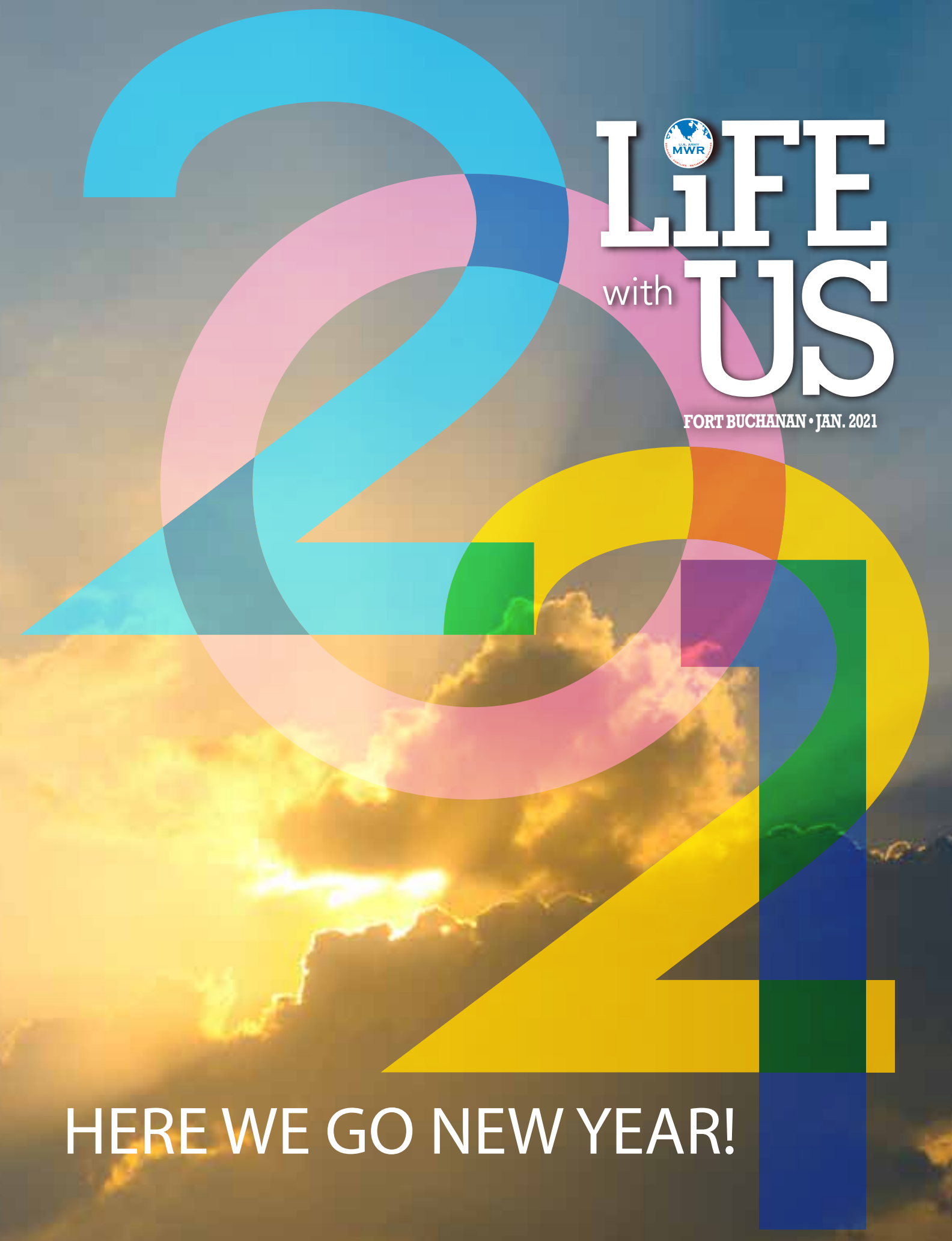
LiFE
with US
FORT BUCHANAN • JAN. 2021
2021
HERE WE GO NEW YEAR!

LIFE WITH US

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APPRECIATE THE SIMPLE THINGS...

January 1st is the beginning of a new chapter and a time when we like to make New Year's resolutions, whether about fitness, finances, or crossing some fun things off the bucket list. It seems to be the time we're expected to make grand resolutions and setting goals. Due to the special circumstances of the previous year, it's easy to focus on loss and the longing for our loved ones. It can be difficult to appreciate the beauty and blessings around us every day, sometimes disguised, sometimes in the most unlikely of places… but always there. It could be a kind gesture from a stranger, a new book and that hot coffee on a rainy day, or a snuggle with your beloved pet. Our expectations for the new year can be a plan to simply 'Be'. Be happy. Be content. Be in the moment. Be thankful. Take care of ourselves and our loved ones, and stay hopeful.

