

A photograph of a woman with long dark hair, wearing a blue and white plaid shirt, holding a young girl with long brown hair in a white t-shirt. They are both smiling and looking upwards in a grassy field. The background is a soft-focus green landscape.

LIFE with US



FORT BUCHANAN • APRIL
MAY 2022

*...Thinking of
Spring and
Mothers*



LIFE WITH US CONTENTS



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Open to
the public!

Easter

17 April

Sunday Grand Brunch Buffet

Community Club • 11 am - 3 pm
Easter Bunny, Live Music, and more...



Brunch Station

Build your own Omelet:

Whole Eggs, Egg Whites, Cheddar Cheese, Bacon, Onions, Peppers, Mushrooms

Breakfast Pastries:

Mini Quesitos, Assorted Mini Muffins, Sweetbread, Cinnamon rolls, Croissants

Cold Buffet

Deluxe Salad Bar:

Mixed Greens, Tomatoes, Onions, Green and Yellow Peppers, Cucumbers, Mushrooms, Shaved Carrots, Balsamic Vinaigrette, French and Ranch Dressings

Elbow Macaroni Pasta Salad

Sweet Potato Salad

Fresh Sliced Seasonal Fruits

Hot Buffet

Rice with Pigeon Peas

Seasonal Steamed Vegetables

Roasted Beef with Au Jus Sauce

Baked Grouper with Lemon Caper Sauce

Mediterranean Calamari with White Wine, Lime Garlic Sauce

Carving Station

Whole Roasted Turkey with Home-style Gravy

Pasta Station

Build your own Pasta:

Sauces: Alfredo, Marinara, Pesto

Meats: Chicken, Sausage, Bacon

Toppings: Onions, Peppers, Mushrooms, Cheese

Kids' Corner

Chicken Tenders

Mac & Cheese

French Fries

Dessert Station

Carrot Cake

Chocolate Cake

Vanilla Flan

Corn Bread

Assorted Cookies

Cost:

\$39.95 Adults (until April 14th)

\$45.95 Adults (after April 14th)

\$19.95 Children ages 6-12

(until April 14)

\$25.95 Children ages 6-12

(after April 14)

Children ages 5 and under complimentary.

Also available (at extra cost):

Mimosa Station

Grapefruit, Orange, Passion Fruit

Full Bar

Variety of Wines, Beers and Spirits

For reservations:

787-707-3215

787-679-5814



LET'S WELCOME OUR TRADITIONS AGAIN!!

Spring is nature's way of saying: "have fun!"

And we got the message. Easter Family Brunch, a Water Spout Fun-day, Bowling, Food, Smoothies, learning opportunities, Sports & Fitness classes, and more!

FAMILY AND MWR LIFE WITH US EDITORIAL TEAM

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Programs Director

Marketing Manager/Editor

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Fort Buchanan

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Ms. Neysa Maldonado

Marketing Assistant

Mrs. Gabriela Velázquez

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

www.buchanan.armymwr.com

Facebook: [buchananmwr](https://www.facebook.com/buchananmwr)



MWR-ICE-QR



Easter FUN DAY

Head to the Water Spout
for a splash of fun!

APRIL 17
3 P.M.

- 🌸 games
- ★ music
- 🌸 prizes

Regular
fees
apply.

787-707-3550



As Fresh as it Gets! FORT BUCHANAN BOWLING CENTER

**ALL YOU CAN EAT
SALAD BAR!**

\$8.50
INCLUDES
WATER OR
SODA

Wednesday - Friday
11 a.m. - 2 p.m.

- Soup & Salad: \$9.75
- With half portion of
protein (carne frita, fried or
grilled chicken): \$10.50

For more information:
787-707-3272/2564



LET'S STRIKE SOME FUN



CIVILIAN
EMPLOYEES,
MILITARY &
DIRECTORATES
WELCOME!

NO NEED TO
KNOW HOW
TO PLAY, HAVE
FUN WHILE
YOU LEARN

JOIN FORT BUCHANAN BOWLING CENTER'S

FUN BOWLING
League

Leagues will meet on alternate **SATURDAYS**,
5:30 p.m. to 8:30 p.m. from May to July 2022

Only \$12.50 per person/ per Saturday.
Pre-registration is required before May 1st.

