



LIFE with US

FORT BUCHANAN • JUNE
JULY 2022



MWR MEMBERSHIP

The perfect membership for yours.
Now your family can have access to Fort Buchanan!

What is MWR Membership?

Get access to Fort Buchanan and have the advantage of enjoying our facilities and a safe and fun environment.

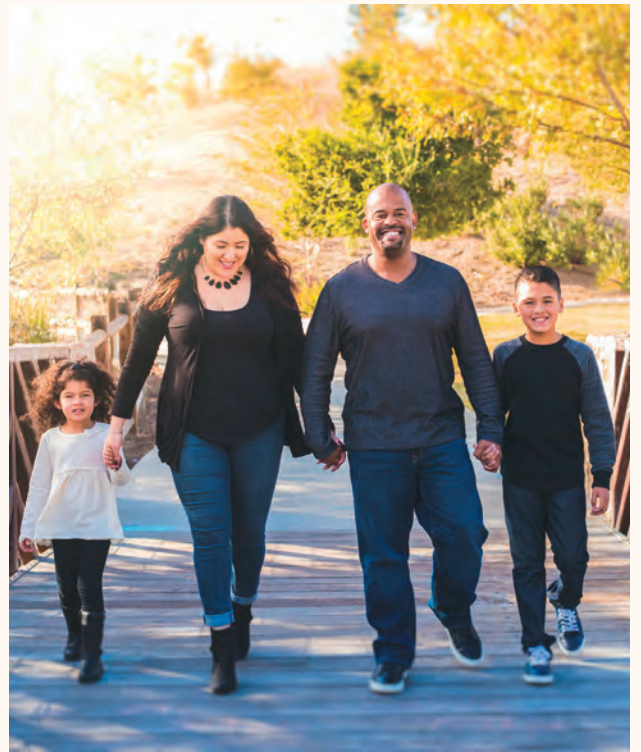
Benefits

With the MWR membership you will have access to the Golf Course, La Bolera, the Community Club & Conference Center, the Borinquen Bar & Patio and all the special events.

Other benefits

In addition, we offer different classes and discounts, such as golf classes and discounts on tickets for special events when you buy them in advance. Catering services and rental of rooms for activities.

*Involves an additional cost.



Information

For more information, call 787-707-3215
We are located at The Community Club,
Bldg 660, with Leisure Travel Office.

Hours: Monday to Friday 7:30 a.m. - 3:30 p.m.



LIFE WITH US

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BEAT THE SUMMER HEAT!

Hydrate regularly, carry water with you, eat lighter, dress light, use sun block, and search for shady spaces are some things you can do. However, we offer ways to have fun despite the heat such as enjoying the the Water Spout's waterslides, by joining some of the guided tours available by contacting our Leisure Travel Office, or by renting some outdoor party or camping equipment for your adventures at Outdoor Recreation, where Scuba trips and classes are also offered. Bohemian Nights at the Golf Course, or refreshing frozen cocktails from the "Borinquen Bar & Patio" are other great choices! Browse through these pages and see what a great summer Family and MWR has in store for you!

FAMILY AND MWR *LIFE WITH US* EDITORIAL TEAM

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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



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Outdoor Recreation
TRIPS & SCUBA CLASSES



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Community Club
LATIN AMERICAN CIRCUS



13

Special Events
INDEPENDENCE DAY CELEBRATION



18

Army Community Service
FAP CLASSES

BOWLING CAMP



Saturdays from July 8 through July 30 from 5 p.m. to 8 p.m.

All cardholders 12 years and over can join our **BOWLING CAMP!**

Price is \$12 per person for three (3) games and shoe rental.

Spaces are limited, call and reserve your space!

787-707-2695/2568

BOWLING FAMILY FUN

**DADS CAN BOWL FOR FREE WITH THE
PURCHASE OF AN ADDITIONAL PLAYER.**

SHOE RENTAL IS NOT INCLUDED.

