CELEBRATING 25 YEARS

A short 20 minute drive north brings you to the Clearwater Casino Resort. When you arrive, begin your walk around the Resort with a view of a weeping willow tree and the blue waters of the Agate Passage. Walk down two flights of stairs to a saltwater beach filled with seashells, sea life and the crisp, clean air of the Puget Sound.

Take your walk inside the Resort to a water-view room. With 183 hotel rooms to choose from, this room fits your relaxing getaway. Enjoy a balcony with a view of the water, a bed with seven layers of down, and all the room amenities you expect with your stay.

Whether you’re in the mood for a quiet walk or relaxing in a hot tub, the Resort has exactly what you need.

With so many other amenities that the Clearwater Casino Resort offers, you head into the casino for a night of excitement and adventure.
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 navylifepnw.com, contact the facility directly or sign up for the Navy Life Currents e-newsletter at 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: Nhu Mai Le
Copy Editor: Pamela Green
Contributors: Dan Coon, Kevin Iriarte, Jenni James, Joe Mack, Vicky Mercado, Tania Ostrander, Joey Pascua and Andrea Sullivan

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A MESSAGE FROM THE FFR DIRECTOR

Season’s Greetings! I would like to take this opportunity to discuss some of the exciting projects that we have been working on at Naval Base Kitsap (NBK). Phases I and II of the Perch-Pickerel housing conversion project are complete. The project converted a family housing area at Bangor into two-bedroom, market-style units for use by Unaccompanied Housing residents. One of the main goals of this project was to facilitate unit integrity and thereby increase quality of life for our service members.

Another much-needed project that is scheduled for completion this fall is for mini-storage units for rent at Bangor. There will be 42 units ranging in size from 5’x 10’ to 10’ x 50’. We received a great deal of feedback indicating that this service is in high demand and we are happy to report that we will be able to meet this need. Make sure to keep the feedback coming by filling out an Interactive Customer Evaluation (ICE) card available at Ice.disa.mil. Additionally, the Navy Gateway Inns and Suites (NGIS) in Bremerton has been approved for a much-needed renovation including the addition of HVAC. We’re also scheduled to open The Landings Child Development Center this winter, increasing much-needed childcare spaces to support the mission. Take care, stay healthy and have a safe, holiday season.

PAUL ROSARIUS
CNRNW N9 | FFR Director
Naval Base Kitsap

FOLLOW US @KITSAPFFR!
Special thanks to our KITSAP fans who participated in our recent MWR events.

Congratulations MA3 BreeAnn Holstrom for having the highest score at the “7/10 Split Bowling Day” at Bangor Olympic Lanes.

Thank you Isaac O’Duckett for showing us your trick shot as part of our Virtual Trick Shot Challenge.

More than 40 kids were able to participate in our patriotic curbside crafts giveaway. See page 8 for the next craft giveaway dates and times.
Everyone knows the holidays can be stressful! For many of us, the holidays symbolize a time for gathering with family and friends, tradition, cultivating time to give to those less fortunate and most of all, focusing on the things for which we are grateful. However, for some, the holidays represent stress and chaos.

What Makes this Holiday Season Different?
Celebrating the holidays during these unprecedented times adds a completely new layer of stress and uncertainty to the equation. During hard times, the people closest to us become our primary source for nurturing and positivity. The pandemic has certainly made cultivating togetherness even more challenging. There are the concerns about traveling (especially air travel) and potentially exposing family members (some in high-risk categories) to the virus. You may have increasing worries about affording food, rent, and gifts for your children and other family members if you have been financially impacted by the pandemic.

Why Self-Care, Why Now?
We have all heard the saying, “You can’t pour from an empty cup. Take care of yourself first.” For some, practicing self-care seems selfish and unnatural. Many of us have so many responsibilities in life that we forget to take care of our personal needs or when we do put our needs first, we tend to feel guilty. This is especially true for mothers, caregivers, single parents and helping professionals. Self-care is not an indulgence; it is a form of self-love, self-respect, and an ethical obligation. An added bonus of self-care is that when you take time to invest in yourself, you gain more energy to take care of others. Caring for others promotes a sense of connection and belonging, which leads to more feelings of happiness and fulfillment in life and ultimately helps decrease our stress levels.

Self-Care Strategies that Work!
Here are some ways you can practice good self-care to ward off the stress that comes with the holiday season:

- Practice relaxing and calming exercises as a family. A simple deep breathing exercise can help to settle the mind and body.
- Homemade gifts are the best gifts! You and your family can use art supplies from home to make holiday-themed cards, crafts, and artwork.
- Create or start a new family tradition. Experiment with a new recipe, decorations, or rituals that include family members near and far.
- Host private holiday parties using social media outlets so that everyone can participate.
- Practice gratitude. Gratitude can help protect your brain from stress and depression. Just considering the question “What am I grateful for?” increases dopamine and serotonin, even without having an answer.
- Talk to a trusted person who can provide support about your worries and concerns. If you prefer to speak to a professional, counselors are available at the Fleet and Family Support Centers. Call the Centralized Scheduling line at 866-854-0638 to schedule an appointment.
- The last thing we want to leave you with is to stop, drop, and roll. It’s not just for fire but also for stress. Stop reacting to minor problems, and you only know what is or what isn’t a minor problem.

This article was contributed by the FFSC Counseling Team at Naval Station Everett consisting of Kima Tozay (Chief of Clinical Services); Master Level Clinical Counselors Duly Stout, LCSW; Jennifer Andrews, LMFT, Carla Koegen, LCSW, and Amber Noone, LPC; Victim Advocate, Holly Dahl; New Parent Support Home Visitor, Benilda Dauz and administrative staff Laurie Breed. Clinical Counseling is available at all installations in Navy Region Northwest, providing direct support to Sailors and their families with counseling services, victim safety planning and consultation, parenting education and visitation, as well as liaison with command leadership. Call 866-854-0638 for more information.
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.

Events, classes and trips may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates.

DINING & ENTERTAINMENT

All American Restaurant
120 S Dewey St.
Bldg. 866
Bremerton, WA 98314
360-476-9085
Monday-Friday: Breakfast, lunch and dinner.
Saturday and Sunday: Brunch and supper.

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.

Café.com
Pier Delta
120 S Dewey St.
Bldg. 1027
Bremerton, WA 98314
Café.com is located at the head of Pier Delta, Bremerton. Stop by for coffee or pastry.

Inside Out Café
Inside Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-2523
Your home for traditional American fare with a global twist. Enjoy burgers, wraps and salads in a welcoming, family-friendly environment. Now offering pizza by the slice!

Island Express
Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-2523
Order a quick, convenient Hawaiian plate lunch at our self-serve kiosk.

Juan’s Cantina
Pier Delta
120 S Dewey St.
Bldg. 1027
Bremerton, WA 98314
Check out our family-friendly bowling specials at Olympic Lanes

Naval Base Kitsap Catering & Conference Center
Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-5466
NBK Catering provides conference, meeting and 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. We also offer built-in, audio-visual equipment and flexible space configurations.

Olympic Lanes
2701 Ohio St.
Silverdale, WA 98315
360-396-2494
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.

Dine on the Go!
Now Available at Inside Out Café and Island Express at NBK-Bangor and Juan’s Cantina at NBK-Bremerton. For faster service and curbside pickup, order your lunchtime favorites using the Dine on the Go app or website: https://www.dineonthego.pnw.com/download-the-app.

Your stop for authentic, casual Mexican eats, featuring burritos, tacos, ensaladas and tortas.

Gallery Golf Course
3065 N Cowpens Rd.
Oak Harbor, WA 98278
360-257-2178
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
• Pro Shop
• Lessons and clinics
• Online tee times for expedited check-in

COMMUNITY RECREATION

Trident Inn Galley
Tunny St.
Bldg. 2101
Silverdale, WA 98315
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. Open to Authorized Personnel only.

Gallery Golf Course
3065 N Cowpens Rd.
Oak Harbor, WA 98278
360-257-2178
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
• Pro Shop
• 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.
Amenities include:
- Bremerton, WA 98314
- Bldg. 1027
- 120 S Dewey St.
- Pier Delta
- Recreation Center
- Sinclair’s Fleet
- Sinclair’s Fleet Recreation Center
- Bremerton, WA 98314
- Bldg. 2720
- Ohio St.
- Bangor Plaza
- Bangor Recreation
- Center
- Bangor Liberty
- Silverdale, WA 98315
- 2720 Ohio St.
- Bangor Plaza
- Bangor Liberty

Surround-sound
- PlayStation 4, Xbox
- Power stations, webcam
- Outdoor patio area
- CAC-enabled
- Board games
- Lending library
- Multipurpose room
- Pool tables
- Multi-purpose room
- with a selection of musical instruments
- Lending library
- Board games
- CAC-enabled
- Workstations
- Copying, printing, scanning and faxing services
- Outdoor patio area

OUTDOOR PARKS AND RECREATION AREAS

Camp McKeen
- 360-396-2449
- Open Memorial Day weekend through Labor Day.
- 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.
- Paddle craft and pavilion rentals available.

