



LIFE

with

US

FORT BUCHANAN • APRIL
MAY
JUNE 2023



NO MOMS COOKING
ON THEIR DAY!

Mother's day

B • R • U • N • C • H

Community Club • Sunday, May 14
11 a.m. - 3 p.m.

Menu

Action Breakfast Station

*Eggs Omelets and Pancakes

Build your own Pasta Station

Fresh Station

*Garden Salad Bar

*Sliced Seasonal Fruit

Hot Buffet

*Rice Pilaf

*Roasted Potatoes

*Italian Stuffed Pork Loin,
Herbs Pesto

*Chicken Mushroom
Marsala

Dessert Deluxe Table

Price until May 11:

\$32.95 adults

\$14.95 ea child age 6 -12

-age 5 and under complimentary

Price after May 11: \$45.95 adults

Live Music by
"Trio Los Muchachos"

https://bit.ly/MothersBrunch_FB



50% DISCOUNT ON
MWR MEMBERSHIP
(valid for one year)
for non-affiliated, with the
purchase of an adult ticket.

RSVP: Phone 787-707-3215 • **Text** 786-890-7277



LIFE WITH US

CONTENTS



ENJOY THE VIVID COLORS OF SPRING & SUMMER!

Spring and summer's bright & happy colors awaken our desires for comforting familiarity and joyful adventure! We long to enjoy nature and outdoor activities with a refreshed view of things.

We gravitate towards outdoor gatherings, beach & country trips, hikes, outdoor sports, parties, and travels. With Family and MWR, you will find opportunities to enjoy all these activities and more! If you are looking for some leisure time, Holidays, and vacations, please look at our facilities' scheduled events for April, May & June 2023. You will most likely find some that will fit your interests.

www.buchanan.armymwr.com



05

Special Events at the Community Club
GLOW IN THE DARK PAINT & SIP



09

Special Events at the Community Club
CINCO DE MAYO- JOSÉ JOSÉ TRIBUTE



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Outdoor Recreation
DAY TRIPS & EVENTS



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Sports & Fitness Center
STRONG BANDS 5K RUN

FAMILY AND MWR
LIFE WITH US EDITORIAL TEAM

Family and MWR Director

Mr. Scott Abell
Programs Director

Acting Marketing Manager/Editor and Marketing Specialist

Ms. Iralis Jiménez
Bldg. 151, Patriot Blvd.
Fort Buchanan

Graphic Designer

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



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

MWR-ICE-QR Interactive Customer Evaluation



Enchanted WEDDING Package



Fort Buchanan Community Club & Conference Center Wedding Package includes:



- Four (4) course plated dinner
- Sparkling wine for toast
- Cake cutting
- Room rental
- Two (2) complimentary MWR Memberships valid for one year
- Tables, chairs, basic table cloth & napkins, glassware & silverware
- Free parking
- A Food tasting for four (4) persons prior to your final menu selection for weddings with 100 guests and more (not applicable for Food Stations or Buffet Package)

Starting at \$39 per person
plus 18% service fee

787-707-3215/3515/3516/5233 • 786-890-7277
usarmy.buchanan.usag.list.community-club-team@army.mil

COMMUNITY CLUB - EL YUNQUE ROOM

GLOW IN THE DARK

OPEN TO THE PUBLIC

paint & sip

STARTS AT
6 PM
UNTIL 9 PM

SATURDAY
6
MAY

TICKET
\$45
PER PERSON
COMPLIMENTARY
GLASS OF WINE



TICKETS: EventBrite- https://bit.ly/FB_Glow-Paint
786-890-7324/787-707-3974/787-707-4391



GOLF TOURNAMENTS 2023

APRIL 8 & 9
BUCHANAN'S MASTER INVITATIONAL

MAY 6
CINCO DE MAYO TOURNAMENT

JUNE 10
SUMMER GREENS-KEEPER REVENGE TOURNAMENT

JUNE 18
FATHER'S DAY OUTING



REGISTER AT

787-707-3980

buchanan.armymwr.com

borinquen

bar & patio

Salsa

RENGUE

featuring

Son D'Aquí Band

and DJ music

Friday, June 2nd

5 pm - 10 pm

Free admission.

OPEN TO THE PUBLIC!

Food & Beverage available for sale.

