



# LEISURE TIMES

Your source for information for Morale, Welfare & Recreation at Naval Station Newport, Rhode Island





**April 4**  
*Christine Hurley*  
[www.christinehurleycomedy.com](http://www.christinehurleycomedy.com)




**May 2**  
*Paul D'Angelo*  
[www.pdangelo.com](http://www.pdangelo.com)

**Doors will open at 5:30 p.m. and the show is 7 to 8 p.m.**

**Free comedy show, come early & order dinner from a special menu before the show! Reservations recommended but not required.**

**Open to all patrons with base access.**


401-841-1442 | [NewportOfficersClub@gmail.com](mailto:NewportOfficersClub@gmail.com) | NavyLifeNPT


## SAPR RUN/WALK

**THURSDAY, APRIL 25 • 11:30 A.M.**  
**CHECK-IN STARTS AT 11 A.M.**

Start/Finish: outside the John H. Chafee Fitness Center  
Preregistration required: John H. Chafee Fitness Center front desk

**RESPECT.  
PROTECT.  
EMPOWER.**

April is Sexual Assault Awareness Month, wear your teal and come together for awareness! SAPR - Sexual Assault Prevention and Response - Provides sexual assault awareness and prevention education, victim advocacy, response coordination, case management and incident data collection to Active-duty personnel, adult family member and commands. Refreshments will be served & goody bags provided by SAPR.



**For Single Sailors  
18-25 years old**

## PROVIDENCE BRUINS BUS TRIP

Utica Comets vs. Providence Bruins  
Saturday, April 13 at 7:05 p.m.  
at Amica Mutual Pavilion in Providence, R.I.

Checkout the local AAA hockey team and it's Country Night with local radio station Cat Country 98.1. Single sailors meet in NEX parking lot at 5:30 p.m. for departure and drop off will be directly in front of venue. Pick up will take place at the venue at 9:30 p.m. for return to NAVSTA Newport. Cost is \$10 per person and includes transportation and tickets to the game. Sign-up by calling the MWR Concierge office at (401) 841-2094.

## APRIL SCHOOL VACATION EVENTS

### Picnic on the Point

Tuesday, April 16 • 11 a.m. to 2 p.m.


Discover the importance of keeping our water front clean while doing a fun Scavenger Hunt with Rebecca Violette from Mermaid Masterpieces & Events, games and much more! Event held at Bishop's Rock weather permitting or Community Recreation Center. A bag lunch will be available - PB&J sandwich (let us know if any allergies), chips, cookies, water and apple slices.




### Let's Dig In!

Wednesday, April 17 • 11 a.m. to 2 p.m.

Join our guest the URI Master Gardner in their presentation on Seed Starting. We will supply the seeds and pots for everyone to make their own. Event will be held at the Community Recreation Center deck (weather permitting, or we move into the conference room). We will also have rock painting, making plant markers and much more. Refreshments will be available...dirt cups YUM!





## Family Ho Down Dance

**FRIDAY, APRIL 26**  
**6 TO 9 P.M. OFFICERS' CLUB**

Get ready for a little country, bring your cowboy/girl hats, dancing boots and comfortable clothes!!

Country music with Line dancing • Games • Goody Bags  
Down-home Country Buffet

Adults (13 and up) \$8 • Children (12 & under) \$5

Open to Active-duty personnel, Reservists, Retirees, Dependents & DoD civilians with valid ID and base access. Preregistration is required, call the Officers' Club at (401) 841-1442. Walk-ins will not be permitted.

## Superheroes Burst into Action! Safety first!

Friday, April 19 • 4 to 7 p.m.

Calling all Superheroes! Dress up in your favorite superhero costume and join Morale, Welfare & Recreation (MWR), Exceptional Family Member Program (EFMP), and Military One Source for a super night of fun held at the John H. Chafee Fitness Center!

- Conquer the Obstacle Course
- Arts & Crafts
- Survive the Treacherous Track
- Much more!
- Devour Burger Alley

**Preregistration is required for all events, call MWR Concierge at (401) 841-2094.**





## JOHN H. CHAFEE FITNESS CENTER 401-841-3154 or 401-841-2512 • POOL 401-841-6628

The fitness center is 100% ID check, open to active-duty personnel, reservists, retirees, dependents, veterans (100% disabled) & DoD civilians. Contractors, retired DoD civilians, veterans (and caregivers) are NOT eligible to use the fitness center.



