



LIFE with US

FORT BUCHANAN • JUL.
AUG. 2024
SEP.

Endless Summer Adventures

★ ★ ★ FORT BUCHANAN PRESENTS ★ ★ ★

OPEN TO THE PUBLIC

INDEPENDENCE DAY

Celebration

★ ★ ★ ★ ★

SATURDAY, JULY 6TH
AT PX PARKING LOT • 4 PM

★ ★ ★ ★ ★

ARTISANS • KIDS ATTRACTIONS • FIREWORKS

LIVE MUSIC BY: JOSEPH FONSECA
THE TIME MACHINE 80'S LIVE BAND
"TRIBUTO A LA TERRIFICA DE PONCE" SALSA BAND
GUITARS 4 VETS

TICKETS: \$10 | **BUY TICKETS**
VIP SECTION: \$40 | **787-707-4391 / 3974**
CHILDREN 10 & UNDER: FREE | **786-890-7324**

[BIT.LY/INDEPDAY2024](https://bit.ly/indepday2024)



No pets allowed.



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



LIFE WITH US CONTENTS



SUMMER CELEBRATIONS AND OUTDOOR ADVENTURES!

Celebrate Independence Day and the summer season with quality time spent with family and friends! This summer promises to be unforgettable, with endless opportunities to enjoy the outdoors.

Check out Outdoor Recreation's offerings on the center page, featuring exciting beach days and more. Rent paddleboards, kayaks, snorkeling gear, and camping equipment from ORD for your family outings.

Mark your calendars for the Auto Show on August 3rd at the Community Club. Whether you're an exhibitor or there to admire the collections, it's an event you won't want to miss! See page 13 for details.

Browse through our events and make the most of your summer. Enjoy every moment and have a fantastic time!

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

MWR-ICE-QR Interactive Customer Evaluation



04

Borinquen Bar & Patio
WINE TASTING



07

Borinquen Bar & Patio
BBQ COMPETITION & LIVE GAMES



12

Community Club
FLEA MARKET & AUTO SHOW



16

The Water Spout
WATER AEROBIC LESSONS



WINE Tasting

OPEN TO THE PUBLIC

Save the day to embark a journey to explore the world of wines!
Presented by a professional **CHEF & SOMMELIER**

borinquen
bar & patio

FRIDAY, AUGUST 2
7 PM

More details to come, be on the watch!
buchanan.armymwr.com
facebook & instagram: buchananmwr

Endless Summer Specials

Starting at 3 pm at the Borinquen Bar & Patio

Happy
WEDNESDAY

Heineken
\$2 each

Mojitos & Margaritas
2 x \$7

Wine Down
THURSDAY

Selected Wines & Cava Bottles
\$20 each

Estrella Galicia
2 x \$5

TGI
FRIDAY

Medalla or Magna Buckets
5 x \$10

WEDNESDAYS & THURSDAYS

QUARTER POUNDER CHEESE BURGER WITH FRIES

WITH THE PURCHASE OF THE BEVERAGE OF YOUR PREFERENCE

\$5



Live transmission of the Olympic Games from July 26 through August 11.

Fort Buchanan Community Club

Wedding Package

Celebrate your love story with us.

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

STARTING FROM \$49 per person

MORE INFORMATION
787-707-3215/3516/5233

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



THE COMMUNITY CLUB PRESENTS

A night to experience an unforgettable time with friends!

Moments to Remember Prom Night

PACKAGE



INCLUDES:

- Dinner Buffet
- Room Rental
- Tables, Chairs
- Dance Floor
- Table Cloth
- Napkins
- Silverware and Glassware
- Free parking

\$29 per person
plus 18% service charge.

INFORMATION

787-707-3215 · 787-707-3516 · 787-707-5233
usarmy.buchanan.usag.list.community-club-team@army.mil



FRIDAY
AUGUST 2
5 PM

borinquen
bar & patio

MUSIC
FOOD
DRINKS

PRESENTS OPEN TO THE PUBLIC

A NIGHT OF LAUGHTER,
CAMARADERIE, AND
FUN MEMORIES.