787-707-3974 • <https://bit.ly/Salsarengue>



borinquen

bar & patio



Starting at 4 p.m.



Wednesdays:
BURGER DAY \$5
WITH THE PURCHASE
OF A BEVERAGE.
(beef burger with fries)



**Throwback
Thursdays:**
Heineken \$2
Lagunitas IPA \$3



Beerness

**MEDALLA
OR MAGNA**
bucket of
5 x \$10



787-707-3215
787-890-7318



ADVENTURES BEGIN HERE

It's time to kick down the gates and let loose with all your favorite people. Universal Orlando's theme parks plus entertainment across our entire resort are yours to enjoy and explore. You're about to experience some crazy special times no one will ever forget.



YOUR UNIVERSAL ORLANDO RESORT VACATION IS RIGHT AROUND THE CORNER!

Fort Buchanan Leisure Travel Office
787.707.4343 / 4344

For Safety information check [UniversalOrlando.com/safetyinfo](https://www.UniversalOrlando.com/safetyinfo).

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borinquen

bar & patio

Let's Fiesta!

CINCO de MAYO

MAY 5, 2023 • 5 PM - 10 PM

MARIACHI MUSIC BY **"NUEVO GARIBALDI"**

"José José" TRIBUTE

WITH ADAM CAÑUELAS
IMPERSONATION



MEXICAN

FOOD AND BEVERAGES
AVAILABLE

Sponsors:

<https://bit.ly/5mayo-FB>



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

NO OFFICIAL U.S. ARMY ENDORSEMENT IS IMPLIED. DO NOT DRINK AND DRIVE. CHOOSE A DESIGNATED DRIVER.

It's the time to get outdoors!

Say Yes to Adventure!



APRIL



SAT., APRIL 15

THE ULTIMATE PAINTBALL MATCH

Join us to "Tito's Paintball" at Rio Grande. Transportation, gezebo area, and food provided. Garments, safety rules, and guidelines provided by the paintball shop. Leaving at 8:30 am from Fort Buchanan. Cost: \$79 per person



FRI., APRIL 21

FAMILY FUN DAY

Enjoy outdoor fun with a rock climbing wall, bouncy houses, target shooting, and mini games at the Cabaña Picnic Area from 1 pm to 6 pm.
Cost: \$5 climbing wall / bouncy houses & mini games \$5 / target shooting \$3. Pop corn, hot dogs & drinks available for sale.

THU., APRIL 27

WELLNESS, DOMINO GAMES & COFFEE

Come share a relaxed morning with Family, neighbors, friends, or new friends at the Cabaña Picnic Area. From 8 am to 11 am.
FREE OF COST
The Fitness Center staff will be there for support! Don't miss out!



MAY



SAT., MAY 6

BOAT TRIP VIEQUES ADVENTURE

Experience snorkeling in the clearest waters of the Caribbean. A wonderful beach day!
Leaving at 6 am from Fort Buchanan.
Cost: \$99 per person. Includes: private vessel trip, transportation, pre-packed lunches, snacks, soft drinks, snorkeling equipment, & flotation device provided.

See more details and updates at buchanan.armymwr.com
787-707-3734

BIT.LY_MWR_ODR.PNG



SAT., MAY 20

HIKING ADVENTURE TO CHARCO PRIETO

A challenging hike that will take you alongside a river, natural swimming pools (charcas), and a waterfall at the end of the hike! Admire the flora and fauna of the region as well!
Leaving Fort Buchanan at 7:30 am.
Cost: \$39 per person. Includes transportation, water, and snacks.

JUNE



WED., JUNE 7

END OF SCHOOL YEAR BASH

Come wrap-up the end of the school year with a fun day sharing activities such as rock climbing, bouncy houses, target shooting, and mini games at the Cabaña Picnic Area from 8 am - 6 pm.
Cost: \$5 climbing wall / bouncy houses & mini games \$5 / target shooting \$3.
Pop corn, hot dogs & drinks available for sale.



JUNE 13 - 29

BOATING SKILLS & SEAMANSHIP ONLINE COURSE

This course is the only authorized by the USCG, Nasbla, and the States 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 in the Island.

