Olympic National Park
Saturday, Feb. 24, 7 am-7 pm
 Hurricane Ridge, \$50
 Prior to hitting the trail we will warm up with

30 minutes of yoga. The guided trek will last about 2.5 hours with stops along the way for yoga poses, a cup of hot Yogi tea, and time to enjoy the beautiful views. On the way home, we will stop at the Olympic Winery for a little tasting. Must be 21+. Register by Thursday, Feb. 22 myFFR #4418055B

RA Finopoly
Monday, Feb. 26-Friday, Mar. 2, All Day
 Bangor Plaza Recreation Center, FREE
 Military Saves Week is here! Put your financial knowledge to the test; answer a new set of questions each day for a Finopoly piece. Collect enough pieces and you win a prize!

RA Who Wants to Be a Millionaire?
Tuesday, Feb. 27, 11 am-1 pm
 Bangor Plaza Recreation Center, FREE

Find out what it takes to become a millionaire! Stop by the Bangor Plaza Recreation Center during lunch to see if you have the knowledge to make the big bucks.

LS No-Bake Power Bar
Tuesday, Feb. 27, 6-7:30 pm
 Bremerton Recreation Center, FREE
 Learn how to make a no-bake power bar that actually tastes good! Easy to freeze and ready to throw in your emergency backpack when the time comes. Register by Friday, Feb. 23 myFFR #560227

RA Emergency Readiness Class
Wednesday, Feb. 28, 6:30-8 pm
 Bremerton Recreation Center, FREE
 Are you prepared? This is a perfect time to get your whole family involved! We will learn the basics of what to pack in your emergency kit, and provide you with pertinent information for emergency readiness. Register by Monday, Feb. 26 myFFR #560228

MARCH

LS Brewing Class
Thursday, Mar. 1, 5-9 pm
 Bangor Plaza Recreation Center, \$20

Learn how to save money by brewing your own beer at home. Price includes all

necessary supplies and an instructor. "Brew" can do it! Register by Tuesday, Feb. 27 myFFR #440301

Military Saves

Bowling Specials

Friday, Mar. 2, 3-7 pm

Olympic Lanes, \$1 game, \$2 shoe rental

Enjoy a frugal Friday night with bowling specials!

SP Dr. Seuss

Birthday Party

Friday, Mar. 2, 5:30-7 pm

Bremerton Recreation Center, FREE

Join us for Dr. Seuss' birthday as we celebrate with games, story time, treats, and a Cat in the Hat photo opportunity!

TO Winthrop

Balloon Rally

Friday, Mar. 2-Sunday,

Mar. 4, 8 am-7 pm

Winthrop, WA,

\$297 per person double

occupancy, \$456 per person single occupancy

Watch the skies come alive with color while enjoying a weekend in the town of Winthrop, WA! Register by Wednesday, Jan. 31

myFFR #5418061B

III TO Snowshoe Olympic National Park

Saturday, Mar. 3, 8 am-6 pm

Hurricane Ridge, \$42, \$25 LIBERTY-eligible

Join us for the finest snowshoeing in the Olympics, where you will be surrounded by 360-degree alpine views. Register by Thursday, Mar. 1 myFFR #4418062B

LS Personal Finance Class

Tuesday, Mar. 6, 6-8 pm

Bangor Plaza Recreation Center, FREE

We are partnering with the Fleet and Family Support Center to have an expert give you tips on how to get your finances in order. Register by Tuesday, Feb. 27 myFFR #441016-02

RA Ladies' Night!

Thursday, Mar. 8, 6-9 pm

Bangor Plaza Recreation Center, \$10

Celebrate International Women's Day... with a Ladies' Night! All women are welcome to join us for a relaxing night of crafts, spa activities, and yoga. Register by Monday, Mar. 5 myFFR #440308

LS Snowshoe 101 Class

Are you looking for a fun winter sport? Join our experienced guides for a class on the snowshoeing basics. Learn the essentials, including what equipment to use and all the premier snowshoeing destinations to visit!

Wednesday, Mar. 7, 6-8 pm

Bremerton Recreation Center, FREE

Register by Monday, Mar. 5 myFFR #560405-05

Thursday, Mar. 8, 6-8 pm

Bangor Plaza Recreation Center, FREE

Register by Tuesday, Mar. 6 myFFR #440003-04

III TO Snowshoe Mt. Rainier National Park

Saturday, Mar. 10,

7:30 am-6 pm

Mt. Rainier, \$42,

\$15 LIBERTY-eligible

Snowshoe on a scenic trail that showcases the unique features of a dormant volcano. Weather permitting, enjoy fantastic views of glaciers, rivers, wildlife and snow-covered forests. Register by Thursday, Mar. 8 myFFR #4418069B

B Bowling Battle on the Lanes

Sunday, Mar. 11, Noon-6 pm

Olympic Lanes and Bremerton Recreation Center, \$15 per hour, per family of four, \$2 shoe rental

Shake up the game of bowling! Families can battle it out in an epic war of kids vs. adults or boys vs. girls!

