



LIFE with US

FORT BUCHANAN • APRIL
MAY 2024
JUNE



OPEN
TO THE
PUBLIC

Mother's Day **BRUNCH**

Let every Mother feel Special

Sunday, May 12

**SPECIAL PERFORMANCE
WITH "TRIO" MUSIC**

SCRUMPTIOUS BUFFET FOR EVERY PALATE!

Treat Mom to a great time with her family
at the Community Club! From 11 a.m. to 4 p.m.

TICKETS:

Adults \$39.95

Children \$18.95 6 to 12 yrs. (5 and under complimentary)

787-707-3974/4391



LIFE WITH US CONTENTS



Celebrate the splendor of spring!

Take a look at some of the big celebrations that happen during this season. We have planned a few special outings that everyone can enjoy. The “Mother’s Day Brunch” is an opportunity to make Mom feel special, as well as the fun Mothers’ and Fathers’ Appreciation Days at the Water Spout, or maybe an outdoor movie at the pool. Its also the perfect time to go on an adventure with “Outdoor Recreation”. In this time for renewal, the “Flea Market” allows you to sell things from your spring clean-up. Your kids can explore their talents at the ACS activities prepared during April for them, as well as engaging in the Post Library’s Summer Reading Program. Its time to improve our wellness with our sports programs! Pick your events and enjoy!



07

Sports & Fitness
STRONG B.A.N.D.S.



09

The Water Spout
POOL EVENTS



12

Army Community Service
MONTH OF THE MILITARY CHILD



14

Bowling Center
BOWLING TOURNAMENT

FAMILY AND MWR *LIFE WITH US* EDITORIAL TEAM

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Fort Buchanan

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@army.mil



Facebook & Instagram:
buchananmwr

MWR-ICE-QR Interactive Customer Evaluation

★ Bowling Center ★ Birthday Party Packages

The Fort Buchanan Bowling Center offers an easy and fun way to celebrate your kids' birthday.

THE COQUI

Includes:

- 2 lanes
- two hours of fun
- shoe rental
- two medium pizzas with 1 topping (12 slices)
- unlimited fountain soft drinks
- up to 12 guests

\$150

VIP PACKAGE

Includes:

- 4 lanes
- two hours of fun
- shoe rental
- four medium pizzas with 1 topping (24 slices)
- unlimited fountain soft drinks
- up to 20 guests

\$250

EXTREME PARTY

Includes:

- 6 lanes
- two hours of fun
- shoe rental
- five medium pizzas with 1 topping (30 slices)
- unlimited fountain soft drinks
- Birthday Bowling Pin
- up to 30 guests

\$375

For all packages you can bring your own cake and decoration.

787-707-2568/3272



FORT BUCHANAN
Golf Club

The Fort Buchanan Golf Club would like to extend their congratulations to the lucky winners of an annual membership.

★ GERMAN PASSO ★

★ IRMA MERCADER ★

★ WILFREDO DIAZ ★

We're thrilled to have you as members of our club!

borinquen
bar & patio

SPORTS

EVENTS

Don't miss the excitement at the Borinquen Bar

APRIL

Major League Baseball Regular Season -
April through September

The Masters (Golf) - April 11-12

UEFA Champions League Quarterfinals - April 9-10 / 16-17

NBA Playoffs - Starting April 18

MAY

Formula 1 Miami Grand Prix - May 3

UEFA Champions League Semifinals - April 30 - May 1/ May 7-8

PGA Championship - May 13-17

2024 UEFA Europa League Final - May 22

French Open (Tennis) May 27 - June 7

JUNE

UEFA Champions League Finals - June 1

NBA Finals - June 6

Stanley Cup Finals (NHL) - June 13

US Open (Golf) - June 13-14

borinquen

bar & patio



CINCO DE MAYO

Friday, May 3

5 pm - 10 pm

Live Mexican *Mariachi* Music!

**FREE
ADMISSION**

Performer: BRENDA LEE

Mariachi Group: NUEVO GARIBALDI

MEXICAN FOOD & DRINKS FOR SALE



No official U.S. Army endorsement is implied.
Do not drink and drive. Choose a designated driver.