FAMILY AND MWR
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Showcase your brand's commitment to the military community by partnering with Family and MWR.

Contact the Marketing, Advertising & Commercial Sponsorship Office
at 787-707-3711 or email:
iralis.jimenez.naf@mail.mil

www.buchanan.armymwr.com
Facebook: buchananmwr

Tell us how we served you today!
MWR-ICE-QR

Drive-In Movie Night

MOVIE: "SONIC THE HEDGEHOG" - PG

JANUARY 22
STARTS AT 6:30 P.M.
$5 PER VEHICLE

FORT BUCHANAN COMMUNITY CLUB PARKING AREA

787-707-3974 • 787-246-6264

SOCIAL DISTANCING PRACTICES AND USE OF FACE MASK REQUIRED IN THIS FACILITY.

borinquen
bar & patio

WEEKEND DINNER BOX

ALL ORDERS SERVE FOUR (4) TO FIVE (5) PEOPLE

JANUARY 8
THREE CHEESE MEAT LASAGNA
ACCOMPANIED WITH WITH GARLIC BREAD AND CHEF GARDEN SALAD WITH A RED BLEND VINAIGRETTE DRESSING
$39

JANUARY 15
CHINESE DINNER BOX
INCLUDING MANDARIN PORK, ORANGE CHICKEN, STIR FRIED RICE AND VEGETABLE SPRING ROLLS
$39

JANUARY 22
"PARILLADA" ARGENTINA
FEATURING "CHURRASCO A LA BRASA" WITH CHIMICHURRI, ROASTED CHICKEN WITH FRESH HERB MARINADE, KNOCKWURST SAUSAGES, ROASTED POTATOES AND GRILLED ASPARAGUS AND SEASONAL VEGETABLES.
$55

JANUARY 29
BBQ DINNER NIGHT
FEATURING: FAVORITE BARBECUED CHICKEN, PULLED PORK, PANKO CRUSTED MAC & CHEESE, COLE SLAW AND HONEY BUTTER BISCUITS
$45

Pick-up dates: Fridays from 3 p.m. to 5 p.m. at the Borinquen Bar & Patio
Cut-off date to order: the Thursday prior to the pick-up day by 3 p.m.
To order, please call **787-707-3535/3516/3515** or text **787-600-3198**

Virtual 5K New Year's Resolution Race

Free

January 11 to 15, 2021

JOG, WALK, RUN, OR DO TREADMILL!

The event starts from January 11 to January 15, 2021.
Final results are sent to Fort Buchanan's CRD/Sports program.

REGISTER BY EMAIL: juan.r.sanfeliz.civ@mail.mil. Registration, hold harmless, & photo release forms need to be completed and sent electronically. For additional information call 787-707-3277/3767.

Instructions will be provided on how to log the jog/walk/run, or treadmill time, as well as where to pick-up your token of appreciation.

YOU WILL GET A 20% DISCOUNT COUPON FOR THE CHARCOAL BBQ RIB LUNCH SALE TO BE HELD AT THE CABAÑA PICNIC AREA ON JANUARY 22, 11 A.M. - 1 P.M. *(while supplies last)*.

Please pre-order before 19 Jan. at ODR:
787-600-7658

SEND US A SELFIE WHEN YOU COMPLETE THE GOAL!

OUTDOOR BARBECUE
Ribs Sale
CABAÑA PICNIC AREA

Charcoal made Ribs Sale

Cabaña Picnic Area
January 22nd
11 a.m. - 1 p.m.

$10	$14	$40
1/2 LB. RIBS	1LB. RIBS	SERVES UP TO 4 PERSON

LUNCH INCLUDES:

- CHARCOAL MADE RIBS
- MAJADO DE VIANDAS
- PASTA SALAD
- SODA OR WATER

ORDER TO-GO OR DELIVERY 787-707-3734

NEW AT FORT BUCHANAN'S SPORTS & FITNESS CENTER

BE THE GAME CHANGER

ON THE WAY TO A FIT & HEALTHY NEW YEAR!

GET FOUR (4) GROUP EXERCISE CLASSES FOR ONLY $10

SAVE $2 WHEN YOU PRE-PURCHASE FOUR (4) CLASSES AND GET YOUR PUNCH CARD!