787-707-2695 / 2564

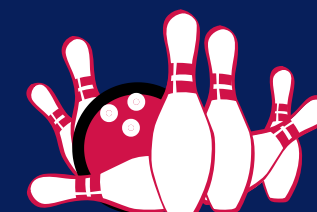


MOTHER'S & FATHER'S DAY BOWLING FAMILY FUN

Mothers & Fathers bowl free on their day with a purchase of another player/child. Shoe rental is not included.



IT'S
BOWLING
TIME!



Sunday, May 8 | 1 PM – 5 PM
Sunday, June 19 | 1 PM – 5 PM

Reserve at 787-707-2695.
For Military, MWR and authorized ID
cardholders.

Bowling Center NEW Hours of Operation effective May 1st

	Bowling Center	Bar	Open Lanes times
Mondays	Closed		
Tuesdays	1100-1400	Closed	1100-1400
Wednesdays	1100-2100	1700-2100	1100-1800
Thursdays	1100-2100	1600-2100	1100-1800
Fridays	1100-2100	1600-2100	1100-1300
Saturdays	1600-2100	1600-2100	1600-1800
Sundays	1300-1700	Closed	1300-1700

APRIL 2022 • MONTH OF THE MILITARY CHILD

Purple Up! for Military Kids

MILITARY CHILDREN AND YOUTH STANDING STRONG AND PROUD
WEAR PURPLE TO SHOW YOUR SUPPORT!



SHOW YOUR
SUPPORT FOR
OUR MILITARY KIDS
Monday, April 18
2:30 p.m.

Wear purple and join
Fort Buchanan's first responders
at the Soldier Plaza's sidewalks,
as we salute our military kids
when they arrive for school.

#ArmyMOMC2022

Original Poster Design by: Mica Hendricks, Fort Leonard Wood, MO

Don't forget to take a
"selfie" or a photo with
your Family/friends/co-workers
and e-mail to ACS/FAP or post
your photos on social media
#PurpleUP #MilKids
(Purple symbolizes
all branches of the
Military.)



For more information call ACS/FAP 787-707-3709 or
e-mail: ruth.e.gonzalez.civ@army.mil



April is Child Abuse Prevention Month

Please wear **BLUE** every Friday during April!

Show your support! Take a "selfie" or photo with your Family/friends/co-workers and send it to the ACS/Family Advocacy Program at: ruth.e.gonzalez.civ@army.mil and/or post it in social media using #All In To End Childs Abuse. More information by calling 787-707-3709 or email: ruth.e.gonzalez.civ@army.mil



APRIL IS
**CHILD ABUSE
PREVENTION
MONTH**

Let's
paint!

Family
Art Night

Thursday
April
21

5 p.m.- 6 p.m. at Bldg.
315 Dining Facility

Show-off your artistic ability with your child(ren),
as you paint the Military Child's Flower!



For more information and to register:
email- ruth.e.gonzalez.civ@army.mil
or call ACS/FAP 787-707-3709.

APRIL IS
**CHILD ABUSE
PREVENTION
MONTH**

**ALL IN
TO END
CHILD
ABUSE**

**FAMILY
GAME
NIGHT**

GETTING
BACK TO
BASICS!

Thursday, April 28
5 pm-6 pm
Bldg 315 Dining Facility

HOW COMPETITIVE ARE YOU WHEN PLAYING BOARD GAMES?
JOIN THE ACS/FAP FOR A NIGHT OF COMPETITIVE GAMES
FOR ALL AGES.

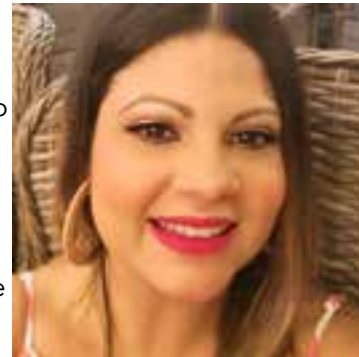
FOR MORE INFORMATION ON HOW TO PARTICIPATE, CALL ACS/FAP
AT 787-707-3709 OR EMAIL [RUTH.E.GONZALEZ.CIV@ARMY.MIL](mailto:ruth.e.gonzalez.civ@army.mil)



CYS WELCOMES A NEW TEAM MEMBER!