### PERSONAL TRAINING IS BACK!

We've revamped our personal training sessions, choose between one-on-one sessions or form your own pod for our small group sessions. Our expert trainers will provide tailored fitness programs designed to meet your goals, and we ensure quality guidance and support throughout your fitness journey with our paid training services. Ask for your personal training packet at the John H. Chafee Fitness Center front desk to kick start your personalized fitness program.

### VOLLEYBALL LEAGUE

*League: Runs through Thu, Jun 6, 5:30 to 7:30 p.m.*

Join our Winter Volleyball League, teams will be made up of six to 15 participants and you can sign-up at the front desk of the John H. Chafee Fitness Center. Games will be played Monday through Thursday evenings, teams will play best of three match-ups with a single elimination to occur at the end of the season. Rules and regulations will follow official National Federation of High school Sports (NFHS) volleyball guidelines – this will be handed out to participants during sign-ups at front desk. All registration packets must be submitted by league meeting, at the meeting we will answer all questions. All teams must have matching uniforms with numbers prior to the start of the first game. All teams must pay \$100.00 refundable forfeit fee and all DoD civilians must pay \$15 fee.

### COUCH TO 5K

*Runs through Mon, April 29 at 11:30 a.m.* Want to run a 5K but not quite sure where to begin? Whether you are returning to running from injury, or starting from scratch, this club is for you. We will be providing a beginner's training plan to help build your fitness, taking you from couch to 5K in just six weeks. The training plan will gradually increase in volume during this period, starting with a series of short run/walk intervals. Each run will be followed by a 15-minute Circl Mobility session focusing on breath work and mobility exercises. Sign up at the John H. Chafee Fitness Center front desk.

### GIVE YOURSELF A NEW STRENGTH GOAL: JOIN THE 1000 LB./500 LB. CLUB

*Runs through Fri, May 31* Join the club, participants will get to test their strength in three different events - the bench press, the squat exercise, and the deadlift (a.k.a. powerlifting's "big 3" exercises). To be successful, the collective weight of the three exercises must surpass 1000lbs for males and 500lbs for females. Book your spot at the front desk with a Fitness Specialist.

### RECORD BREAKING SWIM WEEK

*Mon, April 8-Fri, April 12* Come join us for some competition in the pool as we hold our annual challenge! Swim in any or all of the events as fast as you can with a push start entry. Top male and female in each event will have their

name and time on a plaque for all to see! Age categories will be 18 and under, 19-35 years old, 36-54 years old and 55 years old and over. Open to Active Duty, Reservist, Retirees, Dependents, and DoD civilians. Come see a lifeguard to sign up!

### LES MILLS BODYPUMP™ LAUNCH 128

*Sat, April 13, 8:15 to 9:15 a.m.* Join us for an electrifying Les Mills BODYPUMP™ Launch 128. Get ready to pump-up the energy with the dynamic Terri, Kristi and Bethany. NEW music, NEW choreography and more PUMP! Preregister at the front desk, limited to 30 participants.

### HANG TIME TRAINER'S CHALLENGE

*Mon, April 15-Fri, April 19, 6 to 9 a.m., 11 a.m. to 1 p.m. or 3 to 6 p.m.* Test your grip strength in this month's trainer's challenge, it will consist of a dead hang on a pull-up bar for as long as possible. Individuals are allowed to use any grip sequence they see fit, but are not allowed to readjust grip strategy once the timer has started. Can you beat last years' time? Time to beat for males is 2:55 and females is 2:85. Preregister at the front desk, limited to 10 participants, per half hour.

### UPCOMING MAY EVENTS

#### LIFEGUARD CERTIFICATION PREP COURSE

*Wednesday's in April (3,10,17,24) 4:45 p.m. to 5:45 p.m.*

Are you interested in becoming a lifeguard, but need some help with the pre-requisites before attending a lifeguard course? This is the perfect time to come practice and get some feedback from Lifeguard Instructors before attending the lifeguard certification class in May. Signups are required at the front desk of the John H. Chafee Fitness Center. There is a \$5 fee for each day you attend. If you sign up for the Lifeguard Certification Course in May, all fees will count towards the lifeguard course fee.

#### MAY THE 4TH TRAINER'S CHALLENGE

*Thu, May 2, 7 a.m. to 5 p.m.* Is the Force strong with you? If so, we invite you to an outdoor obstacle course workout in a galaxy not too far away. Come and get your Obi-Wan on,

as we celebrate Star Wars Day with Jedi influenced workout. Costumes are optional, prizes awarded to best costume. In the event of rain, we will move inside. Preregister at the front desk, limited to 10 participants per half hour.