RA Paint and Sip: Pallet Edition

Thursday, Mar. 15, 7-9 pm

Bangor Plaza Recreation Center, \$35

Create your own masterpiece on a handmade wooden pallet. Price includes two drinks, art supplies, a wooden pallet, and a knowledgeable instructor. Register by Tuesday, Mar. 13 myFFR #4400803-04

RA Dance Lessons: Salsa

Thursday, Mar. 15, 6-8 pm

Bremerton Recreation Center, \$15

Learn the basics of one of the most popular couple dances! A knowledgeable instructor will be leading our class, helping us learn all the right moves! Register by Wednesday, Mar. 12 myFFR #650315

RA Magic the Gathering: Rivals of Masters 25

Release Night

Friday, Mar. 16, 7-10:30 pm

Bremerton Recreation Center, See navylifepnw.com for pricing

Build or add to your own decks of cards with thousands of cards to choose from. Go home with new cards to play with fellow Magic the Gathering enthusiasts. Register by Wednesday, Mar. 14 myFFR #560316

TO Gray Whale Sightseeing Tour

Saturday, Mar. 17,

7 am-4:30 pm

Port Townsend, \$134

Adults, \$110 Children 2-10,

\$126 LIBERTY-eligible

The area around Everett, Camano Island and Whidbey Island are popular locations for Gray Whales due to the robust shrimp population. We will be exploring this area in search of the majestic Gray Whale! Register by Thursday, Mar. 15 myFFR #5418076B

Everything you need to know including equipment, technique, and premiere destinations!

WINTER OUTDOOR RECREATION CLASSES

Learn how to stay safe while exploring in the snow!

Avalanche Awareness

5:30-7:30 pm

Bangor Recreation Center
Wednesdays, January 10 & February 7


Snowshoe 101


5:30-7:30 pm

Bangor Recreation Center
Thursday, March 8


Bremerton Recreation Center
Wednesdays, January 17,
February 21 & March 7


FREE

RA  **Luck of the Irish: Brews and Fireball Bowling**
Saturday, Mar. 17, 8-11 pm
 Olympic Lanes, \$12 per person, \$2 shoe rental
 It's St. Patty's Day and Olympic Lanes will have root beer floats, tap beer, great music, prize wheel bowling and a whole lot of Irish spirit!

RA  **Lucky St. Paddy's Day Bowling Special**
Saturday, Mar. 17, Noon-8 pm
 Bremerton Recreation Center
 Wear green and bowl for only \$1 per game and \$2 shoe rental!


RA  **Leprechaun Hunt and Shamrock Shakes**
Saturday, Mar. 17, Noon-2 pm
 Bangor Plaza Recreation Center, FREE
 Celebrate St. Patty's Day with a delicious shamrock shake (available while supplies last). Kids can also search the Bangor Plaza Recreation Center for sneaky leprechauns and their pots of gold!

LS  **Get Organized! Jewelry and Belt Board**
Wednesday, Mar. 21, 6-8 pm
 Bremerton Recreation Center, \$25
 No more cluttered closets or bottomless jewelry boxes where you can't find anything! Learn how to make a stylish organizer that can be used for earrings, necklaces, scarves, and even belts! Price includes all supplies and instructor! Register by Monday, Mar. 19 myFFR #560321


RA  **Dance Lessons: Waltz**
Thursday, Mar. 22, 6-8 pm
 Bremerton Recreation Center, \$15
 Learn the basics of one of the most popular couple dances! A knowledgeable instructor will be leading our class, helping us learn all the right moves! Register by Wednesday, Mar. 19 myFFR #650322


RA  **National Puppy Day**
Friday, Mar. 23, 11 am-1 pm
 Bangor Plaza Recreation Center Patio, FREE
 Stop by the Bangor Plaza Recreation Center Patio to play with puppies! There will also be crafts and treats that you can take home for your own four-legged friends.


RA  **Family Game Night: DIY Edition**
Wednesday, Mar. 24, 4-6 pm
 Bangor Plaza Recreation Center, FREE
 Our third installment of Family Game Night is a DIY Edition! Let your creativity show by making your very own board game.

TO  **Hood Canal Winery & Waterfalls Tour**
Saturday, Mar. 24, 9 am-7:30 pm
 Hood Canal, \$36
 The best part of this trip is that you don't have to do the driving. Enjoy the scenery of the Hood Canal with stops at several waterfalls and wineries for tastings! Registration by Thursday, Mar. 22 myFFR #5418083B

SP  **MWR Eggspllosion**
Saturday, Mar. 24, 10 am-Noon
 Trident Lakes, FREE
 Bring your Easter basket and join us for our annual egg hunt! There will be over 10,000 eggs, bounce houses, pictures with the Easter Bunny and prizes for Golden Eggs. Open to kids ages 10 and under. See navylifePNW.com for heat times.


II TO  **Washington Park Arboretum Paddle**
Saturday, Mar. 24, 7:30 am-6 pm
 Bangor Plaza Recreation Center, \$42, \$15 LIBERTY-eligible
 Paddle through the cattails, water lilies, purple loosestrife and yellow flag iris. You'll have surrounding views of Union Bay, Lake Washington, the Cascades, and the Olympics. Register by Thursday, Mar. 22 myFFR #4418083B

LS  **Window Box Class**
Wednesday, Mar. 28, 6-8 pm
 Bremerton Recreation Center, \$25
 Let's get ready for spring! Learn how to make a simple, yet chic, planter to grow a herb or succulent garden. Register by Monday, Mar. 26 myFFR #560328

RA  **Dance Lessons: Swing**
Thursday, Mar. 29, 6-9 pm
 Bremerton Recreation Center, \$15
 Learn the basics of one of the most popular couple dances! A knowledgeable instructor will be leading our class, helping us learn all the right moves! Register by Wednesday, Mar. 26 myFFR #650328