Noche de KARAOKE

BBQ

COMPETITION
& LIVE GAMES

\$100
PER TEAM

SUNDAY, SEPTEMBER 8
9 AM- 5 PM | BORINQUEN BAR & PATIO

LIVE MUSIC

Enjoy an unforgettable afternoon of mouth-watering BBQ tasting, high energy football games, ice-cold drinks, and great company! Whether you're a BBQ master or a newcomer to the grill, join us and let's have a good time.

786-890-7324

OPEN TO
THE PUBLIC

Salsa Rengue

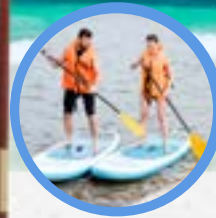
LIVE MUSIC & DJ

FRI., SEPT. 6 | 5 PM
FREE ADMISSION

borinquen
bar & patio

Summer Rentals

WE HAVE WHAT YOU NEED



787-707-3734/3138



LET'S PLAY Hoover Ball

**Cabaña Picnic Area's Sandpit
Tuesday, July 16 • 5 p.m.**

This outdoor team sport involves players throwing and catching a medicine ball over a volleyball net. Created in 1929 to keep US President Herbert Hoover physically fit, Hoover Ball was one of the most popular sports in the White House. Nowadays, it is played at military bases overseas and in gyms nationwide.

BENEFITS: It may improve muscular and cardio endurance and sharpen your motor skills, and burn calories.

SIGN UP: by calling the Sports and Fitness Center
787-707-3767.

Summertime is here, so let's hit the sandpit, play Hoover Ball, and enjoy the outdoors!

JOIN US AT THE
★ ★ ★ ★ ★
4TH OF JULY

Party

THURSDAY, JULY 4TH

10 AM - 5 PM
AT THE WATER SPOUT

For authorized ID Card holders. Regular fees apply.
787-707-3550

You are invited to the Water Spout's
END OF SUMMER BASH

SAT. SEP. 7TH • 1 PM - 4 PM
Come have fun in the sun and play exciting games!

FOOD & BEVERAGE SOLD

For authorized ID Card holders. Regular fees apply.
787-707-3550



Outdoor Recreation Adventures

Boat Trip to Vieques Island

Enjoy this Summer with this beautiful adventure at Vieques beach. This will be snorkeling and beach day to relax and out of the city

Activity type: Snorkeling/ Beach Day

Place: Vieques Beach

Date: Saturday July 13, 2024

Difficulty Level: Easy

Depart: 5:30 a.m. • Return: 5 p.m.

Includes: A private vessel, transportation, lunch, water, snorkeling equipment, and flotation devices.

Cost: \$139 pp

Boat Trip to Culebrita Island Adventure

We're closing our Summer with this awesome trip to Culebrita Island, a one of a kind island near Puerto Rico. Discover this beautiful island of Culebrita and create new memories at the beach. Don't forget your camera!

Activity type: Snorkeling/ Beach Day

Place: Culebrita Island

Date: Saturday July 27

Difficulty Level: Easy

Depart: 5:30 a.m. • Return: 5 p.m.

Includes: A private vessel, transportation, lunch, water, snorkeling equipment, and flotation devices.

Cost: \$149 pp

Horseback Riding

Experience one of the best ways to engage with nature. Enjoy a horseback ride around the beautiful *Buena Vista Ranch* in Humacao. This one-hour tour provides uninterrupted trails thru the ranch and beach.

Activity type: Horseback Riding

Place: *Hacienda Buena Vista*, Humacao

Date: Saturday August 10

Difficulty: Medium

Depart: 6 a.m. • Return 4 p.m.

Includes: Transportation and water

Note: Guests with heart problems, neck or back problems, epilepsy, or dizziness are not recommended to participate in this adventure. This adventure is not allowed for pregnant women.

Requirements: Participants must be 7+ years old, must bring long pants, closed toe shoes, sunscreen, and light jacket.