787-707-3974



MAY ACTIVITIES



Aqua Aerobics at the Waterspout

Wednesday, May 8th from 10:00 to 11:00. Experience a dynamic workout that will keep your heart pumping while you stay cool in the water. Led by certified instructors, our session offers a fun and effective way to improve strength, flexibility, and cardiovascular health. **For more information, call 787-707-3550**



Snorkeling Adventure at Icacos Island

Saturday, May 11, from 6 a.m. to 4:30 p.m. Dive into crystal-clear Caribbean waters for a snorkeling experience like no other. This sightseeing and snorkeling extravaganza promises a day of relaxation and exploration on the pristine beaches of Icacos. This easy-level excursion includes a private vessel, transportation, pre-packed lunches, snacks, soft drinks, snorkeling gear, and flotation devices—all for just \$99 per person. **Sign up at 787-707-3734**



Pickleball Clinic at Roofed Outdoor Basketball Court

Wednesday, May 15, at 5:00 p.m. Pickleball continue to grow in popularity . It is a paddle-ball sport that combines elements of badminton, table tennis, and tennis. Come learn some tips on how to play, while having fun and getting a workout! **Sign up at 787-707-3767**



Story walk at the Post Library

Wednesday, May 15 at 3 p.m. Join us to walk and read a story about the importance of fitness on the library's patio. In each station, we will perform a different stretching exercise. Visit the library to learn more about the various fitness and nutrition books. **For more information, call 787-707-3208**



“Rucking Workout” at the Perimeter Rd.

Wednesday, May 22, at 5:00 p.m. Rucking, a staple of army training, measures physical readiness. This is a fantastic workout for all fitness levels. Walk at a steady pace while carrying a weighted rucksack or backpack to improve cardiovascular health, strengthen muscles, and enhance posture. **Sign up at 787-707-3767**

COMMIT-STAY FIT! #STRONGBANDS

STEP 1 Attend featured fitness events at your garrison

STEP 2 Wear your STRONG B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle

STEP 3 Gain valuable fitness tips throughout May by visiting ArmyMWR.com/STRONGBANDS



borinquen

bar & patio

Daily Lunch Specials

ALL SERVED WITH FRENCH FRIES OR GREEN SALAD

MONDAY:



**ALL-AMERICAN
CHEESEBURGER**

TUESDAY:



FISH TACOS (2)

WEDNESDAY:



**GRILLED
CHICKEN BREAST**

THURSDAY:



CARNE FRITA

FRIDAY:



SALMON FILLET



**Lunch Specials
Monday to Friday
11 AM to 2 PM**

787-707-3215/3535



WATER SPOUT *fun!*

SPLASH FUN DAY

SATURDAY, APRIL 27
1 p.m.-4 p.m.

PLAY GAMES WITH FRIENDS & FAMILY!

REGULAR FEES APPLY.

FOR AUTHORIZED
ID CARD HOLDERS.

MOTHERS' Appreciation Day

SATURDAY, MAY 11
10 a.m. -5 p.m.

HAVE FUN IN THE SUN • A SURPRISE FOR MOM!

FATHER'S Appreciation Day

SATURDAY, JUNE 15
10 a.m. - 5 p.m.

A SURPRISE FOR DAD!

FOR BOTH EVENTS:
REGULAR FEES APPLY.

FOR AUTHORIZED
ID CARD HOLDERS.

Pre-San Juan Night

SATURDAY, JUNE 22
7 p.m. - 1 a.m.

COME DANCE UNDER THE SKIES WITH A LIVE BAND!
FOOD & BEVERAGE AVAILABLE FOR SALE

TICKET PRE SALE

\$10 TICKETS BOUGHT BY ON/OR JUNE 21

\$15 PURCHASED AT THE DOOR

FOR AUTHORIZED ID CARD HOLDERS.

Movie NIGHT

FRIDAY, APRIL 12
7 p.m. -10 p.m.

MOVIE:
TROLLS BAND TOGETHER- PG 2023
FAMILY/COMEDY
REGULAR FEES APPLY.

AUTHORIZED ID CARD HOLDERS

787-707-3550/3592



OUTDOOR RECREATION

UPCOMING

Adventures

APRIL

9-25

\$89 PER PERSON
11 DAY ONLINE COURSE

BOATING SKILLS AND SEAMANSHIP COURSE

- ✔ TIME: 7 P.M. TO 9 P.M. ✔ MONDAY TO THURSDAY ✔ CLASS INCLUDES TEXTBOOK AND EXAM
- ✔ THIS IS THE ONLY COURSE AUTHORIZED BY THE USCG, NASBLA, AND THE STATE DEPARTMENT OF NATURAL RESOURCES TO QUALIFY FOR A RECREATIONAL BOATING OPERATOR PERMIT.
- ✔ AFTER PASSING THE COURSE, THE PERMIT ISSUED BY THE STATE DEPARTMENT OF NATURAL RESOURCES IS THE OFFICIAL WAY TO COMMAND A RECREATIONAL CRAFT UP TO 65 FEET IN LENGTH ON THE ISLAND. ALL STUDENTS MUST ATTEND ALL CLASS DAYS AND COMPLY WITH THE INSTRUCTOR'S REQUIREMENTS TO GET CERTIFIED.

