

MWR Beacon Newsletter for NAS Whiting Field

November 2018



We'd like to hear from you! We value your patronage and feedback and your comments are extremely important to us. Please take the time to fill out an electronic comment card. Let us know how we have met your expectations or how we can improve our services.

FEEDBACK: "<https://www.navymwrwhitingfield.com/feedback>"

COMMUNITY RECREATION: Includes Tickets & Travel, Whiting Park, Outdoor Recreation & Gear Issue, Picnic & Pavilion areas and Wiggly Field Dog Park.

** Visit Community Recreation on our web site: <https://www.navymwrwhitingfield.com> **

Giant Card Contest	1-13 November 2018
Community Recreation	Bldg 1417
Starting the first of November, stop by the Community Recreation Office to get your starter kit for your Giant Holiday Card. Starter kits include your board for the card, base coat of paint, roller, brushes, and basic paints. Decorate the base, show off your team's best artist, and win a prize!! Cards must contain family-friendly imagery and no use of trademarked material. Submissions are due in-place at the front gate by Monday 10 December. The winning team will be announced on the MWR NAS Whiting Facebook page on Friday the 14 th .	

Pub Trivia	1600, Friday, 2 November
Ace's Pub	BLDG 2942, 7426 USS Lexington Circle, Milton, FL 32570
Join us on the first Friday of every month for trivia in Aces Pub located in NGIS. Trivia starts at 1600ish and includes 6 rounds of varying subjects. A maximum of 4 per team, everyone gets a prize. November prize: Each teammate receives a certificate valid at Whiting Park for one full day use of either a kayak or paddleboard.	

Blue Angels Homecoming Air Show Shuttle	0500-1800, Saturday, 3 November
Community Recreation	Bldg 1417
Ready for the Blue Angels Homecoming Air Show? We're providing a \$5 shuttle so you can avoid the parking hassle! Departing from the Community Recreation Office at 5:30 am, we'll be on the flight line the entire day. Estimated return around 6 pm. Open to all MWR patrons age 16 and over for transportation at \$5.00 per person.	

DIY Reversible Snowman and Pumpkin Sign	1700, Tuesday, 6 November
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Aces Pub	BLDG 2942, 7426 USS Lexington Circle, Milton, FL 32570
Make your reversible porch decoration with us in Aces Pub. One side's a snowman and the other's a pumpkin! It'll last for several months. All supplies provided for just \$15. We recommend you wear clothes you're not afraid to ruin. Register by Fri, 2 Nov for this class by stopping by or calling Community Recreation at 850-665-6250.	

Wizarding World of Whiting	0900 - 1400, Saturday, 10 November
Community Recreation	Bldg 1417
Participate in a day of magical classes at the Whiting Wizarding Auxiliary School, Saturday November 10 from 9:00 – 2:00pm in the Atrium. Two registration options are available: Half day, 9:00 - 12:00pm: 3 classes = Free Full day 9:00 - 2:00pm: 6 classes and lunch = \$5 All registration includes a Butterbeer, wand, house sorting and a “Care and Keeping of your Owl” presentation. For ages 5 and up. Please register for the event by November 8. Our Child Development Center (CDC) will provide Wee Wizard childcare for ages 4 and under at the CDC. Please call to register your child at the CDC by October 26 by calling them at 850-623-7472. Space is limited for this event and registration is required. Register at: https://myffr.navyaims.com or call 850-665-6250	

Volunteer Veteran's Memorial Park	0800-1600, Monday, 12 November
Community Recreation	Bldg 1417
An opportunity to serve the past, join us in cleaning Veteran's Memorial Park on Veteran's Day. Free transportation and cleaning supplies will be provided. Arrive at the Community Recreation Office at 8:00pm a few hours at the Park, cleaning and serving the military community of the past and present. Open to MWR patrons age 16 and over. Register with Community Recreation by Thursday the 8 th by calling 850-655-6250.	

Mulled Wine & Sip	1630, Friday, 16 November
Ace's Pub	BLDG 2942, 7426 USS Lexington Circle, Milton, FL 32570
Running out of ideas for all those Holiday parties you have to go to? Not enough glasses for all your visiting friends? Well then you should join us for DIY Wine Glass Painting & Sipping on Friday 16 November at 5:00 pm in Ace's Pub. Just \$12 includes all your supplies and 4 glasses to paint. Stop by or call the Community Recreation Office at 850-665-6250 by Tuesday 13 November to register.	