Cost: \$75 pp

Kayaking Adventure to La Parguera

Have one of the best kayaking experiences we offer!

La Parguera, located at the Southwest of Puerto Rico where we will visit different keys full of sea life and crystal-clear water. The adventure is physically demanding, participants are required to be in good physical condition to participate.

Activity type: Kayaking

Place: Lajas, La Parguera

Date: Saturday, August 24

Difficulty Level: Medium/Hard

Depart: 6 a.m. • Return: 4:30 p.m.

Includes: Transportation, snacks, water, full kayaking equipment, guided tour thru *La Parguera*

Requirements: Be in good physical condition and be older than 12 years.

Cost: \$69 pp

Boating Skills and Seamanship Course (English)

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. The permit issued by the State Department of Natural Resources, after passing the course; is the official way to command a recreational craft up to 65 feet in length on the Island.

11 Days Online Course dates: From August 13 to August 29, 2024

Class hours: Mon. to Thu. from: 7 p.m. to 9 p.m.

Ending: Thur. August 29

Requirements: All students need to attend all class days and comply with the instructor requirements to get certified.

Class includes Textbook and Exam

Class Cost: \$89 pp / **Note:** There is an additional cost of \$15 collected by the DRNA for preparing the certificate.

Coffee Lovers Tour

Join us in learning about the art of cultivating one of Puerto Rico's locally grown and harvested coffee known as *Café Oro*. This is a one of a kind experience, a walked tour thru their grounds, learning about the process and history of coffee, plus enjoying a cup of coffee while overlooking their *hacienda*. To complete the experience, participants can enjoy lunch in "*El Cepo Restaurante Mirador*", a high-end restaurant with gorgeous views and local gastronomical expertise.

Activity type: Culture/Walking

Date: Saturday, September 14

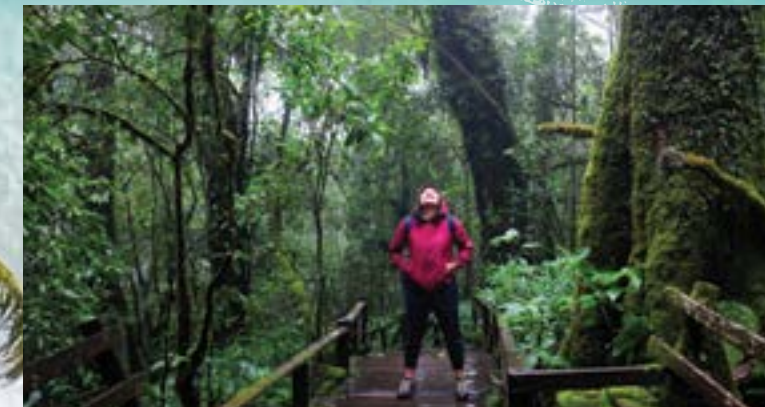
Place: Lares

Start: 7 a.m. • Return: 5 p.m.

Difficulty: Easy

Includes: Transportation from Fort Buchanan (limited to 12 participants), guided tour (food not included).

Cost: \$65



Rainforest Hiking Adventure

We are back by popular demand to our most attractive hiking adventure! Come and enjoy a physically demanding activity and explore with us the wonders of the National Rain Forest, *El Yunque*. It's diverse nature, and lovely panoramic views will amaze you!

This event is for those who are in good physical condition.

Activity type: Hiking/ Adventure

Place: Río Grande, P.R

Date: Saturday, September 28

Difficulty Level: Intermediate/ Advanced

Depart: 6:30 a.m. • Return: 4:30 p.m.

