



LIFE
with **US**



FORT BUCHANAN • JUL.
AUG. 2023
SEP.

★ FORT BUCHANAN ★

INDEPENDENCE DAY Celebration



Open to the Public

SAT. JULY 1st

4 p.m. - 10 p.m.

LIVE MUSIC BY

Luis González El Tsunami de la Salsa
(Salsa Band)



Grupo Manía (Merengue Band)



Tribute to Elvis Presley
VIVA THE KING by Luis Enrique



EVENTBRITE



FIREWORKS!
FOOD KIOSKS
ARTISANS

General Entrance \$10 pp
VIP Area \$35 pp
787-707-3974



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



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FLEA MARKET



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Borinquen Bar & Patio
JAZZ NIGHT



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Sports & Fitness
EXERCISE CHALLENGE



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The Waterspout
BACK TO SCHOOL BASH

JUMP INTO SUMMER FUN!

Hot long days of July are known as the "dog days of summer" because it's the beginning of the hot summer days. It is particularly the time of the year to enjoy water sports and activities. The perfect time to visit The Waterspout! Also, Outdoor Recreation features a visit to Fajardo's Bio-bay.

All during August, it is National Wellness Month, which focuses on self-care, managing stress, and promoting healthy routines. The Sports & Fitness Center will be featuring an Exercise Challenge!

September is the month with the most letters, and the ninth month, a letter for each. Check out the Post Library's Story Time, Crafts, Online Resources Training, and more. It is also Hispanic Heritage Awareness Month, and the Borinquen Bar & Patio will be celebrating "Xmas in September" with music and typical Puerto Rican food!

See all the information inside this issue!

FAMILY AND MWR
LIFE WITH US EDITORIAL TEAM

Family and MWR Programs Director
Mr. Scott Abell

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



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buchananmwr

MWR-ICE-QR Interactive Customer Evaluation

NAF

BID/SALE

OUTDOOR RECREATION
BLDG. 608

Industrial Grade Equipment
Auction and Sale

JULY

MONTH

**27
&
28**

DAYS

2023

YEAR

MILITARY PERSONNEL ONLY:

July 27, 9:00 a.m. - 10 a.m.

ALL OTHERS:

July 27, 10 a.m. - 3 p.m.

July 28, 9 a.m. - 3 p.m.

**PARTICIPANTS MUST BE MILITARY SERVICE MEMBERS, RETIREES,
VETERANS, DOD CIVILIANS, AND MILITARY FAMILIES.**

787-707-3734

**OPEN TO THE PUBLIC
FORT BUCHANAN**



FLEA MARKET

Find your next treasure
at the market!

August 5 | 9 am-4 pm
@ Community Club Parking

Table fee: \$30

Secondhand items, crafts, and more!
Reserve your table now, spaces
sell out fast!

Reserve by calling:

787-707-3974/4391 • 786-890-7324



HEINEKEN PRESENTS

Jazz Night

borinquen bar & patio

FRIDAY, AUGUST 4

5 PM - 10 PM

FREE ADMISSION

OPEN TO THE PUBLIC

FEATURING: *VICTOR GARCÍA BAND*



787-707-3974/4391 • 786-890-7324

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

AUTO SHOW

Open to the Public • Free admission!

SATURDAY • 5 AUGUST 2023
FORT BUCHANAN COMMUNITY CLUB
9 AM-4 PM



LIVE & DJ MUSIC

KID'S PLAY AREA • FOOD & BEVERAGE FOR SALE

787-707-3974



AUTO SERVICE

REPAIR AND MAINTENANCE

We offer a variety of services such as oil change, alignment, inspections, diagnostic check, repairs and much more! Stop by the **Automotive Skills Center** for your vehicle's needs.

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Would you like to work your own vehicle?

Come by and rent a bay using your own tools or ours at not extra cost.



For more information give us a call at **787-707-3972**

Monday through Friday from 7:30 a.m. to 4:00 p.m.

Bldg. 159, Bayley Road (located next to the Bowling Center).



OPEN TO THE PUBLIC
FREE ADMISSION



**BOOSTED WITH THE
FOOTBALL SEASON GAME!**

**Community Club
starting at 9 am**



787-707-3974

Fajardo's Bio Bay Kayaking

Experience the rare phenomenon of bioluminescence on a Bio Bay Kayaking tour at the *Laguna Grande* in Fajardo.

Activity type: Kayaking

Place: Fajardo

Date: Saturday, July 15, 2023

Difficulty: Hard

Depart: 4 pm * **Return:** 10 pm

Includes: Transportation, full kayak equipment and water.

