



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

OCTOBER-DECEMBER 2019

**HARVEST &
SPOOKTACULAR FUN**

**HOLIDAY FESTIVITIES &
TREE LIGHTING CEREMONIES**

COUNTING DOWN TO 2020

**CELEBRATING
FAMILY TRADITIONS**



YOUR HOMETOWN SPOT



11 Dining Options



Concerts & Shows



Indoor Pool & Hot Tub



186 Resort Rooms



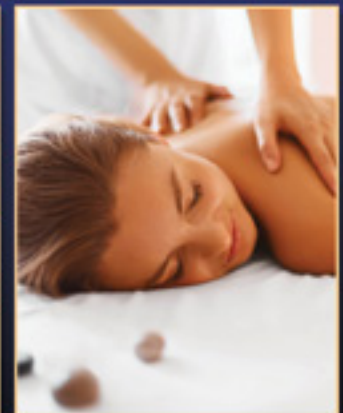
Nightlife



18 Hole Golf Course



Free Live Music



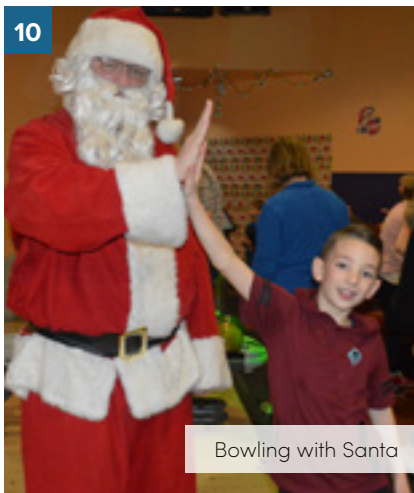
Full Service Spa

15347 Suquamish Way NE | Suquamish, WA 98392 | 360.598.8700 | 866.609.8700

ClearwaterCasino.com



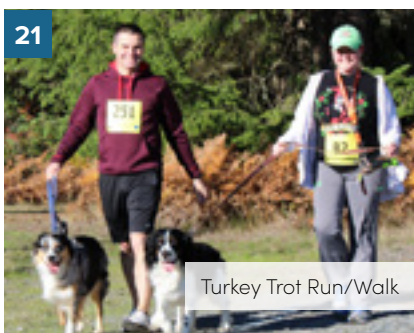
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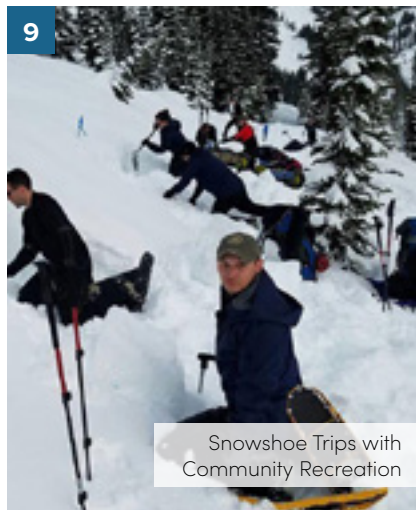
Bowling with Santa



Trunk-or-Treat



Turkey Trot Run/Walk



Snowshoe Trips with Community Recreation

EXPERIENCE NAVY LIFE NAVAL BASE KITSAP

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Experience Navy Life is your go-to guide to the world of services available to authorized DoD personnel through the U.S. Navy Region Northwest Fleet & Family Readiness (FFR) program. We make every effort to ensure that the information herein is accurate at the time of publication, however, all activities, events and hours of operation are subject to change. For the most up-to-date information, please visit our website at www.navylifepnw.com, contact the facility directly or sign up for the Navy Life Currents e-newsletter at www.navylifepnw.com/subscribe. A digital version of this magazine is available at: kitsap.navylifepnw.com/magazine.

Experience Navy Life Production Team

Marketing Director: Katrina Kane

Cover and Layout: Andrea Sullivan

Copy Editor: Pamela Green

Contributors: Hillary Collins, Jenni James, Amy Jetson, Joe Mack, Vicky Mercado

Advertising Sales: Kevin Danford

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TO OUR GENEROUS
2019 SPONSORS
AND ADVERTISERS

Thank you to our community for your continued support of our military service members and their families!

Your support enhances MWR programs and events, such as the R&R Challenge, while providing your business or organization with a unique opportunity to tout your company, product and/or services directly to the military market.



JOIN IN THE FUN!

Email sponsorship.cnrnw.pf@navy.mil or call 360-535-9092 to partner with us TODAY!





A MESSAGE FROM THE FFR DIRECTOR

The holiday season is upon us. The Fleet and Family Readiness team is here to help you enjoy more and stress less with affordable, family-friendly entertainment and fitness options. Starting with Halloween, head over to the Bangor Pool for the Monster Splash Pool Party to work off all of those sugary treats. Or better yet, treat yourself to the beautiful colors of fall on a hike in the Cascade or the Olympic Mountains. Those golden larches are no trick. Another wonderful experience is the Oktoberfest celebration in Leavenworth. It's truly the next best thing to being in Munich, Germany. You will not want to miss an opportunity to visit this beautiful town, modeled after a traditional Bavarian village. Our MWR tour guides will take you there to enjoy live entertainment, German food, arts and crafts, and, of course, traditional libations. We're also celebrating the Month of the Military Family this November, so grab your kids and join us for game night at the recreation center and take advantage of our budget-friendly bowling specials. For Thanksgiving, leave the cooking to us and join us for a traditional Thanksgiving dinner with all the trimmings at the All American Restaurant in Bremerton or the award-winning Trident Inn Galley on Bangor. We also offer catering services (see back cover) and for those of you who want to burn off those extra holiday calories, we're hosting our annual Turkey Trot, a 3-mile run/walk, around NBK-Bangor. And finally, Holiday Tree Lightings are a special and illuminating way to celebrate the season. We would love to see you at Bangor Plaza on Dec. 5 for hot chocolate and other treats. Santa will make an appearance at our tree lighting and at a special breakfast at the Bangor Recreation Center and bowling at Olympic Lanes on Dec. 7. If you can't join us for the Oktoberfest trip to Leavenworth, then come for the annual Christmas Tree Lighting Festival. It's a must-see. I hope you'll join me in counting our many blessings and expressing gratitude to those around you – family, friends, co-workers, and especially our service members, here and around the world. From my family to yours, I wish you a happy and joyous holiday season.



PAUL ROSARIUS
CNRNW N9 | FFR Director,
Naval Base Kitsap

HOW TO REGISTER FOR FFR ACTIVITIES ONLINE



5 SIMPLE STEPS

- 1 VISIT** www.Navalbasepnw.com/myFFR
- 2 LOG-IN** Enter your User-name/
Password or Request Account.
- 3 BROWSE** Enter the Class, Trip, or
Activity myFFR # in the
search bar. If you don't have
the myFFR #, use the drop-
down menus to search by
base and scroll until you find
what you are looking for.
- 4 PURCHASE** Add the Class, Trip, or Activity
in the shopping cart and pay
using your credit or debit
card.
- 5 ENJOY!** Rest easy knowing that your
reservation is complete!



NAVY GETAWAYS JIM CREEK: A NORTHWEST FAMILY TRADITION

BY HILLARY COLLINS

Navy Getaways Jim Creek continues to raise the bar on exceptional hospitality. Over the last five years, this Navy-operated recreation facility, nestled in the foothills of the North Cascades, has become a staple attraction in the Pacific Northwest, drawing thousands of visitors annually. We asked two veteran Jim Creek families to tell us more about what keeps them coming back time and time again.

What led to your first visit?

Ryan and Jennifer Roberson were first drawn by the scenery. "We loved it so much, after we had children, we have made it a tradition to take our kids as often as possible," says Roberson, who comes every year for the fishing derby "rain or shine!"

The Cardenas family first visited Jim Creek while they were stationed at NAS Whidbey Island after seeing a social media post for Jim Creek's FREE Family Fun Day. "The kids could climb the Alpine Tower and do other activities, so it seemed like something fun to do," says Andre Cardenas, a retired Navy Senior Chief and father of three.

What keeps you coming back?

"The reality for us here is that we are on a budget and there often isn't extra to do super fun things together as a family. Jim Creek makes that possible for us," says Cardenas, who regularly attends Jim Creek's special events, which are usually free of charge.

"The events are truly fantastic, but honestly what keeps us coming back is how dedicated the staff is," says Cardenas. "Just when we think an event is incredible, the following one surpasses it. There is such quality in all that they do."

"Just when we think an event is incredible, the following one surpasses it. There is such quality in all that they do."

- Retired Senior Chief Andre Cardenas

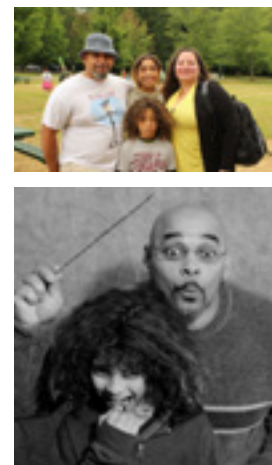
"We have made some of our best memories at Jim Creek ... It's our absolute favorite spot to camp."

- Jennifer Roberson, Military Veteran and Spouse

Cardenas says he especially appreciates how the staff puts their heart into each event, from creating complete replicas from iconic movies, to joining in with the kids during a water balloon fight, or dressing up in full costume so that youth can meet their heroes. "I just want to express to you how much we absolutely enjoy Jim Creek," he says. "We feel honored, valued

and appreciated as military [members]." Jim Creek also offers a variety of accommodations for visitors who wish to stay overnight or for the weekend. "Our children's first choice for vacation is always Jim Creek," says Roberson. "When we are

there, we go exploring and hike all around, the kids love looking for bugs and seeing the deer up close. We have made some of our best memories at Jim Creek." The Robersons have also made an adventure out of experiencing Jim Creek's diverse accommodations. "From tenting, to bringing our RV, staying in a small cabin and trying out the luxurious ones, you really can't go wrong," she says, "It is our absolute favorite spot to camp."



ABOVE: Andre Cardenas, his wife Michelle, and two of their three children, Gabriella (19), and Joshua (8).

BELOW: Andre and Joshua Cardenas at Jim Creek's annual Wizarding World event, which will take place on Nov. 9 this year.



The Roberson family, Ryan and Jennifer and their two children, Luke (5) and Zoie (7), stand in front of their winning entry at a recent Jim Creek Snowman Building Contest.

What is your favorite event?

"Honestly it is extremely difficult to pick just one," says Cardenas. "Each event is so unique. Even though the events are geared mostly towards children, the truth is we enjoy them just as much, if not more!" If they had to choose, however, Wizarding World is their top pick. The Robersons are fans of friendly competition: "We love when they do contests ... our family really gets into it and we have a wonderful time bonding through working together,"

says Roberson. "One of my favorite times is when they do the Christmas decorating competition, we spend the entire Friday decorating and listening to Christmas music and then the next day enjoying all the festivities MWR has put on. It's truly magical."

Start your own family tradition

Now is a great time to experience Jim Creek for yourself. See page 16 to learn more about upcoming events, specials and amenities available at all three Navy Getaways locations in the Pacific Northwest!



FOOD, FUN & RECREATION

We're proud to offer you and your family a wide variety of dining, entertainment and recreation options conveniently located on base. Visit an MWR facility today to learn more about upcoming events, volunteer opportunities and daily specials and discounts.

DINING



All American Restaurant

120 S Dewey St.
Bldg. 866
Bremerton, WA 98314
360-476-9085
Essential Station Messing (ESM) diners eat FREE.
Your everyday meal stop, the All American serves breakfast, lunch and dinner during the week, and brunch and supper on weekends, all at an exceptional value. Open to everyone. Essential Messing (ESM) diners eat FREE.

Café.com

LIBERTY Center,
Bremerton
120 S Dewey St., Bldg. 1027
360-476-2673
Monday-Friday:
6 a.m.-5 p.m.
Saturday, Sunday &
Holidays: 9 a.m.-5 p.m.
Café.com is located in the LIBERTY Center, Bremerton at the head of Pier Delta. Stop by for coffee or a pastry.



Inside Out Café

Inside Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-2523
Monday-Friday:
10:30 a.m.-2 p.m.

