



Naval Base Kitsap Fleet & Family Readiness Program

October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>See reverse for event times, locations and details</p>	<p>1 Pacific Edge Outfitters (PEO) Fall Sale Anger Management Guess the Weight of the Giant Pumpkin Contest Begins (Liberty)</p>	<p>2 Pacific Edge Outfitters (PEO) Fall Sale Spooktacular October Bowling (Bremerton Rec Center)</p>	<p>3 Pacific Edge Outfitters (PEO) Fall Sale</p>	<p>4 Pacific Edge Outfitters (PEO) Fall Sale Spooktacular October Bowling (Bangor Olympic Lanes) Initial Command Position Training Registration Deadline: Oktoberfest in Leavenworth</p>	<p>5 Pacific Edge Outfitters (PEO) Fall Sale Initial Command Position Training Recovering from a Financial Crisis Become an Entrepreneur: Marketing (Module 5) Scrap Yard Massacre (Liberty)</p>	<p>6 Pacific Edge Outfitters (PEO) Fall Sale Oktoberfest in Leavenworth Trip Family Bingo</p>
<p>7</p>	<p>8 Columbus Day Holiday Bowling (Bangor Olympic Lanes)</p>	<p>9 Spooktacular October Bowling (Bremerton Rec Center) Registration Deadline: Autumn Racquetball Classic Time Management</p>	<p>10 Skate Park Advisory Meeting (Bremerton) Command Financial Specialist Refresher Course Individual Augmentee/Deployment Workshops</p>	<p>11 Skate Park Advisory Meeting (Bangor) Registration Deadline: Dungeness Crab and Seafood Festival Spooktacular October Bowling (Bangor Olympic Lanes)</p>	<p>12 American Red Cross Lifeguarding Class Become an Entrepreneur: Financial Management of Your Money (Module 6)</p>	<p>13 American Red Cross Lifeguarding Class Dungeness Crab and Seafood Festival</p>
<p>14</p>	<p>15 Anger Management Autumn Racquetball Classic Starts</p>	<p>16 Spooktacular October Bowling (Bremerton Rec Center) Stress Management (SM1)</p>	<p>17 Interviewing Skills</p>	<p>18 Registration Deadline: Holiday Food and Gift Festival Spooktacular October Bowling (Bangor Olympic Lanes) Webinar: Effects of Domestic Violence and Reporting Options Skate Park Party and BBQ (Liberty)</p>	<p>19 American Red Cross Lifeguarding Class Are You Financially Fit? Become an Entrepreneur: Financing a Business (Module 7)</p>	<p>20 American Red Cross Lifeguarding Class Holiday Food and Gift Festival Trip Pumpkin-Carving Party (Admiral Boorda Center) Ghost Walk and Zombie Paintball (Liberty)</p>
<p>21</p>	<p>22 Anger Management Smooth Move</p>	<p>23 Spooktacular October Bowling (Bremerton Rec Center) Powerful Thoughts: Transforming Negative Thoughts (SM2) Webinar: Direct Shipment: Hugs and Kisses in a Box</p>	<p>24 Registration starts for November Session of Fall Evening Swim Lessons</p>	<p>25 Spooktacular October Bowling (Bangor Olympic Lanes) IA/Deployment Family Support - Discussion Group</p>	<p>26 Psychology of Spending Become an Entrepreneur: Putting it All Together (Module 8)</p>	<p>27 Harvest Halloween Bowling Party (Bremerton Rec Center) "Hallow-Scream" (Teens) Port Gamble Ghost Walk (Liberty)</p>
<p>28</p>	<p>29 Anger Management</p>	<p>30 Spooktacular October Bowling (Bremerton Rec Center) Spooky Stress Busters: Establishing Work Life Balance (SM3) Liberty Town Hall Meeting</p>	<p>31 Happy Halloween Event (Liberty)</p>	<p>Special Events:</p> <ul style="list-style-type: none"> ■ Spooktacular October Bowling, Every Tuesday in October at Bremerton Recreation Center and every Thursday in October at Bangor Olympic Lanes ■ Lunch & Bowl Special, Bangor Olympic Lanes or Bremerton Rec Center, Monday-Friday, now through November 30 ■ NCAA and NFL Football Games, Sam Adams ■ Pacific Edge Outfitters (PEO) Fall Sale, October 1-6 ■ Pumpkin-Carving Party, Admiral Boorda Center, October 20 <p>Visit us online at www.navalypnw.com Find us on Facebook: www.facebook.com/KitsapFFR</p>		

