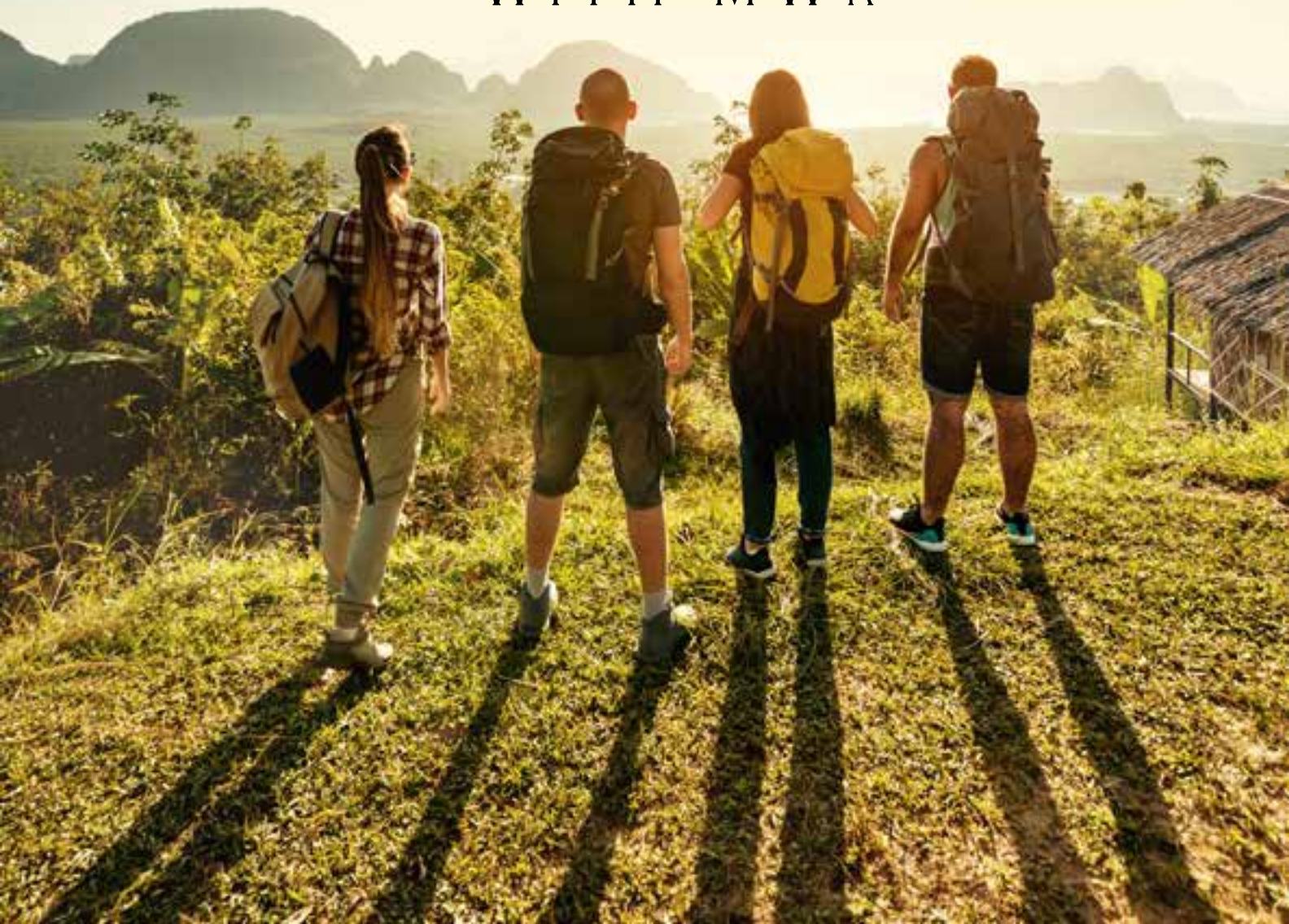




# LIFE with US

FORT BUCHANAN OCT. 2022  
NOV.  
DEC.

*fall into fun*  
WITH MWR







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### FALL INTO FUN WITH MWR!

While temperatures in other parts of the world get cold, in Puerto Rico we can continue to enjoy the outdoors! The most notable differences here in summer are the longer nights, and slightly cooler days. This allows Fort Buchanan's Family and MWR to put great community events and celebrations out there such as "Oktoberfest", "Autumn Fest for Children", "Spooky Party Nights", "Holiday Celebration Parade & Tree Lighting", Outdoor Recreation Trips, and more!

Check them out in these pages and find the ones you and your Family will enjoy the most.

Come out and enjoy our island life!