RA  **Beer and Build**
Thursday, Mar. 29, 7-9 pm
 Bangor Plaza Recreation Center, \$50
 Build your own corn-hole board, just in time for spring break! Price includes all necessary supplies, an instructor, and two beers. Register by Thursday, Mar. 22 myFFR #440329

RA  **Paint and Sip: String Art Edition**
Friday, Mar. 30, 7-9 pm
 Bremerton Recreation Center, \$35
 Create a masterpiece on a handmade wooden pallet using nails, string, and paint. Price includes two drinks, art supplies, a wooden pallet, and a knowledgeable instructor. Register by Wednesday, Mar. 28 myFFR #560330

RA  **Disney Trivia Fireball Bowling**
Saturday, Mar. 31, 9-11 pm
 Olympic Lanes, \$12 per person, \$2 shoe rental
 Fastest answers get a chance to spin the prize wheel and take home goodies!



PAINT & SIP
 +21 & over event
 \$35
 Create a masterpiece in a variety of mediums! Supplies, instructor, and drinks included!

Bangor Recreation Center 7-9 pm

For more info, contact: (360) 396-2449

String Art Edition:
Wednesday, Jan. 10

Pallet Edition:
Fridays, Feb. 8 & Mar. 15

Bremerton Recreation Center, 6-8:30 pm

For more info, contact: (360) 476-3178

Canvas Edition:
Saturdays, Jan. 12 & Feb. 9

String Art Edition:
Saturdays, Jan. 26 & Mar. 30

Monogram Edition:
Saturday, Feb. 23





LIBERTY Paintball Tourney



Emerald City Comicon



LIBERTY PROGRAM

Register online using myFFR or at any LIBERTY facility! More information can be found at kitsap.navylifepnw.com or by contacting the following: Bangor LIBERTY Center: (360) 396-2151, Bremerton LIBERTY Center: (360) 476-2673



Kitsap's LIBERTY Centers are located a convenient distance from the barracks and work centers. Single Sailors, single Marines and geographical bachelors, who are looking for something to do, should start here. We want to get you out of the barracks, off the base and out to enjoy the great Pacific Northwest.

Fun, affordable activities for single service members!

Events are FREE unless otherwise noted. Guest Rates may apply.

Barracks Maintenance Request

Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at navylifepnw.com. It's fast and easy. Just select your Installation, scroll over Housing, select Barracks Maintenance Request under Unaccompanied Housing, and fill out the required information. Requests are sent to our Maintenance Tracking Program and reviewed daily by UH Building Managers. Residents receive an email confirmation (if an email is provided with submission) when their maintenance requests are received, assessed, and completed.

Tell Us What You Think

Your Unaccompanied Housing (UH) Office implemented a Continuous Improvement Survey (CIS). It provides you an opportunity to have your voice heard 24/7. When you visit your UH staff or they visit you, they

will provide you a copy of the survey. Once complete, simply return it to a UH staff member or drop it into the survey box located at your UH office. You can also submit your survey through Survey Monkey; just ask you're UH staff for the link. We highly encourage your participation in the CIS. We want to continually improve UH services provided to our residents. Make us aware of your UH concerns and give appreciation to those that deserve it!

Birthday Celebrations!

Bangor LIBERTY Center, Bremerton Fleet Recreation Center, Keyport Barracks, FREE

Enjoy cupcakes or birthday cake to celebrate each month! Those with birthdays that month can also enter a drawing for a birthday gift. Stop by your LIBERTY Center to learn more.

Tuesday, Jan. 16
Tuesday, Feb. 20
Tuesday, Mar. 20

Coding Club

Bangor LIBERTY Center & Bremerton Fleet Recreation Center, FREE, 7-9 pm

They say that coding is the future; don't get left behind! Stop by the Bangor LIBERTY Center to attend an online coding program, where you'll learn how to build your own app.

Wednesday, Jan. 3
Wednesday, Feb. 7
Wednesday, Mar. 7

Guitar Lessons

Bangor LIBERTY Center, FREE, 7-9 pm

Explore your musical side with one of our FREE guitar lessons where an expert will teach you the basics. Guitars will be provided.

Tuesday, Jan. 23
Tuesday, Feb. 27
Tuesday, Mar. 27

JANUARY

Bowling with LIBERTY
Wednesdays, Jan. 3 & 17,
6-8 pm

Bangor LIBERTY and Bremerton Recreation Center, FREE

FREE bowling and shoes for active duty!

Taboo Trivia

Thursday, Jan. 4, 6 pm
Bangor LIBERTY Center and Bremerton Fleet Recreation Center, FREE

It's National Trivia Day, and what better way to celebrate than with a tasteless trivia night? Prizes will be awarded.

First Friday Foodie
Friday, Jan. 5, 5:30-Midnight
Seattle, \$5 for transportation

Enjoy a culinary experience like no other. We will dine at a restaurant in Seattle that has been recognized by the culinary experts! Come hungry and bring money for food! Pick-up times: Bangor 5:30 pm, NHB 5:45 pm, Bremerton 6 pm Register by Friday, Jan. 5 myFFR #5018005B

iFly Indoor Skydiving
Saturday, Jan. 6, 11 am-7 pm
Tukwila, \$5 transportation, \$70 for two flights

Experience the thrill of skydiving without a plane or parachute as a 1,000 horsepower motor blasts you into the air! Pre-flight training, two flights, and all

the necessary flight gear included. Pick-up times: Bangor 11 am, NHB 11:15 am, Bremerton 11:30 am Register by Thursday, Jan. 4. myFFR #5018006B

**Cooking with LIBERTY:
Taco in a Bag**
Wednesday, Jan. 10, 5-7 pm
Bangor LIBERTY Center, FREE

All the fixings of a taco mixed into your very own corn-chip bag! This meal is easy to make and completely portable!