Child & Youth Services is pleased to announce that Karina V. Altagracia Espada is the new School Liaison Officer at Fort Buchanan.

Karina firmly believes that her position as the SLO is imperative to establish collaborative relationships with families, schools and the Fort Buchanan community. Karina is passionate about education, but uses it as a tool to achieve a much greater purpose, to give back to the community and to serve as an instrument to inspire and impact the lives of others, especially the families of our soldiers who have the willingness to sacrifice for our country.



Karina V. Altagracia Espada
CYS School Liaison Officer

SUMMER SPORTS CAMP



WEEKLY SPORT
\$45 PER SPORTS/PER WEEK

DIFFERENT SPORT EVERY WEEK
@ Mc ARTHUR & BASKETBALL COURT



Week 1	Basketball	27 June - 1 July	9 am - 11am
Week 2	Baseball	5 - 8 July	9 am - 11am
Week 3	Multi-Sports	11 - 15 July	9 am - 11am
Week 4	Speed & Agility	18 - 22 July	9 am - 11am
Week 5	Soccer Camp	25 - 29 July	9 am - 11am
Week 6	Trail Running	1 - 5 August	9 am - 11am
Week 7	Tennis	8 - 12 August	9 am - 11am



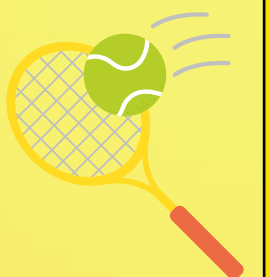
787-707-3406

AGES 6-18 COED.

ACTIVE DUTY, DOD, FEDERAL,
NATIONAL GUARD, RESERVE, AND
RETIREE DEPENDENTS.

REGISTRATION BY APPOINTMENT AT
PARENT CENTRAL SERVICES, BLDG 136.

787-707-3541/3787(7:30 AM-5 PM).
MUST PROVIDE AN UPDATED SPORTS PHYSICAL
CERTIFICATION AT THE REGISTRATION.



Run Club

Ages 6 - 18
Mondays and Wednesdays
3:30 p.m. to 4:30 p.m. from April 18 - 8 June 2022.

Registration by appointment at Parent Central Services, Bldg. 136
(7:30 a.m. - 5 p.m.) Must provide an updated Sports Physical **at registration.**
Call 787-707-3541/3787

\$45 per Child/Youth

For Active Duty, DoD, National Guard, Reserve, and Retiree dependents.

BASEBALL SEASON

APRIL 19 - JUNE 9
TUESDAYS & THURSDAYS
3:30 PM - 6 PM
MC ARTHUR BASEBALL FIELD

787-707-3406/3466

AGES 4-18 COED.
ACTIVE DUTY, DOD, FEDERAL, NG, RESERVE, AND
RETIREE DEPENDENTS.
REGISTRATION BY APPOINTMENT AT PARENT CENTRAL
SERVICES, BLDG 136. CALL AT 787-707-3541/3787
(7:30AM-5:00PM). MUST PROVIDE UPDATED SPORTS
PHYSICAL CERTIFICATION AT THE REGISTRATION.

RENT EQUIPMENT, PARTY, SPORTS & SCUBA ITEMS AT



Miscellaneous Items

	Daily	Weekend	Weekly
Water Pressure (reservation required)	\$39	\$75	\$199
Rotary Hammer	\$25	\$35	\$99
Wet/Dry Vac	\$9	\$15	\$29
Steam Vacuum	\$19	\$35	\$69
Buffer Machine	\$19	\$35	\$99
Gas Trimmer	\$19	\$25	\$99
Lawn Mower	\$10	\$25	\$49
Aluminum Ladder	\$9	\$19	\$29
Honda Generator 3000 EUi SA	\$39	\$69	\$169

Games & Sports Equipment

	Daily	Weekend	Weekly
Mountain Bike	\$15	\$25	\$65
Horseshoes	\$3	\$5	\$15
Volleyball	\$2	\$5	\$9
Volleyball Set	\$9	\$19	\$49
Football	\$2	\$5	\$9
Basketball	\$2	\$5	\$9
Fishing Rods	\$5	\$10	\$25