Trident Lakes Recreation Area
- 360-396-2449
- Hours: Dawn till dusk
- 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 playground takes center stage at the park.
- Fishing is available. For a permit, visit the Bangor Recreation Center.

Bangor Recreation Center
- Bangor Plaza
- Ohio St.
- Bldg. 2720
- Silverdale, WA 98315
- 360-396-2449
- Barbecue grills
- Bike rental
- Canopy, table and chairs rental
- Kids Zone
- Outdoor recreation gear rental
- Printing services

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.

Bangor Skate Park
- Located behind Bangor Fitness Center.

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, outdoor gear rental, your local recreation center has it all.

Bangor Skate Park

Bangor Liberty

Elwood Point

Trident Lakes Recreation Area

Bangor Recreation Center

Bremerton Recreation and Bowling Center
- 120 S Dewey St.
- Bldg. 502
- Bremerton, WA 98314
- 360-476-3178
- Bike rental
- Printing services
- Outdoor recreation gear rental
- Resource Library
- Stand-up paddleboard rental
- and more

Bangor Liberty

Bremerton Recreation and Bowling Center
- 120 S Dewey St.
- Bldg. 502
- Bremerton, WA 98314
- 360-476-3178
- Bike rental
- Printing services
- Outdoor recreation gear rental
- Resource Library
- Stand-up paddleboard rental
- and more

Bremerton, WA 98314

Bldg. 1027

120 S Dewey St.

Pier Delta

Recreation Center

Sinclair’s Fleet

Recreation Center

Amenities include:
- FREE WiFi
- Latest gaming stations
- Movie room
- Pool tables
- Multi-purpose 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
- Silverdale, WA 98315
- 2720 Ohio St.
- Bangor Plaza
- Bangor Liberty

BREMERTON

CLOSEST GUESS WITHOUT GOING OVER WINS A PRIZE!

BANGOR AND BREMERTON RECREATION CENTERS

GUESS THE WEIGHT OF THE PUMPKIN CHALLENGE

CLOSEST GUESS WITHOUT GOING OVER WINS A PRIZE!

BANGOR AND BREMERTON RECREATION CENTERS

TRUNK OR TREAT

Saturday, Oct. 24
2-4 p.m. • FREE
A Spooktacular event with candy, dressed up characters and more!

BANGOR PLAZA PARKING LOT

DO YOU HAVE A UNIQUE SKILL SET? DO YOU LOVE THE GREAT OUTDOORS?
BECOME A PART OF THEIR PROGRAM AS A VOLUNTEER!

INTERESTED IN VOLUNTEERING?

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.wwu.edu/peninsulas

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Active Minds Changing Lives • AA/EO

EXPERIENCE NAVY LIFE KITSAP • OCTOBER-DECEMBER 2020
### FOOD, FUN & RECREATION EVENT CALENDAR
#### OCTOBER-DECEMBER 2020

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
<th>PRICE</th>
<th>VENUE/HOST</th>
<th>ALTERNATIVE DELIVERY*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ONGOING</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>WEDNESDAYS</strong></td>
<td>LIBERTY Bowling</td>
<td>4:30-6:30 p.m.</td>
<td>FREE for Active Duty</td>
<td>Bremerton Recreation Center</td>
<td>Call for details</td>
</tr>
<tr>
<td><strong>THURSDAYS</strong></td>
<td>Thrifty Thursdays</td>
<td>11 a.m.-6:30 p.m.</td>
<td>$1 bowling per person, $2 shoe rental</td>
<td>Bremerton Recreation Center</td>
<td>Call for details</td>
</tr>
<tr>
<td><strong>FRIDAYS AND SATURDAYS</strong></td>
<td>Fireball Bowling</td>
<td>7-9 p.m.</td>
<td>$13 per person, $2 shoe rental</td>
<td>Olympic Lanes</td>
<td>Call for details</td>
</tr>
<tr>
<td><strong>OCTOBER</strong></td>
<td></td>
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</tr>
<tr>
<td>All Month Long</td>
<td>Hauntober at Olympic Lanes</td>
<td>Hours of operation</td>
<td>Standard bowling rates apply</td>
<td>Olympic Lanes</td>
<td>Call for details</td>
</tr>
<tr>
<td>All Month Long</td>
<td>Guess the Weight of the Pumpkin Challenge</td>
<td>Hours of operation</td>
<td>FREE</td>
<td>Bangor and Bremerton Recreation Centers</td>
<td>Facebook @KITSAPFFR</td>
</tr>
<tr>
<td>Thursday, Oct. 8</td>
<td>Crafternoon</td>
<td>3-5 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Saturday, Oct. 10</td>
<td>Bike Ride: Discovery Trail</td>
<td>7:30 a.m.-6 p.m.</td>
<td>$30 per person, $25 Liberty-eligible</td>
<td>Discovery Trail Bangor Recreation Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 15</td>
<td>DIY Pumpkin Door Décor</td>
<td>6-8 p.m.</td>
<td>$25</td>
<td>Bangor Recreation Center</td>
<td>Curbside pickup, online instruction</td>
</tr>
<tr>
<td>Friday, Oct. 16</td>
<td>Popcorn Ball Perfection</td>
<td>4:30-6:30 p.m.</td>
<td>FREE for Active Duty, $5 per person</td>
<td>Bremerton Recreation Center</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Saturday, Oct. 18</td>
<td>Waterfalls Adventure: Olympic Mountains</td>
<td>7:30 a.m.-7 p.m.</td>
<td>$30 per person, $25 Liberty-eligible</td>
<td>Olympic Mountains Bangor Recreation Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 21</td>
<td>Virtual International Day of the Nacho</td>
<td>Noon-1 p.m.</td>
<td>FREE</td>
<td>Online Bremerton Recreation Center</td>
<td>Facebook @KITSAPFFR</td>
</tr>
<tr>
<td>Thursday, Oct. 22</td>
<td>Crafternoon</td>
<td>3-5 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Thursday, Oct. 22</td>
<td>Snowshoe 101 Class</td>
<td>5-7 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Facebook @KITSAPFFR</td>
</tr>
<tr>
<td>Friday, Oct. 23</td>
<td>Virtual Halloween Special Effects Make-up Tutorial</td>
<td>4:30-6:30 p.m.</td>
<td>$15 for Active Duty, $20 per person</td>
<td>Facebook @KITSAPFFR</td>
<td>Kit curbside pickup</td>
</tr>
<tr>
<td>Saturday, Oct. 24</td>
<td>Trunk or Treat</td>
<td>2-4 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Drive-thru event</td>
</tr>
<tr>
<td>Saturday, Oct. 24</td>
<td>Boo Bash</td>
<td>4-9 p.m.</td>
<td>FREE event, Standard bowling rates apply</td>
<td>Olympic Lanes</td>
<td>Call for details</td>
</tr>
<tr>
<td>Sunday, Oct. 25-</td>
<td>Halloween Geocache Adventure</td>
<td>All day</td>
<td>FREE</td>
<td>Trident Lakes Recreation Area Bangor Recreation Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturday, Oct. 31</td>
<td>Tournament Tuesday: Rain Gutter Boat Race</td>
<td>3:30-6:30 p.m.</td>
<td>FREE</td>
<td>Bremerton Recreation Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Oct. 30</td>
<td>Festival of Frights Night</td>
<td>5-8 p.m.</td>
<td>FREE</td>
<td>Bremerton Recreation Center</td>
<td>Event will be cancelled</td>
</tr>
<tr>
<td><strong>NOVEMBER</strong></td>
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<tr>
<td>All Month Long</td>
<td>Bowling Pin-Decorating Contest</td>
<td>Hours of operation</td>
<td>FREE</td>
<td>Olympic Lanes</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>All Month Long</td>
<td>Month of the Military Family Coloring Contest</td>
<td>Hours of operation</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Facebook @KITSAPFFR</td>
</tr>
<tr>
<td>Wednesday, Nov. 4</td>
<td>Laughter Yoga</td>
<td>5-6 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Facebook @KITSAPFFR</td>
</tr>
<tr>
<td>Thursday, Nov. 5</td>
<td>Crafternoon</td>
<td>3-5 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Thursday, Nov. 5</td>
<td>DIY Mason Jar Lid Pumpkins</td>
<td>5:30-6:30 p.m.</td>
<td>FREE</td>
<td>Bremerton Recreation Center</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Saturday, Nov. 7</td>
<td>Winter Hike: Mount Rainier</td>
<td>7:30 a.m.-6 p.m.</td>
<td>$30 per person, $25 Liberty-eligible</td>
<td>Mount Rainier Bangor Recreation Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Nov. 13</td>
<td>Murder Mystery Dinner: Murder at the Manor</td>
<td>4:30-6:30 p.m.</td>
<td>$25 per person, $35 per couple</td>
<td>Bremerton Recreation Center</td>
<td>Event will be postponed</td>
</tr>
</tbody>
</table>