### CHAFEE RUN CLUB

*Mondays, May 6-Jun 24, 11:30 a.m.*  
(No club on federal holidays)

This club welcomes runners of all abilities, whether you are trying to build up for your first summer 5k or you are looking to improve a personal record, this club is for you! Complete all eight weeks and receive a club T-shirt. Club will meet weekly at the John H. Chafee Fitness Center and explore scenic loops around Naval Station Newport and the local area. Each week will begin warm-up, cool downs and guest speakers on certain dates! Preregister at the front desk.

### LIFEGUARD CERTIFICATION COURSE

*Fri, May 3 & 10, 5 to 8 p.m.; Sat, May 4 & 11, 9 a.m. to 3 p.m.; Sun, May 5 & 12, 11 a.m. to 3 p.m.*

Held at the John H. Chafee Fitness Center Pool. Certification is \$300.00 for patrons who have base access and includes book, pocket mask, and certification. Each certification includes Lifeguard, first aid, CPR & AED administration and is valid for 2 years upon completion date. Class is limited to 10 students, but may be canceled if minimum enrollment is not met, so SIGN UP TODAY! For complete listing for the swim test (that will be given on the first day of class and must pass in order to continue) please visit [www.navylifent.com/fitness/aquatics](http://www.navylifent.com/fitness/aquatics). You must be 15 years of age by the end of the class in order to participate in the course. Sign up at the John H. Chafee Fitness Center front desk beginning Monday, April 15.

### POOL HOURS:

**ADULT (18+) LAP SWIM  
MON & WED 6-8 A.M.**

**MON - FRI 10 A.M. - 1 P.M.  
& 3-6 P.M.**

**OPEN SWIM FRI 3-6 P.M.**

### NAVSTA NEWPORT MWR | FAMILY FITNESS

Open: Mon-Fri- 9 a.m. to 4 p.m. Wkds/Fed Hol 9 a.m. to 1 p.m.

Located in the Community Recreation Center, Building 656, please enter Seaview Lanes Bowling Center on the NEX Parking Lot side of the building. There are no lockers or showers at this facility, and it is limited to 10 patrons (4 to 6 children per play area). Various cardio, core training and functional & strength areas and machines. Open to Active Duty personnel, Reservists, Retirees, Dependents and DoD civilians who are supervising children ages 6 months to 9 years old. For complete regulation and rules, visit [NavyLifeNPT.com/fitness/family-fitness](http://NavyLifeNPT.com/fitness/family-fitness).



401-841-3907 | [NavyLifeNPT.com](http://NavyLifeNPT.com) | NavyLifeNPT





**WHO? WHAT? WHEN? WHERE?**

**MWR CONCIERGE**

**Located at the MWR Community Recreation Center, Building 656 - Admin Hallway**

One stop for all MWR information, purchase tickets, and much more!  
Hours of operation: Mon, Wed & Fri 9 a.m. to 4 p.m.; and Tue & Thu 11 a.m. to 6 p.m.  
Open to all patrons with base access.

401-841-2094 | NavyLifeNPT.com | NavyLifeNPT

**NAVSTA NEWPORT MWR | COASTERS HARBOR ISLAND MARINA**

Applications are now being accepted for Summer bearthing, May 1 - October 31.  
Download paperwork at: [www.navylifent.com/recreation/coasters-harbor-island-marina](http://www.navylifent.com/recreation/coasters-harbor-island-marina). Complete paperwork and email it to: [Nicholas.K.Kinsella.naf@us.navy.mil](mailto:Nicholas.K.Kinsella.naf@us.navy.mil). The marina opens for the 2024 Season on May 1st, boating class reservations will begin after that date.

**GOTickets** Looking to purchase tickets? We've got tickets!

Busch Gardens SeaWorld HERSHEY PARK UNIVERSAL STUDIOS FLORIDA Disneyland LEGOLAND FLORIDA RESORT

Download the inquiry forms located at [NavyLifeNPT.com/recreation/gotickets](http://NavyLifeNPT.com/recreation/gotickets) and email forms to [MWRGOTickets@gmail.com](mailto:MWRGOTickets@gmail.com).