Father's Day



SUNDAY JUNE 19 - 1 P.M. - 5 P.M.

RESERVE AT 787-707-2695

**FOR MILITARY,
MWR, AND AUTHORIZED
ID CARD HOLDERS.**

SUMMER TRIPS




SCUBA Open Water Classes

Class Dates: Flexible Schedule.

Contact us for more information.

Class Cost: \$399pp (All students need to comply with the instructor requirements and established class dates. No refunds will be made).

Requirements: Must be in a good physical condition and know basic swimming skills.

Class includes all SCUBA equipment, eLearning code pass, pool lesson, and four boat open water dives. Includes a Saturday Culebra dive and a Sunday Fajardo Dive. Note: Weather Conditions may affect the class schedule.



East Coast Catamaran Adventure

Date: Saturday, July 09, 2022

***Depart: 5:30 am * Return: 4:00 pm**

Experience the Beauty of Fajardo on a Day Sail. SPREAD EAGLE II departs for a palm-fringed tropical island at 10 a.m. from 'J' Dock at Villa Marina in Fajardo, a 30-mile drive east from San Juan, Puerto Rico. Then, it's about a one-hour catamaran sail to an offshore island and the reef.

Includes Transportation, sail catamaran tour, snorkeling equipment, pre-made lunch, snacks, sodas, and water.

*Note: Transportation for the first 10 participants, or you can follow us in your vehicle.

Cost: \$109 per person



Culebra Island Snorkeling Adventure

Date: Saturday, July 13, 2022

***Depart: 7:00 am Returns: 6:00 pm**

A worldwide attraction! Flamenco Beach is located over Culebra Island and is considered by many as one of the Top Ten beaches in the world, making Flamenco Beach a top priority among visitors to Puerto Rico. It is known for its white sandy beaches and crystal clear waters, great for small children to snorkel. Important: To visit Flamenco Beach, good ocean weather conditions are necessary. If weather conditions are not the best, we will visit another beach area located at Culebra Island.

Includes a private vessel, transportation, pre-pack lunches, snacks, soft drinks, complimentary rum drinks, snorkeling equipment, and flotation devices.

*Note: transportation is available for the first 12 participants, or you can follow us in your vehicle.

Cost: \$119 per person



Coming in August

Boating Skills and Seamanship Course

11 Days Online Course dates: August 16 to September 01, 2022.

For more information, contact Outdoor Recreation at 787-707-3734/3138, or send an email to kevin.o.laluzivera.naf@army.mil



FORT BUCHANAN GOLF CLUB INVITES YOU TO

BOHEMIAN SUMMER NIGHTS

DOMINO TOURNAMENT
LIVE MUSIC
FOOD AND DRINK SPECIALS

FRIDAY NIGHTS
JUNE 24, JULY 29, AND AUGUST 26
6 P.M. - 11 P.M.

FOR MORE INFORMATION, CALL 787-707-3980

Bio Bay Experience



GUIDED KAYAK TOUR IN THE
BIOLUMINESCENT BAY, LAGUNA GRANDE,
FAJARDO BY YOKAHU KAYAKS

Call us now!

787-707-4343/4344

NEW

borinquen
bar & patio



Cocktails & Smoothies

To sip on all summer long...



Smoothies



TUTTI FUTTI

PIÑA COLADA

MANGO

STRAWBERRY

VIRGIN MIAMI VICE

Sooo refreshing!!

Frozen Mojitos



LEMON

COCONUT

MANGO

STRAWBERRY

Frozen Cocktails



MANGO-RITA

SPICY JALAPEÑO

CLASSIC PIÑA COLADA

COCO LOCO

MANGO MADNESS

LATIN AMER

JUNE

COMMUN

★ MAYO-KEPT-G

★ MAGICIAN ACT

★ GLOBE OF

★ DJ MUSIC

SHOW TIMES:

Thursday, June 2, 2022: 7 p.m.

Friday, June 3 (*School's Show*): 10 a.m.

