NYC BUS TRIPS

Macy’s Thanksgiving Day Parade
Thursday, November 23
Depart NEX parking lot at 5 a.m. and return to parking lot approximately 6 p.m.
Cost is $78 per person

Radio City Rockettes
Friday, December 8
Depart NEX Parking Lot at 6 a.m. Return to NEX parking lot approximately 10 p.m. Cost is $78 per person for shopping and $165 per person for Rockettes.

Purchase your spot today!
Call the MWR Concierge at (401) 841-2094.

NYC Shopping

Pictures with Santa
Saturday, December 9 • 10 a.m. - 2 p.m.
Community Recreation Center, Building 656
Enter through Seaview Lanes, NEX parking lot side.

Come visit with Santa! Receive a complimentary picture with Santa Claus... parents can take pictures with your camera/phone too! Bowling and food specials will also be available!

Sign-ups are highly encouraged for this event:
https://mwrnewport.as.me/schedule.php or scan the QR code. For more information, call (401) 841-2094

MWR November holiday hours posted on NavyLifeNPT.com/events or on our app Navy MWR NAVSTA Newport
**UPCOMING DECEMBER EVENTS**

**COMMAND FITNESS LEADER (CFL) INSTRUCTION COURSE**

*Class: Mon, Dec 4 - Fri, Dec 8*

Application deadline: Fri, Nov 17

The mission of MWR’s trained Command Fitness Leader/Fitness Specialists is to provide future CFLS’ and ACFLS’ with the tools, motivation and guidance needed to help their shipmates succeed physically and maintain overall good health. This course is for military fitness leaders/instructors to become certified. You MUST submit a seat request via Navy portal, from a CAC reader enabled computer. Navy Fitness has partnered with OPNAV135, Physical Readiness Program (PRP), for the administration and execution of the Command Fitness Leader Certification Course. Register at www.navyfitness.org/fitness/cfl-information.

**PICTURE VOLLEYBALL**

Runs until Thu, Dec 14 4:30 to 6:30 p.m.

The John H. Chaffee Fitness Center will be offering pick-up Volleyball games on Court Two on Thursday nights. Open to all eligible patrons of the fitness center, show up and play with other like-minded volleyball enthusiasts. No referees, no scorekeepers but the net will be up and volleyball will be available to have fun!

**PICTUP PICKLEBALL**

Runs until Sun, Dec 17

NOVICE TO BEGINNER

Sun 11 a.m. to 12 p.m.

ADVANCED BEGINNER TO ADVANCED

Sun 12 to 1:30 p.m. & Tue 6 to 7:30 p.m.

NEW TO THE GAME? At least one court will be designated for you with basic instruction. GAME READY? We’ll play in a round-robin format. Balls and a limited number of paddles are available. All Levels Welcome must be ages 16+ and limited to 24 players! First come, first served.

**UPCOMING JANUARY EVENTS**

**INTRAMURAL BASKETBALL LEAGUE**

Coaches Meeting: Tue, Jan 9, 2024 5 p.m.

Mon, Jan 15, 2024 - Thu, Mar 21, 2024

5 to 8 p.m.

Registration opens on Monday, November 13 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.

**YOGA FOR BACK PAIN CLINIC**

Sat, Nov 11 10:30 a.m. to 12 p.m.

Discover relief and strength for your back with our specialized clinic. Join us on a journey to improve your back health through therapeutic yoga practices designed to alleviate discomfort and promote spinal well-being. Preregistration is recommended at https://mwrnewport.as.me/schedule.php, limited to 30 patrons.

**PLANKSGIVING TRAINER’S CHALLENGE**

Mon, Nov 13 - Fri, Nov 17 6-8 a.m.; 10 a.m.-2 p.m. & 3-6 p.m.

How long can you hold an elbow plank with our 14 lb turkey on your back? Can you beat last year’s time of 7 minutes and 30 seconds? Prizes awarded to the top male and female participants. Preregistration is recommended at https://mwrnewport.as.me/schedule.php, limited to 10 patron per half hour, per day.

**TURKEY BURN-OFF**

Fri, Nov 24 9 to 10:45 a.m.

Shake off those tail feathers and join us for our annual event! Come enjoy some active fun while burning off some tasty holiday calories. Our seasoned instructors will be holding two back to back classes.

45-minutes of Les Mills BODYPUMP® followed by 45-minutes of Kickboxing.

Preregistration is recommended at https://mwrnewport.as.me/schedule.php, limited to 30 patrons.

**DETOX YOGA**

Sun, Nov 26 11 a.m. to 12 p.m.

Have a blast at our Thanksgiving calorie-burning bash – the best way to get active and feel great after the feast! We all know that Thanksgiving is a time of indulgence, and those extra bites of pumpkin pie and mashed potatoes can add up. Fear not! We’ve got a fantastic plan to help you burn off those extra calories while having a ton of fun. Whether you’re a yoga guru or a complete newbie, this class is open to all levels of fitness and experience. Register at https://mwrnewport.as.me/schedule.php, limited to 30 patrons.

**UPCOMING DECEMBER EVENTS**

**DETOK YOGA**

Sun, Nov 26 11 a.m. to 12 p.m.

Have a blast at our Thanksgiving calorie-burning bash – the best way to get active and feel great after the feast! We all know that Thanksgiving is a time of indulgence, and those extra bites of pumpkin pie and mashed potatoes can add up. Fear not! We’ve got a fantastic plan to help you burn off those extra calories while having a ton of fun. Whether you’re a yoga guru or a complete newbie, this class is open to all levels of fitness and experience. Register at https://mwrnewport.as.me/schedule.php, limited to 30 patrons.

**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.
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.

**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

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

**HOT FOOD**

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.

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**GOTickets**

Looking to purchase tickets? We’ve got tickets!

Download the inquiry forms located at NavyLifeNPT.com/recreation/gotickets 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!

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!

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**NAVAL STATION 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!

Leisure Bay Internet Cafe

Order online and have your drink ready when you arrive!

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**Who?**

**What?**

**When?**

**Where?**

**Concierge**

Located in the MWR Community Recreation Center, Building 655 - 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.

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**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.

- 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.

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**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.

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**Laundromat**

Located in the MWR Community Recreation Center, Building 655 - Admin Hallway

- Hours of operation: Mon, Wed & Fri 9 a.m. to 4 p.m.; and Tue & Thu 11 a.m. to 6 p.m.
- Download the menu and email forms to MWRGOTickets@gmail.com.

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**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.
Is your dog ready to play?

All Paws on Deck offers a fun and safe place for your dog to play and socialize in a positive environment.

Your dog will come home exhausted, happy and relaxed!

Naval Station Newport  NewPport  NewPport

NAVAL STATION NEWPORT

All Paws on Deck

Doggie Daycare

Sandwiches • Wraps • Burgers • Entrées

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

Monday–Friday 11 a.m. to 6 p.m.

NAVSTA NEWPORT MWR | OFFICERS' CLUB - TOPSIDE

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

Stay Connected with MWR

Download our APP

Available at:
https://www.applocker.navy.mil/#!/ apps/7224A114-BE6C-49CC-9ADE-288350EF7FB

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

National Resources
Military OneSource
1-800-342-9647
www.militaryonesource.mil

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

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

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

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.