Destin Shopping Trip	1000, Saturday, 24 November
Community Recreation	Bldg 1417

There's still some time left for your holiday shopping! Let us take you to Destin Commons to get a few more gifts. We'll depart from the Community Recreation Office at 10 am and return to base around 6 pm that evening. Plenty of stores and restaurants for you to choose from to fill your day! \$7.00 per person

DIY Mason Jar Gifts	1630, Monday, 26 November
Ace's Pub	BLDG 2942, 7426 USS Lexington Circle, Milton, FL 32570
Have fun creating a homemade gift for your friends or family this holiday season! For just \$14 all supplies included to make a set of 3 DIY Gifts in a Jar: Peppermint hot chocolate, dark chocolate salted caramel pretzels, and gingerbread cookie mix. Write out your recipe cards and then place your jars in a gift bag! Register with Community Recreation by stopping by or calling 850-665-6250 by Wednesday, 21 November.	

Everything Fast	EVENT: 0930-1230, Wednesday, November 28 MIXER AT ACE'S PUB: 1500-1700, Wednesday, November 28
Sports Pavilion & Ace's Pub	Sports Pavilion: next to the Softball Fields Ace's Pub: BLDG 2942, 7426 USS Lexington Circle, Milton, FL 32570
This is a rare opportunity to have a private photo op with the official Daytona Speedway Pace Car. 6 lucky winners will have the opportunity to take a ride in the pace car. There will be crafts, leg races, and 1 grand door prize. Take a ride in the Daytona Speedway Pace Car! Twelve lucky folks will be selected by drawings for pace car rides. There will be door prizes from Daytona Speedway. Food will be available thanks to a fundraiser for the Navy Ball Committee. At the pit stop there will be bicycle, foot and potato sack races as well as Minute-to-Win-it style games to really get the adrenalin pumping. The little ones can paint and decorate boxes to look like race cars too! For more information call Community Recreation at 850-665-6250.	

Tree Lighting	1630, Friday, 30 November
Atrium	Bldg 1417
Join us as we gather around to illuminate the giant tree ... meet new friends and toast for good cheer beginning at 4:30pm. Adult beverages will be available for purchase.	

<u>MWR</u> <u>Rental</u> <u>Equipment</u>	Our office offers a variety of leisure travel services including discount ticket sales to various attractions throughout the country and local attractions. We also offer lodging, cruises, bus tours, airfare packages all over the world, and other special services. Active Duty Military, Retired, Dependents, DoD civilians and all MWR authorized patrons can purchase tickets. All prices are inclusive of our surcharge. VISA, MasterCard, American Express and Discover are accepted.
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Ice Flyers Tickets	It's hockey season! Come out and see our very own Pensacola Ice Flyers. The Tickets & Travel Office has center ice seating available at \$17.50 each and they can be used for ANY HOME GAME. Purchase tickets in advance and use for any 2018-19 Regular Season game. Take a look on the Ice Flyers website "" for a few "Military Special and Theme" games offered this season where tickets are available at an even better savings for the select games.
OWA Tickets Coming Soon!	OWA (oh-waah) "visitowa.com" is a 520-acre resort destination on the Gulf Coast in Foley Alabama. Enjoy its amusement park or admission-free Downtown OWA for dining, shopping and more. Stay tuned for discounted tickets coming soon through Community Recreation at 850-623-6250.
Outdoor Recreation	Outdoor Recreation offers equipment rentals for a variety of equipment. Call 850-665-6250 for additional information.

FITNESS: Includes the Fitness Center, Aquatics, Sports Programs, Archery Range, Fitness Classes, Runs, and all other fitness programs.

** Visit our Fitness Center web site: "<https://www.navymwrwhitingfield.com/fitness>" **

MWR FITNESS SCHEDULE

MONDAY	Strength Fusion Yoga	0900 – 0950	Group X Room
	NOFFS Regeneration	1130 – 1215	Group X Room
	Circuits	1600 – 1645	Basketball Court
TUESDAY	Stroller Fitness	1000 – 1050	Basketball Court
	Chaos Spin	1200 – 1245	Group X Room
	Hardcore Abs	1630 – 1700	Group X Room
WEDNESDAY	NOFFS Regeneration	1130 – 1215	Group X Room
	Sunset Yoga	1600 – 1645	Group X Room
	Power House	1700 – 1800	Weight Room
THURSDAY	Yoga	1130 – 1215	Group X Room
	Shock Cardio	1600 – 1645	Basketball Court
FRIDAY	Stroller Fitness	1000 – 1050	Basketball Court
	Chaos Spin	1200 – 1245	Group X Room

Chaos SPIN: Cardio Intervals on the Bike with Upper Body and Core work on the floor. A great class for Beginning Spinners or those who prefer a shorter ride.

Circuits: A form of sports training involving performing different exercises in rotation. It targets strength building and muscular endurance.

Hardcore Abs: Get beach body ready with this 30 minute class to blast your abs. This class covers abdominal and core workouts for all levels and abilities.

NOFFS Regeneration: Enjoy foam rolling, mobility and activation modalities to aid in recuperation of sore muscles.