*In the event of health-related base closure or service limitations.*
<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
<th>COST</th>
<th>VENUE/HOST</th>
<th>ALTERNATIVE DELIVERY*</th>
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</thead>
<tbody>
<tr>
<td><strong>NOVEMBER CONTINUED</strong></td>
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<tr>
<td>Saturday, Nov. 14</td>
<td>Christmas Shopping North Bend and Auburn Outlets</td>
<td>9 a.m.-7 p.m.</td>
<td>$45 per person, $40 LIBERTY-eligible</td>
<td>North Bend, WA</td>
<td>Call for details</td>
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<td>Bremerton Recreation Center</td>
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<tr>
<td>Saturday, Nov. 14</td>
<td>Wizarding World of Bowling</td>
<td>4-9 p.m.</td>
<td>FREE Event, Standard bowling rates apply</td>
<td>Olympic Lanes</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 17</td>
<td>Snowshoe 101 Class</td>
<td>5-7 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Facebook @KITSAPFFR</td>
</tr>
<tr>
<td>Thursday, Nov. 19</td>
<td>Crafternoon</td>
<td>3-5 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
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<tr>
<td>Thursday, Nov. 19</td>
<td>Caramel Apple Creations</td>
<td>4:30-6:30 p.m.</td>
<td>FREE for Active Duty, $5 per person</td>
<td>Bremerton Recreation Center</td>
<td>Curbside pickup, online instruction</td>
</tr>
<tr>
<td>Thursday, Nov. 19</td>
<td>DIY Fresh Greenery Wreath</td>
<td>6-8 p.m.</td>
<td>$25</td>
<td>Bangor Recreation Center</td>
<td>Curbside pickup, online instruction</td>
</tr>
<tr>
<td>Saturday, Nov. 21</td>
<td>Winter Hike: Mount Rainier</td>
<td>7:30 a.m.-6 p.m.</td>
<td>$30 per person, $25 LIBERTY-eligible</td>
<td>Mount Rainier</td>
<td>Call for details</td>
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<td>Bremerton Recreation Center</td>
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<td><strong>DECEMBER</strong></td>
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<tr>
<td>All Month Long</td>
<td>Marshmallow Jar Madness Challenge</td>
<td>Hours of operation</td>
<td>FREE</td>
<td>Bremerton Recreation Center</td>
<td>Facebook @KITSAPFFR</td>
</tr>
<tr>
<td>All Month Long</td>
<td>DIY Snowman Bowling Pin</td>
<td>Hours of operation</td>
<td>FREE</td>
<td>Olympic Lanes</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Thursday, Dec. 3</td>
<td>Crafternoon</td>
<td>3-5 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Thursday, Dec. 3</td>
<td>Virtual Holiday Tree Lighting Ceremony</td>
<td>5:30 p.m.</td>
<td>FREE</td>
<td>Facebook @KITSAPFFR</td>
<td>No change</td>
</tr>
<tr>
<td>Friday, Dec. 4</td>
<td>DIY Holiday Ornaments</td>
<td>4:30-6:30 p.m.</td>
<td>FREE for Active Duty, $5 per person</td>
<td>Bremerton Recreation Center</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Saturday, Dec. 5</td>
<td>Pancakes with Santa</td>
<td>9-11 a.m.</td>
<td>$5 per person early-bird registration, $7 at the Door</td>
<td>Bangor Recreation Center</td>
<td>Event will be cancelled</td>
</tr>
<tr>
<td>Wednesday, Dec. 9</td>
<td>Laughter Yoga: Holiday Edition</td>
<td>5-6 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Facebook @KITSAPFFR</td>
</tr>
<tr>
<td>Thursday, Dec. 10</td>
<td>Paint &amp; Sip Canvas</td>
<td>6-8 p.m.</td>
<td>$25 per person</td>
<td>Bangor Recreation Center</td>
<td>Curbside pickup, online instruction</td>
</tr>
<tr>
<td>Saturday, Dec. 12</td>
<td>&quot;O Bowly Night&quot; Ugly Sweater Holiday Party</td>
<td>4-6:30 p.m.</td>
<td>$35 per family/individual</td>
<td>Bremerton Recreation Center</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Saturday, Dec. 12</td>
<td>Snowshoe: Paradise</td>
<td>7:30 a.m.-8 p.m.</td>
<td>$30 per person, $25 LIBERTY-eligible</td>
<td>Mount Rainier</td>
<td>Call for details</td>
</tr>
<tr>
<td></td>
<td>Mount Rainier</td>
<td></td>
<td></td>
<td>Bangor Recreation Center</td>
<td></td>
</tr>
<tr>
<td>Tuesday, Dec. 15</td>
<td>Snowshoe 101 Class</td>
<td>5-7 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Facebook @KITSAPFFR</td>
</tr>
<tr>
<td>Wednesday, Dec. 16</td>
<td>Soda Mixology</td>
<td>4:30-6:30 p.m.</td>
<td>FREE for Active Duty, $1 per person</td>
<td>Bremerton Recreation Center</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Thursday, Dec. 17</td>
<td>Crafternoon</td>
<td>3-5 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Friday, Dec. 18</td>
<td>Winter Learn to Skate Day</td>
<td>6-9 p.m.</td>
<td>FREE with military ID at the door</td>
<td>Bremerton Ice Arena</td>
<td>Event will be postponed</td>
</tr>
<tr>
<td>Sunday, Dec. 20-26</td>
<td>Santa's Stash Geocache Adventure</td>
<td>Hours of operation</td>
<td>FREE</td>
<td>Trident Lakes Recreation Area</td>
<td>Call for details</td>
</tr>
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<td></td>
<td></td>
<td>Bangor Recreation Center</td>
<td></td>
</tr>
<tr>
<td>Wednesday, Dec. 23</td>
<td>Holiday Ornaments of Encouragement</td>
<td>Hours of operation</td>
<td>FREE</td>
<td>Bremerton Recreation Center</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Wednesday, Dec. 23</td>
<td>Cocoa and Cookies Curbside Pickup</td>
<td>6-7 p.m.</td>
<td>FREE</td>
<td>Bangor Recreation Center</td>
<td>Curbside pickup</td>
</tr>
<tr>
<td>Wednesday, Dec. 30</td>
<td>Snowshoe: Hurricane Ridge</td>
<td>7:30 a.m.-6 p.m.</td>
<td>$30 per person, $25 LIBERTY-eligible</td>
<td>Hurricane Ridge</td>
<td>Call for details</td>
</tr>
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<td></td>
<td>Bangor Recreation Center</td>
<td></td>
</tr>
<tr>
<td>Thursday, Dec. 31</td>
<td>Legendary New Year's Eve Party</td>
<td>7-10 p.m.</td>
<td>FREE</td>
<td>Bremerton Recreation Center</td>
<td>Event will be postponed</td>
</tr>
</tbody>
</table>

*In the event of health-related base closure or service limitations.
EVENT/CLASS DESCRIPTIONS

ACTIVITY

Bowling Pin-Decorating Contest
Calling all artsy and creative people! We are hosting a pin-decorating contest. Come and decorate your pin for a chance to win a prize! Drive through pickups can be arranged on a reservation basis.

Festival of Frights Night
This year’s Halloween party will be a festival of frights! Join us for a fun-filled experience of the creepy, mysterious, undead, and family-friendly Halloween activities and events! We plan to have pumpkin decorating, monster mash bowling specials, zombie virtual reality gaming specials, zombie monster mash bowling, pumpkin decorating, and more! We plan to have activities and events! Friendly Halloween undead, and family-the creepy, mysterious, fun-filled experience of frights! Join us for a party will be a festival of the Month of the Military Family for a chance to win a prize! The contest is open to children ages 5-8, 9-12, and 13-17. A winner will be selected for each age group. This year’s theme is “Gather Memories Together.” Submit a picture to the Bangor Recreation Center by Monday, Nov. 30. Winners will be notified Tuesday, Dec. 1.