Friday, June 3: 7 p.m.

Saturday, June 4: • 2 p.m. • 5 p.m. • 8 p.m.

Sunday, June 5: • 3 p.m. • 7 p.m.

TICK

Admission Free
3 years & under

Unlimited Refreshments
& Inflatables

787-707-3900
787-2460

AMERICAN CIRCUS

2-5

UNITY CLUB

HUP CLOWNS

★ AUTOBOT

E DEATH

★ AND MORE

TICKETS

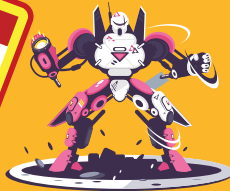
Free \$15 pp
and up

Rock Climbing
plus \$5 pp

774/4391
-6264

OPEN
TO THE
PUBLIC

Scan here to buy tickets



F O R T B U C H A N A N

Independence Day

C E L E B R A T I O N

FIREWORKS

FOOD KIOSKS

ARTISANS

CLOWNS

INFLATABLES

ROCK CLIMBING

SATURDAY
JULY 2
3 p.m. - 10 p.m.

OPEN POST

Must present a valid photo ID (license or passport)
at the installation's gate for access to the event

\$10 per person (12 years up)
UNLIMITED Inflatables, Rock Climbing,
& Clowns at the kids area for \$10 extra.
787-707-3974/4391 or 787-246-6264

SPONSORED BY:





Gisselle



Son Divas



Kelandy Band

Fort Buchanan Exchange Parking Lot

LIVE MUSIC:

- **Son Divas**
(Salsa Music Band)

- **Gisselle** (Merengue)
- **Kelandy Band**
(Armed Forces Entertainment)

The U.S. Army does not officially endorse sponsors. Choose a designated driver. Do not drink & drive.

SUMMER SPORTS CAMP

WEEKLY SPORT
\$45 PER SPORTS/PER WEEK

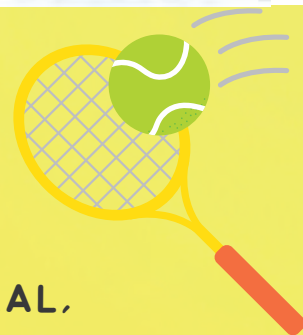
DIFFERENT SPORT EVERY WEEK @
Mc ARTHUR & BASKETBALL COURT

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



**JOIN
NOW**

START TRAINING TODAY



Rock Abs & Foam Roller Class

**WEDNESDAY JUNE 8
AT 12PM & 4:30PM**

A strong abdominal core can aide in strengthening your lower back muscles, which will improve your posture and possibly diminish injuries.

Use of a foam may assist in reduced muscle tension and inflammation as well as increasing joint range of movement, making the roller effective as a pre-workout warm-up or post-exercise active recovery.

Come to the PFC Roberto E. Clemente Walker Annex Bldg.170 and take part in an innovative class that will incorporate abdominal exercises and foam roller movements your body will surely appreciate!



JUMP INTO Summer Body-Weight Workout Class

**WEDNESDAY JULY 13TH
AT 12PM & 4:30PM**

Summer is in! If you are looking to improve your heart condition, mental state and physical fitness condition, the "Jump into Summer" Body weight Class is for you!

The class consist of a variety of body weight, high-low intensity cardio movements, performed within a 30-minute timeframe that will help you burn calories and leave you feeling energized!