Power House: A 1-hour class to learn how to use correct technique for a variety of free weight movements including; bench press, deadlift, squats and overhead press. All skill levels welcome.

Shock Cardio: Powered by NOFFS, is a cardio pulmonary based fitness class which will challenge you physically and mentally while you burn fat without losing that hard earned muscle!

Strength Fusion: Intense core-focused ‘Mat Class’ which blends Pilates, Sports Conditioning, and Yoga.
Stroller Fitness: Full body workout for mom/dad and fun for baby(s) too. Your child may stay in their stroller or kids play area.
Sunset Yoga: This yoga class is focused on de-stressing your life at a lower intensity than our Yoga class.
Yoga: A mat based “core” focused class, using various poses to build strength, increase flexibility, and improve balance. Mats provided!

NOFFS ESD and Endurance Workshop	0700, Tuesday, 20 November
Fitness Center / Gym	Bldg. 3148, Yorktown and Saratoga Streets
A workshop designed to introduce the NOFFS ESD and Endurance concepts. The Navy Operational Fitness and Fueling System (NOFFS) provides the Navy with "best in class" physical fitness and nutrition information for Sailors, allowing the Navy to maintain peak physical readiness, which is a top priority of the 21st Century Sailor and Marine initiative.	

Crushed to Dust Challenge	Tuesday – Thursday, 13-15 November
Fitness Center / Gym	Bldg. 3148, Yorktown and Saratoga Streets
<i>Compete in 3 rounds of grip challenges!</i> Come conquer the Rolling Thunder Revolving DL Handle, the CoC Grippers® and The Hub . Each participant will complete 3 rounds of the grip challenges. Each round consists of deadlifting the Rolling Thunder Revolving DL Handle, closing your choice of gripper, and lifting The Hub. Each round will last 3 minutes max from the beginning of the first lift. Participants will be scored per lift. Most points wins!	

Turkey Trot 5k Fun Run	0800, Saturday, 17 November
Fitness Center / Gym	Bldg. 3148, Yorktown and Saratoga Streets
A 5K Turkey Trot in which participants will have a chance to win one of 5 turkeys! First 80 to sign up are guaranteed a T-Shirt! 1st Place Male and Female are guaranteed a Turkey! \$5.00 registration fee at the NAS Whiting Field Fitness Center or on-line at https://myffr.navyaims.com	

Flag Football	1730, Every Monday & Wednesday
Sports Complex	Langley Street
Join us for Captain’s Cup Flag Football at the MWR Sports Complex. Games begin every Monday and Wednesday at 5:30pm.	

Corn Hole Tournament	1630, Wednesday, 14 November
Sports Complex Horse Shoe Pits	Langley Street
There will be a Corn Hole Tournament held at the Sports Complex Football Field on Wednesday, 14 November at 1630.	

Lb for Lb Challenge	0900-1900, Wednesday, 14 November
Fitness Center / Gym	Bldg. 3148, Yorktown and Saratoga Streets
Come and join us and compete in a 1 RM Squats Power House Club Challenge on Wednesday, 14 November from 0900 to 1900. There will be trophies for the overall Male and Female competitors, as well as overall Male and Female competitors. To qualify for the trophies, you must attend one Power House Club in November. The club is held every Wednesday from 1700 – 1800. Hope to See you there!"	

3 on 3 Basketball Tournament	1600, Wednesday, 28 November
Fitness Center / Gym	Bldg. 3148, Yorktown and Saratoga Streets
3 on 3 Basketball Tournament held in the Basketball Gym on Wednesday, 28 November at 1600	

CHILD DEVELOPMENT CENTER (CDC): Includes the Child Development Center, Child Development Homes and the School Liaison Officer. ** Visit the CDC website: “https://www.navy.mwrwhitingfield.com/programs/1d5f7d69-eedd-4f2b-89f3-015b153fc9af” **	
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<u>Hourly Child Care</u>	0530 to 1830, Monday - Friday
Child Development Center	Bldg. 36, California Street
Hourly Care is available at our Child Development Center. This program is a short term care option (not to exceed 25 hours in a week or 12 hours in a day) that families can book up to 30 days in advance if space in the child's age group is available. To submit a request for care, please visit the " http://www.militarychildcare.com " web site. For more information, please call the Child Development Center at 850-623-7472.	