Requirements: Must be 14+ years old and must be in good physical condition, wear closed shoes, bring change of clothes, cash for food, waterproof case for sensitive items, and backpack with snacks.

Cost: \$65 pp

Catamaran Trip: Icacos Island

Experience Snorkeling in one of the clearest waters in the Caribbean. Bring your camera and capture the amazing underwater sea life with a variety of fish, turtles, and colorful reef gardens that Icacos has to offer.

Activity type:

Sightseeing / Snorkeling / Beach Day

Date: Saturday, July 22

Difficulty Level: Easy

Depart: 6 am * **Return:** 4:30 pm

Place: Icacos Island, Fajardo

Includes: Private vessel transportation, pre-packed lunches, snacks, soft drinks, snorkeling equipment, and flotation devices

Cost: \$99pp

NAF Property BID/Sale

Do not miss the opportunity of acquiring used NAF Property at a low cost in our next NAF sale event.

Activity type: *Silent Auction and Sale of Equipment*

Date: July 27 and 28

Military Personnel only one(1) hour priority in line on 07/27/2023 from 9 am to 10 am

Start: 9 am * **Ends:** 3 pm

Requirements: Participants must be Military Service members, Retirees, Veterans, DoD Civilians, and Military Families. Participants must be 18+ years to participate.



**FOR UPDATES &
MORE DETAILS:**

buchanan.armymwr.com
787-707-3734

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Cultural Tour: Discovering Ponce

Ponce also known as *La Perla del Sur* (Pearl of the South) is the second most known town in Puerto Rico with an abundant historical presence. We will be visiting the Museum of Art, *El Parque de Bombas* and many more places.

Activity type:

Sightseeing/ Cultural Education

Date: Saturday, September 2

Depart: 7 am * **Return:** 6 pm

Place: Ponce, Puerto Rico

Includes: Outdoor Recreation will provide transportation, water, and snacks.

Cost: \$39pp

Horseback Riding Beach Tour

Come and discover 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, September 16

Difficulty: Medium

Depart: 6 am * **return** 4 pm

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 seven 7+ years old, must bring long pants, closed toe shoes, sunscreen, and a lightweight jacket.

Cost: \$69 pp



LUNCH BUFFET

At Community Club

Featuring: Deluxe Salad Bar,
Home-style Lunch Specialties,
Desserts, and More...

Only \$12.50 for Adults
\$8.00 for Children ages ten
and below

Craving for only Salad?
Deluxe Salad Bar \$8.50

Monday thru Friday
11 AM to 1 PM



OPEN TO THE PUBLIC

OCT. 7 STARTS 5 PM COMMUNITY CLUB

LIVE ENTERTAINMENT | GERMAN FOOD & BEERS

STAY TUNED!

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POST LIBRARY EVENTS

JULY

• Computer Orientation Saturday 1st- 10am

This Program focuses on understanding basic computer skills and answer basic computer questions. Also, we take this opportunity to talk about the amazing Online resources the Army MWR libraries offer.

• Golden Age Therapeutic Crafts- Tuesday 11th- 11am

Join us for a surprise craft. All materials will be provided.

• Military One Source Wednesday 12th- 3pm

Visit Military OneSource information table at the Library to learn about their available res

Homeschooling Learning Hub

For Homeschooling families of all ages every 1st Wednesday of the month from 3pm-4pm, starting **September 6th, 2023** at the Post Library. Call the Library or the CYS School Liaison Officer at 787-707-3400.

AUGUST

• Computer Orientation Saturday 5th- 10am

This Program focuses on understanding basic computer skills and answer basic computer questions. Also, we take this opportunity to talk about the amazing Online resources the Army MWR libraries offer.

• Golden Age Therapeutic Crafts- Tuesday 8th- 11am

Join us for a surprise craft. All materials will be provided.

• Military One Source Wednesday 9th- 3pm

Visit Military OneSource information table at the Library to learn about their available resources.

• Online Resources Training: Novelist Plus Thursday 31st- 3:30pm

Don't know what to read next? Join us to learn about Novelist Plus a database of book recommendations.

SEPTEMBER

• Computer Orientation Saturday 2nd - 10am

This Program focuses on understanding basic computer skills and answer basic computer questions. Also, we take this opportunity to talk about the amazing Online resources the Army MWR libraries offer.

• Game Day Every Saturday-12-4:45pm

Visit us every Saturday for a gaming day at the library. You can choose from Switch games and board games for free-play.

• Golden Age Therapeutic Crafts Tuesday 12th - 11am

Join us for a surprise craft. All materials will be provided.

• Military One Source Wednesday 13th 3pm

Visit Military OneSource information table at the Library to learn about their available resources.

