

February 2012

Naval Base Kitsap Fleet & Family Readiness Program

See reverse for event times,
locations and details

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events: <ul style="list-style-type: none"> ■ Scavenger Hunt - 2012-Style, Liberty, now through Feb. 29 ■ Sweetheart Run, Bangor Fitness Center, Feb. 4 ■ Super Bowl Party, Bremerton Rec Center, Sam Adams and Inside Out Cafe & Lounge, Feb. 5 ■ Command Challenge to 50,000 Pins, Olympic Lanes, Feb. 6 ■ Open House, Admiral Boorda Teen Center, Feb. 11 ■ Sweetheart Bowl, Bremerton Rec Center, Feb. 14 ■ "A Sweet Occasion" Cake Decorating Family Event, Admiral Boorda Teen Center, Feb. 18 ■ President's Day Holiday Bowling, Olympic Lanes, Feb. 20 			1 Conflict Management Scavenger Hunt - 2012-Style (Liberty, through February 29)	2 "Groundhog" Rent-a-Lane Special (Olympic Lanes, February 2-March 9) Preschool Story Hour (Bremerton Rec Center)	3 Credit Reports Become an Entrepreneur: Business Structure (Module 1)	4 Sweetheart Run Ski and Snowboard Trip to Snoqualmie (Liberty)
5 Super Bowl Party (Bremerton Rec Center, Sam Adams, Inside Out Cafe & Lounge) Super Bowl Sunday (Liberty Centers) Red Head-Pin Bowling (Olympic Lanes)	6 Command Challenge to 50,000 Pins (Olympic Lanes) Viennese Waltz Dance Class (Bremerton Rec Center) Anger Management: Part 1	7 Stress Busters: Establishing Work Life Balance Myers-Briggs Personality Test Children's Story Hour (Admiral Boorda Center)	8 Skate Park Advisory Meeting Individual Augmentee/Deployment Workshops Mommy & Me Bowling (Liberty)	9 Skate Park Advisory Meeting Reg. Deadline: Mt. Rainier/Longmire Snowshoe Trek Preschool Story Hour (Bremerton Rec Center)	10 Lifeguarding Course Become an Entrepreneur: Business Plan (Module 2) Teen Late Night	11 Lifeguarding Course Valentine's Fireball Special (Olympic Lanes) Open House (Admiral Boorda Teen Center)
12 Red Head-Pin Bowling (Olympic Lanes)	13 Mission Nutrition Bolero Dance Class (Bremerton Rec Center) Anger Management: Part 2	14 Mission Nutrition It's Your Birthday (Bremerton Rec Center) Who Needs Love - Mortal Combat Tourney (Bremerton Rec Center) Sweetheart Bowl (Bremerton Rec Center) My Best Life: Smart Stress Mngt. (New) Children's Story Hour (Admiral Boorda Ctr.) AMC/Regal Movie Night (Liberty)	15 Mission Nutrition Mommy & Me Effective Communication Liberty Town Meeting	16 Mission Nutrition Preschool Story Hour (Bremerton Rec Center) Registration Deadline: Red Wine and Chocolate Tour Webinar: Thrift Savings Plan	17 Lifeguarding Course Become an Entrepreneur: E-Search to Research (Module 3) Kids' Night Out	18 Lifeguarding Course "A Sweet Occasion" Cake Decorating Family Event Ski and Snowboard Trip to Crystal Mountain (Liberty)
19 Red Head-Pin Bowling (Olympic Lanes)	20 President's Day Holiday Bowling (Olympic Lanes) Salsa Dance Class (Bremerton Rec Center)	21 Children's Story Hour (Admiral Boorda Center) Relationships 101	22 Registration Deadline: Night Inner Tubing at Snoqualmie Pass Mommy & Me Bowling (Liberty)	23 Preschool Story Hour (Bremerton Rec Center) Registration Deadline: Langley Murder Mystery Reg. Deadline: Salmon Le Sac Snowshoe Trek Webinar: Deployment Money Matters IA/Deployment Family Support - Discussion Grp Webinar: Next Steps After the ERB Family Fit Factor Event: Dodge Ball	24 Initial SAPR Command Position Training Predatory Lending Become an Entrepreneur: Accounting Basics (Module 4)	25 Family Fun Center Teen Field Trip
26 Red Head-Pin Bowling (Olympic Lanes)	27 Military Saves Week Rumba Dance Class (Bremerton Rec Center) Welcome Aboard Anger Management: Part 3	28 Military Saves Week Children's Story Hour (Admiral Boorda Center) Deployment Resources (New) Relationships 201 AMC/Regal Movie Night (Liberty)	29 Military Saves Week Conflict Management Mommy & Me	 <p>Visit us online at www.navylifepnw.com Find us on Facebook: www.facebook.com/kitsapffr</p>		