Includes: Transportation, guided tour, and water

Note: All participants must be in

good physical condition

Cost: \$39 pp

FLEA MARKET

2 events same day, place & time

FREE ADMISSION

Saturday 3 AUGUST

**9 a.m.- 4 p.m.
Community Club
Parking Lot**

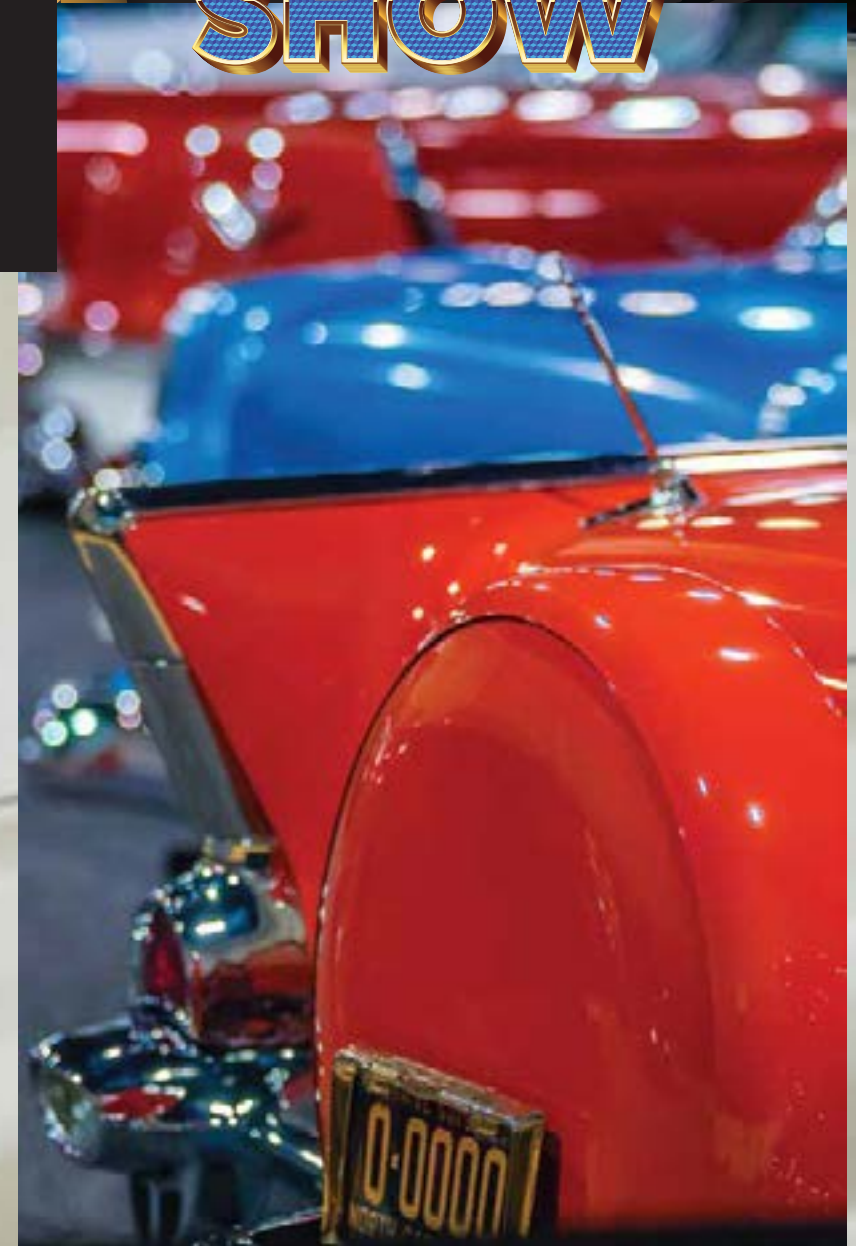
AUTO SHOW



Live & DJ Music

Tables available at \$30 while they last.