Your home for traditional American fair with a global twist. Enjoy burgers, wraps and salads in

a welcoming, family-friendly environment. Now offering ramen bowls and pizza by the slice!



Trident Inn Galley

Bldg. 2101, Bangor
360-396-6058
Open seven days a week
Trident Inn Galley at Naval Base Kitsap Bangor proudly welcomes you to its NEY- Accredited, 5-Star Galley. Conveniently located in the central customer service complex, Trident Inn Galley prides itself in serving the freshness and quality of the Northwest's rich bounty.



Juan's Cantina

Fleet Recreation
Center Pier Delta
120 S Dewey St.
Bldg. 1027
Bremerton, WA 98314
Monday-Friday:
10:30 a.m.-1 p.m.
Your stop for authentic, casual Mexican eats, featuring burritos, tacos, ensaladas, nachos and tortas.



Meetings & Conferences

Inside Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-5466

NBK Catering provides conference room, meeting and social event space for any occasion. Complete with catering options that suit your business or entertainment needs, our venue and services are sure to be the perfect foundation for your event. Bangor Plaza offers built-in audio-visual equipment and flexible space configurations that can accommodate up to 1,000 guests



Samuel Adams BrewHouse

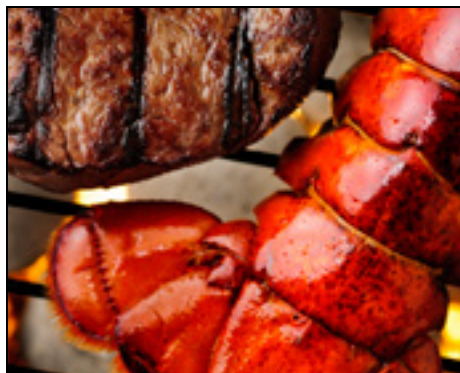
120 S. Dewey
Bldg. 434
Bremerton, WA 98314
360-476-6719
Tuesday-Saturday:
4:30-10 p.m.



WEEKEND TRIP TO CHELAN CRUSH FESTIVAL

Friday, Oct. 11-Sunday, Oct. 13
Experience harvest season in Washington's wine country.
Call for price and departure times.

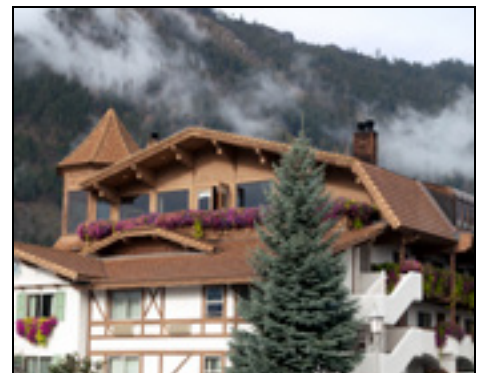
HOSTED BY COMMUNITY RECREATION



NAVY BIRTHDAY SURF AND TURF

OPEN TO ALL HANDS!
Friday, Oct. 11, 11 a.m.-1 p.m.
\$5.60 per person,
FREE for ESM-eligible* diners

TRIDENT INN GALLEY



OKTOBERFEST IN LEAVENWORTH

Saturday, Oct. 19, \$46 per person
HOSTED BY COMMUNITY RECREATION

Sunday: (Beginning Sept. 8) 9 a.m.-10 p.m.
Featuring gourmet burgers, handmade pizzas and more, Samuel Adams is NBK's premier locale for nightlife and choice beverages. Open to all ages. Try our authentic Philly!



Olympic Lanes Bangor

2701 Ohio St.
Silverdale, WA 98315
360-396-2494
Friday: 4-9 p.m.
Saturday: Noon-9 p.m.
Sunday: Noon-5 p.m.
Fireball Bowling Friday and Saturday: 7-9 p.m.
Holidays: Closed
This 16-lane facility offers Bowling Entertainment System Extreme (BES X) that enhances your traditional 10-frame experience with lane competitions, character designs and specialized games. Ask about league play and party packages for every occasion and group size.

COMMUNITY RECREATION

Bangor Mechanic's Corner

2951 Trigger Ave.
Silverdale, WA 98315
360-396-2520
Weekends: 9 a.m.-5 p.m.
We have everything you need to keep your ride running smoothly:
• Rental of stalls and lifts
• No-tax parts
• Tire changing
• Testing of starters, alternators and batteries
• Glass beading
• Tool rental (including air guns, sockets, wrenches, etc.)
• Strut compressor
• Grease gun

Bangor Self- Service Car Wash

Open 24/7
Next to Mechanic's Corner

Bremerton Self- Service Car Wash

Open 24/7
Across from Bremerton Fitness Complex



Gallery Golf Course

3065 N Cowpens Rd.
Oak Harbor, WA 98278
360-257-2178

Open Daily: Dawn to Dusk

The Navy's one-and-only golf course in Region Northwest features tree-lined fairways, rolling hills and stunning views of the Strait of Juan de Fuca and Vancouver Island. Just three hours from Bremerton.

Open to the public.

- Challenging 18-hole course
- Tournaments
- Grass driving range
- Golf Shop, resale, special orders
- ADA rental carts
- Lessons and clinics
- Online tee times for expedited check-in

LIBERTY LOUNGES

Designed for LIBERTY-eligible: junior service members (E1-E6) who seek high-energy recreation and entertainment in an alcohol-and tobacco-FREE environment. Eligible users may escort up to two guests over the age of 18.

Bangor LIBERTY

Bangor Plaza
Ohio St.
Bldg. 2720
Silverdale, WA 98315
360-396-2151
Open daily

Amenities include:

- FREE WiFi
- Latest gaming stations
- Movie Room
- Game Room
- Multipurpose Room with a selection of musical instruments
- Lending library
- Board games
- CAC-enabled workstations
- Copying, printing, scanning and faxing services
- Outdoor patio area

Sinclair's Fleet Recreation Center/ LIBERTY Lounge

Pier Delta
120 S Dewey St.
Bldg. 1027
Bremerton, WA 98314
360-476-2673
Open 24/7

Amenities include:

- FREE WiFi
- Power stations, Webcam computers with high-speed Internet

- PlayStation 4, Xbox One systems, linked for tournaments
- Surround-sound movie theater with 80" plasma TV
- FREE laundry facilities
- Board games
- Zero-fee ATM
- Outdoor basketball court and picnic area
- Snack Bar featuring Starbucks coffee, breakfast burritos and pizza
- Copying, printing and faxing services
- CAC-enabled workstations
- Firepit (for special events)

OUTDOOR PARKS AND RECREATION AREAS

Camp McKean

360-396-2449
Closed until Memorial Day Weekend
Located five miles west of Naval Base Kitsap Bremerton, along the Kitsap Lake shoreline. The park is primarily for summer day use in support of Navy commands and authorized Fleet & Family Readiness patrons.



BRUNCH FOR LUNCH

OPEN TO ALL HANDS
Wednesday, Nov. 6, 11 a.m.-1 p.m.
\$5.60 per person,
FREE for ESM-eligible* diners
TRIDENT INN GALLEY



JUAN'S CANTINA

Monday-Friday, 10:30 a.m.-1 p.m.
Your stop for authentic, casual Mexican eats, featuring burritos, tacos, ensaladas, nachos and tortas. Taco 'bout a great deal!
BREMERTON PIER DELTA



THANKSGIVING & CHRISTMAS HOLIDAY MEALS

OPEN TO ALL HANDS
Thursday, Nov. 28, 2-5 p.m.
Wednesday, Dec. 25, 2-5 p.m.
\$9.10 per person,
FREE for ESM-eligible* diners
TRIDENT INN GALLEY

Elwood Point

360-396-2449

Located within The Landings (formerly Jackson Park Navy Family Housing) on Bremerton's scenic Ostrich Bay. Use of Elwood Point is FREE. Reservations are for use of the covered picnic pavilion only, Friday-Sunday from dawn to dusk. The picnic pavilion has a large charcoal barbecue pit, picnic tables and is located near the children's playground and ball fields.

Trident Lakes Recreation Area

360-396-2449

Hours: Dusk till dawn

This recreational area features a softball field and two large, covered cooking areas with large

barbecue grills, perfect for a hungry crowd. Small picnic areas with grills are also available on a first-come, first-served basis. This area is a favorite with kids; a brand new playground takes center stage at the park. Pets are welcome, but leash laws are strictly enforced. Located just inside the Trigger Avenue Gate at Naval Base Kitsap Bangor, Trident Lakes is a great place for a quick getaway for the family or entire command.

RECREATION CENTERS

Naval Base Kitsap boasts two, one-stop shops designed to meet all of your leisure needs! From exciting trips and tours,

to discounted tickets for select northwest sporting events, attractions, entertainment opportunities, your local recreation center has it all. We also offer a resource library, printing services and rent trailers, boats, kayaks/canoes, mountain bikes, barbecue grills, camping gear, canopies, tables, chairs and more. Check out the new Kids Zone at Bangor Recreation Center; a fun and interactive indoor playground for kids.

Bangor Recreation Center

Bangor Plaza
Ohio St., Bldg. 2720
Silverdale, WA 98315
360-396-2449
October-March

Monday-Saturday:

10 a.m.-6 p.m.

Sunday & Holidays:

11 a.m.-6 p.m.

Bremerton Recreation and Bowling Center

120 S Dewey St., Bldg. 502
Bremerton, WA 98314
360-476-3178
Monday-Thursday:
11 a.m.-8 p.m.
Friday: 11 a.m.-11 p.m.
Weekends: Noon-8 p.m.

Bangor Skate Park

Located behind Bangor Fitness Center

Recreational Vehicle Storage

Need vehicle storage? We can help with a fenced, lighted, paved lot and 24/7 gated access.

Contact 360-396-2449 for more information.

INTERESTED IN VOLUNTEERING?

Do you have a unique skill set? Do you love the great outdoors? NBK Community Recreation is looking for talented people like you to become a part of their program as a volunteer! For more information email: nbkcommrec@navylifepnw.com

FOOD, FUN & RECREATION EVENT CALENDAR OCTOBER-DECEMBER 2019

■ = Activity

■ = Class/Leisure Skill

■ = Special Event

■ = Trip/Tour

■ = For Kids

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
Wednesdays	LIBERTY Bowling	6-8 p.m.	FREE for active duty	Bremerton Recreation Center
Thursdays	Thrifty Thursdays	11 a.m.-8 p.m.	\$1 bowling, \$2 shoes	Bremerton Recreation Center
1st and 3rd Fridays of the Month	West of 60s Senior League	11 a.m.-1 p.m.	\$1.50 per game, for ages 60 and older	Bremerton Recreation Center
Fridays	Fireball Bowling	7-9 p.m.	\$13 per person, \$2 shoe rental	Bremerton Recreation Center
Fridays	Fireball Bowling	7-9 p.m.	\$13 per person, \$2 shoe rental	Olympic Lanes
1st Sunday of the Month	First Sunday of the Month Bowling Special	All-Day	\$10 per hour, \$2 shoes	Olympic Lanes
OCTOBER				
Tuesday, Oct. 1- Thursday, Oct. 31	■ ■ Guess the Pumpkin Weight	All-Day	FREE	Bangor and Bremerton Recreation Centers
Wednesday, Oct. 2	Galley Special Meal: Hispanic Appreciation Meal	11 a.m.-1 p.m.	ACTIVE DUTY ONLY, FREE for ESM*	Trident Inn Galley
Saturdays, Oct. 5, 12, 19, 26	■ Volkswalk on the Hansville Greenway	10 a.m.-4 p.m.	\$5 for transportation	Bangor Recreation Center
Saturday, Oct. 5	■ Build & Bowl-LEGO Edition	2-6 p.m.	\$1 bowling, \$2 shoes	Olympic Lanes
Thursday, Oct. 10	■ Paint and Sip Candle Holder	6-8 p.m.	\$35 per person	Bangor Recreation Center
Thursday, Oct. 10	■ Compass Class 101	5-7:30 p.m.	\$10 per person	Bangor Recreation Center
Thursday, Oct. 10	■ DJ & Trivia Night	6-8 p.m.	FREE	Bremerton Recreation Center
Friday, Oct. 11	■ Weedend Trip to Chelan Crush Festival	8 a.m.-8 p.m.	\$248 per person, double occupancy, \$358 per person, single occupancy	Bangor Recreation Center
Friday, Oct. 11	■ Galley Special Meal: Navy Birthday Surf and Turf	11 a.m.-1 p.m.	\$5.60, OPEN TO ALL HANDS, FREE for ESM*	Trident Inn Galley
Saturday, Oct. 12	■ Discovery Trail Bike Ride	7:30 a.m.-6 p.m.	\$42, LIBERTY-eligible**\$25	Bangor Recreation Center
Monday, Oct. 14	■ ■ Family Paint Night, Nightmare Before Christmas	1-3 p.m.	\$20 for Mommy and children	Bremerton Recreation Center
Wednesday, Oct. 16	■ Indoor Rock Climbing Trip	5-9 p.m.	\$38 per person	Bangor Recreation Center