**Cooking with LIBERTY:
Taco Pie**
Wednesday, Jan. 10, 5-7 pm
Bremerton Barracks 942, FREE

This is a quick and easy meal that is totally satisfying.

Low Buck Friday
Friday, Jan. 12, 5:30-11 pm
Bangor LIBERTY Center and Bremerton Fleet Recreation Center, \$5 transportation

Get off base and explore! The group decides where we go for the evening. Pick-up times: Bremerton 5:30 pm, NHB 5:45 pm, Bangor 6 pm Register by 5 pm on Friday, Jan. 12
myFFR #5018012B

RUSTYCON 35
Saturday, Jan. 13, 9 am-11 pm
Seattle, \$5 transportation

Science Fiction and Fantasy Convention held at the Seattle Airport Marriott. Experience gaming, writing workshops, costume workshops, and art vendors. Pick-up times: Bangor 9 am, NHB 9:15 am, Bremerton 9:30 am Register by Wednesday, Jan. 10
myFFR #5018013B

Low Buck Friday
Friday, Jan. 19, 5:30-11 pm
\$5 transportation

Get off base and explore! The group decides where we go for the evening. Pick-up times: Bremerton 5:30 pm, NHB 5:45 pm, Bangor 6 pm Register by 5 pm on Friday, Jan. 19
myFFR #5018019B

Seattle Thunderbirds vs. Swift Current Broncos Hockey Match
Saturday, Jan. 20, 3 pm-Midnight
Kent, \$23

Watch the 2018 Western Hockey League champions take on the Swift Current Broncos in an exciting and fast-paced hockey match! Price includes transportation and ticket. Pick-up times: Bangor 3 pm, NHB 3:15 pm, Bremerton 3:30 pm. Register by Thursday, Jan. 18
myFFR #5018020B

**Cooking with LIBERTY:
Breakfast for Dinner**
Wednesday, Jan. 24, 5-7 pm
Keyport Barracks, FREE

Enjoy all the breakfast classics: bacon, sausage, eggs, pancakes, and hash browns.

**Cooking with LIBERTY:
Microwave Breakfast in a Mug**
Wednesday, Jan. 24, 5-7 pm
Naval Hospital Schon Hall, FREE

Low Buck Friday
Friday, Jan. 26, 5:30-11 pm
\$5 transportation

Get off base and explore! The group decides where we go for the evening. Pick-up times: Bremerton 5:30 pm, NHB 5:45 pm, Bangor 6 pm Register by 5 pm on Friday, Jan. 26
myFFR #5018026B

LeMay: America's Car Museum
Saturday, Jan. 27, 8 am-8 pm
Tacoma, \$22 transportation, entry fee, and racing simulators

Learn from knowledgeable mechanics and car enthusiasts, and then experience the thrill of the speedway in professional-grade racing simulators! Pick-up times: Bangor 8 am, NHB 8:15 am, Bremerton 8:30 am. Register by Wednesday, Jan. 24
myFFR #5018027B

Life-size Battleship
Wednesday, Jan. 31, 7:30-9 pm
Bangor Aquatics Center,



SATURDAY, JANUARY 27

AMERICA'S CAR MUSEUM

8 am-8 pm / \$16 entrance fee \$6 racing simulators

LIBERTY-eligible only.

LeMay AMERICA'S CAR MUSEUM

- Learn from knowledgeable mechanics and car enthusiasts.
- Experience the thrill of the speedway in professional-grade racing simulators!
- Pick-up times: Bangor 8 am, NHB 8:15 am, Bremerton 8:30 am

Register by Wednesday, January 24

Bangor: (360) 396-2151
Bremerton: (360) 476-3178

myFFR #5018027B

FREE

You have never seen a game of Battleship like this! Join us at the Bangor Aquatics Center as we bring this classic game to life.

FEBRUARY

First Friday Foodie
Friday, Feb. 2, 5:30 pm-Midnight
Seattle, \$5 transportation

Enjoy a culinary experience like no other. We will dine at a restaurant in Seattle that has been recognized by the culinary experts! Come hungry and bring money for food! Pick-up times: Bangor 5:30 pm, NHB 5:45 pm, Bremerton 6 pm Register by 5 pm on Friday, Feb. 2
myFFR #5018033B

Bowling with LIBERTY
Wednesdays, Feb. 7 & 21, 6-8 pm
Bangor LIBERTY Center, Bremerton Fleet Recreation Center, FREE

FREE bowling and shoes for all LIBERTY-eligible active duty patrons!