Camping

	Daily	Weekend	Weekly
Tent (4 people)	\$15	\$25	\$59
Tent (6 people)	\$19	\$35	\$69
Gas Lantern	\$5	\$9	\$19
Gas Stove	\$7	\$9	\$19

Party Items

	Daily	Weekend	Weekly
Canopy 15x15	\$59	\$89	\$225
Canopy 20x20	\$75	\$109	\$265
Canopy 20x30	\$85	\$129	\$325
Ice Chest 54qts	\$6	\$7	\$19
Ice Chest 68qts	\$6	\$9	\$25
Ice Chest 80qts	\$7	\$11	\$29
Nacho Machine	\$19	\$29	\$69
Cotton Candy Machine	\$19	\$29	\$69
Popcorn Machine	\$19	\$29	\$69
Snow Cone Machine	\$19	\$29	\$69
Beach Folding Chair	\$3	\$5	\$9
Foldng Chair	.35c	.50c	\$2.50
Aluminum Tables	\$3	\$5	\$15
Domino Table with Dominoes	\$5	\$10	\$19
Gas Grill	\$59	\$79	\$119
Charcoal Grill	\$19	\$29	\$69

Various Inflatables available.
Prices depend on model.
Call for prices.

*Prices are subject to change.

Scuba Gear

	Daily	Weekend	Weekly
Dive Flag	\$5	\$9	\$19
Underwater Light	\$5	\$9	\$19
Tank (Air Filled)	\$5	\$7	\$39
Bags	\$2	\$5	\$9
Regulator	\$15	\$25	\$65
Bc Jacket	\$15	\$25	\$65
Weights W/belt	\$7	\$9	\$19
Snorkel Set	\$5	\$9	\$19
Mask	\$2	\$5	\$9
Fins	\$2	\$5	\$9
Full Equipment	\$45	\$59	\$149
Basic Equipment	\$35	\$55	\$139



kevin.o.laluz-rivera.naf@army.mil
787-707-3734
buchanan.armymwr.com

Water Sports

	Daily	Weekend	Weekly
Kayak (2 people)	\$29	\$49	\$119
Kayak (1 person)	\$25	\$45	\$99
Stand Up Paddle Board	\$29	\$45	\$99
Surf Board	\$29	\$39	\$99
Life Vest	\$2	\$5	\$25
Morey Boogie	\$2	\$5	\$25

Hours of operation: Tuesday through Friday 8 a.m. - 4:30 p.m.
Saturday 8 a.m. - 1 p.m./ Sunday, Monday & Federal Holidays closed.

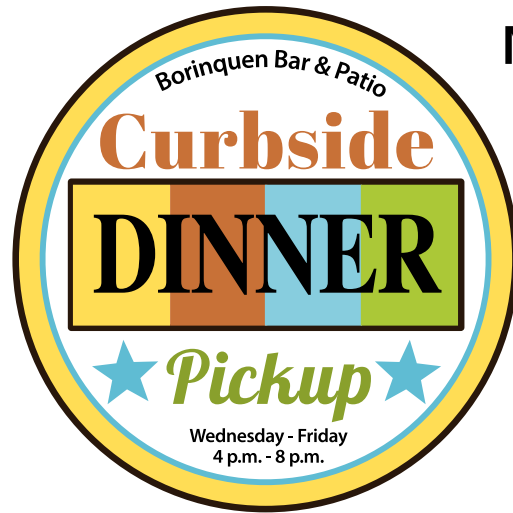
POST LIBRARY invites you to their

GAME ROOM
SATURDAYS
10 AM - 1 PM

PS4 GAMES FOR FAMILY LIBRARY CUSTOMERS.
NOW YOU CAN CHECK-OUT NINTENDO SWITCH, PS4, AND XBOX ONE GAMES.

GAME ROOM RESERVATION ONE FAMILY AT A TIME.
RESERVE AT 787-707-3208
OR BY EMAIL:
LIBRARYBUCHANAN@GMAIL.COM





Menu:

RAINFOREST SALAD \$5.95
Romaine lettuce, tomato, onion, dried cranberries and almonds.