#### FAMILY AND MWR **LIFE WITH US** EDITORIAL TEAM

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Acting Programs Director

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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](http://www.buchanan.armymwr.com)

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



MWR-ICE-QR





OPEN to the PUBLIC



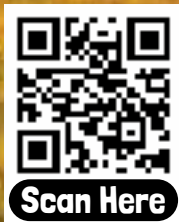
OCTOBER 15 at 4 pm

GERMAN FOOD & BEER · ARTISANS FAIR · FOOD KIOSKS

Live Performance by:  
Los Rufianes  
La Tribu de Abrante

Tickets

\$10 advance \$12 at door \$30 VIP SECTION



787-246-6264 or  
787-707-4391/3974



\*The US Army does not officially endorse sponsors. Do not drink and drive. Choose a designated driver.

borinquen  
bar & patio

FREE  
ADMISSION  
Open to the  
Public.

# SPOOKY PARTY NIGHTS

DJ playing  
scary hits,  
and karaoke  
on Saturdays!

FRIDAYS &  
SATURDAYS  
IN OCTOBER  
STARTING AT 6 PM

Enjoy the creepiest BLOOD BAG DRINKS:

Werewolf  
Punch

Vampire's  
Cocktail







Magic Kingdom® Park

## Celebrate Holiday Magic

Nov. 11–Dec. 31

Prepare for a spectacular season of holiday joy during the 50th Anniversary celebration of *Walt Disney World* Resort as you experience must-see magic, enchanting events and beloved traditions of the holidays throughout all four Theme Parks and *Disney Springs*®.

WALT DISNEY WORLD 50

© Disney 2879750



Merry Menagerie  
Disney's Animal Kingdom® Theme Park



Sunset Seasons Greetings  
Disney's Hollywood Studios



Candlelight Processional  
EPCOT® International Festival of the Holidays

To book your magical *Walt Disney World* vacation, contact us today!

Leisure Travel Office  
Bldg. 660 (Community Club)  
787.707.4344 / 4343

Your Life with Us 7

# Costume and Candy

## INDOOR CYCLING WORKOUT

A fun and challenging routine where participants lift weights off the bike and build cardio resistance "on the bike".

Bring your candy to exchange with your gym buddies and celebrate the month of costumes and candy!

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

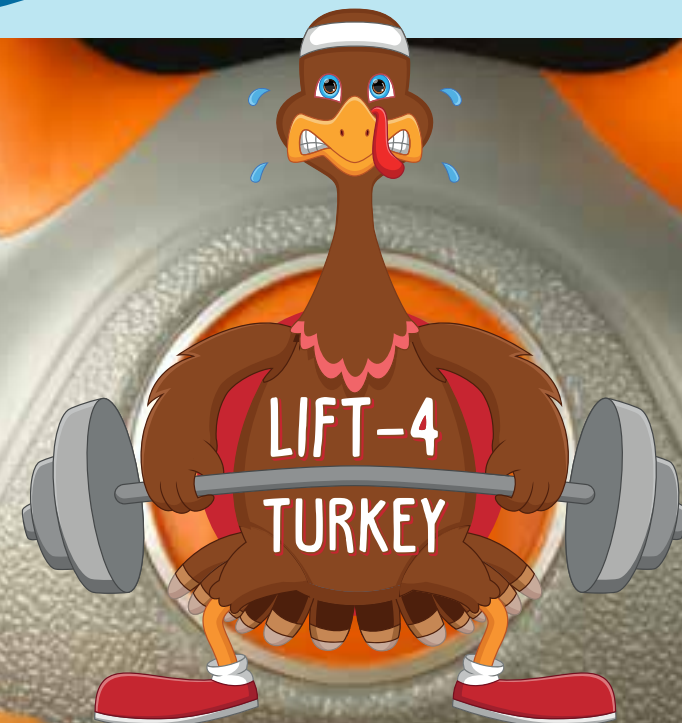
*Important: for your safety, full face masks not allowed.*

**Tuesday October 25**  
**4:30 p.m.**  
**Free!**

## Lift Weights for a Turkey!

Each participant will randomly be assigned to a team of four (4) members. Each team member will execute three (3) exercise lift attempts, within a 15 minute period. The highest lift will be recorded for points. The team building challenge is for all participants to complete three (3) rounds of all three lifting exercises within a 45 minute timeframe. The team with highest points at the end will have bragging rights as Lift-4-Turkey Champions and each member gets a turkey!!

**SATURDAY**  
**NOVEMBER 19**  
**10 A.M.**  
**\$5 per person**



Register at the Sports & Fitness Center, Bldg. 167 and the PFC Roberto E. Clemente Walker Annex at 787-707-3767/ 3291.



