

**MWR has had multiple trips in the past here so be sure to request the waitlist. Additional trips may fill before they are fully advertised



Fletcher Fitness Center

Building 301

Programs & Events are FREE to all authorized patrons More info call: 207-438-4261 Mon-Fri, 5 a.m. - 8 p.m. Sat & Sun, 8 a.m. - 4 p.m. *Hours are subject to change

Pull Up Challenge Month of October

Come into the Fletcher Fitness Center any time during the month of October. There must be full extension of arms at the bottom and chin fully over the bar. Most reps done in 1 set wins!

Disc Golf Tournament Wednesday, October 30 4 p.m.

It is a perfect time of year to play in our Disc golf tournament; try it before the snow arrives! Disc golf is scored like traditional golf but it involves throwing a disc from a tee off point to a target (a basket with chains). Players keep count of throws (or strokes); and just like golf the lowest number of strokes wins. Fitness swag for all participants!

Stay Connected

Get updates right on your phone! Sign up for our texting program: Text PNSYFUN to 888-697-6762

You can also download the NAVY MWR PNSY App! Available on both Apple Store and Google Play.





Discount Tickets, Trips Free Movies & Tours at ITT

Building 22 More info call: 207-438-2713 Mon-Thurs, 8 a.m. - 6 p.m. Fri, 8 a.m. - 8 p.m. | Sat, 1 - 6 p.m. *On all trips there are no refunds if a customer cancels unless we are able to fill their spot.

Damariscotta **Pumpkinfest & Trolls** Saturday, October 12

\$30 includes van transportation (gardens admission not included)

Take a step back in time & enjoy Damariscotta with us. We leave at 8 a.m. and will have 3 hours in Damariscotta. Stroll by giant pumpkins transformed into creatures and more. Pack a lunch tires with the FREE air hose. or enjoy food there. We then stop at the Coastal Maine Botanical Gardens in Boothbay to see the trolls and flowers before they rest for the season. We leave with our steps in at 4 p.m. returning to the Shipyard by 6 p.m.

Acadia National Park Sunday, October 6

\$35 includes admissions and transportation As New England's only national park, Acadia is a must see. You won't see it all but you'll enjoy amazing places all in one day. Leave the driving & reservations to us. We leave the shipyard at 7 a.m. and wonder at Acadia National Park's Thunder Hole for 11 a.m. After a brief stop at Otter's Point, enjoy lunch (on your own) or a hike at Jordan's Pond. Our last stop is Cadillac Mountain. We leave Acadia at 4 p.m., have a quick stop in Bangor and back by 8 p.m.

Free movies play in the Shipyard Auditorium, Building 22. Friday Movies are at 6 p.m. and Saturday Movies are at 2 p.m. To find a full list of movies visit: www. facebook.com/pnsyffr

Auto Hobby Shop

Behind Building H10 More info call: 207-438-2981 Tues, Wed & Sat, 8 a.m. - 4 p.m. Thurs & Fri, 10a.m. - 6 p.m. Please note: 30 minutes before closing time no new projects are to start and clean-up is to begin.

Fall Car Maintenance

Clean out the inside of your car with the FREE vacuum out front. Then top it off with filling up the You're car will be all ready for the colder weather!

Auto Hobby Shop has 6 bays -5 Two Post Lifts & a Motorcycle/ ATV lift

First Come. First Serve We have tools for just about ANY iob!

\$6.00/hr To Rent a Bay with a Lift (We supply the tools!) \$5.00 Tire Machine (Unlimited

Use)

\$5.00 Tire Balancer (\$5.00 Per Tire - Weights Included) \$5.00/hr Wash Bay

FREE Vacuum Out Front FREE Air Hose Out Front

Recreation Equipment Rental

Building H10 More info call: 207-438-1514 Mon-Fri, 8:30 a.m. - 3 p.m.

Mark Your Calendar: Sunday River Ski Trip February 5 - 9, 2025 More info to come!

Demonstrations, Clinics, & Workshops

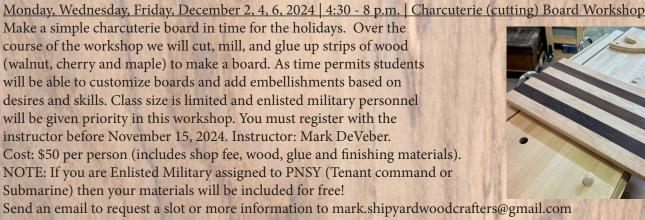
Want to try a new hobby or learn a new skill? Stop by the Wood Hobby Shop in Building H-10 for more information. Or sign up for one of the upcoming demonstrations or workshops. Open shop hours are Tuesdays & Thursdays 4 - 9 p.m. & Saturdays 9 a.m. - 2 p.m.

Wednesday, October 9, 2024 4:30 - 6 p.m. Sharpening Basics (demonstration & discussion) A dull tool is useless and dangerous. Take the mystery out of properly sharpening hand tools. Demonstration will involve straight and curved edged tools using different methods (oil, water and diamond stones). Instructor: Mark DeVeber | Cost: Free

Wednesday, October 23, 2024 | 4:30 - 7 p.m. | Restoration of Old Hand Tools (clinic) Everyone has either got an old hand tool from a grandparent or you picked one up at a yard sale, flea market, oran auction. Bring in your old (and uncared for) hand tool and we will evaluate the condition and show you how to recondition and restore it to it's previous glory. While the clinic will demonstrate the restoration process using the example of a Stanley number 4 or 7 hand plane, the principles can be applied to many other & tools. Instructor: Mark DeVeber | Cost: Free

Wednesday, November 13, 2024 | 4:30 - 6 p.m. | Woodcarving Introduction (demonstration & discussion)

Carving is one of the oldest crafts known to man. It requires a relatively small amount of tools, and is perfect for people with limited space and time. This demonstration and discussion will focus on low and high relief carving, chip carving, and whittling, wood selection, and layout. Instructor: Mark DeVeber | Cost: Free







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