RECREATION/FITNESS

1-6 – Pacific Edge Outfitters (PEO) Fall Sale
10-50% off select merchandise throughout the store, including backpacks, kayaks, fishing gear, hunting gear, apparel and more.
360-535-5919

4 – Registration Deadline: Oktoberfest in Leavenworth

Trip is Saturday, October 6. \$39. myFFR #5412280B. 360-476-3178/535-5919

6 – Oktoberfest in Leavenworth Trip

8 – Columbus Day Holiday Bowling
Bangor Olympic Lanes, noon-6 pm. \$10 per hour/per lane, including shoes, 2-5 bowlers.
360-535-5917

9 – Registration Deadline: Autumn

Racquetball Classic

\$15 with shirt, \$10 without. Begins the week of October 15. 360-315-2132

10 – Skate Park Advisory Meeting

5 pm, Bremerton Skate Park. Give input, provide support and make friends.
360-476-8899

11 – Skate Park Advisory Meeting

5 pm, Bangor Skate Park. Give input, provide support and make friends. 360-476-8899

11 – Registration Deadline: Dungeness Crab and Seafood Festival

Trip is Saturday, October 13. \$26. myFFR #5412287B. 360-476-3178/535-5919

12, 13, 19, 20 – American Red Cross Lifeguarding Class

\$150. Participants must be 15 ½ years or older. myFFR #621012. 360-315-2131/476-9416

13 – Dungeness Crab and Seafood Festival Trip

15 – Autumn Racquetball Classic Starts

18 – Registration Deadline: Holiday Food and Gift Festival

Trip is Saturday, October 20. \$23. myFFR #5412294B. 360-476-3178/535-5919

20 – Holiday Food and Gift Festival Trip

24 – Registration starts for November Session of Fall Evening Swim Lessons

27 – Harvest Halloween Bowling Party

Bremerton Recreation Center, \$9 per person. Bowling party with black lights, spooky music, snacks and prizes. 360-476-3178

Spooktacular October Bowling

Every Tuesday in October at Bremerton Recreation Center and every Thursday in October at Bangor Olympic Lanes. \$10 per hour or \$1 per game, including shoes.
360-535-5919/476-3178

Lunch & Bowl Special

10 am-1 pm, Monday-Friday, now through November 30. Receive ½-off bowling at Bangor Olympic Lanes or Bremerton Rec Center. Bring your (same day) lunch receipt from Bangor Inside Out Café, Pizza Hut/Taco Bell (inside Bangor Olympic Lanes) or Samuel Adams Restaurant - NBK Bremerton.

FOOD & BEVERAGE

NCAA and NFL Football Games

Sam Adams, watch them LIVE! 360-476-6719

FLEET & FAMILY SUPPORT

All classes are FREE. For class information and to register, call 360.396-4115 or 800-562-3301. Appointments are always available for free individual consultations by calling 866-854-0638 in advance

1, 15, 22 & 29 – Anger Management

1-3 pm, Bldg. 97, Keyport

4-5 – Initial Command Position Training

8-4 pm, Bldg. 2901, Bangor

5 – Recovering from a Financial Crisis

10 am-noon, Bldg. 2901, Bangor

5 – Become an Entrepreneur: Marketing (Module 5)

12:30-3:30 pm, Bldg. 2901, Bangor

9 – Time Management

10 am-noon, Bldg. 2901, Bangor

10 – Command Financial Specialist Refresher Course

8 am-4 pm, Bldg. 2901, Bangor

10 – Individual Augmentee/Deployment Workshops

1-2 pm, Warrior's Workshop/Combat Stress Post-Deployment Discussion Group, Bldg. 2901, Bangor; 2-3 pm, Warrior's Workshop/Operational Stress Pre-Deployment for IA's, Pre-Deployment for Friends and Family, Jackson Park Community Center

12 – Become an Entrepreneur: Financial Management of Your Money (Module 6)

2:30-3:30 pm, Bldg. 2901, Bangor

16 – Stress Management (SM1)

10 am-noon, Bldg. 2901, Bangor

17 – Interviewing Skills

1-3 pm, Bldg. 2901, Bangor

18 – Webinar: Effects of Domestic Violence and Reporting Options

10-11 am

19 – Are You Financially Fit?