• Arts & Crafts Wednesday 13th and Wednesday 27th - 3pm

Let's get crafty! Kids and caregivers are invited to craft with us in the library! We will provide basic supplies and materials.

• Grandparent Week Crafts Saturday 16th - 1pm

Join us with your grandparents for a craft session together!

• Special Story Time Saturday 23rd - 11am

Join us for a bilingual story celebrating National Hispanic Heritage Month and stay for crafts!

• Online Resources Training: Universal Class Thursday 28th- 3:30pm

• Movies @ your library Saturday 30th -1pm

Join us to watch Encanto and stay for a craft session!

For more details and signing up for events send an email to sylmari.burgosramirez.naf@army.mil or call 787-707-3208.



Fort Buchanan Directorate & Community EXERCISE CHALLENGE

Thursday, August 17 • 5 pm at the Community Club

The Sports & Fitness Center has put together a fun alternative way for you to workout! You will bend, lift, flip, pull & push to burn calories and increase your muscle strength.

Put together your team to compete and prove who's the fastest at completing the four (4) exercise events!

1. Farmer's Walk
2. Tire-Push
3. Tire-Pull
4. Thruster (*squat & press*)

Teams consist of four participants. Cost:\$10 per team

Winning Team participants will receive:

- one (1) Drink of preference
- one (1) Sample Platter from the Community Club

All participants will receive:

- T-Shirt & Participation Medal
- Strong BANDS (*Balance, Activity, Nutrition, Determination and Strength*)

Register at the Sports & Fitness Center: **787-707-3767**



Army Community Service Workshops

JULY

EFMP Class: Resiliency and Functional Diversity Workshop

Wednesday, July 5 from 10 am -11:30 am at ACS, Bldg. 225.

This workshop is to help family members with functional diversity and their caregivers by building self-awareness to enhance their resiliency.

EFMP Class: Resources for People with Functional at ACS Conference RoonDiversity

Tuesday, July 11 from 10 am-11am at ACS, Bldg. 225.

For more information, call the ACS Exceptional Family Member Program at 787-707-3295/3804 raymond.morales.civ@army.mi

EFMP Class: Family Care Plan

Tuesday, July 18 from 10 am-11am at ACS, Bldg. 225.

Army Volunteer Corps: Web Portal Volunteer Information Management System

Thursdays, August 3, 10,17, & 24 9 am - 12 pm at ACS Bldg. 225. Provides useful management tools to volunteers and OPOCs of the Army Volunteer Corps, such as thability to record volunteer hours and manage volunteer service records. Alkso provides content that helps you stay up to date with ACS news, announcements and events Learn about the importance of a Family Care Plan and how to develop a functional one.

FAP Class: 3 Keys to Success in Relationships

Tuesday, 25 Jul from 10 am -11am at ACS, Bldg. 225.

Healthy relationships have three core themes: Do Your Part/Decide, Don't Slide/Make It Safe to Connect. For more information, call the ACS Family Advocacy Program at 787-707-3709/3804 ruth.e.gonzalez.civ@army.mil

EFMP Class: Calming Your Mind

Wednesday, 26 July from 10 am -11:30 am at ACS, Bldg. 225.

Learn about the strategies and benefits of calming the mind.

MILITARY SPOUSES FORUM

Wednesday, 19 July, 16 August, and 20 September at 11 am, ACS Bldg. 225.

Join us to brainstorm ideas of programs, events, workshops, and activities to strengthen and enhance the Military Families' well-being. "Your voice is important. We want to hear ideas from you."

For more information, call the ACS at 787-707-3292/3804 wilda.diaz3.civ@army.mil.

Financial Readiness Program: July Workshops

at ACS Bldg. 225 Mondays 10 July from 9 am-10:30 am.

Bankruptcy

17 July Guidance for life changing events- 24 July

For more information, call the ACS Financial Readiness Program at 787-707-3310/3804 edwidg.pedre2.civ@army.mil

august

Army Volunteer Corps: Web Portal VIMS Training

Thursdays, August 3, 10,17, & 24 9 am - 12 pm at ACS Bldg. 225.

Provides useful management tools to volunteers and OPOCs of the Army Volunteer Corps, such as the ability to record volunteer hours and manage volunteer service records. Also helps you stay up to date with ACS news, announcements and events.

EFMP: Resiliency and Functional Diversity Workshop

Tuesday, 8 August from 10 am -11:30 am at ACS, Bldg. 225.

This workshop is to help family members with functional diversity and their caregivers by building self-awareness to enhance their resiliency.



EFMP Class: Resources for People with Functional Diversity

Tuesday, 15 August from 10 am -11:30 am at ACS, Bldg. 225. Learn more about all the resources available.