SATURDAY

APRIL 13

\$39 PER PERSON

PUERTO RICO NORTH COAST BEACH TOUR

- ✔ ACTIVITY: SIGHTSEEING / CULTURAL
- ✔ TIME: 7 A.M. TO 5 P.M.
- ✔ PLACE: QUEBRADILLAS, ISABELA, AGUADILLA
- ✔ INCLUDES: TRANSPORTATION, WATER, AND SNACKS.

SATURDAY

APRIL 27

\$29 PER PERSON

EL YUNQUE HIKING ADVENTURE

- ✔ ACTIVITY: HIKING/ ADVENTURE
- ✔ TIME: 6:30A.M. A.M. TO 4:30 P.M.
- ✔ PLACE: RÍO GRANDE
- ✔ INCLUDES: TRANSPORTATION, WATER, AND SNACKS.



SATURDAY

MAY 11

\$99 PER PERSON

CATAMARÁN TRIP: ICACOS ISLAND

- ✔ ACTIVITY: SIGHTSEEING / SNORKELING / BEACH DAY
- ✔ TIME: 6 A.M. TO 4:30 P.M.
- ✔ PLACE: ICACOS ISLAND, FAJARDO
- ✔ INCLUDES: PRIVATE VESSEL, TRANSPORTATION, PRE-PACKED LUNCHES, SNACKS, SOFT DRINKS, SNORKELING EQUIPMENT, AND FLOTATION DEVICES



APRIL • MAY • JUNE 2024



SATURDAY

MAY 25

\$109 PER PERSON

FAJARDO SCUBA DIVING ADVENTURE

- ✓ ACTIVITY TYPE: SCUBA DIVING
- ✓ TIME: 6 A.M. TO 4 P.M.
- ✓ DIFFICULTY LEVEL: MODERATE
- ✓ PLACE: FAJARDO
- ✓ REQUIREMENTS: BE A CERTIFIED SCUBA DIVER. BRING CERTIFICATION AT THE TIME OF REGISTRATION AND THE DAY OF THE TRIP.



SATURDAY

JUNE 8

\$129 PER PERSON

CULEBRA ISLAND SNORKELING ADVENTURE

- ✓ ACTIVITY TYPE: SIGHTSEEING / SNORKELING / BEACH DAY
- ✓ TIME: 6 A.M. TO 5 P.M.
- ✓ PLACE: CULEBRA ISLAND
- ✓ INCLUDES: A PRIVATE VESSEL, TRANSPORTATION, PASTA SALAD, SANDWICH, FRUIT, CHIPS AND BEVERAGE, SNORKELING EQUIPMENT, AND FLOTATION DEVICES.

SATURDAY

JUNE 22

\$60 PER PERSON

SUMMER BEACH FAMILY DAY

- ✓ ACTIVITY TYPE: SIGHTSEEING / BEACH DAY
- ✓ TIME: 6 A.M. TO 5:30 P.M.
- ✓ PLACE: PONCE
- ✓ INCLUDES: ENTRANCE TO PUERTA DEL MAR PRIVATE BEACH FACILITIES, TRANSPORTATION, BBQ LUNCH, REFRESHMENTS, KAYAKS, PADDLEBOARDS, VOLLEYBALL, AND OTHER BEACH GAME EQUIPMENT.

787-707-3734



Army Community Service Celebrates

- **Autism Awareness**
- **Child Abuse Prevention**

- **Army Volunteers' Recognition**
- **Gold Star Spouses Recognition**
- **Month of the Military Children**



Wear Blue on Fridays in support of the Child Abuse Prevention Campaign

WEAR BLUE ON FRIDAYS

Show your support for CAPM by wearing **BLUE** on Fridays during April (5, 12, 19, 26). Take a "selfie" or photo with your family, friends, and co-workers and send to ACS at wilda.diaz.3.civ@army.mil.