10 am-noon, Bldg. 2901, Bangor

19 – Become an Entrepreneur: Financing a Business (Module 7)

12:30-3:30 pm, Bldg. 2901, Bangor

22 – Smooth Move

Noon-3 pm, Bldg. 2901, Bangor

23 – Powerful Thoughts: Transforming Negative Thoughts (SM2)

10 am-noon, Bldg. 2901, Bangor

23 – Webinar: Direct Shipment: Hugs and Kisses in a Box

6-7 pm

25 – IA/Deployment Family Support - Discussion Group

10-11:30 am, 4th Thursday of every month, Jackson Park Community Center

26 – Psychology of Spending

10 am-noon, Bldg. 2901, Bangor

26 – Become An Entrepreneur: Putting it All Together (Module 8)

12:30-3:30 pm, Bldg. 2901, Bangor

30 – Spooky Stress Busters: Establishing Work Life Balance (SM3)

10 am-noon, Bldg. 2901, Bangor

CHILD & YOUTH

Admiral Boorda Center (ABC): 360-535-5915
Jackson Park Youth & Teen Center: 360-627-2041
Litehouse School-Age Care Center: 360-535-5953

*For all eligible patrons: Children of Active Duty, DoD Civilian, DoD Contractor, Retirees, ages 12-18, enrolled in 7-12 grades.

6 – Family Bingo*

2-4 pm, Free for families of teen members at ABC.

20 – Pumpkin-Carving Party*

Free, 2-5 pm at ABC

27 – "Hallow-Scream"*

Teen Late Night and Haunted Trip, 6-10 pm, \$5

LIBERTY

NBK Bangor 360-535-5977

NBK Bremerton 360-476-2673

"Like" Us on Facebook: Liberty NWKitsap

1 – Guess the Weight of the Giant Pumpkin Contest Begins

Liberty Centers - Bangor and Bremerton. Winner receives a new iPod Shuffle. Winner will be announced October 3 at 6 pm.

5 – Scrap Yard Massacre

Visit the Haunted Wrecking Yard Massacre. \$9 paid at Liberty and a can of food for donation at the food bank. Sign up at Liberty or myFFR #5027912B.

18 – Skate Park Party and BBQ

Free! Skater games, demos, prizes, DJ and BBQ courtesy of the USO Mobile Canteen.

20 – Ghost Walk and Zombie Paintball

\$30 for single AD member, \$40 for guest. Sign up by Thursday, October 18.

27 – Port Gamble Ghost Walk

\$12 for two hour tour. Depart Bremerton: 5 pm, Bangor: 5:30 pm. Tour starts at 7 pm. myFFR #5030112B

30 – Liberty Town Hall Meeting

Liberty Center - Bangor, 4 pm, snacks provided. Bring your ideas.

31 – Happy Halloween Event

Liberty Centers - Bangor and Bremerton, 7 pm. Guess the weight of the pumpkins. Winners announced, birthday drawing and cake, Mummy Wrap Contest and prizes!

Note: Prices, dates and times may be subject to change without prior notice.

Programs are open to active duty, retirees, reservists, DoD civilians, base contractors, families, and accompanied guests, unless otherwise noted.

www.navylifepnw.com

www.militarymerits.com

www.facebook.com/KitsapFFR

Get event information texted to your phone!

For Liberty events: Text NBKLiberty to 30364

For Fitness/Sports/Aquatics: Text NBKFitness to 30364

For Dining/Entertainment/Recreation: Text NBKFun to 30364

For Bangor Movie Schedule: Text NBKMovies to 30364

For Bangor Olympic Lanes: Text NBKBowling to 30364

Standard text message rates apply. You may opt out at any time by texting STOP.