Low Buck Friday
Friday, Feb. 9, 5:30-11 pm
\$5 transportation

Get off base and explore! The group decides where we go for the evening. Pick-up times: Bremerton 5:30 pm, NHB 5:45 pm, Bangor 6 pm Register by 5 pm on Friday, Feb. 9
myFFR #5018040B

Parkour Visions Seattle
Saturday, Feb. 10, 10 am-9 pm
Seattle, \$5 transportation, \$17 class fee

Do you want to be a Ninja Warrior? If so, come with us to a parkour class at Parkour Visions! We will be jumping off walls, vaulting over obstacles, and swinging from monkey bars. Pick-up times: Bangor 10 am, NHB 10:15 am, Bremerton 10:30 am Register by Thursday, Feb. 8
myFFR #5018034B

Love Stinks!
Tuesday, Feb. 13, 7-9 pm
Bangor LIBERTY Center, FREE

Alone for Valentine's Day? Not anymore! Stop by the Bangor LIBERTY

Center to hang out with us and participate in Anti-Valentine's Day activities.

Black Panther Premiere Weekend
Friday, Feb. 16, 5-11 pm
SEEFilm Theater, \$10 transportation and ticket

When two foes conspire to destroy Wakanda, Black Panther must team up with the CIA and Wakandan Special Forces to prevent Wakanda from being dragged into a world war. Will he succeed? Find out with us! Pick-up times: Bangor 5 pm, NHB 5:15 pm, Bremerton 5:30 pm Register by Thursday, Feb. 15
myFFR #5018047

Champion Arms Indoor Shooting Range
Saturday, Feb. 17, 11 am-9 pm
Kent, \$5 for transportation, \$30 range and rentals fee

Practice your target skills at Champion Arms Indoor Shooting Range. Pick-up times: Bangor 11 am, NHB 11:15 am, Bremerton 11:30 am Register by Friday, Feb. 16
myFFR #5018048B

Cooking with LIBERTY:
Heart-shaped Calzones
Wednesday, Feb. 14, 5-7 pm
Bangor LIBERTY Center,
FREE

Cooking with LIBERTY:
Healthy Pizza Night!
Wednesday, Feb. 14, 5-7 pm
Bremerton Barracks 942,
FREE

Low Buck Friday
Friday, Feb. 23, 5:30-11 pm
\$5 transportation
Get off base and explore!
The group decides where we
go for the evening. Pick-up
times: Bremerton 5:30 pm,
NHB 5:45 pm, Bangor 6 pm
Register by 5 pm on Friday,
Feb. 23
myFFR #5018054B

Outlet Shopping
**Saturday Feb. 24, 9 am-
10 pm**
Tulalip, \$5 transportation
Join us for gaming, tons of
food options, and shopping
at Seattle's Premium
Outlet Mall! Pick-up times:
Bremerton 9 am, NHB 9:15
am, Bangor 9:30 am
myFFR #5018055B

Cooking with LIBERTY:
Chicken Curry in a Hurry
Wednesday, Feb. 28, 5-7 pm
Keyport Barracks, FREE

Cooking with LIBERTY:
**Microwave Sweet
Potato Chips**
Wednesday, Feb. 28, 5-7 pm
Naval Hospital Schon Hall,
FREE

MARCH

First Friday Foodie
**Friday, Mar. 2, 5:30 pm-
Midnight**
Seattle, \$5 transportation
Enjoy a culinary experience
like no other. We will dine at
a restaurant in Seattle that
has been recognized by
the culinary experts! Come
hungry and bring money for
food! Pick-up times: Bangor
5:30 pm, NHB 5:45 pm,
Bremerton 6 pm
Register by 5 pm on Friday,
Mar. 2
myFFR #5018061

Emerald City COMICON!
**Saturday, Mar. 3, 9 am-
Midnight**
Seattle, See
navylifepnw.com for pricing

Join us for the premiere
comic book and pop
culture convention in the
Pacific NW! Pick-up times:
Bangor 9 am, NHB 9:15 am,
Bremerton 9:30 am
Register by Monday, Feb. 26
myFFR #5018062B

Bowling with LIBERTY
**Wednesdays, Mar. 7 & 21,
6-8 pm**
Bangor LIBERTY Center,
Bremerton Fleet Recreation
Center, FREE
FREE bowling at Olympic
Lanes Bowling Center or
Bremerton Recreation
Center for active duty!

Low Buck LIBERTY
Friday, Mar. 9, 5:30-11 pm
\$5 transportation
Get off base and explore!
The group decides where we
go for the evening. Pick-up
times: Bremerton 5:30 pm,
NHB 5:45 pm, Bangor 6 pm
Register by 5 pm on Friday,
Mar. 9
myFFR #5018068B

Fear Pong
Friday, Mar. 9, 7-9 pm
Bangor LIBERTY Center
and Bremerton Recreation
Center, FREE
Join us at both LIBERTY
locations for an exciting new
game that mixes Root Beer
Pong and Truth or Dare!

**Emerald City Flying
Trapeze Class**
**Saturday, Mar. 10, 10 am-
10 pm**
Seattle, \$60 transportation
and admission
Here is your chance to
fly! Take a flying trapeze
class with us and you will
be swinging through the
air with grace and ease!
Pick-up times: Bangor
10 am, NHB 10:15 am,
Bremerton 10:30 am
Register by Thursday, Mar. 8
myFFR #5018069B

**Cooking with LIBERTY: Pi
Day: Grilled Pizza Pies**
Wednesday, Mar. 14, 5-7 pm
Bangor LIBERTY Center,
FREE

**Cooking with LIBERTY: Pi
Day: Chicken Pot Pies**
Wednesday, Mar. 14, 5-7 pm
Bremerton Barracks 942,
FREE

Low Buck Friday
Friday, Mar. 16, 5:30-11 pm
\$5 transportation
Get off base and explore!
The group decides where we
go for the evening. Pick-up
times: Bremerton 5:30 pm,
NHB 5:45 pm, Bangor 6 pm
Register by 5 pm on Friday,
Mar. 16
myFFR #5018075B

Shamrock Shakes
**Saturday, Mar. 17, 11 am-
1 pm**
Bangor LIBERTY Center,
FREE
Stop by the Bangor LIBERTY
Center to celebrate St.
Paddy's Day with a delicious
shamrock shake. Available
while supplies last.