**GO Tickets doesn't have what you're looking for? If you're Active Duty Military, Guard or Reserve, U.S. Coast Guard, Retired Military, and DoD civilians go to [Americanforcestravel.com](http://Americanforcestravel.com) and sign up!**

An MWR joint service transformation initiative has resulted in the first official online vacation travel site, American Forces Travel<sup>sm</sup>, with Priceline<sup>®</sup> as the service provider. The site offers travel deals and benefits just for you! American Forces Travel<sup>sm</sup> provides access to a wide selection of discounted rates on hotels, air fare, rental cars, vacation packages, cruises and much more!

401-841-2094 | [MWRGOTickets@gmail.com](mailto:MWRGOTickets@gmail.com) | NavyLifeNPT

**NAVSTA NEWPORT MWR | SEAVIEW LANES**

Join us at Seaview Lanes Bowling Center for a friendly game of bowling! This 12-lane center offers ten-pin bowling with a state-of-the-art electronic scoring and sound system, as well as automatic bumpers for kids. \$3.50 per game, per person and \$2.25 shoe rental, per person. Mon, Tue & Wed: Closed; Thu & Fri: 4-8 p.m.; Sat & Sun: 12-8 p.m.; Federal Holidays: 12-6 p.m.

**PLAN YOUR NEXT EVENT WITH US!**

- BIRTHDAY PARTIES
- SOCIALS
- COMMAND PARTIES

**EMAIL US TODAY TO BOOK YOUR EVENT!**

Erin.C.Hennessey3.civ@us.navy.mil | NavyLifeNPT

**NAVSTA NEWPORT MWR | COMMUNITY RECREATION CENTER, BLDG 656**

No-host socials available at the Community Recreation Center. For more information, email: [NewportOfficersClub@gmail.com](mailto:NewportOfficersClub@gmail.com). Menu: [navylifent.com/dining/enlisted-club](http://navylifent.com/dining/enlisted-club)

**HOURS**

Tue & Wed 11 a.m. to 2 p.m.	Sat & Sun 12 to 8 p.m.
Thu & Fri 11 a.m. to 8 p.m.	Fed Hol 12 to 6 p.m.

**TACO BUFFET**  
Taco Buffet \$12 per person  
Tuesdays 11 a.m.-2 p.m.  
Dine-in Only

**PIZZA BUFFET**  
Pizza Buffet \$10 per person  
Wednesdays 11 a.m.-2 p.m.  
Dine-in Only

**TRIVIA NIGHT** Thursdays at 6:15 p.m.  
Come early and order from pub menu!  
Winning Team receives Free Pizzas!

**Half Priced Wings** Thursdays 5-6 p.m.

Order from the pub menu Tuesdays-Sundays!

401-841-4293 | NavyLifeNPT.com | NavyLifeNPT

**NAVSTA NEWPORT MWR | LEISURE BAY INTERNET CAFE**

Rotating menu of burgers, fries, chicken tenders, fried sandwiches, wings & more!

**HOT FOOD** MON - FRI  
11 A.M. TO 12:30 P.M.  
WHILE SUPPLIES LAST.

Purchase Starbucks coffee, drinks, plus a selection of salads, sandwiches, chips, cookies and more!

Mon-Fri: 9 a.m. to 2 p.m.  
(drive thru opens at 6:30 a.m.)  
Weekends/Holidays: 9 a.m. to 3 p.m.

NavyLifeNPT.com | NavyLifeNPT

**NAVSTA NEWPORT MWR**

**DINE ON THE GO**

**Officers' Club**

Short on time...Order online before you head over! No waiting in line...Pick up & go or grab your order & a seat & enjoy!

**Community Rec Ctr**

Order online from the pub menu & have it ready when you arrive!

DOWNLOAD THE APP OR ORDER ONLINE:  
[www.dineontheomidlant.com/order-online](http://www.dineontheomidlant.com/order-online)

NavyLifeNPT.com | NavyLifeNPT



# Apps & Taps

Friday, April 19, 5 to 8 p.m.  
Topside at the Officers' Club

Enjoy free appetizers from our friends  
at First Command! Limited supply. Open to all  
patrons with base access



PROUDLY  
SPONSORED BY:  
**FIRST COMMAND**  
Get Squared Away



401-841-1442 | [NewportOfficersClub@gmail.com](mailto:NewportOfficersClub@gmail.com) | [NavyLifeNPT](http://NavyLifeNPT.com)  
No endorsement implied.