CHILD FIND DAY



WED APRIL 24

8:30 AM TO 2:30 PM COMMUNITY CLUB

Free developmental screening (Child Find) for children from 0 to 5 years old.

For more information:

wilda.diaz3.civ@army.mil - 787-707-3292

daphne.b.narvaez.civ@health.mil - 787-707-2169

Army Volunteer Corps VOLUNTEER STARS
Red Carpet Gala
FRIDAY APRIL 26
Awards & Recognition Event
at The Community Club
12:00PM - 2:00PM
FORT BUCHANAN'S ACTIVE REGISTERED VOLUNTEERS ARE INVITED
More information: wilda.diaz3.civ@army.mil
787-707-3804/3292



Army Community Service, Survivor Outreach Services invites Gold Star Spouses to



Gold Star Spouses' Recognition

Friday, 5 April 2024

10:00 a.m., Soldiers Plaza, Fort Buchanan

For additional information please contact Army Community Service at

787-707-3804/3292

wilda.diaz3.civ@army.mil

Pinwheel Garden Event

Help us raise awareness during CAPM! A great opportunity to build memories, strengthen bonds with your children, and show off your artistic ability to create a pinwheel garden.

Join us on Friday, 24 April
3 pm to 5 pm • Post Library





Rock Painting at the Library!

This is an excellent opportunity to build memories, strengthen your Family, create bonds with your children, and show off your artistic abilities in rock painting.

Join us at the Post Library on Wednesday, 10 April 2024, from 3 pm to 5 pm.

For more information, please call the ACS at 787-707-3292 or wilda.diaz3.civ@army.mil and/or the Post Library at (787) 707-3208 or sylmari.burgosramirez.naf@army.mil.

Baby Sign Language
by Educational and Developmental Intervention Services (E/DIS)
CALL TO REGISTER!
FOR PARENTS OF CHILDREN AGES 0-3 YEARS OLD

ACS, BLDG. 225 DAVIS STREET

Learn Baby Sign Language and expand your child's natural gestures. This will help with important pre-verbal skills such as social reciprocity, imitation, understanding symbols, and communication intent.

For more information: ACS Family Advocacy Program at 787-707-3804/3292 or email wilda.diaz3.civ@army.mil.



MILITARY SPOUSE

APPRECIATION

FRIDAY, 10 MAY
10 a.m. -12 p.m.

Join us to honor and celebrate military spouses for their dedication and support to their service members at Army Community Service, Bldg. 225, Fort Buchanan. This event is free of cost.

For additional information and registration please contact ACS at 787-707-3804 and/or 787-707-3292.

787-707-3292
wilda.diaz3.civ@army.mil

THE ACS/RELOCATION READINESS PROGRAM INVITES NEW SERVICE MEMBERS, FAMILY MEMBERS, AND CIVILIANS TO THE

NEWCOMERS' ORIENTATION

FRIDAY, 14 JUNE
9 a.m. - 12 p.m.

Fort Buchanan Community Club, Building 660.
Learn about available programs, services, and resources that enhance the well-being of the Fort Buchanan community

For more information, please call ACS/Relocation at (787) 707-3682/3804 or via email: sigfredo.perez.civ@army.mil





BOWLING **TOURNAMENT**

Prepare for a weekend of strikes and spares at Fort Buchanan

SATURDAY & SUNDAY
MAY 18 & 19

ROUNDS: SAT. 1 PM & 6 PM
SUNDAY: 10 AM & 3 PM

- Registration fee is \$125 per player.
- 4 categories. Prizes per category.
- 1st perfect score of 300 wins \$1,000.
- Pre-registration is a must. Limited spaces.

\$10K
IN CASH AND
MORE PRIZES.

**Based on 144
players.*

Enjoy the fun, food and drink specials!

RESERVE YOUR SPOT!

☎ 787-707-2695/2564/3272

Miller
Lite

No official U.S. Army endorsement is implied. Do not drink & drive. Choose a designated driver.



We Can Help You Take Control of Your Finances

Our Services:

- TSP LOGIN ACCESS TSP FUNDS
- EXPLANATION GUARANTEED
- ANNUITIES RETIREMENT SUPPLEMENT
- 401K ROLLOVER IRA
- ACCOUNT/FEDERAL LIFE INSURANCE
- TSP DISTRIBUTION ALTERNATIVE
- LIFETIME INCOME
- AND MORE...