# WATERSPOUT PARTY PACKAGES

CELEBRATE YOUR BIRTHDAY  
AND SPECIAL EVENTS



\$175

FAMILY PACKAGE  
UP TO 20 GUESTS



\$550

ALL SPOUT PACKAGE  
FOR SCHOOL ACTIVITIES



\$475

NIGHT TO REMEMBER  
UP TO 150 GUESTS



\$600

GLOW IN THE DARK PARTY  
UP TO 150 GUESTS  
+LED PARTY ITEMS

## FACILITIES

- 0-4 FT POOL
- WATER SLIDES
- WATER GAMES
- SUNNING DECK
- SHOWERS, LOCKERS,  
AND BATHING SUIT  
DRYERS

MORE INFO  
787-707-3550

AVAILABLE FOR AUTHORIZED PATRONS (ACTIVE DUTY, RETIREES, RESERVE MILITARY  
AND THEIR FAMILY MEMBERS, NATIONAL GUARD, AND DoD CIVILIANS).

# WATERSPOUT PRIVATE SWIMMING LESSONS

**\$30.00 FOR 30 MINUTES.**  
MUST SCHEDULE TIME WITH  
INSTRUCTOR.



**Contact Us**  
**787-707-3550**

Authorized patrons (Active Duty,  
Retirees, Reserve Military and their  
family members, National Guard, and  
DoD Civilians).



**FORT BUCHANAN PRESENTS**

# NIGHTS OF THE LIVING DEAD

**A HAUNTED HOUSE ATTRACTION**

**FRIDAYS & SATURDAYS**

**OCTOBER 7<sup>TH</sup> THROUGH NOVEMBER 5<sup>TH</sup>  
6 P.M. – 11 P.M.**

**ENTRANCE (OPEN TO THE PUBLIC):**

**\$20 PER PERSON / \$75 FOR FOUR PEOPLE**

**FAST PASS: \$45 PER PERSON / \$160 FOR FOUR PEOPLE**

**\*KIDS FROM 10 YEARS AND UP MUST BE ACCOMPANIED BY ONE ADULT.**

**\*KIDS UNDER 9 YEARS ARE NOT PERMITTED AT THE ATTRACTION.**

**\*PERSONS 16 YEARS OR OLDER MUST PRESENT VALID IDENTIFICATION**

**(DRIVER'S LICENSE, PASSPORT, OR DTOP ID).**

**DRIVER MUST PRESENT A VALID DRIVER'S LICENSE.**

**TICKETS: 787-246-6264 / 787-707-3974 / 4391**



# ARMY COMMUNITY SERVICE

## FINANCIAL READINESS PROGRAM

We offer information on financial management topics including: investing, insurance needs, financing education goals, preparing for transition and retirement, Blended Retirement System, TSP, and major purchases. See our upcoming workshops and register!

**Monday, October 7**      **Eight Essential Elements of Financial Literacy**  
**Monday, November 14**      **Life Insurance Planning**  
**Monday, December 12**      **Blended Retirement System Army Emergency Relief**  
Classes from 9 a.m. to 10:30 a.m. at Bldg. 225 Davis St.  
**To register** call the ACS Financial Readiness Program at (787) 707-3310 or email [edwidg.pedre2.civ@army.mil](mailto:edwidg.pedre2.civ@army.mil). Limited spaces. Registration is required to participate.

## EXCEPTIONAL FAMILY MEMBER PROGRAM

**Tuesday, October 4th from 10 a.m.-11 a.m.**  
**Married with Special-Needs Children Workshop**  
To help couples manage and examine the stress that is often placed upon them when they have a child with special needs.

**Tuesday, October 11, 10 a.m. - 11 a.m. at ACS Bldg. 225, Davis St. Common Reactions To A Disability-Workshop**  
To help Family Members and their caregivers gain awareness about common reactions to a child's learning disability and how to overcome the strong emotions.

**Tuesday, October 25, 10 a.m. - 11:30 a.m. at ACS Bldg. 225, Davis St. Enhancing Resilience by Building Self Awareness Workshop**  
This workshop will help Family Members with special needs and their caregivers by building self awareness to enhance their resilience. All Fort Buchanan community is welcome.

**Wednesday, October 26, 8:30 a.m. - 2:30 p.m. at the Community Club Free Child Developmental Screenings**  
For children from 0 to 5 years old. Areas screened are: language, problem solving, fine and large motor skills, and social development. For eligible children from the Military community to include supported Federal agencies, active duty Military personnel assigned to Puerto Rico, National Guard members on Title 10, Army Reserve (AGR), Coast Guard members, Families that are command-sponsored and DoD Employees with transportation agreement.