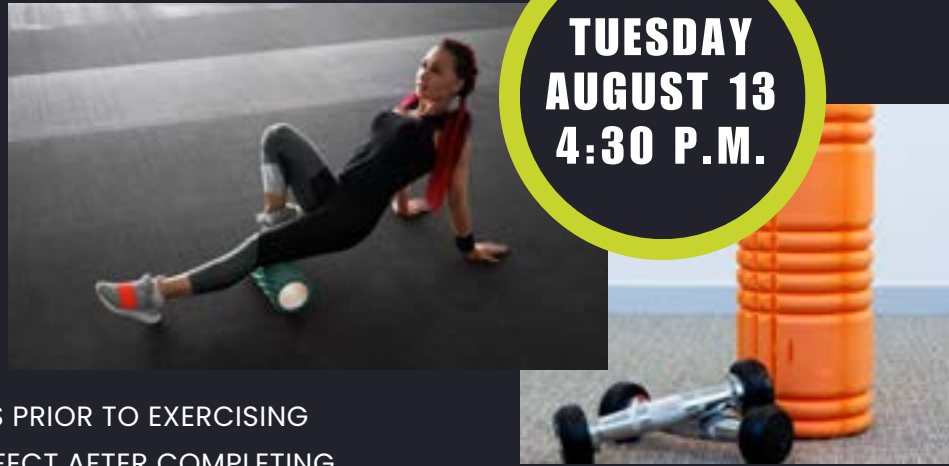
**786-890-7324
787-707-4391
787-707-3974**



YOUR JOURNEY TO WELLNESS

FOAM ROLLER CLASS

**TUESDAY
AUGUST 13
4:30 P.M.**



BENEFITS OF FOAM ROLLER USE:

- ✓ HELPS PREVENT INJURIES PRIOR TO EXERCISING
- ✓ ACHIEVE A RELAXING EFFECT AFTER COMPLETING YOUR WORKOUT
- ✓ REDUCED MUSCLE TENSION AND INFLAMMATION INCREASING JOINT RANGE OF MOVEMENT
- ✓ EFFECTIVE AS A PRE-WORKOUT WARM-UP OR POST-EXERCISE ACTIVE RECOVERY

AT THE PFC ROBERTO E. CLEMENTE WALKER ANNEX SIGN UP BY CALLING THE SPORTS AND FITNESS CENTER 787-707-3767

ROCK ABS CLASS

**SEPTEMBER 17TH & 19TH
TUESDAY & THURSDAY • 4:30-5 PM**



ACHIEVE YOUR BEST FITNESS!

WE'LL BE DOING CRUNCH-LESS ABS, STANDING ABS, SEATED ABS, SIDE BENDS AND MORE!

A STRONG ABDOMINAL CORE CAN AIDE IN STRENGTHENING YOUR LOWER BACK MUSCLES, WHICH WILL IMPROVE YOUR POSTURE AND POSSIBLY DIMINISH INJURIES.

AT THE PFC ROBERTO E. CLEMENTE WALKER ANNEX. SIGN UP BY CALLING THE SPORTS AND FITNESS CENTER

 **787-707-3767**


THE WATER SPOUT SWIMMING LESSONS

**UPCOMING LESSON DATES:
13-28 AUGUST 2024
10-25 SEPTEMBER
8-23 OCTOBER**

Tuesdays, Wednesdays, and Thursdays

- 4:30 p.m. to 5 p.m.
- 5:15 p.m. - 5:45 p.m.
- Maximum 4 students per session
- Classes available for **children and adults**

TO REGISTER AND FOR MORE INFORMATION CALL:

 787-707-3550

 www.buchanan.armymwr.com



BOWLING CENTER HOURS OF OPERATION

BOWLING CENTER

**SUNDAY & MONDAY:
CLOSED**

**TUESDAY TO FRIDAY:
11 A.M. TO 9 P.M.**

**SATURDAY:
4 P.M. TO 11 P.M.**



OPEN LANES TIMES

**SUNDAY & MONDAY:
CLOSED**

**TUESDAY:
11 A.M. TO 9 P.M.**

**WEDNESDAY TO FRIDAY:
11 A.M. TO 6 P.M.**

**SATURDAY:
4 P.M. TO 11 P.M.**

BAR

**SUNDAY TO TUESDAY:
CLOSED**

**WEDNESDAY TO FRIDAY:
4 P.M. TO 9 P.M.**

**SATURDAY:
4 P.M. TO 11 P.M.**

**INFORMATION:
787-707-2695/3272**

LOOKING FOR A FUN AND
LOW-IMPACT WAY TO STAY FIT
AND HEALTHY?
LOOK NO FURTHER THAN:

WATER AEROBIC LESSONS

CLASSES:
6-29 AUG. 2024
3-26 SEPT.
1-24 OCT.

