Bus Trip to Audrain Auto Museum
FOR SINGLE SAILORS AGES 18-25
Saturday, January 20

Check out the newest exhibit at the museum, *Technological Marvels: A Story of Evolution*. Cost is $15 per person and includes museum admission at 10 a.m., a spin in the professional grade racing simulator (reserved for our group - unlimited use from 10 a.m. to 11:30 a.m.), a voucher for brunch at Cru Café (directly behind museum) and round-trip transportation. Meet at NEX parking lot at 9:30 a.m. then return pickup at Cru Café/Stop and Shop parking lot at 12:30 p.m.

For more information or to sign up, call the MWR Concierge at 401-841-2094.

Apps & Taps
Friday, February 23
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.

All Paws on Deck Doggie Daycare is hiring more employees so we will open new enrollments February 1st! More information to come!
YOUTH ORIENTATIONS
Orientations are available seven days a week, but sign-ups are required. Fill out a youth orientation form at the John H. Chafee Fitness Center. Children ages 10-14 years old* may use the fitness facility after receiving a youth orientation from a certified fitness specialist. The program is intended to introduce youths and their guardians on how to exercise in a safe and supervised environment. After completion of the program, the youth can use all authorized cardio and/or weight equipment with the supervision of a parent or legal guardian. *Refer to MWR Naval Station Newport Fitness Age Authorization Chart.

DOUBLES CORNHOLE LEAGUE
League Meeting: Wed, Jan 3 5:30 p.m. at the John H. Chafee Fitness Center
League: Fri, Jan 12 - Fri, Mar 22
5:30 to 7:30 p.m. at the Community Recreation Center in Liberty
Teams will be made up of two participants who will play two best of three match-ups with a double elimination to occur at the end of the season. Rules and regulations will follow official Cornhole tournament guidelines – this will be handed out to participants during sign-ups. All registration packets must be turned in to the John H. Chafee Fitness Center front desk by the league meeting. Food & beverage available for purchase.

INTRAMURAL BASKETBALL LEAGUE
Coaches Meeting: Tue, Jan 9
at 5 p.m.
Season: Mon, Jan 15 - Thu, Mar 21
5 to 8 p.m.
Kick off the New Year with Intramural Basketball! Come out and join us this winter in our 2024 Basketball League! Registration is open and all packets must be completed and returned to the front desk by Tuesday, December 21. Games are played Monday through Thursdays. 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.

LIBERTY BELL DEADLIFT TRAINER’S CHALLENGE
Mon, Jan 8 - Fri, Jan 12
6 to 8 a.m., 11 a.m. to 1 p.m. or 3 to 6 p.m.
Ringing in the New Year refers to the tradition of celebrating beginnings and endings with bells – from Alfred Lord Tennyson’s 1850 poem Ring Out, Wild Bells. To get in the spirit we are asking males and females to perform a traditional deadlift with weighted bar. Participants will be asked to lift the weight of the Liberty Bell 2080 lbs. For males we will set the bar at 225 lbs., they will be asked to perform nine reps. For females we will set the bar at 135 lbs., they will be asked to perform 15 reps. Two minute breaks will allowed if needed. Preregistration is recommended at https://mwrnewport.as.me/schedule.php, limited to 10 participants per half hour.

YOUTH GOLF CLINIC
Sat, Jan 13 9 to 10 a.m.
The clinic is open to boys and girls ages 6-12 years old, must be accompanied by a parent/guardian who is an authorized patron (Active-duty personnel, reservists, retirees or DoD civilian). Participants will be instructed on golf fitness, proper grip, set-up, driving the ball, fairway shots, chipping, and putting. Golf clubs will be provided, if needed. The instructor is David Maloney who is a certified Titleist Performance Junior Coach and has been named in the top 50 best Golf Fitness instructors by Golf Digest 2022.
Preregistration is recommended at https://mwrnewport.as.me/schedule.php, limited to 30 participants.

LES MILLS BODY PUMP LAUNCH 127
Wed, Jan 31 4:30 p.m.
Join us for an electrifying Les Mills BODYPUMP™ Launch 127. Get ready to pump-up the energy with the dynamic Kristi and Terri. NEW music, NEW choreography and more PUMP! Preregistration is recommended at https://mwrnewport.as.me/schedule.php, limited to 30 participants.

TRAINERS BENCH PRESS CHALLENGE
Mon, Feb 5 - Fri, Feb 9
5:30 to 7:30 a.m., 10 a.m. to 1 p.m. & 3 to 6 p.m.
Calling all fitness enthusiasts, unleash your strength and join us for this month’s trainer’s challenge. Test your limits in a thrilling competition that celebrates power, determination and triumph! Test upper body strength, males press 80% and females 60% of their body weight. Participants will lift the required weight as many times as possible with correct form. Preregistration is recommended at https://mwrnewport.as.me/schedule.php, limited to 10 participants per half hour.

POOL HOURS:
LAP SWIM
Mondays – Fridays
10 A.M. - 1 P.M. & 3-6 P.M.
OPEN SWIM
Fridays 3-6 P.M.