Murder Mystery Dinner: Murder at the Manor
You’re invited to Heathcliff Manor, where Lord Heathcliff is hosting a dinner party in honor of his new bride. All the usual suspects are here—the cook, the professor, the butler, as well as some unusual ones. But before anyone can toast his happiness, Lord Heathcliff is killed with the candlestick in the pool room. Join our dinner party to find out who snuffed out his candle!

LAUGHTER YOGA

Wednesdays, Nov. 4 & Dec. 9
5-6 p.m. • FREE
Activities designed to bring happiness and peace into your life.

BANGOR RECREATION CENTER

MURDER MYSTERY DINNER:
MURDER AT THE MANOR

Friday, Nov. 13 • 4:30–6:30 p.m.
$25 per person, $35 per couple
Join us for an evening of murder mystery with Lord Heathcliff.

BREMERTON RECREATION CENTER

VIRTUAL HOLIDAY TREE LIGHTING CEREMONY

Thursday, Dec. 3 • 5:30 p.m.
Take part in this annual holiday tradition from the comfort of your streaming device.

@KITSAPFFR
Kitsap Great Escape
First and Only Escape Room in Kitsap County

3 Immersive Escape Rooms

www.KitsapGreatEscape.com

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EVENT/CLASS DESCRIPTIONS CONTINUED

**Tournament Tuesday:** Rain Gutter Boat Race
Celebrate Navy Day with us! We will have miniature wooden sailboats for you to decorate and design to get ready to race in two rain gutters filled with water. You will have to push the sailboat along the gutter using only a straw! We will have NEX gift cards for 1st-, 2nd- and 3rd-place sailboats! Register by Tuesday, Oct. 13.

**Virtual International Day of the Nacho**
Did you know that Ignacio Anaya invented nachos in 1943? In fact, “Nacho” is short for Ignacio! Celebrate International Day of the Nacho with us by posting a picture of your nacho creation on our Facebook page @KitsapFFR on Tuesday, Oct. 20.

**Winter Learn to Skate Day**
The time has come for our annual winter skate day! Join us as we take to the Bremerton Ice Arena to learn how to ice skate and have a good time! We will supply hot chocolate, cake pops, arts and crafts, and an evening DJ. Be sure to check out our MWR recreation information booth for even more fun activities and events coming up! Stay after the event to witness our Army vs. Navy Exhibition Hockey Game!

**Wizarding World of Bowling**
Experience the magic at our wizard-themed bowling event! Prizes, games and activities galore!

**CLASSES**
**Caramel Apple Creations**
Join us on to learn how to make customized caramel apple creations! We will have tons of different types of candies and treats to add to our caramel apples! Register by Thursday, Nov. 12.

**DIY Fresh Greenery Wreath**
Get into the spirit of the season with your very own, hand-crafted fresh bough wreath! Welcome guests to your home with a personal touch. Registration includes all supplies and expert instruction. Register by Thursday, Nov. 12.

**DIY Holiday Ornaments**
Join us as we make our own holiday ornaments! You can hang them on our MWR Holiday Tree or take them home to enjoy! Register by Tuesday, Dec. 1.

**DIY Mason Jar Lid Pumpkins**
To celebrate the fall season, will we be making Mason Jar Lid Pumpkins! Join us for this easy and crafty activity! Register by Thursday, Nov. 5.

**DIY Pumpkin Door Décor**
Deck your door with festive décor. Our pumpkin design could not be easier to make! Registration includes all art supplies and expert instruction. Register by Thursday, Oct. 8.

**DIY Snowman Bowling Pin**
Turn one of our bowling pins into a snowman! We’ll supply the pins and craft supplies, and you bring the creativity! All completed snowmen pins will be displayed in our facility!

**Holiday Ornaments of Encouragement**
Join us as we create and decorate holiday ornaments to inspire, thank and encourage our service members! We will place all of our ornaments on our MWR Holiday Tree for all patrons to enjoy.

**Paint & Sip Canvas**
Be your own Picasso and create beautiful canvas art! Registration includes all art supplies and expert instruction.

**Popcorn Ball Perfection**
Stop, Pop and Roll! We are making delicious homemade popcorn balls! Swing by with your friends and family and learn how to make them with us!

**Snowshoe 101 Class**
Are you looking for a fun winter sport? Join our experienced Outdoor Recreation staff for a class on the basics of snowshoeing.

**Soda Mixology**
Join us as we experiment with different types of sodas and flavorings. We will be naming our creations as well. Find that perfect caffeinated drink to get you through your workday!

**FOR KIDS**
**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!

**Craftevnoon**
Join us for a creative afternoon in the center. We’ll have an assortment of kid-friendly crafts that are sure to delight children of all ages.

**Virtual Holiday Tree Lighting Ceremony**
Take part in this annual holiday tradition from the comfort of your streaming device.

**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 subject to change without prior notice depending on weather conditions.**

**Bike Ride: Discovery Trail**
We will depart from the Bangor Recreation Center before heading north to the beautiful Olympic Discovery Trail. This is a great trail for all to enjoy. We will be riding between Sequim and Port Townsend. Register by Thursday, Oct. 8. Level II

**Movie Theaters at Naval Kitsap**

**BANGOR CINEMA PLUS THEATER**
2501 Ohio St. • Movie Line: 360-396-2515

- A GREAT DEAL at just $5 for adults, $3.50 for kids
- Fully digital and 3-D showings • FREE advance screenings
- Plush rocker seats • All your favorite snacks at our snack bar
- FREE Exceptional Family Member quarterly showing

**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 Matinées—Every Saturday at 1 p.m.
ON-BASE DINING

The NBK MWR Food & Beverage Team Has What You Crave!

Open 7 days a week, 365 days a year!
Enjoy friendly service and classic American fare for breakfast, lunch and dinner on weekdays, and brunch and supper on weekends. Located at NBK Bremerton.

Savor the flavor of casual Mexican cuisine!
Open for lunch, Monday–Friday. Located at NBK Bremerton Fleet Recreation Center (Pier Delta).

All of your favorites, with a global twist!
Open for lunch, Monday–Friday. Located at Bangor Plaza.

NEW! Quick, Convenient Hawaiian Plate Lunch
For a fast and fresh plate lunch, ready in 10 minutes or less, order from our self-service kiosk! Choose from one, two or three portions of mouth-watering beef, chicken or kālua pork. Includes rice, mac salad and teriyaki sauce.

Specializing in Navy Meetings, Trainings and Special Events
Have an off-site event? Call 360-396-5456/5466 to order food to go!

For faster service and curbside pickup, order your lunchtime favorites using the Dine on the Go app or website.
Now Available at Inside Out Cafe and Island Express at NBK-Bangor and Juan's Cantina at NBK-Bremerton. To order, visit www.dineonthegopnw.com/download-the-app.
Snowshoe: Hurricane Ridge
Join us for the finest snowshoeing in the Olympics where 360 degree-alpine views surround you. Level III

Snowshoe: Mount Rainier Paradise
Snowshoe on a scenic trail that highlights the unique features of a dormant volcano. Weather permitting, enjoy fantastic views of glaciers, rivers, wildlife and snow-covered forests. Level III

Waterfalls Adventure: Olympic Mountains
Join us as we head out on our waterfall adventure! We’ll be seeking 3-4 waterfalls, some of them by car and others in a 1-mile or less hike.

**SPECIAL EVENTS**

**Boo Bash**
Get in the Halloween spirit at the bowling center! Highlights include a costume contest, prizes, games and activities! Standard bowling rates apply.

**Holiday Tree Lighting Ceremony**
Ring in the holiday season at this traditional tree lighting ceremony. Come together in good cheer and enjoy music, refreshments and a visit from Santa Claus!

**Legendary New Year’s Eve Party**
Take a journey with us back in time as we revisit the world’s most legendary musicians and artists at our New Year’s Eve Party! Each room in our recreation center will be themed for different decades of music. We will have silent disco dance parties, a favorite musician costume contest, airbrush tattoo artists, LED dance floor, New Year’s Eve countdown and more!

**“O Bowly Night” Ugly Sweater Holiday Party**
Join us for our second annual gingerbread house build and pictures with Santa Clause event! Santa is visiting the NBK-Bremerton Recreation Center this year and he’s bringing fantastic goodies and toys to share with good girls and boys!

**Pancakes with Santa**
Santa is coming to Bangor for a meal the whole family will enjoy. Dine on kid-friendly favorites, create arts and crafts, and take a picture with the jolly fellow before he heads back to the North Pole. Be sure to register as seating will fill quickly for this fun-tastic event!