Naval Base Kitsap Fleet & Family Readiness Program

NOVEMBER 2012

See reverse for event times,
locations and details

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events: <ul style="list-style-type: none"> ■ Bag-Ball-Shoe, Bangor Olympic Lanes, November 1-30 ■ Get Out and Bowl!, Bremerton Recreation Center and Bangor Olympic Lanes, November 6 ■ Heroes' Welcome, Jackson Park Community Center, November 15 ■ Turkey Trot, NBK Bangor, November 17 ■ Pacific Edge Outfitters (PEO) Black Friday Sale, November 23 ■ Christkindlmarkt Trip, Leavenworth, WA, November 24 <p>Visit us online at www.navylifepnw.com Find us on Facebook: www.facebook.com/KitsapFFR</p>				1 Ball-Bag-Shoe Designed For You (November 1-30) Lunch & Bowl Special (November 1-30)	2 Ballroom Dance Class Money Habitudes "Come Grow with Us" Family Gardening Projects Family Karaoke Night	3 American Red Cross CPR & First Aid Class
4 Old-School Music Skate Night (Liberty)	5 Initial SAPR Volunteer Victim Advocate Training Anger Management Welcome Aboard	6 Initial SAPR Volunteer Victim Advocate Training Get Out and Bowl! Managing Holiday Stress Creating New Traditions Webinar: SLO - Champion for Military Kids Children's Story Hour	7 Initial SAPR Volunteer Victim Advocate Training Mommy and Me Play Groups	8 Initial SAPR Volunteer Victim Advocate Training Registration Deadline: Wild Horse Wind and Solar Tour Webinar: Children, Deployment and the Holidays	9 Initial SAPR Volunteer Victim Advocate Training Ballroom Dance Class Fabulous Family Fun Game Night	10 Wild Horse Wind and Solar Tour Trip Saturday Morning Parent & Child Swim Lessons
11 Thank You to all our Wonderful Military! (Liberty)	12 Veterans Day Bowling	13 Children's Story Hour Effective Communication	14 Mommy and Me Play Groups Individual Augmentee/ Deployment Workshops Federal Resume Writing	15 Registration Deadline: Twilight Tour Registration Deadline: Mt. Rainier - Paradise Snowshoe Trek Heroes' Welcome	16 Ballroom Dance Class Turkey Toss Birthday Bash Party (Inside Out Lounge) Solving the Mystery of Credit Reports	17 Twilight Tour Trip Mt. Rainier - Paradise Snowshoe Trek Turkey Trot Bowl a Turkey Lots-A-Pasta Night (Youth) LeMay America's Car Museum (Liberty)
18 Free Sneak Preview (Rise of the Guardians)	19 Anger Management FRG Session A - Modules 1 & 2 Liberty Town Hall Meeting	20 Children's Story Hour Outreach Dinner for the Homeless (Liberty)	21 Mommy and Me Play Groups Registration starts for December Fall Evening Swim Lessons Registration Deadline: Christkindlmarkt	22 Thanksgiving Bowling Special Happy Thanksgiving! (Liberty)	23 Ballroom Dance Class Pacific Edge Outfitters (PEO) Black Friday Sale Saving and Investing	24 Christkindlmarkt Jingle Bell Shuttle (Liberty)
25	26 Anger Management	27 Children's Story Hour Conflict Resolution	28 Mommy and Me Play Groups CorysArk Petting Zoo	29 Registration Deadline: Victorian Country Christmas Time Management	30 Ballroom Dance Class	

RECREATION/FITNESS

1-30 – Ball-Bag-Shoe Designed For You

Bangor Olympic Lanes. You choose your ball, bag and shoes - receive 10 % off the total price, plus 10 free games of bowling. 360-535-5917

1-30 – Lunch & Bowl Special

10 am-1 pm, Monday-Friday. Receive ½-off bowling at Bangor Olympic Lanes or Bremerton Rec Center. Bring your (same day) lunch receipt from either Bangor Inside Out Café, Pizza Hut/Taco Bell (inside Olympic Lanes) or Samuel Adams Restaurant - NBK Bremerton.

2, 9, 16, 23 & 30 – Ballroom Dance Classes

Bremerton Rec Center, Multipurpose Room, 6-7 pm, \$12/person/class or \$48/person/four classes. Register four days prior to the class. 360-476-3178

3 – American Red Cross CPR & First Aid Class

Bangor pool, 9 am-4 pm, \$75. Must be age 10 or older. 360-315-2131/360-476-9416

6 – Get Out and Bowl!