Through SPLASH, Navy MWR Fitness strives to educate parents and legal guardians on pool safety and the dangers associated with unsupervised swimming. With structured swim lessons, swim skills assessment, safe play, and active supervision, the risk of accidental drownings can be significantly reduced.

USH congratulates Navy MWR Fitness on the launch of LEARN'S Body Pump Challenge 127. The new program is designed to engage and challenge fitness enthusiasts with a dynamic and motivating workout routine.

NAVSTA NEWPORT MWR | FAMILY FIT
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.
NAVSTA NEWPORT MWR | LEISURE BAY INTERNET CAFE

11:00 A.M. TO 12:30 P.M.

Rotating menu of quesadillas, burgers, mac & cheese, grilled sandwiches, wings, nachos & more!

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

Hours: 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.

NAVAL STATION NEWPORT

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.

American Forces Travel

An MWR joint service transformation initiative has resulted in the first official online vacation travel site, American Forces Travel™, with Priceline® as the service provider. The site offers travel deals and benefits just for you! American Forces Travel™ 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 | 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: 2-8 p.m.; Sat & Sun: 12-8 p.m.; Federal Holidays: 12-6 p.m.

Order from the pub menu Tuesdays-Sundays!

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

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

Now accepting credit cards and cash!

navylifenpt.com/dining/enlisted-club

NAVSTA NEWPORT MWR | COMMUNITY RECREATION CENTER

No-host socials available at the Community Recreation Center. For more information, email: NewportOfficersClub@gmail.com.

Menu: navylifenpt.com/dining/enlisted-club

HOURS

Sat & Sun
12 to 8 p.m.

Federal Holidays
12 to 6 p.m.

Taco Tuesday is back!

January 2!

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

Taco Tuesday

Free Pizzas!

Taco Buffet $10 per person
Wednesdays 11 a.m.-2 p.m.
Dine-in Only

Pizza Buffet

Trivial Night

Starts Jan 11

Every Thursday at 6:15 p.m.
Come early and order from pub menu!
Winning Team receives

Free Pizzas!

Order from the pub menu Tuesdays-Sundays!

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

Download the inquiry forms located at NavyLifeNPT.com/recreation/gottickets and email forms to MWRGOTickets@gmail.com.

GOTickets 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 and sign up!

American Forces Travel

Looking to purchase tickets? We’ve got tickets!

American forces travel

Taco Buffet

Taco Buffet

Hours of operation: Mon, Wed & Fri 9 a.m. to 4 p.m.; and Tue & Thu 11 a.m. to 6 p.m.

Order online and have your drink ready when you arrive!

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

Leisure Bay Internet Cafe
We reopen on Tuesday, January 16th from holiday stand down. No, No-host socials available during closure. Special events, room rentals are available, please contact NewportOfficersClub@gmail.com.

Specials • Appetizers • Salad Bar • Soups
Sandwiches • Wraps • Burgers • Entrées

Menu available at NavyLifeNPT.com/dining/officers-club

Monday–Friday 11 a.m. to 6 p.m.

NAVSTA NEWPORT MWR | AUTO SKILLS CENTER

Open: Friday 12 to 5 p.m.
Saturday: 9 a.m. to 4 p.m. Monday–Thursday: 9 a.m. to 1 p.m. closed

• Auto Skills Center is open first come, first served. Patrons must sign in at front desk before driving vehicle into Bays 1–7.

• Children under the age of 10 years old are not allowed inside the Auto Skills Center.

• NO PAINTING, GAS TANK WORK OR WASHING OF THE ENGINE COMPARTMENT.

• We accept used oil, transmission fluid, brake fluid, and oil filters, free of charge during hours of operation.

• Car wash is located in Bay 8 (The farthest away from the NEX gas station) the self-serve automated system includes options for foam wash, rinse, spot free rinse, wax, and drying. The car wash is open 24/7, except in extreme cold weather it is shut down. Please close door after use and during the winter months we ask that you close the door during use also vehicles must be turned off while in the building. The car wash starts off at $3 and only accepts quarters. There is a change machine inside Auto Skills Center front door and is available 24/7.

• Additional amenities include vacuums and car products available for purchase in the vending machines located outside the Auto Skills Center on the far left end of the building.

401-841-3026 | Newportofficersclub@gmail.com | NavyLifeNPT

401-841-1442 | Newportofficersclub@gmail.com | NavyLifeNPT

NAVSTA NEWPORT MWR | AUTO SKILLS CENTER

401-841-3026 | NavyLifeNPT.com | NavyLifeNPT

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Available at:

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.
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
SAPR Unit Victim Advocate 24/7
    401-450-2327
Current newsletter:
    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 Counseling (non-medical)
• Family Advocacy Program
• Transition Assistance Management Program
• Sailor Assistance and Intercept for Life (SAIL)
• Sexual Assault Prevention and Response (SAPR)

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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 accompanied 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

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.

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

Visit DiscoverNewport.org
for destination information, events, attractions, lodging and more.
401.845.9130

The galley is not open to retirees or civilians.
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Credit and debit cards are accepted forms of payment.