**Trunk or Treat**
A spooktacular event with candy, costumed characters and more!

**TRIPS & TOURS**

**Christmas Shopping North Bend and Auburn Outlets**
Here is your chance to get a head start on your Christmas Shopping. We will visit two of the Pacific Northwest’s Premium Outlets, one in North Bend and the other in Auburn, WA. These outlets offer discounts on such brands as Coach, Nike, Kate Spade, Levi’s, Adidas, Nike, Bed Bath and Beyond, Gap Factory, Eddie Bauer, Sketchers, H & M, Burlington Clothing and many more.

---

**NEW! Quick & Convenient Hawaiian Plate Lunch**

For a fast and fresh plate lunch, ready in 10 minutes or less, order from our self-service kiosk! Choose from one, two or three portions of mouth-watering beef, chicken or kālua pork. Includes rice, mac salad and teriyaki sauce.

**Try a “Maui” Plate!**
Two (2) portions, includes rice and mac salad

Visit kitsap.navylifepnw.com for details.
WE’RE HIRING!

JOIN OUR TEAM

FULL-TIME, PART-TIME AND FLEX
POSITIONS FOR:

✔ Child Care Assistants and Providers
✔ Cooks and Servers
✔ Maintenance/Laborers
✔ Recreation and Fitness Specialists
✔ Supervisors/Management
✔ and more!

LEARN MORE BY VISITING: WWW.NAVYLIFEPNW.COM/JOBS • WWW.USAJOBS.COM

November is Military Family Month
Honoring the sacrifices and support of our military families

www.navymwr.org  MCRP  CNIC
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 Gateway Inns & Suites offer you a “home away from home” while traveling.

Events may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates. Eligibility subject to change. Currently open to Active Duty, Reservists, Retirees, NAF and DoD civilians and sponsored guests.

**Cliffside RV Park & Campground**
Cliffside Park located on Ault Field. Watch for the directional signs on base. Oak Harbor, WA 98278 360-257-2649 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. Cliffside now has four Mallard RV rentals available.

**Recreation Area & Campground**
21027 Jim Creek Rd. Arlington, WA 98223 425-304-5315/5361 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 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, Raindrop Lanes Bowling Center, Lounge and more.

**NAVY GATEWAY INNS & SUITES**
Amenities include:
- FREE Internet access
- Refrigerator
- Housekeeping
- Fitness rooms
- FREE premium cable TV
- Coffee
- Guest laundry
- Business center
- Microwave

Navy Gateway Inns & Suites (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

**Bremerton**
120 S Dewey St. Bldg. 865 Bremerton, WA 98314

**Whidbey Island**
1175 W Midway St. Bldg. 973 Oak Harbor, WA 98278

For details on events at Pacific Beach, Jim Creek, and Whidbey Island, see pictures below.
Meet your mission
Save travel dollars

Traveling on TDY? Stay with us!

With over 24,000 guest room locations worldwide, we are where you need to be. 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.
<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
<th>PRICE</th>
<th>VENUE/HOST</th>
<th>ALTERNATIVE DELIVERY*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OCTOBER</strong></td>
<td></td>
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<tr>
<td>Saturday, Oct. 24</td>
<td>Tie-Dye at the Beach</td>
<td>Noon</td>
<td>$10 adult tees, $7 kid tees, $2 for towel</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturday, Oct. 31</td>
<td>Glass Float Frenzy at the Beach</td>
<td>8 a.m.</td>
<td>FREE</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
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<td><strong>NOVEMBER</strong></td>
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<tr>
<td>Sunday, Nov. 1- Wednesday, March 31</td>
<td>BOGO Special (Exclusions apply)</td>
<td>All day</td>
<td>Buy one night, get one night FREE</td>
<td>Navy Getaways Jim Creek</td>
<td>Call for details</td>
</tr>
<tr>
<td>All Month Long</td>
<td>Month of the Military Family Weekend Specials</td>
<td>All day</td>
<td>Buy one night, get one night FREE</td>
<td>Navy Getaways Cliffside</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Nov. 6- Saturday, Nov. 7</td>
<td>November Getaway Package</td>
<td>All day</td>
<td>TBD</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Nov. 11</td>
<td>Veterans Day Sale</td>
<td>All day</td>
<td>Stay two or more consecutive nights including the holiday and receive a discount</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturday, Nov. 14</td>
<td>Wizarding World of Jim Creek</td>
<td>Noon-4 p.m.</td>
<td>FREE</td>
<td>Navy Getaways Jim Creek</td>
<td>Call for details</td>
</tr>
<tr>
<td><strong>DECEMBER</strong></td>
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<tr>
<td>Tuesday, Dec. 1- Friday, Dec. 18</td>
<td>Light Your RV Contest</td>
<td>All day</td>
<td>FREE</td>
<td>Navy Getaways Cliffside</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturdays, Dec. 5, 12 &amp; 19</td>
<td>Holiday Festivities</td>
<td>TBD</td>
<td>FREE</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Dec. 18</td>
<td>Coloring Contest</td>
<td>All day</td>
<td>FREE</td>
<td>Navy Getaways Cliffside</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Dec. 18</td>
<td>Pictures with Santa</td>
<td>TBD</td>
<td>FREE</td>
<td>Navy Getaways Cliffside</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturday, Dec. 19</td>
<td>Glass Float Frenzy</td>
<td>8 a.m.</td>
<td>FREE</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Dec. 31- Friday, Jan. 1, 2021</td>
<td>New Year’s Party and Specials</td>
<td>TBD</td>
<td>FREE</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
</tr>
</tbody>
</table>

*In the event of health-related base closure or service limitations.*
FOR ACTIVE-DUTY FAMILIES & MILITARY RETIREES*

The US Family Health Plan at PacMed: A great TRICARE Prime® option.

An official, DoD-sponsored TRICARE Prime plan with an all-civilian network.

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Call 866-486-0707  Visit USFHPclinics.org

*Military Retirees and eligible family members under age 65.
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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.

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Silverdale, WA 98315
360-315-2134
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
360-315-2134
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, ball caps and pull buoys are available upon request. Ask about Kid’s Birthday Party Packages. To attain full access to the Aquatics Centers, all youths 17 and under must successfully pass the Navy Youth Swim Test.

Bremerton Fitness Center
120 S Dewey St.
Bldg. 1017
Bremerton, WA 98314
360-476-2231
This unmanned facility offers the best in cardio and strength fitness equipment, basketball and racquetball courts. CAC required for entry. *

Bremerton Aquatics Center
360-476-9416
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.

Naval Base Kitsap Intramural Sports
Ohio St.
Bldg. 2700
Silverdale, WA 98315
360-315-2132
Participate in regularly scheduled leagues, including volleyball, flag football, golf, basketball, softball and more. In addition, there are opportunities to participate in tournaments and regional competitions year such as:

- All-Navy Sports
  For Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, a chance to represent the Navy at higher-level athletic competitions such as the Armed Forces Championship.

- Admiral’s Cup
  For 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 (NRNW) tournaments.

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

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

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

Waterfront Fitness Center
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. *

ADULT AND PEDIATRIC FIRST AID, CPR AND AED COURSES
We’re offering a combination of an online module and in-person class sessions. Call for details.
BREMERTON FITNESS CENTER

VIRTUAL TURKEY TROT
Saturday, Nov. 14
Run or walk the 5K route of your choice and post your finish-line photo to #NBKVirtualTurkeyTrot. @KITSAPFFR

WINTER PUSH-PULL CONTEST
Wednesday, Dec. 2 • 4:30–7:30 p.m.
Featured lifts will be the dead lift and squat. Commemorative T-shirts awarded to the first 25 lifters.
BANGOR AND BREMERTON FITNESS CENTERS

Events and classes may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates.
# SPORTS, FITNESS & AQUATICS EVENT CALENDAR
## OCTOBER-DECEMBER 2020