EFMP Class: Family Care Plan

Tuesday, 22 August from 10 am -11:30 am at ACS, Bldg. 225.

Learn about the importance of a Family Care Plan and how to develop a functional one.

EFMP Class: Calming Your Mind

Wednesday, 29 August from 10 am -11:30 am at ACS, Bldg. 225.

Learn about the strategies and benefits of calming the mind. For more information, call the ACS Exceptional Family Member Program at 787-707-3295/3804 raymond.morales.civ@army.mil.

september

Army Volunteer Corps: Web Portal VIMS Training

Thursdays, September 7, 14, & 28 9 am - 12 pm at ACS Bldg. 225.

Provides useful management tools to volunteers and OPOCs of the Army Volunteer Corps, such as the ability to record volunteer hours and manage volunteer service records. Also helps you stay up to date with ACS news, announcements and events.

Financial Readiness Program: August Workshops

at ACS Bldg. 225 from 9 am-10:30 am.

Financial Education Goals

Monday, 14 August Using Credit Wisely

Monday, 21 August BRS & TSP- Monday, 28 August For more information, call the ACS Financial Readiness Program at 787-707-3310/3804 edwidg.pedre2.civ@army.mil

EFMP Class: Resources for People with Functional Diversity

Tuesday, 12 September from 10 am -11:30 am at ACS, Bldg. 225

Financial Readiness Program: September Workshops

at ACS Bldg. 225 from 9 am-10:30 am.

Budgeting

Monday, 11 September

Major Purchases

Monday, 18 September

Army Emergency Relief

Monday, 25 September

For more information, call the ACS Financial Readiness Program at 787-707-3310/3804 edwidg.pedre2.civ@army.mil.

Family Advocacy Program:

Back-to-School Family Game Day

Wednesday, 27 September from 3 pm - 5 pm at the Chapel Annex, Bldg. 292.

Enjoy an afternoon of fun and friendly competition with friends and Family.



Science Behind Anger & Stress

September 24, October 30, November 27, and December 18 from 10 am to 11am at ACS Bldg. 225.

Learn about this topic and explore how they can impact relationships if not managed appropriately.

Baby Sign Language

Wednesday, 28 September from 10 am - 12 pm at the Chapel Annex, Bldg. 292. For parents of children 0-3 years old. Teaches how to use baby signs to connect and communicate with your child (not intended to teach American Sign Language (ASL) to children who are deaf).

For more information call ACS Family Advocacy Program at 787-707-3709/3804 ruth.e.gonzalez.civ@army.mil

You are invited to Celebrate **58** years of service to the Military Community

Tuesday, 25 July, 2023
11 a.m. - 2 p.m.

ACS, Davis Street, Bldg. 225
Fort Buchanan

For additional information please call 787-707-3682/3804 or by email sigfredo.perez.civ@army.mil.

WANT TO PLAY GOLF?

GO FOR IT!

Fort Buchanan Club Championship
Sat.- Sun., July 15 - 16

Member & Employee Tournament
Saturday, August 26

787-707-3980/3557

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

borinquen
bar & patio

XMAS!

in September!



**FRI. 8
SEP. 8**

5 pm



**FREE
Admission**

MUSIC & ENTERTAINMENT

Typical Food and Beverages for sale



WATERSPOUT

**Summer
Hours**

FROM MEMORIAL DAY TO LABOR DAY

**TUESDAY TO SUNDAY
10 A.M. TO 6 P.M.**

@BUCHANANMWR

BACK TO SCHOOL BASH

Friday, September 1st

At the Waterspout, 2 pm - 6 pm

Regular fees apply.

For all authorized patrons.

Fun Games & Music!

SWIMMING LESSONS

Group Class: September 5 - 20

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

Tuesday to Thursday

4 pm, 4:45 pm, & 5:30 pm

Maximum 6 students per session.

Private class: \$30 pp for 30 minutes.

Must schedule time with instructor.

For more information:

787-707-3550/3211

Save the date

HORROR ASYLUM NIGHTS

EVENT DATES:

FRIDAYS:

06 OCTOBER 2023

13 OCTOBER

20 OCTOBER

27 OCTOBER

SATURDAYS:

30 SEPT. 2023

07 OCTOBER

14 OCTOBER

21 OCTOBER

28 OCTOBER

TUESDAY: 31 OCTOBER

OPEN TO
THE PUBLIC

COMMUNITY CLUB
PARKING LOT
6 PM TO 11 PM

ENTRANCE FEE

- \$25. GENERAL PP
- \$50. FAST PAST PP
- \$80. GROUP OF 4 BUNDLE
- \$170. GROUP OF 4 BUNDLE FAST PASS

787-707-3974