FEES:
\$75 FOR A TOTAL OF 8 CLASSES
\$40 FOR A TOTAL OF 4 CLASSES
\$12 FOR DROP-INS

TUESDAYS & THURSDAYS
6 P.M. – 7 P.M.
AT THE WATER SPOUT

RESERVE YOUR SPACE

*Our experienced instructors are
dedicated to helping you achieve
your fitness goals.*

Contact Us : 
787-707-3550



CONNECT YOUR BRAND WITH OUR COMMUNITY

**PARTNER WITH US AND
EXPAND YOUR BRAND'S REACH**

CONTACT US

IRALIS.JIMENEZ.NAF@ARMY.MIL
787-707-3711

HOW?

- ✓ Advertise with us and gain exclusive access to the heart of the military and civilian community at Fort Buchanan. Showcase your company's information, offers, and services. We will display your brand in prime locations, ensuring it draws the attention of our community members and makes a lasting impression.
- ✓ As a sponsor, you have the potential to effectively present your message directly to our customers. Our strategic promotions and consumer interaction will ensure your brand is seen and remembered, fostering strong brand recognition and awareness.

Are you retiring or planning to?

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...

JOIN US FOR
MOVIE
night

AT THE WATER SPOUT

REGULAR
FEES
APPLY

FRIDAY
AUGUST 9
7 PM 10 PM


MOVIE TO BE ANNOUNCED


FOR AUTHORIZED I.D. CARD HOLDERS
MORE INFORMATION:


787-707-3550

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 MALDOGROUP

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LUIS MALDONADO, CEO
Federal/Private/Individual
UET PMSXHUANXVBB

ARMY COMMUNITY SERVICE

invites the Fort Buchanan
Community to celebrate it's

59TH ANNIVERSARY!

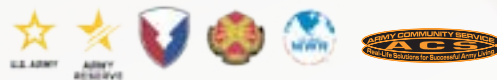


THURSDAY, 25 JULY, 2024

10 a.m. - 12 p.m.

**with a cake cutting ceremony at
ACS Bldg. 225, Davis Street**

For more information:
787-707-3804/3292
wilda.diaz3.civ@army.mil
liza.muniz-miranda.civ@army.mil



Army Community Service

Services are available hybrid, walk-in,
by appointment,
face to face, via phone, and/or
virtually.

OUR PROGRAMS:

- Family Advocacy Program
- Army Emergency Relief
- Army Volunteer Corps
- Survivor Outreach Services
- Financial Readiness Program
- Relocation Readiness Program
- Employment Readiness Program
- Information and Referral Program
- Exceptional Family Member Program
- Mobilization and Deployment Program
- Military and Family Life Counseling



To schedule your workshops
visit us at Bldg. 225, Davis
Street or call
787-707-3804/3292.
facebook.com ACSBuchanan