**Portal Virtual
Reality Arcade**
**Saturday, Mar. 17, 11 am-
10 pm**
Seattle, \$5 for
transportation, \$29.95 for an
hour of play
Portal Virtual Reality Arcade
provides entertainment
that will immerse you in an
experience like no other.
Want to become an elven
assassin or an ancient
Egyptian archaeologist?
Join us! Pick-up times:
Bangor 11 am, NHB 11:15 am,
Bremerton 11:30 am
Register by Friday, Mar. 16
myFFR #5018076B

National Puppy Day
Friday, Mar. 23, 11 am-1 pm
Bangor Plaza Recreation
Center Patio, FREE
Relieve the stress and
tension of military life by
playing with some puppies
on National Puppy Day!

**Paintball Tourney: NBK
vs. LIBERTY NSE and
NASWI**
**Saturday, Mar. 24, 9 am-
6 pm**
NW Paintball, \$45 gear
rental, 200 paintballs and
transportation.
Come out and play as we
battle Everett and Whidbey's
LIBERTY squad! After the
battle, we will refuel with

food in Silverdale! Pick-up
times: Bangor 9 am, NHB
9:15 am, Bremerton 9:30 am
Register by Friday, Mar. 23
myFFR #5018083B

Cooking with LIBERTY:
Skillet Mac 'n' Cheese
Wednesday, Mar. 28, 5-7 pm
Keyport Barracks, FREE

Cooking with LIBERTY:
**Microwave One-Bowl
Mac 'n' Cheese**
Wednesday, Mar. 28, 5-7 pm
Naval Hospital Schon Hall,
FREE

Low Buck Friday
Friday, Mar. 30, 5:30-11 pm
\$5 for transportation
Get off base and explore!
The group decides where we

go for the evening. Pick-up
times: Bremerton 5:30 pm,
NHB 5:45 pm, Bangor 6 pm
Register by 5 pm on Friday,
Mar. 30
myFFR #5018089B

Progressive Dinner
Saturday, Mar. 31, 1-10 pm
Seattle, \$5 transportation
Experience three courses at
three different restaurants
that were featured on the
Food Network! Be sure to
come hungry and bring
money for food! Pick-up
times: Bangor 1 pm, NHB
1:15 pm, Bremerton 1:30 pm
Register by Friday, Mar. 30
myFFR #5018090B

LIBERTY-eligible only

**Wednesday, January 31
7:30-9 PM FREE**

BATTLESHIP

**Join us at the
Bangor Aquatics Center
as we play BATTLESHIP
with canoes and
kayaks!**

**BANGOR: (360) 396-2151
BREMERTON: (360) 396-3178**



Interactive COOKING CLASS & MEAL 5-7 PM

Taco in a Bag

Wednesday, January 10, Bangor
LIBERTY Center

Pie Day: Taco Pies

Wednesday, January 10, Bremerton
Barracks 942

Breakfast for Dinner

Wednesday, January 24, Keyport Barracks

Microwave Breakfast in a Mug

Wednesday, January 24,
Naval Hospital Schon Hall

Heart-shaped Calzones

Wednesday, February 14,
Bangor LIBERTY Center

Healthy for your Heart Pizza Night

Wednesday, February 14,
Bremerton Barracks 942

Chicken Curry in a Hurry

Wednesday, February 28, Keyport Barracks

Microwave Sweet Potato Chips

Wednesday, February 28,
Naval Hospital Schon Hall

Pi Day: Grilled Pizza Pies

Wednesday, March 14,
Bangor LIBERTY Center

Pi Day: Chicken Pot Pies

Wednesday, March 14,
Bremerton Barracks 942

Skillet Mac 'n' Cheese

Wednesday, March 28, Keyport Barracks

Microwave One-Bowl Mac 'n' Cheese

Wednesday, March 28,
Naval Hospital Schon Hall

Cook and Enjoy a
Tasty Meal for

Free!



BANGOR: (360) 396-2151 | BREMERTON: (360) 476-3178

**TUESDAY,
FEBRUARY 13**

7-9 PM

Free
LOVE
stinks

*Alone for Valentine's Day?
Not anymore!*

Stop by the Bangor LIBERTY
Center to participate in fun
Anti-Valentine's Day activities!

Bangor: (360) 396-2151
Bremerton: (360) 476-3178

LIBERTY-eligible only.

LIBERTY-ELIGIBLE
ONLY.

EMERALD CITY COMICON

SEATTLE, WA

Register by
Monday, February 26

myFFR #5018063B

**SATURDAY, MAR. 3
9 AM-MIDNIGHT**

PICK-UP TIMES: BANGOR 9 AM,
NHB 9:15 AM, BREMERTON 9:30 AM
SEE NAVYLIFEPNW.COM FOR PRICING.

#ECCC

Join us for the premier comic book
and pop culture convention
in the Pacific NW!