**PLEASE SIGN UP BY CALLING THE SPORTS & FITNESS CENTER (787)707-3767/3281
SEE YOU THERE!**





UNITED STATES ARMY
CHILD & YOUTH SERVICES

TENNIS VOLUNTEERS

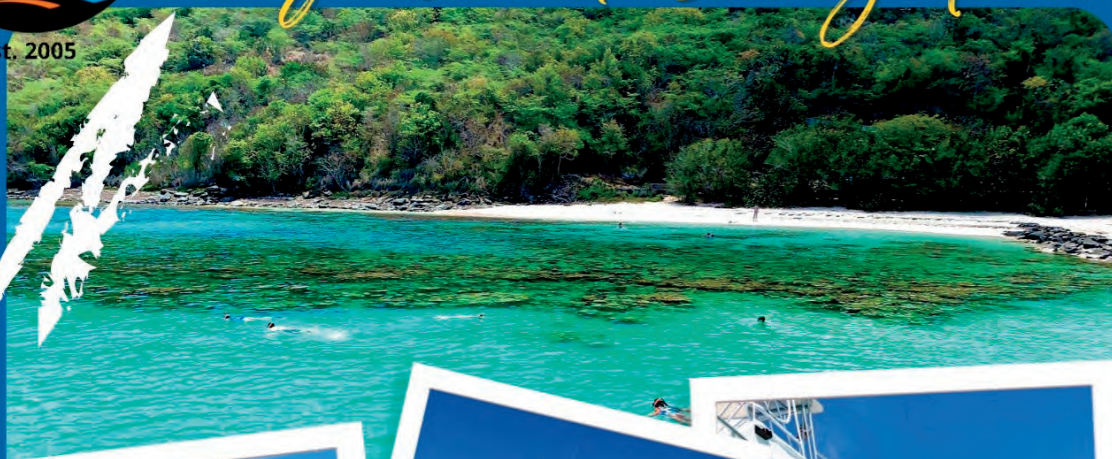


CYS is looking for
Tennis Court instructors for
children ages 6 to 18.

 **787-707-3406/3466** 



Explore the cordillera cay aboard Sailgetaways



SAILING CATAMARAN 9:00AM - 2:00PM

Explore The Cordillera Cay
aboard our 32-foot Sailing
Catamaran



DOUBLE DIP SNORKELING & BEACH TOUR 8:00AM- 12:00PM OR 1:00PM - 5:00PM

Get to the cordillera Cays
quicker and enjoy your day
exploring the many natural
wonders.



CULEBRA SNORKELING & BEACH TOUR 8:30AM - 3:00PM

Come and enjoy one of Puerto
Rico gems, the island of
Culebra where snorkeling and
beach exploration are
unmatched.

Includes:

Two stops (Snorkel at local reef,
Beach)
Snorkeling equipment
Light Lunch (Your selection of
Sandwich, chips and fruit)
Unlimited Soft drinks
Rum based drinks after snorkeling.

P: 787-707-4344
DSN: 740-4344
Cell Number: 939-227-4787
fortbuchananlts.mwrtvl.com
www.buchanan.armymwr.com
Military Discount



Army Community Service

Family Advocacy Program

Events in June



*Foundations
of Fatherhood
&*

Dirty Diaper Derby Competition

Tuesday, June 14

12:15 a.m. - 1 p.m.
at Bldg. 315



For fathers with children all ages! Participants will learn the vital role that their involvement in parenting has on their family's well-being and future success, as well as enjoying a fun and friendly competition.

For information about who can participate and/or to register please call ACS/Family Advocacy Program at 787-707-3709 or email: 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

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

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

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



JOIN OUR TEAM

WE ARE

HIRING!

APPLY NOW

<https://bit.ly/MWRJobs>

SCAN HERE



CAREER OBJECTIVE
An employment opportunity in a bus
SUMMARY OF QUALIFICATION
Organizing opp

AT THE WATERSPOUT

NOCHE DE SAN JUAN POOL PARTY

7 PM- 1AM

**Thursday, June 23rd
Live DJ Music
\$15 per person**

H A P P Y
4TH OF JULY
Pool Party

**JULY 4TH
10 AM - 5 PM**

FOR MORE INFORMATION, CALL 787-707-3550

**AUTHORIZED PATRONS (ACTIVE DUTY, RETIREES, RESERVE MILITARY
AND THEIR FAMILY MEMBERS, NATIONAL GUARD, AND DOD CIVILIANS).**