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LUIS MALDONADO, CEO
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FORT BUCHANAN
Golf Club

2024 GOLF TOURNAMENTS

Earth Day Tournament
April 20th

Superintendent's Revenge
May 18th

Army Birthday Scramble
June 15th

Club Championship
July 20th & 21st

Member & Guest
August 17th

President's Cup
September 28th

All Hallows 9 Glow Ball
November 1st

Christmas Bash 24
December 12th

Pro-Shop Tee Times
787-707-3980

19th Hole Bar & Grill
787-707-3559



NAF BID & SALE

Furniture, appliances and equipment
in **As Is** condition.

16 - 17 APRIL 2024
9 AM - 3 PM

APRIL 16 FROM 9 AM - 10 AM OPEN ONLY
FOR MILITARY PERSONNEL

Bldg. 608,
South Terminal Road
787-707-3734



Items are not
exactly as
illustrated.

READ, RENEW, REPEAT



Army MWR Library 2024 Summer Reading Program

Starting on June 1st!

This year's theme is:
protecting endangered species from
extinction, maintaining/restoring
habitats, and improving the
ecosystem.

To register please visit <https://fortbuchananlibrary.beanstack.org/> and follow the steps.

Login your reading to receive achievement batches, prizes and more.

For Summer Reading activities and programs at the Library visit: buchanan.armymwr.com/programs/post-library

For more details send an email to sylmari.burgosramirez.naf@army.mil or call us at 787-707-3208.



BABYSITTING COURSE

June 3rd to 7th from 8 a.m. to 12 p.m.
For teens 13 - 18 years old
\$50 per person *Limited spaces available

You will learn:

- ✔ CPR and First Aid certification
- ✔ Child development insights
- ✔ Creative child entertainment ideas
- ✔ Guidance on food and nutrition
- ✔ Home and fire safety tips
- ✔ Understanding family differences
- ✔ Sudden Infant Death Syndrome (SIDS) awareness

REGISTER NOW

To register, please get in touch with the CYS Parent Central Services Office at 787-707-3787/354L.

CYS Summer CAMP



**JUNE 3RD
TO AUG 9TH**



**EMBARK ON
AN EXCITING
ADVENTURE
WITH CYS**

**10 WEEKS OF NON-STOP FUN
AND ENRICHING FIELD TRIPS.**

Monday to Friday from 6 a.m. to 6 p.m.

Kindergarten - 5th grade

requests through:
militarychildcare.com

6th - 12th grade

Contact Parent Central Services
for more information.



Only for Authorized patrons
*Limited spaces available

787-707-3787, 3541, 3434
Parent Central Services Bldg. 134



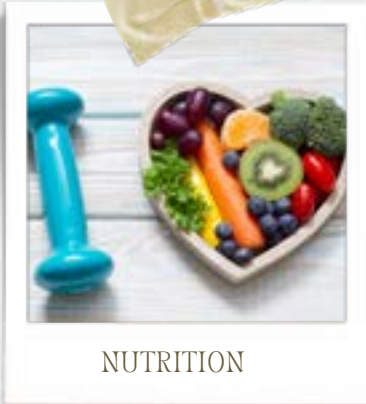
FORT BUCHANAN

WELLNESS FAIR

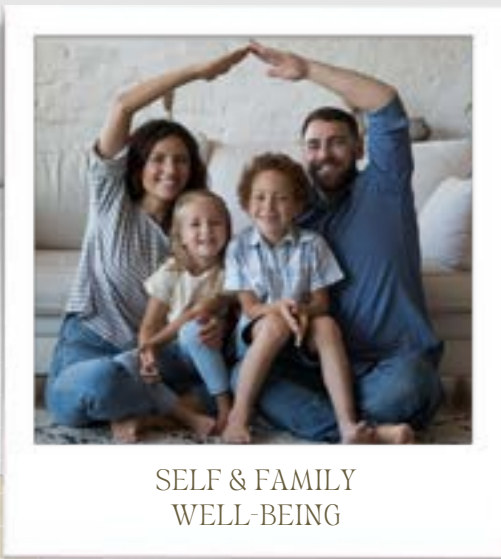
Learn about self and family well-being!
SAVE THE DATE- MORE INFORMATION TO COME!