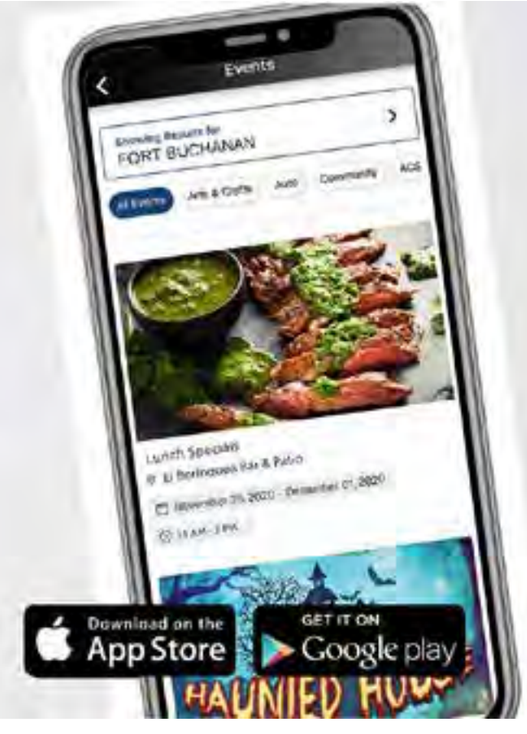
MANAGEMENT IS NOT RESPONSIBLE FOR LOST OR STOLEN CARDS. PUNCH CARD MUST BE REDEEMED WITHIN (30) DAYS OF PURCHASE. CLASSES ARE SUBJECT TO CHANGE .

OUTDOOR CYCLING CLASSES WILL RESUME ON JANUARY 7TH AT 6 A.M. PLEASE CALL 787-707-3767 FOR MORE INFORMATION AND UPDATES.

FIND THE FUN

Find fun events and activities at your installation with the **NEW** Digital Garrison app on your smartphone or tablet.

DIGITAL GARRISON
POWERED BY EXCHANGE



Download on the App Store
GET IT ON Google play

BOWLING CENTER

OPENS ON JANUARY 7, 2021

RETURNING WITH AN ALL NEW MENU AT CAFÉ 300.

Be on the watch!

Leisure Travel Services

IS MOVING TO A NEW LOCATION IN JANUARY 2021.
YOU WILL FIND US AT
BLDG. 608, SOUTH TERMINAL ROAD
(BESIDE OUTDOOR RECREATION OFFICE)

787-707-4344 / 4343

DON'T WAIT TO BREAK DOWN IN THE MIDDLE OF THE ROAD

Automotive Skill Center Is Open!!!

We do it all!!!

- Maintenance
- Repairs
- Alignments
- And much more...

Not listed? No problem!
Come by and see what we can do for you and your vehicle.

WE ARE LOCATED NEXT TO THE BOWLING CENTER

Give us a call at 787-707-3972.

VEHICLE RESALE LOT

Getting ready to sell a car? MWR Vehicle Resale Lot

Vehicles Permitted:

Cars	Motorcycle
Trucks	4 Wheelers

(vehicles must fit in a single parking spot)

Required Documents:

Government ID Card
Insurance and Registration

Fees:

$30 per vehicle for one month

For more information please contact the Automotive Skills Center (787) 707-3972

OUTDOOR RECREATION

EQUIPMENT RENTAL

Power Tools:	Daily	Weekend
- Floor Buffer Machine	$19	$29
- Rotary Hammer	$25	$39
- Gas Trimmer	$10	$19
- Water Pressure Washer 4000 PSI	$39	$69

VEHICLE STORAGE LOT

YOU CAN STORE: Four Wheel Vehicle • Boat with Trailer • Double Axle Truck • Utility Trailer • Trailer or RV • Camper Trailer

Vehicle length	Monthly	Yearly *(non-refundable)*
- Under 20 feet	$45	$495
- 20 - 35 feet	$55	$605
- Over 35 feet	$65	$715

787- 707- 3734 / 3138

Army Community Service

ACS/FAMILY ADVOCACY PROGRAM CLASSES IN JANUARY 2021

TRAINING SESSIONS ARE HELD THROUGH MS TEAMS AND TELECONFERENCE

Anger Management
6 January from 3 p.m. - 4 p.m. and
20 January from 11 a.m.-12 p.m.

Active Parenting (parents of tweens & teens)
7 & 21January from 9 a.m. - 10 a.m.

FAP/NPSP: Realistic Expectations (for parents of children three (3) years old)
20 January from 1 p.m. - 2 p.m.

The Art of Family Meetings:
12 January from 10 a.m. - 11 a.m.