This online course lasts 11 days from June 13 to June 29. Class hours are Mon. to Thu. from 7 p.m. to 9 p.m. All students are required to attend all classes and comply with the instructor's requirements to get certified.
Class includes textbook & exam.
Cost: \$89 per person/ note: there is an additional cost of \$15 per person collected by the DRNA for preparing the certificate.

SAT., JUNE 24

CULEBRA ISLAND BEACH SNORKELING

Enjoy a fantastic snorkeling & beach day at the best pristine water beaches in Culebra! Amazing underwater sea life to admire!
Leaving at 7 am from Fort Buchanan.
Cost: \$119 per person Includes: a private vessel, transportation, pre-packed lunches and snacks, soft drinks, complementary rum drinks, snorkeling equipment, and flotation device.



JOIN THE CHALLENGE



DOMINO

Tournament

TOURNAMENT TYPE- INDIVIDUAL 6 ROUNDS

OPEN TO
THE PUBLIC

**SATURDAY
MAY 6**

11 AM REGISTRATION
2 PM - 8 PM TOURNAMENT

ENTRY FEE

\$20

**CASH
PRIZES**

\$\$



at Fort Buchanan Community Club

Endorsed by "Federación Nacional de Dominó Puerto Rico"

TICKETS: 787-707-4391/3974/ 786-890-7324

Event Brite: <https://bit.ly/FB-DominoesTournament>

*No official U.S. Army endorsement of sponsor is implied.





SWIMMING LESSONS

TUESDAY, WEDNESDAY, & THURSDAY

Classes begin on April 11.

Eight (8) sessions of 30 minutes for \$180

Times: 4 p.m. - 4:30 p.m.

4:45 p.m. - 5:15 p.m.

5:30 p.m. - 6 p.m.

Only six (6) spaces available per slot.

Private classes \$30 for 30 minutes.

Must schedule time with instructor.

WATER AEROBIC CLASSES

TUESDAY, WEDNESDAY, & FRIDAY

Classes begin on April 4.

Eight (8) sessions for \$80

Days/times: Tues. 5 p.m. - 6 p.m.

Wed. 10 a.m. - 11 a.m.

Fees: Fri. 10 a.m. - 11 a.m.

\$80 for a total of eight (8) classes

\$40 for a total of four (4) classes

\$12 for drop-ins

SPLASH EASTER HUNT

SUNDAY, APRIL 9

1 p.m. - 4 p.m.

Come and celebrate *Easter Sunday* at *The Waterspout* and enjoy a day at the pool!
Regular fees apply.

COMPETITIONS:

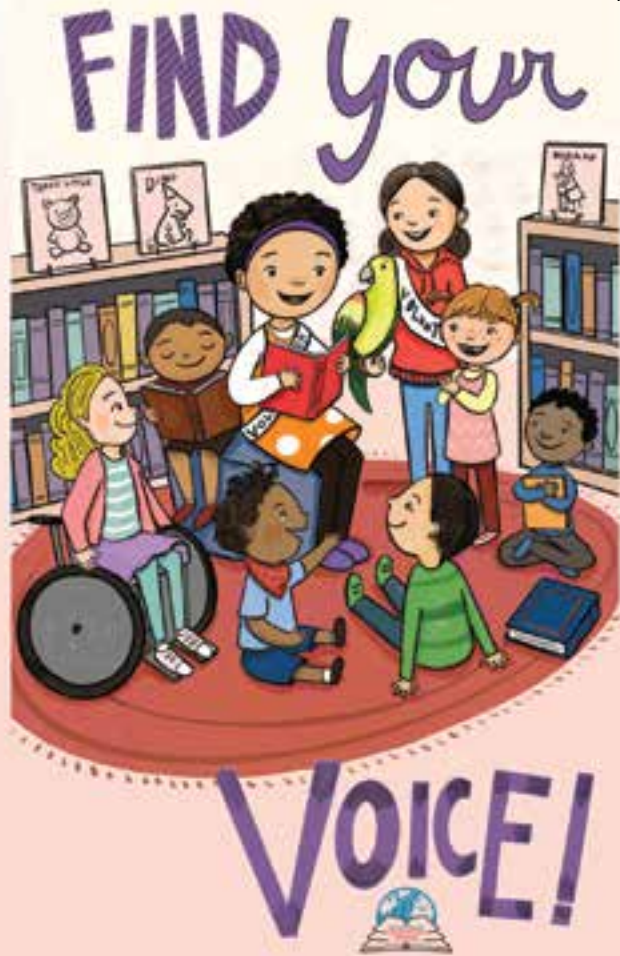
Jump The Sack, Carry The Egg, Hula Hoop

CANDY GOODY BAGS FOR PARTICIPANTS

For authorized ID Card holders:

Active Duty, Retirees, Reserve Military and their Family Members, National Guard, and DoD Civilians.