FOOD, FUN & RECREATION EVENT CALENDAR

OCTOBER-DECEMBER 2019

Activity
Trip/Tour

Class/Leisure Skill
For Kids
Special Event

DATE	EVENT	TIME	PRICE	VENUE/HOST
OCTOBER CONTINUED				
Wednesday, Oct. 16	Galley Special Meal: Mongolian Barbecue	11 a.m.-1 p.m.	ACTIVE DUTY ONLY, FREE for ESM*	Trident Inn Galley
Thursday, Oct. 17	Halloween Cake Pops	6-8 p.m.	\$15 per person	Bangor Recreation Center
Friday, Oct. 18	Karaoke Night	6-9 p.m.	FREE	Bangor Recreation Center
Saturday, Oct. 19	Fall Colors Hike (Cascade or Olympic Mountains)	7 a.m.-6 p.m.	\$38, LIBERTY-eligible**\$25	Bangor Recreation Center
Saturday, Oct. 19	Oktoberfest in Leavenworth	TBD	\$46 per person	Bangor Recreation Center
Thursday, Oct. 24	Open Mic Night	6-8 p.m.	FREE	Bremerton Recreation Center
Friday, Oct. 25	Seattle Escape Room	5-11 p.m.	\$40 per person	Bremerton Recreation Center
Friday, Oct. 25	Stuffed Animal Sleepover	6-7 p.m.	FREE	Bangor Recreation Center
Saturday, Oct. 26	Trunk or Treat Halloween	2-5 p.m.	FREE	Bangor Recreation Center
Saturday, Oct. 26	Waterfall Adventure - Olympic Mountains	7:30 a.m.-7 p.m.	\$42, LIBERTY-eligible**\$25	Bangor Recreation Center
Saturday, Oct. 26	Boo Bowling	3-7 p.m.	\$1 bowling, \$2 shoes	Olympic Lanes
Thursday, Oct. 31	Candy for Costumes	11 a.m.-8 p.m.	FREE	Bremerton and Bangor Recreation Centers
Thursday, Oct. 31	Boo Bash	5-10 p.m.	FREE	Bremerton Recreation Center
Thursday, Oct. 31	Galley Special Meal: Halloween-themed Special Meal	11 a.m.-1 p.m.	ACTIVE DUTY ONLY, FREE for ESM*	Trident Inn Galley
NOVEMBER				
Friday, Nov. 1	Month of the Military Family Coloring Contest	All-Day	FREE	Bremerton and Bangor Recreation Centers
Friday, Nov. 1	Month of the Military Family Game Night	6-8 pm.	FREE	Bangor Recreation Center
Saturday, Nov. 2	Military Family Bowling Specials	2-6 p.m.	\$1 bowling, \$2 shoes	Olympic Lanes
Wednesday, Nov. 6	Galley Special Meal: Brunch for Lunch	11 a.m.-1 p.m.	\$5.60, OPEN TO ALL HANDS, FREE for ESM*	Trident Inn Galley
Thursday, Nov. 7	Open Mic Night	6-8 p.m.	FREE	Bremerton Recreation Center
Thursday, Nov. 7	Compass Class 101	5-7:30 p.m.	\$10 per person	Bangor Recreation Center
Saturday, Nov. 9	Winter Hike	7:30 a.m.-6 p.m.	\$42, LIBERTY-eligible**\$25	Bangor Recreation Center
Wednesday, Nov. 13	Indoor Rock Climbing Trip	5-9 p.m.	\$38 per person	Bangor Recreation Center
Thursday, Nov. 14	Paint and Sip - Thanksgiving Canvas Art	6-8 p.m.	\$35 per person	Bremerton Recreation Center
Friday, Nov. 15	Snowshoe 101 Class	5-7 p.m.	FREE	Bangor Recreation Center
Friday, Nov. 15	Karaoke Night	6-9 p.m.	FREE	Bangor Recreation Center
Saturday, Nov. 16	Woodburn Outlet Holiday Shopping	TBD	\$49 per person	Bangor Recreation Center
Saturday, Nov. 16	Compass Class 102	10 a.m.-3 p.m.	\$15 per person	Bangor Recreation Center
Thursday, Nov. 21	Snowshoe 101 Class	5-7 p.m.	FREE	Bangor Recreation Center
Thursday, Nov. 21	DIY Holiday Wreaths	5-7 p.m.	\$15 per person	Bangor Recreation Center
Thursday, Nov. 21	DJ & Trivia Night	6-8 p.m.	FREE	Bremerton Recreation Center
Saturday, Nov. 23	Winter Hike	7:30 a.m.-6 p.m.	\$42, LIBERTY-eligible**\$25	Bangor Recreation Center
Saturday, Nov. 23	Bowling for Turkeys	2-6 p.m.	\$1 bowling, \$2 shoes	Olympic Lanes
Thursday, Nov. 28	Galley Special Meal: Thanksgiving Dinner	2-5 p.m.	\$9.10, OPEN TO ALL HANDS	Trident Inn Galley

**FREE for active duty personnel eligible for Essential Station Messing (ESM*). **LIBERTY-eligible: junior service members (E1-E6). Please note: FFR events, classes and trips may require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or visit NavyLifePNW.com/myFFR to view events that offer online registration.*

FOOD, FUN & RECREATION EVENT CALENDAR

OCTOBER-DECEMBER 2019

■ = Activity
■ = Trip/Tour

■ = Class/Leisure Skill
■ = Special Event
■ = For Kids

DATE	EVENT	TIME	PRICE	VENUE/HOST
NOVEMBER CONTINUED				
Thursday, Nov. 28	■ Thanksgiving Dinner	4:30-7:30 p.m.	Price TBD	All American Restaurant
Thursday, Nov. 28	Turkey Bowling	6-8 p.m.	FREE	Bremerton Recreation Center
Saturday, Nov. 30	■ Christkindlmarkt	7 a.m.-10 p.m.	\$46 per person	Leavenworth, WA
DECEMBER				
Wednesday, Dec. 4	■ Galley Special Meal: Surf and Turf	11 a.m.-1 p.m.	\$5.60, OPEN TO ALL HANDS, FREE for ESM*	Trident Inn Galley
Thursday, Dec. 5	■ Holiday Tree Lighting Ceremony	5:30-6:30 p.m.	FREE	Bangor Plaza parking lot
Thursday, Dec. 5	■ Snowshoe 101 Class	5-7 p.m.	FREE	Bangor Recreation Center
Saturday, Dec. 7	■ Christmas Tree Lighting Festival	7 a.m.-10 p.m.	\$69 for adults, \$64 ages 10 and younger	Bangor Recreation Center
Saturday, Dec. 7	■ Pancakes with Santa	9-11 a.m.	\$5 per person, \$7 per person at the door	Bangor Plaza Ballroom
Saturday, Dec. 7	■ Snowshoe Mount Rainier	7:30 a.m.-6 pm.	\$42, LIBERTY-eligible**\$25	Bangor Recreation Center
Saturday, Dec. 7	■ Bowling with Santa	Noon-3 p.m.	\$1 bowling, \$2 shoes	Olympic Lanes Bowling Center
Wednesday, Dec. 11	■ Indoor Rock Climbing Trip	5-9 p.m.	\$38 per person	Bangor Recreation Center
Thursday, Dec. 12	■ Paint and Sip Canvas	6-8 p.m.	\$35 per person	Bangor Recreation Center
Saturday, Dec. 14	■ Christmas Tree Lighting Festival	7 a.m.-10 p.m.	\$69 for adults, \$64 ages 10 and younger	Bangor Recreation Center
Saturday, Dec. 14	■ Bald Eagle Float	6:30 a.m.-7:30 p.m.	\$60 per person	Bangor Recreation Center
Saturday, Dec. 14	■ Gingerbread House Build and Santa pictures	2-6 p.m.	\$15 per person	Bremerton Recreation Center
Saturday, Dec. 14	■ Lighted Boat Parade Community Viewing Party	7-8 p.m.	FREE	Elwood Point
Monday, Dec. 16 -Saturday, Dec. 28	■ Reindeer Games	All-Day	Various	Bangor Recreation Center
Thursday, Dec. 19	■ Snowshoe 101 Class	5-7 p.m.	FREE	Bangor Recreation Center
Saturday, Dec. 21	■ Snowshoe Mount Rainier	7:30 a.m.-6 pm.	\$42, LIBERTY-eligible**\$25	Bangor Recreation Center
Saturday, Dec. 21	■ Grotto Holiday Festival of Lights	9 a.m.-11:30 p.m.	\$79 adults, \$73 ages 3-12, \$47 ages 2 and younger	Bangor Recreation Center
Monday, Dec. 23	■ Cocoa and Cookies Story Hour	6-7 p.m.	FREE	Bangor Recreation Center
Wednesday, Dec. 25	■ Galley Special Meal: Christmas Day Dinner	2-5 p.m.	\$9.10, OPEN TO ALL HANDS, FREE for ESM*	Trident Inn Galley
Wednesday, Dec. 25	■ Christmas Day Dinner	4:30-7:30 p.m.	TBD	All American Restaurant
Thursday, Dec. 26	■ Snowshoe the Olympics	7:30 a.m.-6 pm.	\$42, LIBERTY-eligible**\$25	Bangor Recreation Center
Tuesday, Dec. 31	■ Casino Royale New Year's Eve Party	6-10 p.m.	FREE	Bremerton Recreation Center
Wednesday, Jan. 1, 2020	■ Polar Bear Plunge	10 a.m.-Noon	FREE	Camp McKean

**FREE for active duty personnel eligible for Essential Station Messing (ESM*). **LIBERTY-eligible: junior service members (E1-E6). Please note: FFR events, classes and trips may require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or visit Navylifepnw.com/myFFR to view events that offer online registration.*

EVENT/CLASS DESCRIPTIONS

ARTS & CRAFTS

DIY Holiday Wreaths

Create a beautiful mesh wreath to decorate your front door for the season. We provide all of the materials and a host to help teach you the techniques to create your own project.

Gingerbread House Build & Pictures with Santa

Registration includes one gingerbread house, hot beverages, and a photo with Santa.

Halloween Cake Pops

Learn how to make and decorate these special treats with spooky style. Price includes all materials and instruction.

Paint and Sip

Be your own Picasso and create beautiful art! Registration includes all art supplies, expert instruction and two beverages.

Family Paint Night

Registration includes all art supplies, expert

instruction, pizza, a drink, and a movie!

Paint and Sip: Thanksgiving Canvas

Paint your favorite Thanksgiving scene. Registration includes all art supplies, expert instruction and two beverages.

Pumpkin Carving & Boo Bash

Come on over to carve a pumpkin or just draw on one. Then, party down to a good old-fashioned Halloween Party, complete with costume contests, bobbing for apples, Thrifty Thursday Bowling, dancing the Monster Mash and all your favorite Halloween tunes spun by one of Kitsap County's top DJs, plus five hours of scary movies and popcorn.

Youth Drawing Class

Designed for children ages 6-12, this drawing program will offer instruction designed to teach basic skills, techniques and vocabulary.

ENTERTAINMENT

Pancakes with Santa

Santa is coming to Bangor for a meal the whole family will enjoy! Dine on pancakes, create arts and crafts, and take a picture with the jolly fellow before he heads back to the North Pole.