**To register** call 787-707-3295 or email: [raymond.morales.civ@army.mil](mailto:raymond.morales.civ@army.mil)

## EMPLOYMENT READINESS PROGRAM

**Wednesday and Thursday, October 5 & 6, 9 a.m. and 1:30 p.m. at ACS Bldg. 225, Davis St.** Review the Federal Job Process/Resume Review

**Wednesdays and Thursdays, October 12 & 13, and 19 & 20, 9 a.m. and 1:30 p.m. at ACS Bldg. 225, Davis St.**

Learn How to Analyze Vacancy Announcement for Keywords, and Review the Federal Job Process/Write Outline Format Federal Resume

**To register and for information** call 787-707-3365, email: [ivette.davila.civ@army.mil](mailto:ivette.davila.civ@army.mil)

## FAMILY ADVOCACY PROGRAM

**Every Thursday starting on October 13th until November 3rd, 1 p.m. - 2 p.m. at ACS, Bldg. 225, Davis St.**

### Active parenting: The First Five Years

With the Active parenting classes, you will discover the ages and stages of development in a child's first five years, how to build strong bonds, understand your parenting style, and much more! Registration deadline is September 30, 2022.

### Thursday, October 6, 12 p.m. - 1 p.m. at the Cabaña Picnic Area Self Defense Classes

Arm yourself with knowledge in this class. Self defense is not only physical.

### Tuesday, October 12, 6 a.m. - 7 a.m. and 5:30 p.m. - 6:30 p.m. at the Cabaña Picnic Area- Zumba Classes

Self-care is vital to victims of domestic abuse. Exercise is a great way to reduce stress.

### Thursday, October 13, 11:30 a.m. - Healthy Relationships- Bingo Class. Fun and educational. Learn about healthy relationships and communication.

### Friday, October 14, 11:30 a.m. at ACS, Bldg. 225, Davis St. Domestic Abuse in the Workplace

Learn how domestic/intimate partner violence can affect their co-workers personal and professional life, and productivity. Also, how to support their co-workers and the available resources to help.

### Tuesday, October 18, 11:30 a.m. - 1 p.m. at ACS, Bldg. 225, Davis St. Strike Out Domestic Abuse

Join us to increase awareness and educate the community on Domestic abuse, the tactics used by the abusers, and the support services and resources available on and off the installation.

### Monday, October 31, 11:30 a.m. at ACS, Bldg. 225, Davis St. Science of Anger & Stress

### Wednesday, November 16, from 10 a.m. - 11 a.m. at ACS, Bldg. 225, Davis St. Stepfamilies & Co-Parenting

The class will focus on the complex Family relationships that are common and that significantly impact children's well-being; blended Families, and co-parenting relationships.

### Monday, November 28, from 10 a.m. - 11 a.m. at ACS, Bldg. 225, The Science behind Anger and Stress

For more information on FAP classes call ACS Family Advocacy Program at 787-707-3709 or email: [ruthe.gonzalez.civ@army.mil](mailto:ruthe.gonzalez.civ@army.mil). Reservation required to participate.





## AUTOMOTIVE SKILLS CENTER

**WE OFFER  
SERVICES  
SUCH AS:**

OIL CHANGES  
INSPECTIONS  
ALIGNMENT  
MOUNT & TIRE ROTATION  
BRAKES  
AUTO REPAIRS  
& MORE...

Ask for our  
**MOTOR OIL CHANGE SPECIAL**  
packages featuring  
PROLINE. A full synthetic  
dexos approved oil &  
OEM rated.

### DO YOU LIKE TO WORK ON YOUR OWN VEHICLE?

Come by and rent a bay using your  
own tools or ours at not extra cost  
(some specialized tools have a fee).

For more information 787-707-3972.  
Open Mondays through Friday from  
7:30 a.m. to 4 p.m.  
Saturdays & Sundays closed  
We are located next to the Bowling Center.



# SPANISH STAND UP Comedy

Yo tenía una luz  
que a mí  
meeeeeeee....

**OPEN TO THE PUBLIC!**



**Starting  
at 8 pm**



**Saturday  
December 3rd**



**Fort Buchanan's  
Conference Center  
Bldg. 660**



**General \$15  
Preference \$20  
Tier \$30**



**787-246-6264  
787-707-3974**

**HERBERT CRUZ**  
**SPECIAL PERFORMANCE**





# Child & Youth Services

## TURKEY TROT FUN RUN



**Wednesday**  
**November 9**

**Ages: 5-18 COED**

**Where:**

**Antilles High School  
Running Track**

**Time:** Run starts at 4 pm  
Registrations at 3 pm

(AD/ DoD, Federal, NG, Reserve, and Retiree Dependents.)  
1st place winner by age group will win a Turkey. Medals for all participants.