787-707-3550/3211



Save the date for an adventurous
SUMMER READING PROGRAM

Fort Buchanan Post Library!

FIND YOUR VOICE!
2023 iREAD

For children, teens, and adults.

For more information contact
 the Fort Buchanan Post Library
 or go to:

www.ila.org.DoDSummerReading

The Extraordinary Military Child

By Karina V. Altagracia Espada • CYS School Liaison Officer

When I look back into my childhood a bunch of memories come back filling my soul of nostalgia and happiness. Those memories shaped my thinking and future and made me who I am today. Children, who serve our country alongside their military parents, experience childhood rather differently. Youth in military families face a lot of challenges common in military life. However, despite the challenges, these children develop the ability to turn a difficult situation into an opportunity for success. They exemplify incredible strength of character and embody leadership within their families and communities.

During my time here at Fort Buchanan I have been able to witness the greatness

of our military children. Their intellectual capacity and ability to solve problems and think critically, their ability of exposing and defending their beliefs and points of view respectfully, and their genuine interest in helping others selflessly is truly extraordinary. The challenges they face as a part of their youth helps prepare them for adversity throughout their lives. In addition, those challenges are also experiences that will become their childhood memories. Memories that when looking back at their past will make them proud of what they've become drawing a smile on their faces.



BABYSITTING COURSE

JUNE 12-16, 2023

8 AM - 12 PM
FOR TEENS 13-18 YEARS OLD

\$45
FEE



YOU WILL LEARN:

- Highlights on topics of child development, Sudden Infant Death Syndrome (SIDS), home & fire safety, family differences, food and nutrition, and child entertainment.
- Tips on how to market your new business.
- Red Cross First Aid & CPR Certification.

PLEASE CALL CYS PARENT CENTRAL SERVICES OFFICE
AT 787-707-3787/3541

CYS Summer CAMP



starting
12
June



FOR ELIGIBLE CHILDREN
FROM KINDERGARTEN
TO 12TH GRADE.
SPACES ARE LIMITED.

REQUESTS:
Children from Kinder to 5th grade
at militarychildcare.com
For youth from
6th to 12th grades call
CYS Parent Central Services at
787-707-3787/3541

FUN & CREATIVE
ACTIVITIES

If your child is not enrolled in CYS Program, requests are made through militarychildcare.com

BEGIN YOUR JOURNEY TO LEARN

Salsa

DANCING

BASIC LEVEL SALSA LESSONS

10 to 26 May
Wednesday & Fridays

Community Club
"El Yunque" Room

6 p.m.- 8 p.m.

Registration fee: \$45 per person

For ID card holders and
MWR members only

786-890-7324

787-707-3974

787-707-4391





5K FUN RUN



**MAY 6 • 7 AM
COMMUNITY CLUB
PARKING LOT**

BE ENERGIZED!

OPEN POST EVENT!

- T-shirts for the first 200 persons registered.
- Medals for all participants that complete the finish line.

REGISTRATION FEE:
 \$20 per person in advance.
 \$25 at the door. Ticket sold at
 Event Brite, the Sports & Fitness Center
 facilities, or by phone at 787-707-3763/3767.



"50" CALORIE BURN ROW FUN CHALLENGE



**MAY 6
9 AM - 9:30 AM
FREE OF COST**

TAKE THE CHALLENGE!

Row until you have burned 50 calories.
 Men & Women categories. Held after the 5K run!



www.buchanan.armymwr.com ● ● ●

https://bit.ly/StrongBANDS_5k





APRIL & MAY WORKSHOPS AT ACS

Rise of the Flag & Gold Star Spouses' Recognition Event: April 5, 10 am at Fort Buchanan Soldier Plaza.

Wear Blue on Fridays: April 7, 14, 21, & 28 Show your support for Child Abuse Prevention Month.