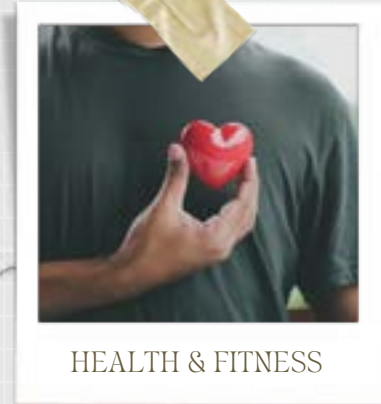
COMMUNITY CLUB



NUTRITION



SELF & FAMILY WELL-BEING



HEALTH & FITNESS

FREE ADMISSION

WWW.BUCHANAN.ARMYMWR.COM

787-707-3974/4391

Community Club Wedding Package

An enchanting way to celebrate



STARTING AT \$49 per person
Includes:

- Welcome Reception with Hors'd'oeuvres and Beverage of choice
- A tasting menu for the couple
- Cake cutting fee
- Three Course Dinner or Dinner Buffet
- Sparkling Wine for Wedding Toast
- Free parking
- Two complimentary Family and MWR Memberships for one year



787-707-3215/3516/5233

USARMY.BUCHANAN.USAG.LIST.COMMUNITY-CLUB-TEAM@ARMY.MIL



AUTOMOTIVE SKILLS CENTER

At the Automotive Skills Center, you'll find a team of seasoned automotive instructors who are dedicated to providing you with the assistance you need. The center boasts an impressive array of tools and equipment, including working bays, specialized tools, engine analyzers, wheel alignment service, air conditioning recovery/recharge service, cooling system service, tire services, welding machines, auto lifts, and much more.

AUTO REPAIR & MAINTENANCE



Oil Change

Engine oil change service



Engine Maintenance

Engine system check up



Brake Service

Front, Back, Handbrake Check up



Electrical Review

Electrical system check up



Payment Methods

Cash, Check, Visa, Master Card and Discovery

Vehicle Resale Lot

Looking to sell your car, truck, motorcycle, or a 4-wheeler?

Here is your opportunity!

You'll get an assigned space near the Commissary parking lot for only \$30 monthly.

Telephone: 787-707-3972

Address: Bailey Road, Bldg. 159

Car and Bikes Hobby Bay



Vehicle emission inspection.
(Inspección para Marbete DTOP)



On-Post Tow Truck



Hours of Service

Monday through Friday
from 7:30 a.m. to 4 p.m.

Closed on Saturdays, Sundays,
Mondays and Federal Holidays.

SAVE THE DATE

Independence Day Celebration

SATURDAY, JULY 6, 2024

The Exchange (PX) Parking Lot
5 p.m. - 11 p.m.

- LIVE ENTERTAINMENT
- FOOD KIOSKS • ARTISANS
- FIREWORKS • KIDS ACTIVITIES

OPEN TO THE PUBLIC

General Entrance \$10 pp






MORE TO BE ANNOUNCED.





GET YOUR FAMILY AND MWR MEMBERSHIP

Access the Fun!

<p>You get to visit and enjoy these facilities on post:</p> 	<p>BENEFITS</p> <ul style="list-style-type: none">• Bowling Center• Community Club & Conference Center• Golf Course• Special Events• Borinquen Bar & Patio
<p>Plus the advantage of:</p> 	<ul style="list-style-type: none">• Safety and security of a military installation• Free parking• Affordable prices• Quality products and services• Tax Free
<p>Follow these steps to apply for Family and MWR Membership:</p> 	<ul style="list-style-type: none">• Visit the Visitors Control Center (VCC), located at the Borinqueneers Gate (PR Rd.. 28- Cataño)<ul style="list-style-type: none">- Present one of the following:<ul style="list-style-type: none">◦ Valid driver's license,◦ Passport, or Birth certificate• To register and complete payment, visit the Leisure Travel Office at the Community Club, Bldg.660• Once payment is complete, return to the VCC to issue the card, which is valid for one year• Note: background clearance report will be completed for every person 18 years and older• We accept cash, Visa®, MasterCard®, or Discover®
<p>Fees:</p> 	<ul style="list-style-type: none">• 0 to 4 years - FREE• 5 to 16 years - \$5 per person• 17 years and older - \$30 per person• Renewals - \$25 per person• Membership is valid for one year• MWR card is NON-transferable• Membership does NOT allow access to AAFES Exchange, Gas Station, Class VI, Commissary, or any MWR facility not specified under benefits.
<p>Contact and Hours of Operation:</p> 	<p>787-707-3215 ana.e.tirado.naf@army.mil</p> <p>Bldg. 660 (Community Club) at Leisure Travel Office 8:00 a.m. to 3:30 p.m. Monday through Friday</p>