Bangor: (360) 396-2151
Bremerton: (360) 476-3178



Sneak Preview at Cinema Plus Theater



Galley Special Meals at Trident Inn Galley

ENTERTAINMENT, GALLEY & DINING

Prices, dates, and times may be subject to change without prior notice. Please check the website for more information and updates: kitsap.navylifepnw.com.



Offering a wide variety of menu choices, join us at Naval Base Kitsap and satisfy your hunger!

On the run? We have the solution. Give us a call or stop in to get your order to go. A great idea for those afternoon meetings or evenings when you don't feel like cooking.

We also offer a variety of great locations for command functions and special events.

Bangor Cinema Plus Theater

\$5 Digital and \$7 3D movies

Try our "Date Night Combo" special at the Snack Bar! Enjoy more movie show times.

24-hour movie line:
(360) 396-2515

Sock Hop

Saturday, Jan. 6, 5-8 pm

Bangor Recreation Center/
Inside Out Café, FREE event,
Retro Buffet: \$9.95 Adults,
\$7.95 Kids ages 10-12,

\$5.95 Kids ages 5 to 9,
FREE Kids ages 4 and under

Live DJ playing your favorite
dance tunes, learn to swing,
dance contest and other
great retro games. Retro hot

dog and burger bar includes
mac 'n' cheese, French
fries, onion rings, soda pop
and an ice cream bar.
(360) 396-5466

Super Bowl Viewing Parties

Sunday, Feb. 4, Doors open
at Noon

Sam Adams Restaurant or
Bangor Recreation Center

Come watch the big
game with us:

- Multiple TVs
 - Hourly door prize drawings
 - Free popcorn
 - Food and bar specials
- (Not an NFL-sanctioned event.)

(360) 396-5466

Mardi Gras Party

Tuesday, Feb. 13, 6-9 pm

Sam Adams Restaurant

Come celebrate Fat
Tuesday with us! Sit back
and enjoy the sound of
New Orleans music.

- Door prizes
 - Food and drink specials
 - No entry fee
- (360) 476-6719

Princess Tea Party

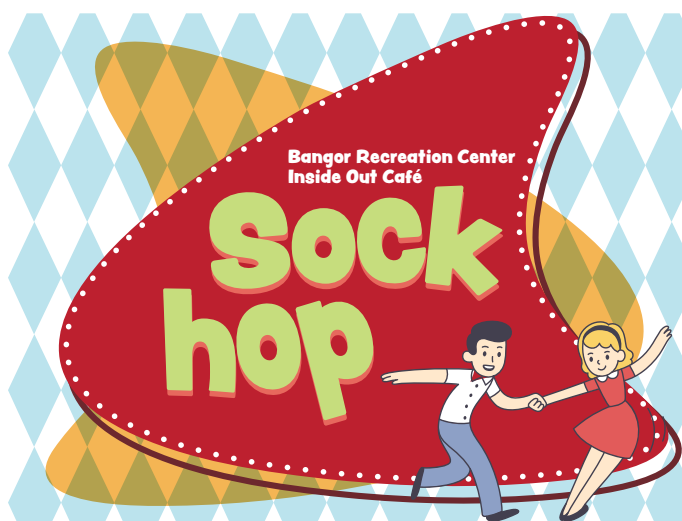
Saturday, Feb. 17,

Noon-3 pm

Bangor Plaza

Ballroom, FREE event,
Lunch: \$14.95 Adult,
\$10.95 Kids 10-12, \$10.95 Kids
5-9, FREE Kids 4 and under

Meet your favorite
Princesses, Live DJ music
Register by Thursday, Feb. 15
MyFFR #440217
(360) 396-5466 or
(360) 396-2151



DANCE YOUR SOCKS OFF!

Saturday, January 6 • 5-8 pm • FREE Event*

*Retro Buffet: \$9.95 Adults, \$7.95 Kids ages 10-12,
\$5.95 Kids ages 5 to 9, Age 4 & under eat FREE

- *Retro Buffet featuring a hot dog and burger bar, mac 'n' cheese, fries, onion rings, soda pop and ice cream bar
- Live DJ playing your favorite dance tunes
- Learn to swing dance
- Dance contest and other great retro games

Reservations Recommended (360) 396-5466



Mardi Gras

TUESDAY, FEB. 13 • 6-9 PM • FREE
 COME CELEBRATE FAT TUESDAY WITH US! SIT BACK
 AND ENJOY THE SOUND OF NEW ORLEANS MUSIC.
 DOOR PRIZES • FOOD AND DRINK SPECIALS

SAMUEL ADAMS
 BREWHOUSE
 (360) 476-6719



TRIDENT INN DINING FACILITY
Special MEALS
11 AM- 1 PM • \$5.55 PER PERSON
 ALL SPECIAL MEALS ARE OPEN TO
 EVERYONE WITH BASE ACCESS
 CREDIT CARD ONLY. SUBJECT TO CHANGE.