Add chicken \$4.95

CHICKEN WINGS \$9.95
Served with BBQ or Ranch

"CARNE FRITA" con tostones \$9.25
Served with Mayo Ketchup

PORK EGG ROLLS \$4.95
Served with sweet chili sauce

CHICKEN TENDERS with Fries \$5.00

BACON CHEESE BURGER \$9.95
Served with fries

CHICKEN BLT BURGER \$9.95
Served with fries

8oz. GRILLED "CHURRASCO" \$14.95
Served with tostones and three bean salad

To order call or text 787-679-5814
Pick-up time 30 to 40 minutes.

Curbside pick-up at parking space next to the Borinquen Bar & Patio grill area.

borinquen
bar & patio

Cocktails & Smoothies

To sip on all summer long...

NEW

Smoothies



TUTTI FUTTI
PIÑA COLADA
MANGO
STRAWBERRY
VIRGIN MIAMI VICE

They're worth
the brain freeze!

Frozen Mojitos



LEMON
COCONUT
MANGO
STRAWBERRY

Frozen Cocktails



MANGO-RITA
SPICY JALAPEÑO
CLASSIC PIÑA
COLADA
COCO LOCO
MANGO MADNESS

787-707-3535/3515/3516

Fort Buchanan's Sports Program
invites the community to

TENNIS

Tuesdays

Starting at 5 pm

MEET OTHER PLAYERS, SHARE TECHNIQUES TO
IMPROVE YOUR GAME, BRING YOUR GEAR, AND
LET'S HAVE SOME FUN!

FOR MORE INFORMATION CALL
THE SPORTS & FITNESS CENTER AT 787-707-3767.



Army Community Service invites you to:

APRIL: CHILD ABUSE PREVENTION MONTH



PINWHEEL GARDEN COMPETITION

April 1 - 30
All Fort Buchanan Directorates and Tenant Units
The community is invited to create a **Pinwheel Garden** in their area to help raise awareness of **Child Abuse Prevention** throughout the month of April. Then, the Fort Buchanan community will pick their favorite!

787-707-3709
ruth.e.gonzalez.civ@army.mil

HANDS ARE NOT FOR HITTING

April 1 - 30
at CYS Bldg. 1110
A large poster for children to stamp their hands with paint and have an opportunity to speak with their parents about treating each other with respect and disciplining without hurting.

787-707-3709
ruth.e.gonzalez.civ@army.mil

COMMITMENT: WHY IT MATTERS TO ADULTS AND CHILDREN

Thursday, April 7
11:30 a.m. - 12:30 p.m.
at Army Community Service, Bldg. 225.
Committed relationships provide protection and security for all Family members.

787-707-3709
ruth.e.gonzalez.civ@army.mil



CHILD FIND DAY FREE DEVELOPMENTAL SCREENING

Wednesday, April 27
8:30 a.m. - 2:30 p.m.
Community Club, Bldg. 660
For children from 0 to 5 years.
Walk-ins are welcome!
For eligible children from the military community to include support Federal agencies AD Military assigned to Puerto Rico title 10, AGR, Coast Guard members, Command Sponsored Families, DoD employees with transportation agreement.

787-707-3295/3804
raymond.morales.civ@army.mil

AVOIDING THINKING TRAPS AND DETECTING ICEBERG BELIEFS

Thursday, May 26
4 p.m. - 5:30 p.m.
at ACS Bldg. 225
Recognize common thinking traps and tools to combat them, as well as core beliefs and values that may hinder your interaction.

787-707-3709
ruth.e.gonzalez.civ@army.mil



REALISTIC EXPECTATIONS

Wednesday, June 1
4:30 p.m.
at ACS Bldg. 225.

Identify if your expectations in your relationships are helpful or harmful.

787-707-3709
ruth.e.gonzalez.civ@army.mil

3 KEYS TO A HEALTHY RELATIONSHIP

Tuesday, June 7
4:30 p.m. - 5:30 p.m.
at ACS Bldg. 225

Learn the three (3) keys to having a happy and lasting relationship.

787-707-3709
ruth.e.gonzalez.civ@army.mil

PERSONALITY COLORS

Thursday, June 9
4:30 p.m. - 5:30 p.m.
at ACS Bldg. 225

Learn your personality type and how it may affect your relationship(s).