JULY

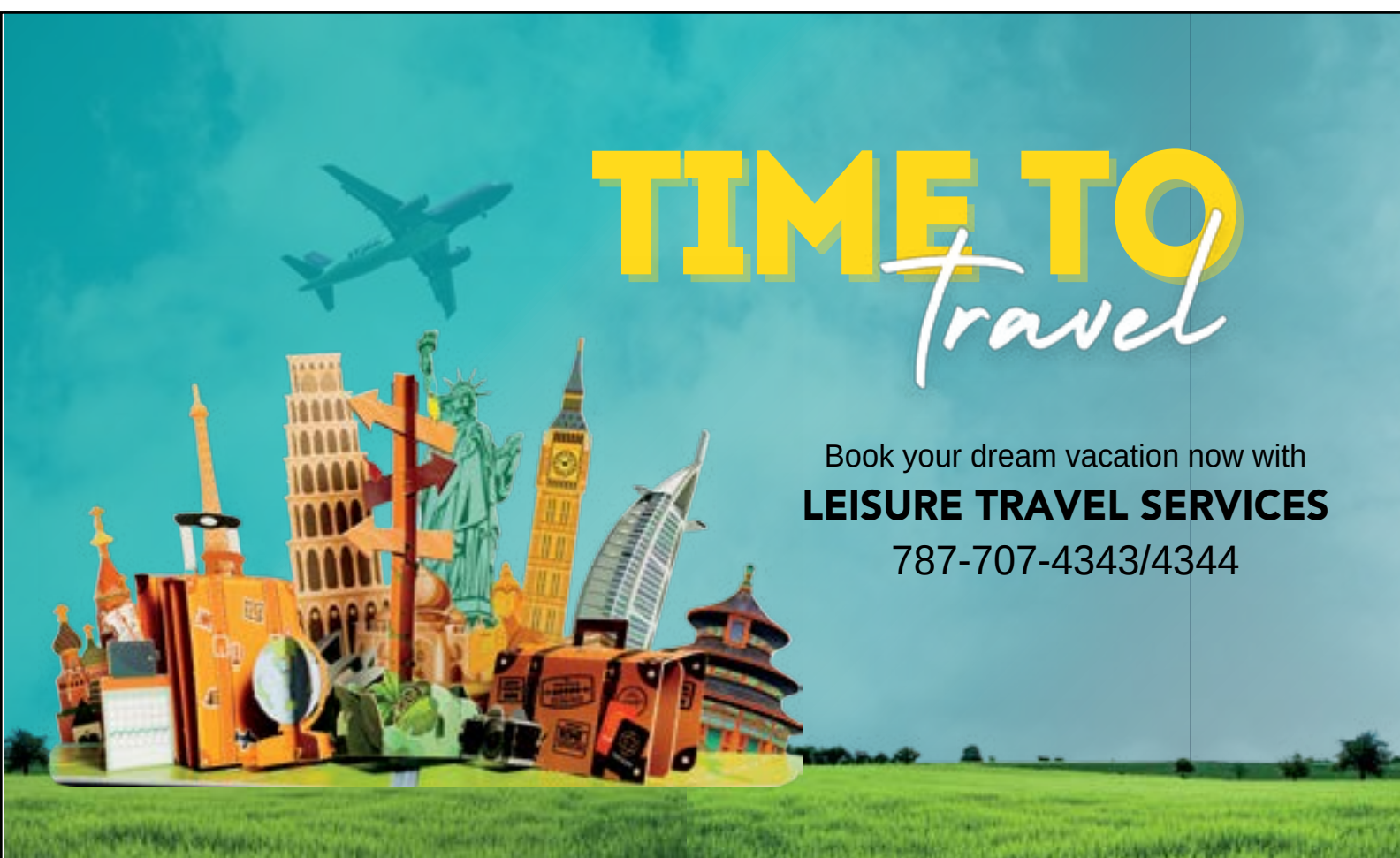
Military Spouses Forum
July 25 at 10 a.m.

SEPTEMBER

Newcomers Orientation
September 13 at 9 a.m.
at the Community Club

**Military Spouses Forum
2nd Anniversary**
September 18 at 1:30 p.m.

**Gold Star Mothers' and
Fathers' Appreciation Day**
September 27



Book your dream vacation now with
LEISURE TRAVEL SERVICES
787-707-4343/4344



MEMBERSHIP RATE CARD



**E1 – E5 Active Duty,
Juniors 17 and under**

\$660 a year

Family \$1,050 a year



**E6 – E9 and O1 and up,
all Retirees, and DoD employees**

\$1,050 a year

Family \$1,575 a year



**Guests and Civilian
Golf Membership**

\$1,500 a year

Family \$2,250 a year

Family: includes up to two (2) adults, and two (2) children up to 12 years of age. Each additional child: \$350.00 per year.

**TUESDAY - SUNDAY
6:30 A.M. TO DUSK**



**For more information,
call 787-707-3980/3523**