Dealing with Family Stress:
15 January from 10 a.m. -11 a.m.

Recognizing and Reporting Child Abuse/Neglect
(open to the Fort Buchanan community) 25 January from 10 a.m. -11a.m.

For more information or to register for a class, please contact the ACS/Family Advocacy Program at 787-707-3709 or email at ruth.e.gonzalez.civ@mail.mil

The ACS/Family Advocacy Program classes focus on improving Family relationships and identifying and learning how to cope with the stressors of life, especially those of military life. Regardless of what stage of life you are in, the ACS/Family Advocacy Program can help you develop the skills you need to strengthen your relationships to prevent domestic/intimate partner abuse, as well as child abuse and neglect.

ACS/Family Advocacy Program will be conducting

"THE ART OF FAMILY MEETINGS" CLASS

Training sessions through MS Teams and Teleconference

What is a Family Meeting? Why hold a Family Meeting?

Strengthen your Family cohesion. Join the Fort Buchanan ACS/ Family Advocacy Program as we discuss the purpose and benefits of Family Meetings and how these can help strengthen the bond between Family members.

For more information or to register for a class, contact the ACS/Family Advocacy Program at 787-707-3709 or email: ruth.e.gonzalez.civ@mail.mil.

Army Community Service invites you to the

Master Resiliency Training (MRT):

Monday, 25 January 2021 from 1:30 pm to 2:30 pm:
Identify your Thoughts about an Activating Event and the Consequences of those Thoughts.

Tuesday, 26 January 2021 from 1:30 pm to 2:30 pm:
Identify and Correct Counterproductive Patterns in Thinking through the use of Mental Cues and Critical Questions.

Wednesday, 27 January 2021 from 1:30 pm to 2:30 pm:
Identify and Evaluate Core Beliefs and Core Values that Fuel Out-of-Proportion Emotions and Reactions.

Thursday, 28 January 2021 from 1:30 pm to 2:30 pm:
Counter the Negativity Bias, Create Positive Emotion, and Notice and Analyze What is good.

Friday, 29 January 2021 from 1:30 pm to 2:30 pm:
Stop Catastrophic Thinking, Reduce Anxiety, and Improve Problem Solving by Identifying the Worst, Best, and Most Likely Outcomes of a Situation.

Monday, 1 February 2021 from 1:30 pm to 2:30 pm:
Accurately Identify What Caused the Problem and Identify Solution Strategies.

To register for these workshops please call (787) 707-3295; (787) 707-3804 or email at: raymond.morales.civ@mail.mil

ACS/Family Advocacy Program presents

ACTIVE PARENTING OF TWEENS & TEENS

Thursdays, January 7 & 21
February, 4 & 18
March, 4 & 18
***All classes from 11:00 a.m. to 12:00 p.m.**

To register call the ACS/Family Advocacy Program at 787-707-3709 or email, ruth.e.gonzalez.civ@mail.mil.

Employment Readiness Program

JANUARY TRAINING

Topics and Calendar dates:
- The importance of blending your Core Competencies and Knowledge, Skills, and Abilities (KSA).
- USAJOBS Resume writing 101: Analyze the Vacancy Announcement, and updating the Federal Resume.
- Navigating USAJOBS to research, analyze and match it to your resume

Tuesdays: 12, 19, & 26 JAN 2021 at 9am / 2pm
Wednesdays: 13, 20, & 27 JAN 2021 at 9am / 2pm
Thursdays: 14, 21, & 28 JAN 2021 at 9am / 2pm

Seminars/classes will be through MS Teams and/or teleconference.
ERP will offer workshops and resources through a virtual platform to assist you with your career plan and job search. Classes and seminars on self-assessment and career exploration, resume writing, interviewing techniques, dressing for success, networking, SBA orientation, and entrepreneurship.

CONTACT US:
IVETTE.DAVILA.CIV@MAIL.MIL
787-707-3365

ACS/Mobilization & Deployment Program

ARMY FAMILY TEAM BUILDING (AFTB) TRAINING
PERSONNEL GROWTH AND RESILIENCY (G LEVEL)

AFTB's goal is to educate Soldiers and Family members about Military Families' well-being.