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
<th>PRICE</th>
<th>VENUE/HOST</th>
<th>ALTERNATIVE DELIVERY*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OCTOBER</strong></td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Friday, Oct. 2</td>
<td>ACFL Development Workshop</td>
<td>7:30-9:30 a.m.</td>
<td>FREE</td>
<td>Bremerton Fitness Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Oct. 16</td>
<td>NOFFS 5-Hour Course</td>
<td>7 a.m.-1 p.m.</td>
<td>FREE</td>
<td>Bangor Fitness Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturday, Oct. 17</td>
<td>Adult and Pediatric First Aid, CPR and AED--Blended Learning Course</td>
<td>10-11:30 a.m.</td>
<td>$50</td>
<td>Bremerton Fitness Center Classroom</td>
<td>No change</td>
</tr>
<tr>
<td>Monday, Oct. 26</td>
<td>CFL Course</td>
<td>7 a.m.-4:30 p.m.</td>
<td>FREE</td>
<td>Bangor Fitness Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 27</td>
<td>Adult and Pediatric First Aid, CPR and AED--Blended Learning Course</td>
<td>5-6:30 p.m.</td>
<td>$50</td>
<td>Bremerton Fitness Center Classroom</td>
<td>No change</td>
</tr>
<tr>
<td><strong>NOVEMBER</strong></td>
<td></td>
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</tr>
<tr>
<td>Wednesday, Nov. 4</td>
<td>Mission Nutrition–Weight Control</td>
<td>7:30 a.m.-noon</td>
<td>FREE</td>
<td>Bangor Fitness Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Nov. 6</td>
<td>ACFL Development Workshop</td>
<td>7:30-9:30 a.m.</td>
<td>FREE</td>
<td>Bangor Fitness Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 12</td>
<td>Adult and Pediatric First Aid, CPR and AED--Blended Learning Course</td>
<td>10-11:30 a.m.</td>
<td>$50</td>
<td>Bremerton Fitness Center Classroom</td>
<td>No change</td>
</tr>
<tr>
<td>Saturday, Nov. 14</td>
<td>Virtual Turkey Trot</td>
<td>All Day</td>
<td>FREE</td>
<td>Facebook @KitsapFFR</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 24</td>
<td>Adult and Pediatric First Aid, CPR and AED--Blended Learning Course</td>
<td>2-3 p.m.</td>
<td>$50</td>
<td>Bremerton Fitness Center Classroom</td>
<td>No change</td>
</tr>
<tr>
<td>Monday, Nov. 23-25</td>
<td>Turkey Gobble Swim Challenge</td>
<td>TBD</td>
<td>FREE</td>
<td>Bremerton and Bangor Aquatic Centers</td>
<td>No change</td>
</tr>
<tr>
<td><strong>DECEMBER</strong></td>
<td></td>
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</tr>
<tr>
<td>Wednesday, Dec. 2</td>
<td>Winter Push-Pull Contest</td>
<td>4:30-7:30 p.m.</td>
<td>FREE</td>
<td>Bangor and Bremerton Fitness Centers</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Dec. 4</td>
<td>ACFL Development Workshop</td>
<td>7:30-9:30 a.m.</td>
<td>FREE</td>
<td>Bremerton Fitness Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Dec. 4</td>
<td>NOFFS 5-Hour Course</td>
<td>7 a.m.-1 p.m.</td>
<td>FREE</td>
<td>Bangor Fitness Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Dec. 10</td>
<td>Adult and Pediatric First Aid, CPR and AED--Blended Learning Course</td>
<td>Noon-1:30 p.m.</td>
<td>$50</td>
<td>Bremerton Fitness Center Classroom</td>
<td>No change</td>
</tr>
<tr>
<td>Saturday, Dec. 19</td>
<td>Adult and Pediatric First Aid, CPR and AED--Blended Learning Course</td>
<td>10-11:30 a.m.</td>
<td>$50</td>
<td>Bremerton Fitness Center Classroom</td>
<td>No change</td>
</tr>
</tbody>
</table>

**MISSION NUTRITION**

*In the event of health-related base closure or service limitations.*

Wednesday, Nov. 4  
7:30 a.m.-noon • FREE

This nutrition class is a standardized, science-based course focused on improving your nutritional knowledge and awareness. In this class, you will learn about a variety of everyday nutrition strategies to support weight control. Subtopics for this focused short course will include Emotional and Mindless Eating, Fat Diets and Meal Planning. Register by Tuesday, Nov. 3.  

**BANGOR FITNESS COMPLEX**
SPORTS & FITNESS
ACFL Development Workshop
ACFL development training provides practical application to ACFLs to enhance proficiency in PFA instruction. Exercise designed for PRT improvement for all levels and BCA-ing techniques.

CFL Course
The Command Fitness Leader (CFL) Course is a 40-hour mandatory training for those Sailors appointed to be their Command CFL. ACFLs are not required to take this course, but are highly encouraged to attend. Register by Monday, Oct. 12. All applications MUST be submitted to CNIC two weeks before the class start date. Late applications will not be considered for approval. To apply for this course, visit Navyfitness.org/fitness/cfl-information.

NOFFS 5-Hour Course
The Navy Operational Fitness and Fueling System (NOFFS) provides the Navy with "best in class" physical fitness and nutrition information for Sailors. Open to men and women. Register two days prior.

Virtual Turkey Trot
Run or walk the 5K route of your choice and post your finish line photo to #NBKVirtualTurkeyTrot. The first 25 patrons to post their finish will receive a FREE commemorative T-shirt.

Winter Push-Pull Contest
This event tests the strength of each competitor. Featured lifts will be the dead lift and squat—T-shirts awarded to the first 25 lifters. The top three finishers will receive awards.

AQUATICS
Adult and Pediatric First Aid, CPR and AED—Blended Learning Course
This American Red Cross Blended Learning Course requires participants to complete an online learning module before attending the in-person class session. The online learning module takes about 2.5 hours to complete. The in-person class session will last about 1.5 hours and allow participants time to practice all the skills they learned during the online course. Upon completing both the online and in-person class sessions, participants will receive a valid certification for two years from the American Red Cross. During the in-person course, all participants will receive a CPR mask they will take home with them. All participants must register a week prior—this will allow participants time to complete the online module before the in-person class session.

Turkey Gobble Swim Challenge
Get ready for the Thanksgiving Holiday by swimming as far as you can in this three-day challenge. You can swim at either Bangor or Bremerton Aquatics Centers and record your mileage at the check-in desk. Prizes will be awarded to the furthest distances swam at both pools; all participants who swim all three days will receive a FREE swim cap.
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.

Facility hours of operation may vary based on local command guidance. Please see navylifepnw.com for current hours of operation and updates.

CHILD CARE
Child Development Centers (CDCs) 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
2564 Cascades Pass Blvd.
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. For more information, visit our office: Jackson Park Community Center 2572 Cascade Pass Blvd.
Bremerton, WA 98312
360-731-1894

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
Silverdale, WA 98315
360-396-2065
ABC Library books available for checkout.

Jackson Park School-Age Care/Youth & Teen Center
6180 Snoqualmie Pass St.
Bremerton, WA 98312
360-627-2041

Litehouse School-Age Care
2903 Ohio St.
Silverdale, WA 98315
360-396-2463

NBK-School Liaison Officer (SLO)
Jackson Park Community Center
2572 Cascade Pass Blvd.
Bremerton, WA 98312
360-340-2824
Call for an appointment.

Child Care is in High Demand.

START YOUR CAREER
with Navy Child Development Homes

- Run your own business while developing your professional career
- Ability to stay at home with your children
- Provide support for military families by providing quality care

BENEFITS
- Military Subsidy Program
- MilitaryChildCare.com
- Low-premium Liability Insurance
- Free Lending Library - Toys and Equipment
- Free On-site Support
- Educational Enhancement Program

Learn More by Calling 360-731-1894
We’re here to support you and your family during every career and life change with caring counselors, classes, relocation assistance and deployment support.

Events and classes may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and updates.

### SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

<table>
<thead>
<tr>
<th>DATE</th>
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<th>VENUE/HOST</th>
<th>ALTERNATIVE DELIVERY*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ONGOING</td>
<td></td>
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<tr>
<td></td>
<td>On demand Podcasts</td>
<td>On demand</td>
<td>Download from <a href="http://navylifepdnw.com/podcasts">navylifepdnw.com/podcasts</a></td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td>By appointment Individual Augmentee/Deployment Programs</td>
<td>By appointment</td>
<td>Call for details</td>
<td>Call for details</td>
</tr>
<tr>
<td></td>
<td>By appointment Living Intentionally, Full and Effectively (LIFE)</td>
<td>4-6 p.m.</td>
<td>Call for details</td>
<td>Class will be cancelled</td>
</tr>
<tr>
<td></td>
<td>By appointment Suicide Assistance &amp; Intercept for Life (SAIL)</td>
<td>By appointment</td>
<td>Call for details</td>
<td>Call for details</td>
</tr>
<tr>
<td></td>
<td>By appointment Survivors Overcoming Abuse with Resiliency (SOAR)</td>
<td>By appointment</td>
<td>Call for details</td>
<td>Class will be cancelled</td>
</tr>
<tr>
<td></td>
<td>By appointment Submerged</td>
<td>By appointment</td>
<td>Call for details</td>
<td>Class will be cancelled</td>
</tr>
<tr>
<td></td>
<td><strong>OCTOBER</strong></td>
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<tr>
<td>Thursday, Oct. 1</td>
<td>CFS Refresher Training</td>
<td>7:30 a.m.-4 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 1-2</td>
<td>CONSEP Mid-Term Career</td>
<td>8 a.m.-4 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Class will be cancelled</td>
</tr>
<tr>
<td>Friday, Oct. 2</td>
<td>Parent Preparation Workshop: Topic-Financial Readiness</td>
<td>9:30-11:30 a.m.</td>
<td>Bangor Legal Conference Room</td>
<td>Class will be cancelled</td>
</tr>
<tr>
<td>Friday, Oct. 2</td>
<td>Webinar: Holiday Spending</td>
<td>10 a.m.-noon</td>
<td><a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a></td>
<td>No change</td>
</tr>
<tr>
<td>Monday, Oct. 5-6</td>
<td>Transition Class</td>
<td>7 a.m.-4:30 p.m.</td>
<td>Bldg. 1013, Bremerton</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 6</td>
<td>FAFSA/Scholarships</td>
<td>1-4 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>DATE</td>
<td>EVENT</td>
<td>TIME</td>
<td>VENUE/HOST</td>
<td>ALTERNATIVE DELIVERY*</td>
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<tr>
<td>Tuesdays, Oct. 6 and Oct. 13</td>
<td>Love and Logic</td>
<td>10 a.m.-12:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Class will be cancelled</td>
</tr>
<tr>
<td>Wednesday, Oct. 7</td>
<td>Webinar: EFMP Command POC Training</td>
<td>1-3 p.m.</td>
<td><a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></td>
<td>No change</td>
</tr>
<tr>
<td>Thursday, Oct. 8</td>
<td>Transition CAPSTONE Event</td>
<td>9-11 a.m. or 1-3 p.m.</td>
<td>Bldg. 1013, Bremerton</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 8</td>
<td>Webinar: Spouse CERT (Career, Education, Resources, Training)</td>
<td>9:30-11:30 a.m.</td>
<td><a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a></td>
<td>No change</td>
</tr>
<tr>
<td>Thursday, Oct. 8</td>
<td>Final Move</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>Bldg. 1013, Bremerton</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 8</td>
<td>Navy Gold Star: Topic-Stress Management</td>
<td>1-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 8-10, Oct. 9</td>
<td>Managing Your (MY) Employment</td>
<td>8 a.m.-4 p.m.</td>
<td>Bldg. 1013, Bremerton</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursdays, Oct. 8, 15, 22 &amp; 29</td>
<td>Stress Management (4-session class)</td>
<td>9-11 a.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Oct. 9</td>
<td>Webinar: Time and Self-Management</td>
<td>9-11 a.m.</td>
<td>FFSC Bldg. 2901</td>
<td>No change</td>
</tr>
<tr>
<td>Tuesday, Oct. 13</td>
<td>Myers-Briggs Personality Test Class</td>
<td>1-3:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 13</td>
<td>Basic Resume</td>
<td>1-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 13</td>
<td>Moving with an EFM</td>
<td>5-6:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 13</td>
<td>EFMP: Movie</td>
<td>5-7 p.m.</td>
<td>Bangor Cinema Plus Theater</td>
<td>Class will be cancelled</td>
</tr>
<tr>
<td>Tuesdays, Oct. 13</td>
<td>Webinar: Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training</td>
<td>8:30 am-noon</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 15</td>
<td>Interviewing Skills</td>
<td>9:30-11:30 a.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 15</td>
<td>Relationship Resources</td>
<td>1-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 15</td>
<td>Navy Gold Star: Topic-Understanding Financial Benefits</td>
<td>5-7 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 15-16, Oct. 17</td>
<td>MY Education Career Track</td>
<td>8 a.m.-4 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Oct. 16</td>
<td>Importance of Protecting Your Wealth with Insurance</td>
<td>10 a.m.-noon</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Oct. 19-21, Wednesday, Oct. 21</td>
<td>Transition Class</td>
<td>7 a.m.-4:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Oct. 19-21, Friday, Oct. 30</td>
<td>SAPR Initial Advocate Training</td>
<td>7:30 a.m.-12:30 p.m.</td>
<td>Virtual: MS CVR TEAMS</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 20</td>
<td>Transition CAPSTONE Event</td>
<td>9-11 a.m. or 1-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 20-22</td>
<td>Webinar: Ombudsman Basic Training</td>
<td>9 a.m.-3 p.m.</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 21</td>
<td>FRG: Session A</td>
<td>9 a.m.-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 22</td>
<td>FRG: Session B</td>
<td>9 a.m.-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 22-23</td>
<td>Managing Your (MY) Employment</td>
<td>1-2 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 22</td>
<td>Webinar: Thrifty Travel</td>
<td>1-2 p.m.</td>
<td><a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a></td>
<td>No change</td>
</tr>
<tr>
<td>Thursday, Oct. 22-23</td>
<td>SAPR D-SAACP CEU Refresher Training</td>
<td>2-4 p.m.</td>
<td>Virtual: MS CVR TEAMS</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Oct. 26-28, Wednesday, Oct. 28</td>
<td>Transition Class</td>
<td>7 a.m.-4:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Oct. 26-28, Friday, Oct. 30</td>
<td>Command Financial Specialist Training</td>
<td>7:30 a.m.-4 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 29-30, Friday, Oct. 30</td>
<td>MY Entrepreneur (Boots to Business) Career Track</td>
<td>8 a.m.-4 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Nov. 2-4, Wednesday, Nov. 4</td>
<td>Transition Class</td>
<td>7 a.m.-4:30 p.m.</td>
<td>Bldg. 1013, Bremerton</td>
<td>Call for details</td>
</tr>
<tr>
<td>DATE</td>
<td>EVENT</td>
<td>TIME</td>
<td>VENUE/HOST</td>
<td>ALTERNATIVE DELIVERY*</td>
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<tr>
<td><strong>NOVEMBER</strong></td>
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<tr>
<td>Mondays, Nov. 2, 9, 16, 23 &amp; Dec. 7</td>
<td>Anger Management (6-session class)</td>
<td>1:30-3:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 3</td>
<td>Infant Massage</td>
<td>12:30-2 p.m.</td>
<td>TBD</td>
<td>Class will be cancelled</td>
</tr>
<tr>
<td>Wednesday, Nov. 4</td>
<td>Generational Leadership</td>
<td>5-7 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 5</td>
<td>Effective Communication</td>
<td>9-11 a.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 5</td>
<td>Transition CAPSTONE Event</td>
<td>9-11 a.m. or 1-3 p.m.</td>
<td>Bldg. 1013, Bremerton</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 5</td>
<td>Final Move</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>Bldg. 1013, Bremerton</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 5</td>
<td>Webinar: Federal Job Application Process</td>
<td>1-4 p.m.</td>
<td><a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a></td>
<td>No change</td>
</tr>
<tr>
<td>Thursday, Nov. 5-8</td>
<td>Managing Your (MY) Employment</td>
<td>8 a.m.-4 p.m.</td>
<td>Bldg. 1013, Bremerton</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Nov. 6</td>
<td>Parent Preparation Workshop: Topic-PPD, Communication, Stress Management</td>
<td>9:30-11:30 a.m.</td>
<td>Bangor Legal Conference Room</td>
<td>Class will be cancelled</td>
</tr>
<tr>
<td>Friday, Nov. 6</td>
<td>Webinar: Home Buying Seminar</td>
<td>10 a.m.-noon</td>
<td><a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a></td>
<td>No change</td>
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<tr>
<td>Friday, Nov. 6</td>
<td>CFS Continuing Education</td>
<td>1-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Nov. 6</td>
<td>Webinar: Baby Indoc</td>
<td>1-3 p.m.</td>
<td>Bldg. 1099, Bangor</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Nov. 9-10</td>
<td>Million Dollar Sailor</td>
<td>8 a.m.-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 10</td>
<td>Webinar: EFMP 101</td>
<td>10 a.m.-noon</td>
<td><a href="https://connect.apan.org/efmp101">https://connect.apan.org/efmp101</a></td>
<td>No change</td>
</tr>
<tr>
<td>Tuesday, Nov. 10</td>
<td>Smooth Move</td>
<td>1-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 10</td>
<td>Stress Management 101</td>
<td>5-7 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 12</td>
<td>Webinar: Stress Management 101</td>
<td>9-11 a.m.</td>
<td><a href="https://connect.apan.org/nbklifetools">https://connect.apan.org/nbklifetools</a></td>
<td>No change</td>
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<tr>
<td>Thursday, Nov. 12</td>
<td>Spouse Indoc</td>
<td>1-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 12-13</td>
<td>MY Vocational (Technical) Career Track</td>
<td>8 a.m.-4 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Nov. 13</td>
<td>Lemons to Lemonade</td>
<td>9-11 a.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Nov. 16–Wednesday, Nov. 18</td>
<td>Transition Class</td>
<td>7 a.m.-4:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 19-20</td>
<td>Managing Your (MY) Employment</td>
<td>8 a.m.-4 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
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<tr>
<td>Thursday, Nov. 19</td>
<td>Webinar: Relationship Resources</td>
<td>1-3 p.m.</td>
<td><a href="https://connect.apan.org/nbklifetools">https://connect.apan.org/nbklifetools</a></td>
<td>No change</td>
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<tr>
<td>Friday, Nov. 20</td>
<td>PFM Forum</td>
<td>10 a.m.-noon</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 24</td>
<td>Transition CAPSTONE Event</td>
<td>9-11 a.m. or 1-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
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<tr>
<td>Monday, Nov. 30–Wednesday, Dec. 2</td>
<td>Transition Class</td>
<td>7 a.m.-4:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
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<tr>
<td><strong>DECEMBER</strong></td>
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<tr>
<td>Thursday, Dec. 3</td>
<td>Transition CAPSTONE Event</td>
<td>9-11 a.m. or 1-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Dec. 3</td>
<td>Final Move</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
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<tr>
<td>Thursday, Dec. 3-4</td>
<td>Managing Your (MY) Employment</td>
<td>8 a.m.-4 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Class will be cancelled</td>
</tr>
<tr>
<td>Friday, Dec. 4</td>
<td>Parent Preparation Workshop: Topic-Meet and Greet Year End Celebration</td>
<td>9:30-11:30 a.m.</td>
<td>Bangor Legal Conference Room</td>
<td>Class will be cancelled</td>
</tr>
<tr>
<td>Friday, Dec. 4</td>
<td>Webinar: Credit Reporting and Credit Management</td>
<td>10 a.m.-noon</td>
<td><a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a></td>
<td>No change</td>
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</table>
## SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
<th>VENUE/HOST</th>
<th>ALTERNATIVE DELIVERY*</th>
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<tbody>
<tr>
<td><strong>DECEMBER CONTINUED</strong></td>
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<tr>
<td>Monday, Dec. 7-</td>
<td>Transition Class</td>
<td>7 a.m.-4:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
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<tr>
<td>Wednesday, Dec. 9</td>
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<tr>
<td>Tuesday, Dec. 8</td>
<td>Webinar: Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training</td>
<td>TBD</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Dec. 8</td>
<td>Welcome Aboard</td>
<td>1-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Dec. 9</td>
<td>SAPR Initial POC Training</td>
<td>7:30 a.m.-4:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>No change</td>
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<tr>
<td>Thursday, Dec. 10</td>
<td>Webinar: Conflict Resolution</td>
<td>9-11 a.m.</td>
<td><a href="https://connect.apan.org/nbklifeskills/">https://connect.apan.org/nbklifeskills/</a></td>
<td>No change</td>
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<tr>
<td>Thursday, Dec. 10-</td>
<td>MY Education Career Track</td>
<td>8 a.m.-4 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Dec. 11</td>
<td>Time and Self-Management</td>
<td>9-11 a.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Dec. 14-</td>
<td>Transition Class</td>
<td>7 a.m.-4:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Dec. 16</td>
<td>Initial SAPR Unit Victim Advocate (UVA) Training</td>
<td>7:30 a.m.-4:30 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>No change</td>
</tr>
<tr>
<td>Tuesday, Dec. 15</td>
<td>Transition CAPSTONE Event</td>
<td>9-11 a.m. or 1-3 p.m.</td>
<td>Bldg. 1013, Bremerton</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Dec. 16</td>
<td>Spouse Transition and Readiness Table-Talk (START)</td>
<td>8:30 a.m.-4 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Dec. 17</td>
<td>Webinar: Sponsorship Training</td>
<td>9-11 a.m.</td>
<td><a href="https://connect.apan.org/nbkre%C5%9Blocation/">https://connect.apan.org/nbkreślocation/</a></td>
<td>No change</td>
</tr>
<tr>
<td>Thursday, Dec. 17-</td>
<td>Relationship Resources</td>
<td>1-3 p.m.</td>
<td>FFSC Bldg. 2901</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Dec. 18</td>
<td>Managing Your (MY) Employment</td>
<td>8 a.m.-4 p.m.</td>
<td>Bldg. 1013, Bremerton</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Dec. 29-</td>
<td>Military to Manufacturing</td>
<td>8 a.m.-4 p.m.</td>
<td>Bldg. 1013, Bremerton</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Dec. 30</td>
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</table>