Candy for Costumes!

Show up in your Halloween costume and Trick or Treat for sweets.

Casino Royale New Year's Eve Party

Bond, James Bond ... Join us as we bring in 2020 James Bond style, with a Monte Carlo Casino Night, Spy Games, refreshments, and an early New Year's countdown.

Cocoa and Cookies Story Hour

Join Mrs. Claus for stories, cocoa, cookies and more during our cozy story time. Wear pajamas and prepare to get comfy!

DJ & Trivia Night: Halloween

Join us for a Halloween-themed Trivia night, hosted by a professional trivia host and some spooky dance tunes spun by our house DJ.

DJ & Trivia Night: Football

Get ready for a football-filled weekend with a sports-themed trivia night, hosted by a professional trivia host. Pump up the jam with your favorite sports tunes spun by our house DJ.

Guess the Weight of the Pumpkin

Guess the weight of the pumpkin. Closest guess without going over wins a prize! Three prizes: ages 5-17, ages 18+, and single Sailor prize!

Holiday Tree Lighting Ceremony

Ring in the holiday season at this traditional tree lighting ceremony. Come together in good cheer and enjoy music, a toy drive,

refreshments and a visit from Santa Claus!

Karaoke Night

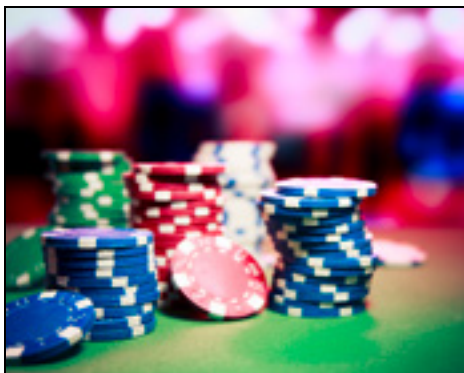
It's your time to shine at Karaoke Night. Show us what you've got! You may just be the next big thing!

Lighted Boat Parade - Community Viewing Party

Join us at Elwood Point for one of the Northwest's most memorable holiday traditions, as we enjoy watching Holiday Boat Parade. MWR will provide heaters, hot chocolate and canopies to those who want to experience this Northwest tradition.

Month of the Military Family Coloring Contest

In honor of the Month of the Military Family, the Bangor and Bremerton Recreation Centers will have coloring sheets for kids all month long. They can enter their creation into a coloring contest or simply make a piece to take home. Contest winners will receive a prize.



NEW YEAR'S EVE CASINO ROYALE

6-10 p.m., FREE admission
Ring in 2020 James Bond style, with spy games, refreshments, and an early New Year's countdown.

BREMERTON RECREATION CENTER



INSIDE OUT CAFÉ

Monday-Friday, 10:30 a.m. - 2 p.m.

Your home for traditional American fair with a global twist. Enjoy burgers, wraps, salads, ramen bowls and pizza by the slice in a family-friendly atmosphere.

BANGOR PLAZA

EARN YOUR BACHELOR'S DEGREE

with Western Washington University on the Peninsulas.

Learn more about special tuition rates for active duty personnel, veteran tuition waivers and credit for military training.

www.edu/peninsulas

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Movie Specials & Discounts

BANGOR CINEMA PLUS THEATER

2501 Ohio St.

Movie Line: 360-396-2515

- Seats over 350 people and features digital movies, complete with silver screen and 3-D capabilities
- Fully-cushioned reclining seats with drink holders
- Available for private parties and events
- FREE advance screenings
- Full-service snack bar

BREMERTON MOVIE LOUNGE

Inside Bremerton Recreation Center

- Hundreds of FREE on-demand movies to choose from
- Premier Movie Nights - Every Thursday evening for 18 years and older only
- Movie Matinéés - Every Saturday at 1 p.m.

Month of the Military Family Game Night

We'll have a variety of games available for you to play!

Open Mic Night

Come out and put your best performance on stage. Sing, play an instrument, recite a poem, or tell a joke... it's your choice.

Reindeer Games

Every day during stand down, Monday, Dec. 16-Saturday, Dec. 28! We will have games, crafts, prizes and general cheer to celebrate this joyous holiday season.

Seattle Escape Room

Registration includes ticket and transportation.

Join us as we tackle the Evil Dead Escape Room at Seattle's Hourglass Escapes.

Stuffed Animal Sleepover

Bring your favorite stuffed animal pal to the Recreation Center. Wear your pajamas or a costume, enjoy Halloween story time and say good night to your plush friend.

Trunk or Treat Halloween

Bring the whole family out and trick or treat from car to car in our parking lot! There will be face painting, a costume contest, and more. Want to deck your car out and join in the fun?

Register your vehicle by Tuesday, Oct. 22.

TRIPS & TOURS

Design-a-Trip

Let us build a trip around your schedule! Consult with our professional trip planner to customize your adventure - from single-day excursions to a week-long getaway.

Chelan Crush Festival

Experience the beauty of the autumn leaves during the Lake Chelan Wine Valley's Annual Crush Festival.

Christkindlmarkt

This Bavarian-style Christmas market features a unique variety of handcrafted, specialty items, wood-crafted items from Germany, knitted, crocheted and fleece apparel, along with many other unique items.

Christmas Tree Lighting Festival

Experience the magic of the season as we take you to the Bavarian winter wonderland of Leavenworth. When dusk falls, the countdown begins for the lighting of the trees and town buildings.

Grotto's Holiday Festival of Lights

The Grotto's Holiday Festival of Lights is the largest Christmas choral festival in the world. Enjoy live concerts, family entertainment in the Grotto's plaza, including outdoor caroling, puppet shows and a petting zoo. Dinner is included.

Oktoberfest in Leavenworth

This Oktoberfest celebration is the next best thing to being in Munich, Germany. Enjoy live entertainment, German food, arts and crafts, and of course, beer and other beverages.

Woodburn Outlets Holiday Shopping

With 114 famous brand stores and services offering savings up to 65% off and TAX FREE, you can get a great head start to your holiday shopping.

SKILL DEVELOPMENT

We offer three different levels of skill development classes. Ask your Outdoor Recreation Specialist which one is right for you.

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

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

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

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

Bald Eagle Float

Make sure to bring your camera as we take a gentle float down the Skagit River in search of bald eagles. Level I

Bike Ride:

Discovery Trail

This is a great trail for all to enjoy. We will be riding between Sequim and Port Townsend. Level II

Compass Class 101

This class will teach you all of the aspects of the compass and how it works. In addition, we will practice plotting your points on a map.

Compass Class 102

This class will teach you all of the aspects of the compass and how it works. In addition, we will practice plotting your

points on a map and then put your skills to the test out in the field.

Fall Colors Hike

Head out on an adventure with us as we search for the beautiful colors of fall! Level III

Indoor Rock Climbing Trip

Come along as our experienced guide shows you the ropes at one of the local rock climbing gyms. Entry fee and gear included. Level II

Snowshoe 101 Class

Join our experienced Outdoor Recreation staff for a class on the basics of snowshoeing.

Snowshoe:

Hurricane Ridge

Join us for the finest snowshoeing in the Olympics where you are surrounded by 360° alpine views. Level III

Snowshoe:

Mount Rainier

Snowshoe on some of the most beautiful trails the Pacific Northwest has to offer. Weather permitting, enjoy fantastic views of glaciers, rivers, wildlife and snow-covered forests. Level II

Volkswalk on the Hansville Greenway

Join us as we take up the German tradition of Volksmarching. We'll enjoy a leisurely 10K walk in beautiful Hansville Greenway in Kitsap County. Level I

Waterfalls Adventure

We'll be seeking 3-4 waterfalls, some of them by car and others in a 1-mile or less hike. Level II

Winter Hike:

Mount Rainier

Whether it is hiking boots, micro-spikes or snowshoes, we will be ready for an awesome adventure. Level II



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LODGING & LEISURE

Whether you're looking to stay for business or pleasure, we have a lodging option for you! Centrally located on each base, our Navy Getaways and Navy Gateways Inns & Suites offer you a "home away from home" while traveling.

NAVY GETAWAYS

Stay! Play! Relax! The Navy's Recreational Lodging Program, Navy Getaways, offers three quality recreational getaway locations in the Pacific Northwest.

We are committed to providing world-class service from the moment you arrive. Our accommodations range from hotel rooms, cottages and deluxe cabins to yurts, RV parks and tent camping sites.

Eligibility: Active Duty, Reservists, Retirees, NAF or DoD civilians and sponsored guests.

Make a reservation at www.navygetaways.com or call 1-877-NAVY-BED (6289-233)!



RV Park & Campground

Cliffside Park Drive from Ault Field. Watch for the directional signs on base. Oak Harbor, WA 98278 360-257-2649

Customer Service Cabin Open Daily: 10 a.m.-6 p.m.

Nestled along the shoreline of Whidbey Island, Navy Getaways 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, an open window on an ever-changing marine environment, and unparalleled sunsets.



Recreation Area & Campground

21027 Jim Creek Rd. Arlington, WA 98223 425-304-5315/5363

Jim Creek Recreation Area is located just outside of Arlington, WA, about 90 minutes north of Seattle. Nestled in the foothills of the North Cascades, Jim Creek serves as a Naval Radio Station and regional outdoor recreation facility that is open year-round. Seasonal activities include fishing, boating and the Alpine Tower climbing adventure (open Memorial Day through Labor Day).



Hotel, Cottages, RV Park & Campground

108 First St. N Pacific Beach, WA 98571 360-276-4414

Front Desk Hours Friday: 7:30 a.m.-8 p.m. Saturday-Thursday: 7:30 a.m.-6 p.m.

Located on the Pacific coast, 15 miles north of Ocean Shores, the facility features reasonably priced hotel accommodations as well as fully-furnished 3-, 4-, and 5-bedroom cottages lining the ocean bluff, providing guests with panoramic ocean vistas. On-site amenities include Pac Beach Market & Café, a lounge known for a variety of special events, Raindrop Lanes bowling center, an exercise room, volleyball and basketball courts, clam-cleaning stations, a whale-watching tower, and a recreation equipment rental center.



ASTRONOMY DAYS

Saturday, Oct. 5

Friday, Dec. 13

Telescopes provided

Weather permitting

NAVY GETAWAYS CLIFFSIDE



MOVIE WEEKENDS AT THE BEACH

Saturdays, Oct. 5, 12, 19, Dec. 7, 14, 21

Crafts, activities and movie fun for the whole family!

NAVY GETAWAYS PACIFIC BEACH



JIM CREEK'S HALLOWEEN SPOOKTACULAR

Saturday, Oct. 12 • Noon-4 p.m.

Activities for all ages

FREE Admission

NAVY GETAWAYS JIM CREEK



NAVY GATEWAY INNS & SUITES

Eligibility: Active Duty, Reservists, Retirees, NAF or DoD civilians and sponsored guests.

Traveling for weekends and holidays? Don't forget to check with NGIS for available rooms.

Amenities include:

- FREE Internet access
- Refrigerator
- Housekeeping
- Fitness rooms
- FREE premium cable TV
- Coffee
- Guest laundry
- Business center
- Microwave

NGIS also offers pet-friendly accommodations. Call for details.

For reservations, call 1-877-NAVY-BED (628-9233)

Bangor

2750 Sargo Circle
Silverdale, WA 98315
877-628-9233

Nestled among the trees of Naval Base Kitsap Bangor, the Evergreen Lodge offers standard rooms and suites in a park-like setting. The new beds and upgraded linens ensure maximum guest comfort. Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

Bremerton

120 S Dewey St.
Bldg. 865
Bremerton, WA 98314
877-628-9233

Located in the central hub of Naval Base Kitsap Bremerton, the facility offers an unobstructed view of Sinclair Inlet and is a comfortable home away from home. Standard rooms, suites with kitchenettes and extended-stay accommodations are available to meet a variety of needs and budgets. Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

Smokey Point

13918 45th Ave. NE
Marysville, WA 98271
877-628-9233

Located approximately 20 minutes north of Naval Station Everett in the Smokey Point Navy Support Complex, the Navy Gateway Inns & Suites, Eagle's Nest Inn offers standard rooms and suites. Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

Whidbey Island

1175 W Midway St.
Bldg. 973
Oak Harbor, WA 98278
877-628-9233

Conveniently positioned on Naval Air Station Whidbey Island's Ault Field, which overlooks the San Juan Islands and Strait of Juan de Fuca, Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

WINTER SPECIALS

STAY 2 NIGHTS, GET YOUR 3RD NIGHT FREE

Friday, Nov. 1-Tuesday, March 31, 2020

Terms and conditions apply. Contact 425-304-5315/5363 for details.