RECREATION/FITNESS

2-March 9 – “Groundhog” Rent-a-Lane Special
Bangor Olympic Lanes. If the groundhog “sees” his shadow, Rent-a-Lane will be \$6 per hour/per lane, for six more weeks through March 9. If the groundhog “doesn’t see” his shadow, Rent-a-Lane will be \$10 per hour/per lane with free shoes, for six more weeks through March 9. 360-535-5917

2, 9, 16, 23 – Preschool Story Hour
Bremerton Recreation Center, 11-11:45 am. Interactive storytelling with puppets, storyboards and songs for children 6 and under. 360-476-3178

4 – Sweetheart Run
1-mile and 5K run/walk, 9 am, Bangor Fitness Center, ages 17 and under with shirt: \$12, without shirt: Free, 18 and over with shirt: \$18, without shirt: \$12. Register on line, myFFR #622102. 360-315-2134/360-476-2231

5 – Super Bowl Party
Bremerton Recreation Center, 1-6 pm. Football on the 72-inch TV, pizza, drinks and super-soft recliners! 360-476-3178

5, 12, 19, 26 – Red Head-Pin Bowling
Bangor Olympic Lanes, noon-6 pm, \$10 per hour/per lane. 360-535-5917

6 – Command Challenge to 50,000 Pins
Bangor Olympic Lanes. Win the race to 50,000 pins for your command - grand prize is a group party. 360-535-5917

6 – Viennese Waltz Dance Class
Bremerton Recreation Center, 7-8:15 pm, \$12, myFFR #560213. 360-476-3178

8 & 9 – Skate Park Advisory Meetings
Help guide the direction of NBK skate parks. Give input and provide support. 5-6 pm, Wednesday at Bremerton Skate Park, Thursday at Bangor Skate Park. 360-476-8899

9 – Registration Deadline: Mt. Rainier/Longmire Snowshoe Trek
Trip is on Saturday, February 11, \$51, myFFR #4412042B. 360-535-5919/315-2137

10-18 – Lifeguarding Course
Fridays: 5-8 pm and Saturdays: 9 am-5 pm, \$150. 360-315-2131/476-9416

11 – Valentine’s Fireball Special
Bangor Olympic Lanes, buy one get one free. \$9 per couple for two hours of bowling. 360-535-5917

13 – Bolero Dance Class
Bremerton Recreation Center, 7-8:15 pm, \$12, myFFR #560213. 360-476-3178

13-16 – Mission Nutrition
Free, 4-day nutrition class for those who want to increase their understanding of food and weight relationships. Deadline to register: February 10, 9 am-2 pm, Bangor Plaza Ballroom. myFFR #622301. 360-476-7026/315-2140.

14 – It’s Your Birthday
Bremerton Recreation Center, all day on the second Tuesday of every month. Celebrate your birthday with the Rec Center. Free. 360-476-3178

14 – Who Needs Love - Mortal Combat Tournament
Bremerton Recreation Center, Game Room, 6-8:30 pm. Great prize for the top player at the end of the night. 360-476-3178

14 – Sweetheart Bowl
Bremerton Recreation Center, Bowling Lane, 6-9 pm. Have fun with your sweetie, bowl by the hour at a special rate or bowl by the game, buy one get one free. 360-476-3178

16 – Registration Deadline: Red Wine and Chocolate Tour
Trip is on Saturday, February 18, \$57 per person, myFFR #5412049B. Must be 21 years of age. 360-476-3178/535-5919

20 – President’s Day Holiday Bowling
Bangor Olympic Lanes, noon-6 pm, \$10 per hour/per lane. 360-535-5917

20 – Salsa Dance Class
Bremerton Recreation Center, 7-8:15 pm, \$12, myFFR #560213. 360-476-3178

22 – Registration Deadline: Night Inner Tubing at Snoqualmie Pass
Trip is Friday, February 24, \$45/adults, \$42/ages 6-12, \$30/ages 5 and under, myFFR #5412055B. 360-476-3178/360-535-5919

23 – Registration Deadline: Langley Murder Mystery
Trip is on Saturday, February 25, \$36 per person, myFFR #5412056B. 360-476-3178/535-5919

23 – Registration Deadline: Salmon Le Sac Snowshoe Trek

Trip is on Saturday, February 25, \$54, myFFR #4412056B. 360-476-3178/535-5919

27 – Rumba Dance Class
Bremerton Recreation Center, 7-8:15 pm, \$12, myFFR #560213. 360-476-3178

DINING

5 – Super Bowl Party
Sam Adams, Inside Out Café & Lounge, FREE! Facilities open at 1:30 pm. 360-535-5928/476-6719

FLEET & FAMILY SUPPORT

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

1 – Conflict Management
9-11 am, Bldg. 97, Keyport

3 – Credit Reports
10 am-noon, Bldg. 2901, Bangor

3 – Become an Entrepreneur: Business Structure (Module 1)
12:30-3:30 pm, Bldg. 2901, Bangor

6 – Anger Management: Part 1
1-4 pm, Bldg. 97, Keyport

7 – Stress Busters: Establishing Work Life Balance
10 am-noon, Bldg. 2901, Bangor

7 – Myers-Briggs Personality Test
5-7:30 pm, Bldg. 2901, Bangor

8 – 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 Support Facility.