**787-707-3466/3406**

**UNITED STATES ARMY  
CHILD & YOUTH SERVICES**

**FREE!  
OPEN TO  
THE PUBLIC**

# AUTUMN Fest

**Friday, October 28  
6 pm - 9 pm  
Chardón Plaza**

**MAGIC SHOW  
SUPERHEROES CHARACTERS  
FACE PAINTING • BALLOON FIGURES  
CHILDREN'S COSTUME CONTEST  
FREE PUMPKINS\*  
FREE REFRESHMENTS**

**WOW**

**BOOM!**  
**PETS AGAINST  
DOMESTIC ABUSE  
COSTUME COMPETITION**  
Sponsored by Army  
Community Service

**\* ONE PER FAMILY;  
WHILE SUPPLIES LAST.**



USDA ELIGIBILITY AT FORT BUCHANAN CHILD & YOUTH SERVICES

Fort Buchanan, announces sponsorship of the Child and Adult Care Food Program. In accordance with Federal law and United States Department of Agriculture (USDA) civil rights policies and regulations, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, retaliation, or retaliation. for past civil rights activities (not all prohibition principles apply to all programs).

Program information may be available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (for example, Braille, large print, audio recording, and American Sign Language) should contact the responsible state or local agency administering the program or the USDA TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339

To file a program discrimination complaint, the complainant must complete a form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at [https://www.ocio.usda.gov/ document/ad-3027](https://www.ocio.usda.gov/document/ad-3027) , at any USDA office, by calling (866) 632-9992 , or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, and telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the ASCR of the nature and extent of the discriminatory action. date of the alleged civil rights violation. The letter or completed form AD-3027 must be sent to USDA by:

Mail: US Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, DC 20250-9410; either  
Fax: (833) 256-1665 or (202) 690-7442; either • Email: [program.intake@usda.gov](mailto:program.intake@usda.gov) .

This institution offers equal opportunities.

Eligibility for free and reduced-price meal reimbursement is based on the following income table, effective July 1, 2022 through June 30, 2023 with the exception of TANF, PAN and Assistance Program participants.

MEMBERSHIP NUMBER IN THE HOME	Eligibility for Free			Eligibility for Reduced		
	Annual	Monthly	Weekly	Annual	Monthly	Weekly
1	17,667	1,473	340	25,142	2,096	484
2	23,803	1,984	458	33,874	2,823	652
3	29,939	2,495	576	42,606	3,551	820
4	36,075	3,007	694	51,338	4,279	988
5	42,211	3,518	812	60,070	5,006	1,324
6	48,347	4,029	930	68,802	5,734	1,324
7	54,483	4,541	1,048	77,534	6,462	1,492
8	60,619	5,052	1,116	86,266	7,189	1,156
For each additional member add	6,136	512	118	8,732	728	168

The services will be offered in the following facilities:  
CDC/SAC Fort Buchanan  
Address: Building 1110, Patriot Blvd., Fort Buchanan PR, 00934  
CYS Shared Facility Director: Luis Maldonado  
Phone: 787-707-3769

SAVE THE DATE: Friday, December 2nd • 4 pm - 11 pm for Fort Buchanan’s Holiday Parade & Tree Lighting Ceremony

at the Community Club  
Parking Lot

Enjoy a Family event with:

- Live Music Bands
- Inflatables
- Climbing Rock Wall
- Face Painting
- Clowns & more!

Also, photos with Santa  
& The Three Wise Men

FREE ENTRANCE  
Open to the Public



Be on the watch for the Bowling Center’s

Kids  
WINTER  
CAMP

More to follow!  
[www.buchanan.armymwr.com](http://www.buchanan.armymwr.com)  
Facebook & Instagram:  
[buchananmwr](https://www.facebook.com/buchananmwr)





borinquen  
bar & patio

Endless



→ summer →

During October • November & December

## Wednesdays:

BURGER SPECIAL \$5  
CHURRASCO \$7

*Plus:*

Michelob Ultra 7oz. \$1.50

## Taquería

## Thursdays:

WHITE FISH \$3  
SALMÓN \$5  
CHURRASCO \$7

*Plus:*

Margaritas \$4  
Stolichnaya \$3  
Heineken \$2

## Beerness

Medalla and Magna  
bucket of 5 for \$10

787-707-3215 • 787-679-5814