NAVY GETAWAYS JIM CREEK

MONTH OF THE MILITARY FAMILY BOGO

Friday, Nov. 1-Saturday, Nov. 30

Terms and conditions apply. Contact 360-257-2649 for details.

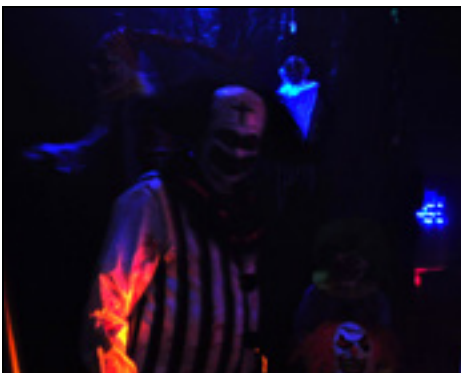
NAVY GETAWAYS CLIFFSIDE

SAVE UP TO 25% OFF YOUR STAY

Friday, Nov. 1-Tuesday, March 31, 2020

Terms and conditions apply. Contact 360-276-4414 for details.

NAVY GETAWAYS PACIFIC BEACH



HAUNTED WEEKEND

Friday, Oct. 25-Saturday,
Oct. 26 & Thursday, Oct. 31

Halloween scavenger hunt and crafts, karaoke in the bar on Saturday, and more. Activities also available on Halloween Day, Oct. 31.

NAVY GETAWAYS PACIFIC BEACH



WIZARDING WORLD OF JIM CREEK

Saturday, Nov. 9 • Noon-4 p.m. • FREE

Join us for lessons in potions, the history of magic, Quidditch, wizard duels, and more.

NAVY GETAWAYS JIM CREEK



THANKSGIVING AT THE BEACH

Thursday, Nov. 28

Traditional dinner with all of the trimmings, family crafts and activities, and bowling at Raindrop Lanes.

NAVY GETAWAYS PACIFIC BEACH

LODGING & LEISURE EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
Ongoing	Mallard RV Camper Rentals	Standard Reservation and Business Hours	\$95/night	Navy Getaways Jim Creek, Pacific Beach, and Cliffside
OCTOBER				
Saturday, Oct. 5	Fall Astronomy Day	TBA-Weather Permitting	FREE	Navy Getaways Cliffside
Saturday, Oct. 5	Spooktacular Movie Weekends	Daytime activities and movie showing at 8 p.m.	FREE	Navy Getaways Pacific Beach
Saturday, Oct. 12	Jim Creek's Halloween Spooktacular	Noon-4 p.m.	FREE	Navy Getaways Jim Creek
Saturday, Oct. 12	Spooktacular Movie Weekends	Daytime activities and movie showing at 8 p.m.	FREE	Navy Getaways Pacific Beach
Saturday, Oct. 19	Spooktacular Movie Weekends	Daytime activities and movie showing at 8 p.m.	FREE	Navy Getaways Pacific Beach
Friday, Oct. 25- Saturday, Oct. 26, & Thursday, Oct. 31	Haunted Weekend	Varies	FREE	Navy Getaways Pacific Beach

Please note: FFR events may require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or visit Navylifepnw.com/myFFR to view events that offer online registration.



LIGHT YOUR RV CONTEST

Sunday, Dec. 1-Friday, Dec. 20
Be the new Clark Griswold of Cliffside!
Decorate your RV and stand by for
judging the night of Friday, Dec. 20.
Our talented judges will pick the
winners and award the prizes!

NAVY GETAWAYS CLIFFSIDE



JIM CREEK'S HOLIDAY CELEBRATION

Saturday, Dec. 7 • Noon-4 p.m.
Meet and share stories with Santa,
holiday crafts and ornaments, cookies
and cocoa, tree lighting, and more.

NAVY GETAWAYS JIM CREEK



NEW YEAR'S AT THE BEACH

Tuesday, Dec. 31-Wednesday, Jan. 1
Annual party with entertainment,
champagne toast, dinner buffet,
and New Year's Day breakfast with
a bloody Mary bar and mimosas.

NAVY GETAWAYS PACIFIC BEACH

LODGING & LEISURE EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	PRICE	VENUE/HOST
NOVEMBER				
Friday, Nov. 1– Saturday, Nov. 30	Month of the Military Family BOGO	N/A	RV Sites/Yurts start at \$40/day	Navy Getaways Cliffside
Friday, Nov. 1–Tuesday, March 31, 2020	Stay 2 Nights, Get the 3rd Night FREE at Jim Creek	N/A	Cabin rates start at \$55/night	Navy Getaways Jim Creek
Friday, Nov. 8	Tongue Twister Day	N/A	FREE	Navy Getaways Cliffside
Saturday, Nov. 9	Wizards World of Jim Creek	Noon–4 p.m.	FREE	Navy Getaways Jim Creek
Sunday, Nov. 17	National Take-a-Hike Day	Noon	FREE, transportation provided	Navy Getaways Cliffside
Thursday, Nov. 28	Thanksgiving at the Beach	TBD	TBD	Navy Getaways Pacific Beach
DECEMBER				
Sunday, Dec. 1– Friday, Dec. 20	Light Your RV Contest	N/A	FREE	Navy Getaways Cliffside
Saturday, Dec. 7	Holiday Movie Weekends	TBD	FREE	Navy Getaways Pacific Beach
Saturday, Dec. 7	Jim Creek's Holiday Celebration	Noon–4 p.m.	FREE	Navy Getaways Jim Creek
Friday, Dec. 13	Geminid Meteor Showers	TBA–Weather Permitting	FREE	Navy Getaways Cliffside
Saturday, Dec. 14	Holiday Movie Weekends	TBD	FREE	Navy Getaways Pacific Beach
Saturday, Dec. 21	Holiday Movie Weekends	TBD	FREE	Navy Getaways Pacific Beach
Tuesday, Dec. 31– Wednesday, Jan. 1	New Year's at the Beach	TBD	TBD	Navy Getaways Pacific Beach

Your Holiday Getaway Awaits...

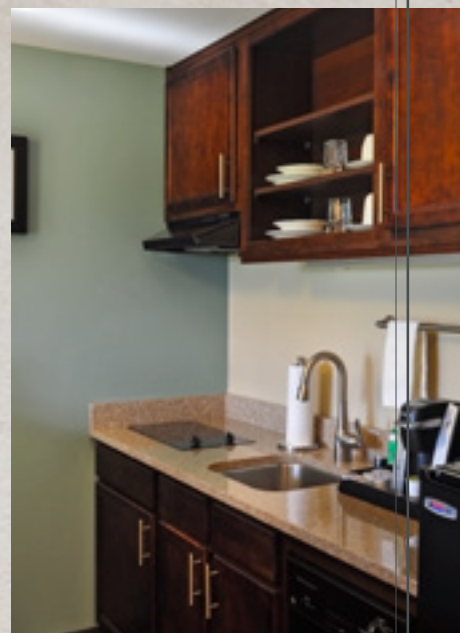
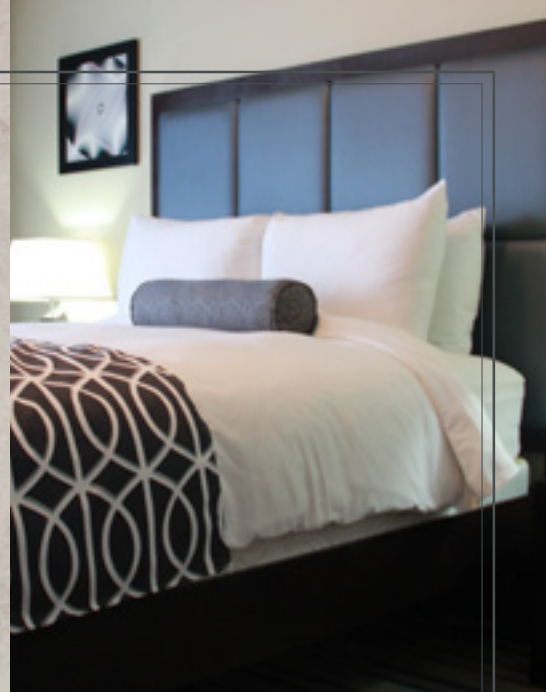
OPEN YEAR-ROUND. BOOK YOUR COZY COTTAGE TODAY!

Visit pacbeach.navylifepnw.com for off-season specials

Call 360-276-4414 to BOOK YOUR STAY TODAY!

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Call (877) NAVY-BED or visit NGIS.DoDLodging.net to reserve TODAY!*

*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! 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.

Celebrate the Season with MWR

Holiday Tree Lighting



Holiday Tree Lighting Ceremonies

Join us for festive music, refreshments, activities and a visit from St. Nick!

Naval Base Kitsap

Thursday, Dec. 5, 5:30-6:30 p.m.
Bangor Plaza Parking Lot, FREE

NAVSTA Everett

Thursday, Dec. 5, 3:30-6:30 p.m.
The Commons, Bldg. 1950, FREE

NAS Whidbey Island

Friday, Dec. 6, 4-7 p.m.
Convergence Zone, FREE

Leavenworth Tree Lighting Festival Trip

*This quaint Bavarian town is a must-see for the holidays.
Join the MWR tour bus for a spectacular tree-lighting
event filled with old-world charm and holiday cheer.*

Register at any MWR Facility,

Pick-up/Drop-off: Off-base (Silverdale)

Saturday, Dec. 7, 7 a.m.-10 p.m.
\$69 for adults, \$64 ages 10 and younger

Registration & Pick-up/Drop-off: Community

Recreation, The Commons

Saturdays, Dec. 7 & 14, 9 a.m.-9 p.m.
\$25 adults (18+), \$15 youth (0-17)

Registration & Pick-up/Drop-off: Community

Recreation, Convergence Zone

Saturdays, Dec. 14 & 21, 7 a.m.-9 p.m.
\$39 ages 13+, \$25 ages 12 and under



SPORTS, FITNESS & AQUATICS

Our state-of-the-art fitness centers offer individual and group instruction from certified professionals and a wide variety of equipment, classes and team activities for every age, interest and fitness level.

Bangor Fitness Center

Ohio St., Bldg. 2700
Silverdale, WA 98315
360-315-2134

[nbkfitness @ navylifepnw.com](#)

Monday-Friday:
5 a.m.-9 p.m.

Saturday: 7 a.m.-7 p.m.

Sunday & Holidays:
8 a.m.-7 p.m.

Full-service, state-of-the-art fitness center featuring cardio equipment, free weights, TRX, spin bikes, outstanding group fitness classes, personal training and much more!

Bangor Aquatics Center

Located in the Bangor Fitness Center
360-315-2131

Pool Hours (Starting Sunday, Sept. 1)
5 a.m.-1 p.m. and 3-7 p.m.

Recreation Swim:

Monday-Friday:
8 a.m.-1 p.m. and 3-7 p.m.
Saturday: 9 a.m.-3 p.m.

This facility is fully equipped to meet aquatic fitness and recreation needs: a 25-yard pool, 10-lap swimming lanes, 13-foot diving well with 1- and 3-meter springboard diving boards and a 20-person hot tub. Water polo nets, balls and caps are available upon request. Ask about Kid's Birthday Party Packages.

Bremerton Fitness Center

120 S Dewey St., Bldg. 1017
Bremerton, WA 98314
360-476-2231

[nbkfitness @ navylifepnw.com](#)

Monday-Thursday:
4 a.m.-9 p.m.

Friday: 4 a.m.-7 p.m.

Saturday: 7 a.m.-7 p.m.

Sunday & Holidays:
8 a.m.-7 p.m.

Bremerton Aquatics Center

Pool Hours

360-476-9416
Monday-Friday:
4:30-9 a.m. & 11 a.m.-7 p.m.