## Recreation Areas

**Reservations open for the season on Monday, April 1.**  
**Reservations are required and are accepted on a first come, first served basis.**

Visit [NavyLifeNPT.com](http://NavyLifeNPT.com) and download reservation forms.

**Bishop's Rock Rec Area.** - Email completed form to [CarrPointBishopsRock@gmail.com](mailto:CarrPointBishopsRock@gmail.com). Opens for the season Memorial Day weekend!

**Carr Point Rec Area.** - Email the completed form to [CarrPointBishopsRock@gmail.com](mailto:CarrPointBishopsRock@gmail.com). Opens for the season Memorial Day weekend!

**Carr Point RV Park** - Email completed form to [mwrnptrv@gmail.com](mailto:mwrnptrv@gmail.com). Opens for the season on May 1<sup>st</sup>!



**We are now enrolling new dogs!**  
**We offer full and half-day daycare in an open play environment.**

**Enrollment packet and more information can be found on our website at**  
**[www.NavyLifeNPT.com/recreation/](http://www.NavyLifeNPT.com/recreation/)**  
**All-Paws-On-Deck-Doggie-Daycare.**

**Group dog training classes are coming soon! Learn to use positive reinforcement training to communicate with your dog. Classes will be held in the evening and are open to all patrons with base access. Dogs do not need to be enrolled in daycare to attend training classes. More information to come!**



401.841.4058 | [mwrallpawsondeck@gmail.com](mailto:mwrallpawsondeck@gmail.com) | [NavyLifeNPT](http://NavyLifeNPT.com)