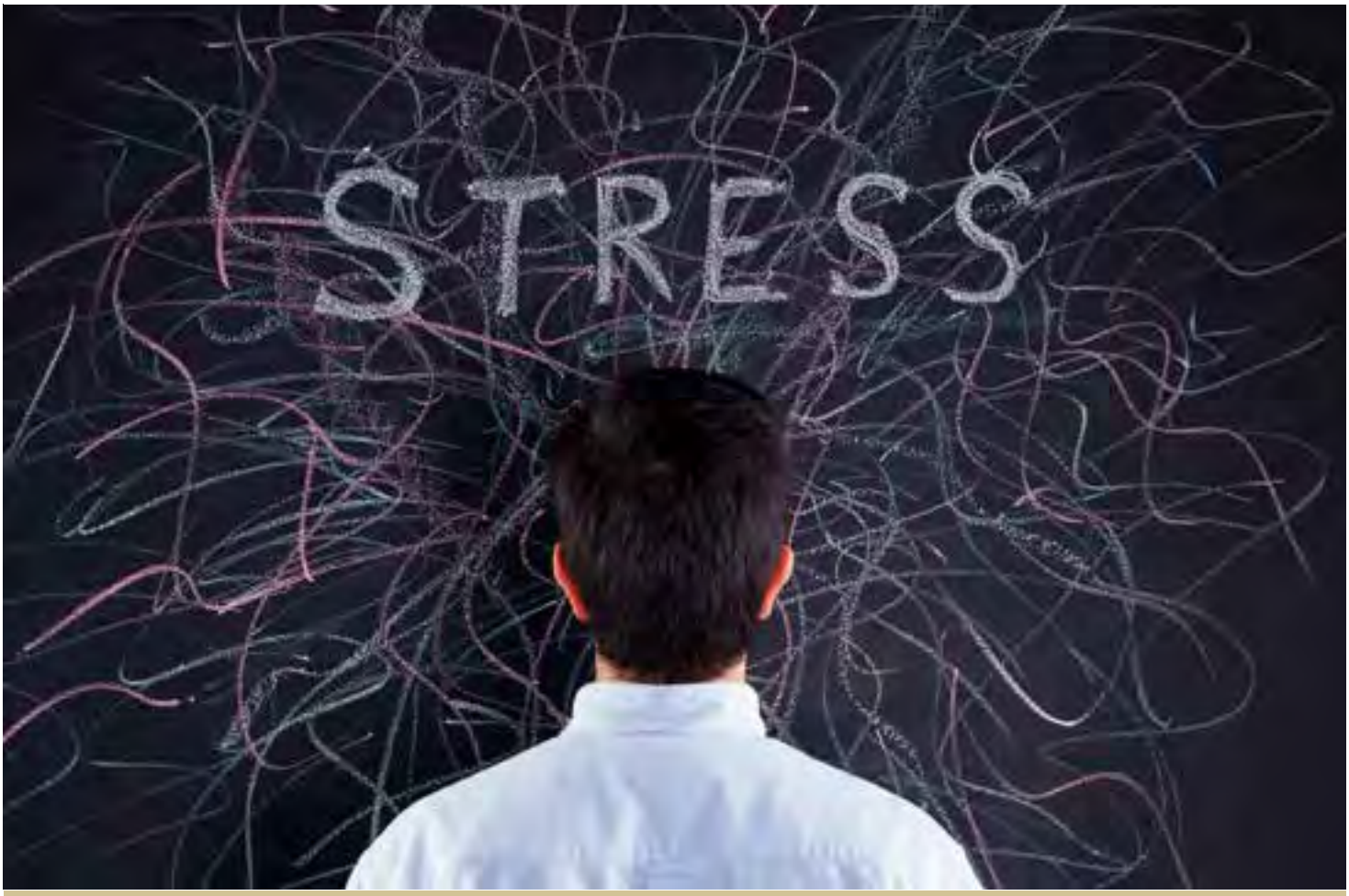
Wednesdays, January 13 & 27, 2021 from 1:30 pm to 4 pm

Wednesdays, February 10 & 24, 2021 from 1:30 pm to 4pm

These training will be provided through MS TEAMS and Teleconference.

Register at ernesto.berrios.civ@mail.mil or call us at 787-707-3290.

DEALING WITH STRESS?



Stress is your bodily response to life's demands. In order to thrive in our current world situation, you must be able to manage your stress level in response to the multiple demands you may face on a daily basis. Everyone faces a variety of demands and expectations throughout their day. Stress is not entirely negative. Join the ACS/Family Advocacy Program to learn the difference between Stress and Stressed-Out.

TRAINING DATES: JAN 15 | FEB 12 | MAR 19, 2021
11 AM TO 12 PM

To register for this class, call ACS/FAP at 787-707-3709 or email ruth.e.gonzalez.civ@mail.mil.