The Bremerton swimming pool is a 6-lane lap pool. We have fins, kickboards and pull buoys available for lap swim use as well as water aerobics equipment. The 8-man hot tub is located on the pool deck.

Navy Youth Swim Test

Navy Fitness strives to educate parents and youth on pool safety and the dangers associated with unsupervised swimming. To attain full access to the Aquatics Centers, all youths 17 and under must successfully pass the Navy Youth Swim Test.

Keyport Fitness Center

Open 24/7

This unmanned facility offers the best in cardio and strength fitness equipment, basketball and racquetball courts. CAC required for entry.*

Naval Hospital Fitness Center

Open 24/7

Located adjacent to Naval Hospital Bremerton. CAC required for entry.*

Waterfront Fitness Center

Open 24/7

Located on Naval Base Kitsap Bangor's lower base. The center offers the best in cardio and strength fitness equipment, full locker and shower rooms, and a group exercise room. CAC required for entry.*

Admiral's Cup

Admiral's Cup allows Sailors who possess the athletic skills to compete on an all-Navy Regional Installation team. They have the chance to represent their installation in Navy Region Northwest tournaments.

Captain's Cup

Represent your command in a variety of different team sports and activities, while earning points toward the cup.

**Visit the Bangor or Bremerton Fitness Center to activate your CAC prior to use.*



TURKEY TROT

Saturday, Nov. 16 • 9:15 a.m. Start
FREE to enter,

commemorative T-shirt \$15

Open to men and women.

Approx. 1- and 3-mile run/
walk around NBK Bangor.

BANGOR FITNESS CENTER



WINTER WARRIOR GAMES

Monday, Dec. 2, Wednesday,
Dec. 4, 4:30-6:30 p.m.

FREE to enter

A combination of events testing
the strength and endurance
of each competitor.

**BREMERTON AND BANGOR
FITNESS CENTERS**



EVENING SWIM LESSONS

\$50-\$70

Classes meet twice per
week for six weeks.

Choose Monday/Wednesday
or Tuesday/Thursday class.

BANGOR AQUATICS CENTER

SPORTS, FITNESS & AQUATICS EVENT CALENDAR OCTOBER-DECEMBER 2019

 = Admiral's Cup

 = For Kids

 = Captain's Cup

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
Various	Parent & Child Swim Lessons	Various	\$50 for 12, 30-minute classes for eligible users	Bangor Aquatics Center
Various	Preschool Swim Lessons	Various	\$50 for 12, 30-minute classes for eligible users	Bangor Aquatics Center
Various	Level 1-Level 2 Swim Lessons	Various	\$50 for 12, 30-minute classes for eligible users	Bangor Aquatics Center
Various	Level 3-Level 4 Swim Lessons	Various	\$60 for 12, 45-minute classes for eligible users	Bangor Aquatics Center
Various	Level 5 Swim Lessons	Various	\$70 for 12, 60-minute classes for eligible users	Bangor Aquatics Center
OCTOBER				
Friday, Oct. 11	NOFFS 5-Hour Course	7 a.m.-1 p.m.	FREE to Active Duty	Bremerton Fitness Center
Thursday, Oct. 17	Adult and Pediatric First Aid, CPR and AED	9 a.m.-2 p.m.	\$50	Bremerton Fitness Center
Saturday, Oct. 26	Monster Splash Pool Party	10 a.m.-3 p.m.	FREE	Bangor Aquatics Center
Monday, Oct. 28 to Friday, Nov. 1	CFL Course	7 a.m.-4:30 p.m.	FREE to Active Duty	Bangor Fitness Center
NOVEMBER				
Friday, Nov. 8	NOFFS 5-Hour Course	7 a.m.-1 p.m.	FREE to Active Duty	Bangor Fitness Center
Wednesday, Nov. 13	Mission Nutrition	7:30 a.m.-3 p.m.	FREE	Bangor Fitness Center
Friday, Nov. 15	Blue Moon Family Swim	7-9 p.m.	FREE	Bangor Aquatics Center
Saturday, Nov. 16	Turkey Trot	Beginning at 9:15 a.m.	FREE	Bangor Fitness Center
Saturday, Nov. 16	Adult and Pediatric First Aid, CPR and AED	9 a.m.-2 p.m.	\$50	Bremerton Fitness Center
Monday, Nov. 25 to Wednesday, Nov. 27	Turkey Gobble Swim Challenge	Various	FREE	Bremerton and Bangor Aquatics Centers
DECEMBER				
Monday, Dec. 2	Winter Warrior Games	4:30-7:30 p.m.	FREE. \$15 for participant t-shirt	Bremerton Fitness Center
Wednesday, Dec. 4	Winter Warrior Games	4:30-7:30 p.m.	FREE. \$15 for participant t-shirt	Bangor Fitness Center
Friday, Dec. 6	NOFFS 5-Hour Course	7 a.m.-1 p.m.	FREE to Active Duty	Bremerton Fitness Center
Thursday, Dec. 12	Adult and Pediatric First Aid, CPR and AED	9 a.m.-2 p.m.	\$50	Bremerton Fitness Center
Monday, Dec. 16 to Saturday, Dec. 21	American Red Cross Lifeguarding Course	Monday-Friday, 4-8 p.m. Saturday, 9 a.m.-3 p.m.	\$175	Bangor Aquatics Center
Tuesday, Dec. 31	Noon Year's Eve Pool Party	10 a.m.-3 p.m.	FREE	Bangor Aquatics Center

Please note: FFR events, classes and trips may require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or visit NavyLifePNW.com/myFFR to view events that offer online registration. Activities are open to authorized MWR patrons ages 18+, unless otherwise noted.

EVENT/CLASS DESCRIPTIONS

FITNESS

Turkey Trot

Open to men and women. Approx. 1- and 3-mile run/walk around NBK Bangor. Register by Saturday, Oct. 19 to guarantee commemorative race shirt.

Winter Warrior Games

The Warrior Games are a combination of events testing the strength and endurance of each competitor.

These events will be incorporated into the weekly warrior classes at each base leading up to the Warrior Games.

Fitness Incentive Program

Designed to keep you motivated on your journey to a healthy lifestyle. Earn awards while staying active. Points are assigned for time spent working out, not speed, mileage, strength or endurance—you set your personal limits!

NOFFS 5-hour course

Navy Operational Fitness and Fueling System (NOFFS) workouts are specifically designed to meet the specialized needs of the USN Sailor. Learn more about each organized series: Operational, Strength, Endurance, and Sandbag.

Command Fitness Leader (CFL) Course

A 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.

Mission Nutrition Course

A standardized, science-based course focused on improving your nutritional knowledge and awareness. You will learn about a variety of everyday nutrition topics and ways to improve your eating habits, as well as your overall health. Topics include Food Shopping, Meal Planning and Eating Out, Emotional and Mindless Eating, Fad Diets, Hot Topics, Food Myths and Reading Labels, and Intro to Operation.

AQUATICS

Adult and Pediatric First Aid, CPR and AED

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

Turkey Gobble Swim Challenge

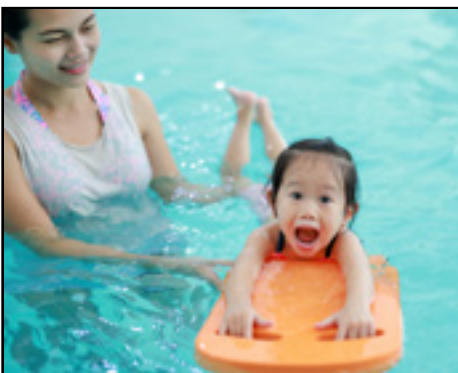
Pre-burn those Thanksgiving holiday calories with this 3-day swim distance challenge. Swim at either Bangor or Bremerton Aquatics Centers and record your mileage at the check-in desk. Prizes will be awarded to the farthest distances swam at each location. Participants who swim all three days will receive a FREE swim cap.

American Red Cross Lifeguarding Course

This course will provide the knowledge necessary to obtain an American Red Cross Lifeguard Certification, which will be awarded upon successful completion of the course. Participants must pass a prerequisite swim test the first night of the course before continuing on.



Go Navy! Beat Army! Get ready for the annual Army/Navy Flag Football game on Saturday, Dec. 14!



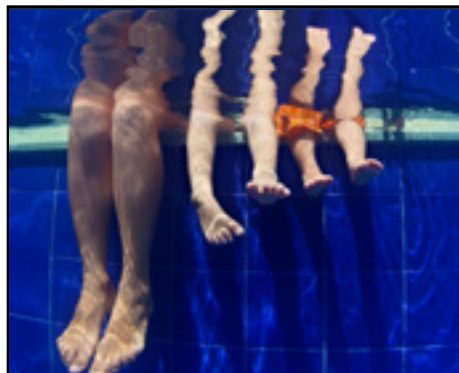
MONSTER SPLASH POOL PARTY

Saturday, Oct. 26

10 a.m.-3 p.m. • FREE

Bring your little monsters for an afternoon of Halloween fun with inflatable toys, crafts on the deck, balloon twister and goody bags.

BANGOR AQUATICS CENTER

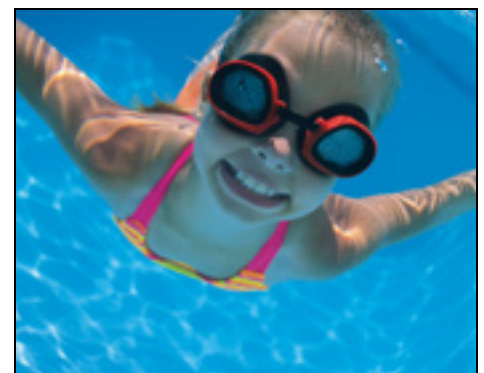


BLUE MOON FAMILY SWIM

Friday, Nov. 15 • 7-9 p.m. • FREE

Come join us for a late night Friday swim party! We will turn the lights down low, the music up high and throw the inflatables in for some fun! Cannon ball contest off the diving boards, water polo, and races across the obstacle course.

BANGOR AQUATICS CENTER



NOON YEAR'S EVE POOL PARTY

Tuesday, Dec. 31

10 a.m.-3 p.m. • FREE

We are splashing into 2020 and you should be too! Join us for a countdown to noon. The inflatable toys will be out, crafts on the deck, and balloon twister.

BANGOR AQUATICS CENTER

ATTENTION!

CALLING ALL JUNIOR SERVICE MEMBERS!*

FREE, DISCOUNTED, FUN, AFFORDABLE ACTIVITIES

to get you out and enjoying the
GREAT PACIFIC NORTHWEST.



*Young Adult (E1-E6)

LIBERTY-eligible only.

**HOLIDAY
PARTIES**

PAINTBALL

**BARRACKS
BASH**

**VANCOUVER
TRIPS**

**RECREATION
TRIPS**

**VOLUNTEERING
OPPORTUNITIES**

ADVENTURE

**COOKING
CLASSES**

BUBBLE SOCCER

TOURNAMENTS

★★★★★
Visit your nearest LIBERTY Center
for more information and a
calendar of events. Or visit
LIBERTY online at
[kitsap.navylifepnw.com/
recreation/liberty-single-
sailor-program](http://kitsap.navylifepnw.com/recreation/liberty-single-sailor-program)
Bangor: 360-396-2151
Bremerton: 360-476-2673
Download the
NavyLife PNW App today!
★★★★★

INTRAMURAL SPORTS

LEAGUES AND TOURNAMENTS TO FIT YOUR INTERESTS!

Experts and amateurs enjoy regularly scheduled leagues throughout the year, including volleyball, flag football, golf, basketball, softball, and more.

REGIONAL TEAMS: Play for Team Navy as our region takes on Soldiers and Airmen from Joint Base Lewis-McChord each year in Flag Football, Ice Hockey, and more.

ADMIRAL'S CUP: Lead your Base to victory by competing against the other Naval Bases in our region.

CAPTAIN'S CUP: Represent your Command in a variety of different team sports and activities, while earning points toward the Cup.

TOURNAMENTS: Various tournaments are scheduled throughout the year, including Racquetball, Dodgeball, and Basketball.