## EVENT/CLASS DESCRIPTIONS

**Anger Management**  
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) Continuing Education-Survivor Benefits and Insurance**  
This 1-hour course provides basic information on the key provisions of the Survivor Benefit Plan (SBP).

**Conflict Resolution**  
Learn how to create a peaceful environment by examining attitudes and behaviors when peace turns into conflict.

**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 EFMP 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.

**Generational Leadership**  
How can we all get along? From Baby Boomers to Generation X and Generation Y, we will learn to cohesively work with the different generations integrated into our workplace.

**Home Buying Seminar**  
Examine the entire process of buying a home, as well as an update on local market conditions.

**Importance of Protecting Your Wealth with Insurance**  
This course is designed to develop the knowledge and skills that will enable learners to make informed consumer decisions on typical types of insurance and their personal insurance needs.

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

Descriptions continue on page 28.
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 and Home Visitation Program.

Lemons to Lemonade
Learn how to make the most of your duty station.

Love and Logic
Learn positive discipline techniques for early childhood years.

Military to Manufacturing (M2M)
A program for military members in partnership with the Center for Advanced Manufacturing Puget Sound (CAMPS).

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.

Positive Parenting
This class is a 10-week course designed for parents with children of all ages.

PFM Forum
This forum provides Command Financial Specialists with an opportunity to discuss financial hot topics and current initiatives. This workshop is required per OPNAVINST 1740.5D.

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 members and 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.

Thrifty Travel
Don’t let traveling on a budget cramp your style. Learn exciting new ideas for budget travel that will save you money!

Time and Self-Management
Do you need more than 24 hours in a day? Effective time management skills can lower stress and increase your quality of life. This course will help you find those extra hours in your day!

TRANSITION ASSISTANCE PROGRAM
If you are separating or retiring soon, 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.

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

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.

SPECIAL PROGRAMS

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!

Navy Gold Star Program
Navy Gold Star services provide support to surviving family members of Sailors who died while on Active Duty, no matter the cause of death. Survivors remain part of the Navy Family and are welcome at any Fleet & Family Support Center (FFSC) for as long as they desire.

Survivors Overcoming Assault with Resiliency (SOAR) Support Group
A FREE 10- to 12-week psycho-educational support group for survivors of sexual violence. This small, confidential group is designed for adult women and men, 18 and over.

HOLIDAY SPENDING
Fri., Oct. 2 • 10-noon
Find out how to save cash and invest in family tradition and memories.

WEBINAR
HTTPS://CONNECT.APAN.ORG/ NBKPFM/
Season's Greetings

We're here for you this holiday season!

www.NavyGoldStar.com

fb.com/navygoldstar • 1-888-509-8759
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.

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.

HOUSING SERVICE CENTER

Naval Base Kitsap Housing Service Center
Bangor Plaza
2720 Ohio Street
Silverdale, WA 98315
360-396-4399

NAVSTA Everett Housing Service Center
2000 W Marine View Drive
Bldg. 2028
Everett, WA 98207
425-304-3402

NAS Whidbey Island Housing Service Center
3675 W Lexington St.
Bldg. 2556
Oak Harbor, WA 98278
360-257-3331

800-876-7022
Everything you love about a farmer’s market—open seven days a week! Rain or shine.

OPEN DAILY 7AM–10PM • THE TRAILS AT SILVERDALE
11066 Pacific Crest Place NW, Suite A150 • WA-3 & Greaves Way

The Department of the Navy does not endorse any company, sponsor, or their products or services.
Take part in this annual holiday tradition from the comfort of your streaming device.

Follow your base Facebook page for details: @EverettFFR, @KitsapFFR or @WhidbeyFFR.