LIBRARY: Includes the Navy General Library and its associated programs located in the Tower Café and includes a Study Area open 24/7! ** Visit our Navy General Library web site: “https://www.navy.mwrwhitingfield.com/programs/fb5cc93b-b7e5-41e0-9e22-49d32bbb8b59” **	
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<u>Tower Books and Café Library Hours</u>	
MONDAY	0800 – 1800
TUESDAY	0800 – 1800
WEDNESDAY	0800 – 1800
THURSDAY	0800 – 1800
FRIDAY	0800 – 1800
SATURDAY, SUNDAY & HOLIDAY	CLOSED
Visit the library web site: https://www.navy.mwrwhitingfield.com/programs/fb5cc93b-b7e5-41e0-9e22-49d32bbb8b59	

<u>Family Game Nights</u>	Drop-in between 1400 to 1800, Every Thursday
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Tower Books & Café	BLDG 2998, USS Long Island St, Milton, FL 32570
Drop in each Thursday anytime from 2-6pm, stop by with your family and friends to play a game on us! Choose from 18 classic and new titles, such as Scrabble and Settlers of Catan, and games like Battleship for kids too!	

<u>STEAM Ahead</u>	Tuesday, November 6 & 20 , 2018
Tower Books & Café	BLDG 2998, USS Long Island St, Milton, FL 32570
Join us every 1st and 3rd Tuesday (beginning in September) for an after school program to promote STEAM education, for elementary to middle school ages. STEAM uses: Science, Technology, Engineering, the Arts and Mathematics as access points for guiding student inquiry, dialogue, and critical thinking. Please register by calling us at 850-623-7861	

<u>Story Time</u>	1030, Every Wednesday
Tower Books and Café	BLDG 2998, USS Long Island St, Milton, FL 32570
Join us every Wednesday for Story Time in the Tower Books & Café. This program is recommended for ages 2-4 and parents must be present with their children for the duration of the program. Registration is NOT required but space is limited. This event is open to all eligible MWR patrons. For more information, call 850-623-7861	

<u>Tower Book Club</u>	1600, Thursday, 29 November
Tower Books & Café	BLDG 2998, USS Long Island St, Milton, FL 32570
Once a month we will meet to enjoy a discussion about a pre-chosen book. Join us for our monthly meetings. Get to know our group and have engaging conversation with your fellow bibliophiles.	

Writer's Block	Monday, 5 November Tuesday, 13 November (due to Veterans Day) Mondays, 19 & 26 November
Tower Books & Café	BLDG 2998, USS Long Island St, Milton, FL 32570
Hone your writing skills in this two month, weekly writers group. Local authors and writers from the Panhandle Writer's Club will teach you the basics of outlines, creating characters, plot development, and more. Then in November, challenge yourself to write a 50,000-word novel in a month! Meetings every Monday from 4:30pm to 5:30pm beginning on October 1st, and run through October and November. We will have a special meeting on Friday, November 30 to wrap up our writing challenge and celebrate those who completed.	

FOOD AND BEVERAGE: Includes Mulligans Grill, South Field Snack Bar, North Field Snack Bar, and the Tower Cafe.

** Visit the Food and Beverage website: "<https://www.navymwrwhitingfield.com/dining>" **

NAS Whiting Field MWR

Holiday Hours of Operation

MWR Program/Facility	Monday November 12 Veterans Day	Thursday November 22 Thanksgiving	Friday November 23	Friday December 21	Saturday December 22	Sunday December 23	Monday December 24	Tuesday December 25 Christmas Day	Monday December 31 New Years Eve	Tuesday January 1 New Years Day	Wednesday January 2
MWR Administrative Office	Closed	Closed	0800-1600	0800-1600	Closed	Closed	0800-1600	Closed	0800-1600	Closed	0800-1600
Child Development Center	Closed	Closed	0530-1830	0530-1830	Closed	Closed	0530-1830	Closed	0530-1830	Closed	0530-1830
Community Recreation (Tickets & Travel, Outdoor Recreation, RV Park, Facility Rentals)	Closed	Closed	0800-1600	0800-1600	Closed	Closed	0800-1600	Closed	0800-1600	Closed	0800-1600
Fitness Center	0800-1600	0800-1600	0800-1600	0800-1600	0800-1600	0800-1600	0800-1600	Closed	0800-1600	Closed	0430-2100
LIBERTY	1200-1700	1200-1700	0900-1700	1200-1700	1200-1700	1200-1700	1200-1700	1200-1700	1200-1700	1200-1700	1200-2000
Mulligans Grill	Closed	Closed	Closed	1030-1300	Closed	Closed	1030-1300	Closed	1030-1400	Closed	1030-1400
North Field Snack Bar	Closed	Closed	0700-1400	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
South Field Snack Bar	Closed	Closed	0700-1400	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Tower Café (Starbucks)	Closed	Closed	0730-1200	0730-1200	Closed	Closed	0730-1200	Closed	0730-1200	Closed	0600-1300
Tower Books (Library)	Closed	Closed	0800-1600	0800-1600	Closed	Closed	0800-1200	Closed	0800-1200	Closed	0800-1600
Whiting Park	0900-1600	Closed	0900-1600	0900-1600	0900-1600	0900-1600	0900-1600	Closed	0900-1600	Closed	Closed



Visit us on the web!

www.navymwrwhitingfield.com