January

MARTIN LUTHER KING, JR. SPECIAL MEAL:
 BBQ CHICKEN AND BBQ SPARERIBS
 Wednesday, January 17

MONGOLIAN BBQ
 Wednesday, January 24



BANGOR PLAZA BALLROOM

PRINCESS
Tea Party

Free Event!
 SATURDAY, FEB. 17
 NOON-3 PM
 LUNCH AVAILABLE
 FOR PURCHASE

*Meet your
 Favorite
 Princesses!*
 WITH LIVE DJ MUSIC!
 REGISTER BY THURSDAY,
 FEBRUARY 15

(360) 396-5466 OR (360) 396-2151



February

AFRICAN AMERICAN HERITAGE MONTH MEAL
 Wednesday, February 7

VALENTINE'S DAY SPECIAL MEAL:
 PASTA EXTRAVAGANZA
 Wednesday, February 14

MONGOLIAN BBQ
 Wednesday, February 21



March

"BREAKFAST FOR LUNCH" BRUNCH
 Wednesday, March 7

**ST. PATRICK SPECIAL MEAL: NEW ENGLAND
 BOILER + PASTRAMI + CORNED BEEF**
 Friday, March 16

MONGOLIAN BBQ
 Wednesday, March 28



SUPER BOWL

VIEWING PARTY

NBK BREMERTON
SAMUEL ADAMS
BREW HOUSE

SUNDAY, FEB. 4
DOORS OPEN AT NOON

NBK BANGOR
BANGOR PLAZA
RECREATION CENTER

FREE! MULTIPLE TVS & HOURLY DOOR PRIZE DRAWINGS,
FREE POPCORN, FOOD & BAR SPECIALS

FOR MORE INFORMATION
(360) 396-5466

PLEASE DRINK RESPONSIBLY. Not an officially NFL-sanctioned event.



CINEMA PLUS THEATER
NB Kitsap, Bangor

ADMIT ONE

Now Playing More Movies!

Digital Movies \$5

3D Movies \$7

Try our **Date Night Combo Special!**

24hour movie line: (360) 396-2515



Eat, Play,
Explore



BECOME A NAVY REGION NORTHWEST MYSTERY SHOPPER

Yes, it's true. You can actually get reimbursed to do the things that you already love to do. For more information on becoming an MWR Mystery Shopper, please contact:
mysteryshopper.cnnrw@navy.mil or call (360) 315-5114



ANNUAL ICE BREAKER 2-PLAYER SCRAMBLE
Sunday, Jan. 7
\$34, includes cart, range balls and lunch.

ODDS AND EVENS 2-PLAYER TEAM EVENT
Saturday, Jan. 20-
Sunday, Jan. 21
Odd holes on Saturday, Even holes on Sunday.
\$34, includes cart and range balls.

ANNUAL SUPER SATURDAY 4-PLAYER TEAM EVENT
Saturday, Feb. 3,
10:30 am Shotgun Start
\$39, includes golf, lunch and prizes.

INAUGURAL HORSESHOES PUTTING CONTEST
Thursday, Mar. 1-
Saturday, Mar. 31
Month-long, match play, King-of-the-Hill format.

NO-FLAG TOURNAMENT
Sunday, Mar. 4
Two cups in each green, you choose the hole!

JANUARY-MARCH Tournaments

NAS Whidbey Island
GALLERY
Golf Course
Open to the public!

For more information call **(360) 257-2178**

UNACCOMPANIED
HOUSING

hey, what's up?



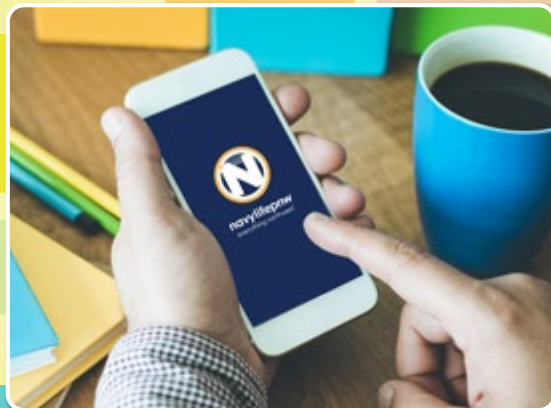
HAVING AN ISSUE WITH YOUR ROOM?

Submit a Barracks Maintenance Request Form! Available 24/7, residents can submit a non-emergency maintenance request through navylifepnw.com.

TELL US WHAT YOU THINK.

Visit any UH staff member to pick up your Continuous Improvement Survey and let your opinion be heard!

HOW ARE WE DOING?



Let us know how our MWR Programs measure up!

Take our quick satisfaction survey.



navylifepnw.com/mwr-satisfaction



FROM CASUAL TO FORMAL,
THE PREFERRED CHOICE
FOR MEETINGS & EVENTS

WANT TO LEARN MORE? CONTACT US AT:
CATER-CONFERENCE.CNRNW@NAVY.MIL

(360) 396-5466 Naval Base Kitsap

(360) 257-2891 NAS Whidbey Island

(425) 304-3906 Naval Station Everett




navylifepnw.com
everything northwest



Your local
MWR Community
Recreation Office
is here to help!

- **Tickets:** Purchase discounted tickets to sporting events, amusement parks, attractions, and more.
- **Trips:** Discover what's in your backyard! Hike through picturesque trails, visit Pacific Northwest landmarks and festivals, and more!

Businesses in your area are still offering some great military community discounts, so don't forget to ask when you check out!

Bremerton Recreation Center

Bldg. 502, 120 S Dewey St., Bremerton, WA 98314
(360) 476-3178

Bangor Plaza Recreation Center

2720 Ohio Street Silverdale WA 98315
(360) 396-2449



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like never before!*



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NavyLife PNW app



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Navy Life Magazine



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navylifepnw.com...

because it's not just a job, it's a way of life.