787-707-3709
ruth.e.gonzalez.civ@army.mil

SCIENCE BEHIND ANGER AND STRESS

Monday, June 27
10 a.m. - 11 a.m.
at ACS Bldg. 225

Learn the science behind anger and stress. Explore how they can impact relationships if not managed appropriately.

787-707-3709
ruth.e.gonzalez.civ@army.mil



DISNEY CRUISES FROM MIAMI

A *Disney Cruise Line* vacation is more than just a cruise. It's where imagination meets adventure. Where magic meets the sea. And when you sail out of tropical Miami, it's where your Disney dreams meet beachy relaxation! Enjoy onboard magic like never before—indulge in imaginative dining, experience Broadway-style shows and take advantage of immersive kids' clubs and exclusive adult areas. Embark on sailings departing from Miami in summer 2022.

Disney CRUISE LINE

Ships' Registry: The Bahamas ©Disney DCL-21-1980968

Contact us today to book your magical *Disney Cruise Line* vacation.

Leisure Travel Services / Fort Buchanan, Bldg. 660 (Community Club)
787.707.4343 / 787.707.4344
nadya.i.ayala.naf@army.mil / angel.l.moralesolmeda.naf@army.mil



FORT BUCHANAN GOLF CLUB
INVITES YOU TO THE



CINCO DE MAYO GOLF TOURNAMENT

SATURDAY, MAY 7
AT 8 AM



Mexican food and beers!

5 Person Scramble

MEMBERS
\$45

GUESTS
\$70

Closest to the Pin hole #3 & #8
Prizes: Gross and Net

ENTRY DEADLINE May 4

REGISTRATION: 787-707-3980/3559

DRIVE-IN MOVIE NIGHT



SHOWING ON



APRIL 29

SHOWING NEXT



MAY 27

AT THE COMMUNITY CLUB PARKING AREA, STARTING AT 7 P.M.

borinquen
bar & patio

CORN HOLE TOURNAMENT

Thursday, April 21

5 p.m. - 8 p.m.

Call 787-707-3767 for more information.



COMMIT-STAY FIT!



**EARTH DAY
OUTDOOR TRAIL
ADVENTURE**

Ready to take your workout to a different level? Then, we'll take you to on a hike, jog, and the use of alternate exercise equipment to have lots of fun on Earth Day!

Friday, April 22, 4:30 p.m.

Sign-up by calling the Sports & Fitness Center at 787-707-3767



SUNSET YOGA

Picture yourself outdoors, enjoying the sunset and natural surroundings while improving your flexibility and balance, while easing your tensions away. Come participate in our Sunset Yoga that offers physical and mental health benefits for people all ages, and may even assist you in getting a good night sleep.

Tuesday, May 17, 5 p.m.



CROSS DRILL

Want to ramp up your exercise routine? The Cross Drill is what you need!

You'll use a variety of alternative exercise equipment, ranging from hammer strength double bridge, weightlifting platforms, kettlebells, battle ropes, RX, kevlar balls, rowers, torque sled, non-motorized treadmills, skier, air bikes and more!

Wednesdays, May 11 & 18
at Roberto Clemente Walker
Annex Building, 6 a.m. & 5 p.m.

borinquen
bar & patio

THURSDAY, MAY 5

Tribute to
JUAN GABRIEL
with
Eddie Ramírez
and his
Live Band!

Impersonator Show
5 p.m.- 10 p.m.

FREE
ADMISSION



**Mexican Style
Food & Drinks**



FRIDAY, MAY 6

AT THE BORINQUEN BAR & PATIO
OPEN MIC FOR KARAOKE & DJ MUSIC
5 P.M. - 10 P.M. • FREE ADMISSION
FOOD & DRINKS AVAILABLE FOR SALE.

2022 Military Spouse Appreciation Day

*Sightseeing Historical Tour
of Fort Buchanan
for Military Spouses*

Friday, May 6 • 9 a.m. - 11 a.m.

We invite you to join us in an Historical Tour around Fort Buchanan in appreciation for your sacrifice, strength, and support to Service Members and the military community.

Please come, we will have:

Party Fun Bus, Music, Tokens of appreciation, Gifts, Celebration Cake, and more!

RSVP: 787-707-3804/3365

Registration is required. Only 20 spaces available. The use of a face mask and social distancing practices will be maintained during the event.