## DIRECTORY

<b>ALL PAWS ON DECK DOGGIE DAYCARE</b>	<b>Building 1374</b>	<b>(401) 841-4058</b>
Mon-Fri 7 a.m.-5 p.m.; Closed Weekends & Federal Holidays		
<b>AUTO SKILLS CENTER</b>	<b>Building 1285</b>	<b>(401) 841-3026</b>
Fri: 12-5 p.m.; Sat: 9 a.m.-4 p.m.; Sun: 9 a.m. to 1 p.m.; Closed Mon-Thu & Federal Holidays		
<b>CHILD AND YOUTH PROGRAM</b>		
<b>CHILD DEVELOPMENT CENTER</b>	<b>Building 1376</b>	<b>(401) 841-4562</b>
Mon-Fri: 7 a.m.-5 p.m.; Closed Weekends & Federal Holidays.		
<b>CHILD DEVELOPMENT HOME</b>	<b>Building 1376</b>	<b>(401) 841-1953</b>
<b>SCHOOL AGE CARE</b>	<b>Building 1297</b>	<b>(401) 841-2883</b>
Mon-Fri: 7 a.m.-5 p.m.; Closed Weekends & Federal Holidays.		
<b>SCHOOL LIAISON</b>	<b>Building 1376</b>	<b>(401) 841-7126</b>
<b>TEEN TRIPS &amp; TOURS</b>	<b>Building 1297</b>	<b>(401) 841-2043</b>
Ages 13-18, operating hours per scheduled events/trips		
<b>COASTERS HARBOR ISLAND MARINA</b>	<b>Building 1397</b>	<b>(401) 841-3283</b>
Nov 1-April 30: Mon-Thu: 9 a.m. to 4 p.m.; Closed Fri, Weekends & Federal Holidays. May 1-Sept 30: 8 a.m. to 6 p.m. seven days a week; October 8 a.m. to 5:30 p.m. seven days a week.		
<b>COMMUNITY RECREATION CENTER</b>	<b>Building 656</b>	<b>(401) 841-2575</b>
<b>CLUBS - KITCHEN - LIBERTY</b>	<b>Building 656</b>	<b>(401) 841-4293</b>
Mon: Closed; Tue & Wed: 11 a.m.-2 p.m.; Thu-Fri: 11 a.m.-8 p.m.; Sat & Sun: 12-8 p.m.; Federal Holidays: 12-6 p.m.		
<b>SEAVIEW LANES</b>	<b>Building 656</b>	<b>(401) 841-4293</b>
Mon, Tue & Wed: Closed; Thu & Fri: 4-8 p.m.; Sat & Sun: 12-8 p.m.; Federal Holidays: 12-6 p.m.		
<b>COMMUNITY RECREATION CENTER MANAGER</b>	<b>Building 656</b>	<b>(401) 841-3054</b>
<b>COM. REC. P.M./WEEKEND MANAGER ON DUTY</b>	<b>Building 656</b>	<b>(401) 841-2194</b>
<b>FAMILY FITNESS</b>	<b>Building 656</b>	<b>(401) 841-3907</b>
Mon-Fri: 9 a.m.-4 p.m.; Weekends & Federal Holidays: 9 a.m.-1 p.m.		
<b>MWR ADMINISTRATIVE OFFICE</b>	<b>Building 656</b>	<b>(401) 841-2643</b>
Mon-Fri: 8 a.m.-4:30 p.m.		
<b>MWR BUSINESS OFFICE</b>	<b>Building 656</b>	<b>(401) 841-3294</b>
Mon-Fri: 7 a.m.-3:30 p.m.		
<b>MWR MARKETING OFFICE</b>	<b>Building 656</b>	<b>(401) 841-4992</b>
Mon-Fri: 8 a.m.-4:30 p.m.		
<b>MWR CONCIERGE OFFICE</b>	<b>Building 656</b>	<b>(401) 841-2094</b>
Mon, Wed & Fri: 9 a.m.-4 p.m.; Tue & Thu: 11 a.m.-6 p.m. Closed Weekends & Federal Holidays One stop for all MWR information, tickets, RV park, storage lots & more! <a href="mailto:MWRNPTConcierge@gmail.com">MWRNPTConcierge@gmail.com</a>		
<b>GOREC RENTAL by appointment only, reservations link located at: <a href="http://www.navylifent.com/recreation/GoRec-Rental">www.navylifent.com/recreation/GoRec-Rental</a></b>		
<b>GOTICKETS</b>		<b>(401) 841-2094</b>
Mon, Wed & Fri: 9 a.m.-4 p.m.; Tue & Thu: 11 a.m.-6 p.m.		
<b>CARR PT RV PARK RESERVATIONS</b>	<b><a href="mailto:MWRNPTRV@gmail.com">MWRNPTRV@gmail.com</a></b>	<b>(401) 841-2094</b>
Open Memorial Day weekend through mid-October, reservations required.		
<b>MWR STORAGE LOTS (by appointment only)</b>	<b><a href="mailto:MWRNPTStorage@gmail.com">MWRNPTStorage@gmail.com</a></b>	<b>(401) 841-2094</b>
<b>BISHOP'S ROCK &amp; CARR POINT REC AREA RESERVATIONS</b>	<b><a href="mailto:Carrpointbishopsrock@gmail.com">Carrpointbishopsrock@gmail.com</a></b>	<b>(401) 841-2094</b>
Open Memorial Day weekend through Labor Day weekend.		
<b>HUMAN RESOURCES</b>	<b>Building 1297</b>	<b>(401) 841-2051</b>
Mon-Fri: 7:30 a.m.-4 p.m. Closed weekends & Federal Holidays. All jobs posted on <a href="http://USAjobs.gov">USAjobs.gov</a> .		
<b>JOHN H. CHAFFEE FITNESS CENTER</b>	<b>Building 1109</b>	<b>(401) 841-2512</b>
Mon-Fri: 5 a.m.-8 p.m.; Sat & Sun: 8 a.m.-3 p.m.; Federal Holidays: 9 a.m.-2 p.m.		
<b>POOL</b>	<b>Building 1109</b>	<b>(401) 841-6628</b>
Lap Swim: Mon & Wed: 6 to 8 a.m.; Mon-Fri: 10 a.m. to 1 p.m.; 3 to 6 p.m.; Open Swim: Fri: 3 to 6 p.m. Closed weekends & Federal Holidays.		
<b>HAR-TRU TENNIS COURTS</b>	<b>Near Gate 1</b>	<b>(401) 841-2512</b>
Open Memorial Day weekend through mid-October, first-come first-served basis unless reserved.		
<b>LEISURE BAY INTERNET CAFE</b>	<b>Building 1255</b>	<b>(401) 841-2088</b>
Mon-Fri: 9 a.m.-2 p.m. (drive thru opens at 6:30 a.m.); Weekends & Federal Holidays: 9 a.m.-3 p.m.		
<b>OFFICERS' CLUB</b>	<b>Building 95</b>	<b>(401) 841-1442</b>
<b>COASTERS HARBOR ISLAND CONF CENTER</b>	<b>Building 95</b>	<b>(401) 841-1442</b>
Open for advance reservation only, for no host socials and catered events.		
<b>MWR CATERING OFFICE (by appointment only)</b>	<b><a href="mailto:Newportofficersclub@gmail.com">Newportofficersclub@gmail.com</a></b>	<b>(401) 841-1442</b>
<b>TOPSIDE</b>	<b>Building 95</b>	
Mon-Fri: 11 a.m.-6 p.m. Kitchen closes at 5 p.m. Closed all weekends & Federal Holidays.		