MilParents ROCK! Rock Painting: April 12 & 26, 3 pm, Post Library- Build memories and bond with your children as you support Child Abuse Prevention Month in this workshop.

Healthy Relationships: Problem-Solving: April 18, 11:30 am, ACS Bldg.225. Learn how to respond to loved ones effectively and strengthen your relationships.

Army Volunteer Corps Annual Award & Appreciation Ceremony: April 21, 10 am, Community Club, Bldg. 660.

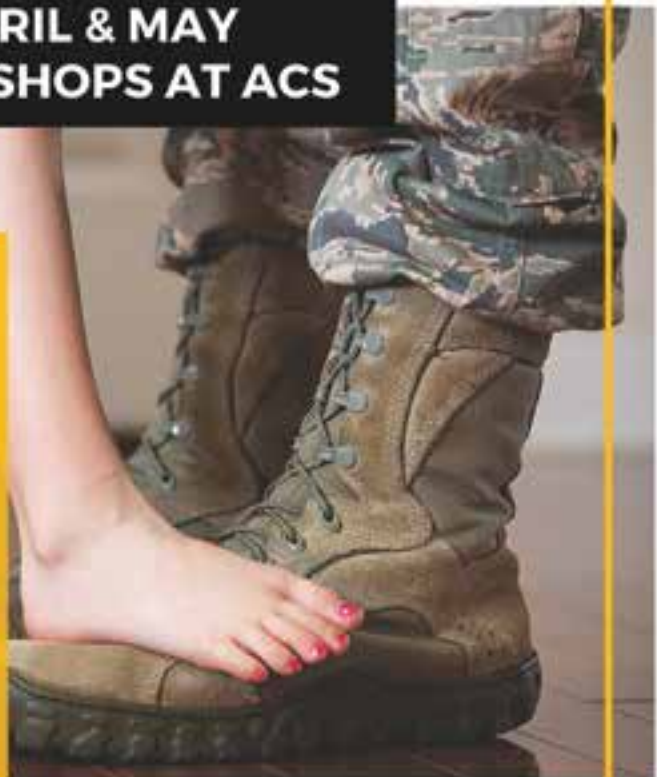
Child Abuse Prevention Month Informative Table at CDC: April 25, 3 pm at Child Development Center, Bldg. 1110.

Child Find Screening: April 26, 8:30 am, Community Club, Bldg.660. Free developmental screening for children 0-5 years old. Sponsored by EFMP & EDIS.

Celebrating Children & Youth: April 28, 3 pm, Community Club, Bldg.660. Get to know all the available services for Military Families.

Healthy Relationships: Avoiding Thinking Traps: May 9, 11:30 am, ACS Bldg. 225. Learn how to avoid thinking traps that undermine your relationships.

Healthy Relationships: Avoiding Thinking Traps: May 23, 11:30 am, ACS Bldg. 225. Learn the different communication styles and how to use them to improve your relationships.



Talk to your child about treating each other with respect and disciplining without hurting.



OUR PROGRAMS

- Family Advocacy Program
- Army Emergency Relief
- Army Volunteer Corps
- Survivor Outreach
- 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
- Other services and resources

CONTACT US



Bldg. 225 Davis Street,
Fort Buchanan



787-707-3804



facebook.com/ACSBuchanan

Fort Buchanan

SAVE THE DATE

Saturday, July 1st
INDEPENDENCE DAY

Celebration

3 PM - 11 PM • THE EXCHANGE PARKING LOT

LIVE BANDS

**FOOD, BEVERAGE & ARTISAN KIOSKS
AND THE TRADITIONAL FIREWORKS!**

BE ON THE WATCH FOR MORE

WWW.BUCHANAN.ARMYMWR.COM

★ *Open to the public* ★

An unforgettable evening with a



MAGICAL ENTERTAINMENT

Show

by

**Tramposo
Profesional**

**Sunday
June 4**

**Fort Buchanan Community Club
Show starts at: 5 pm. Open to the public.
Show is Bilingual.**

Entrance fee: Palco \$25 - Preference: \$20 - General \$15

**This event provides a spectacular magical night
where attendees will enjoy truly unforgettable acts.**

Tickets: EVENT BRITE: <https://bit.ly/MagicShow-FB>

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