Election Day Bowling at Bremerton Recreation Center and Bangor Olympic Lanes, 10 am-9 pm. \$5 per hour, \$1 per game, \$1 shoes. 360-476-3178/535-5917

8 – Registration Deadline: Wild Horse Wind and Solar Tour

Trip is Saturday, November 10. \$38, myFFR #5412315B. 360-476-3178/535-5919

10 – Wild Horse Wind and Solar Tour Trip

10 – Saturday Morning Parent & Child Swim Lessons

Bangor and Bremerton pools, four-week class, 10-10:30 am, \$14/\$15. 360-315-2131/476-9416

12 – Veterans Day Bowling

Bangor Olympic Lanes, noon-6 pm, \$10 per hour, per lane, shoes included. Three free games and \$1.75 shoes for active duty/retirees (must show military ID). 360-535-5917

15 – Registration Deadline: Twilight Tour

Trip is Saturday, November 17. \$39, myFFR #5412322B. 360-476-3178/535-5919

15 – Registration Deadline: Mt. Rainier - Paradise Snowshoe Trek

Trip is Saturday, November 17. \$59, myFFR #4412322B. 360-535-5919/315-2137

16 – Turkey Toss

Bremerton Recreation Center, Bowling Lanes, 7-8 pm. Free for all ages! Toss a frozen bird to see if you can get the top score. 360-476-3178

17 – Twilight Tour Trip

17 – Mt. Rainier - Paradise Snowshoe Trek

17 – Turkey Trot

NBK Bangor, 9 am, 1-mile or 5K walk/run. Pre-register online by November 15. 17 and under no shirt: Free, with shirt: \$15, 18 and over no shirt: \$15, with shirt: \$20. 360-315-2134

17 – Bowl a Turkey

Bangor Olympic Lanes, 2-4 pm, \$2.50 per game, \$1.75 shoes. If you bowl three consecutive strikes, you win a turkey (limit one turkey per family). 360-535-5917

18 – Free Sneak Preview

Rise of the Guardians, Bangor Cinema Plus Theater, 5 pm, doors opens at 3 pm. 360-535-5923

21 – Registration starts for December Fall Evening Swim Lessons

21 – Registration Deadline: Christkindlmarkt

Trip is Saturday, November 24. \$40, myFFR #5412329B. 360-476-3178/535-5919

22 – Thanksgiving Bowling Special

Bangor Olympic Lanes, noon-6 pm, \$10 per hour, per lane, shoes included, up to five guests. 360-535-5917

23 – Pacific Edge Outfitters (PEO) Black Friday Sale

10-50% off select merchandise throughout the store, including backpacks, kayaks, fishing gear, hunting gear, apparel and more. 360-535-5919

24 – Christkindlmarkt Trip

29 – Registration Deadline: Victorian Country Christmas

Trip is Saturday, December 1. \$29/active duty and retired military, \$32/DoD and guest, \$30/seniors 62+. myFFR #5412336B. 360-476-3178/535-5919

FOOD & BEVERAGE

16 – Birthday Bash Party

Inside Out Lounge, 9:30 pm, no cover, DJ music, free bar snacks, drink specials. 360-535-5928

NCAA and NFL Football Games

Watch them LIVE at Sam Adams! We have big-screen TVs, state-of-the-art speaker system, great food, great times and great fun! 360-476-6719

FLEET & FAMILY SUPPORT

All classes are FREE. For class information and to register, call 360.396-4115 or 800-562-3301.

Appointments are always available for free individual consultations by calling 866-854-0638 in advance.

2 – Money Habitudes

10 am-noon, Bldg. 2901, Bangor

5-9 – Initial SAPR Volunteer Victim Advocate Training

8 am-4 pm, Bldg. 2901, Bangor. To become a volunteer advocate with the SAPR program, please call 360-396-7277.

5, 19, 26 & December 3 – Anger Management

9-11 am, Bldg. 97, Keyport

5 – Welcome Aboard

1-3 pm, Bldg. 2901, Bangor

6 – Managing Holiday Stress

9-10 am, Bldg. 2901, Bangor

6 – Creating New Traditions

11 am-noon, Bldg. 2901, Bangor

6 – Webinar: SLO - Champion for Military Kids

6-7 pm. Find out how your School Liaison Officer (SLO) can help with your child's transitions from grade to grade.