The information contained in this issue was current at the time of publication. Activities, events and hours of operation are subject to change. All events are open to patrons with a valid ID and base access unless otherwise noted. \*The Department of Navy does not endorse any company, sponsor or their products or services.



[NavyLifeNPT@gmail.com](mailto:NavyLifeNPT@gmail.com)

[NavyLifeNPT.com](http://NavyLifeNPT.com)

[NavyLifeNPT](http://NavyLifeNPT.com)







### National Resources

Military OneSource  
800-342-9647  
[www.militaryonesource.mil](http://www.militaryonesource.mil)

Military Crisis Line  
1-800-273-TALK (option 1)  
Text: 838255 or live chat:  
[www.militarycrisisline.net](http://www.militarycrisisline.net)

## Naval Station Newport Fleet & Family Support Center

1260 Peary Street  
Newport, RI 02841  
COM: 401-841-2283  
DSN: 312-841-2283  
[ffsc\\_nwpt@navy.mil](mailto:ffsc_nwpt@navy.mil)

SAPR Unit Victim Advocate 24/7  
401-450-2327

Current newsletter:  
[NavyLifeNPT.com/info/newsletter](http://NavyLifeNPT.com/info/newsletter)

### Local & National Resources NS Newport FFSC Programs

- Exceptional Family Member Program (EFMP)
- Deployment Support Program
- Relocation Assistance Program
- Ombudsman Program
- Life Skills Education Program
- Family Employment Readiness Program
- Personal Financial Management

- Program
- Clinical Counseling (non-medical)
- Family Advocacy Program
- Transition Assistance Management Program
- Sailor Assistance and Intercept for Life (SAIL)
- Sexual Assault Prevention and Response (SAPR)

## MILITARY SPOUSE SUPPORT GROUP

CONNECT + SUPPORT

When:  
1<sup>st</sup> & 3<sup>rd</sup>  
Wednesday of  
the month  
9:00 ~ 10:00  
beginning  
March 2024

Where:  
Fleet and  
Family Support  
Center  
Naval Station  
Newport

Meeting with others and discussing our shared experiences can provide us with greater connections and a deeper understanding of ourselves. Being part of a military family offers unique opportunities and challenges. This group will allow spouses a safe space to address the ups and downs of military life including marital strain, isolation, PCSing, deployment, transitions, parenting stress, and other difficulties spouses face.

For more information, please contact:

Colleen Schwesinger, LMHC/Military Spouse  
[colleen.d.schwesinger.civ@us.navy.mil](mailto:colleen.d.schwesinger.civ@us.navy.mil)

401.841.2283

## Ney Hall Galley

### Hours of Operation

Breakfast 6 to 8 a.m.  
Lunch 11 a.m. to 1 p.m.  
Dinner 4:30 to 6:30 p.m.

### Prices

Breakfast - \$4.30  
Lunch - \$6.85  
Dinner - \$5.95

### Phone Numbers

Galley Office (401) 841-1083  
Food Service Officer (401) 841-2048  
Menu Recording (401) 841-4445

The galley is not open to retirees or civilians.

Rations-in-kind customers eat for free with valid ID card.

Credit and debit cards are accepted forms of payment.

## NS Newport Housing Referral Office

Naval Station Newport Housing Office is here to assist you in locating a home and provide residential housing options. Housing Referral Office will process your housing application for PPV housing, which are currently available.

Our PPV Partner, NAVSTA  
Newport Homes, offer  
move-in ready two, three,  
and four-bedroom homes to  
accompany service  
members, which include  
fully equipped kitchens and  
outdoor entertainment  
space. On a space available  
basis, homes are available  
for unaccompanied  
personnel to share.



### Other Property Features:

- Utilities Included
- Community Center with fitness rooms
- Curbside trash & recycle pickup
- Lawn care service

- On-site Management & Maintenance
- Picnic Areas & Playgrounds
- Pools & Sport Courts
- Pet Friendly Community

For more information, call (401) 841-2232 or email [NewportHousing@navy.mil](mailto:NewportHousing@navy.mil)