10 – Become an Entrepreneur: Business Plan (Module 2)
12:30-3:30 pm, Bldg. 2901, Bangor

13 – Anger Management: Part 2
1-4 pm, Bldg. 97, Keyport

14 – My Best Life: Smart Stress Management (New)
10 am-noon, Bldg. 2901, Bangor

15 – Effective Communication
9-11 am, Bldg. 97, Keyport

16 – Webinar: Thrift Savings Plan
2:30-3:30 pm. How to pay less tax now and have more money in your future! Register online by visiting the FFSC page at www.navylifepnw.com. Upon registering, details for attending the webinar will be automatically emailed to the address you provide.

17 – Become an Entrepreneur: E-Search to Research (Module 3)
12:30-3:30 pm, Bldg. 2901, Bangor

21 – Relationships 101
10 am-noon, Bldg. 2901, Bangor

23 – Webinar: Deployment Money Matters
10-11 am. Topics include: tax-free pay, savings deposit, additional pays received, TSP benefits during IA deployments and how to manage two households while your spouse is deployed. Register online by visiting the FFSC page at www.navylifepnw.com. Upon registering, details for attending the webinar will be automatically emailed to the address you provide.

23 – IA / Deployment Family Support - Discussion Group
10-11:30 am, Jackson Park Community Support Facility

23 – Webinar: Next Steps after the Enlisted Review Board (ERB)
6-7 pm. This webinar is designed to help you and your family plan your next steps following ERB selection. Register online by visiting the FFSC page at www.navylifepnw.com. Upon registering, details for attending the webinar will be automatically emailed to the address you provide.

24 – Initial SAPR Command Position Training
8 am-4 pm, Bldg. 2901, Bangor

24 – Predatory Lending
10 am-noon, Bldg. 2901, Bangor

24 – Become an Entrepreneur: Accounting Basics (Module 4)
12:30-3:30 pm, Bldg. 2901, Bangor

27 – Welcome Aboard
1-3 pm, Bldg. 2901, Bangor

27 – Anger Management: Part 3
1-4 pm, Bldg. 97, Keyport

28 – Deployment Resources (New)
8-8:30 am, Bldg. 2901, Bangor

28 – Relationships 201
10 am-noon, Bldg. 2901, Bangor

29 – Conflict Management
9-11 am, Bldg. 97, Keyport

Special Event: DoD ANNUAL MILITARY SAVES WEEK
February 27-March 2

CHILD & YOUTH

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

7, 14, 21, 28 – Children’s Story Hour
Admiral Boorda Center, 11 am-noon

8, 15, 22, 29 – Mommy & Me
Admiral Boorda Center, 10 am-noon

10 – *Teen Late Night
Jackson Park Youth & Teen Center, 6-10 pm, FREE

11 – Open House
Admiral Boorda Teen Center, 3-5 pm. Check out the center and see what we have to offer.

17 – Kids’ Night Out
Bangor Lighthouse, 7-10 pm. 50’s dances, karaoke, games, crafts and build-your-own sundae.

18 – **A Sweet Occasion” Cake Decorating Family Event
Admiral Boorda Teen Center, 4-6 pm

23 – Family Fit Factor Event: Dodge Ball
3:30-4:30 pm, Bangor Lighthouse, free to registered members, \$4/hour for drop-ins.

25 – *Family Fun Center Teen Field Trip
10:30 am-4 pm, \$10

*For eligible members ages 12-18 years, in 7th-12th grades. Must be registered member to participate. Please call programs: 360- 535-5915/627-2041 for more information. Deadlines may apply to teen events.

LIBERTY

NBK Bangor: 360-535-5977
NBK Bremerton: 360-476-2673

Scavenger Hunt - 2012 Style
Play SCVNGR at participating MWR facilities for a chance to win an iPad2 or Galaxy Tab. Hunt runs now through February 29. How to play: 1) Download the SCVNGR app to your iPhone or Android. 2) Log in and select Trek, then Leap @ Whidbey Island. 3) Visit the MWR facilities listed in the Trek. 4) Complete the challenges. For each completed challenge, you earn a badge. Each badge gives you one entry into the grand prize drawing for one of five tablets.

4 & 18 – Ski and Snowboard Trips
February 4 to Snoqualmie, February 18 to Crystal Mt. All trips are weather dependent. \$15, transportation only.

5 – Super Bowl Sunday
Bangor and Bremerton Liberty Centers, 11 am, FREE.

8 & 22 – Bowling
Olympics Lanes, Bangor, 6 pm. Pick-up at Bremerton: 5 pm. Free.

14 & 28 – AMC/Regal Movie Night
Depart Bremerton Liberty Center: 6 pm, Bangor: 6:30 pm, \$7.50.

15 – Liberty Town Meeting
Bremerton Liberty Center, 5 pm.

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