8 – Webinar: Children, Deployment and the Holidays

10-11 am

13 – Effective Communication

10 am-noon, Bldg. 2901, Bangor

14 – Individual Augmentee/Deployment Workshops

1-2 pm, Warrior's Workshop/Combat Stress Post-Deployment Discussion Group, Bldg. 2901, Bangor; 2-3 pm, Warrior's Workshop/Operational Stress Pre-Deployment for IA's, Pre-Deployment for Friends and Family, Jackson Park Community Center

14 – Federal Resume Writing

1-3:30 pm, Bldg. 2901, Bangor

15 – Heroes' Welcome

5:30-7:30 pm, Jackson Park Community Center. Presented by NBK and FFSC, in honor of the sacrifices made by our Individual Deployers and their families in the Pre, Mid and Post-deployment state.

16 – Solving the Mystery of Credit Reports

10 am-noon, Bldg. 2901, Bangor

19 – FRG Session A - Modules 1 & 2

5-8 pm, Bldg. 2901, Bangor. Establishing an FRG and Membership Building: Attracting and Motivating FRG Members

23 – Savings and Investing

10 am-noon, Bldg. 2901, Bangor

27 – Conflict Resolution

10 am-noon, Bldg. 2901, Bangor

29 – Time Management

9-11 am, Bldg. 97, Keyport

CHILD & YOUTH

Admiral Boorda Center (ABC): 360-535-5915
Jackson Park Youth & Teen Center: 360-627-2041
Lighthouse School-Age Care Center: 360-535-5953

2 – "Come Grow with Us" Family Gardening Projects

3-5 pm, Bangor Lighthouse. FREE! All eligible families are encouraged to join in the fun.

2 – Family Karaoke Night

6-8 pm, Admiral Boorda Center. Families are encouraged to attend!

6, 13, 20, 27 – Children's Story Hour

11 am-noon, Admiral Boorda Center. FREE! For ages 6 and younger.

7, 14, 21, 28 – Mommy and Me Play Groups

10 am-noon, Admiral Boorda Center. FREE! For ages 6 and younger. Parents must remain on site.

9 – Fabulous Family Fun Game Night

6:15-8:15 pm, Bangor Lighthouse. FREE! A night of group games, video games and board games.

17 – Lots-A-Pasta Night

4-6 pm, Admiral Boorda Center. FREE and open to all currently enrolled teens. Priority seating for new members!

28 – CorysArk Petting Zoo

3:30-5:30 pm, Bangor Lighthouse. FREE! All eligible families encouraged to visit.

LIBERTY

NBK Bangor: 360-535-5977

NBK Bremerton: 360-476-2673

"Like" Us on Facebook: Liberty NWKitsap

4 – Old-School Music Skate Night

Bremerton Skateland, 7-9 pm, \$4. Includes entrance, quad skates and transportation. myFFR #5030912B

11 – Thank You to all our wonderful Military!

Bangor and Bremerton Liberty Centers, 2 pm, FREE cake served.

17 – LeMay America's Car Museum

\$12. Includes entrance to the museum and transportation. Pick up at Bangor: 9 am, Bremerton: 9:30 am. myFFR #5032212B

19 – Liberty Town Hall Meeting

Liberty Center Bremerton, 4 pm, snacks provided. Bring your ideas.

20 – Outreach Dinner for the Homeless

Eagles Hall, Bremerton. A great volunteer opportunity. Depart Bangor: 9 am, Bremerton: 9:30 am.

22 – Happy Thanksgiving!

Bangor and Bremerton Liberty Centers. Join us for delicious pie and snacks throughout the day!

24 – Jingle Bell Shuttle

South Center Mall, FREE transportation. Depart Bangor: 9 am, Bremerton: 9:30 am.

Note: Prices, dates and times may be subject to change without prior notice.

Programs are open to active duty, retirees, reservists, DoD civilians, base contractors, families, and accompanied guests, unless otherwise noted.

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For Bangor Movie Schedule: Text NBKMovies to 30364

For Bangor Olympic Lanes: Text NBKBowling to 30364

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