For more information, contact
nbk.fitness@navylifepnw.com,
or Bangor Fitness: 360-315-2132
or visit www.navylifepnw.com



CHILD & YOUTH PROGRAMS

We're committed to supporting military and DoD civilian families by recognizing the uniqueness of each family's lifestyle and needs. In addition to on-base child care options, we offer a wide variety of age-appropriate recreational and educational programs for school-age children and teens.

CHILD CARE

Child Development Centers (CDC) care for children 6 weeks to 5 years of age. All centers are accredited by the National Association for the Education of Young Children.

NBK-Bangor Child Development Center

2902 Ohio St.
Silverdale, WA 98315
360-396-5920

NBK-Bremerton Infant & Toddler Center

1141 U St.
Bremerton, WA 98314
360-627-2974

Jackson Park Child Development Center

The Landings
100 Olding Rd., Bldg. 779
Bremerton, WA 98312
360-476-8666

Child Development Homes (CDH)

Our certified Child Development Homes

care for children from birth through 12 years of age. Homes are additionally licensed by the State of Washington.

Kitsap CDH Office

The Landings
90 Olding Rd., Bldg. 780
Bremerton, WA 98312
360-476-7484

SCHOOL-AGERS/TEENS

Our School-Age Care (SAC) program is designed to provide piece of mind for children 5-12 years of age.

We also offer safe activities for teens.

Admiral Boorda Teen Center (ABC)

4168 Greenfish Circle
NBK-Bangor
360-396-2065
ABC Library books available for checkout.

Jackson Park School-Age Care/Youth & Teen Center

The Landings
781 Wencker Way
Bremerton, WA 98312
360-627-2041

Litehouse School-Age Care

2903 Ohio St.
Silverdale, WA 98315
360-396-2463

School Liaison Officer

Jackson Park Community Center
90 Olding Rd.
Bremerton, WA 98312
360-340-2824

nbk.slo@navylifepnw.com

Monday-Friday:
7:30 a.m.-5 p.m.
Call for an appointment.

CHILD & YOUTH PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
Tuesdays	Story Time	10 a.m.-Noon	FREE	Admiral Boorda Teen Center
Wednesdays	Mommy & Me	10 a.m.-Noon	FREE	Admiral Boorda Teen Center
Year-Round	Military Youth of the Year	N/A	FREE	Admiral Boorda Teen Center
OCTOBER-DECEMBER				
Thursday, Oct 17	Quarterly Parent Involvement Board meetings	11:30 a.m.-1 p.m.	FREE	Jackson Park Community Center



PARENT INVOLVEMENT BOARD (PIB) MEETING

Thursday, Oct. 17

Learn ways to support your child and the CYP programs.

JACKSON PARK COMMUNITY CENTER



STORY TIME

Tuesdays • 10 a.m.-Noon • FREE
Interactive storytelling, puppets, storyboards and songs. The ABC Library also has a wide selection of children's books available for checkout.

ADMIRAL BOORDA CENTER



MOMMY & ME

Wednesdays • 10 a.m.-Noon • FREE
This playgroup is a great opportunity to get the little ones out of the house and interacting with other children.

ADMIRAL BOORDA CENTER

EVENT/CLASS DESCRIPTIONS

CYP Parent Involvement Board (PIB)

Learn ways to support your child and the CYP programs

The Boys and Girls Club of America Youth of the Year

The Boys and Girls Clubs of America (BGCA) National Youth of the Year (YOY) Program is the premier recognition program for Navy Youth Programs teen members. The BGCA YOY Program promotes service to Navy Youth Programs, community and family, academic success, strong moral character, life goals, and poise and public speaking. State, Regional, and National MYOY winners receive college scholarships and opportunities to advocate what the impact of Navy

Youth Programs has had on their lives.

BGCA MYOY participants must:

- Be 14-18 years of age at the time of application,
- Be an active and registered participant with Navy Youth Programs for at least two years - Teens that have experienced multiple transitions (PCS) may use multiple Navy Youth Program registrations to accumulate the two years of required registration.

Story Time

Join us for interactive storytelling, puppets, storyboards and songs. The ABC Library also has a wide selection of children's books available for checkout.

For children ages 6 and younger; children must be accompanied

by a parent or guardian at all times.

For more info: CYP Teen Coordinator

360-596-2065 or 360-396-2463

Mommy & Me

This playgroup is a great opportunity to get the little ones out of the house and interacting with other children.

For children ages 6 and younger; children must be accompanied by a parent or guardian at all times.

For more info: CYP Teen Coordinator

360-396-2045 or 360-396-2463

Naval Base Kitsap NAVY SCHOOL LIAISON OFFICER

Connecting Military Families,
Commands and K-12 Schools

360-340-2824
nbk.slo@navylifepnw.com



Connect with us at
www.navylifepnw.com

Connecting Navy families to accurate information and resources to help them flourish while living the Navy lifestyle.

- ✓ Accurate and timely information for spouses and families
- ✓ Minimizes acronyms, user friendly tools
- ✓ Useful links to popular Navy sites like the Navy Exchange, Commissary, and the Fleet and Family Support Center
- ✓ Employment resources
- ✓ Spouse mentoring support



@navyseawarrior



@Navy Sea Warrior



@Navy Sea Warrior



@Navy Sea Warrior



Developed by the Navy community for the Navy community.



SUPPORT PROGRAMS

We're here to support you and your family during every career and life change with caring counselors, classes, relocation assistance and deployment support.

Centralized Scheduling

866-854-0638

ffsp.cnrrw@navy.mil

Fleet & Family Support Center (Blue)

2901 Barbel St.

Silverdale, WA 98315

866-854-0638

Monday-Thursday:

7:30 a.m.-5 p.m.

Friday: 7:30 a.m.-4 p.m.

Fleet & Family Support Center (Gold)

1099 Tautog Circle

Silverdale, WA 98315

866-854-0638

Monday-Thursday:

7:30 a.m.-5 p.m.

Friday: 7:30 a.m.-4 p.m.

Navy Gold Star Call Center

888-509-8759

24/7 SAPR Advocate

360-340-7037

DoD Safe Helpline

877-995-5247

24/7 Sexual Assault Response Coordinator (SARC)

360-340-7156

EVENT/CLASS DESCRIPTIONS

Anger Management (6-session class)

Must attend all six sessions to receive a completion certificate.

Baby Indoc

This class is part of the New Parent Support & Home Visitation (NPSHV) Program and aids parents in learning how to care for and bond with their newborn.

Basic Resume

Define what employers want in a quick, easy, and direct format.

Command Financial Specialist (CFS)

Training certification course for a service member to become a Command Financial Specialist.

Credit Management and Credit Reporting

Provides valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, credit

reports and effectively managing your credit.

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

Mandatory for all newly appointed Commanding Officers, Executive Officers, Command Master Chiefs and Chiefs of the Boat.

Effective Communication

Discover the ability to express what we think and feel without clouding our ability to listen and respect how others think and feel.

Exceptional Family Member Program (EFMP) Command POC

This class discusses the benefits of the EFMP program, the enrollment process for eligible sponsors, and the role of the Command POC in facilitating navigation through the EFM program.

FAFSA/Scholarships

Do you need financial assistance to help pay for college? Attend this FREE class and learn how to find and apply for FREE money, including grants, scholarships and more.

FAMILY READINESS GROUP (FRG) TRAINING

Provides support to families before, during, and after deployment.

Federal Job Application Process

Job search, account creation, resume building, applying, and interviewing techniques.

Final Move

Topics include an overview of the moving process, tips and techniques for coping, managing the move, moving with children, and resources available throughout the transitioning process.

Home Buying Seminar

Examine the entire process of buying a home as well as an update on local market conditions.

Interviewing Skills

Valuable interviewing tips and opportunity to practice frequently asked interviewing questions in a supportive, realistic environment.

Infant Massage

Learn how to massage your baby to help with stress, discomfort, and improve sleep through nurturing touch. This class is part of the New Parent Support & Home Visitation Program.

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. Open to both men and women!

(Descriptions continue on page 29)



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



855-628-9997 (24/7)

www.navywoundedwarrior.com

SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	VENUE/HOST
ONGOING			
Various	Podcasts	Various	Download from navylifepnw.com
Various	Webinars	Various	Online at navylifepnw.com
OCTOBER			
Monday, Sept. 30-Friday, Oct. 4	Initial SAPR Unit Victim Advocate (UVA) Training	7:30 a.m.-4:30 p.m.	FFSC Blue
Wednesdays, Oct. 2, 9, 16	Love and Logic	5:30-7:30 p.m.	FFSC Blue
Wednesday, Oct. 2	Basic Resume	1-3 p.m.	FFSC Blue
Thursdays, Oct. 3, 10, 17, 24	Stress Management (4-session class)	9-11 a.m.	FFSC Blue
Thursday, Oct. 3	CFS Continuing Education	1-3 p.m.	FFSC Blue
Monday, Oct. 7-Friday, Oct. 11	Command Financial Specialist Training	7:30 a.m.-4 p.m.	Bldg. 1013, Bremerton
Monday, Oct. 7-Friday, Oct. 11	Transition Goals Plans Succeed (TGPS)	7 a.m.-4:30 p.m.	FFSC Blue
Thursday, Oct. 8-Wednesday, Oct. 9	Transition GPS: Boots to Business Career Track	8 a.m.-4 p.m.	FFSC Blue
Thursday, Oct. 10	Transition GPS: CAPSTONE Event	9-11 a.m. or 1-3 p.m.	FFSC Blue
Thursday, Oct. 10	Moving with an EFM	5-6:30 p.m.	FFSC Blue
Wednesday, Oct. 16	Initial Unit SAPR POC Training	7:30 a.m.-4:30 p.m.	FFSC Blue
Wednesday, Oct. 16-Thursday, Oct. 17	Transition GPS: Accessing Higher Education Career Track	8 a.m.-4 p.m.	FFSC Blue
Thursday, Oct. 17	CFS Refresher Training	7:30 a.m.-4 p.m.	FFSC Blue
Friday, Oct. 18	Home Buying Seminar	10 a.m.-Noon	FFSC Blue
Friday, Oct. 18-Sunday, Oct. 20	Ombudsman Basic Training	Fri: 4:30-8 p.m.; Saturday/ Sun: 8 a.m.-5 p.m.	FFSC Blue
Monday, Oct. 21-Friday, Oct. 25	Transition Goals Plans Succeed (TGPS)	7 a.m.-4:30 p.m.	FFSC Blue
Monday, Oct. 21	Effective Communication	1-3 p.m.	FFSC Blue
Tuesday, Oct. 22	Baby Indoc	1-4 p.m.	FFSC Blue
Wednesday, Oct. 23	EFMP Command POC Training	9-10:30 a.m.	FFSC Blue
Wednesday, Oct. 23	EFM/IA: Bowling	5:30-7:30 p.m.	Olympic Lanes, Bangor
Thursday, Oct. 24	Smooth Move	10 a.m.-Noon	FFSC Blue
Thursday, Oct. 24	FAFSA/Scholarships	1-4 p.m.	FFSC Blue
Friday, Oct. 25	Marriage and Money	10-11:30 a.m.	FFSC Blue
Monday, Oct. 28-Friday, Oct. 1	Transition Goals Plans Succeed (TGPS)	7 a.m.-4:30 p.m.	FFSC Blue
Monday, Oct. 28	Spouse CERT (Career, Education, Resource, Training)	10 a.m.-Noon	FFSC Blue
Tuesday, Oct. 29	Transition GPS: CAPSTONE Event	9-11 a.m. or 1-3 p.m.	Bldg. 1013, Bremerton
Tuesday, Oct. 29	Final Move	11:30 a.m.-12:30 p.m.	Bldg. 1013, Bremerton
NOVEMBER			
Monday, Nov. 4-Friday, Nov. 8	Transition Goals Plans Succeed (TGPS)	7 a.m.-4:30 p.m.	Bldg. 1013, Bremerton
Monday, Nov. 4-Friday, Nov. 8	Command Financial Specialist Training	7:30 a.m.-4 p.m.	FFSC Blue
Mondays, Nov. 4-Dec. 16	Anger Management (6-session class)	1:30-3:30 p.m.	FFSC Blue
Tuesday, Nov. 5	DV and SA Executive Leadership Training	8:30 a.m.-Noon	Bldg. 1099, Bangor

All events and classes are FREE unless otherwise noted. Dates and times are subject to change without prior notice. Advance registration may be required, call 866-854-0638 to register. For the most up-to-date information, contact the venue/host directly or visit www.navylifepnw.com.

SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	VENUE/HOST
NOVEMBER CONTINUED			
Tuesday, Nov. 5	Infant Massage	1-2:30 p.m.	3195 Bonefish Circle, Community Center, Bangor
Thursday, Nov. 7	Transition GPS: CAPSTONE event	9-11 a.m. or 1-3 p.m.	Bldg. 1013, Bremerton
Thursday, Nov. 7	Sponsorship Training	9-11 a.m.	FFSC Blue
Thursday, Nov. 7	Relationship Resources	1-3 p.m.	FFSC Blue
Tuesday, Nov. 12-Wednesday, Nov. 13	Unit Victim Advocate Refresher Training	7:30 a.m.-4:30 p.m.	FFSC Blue
Tuesday, Nov. 12	Infant Massage	1-2:30 p.m.	FFSC Blue
Wednesday, Nov. 13-Thursday, Nov. 14	CONSEP Second-Term	8 a.m.-4 p.m.	FFSC Blue
Thursdays, Nov. 14, 21, Dec. 5, 12	Stress Management (4-session class)	9-11 a.m.	FFSC Blue
Thursday, Nov. 14	Spouse Indoc	5-6 p.m.	FFSC Blue
Friday, Nov. 15	Baby Indoc	1-4 p.m.	FFSC Blue
Friday, Nov. 15	EFM/IA: Swim	5-7 p.m.	Bangor Aquatics Center
Monday, Nov. 18-Friday, Nov. 22	Transition Goals Plans Succeed (TGPS)	7 a.m.-4:30 p.m.	FFSC Blue
Monday, Nov. 18	Interviewing Skills	10 a.m.-Noon	FFSC Blue
Tuesday, Nov. 19-Wednesday, Nov. 20	Million Dollar Sailor	8 a.m.-3 p.m.	FFSC Blue
Tuesday, Nov. 19	Infant Massage	1-2:30 p.m.	3195 Bonefish Circle, Community Center, Bangor
Thursday, Nov. 21	Federal Job Application Process	1-4 p.m.	FFSC Blue
Tuesday, Nov. 26	Transition GPS: CAPSTONE Event	9-11 a.m. or 1-3 p.m.	FFSC Blue
Tuesday, Nov. 26	Final Move	11:30 a.m.-12:30 p.m.	FFSC Blue
DECEMBER			
Monday, Dec. 2-Friday, Dec. 6	Transition Goals Plans Succeed (TGPS)	7 a.m.-4:30 p.m.	Bldg. 1013, Bremerton
Monday, Dec. 2-Friday, Dec. 6	Initial SAPR Unit Victim Advocate (UVA) Training	7:30 a.m.-4:30 p.m.	FFSC Blue
Monday, Dec. 2	FRG: Session A	9 a.m.-3 p.m.	FFSC Blue
Thursday, Dec. 5-Friday, Dec. 6	Transition GPS: Career Exploration and Planning Track	8 a.m.-4 p.m.	Bldg. 1013, Bremerton
Wednesday, Dec. 4	Myers-Briggs Personality Test Class	1-3:30 p.m.	FFSC Blue
Tuesday, Dec. 3	Transition GPS: CAPSTONE Event	9-11 a.m. or 1-3 p.m.	Bldg. 1013, Bremerton
Thursday, Dec. 5	Welcome Aboard	10 a.m.-Noon	FFSC Blue
Tuesday, Dec. 3	Final Move	11:30 a.m.-12:30 p.m.	Bldg. 1013, Bremerton
Friday, Dec. 6	Credit Reporting and Credit Management	10-11:30 a.m.	FFSC Blue
Monday, Dec. 9-Friday, Dec. 13	Transition Goals Plans Succeed (TGPS)	7 a.m.-4:30 p.m.	FFSC Blue
Monday, Dec. 9	FRG: Session B	9 a.m.-3 p.m.	FFSC Blue
Tuesday, Dec. 10	Baby Indoc	1-4 p.m.	FFSC Blue
Wednesday, Dec. 11	Spouse Transition and Readiness Table-Talk (START)	8:30 a.m.-4 p.m.	FFSC Blue
Friday, Dec. 13	EFM/IA: Bowling with Santa	3-6 p.m.	Olympic Lanes, Bowling
Monday, Dec. 16-Friday, Dec. 20	Transition Goals Plans Succeed (TGPS)	7 a.m.-4:30 p.m.	FFSC Blue
Tuesday, Dec. 17	Transition GPS: CAPSTONE Event	9-11 a.m. or 1-3 p.m.	FFSC Blue

Please note: Most FFSC events are free of charge but require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or call the toll-free FFSC central registration line at 866-854-0638.



BABY INDOC

Tuesday, Oct. 22, 1-4 p.m., FREE
Expert advice on how to care for and bond with their newborn.

FLEET AND FAMILY SUPPORT
CENTER - BLUE

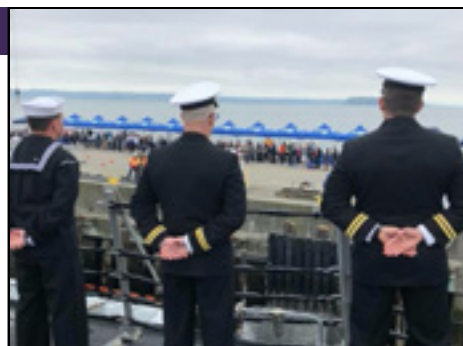


MILLION DOLLAR SAILOR

Tuesday, Nov. 19-Wednesday, Nov. 20,
8:30 a.m.-3 p.m.

This FREE, 2-day workshop
will help you make the most
of your military paycheck.

FLEET AND FAMILY SUPPORT
CENTER - BLUE



WELCOME ABOARD

Thursday, Dec. 5, 10 a.m.-Noon

This 2-hour class will teach you
everything you need to know
about the Puget Sound area.

FLEET AND FAMILY SUPPORT
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EVENT/CLASS DESCRIPTIONS CONTINUED

Marriage and Money

Most couples do not enjoy talking about budgeting or saving. But, like cutting your toenails or flossing your teeth, it's part of the relationship package. Learn to work with one another's money strategies for helping keep the home fires burning, while putting out financial blazes.

Million Dollar Sailor

A 2 1/2-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. It teaches sound money management principles that can assist Sailors and their families with specific transitions.

Myers-Briggs Personality Test

Learn how you perceive or take in information, recognize your own personal style, and find the right career to match your style.

Ombudsman Basic Training

A 9-module seminar, which includes confidentiality, command relationships, communicating with families, information and referral services, basic deployment support issues, and more.

Relationship Resources

Highlights elements of healthy relationships, strategies used in resolving differences, and the unique challenges faced by military couples. Also available as a webinar.

Smooth Move

Tips and techniques for addressing the most prevalent military relocation issues.

Sponsorship Training

Benefits of sponsorship, a checklist of sponsor duties and responsibilities, and a helpful timeline for streamlining the sponsorship process.

Spouse CERT (Career, Education, Resources, Training)

Information and resources unique to military spouses and assists in the advancement of professional and personal life.

Spouse Indoc

Incorporates resources available to all active duty service members and their families, focusing on Fleet & Family Support Center services available to military spouses.

Spouse Transition and Readiness Table-Talk (START)

Is your service member retiring or separating? This is the class for spouses wanting to prepare for "what is next."

Stress Management

This workshop introduces the Stress Continuum, and provides a foundation for knowledge opportunities to use skills to better manage stress.

Submerged

A teen-centered program that strives to foster healthy teenage development. Fleet and Family Victim Advocates facilitate Submerged. Register with the Child and Youth Programs at 360-396-4853 or 360-396-7007.

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

This group is open to Active Duty, family members and retirees, 18 and older. This is a 10-week psycho-educational support group that aims to assist survivors of sexual abuse and violence. Held once a week for two hours.

Transition GPS: Technical Training Career Track

Designed for individuals interested in a trade or technical field for employment.

Transition GPS: Accessing Higher Education Career Track

Research institutes of higher learning and various degree options.

Transition GPS: Boots to Business Career Track

Valuable information for transitioning service members and spouses considering starting a business after military service.

Transition GPS: CAPSTONE

Completion of this activity demonstrates that service members have met their Career Readiness Standards (CRS) and have received the transition services mandated by Department of Defense.

Welcome Aboard

This class provides incoming service members and their families with current information on military and civilian resources available in the Puget Sound area.



HOUSING SERVICES

Your installation Housing Service Center (HSC) is your source for helpful and friendly information about available housing options at any installation worldwide, including safe and affordable pre-screened community housing listings, personalized counseling and more.

Housing Service Center

Bangor Plaza
2720 Ohio St.
Bldg. 2720
Silverdale, WA 98315
800-876-7022
Monday-Friday:
7 a.m.-4:30 p.m.

Unaccompanied Housing

Bangor/Keyport Check-in: Navy Gateway Inns & Suites

Ohio St.
Bldg. 2750
Silverdale, WA 98315
360-930-6830

Bremerton Check-in: Navy Gateway Inns & Suites

120 S Dewey St., Bldg. 865
Bremerton, WA 98314
360-824-3337

Naval Hospital Check-in: Naval Hospital

Bremerton - Schon Hall
1 Boone Rd.
Bldg. HP05
Bremerton, WA 98312
360-475-4334

After-hours Emergency Maintenance
360-340-2297

Housing Services:

- Pre-screened community housing listings.
- Personalized counseling to find what will work best for your situation, including exceptional family member needs.
- Lease services, including review and explanation of lease terms and lease negotiation.

- Subject matter experts who can assist you with the service members Civil Relief Act (SCRA) or any landlord/tenant disputes that you have been unable to resolve on your own.
- Housing representatives who can document basic health or safety conditions in the home.
- Outbound services to help you with housing at your next destination.
- Local maps, fax services and more, all available to you at no cost!

Homes.mil, your FREE online resource

Check out HOMES.mil, the only DoD-sponsored rental listing website used by Military Housing Offices around the world.

Service members and their families can view property listing details, contact Property Managers by email, compare multiple listings and map rental properties without logging in. Property managers and landlords can also use this service to list their rentals. For more information, contact your installation HSC.

Online Barracks Maintenance Requests

Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at www.navylifepnw.com. It's fast and easy. Requests are sent to our Maintenance

Tracking Program and are reviewed daily by UH Building Managers. Residents receive an email confirmation when their maintenance requests are received, assessed, and completed.

Tell Us What You Think

Your Unaccompanied Housing Office offers a Continuous Improvement Survey (CIS). We highly encourage your participation in the CIS. A hard copy of the survey can be obtained from any UH staff member. The survey can also be found online at www.surveymonkey.com/r/99PGGY7

HOUSING SERVICE CENTER

Let us help you!

Visit any Housing Service Center (HSC) for:

- Lease Services
- Referral Counseling
- Family Housing Application
- Landlord/Tenant Resolution Services
- Navy Advocate for you and your family when housing maintenance, health or safety issues arise
- Outbound Services
- and more!

All military personnel are required to check in with the Housing Service Center (HSC). This should be accomplished prior to making any arrangements for community housing. The office maintains a complete computerized listing covering almost all the rental properties in your local area.



Naval Base Kitsap Housing Service Center

Bangor Plaza
2720 Ohio Street
Silverdale, WA 98315
360-396-4399
nbk-housing@navylifepnw.com

NAVSTA Everett Housing Service Center

2000 W. Marine View Drive
Bldg. 2028
Everett, WA 98207
425-304-3402
everett-housing@navylifepnw.com

NAS Whidbey Island Housing Service Center

3675 W. Lexington St.
Bldg. 2556
Oak Harbor, WA 98278
360-257-3331
whidbey-housing@navylifepnw.com

800-876-7022

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Department of the Navy
Fleet & Family Readiness
1103 Hunley Rd. Bldg. 94
Silverdale, WA 98315

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