

**August 2024**

**Portsmouth**  
**Shipyard Currents**

Your source for information for MWR, CYP, Fleet & Family Support Services, Family & Bachelor Housing at Portsmouth Naval Shipyard, Kittery, Maine

**DEEP SEA**  
**Fishing**  
**Trips**

**Fishing at  
the best time  
of the year!**



**Sunday, September 8, 2024**

**\$80**  
Per Person

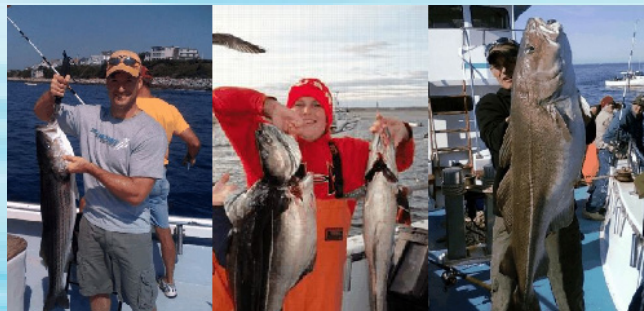
Price includes Rod rental & bait  
Boat leaves from the PNSY, Back Channel Marina  
at 8 a.m. and will return at 3:30 p.m.

You'll fish from New England's most productive fishing grounds!  
Pack a lunch & come enjoy a great full day of fishing.  
You can bring your fish home whole or the boat staff will fillet it.

All people going on trips **MUST** come in to office and sign hold harmless papers.  
No sign papers no trip.

For 12 years and older.  
No alcohol allowed.

For more information &  
to sign up visit ITT,  
Building 22 or call  
207-438-2713



## 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

## Push-Up Challenge

### Month of August

How many push-ups can you do

until failure? Maximum amount of

push-ups in single attempt wins!

Must keep proper form (straight

line from ears to ankles).

Winners will be placed on the

record board.

## Disc Golf Tournament

### Wednesday, Aug 28 | 4 p.m.

Disc golf is scored like tradition-

al golf but it involves throwing a

disc from a tee off point to a tar-

get (a basket with chains). Players

keep count of throws (or strokes);

and just like golf the lowest num-

ber of strokes wins. Report to

Fitness Center for Scorecards.

Winner will receive a prize.

## Stay Connected

Get updates right on your phone!

Sign up for our texting program:

Text **PNSYFUN** to

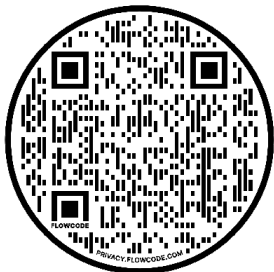
**888-697-6762**

You can also download the NAVY

MWR PNSY App! Available on

both Apple Store and Google Play.

[www.navylifePNSY.com](http://www.navylifePNSY.com)



## Discount Tickets, Trips & Tours at ITT

Building 22

More info call: 207-438-2713

Operational Hours:

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.

## Whale Watch Cruise

### Saturday, August 10, 2024

\$48 for adults | \$42 for seniors 60+

\$36 for children 4-15 | Children

under 4 FREE

Guests are charged \$15 per

person for transportation.

If you are meeting there, you will

have to pay a \$5 cash parking fee.

If you haven't seen whales on the

seacoast, then this is your chance.

Spend the afternoon with us on

the water watching nature at its

best. Join us in Rye, NH when we

leave for a 4-5 hour cruise to view

whales in their favorite splashing

grounds - Yes you may get wet!

We leave from the Shipyard at 1

pm and start our adventure on

the seas at 2 pm. Return time

may vary but we'll be returning

to the Shipyard by 7:30 pm.

## Boston Day Trip

Saturday, August 24

\$25 van transportation & VIP

tour

Join us for a private tour of the

USS Constitution and spend the

rest of the day in Boston. We

depart the Shipyard at 7:30 a.m.

and our tour starts at 9 a.m.

Once complete, you are free to

explore the city! For an additional

\$34 you can visit the Auschwitz

Exhibit at 1 p.m. We leave

Boston at 3:30 p.m. returning to

the Shipyard by 5 p.m. Don't let

this opportunity set sail without

you!

## Maine Lobster Festival

Saturday, August 2, 2024

\$35/person

Travel with us to Rockland, Maine

for the Maine Lobster Festival

where you'll see all things lobster.

There's even a band playing made

of lobstermen. We depart at 9

a.m., arrive at noon and have three

hours at the festival to shop, eat,

and enjoy the music and views.

We'll then head to Mount Battie

summit in Camden State Park to

enjoy more spectacular views.

While in Camden we'll have dinner

at Cuzzy's (ice cream is right next

door, both extra) and then head

home for 9 p.m. Don't delay, these

spots won't last long!

## Free Movies

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 that will

be playing this month visit our FB

page: [www.facebook.com/pnsyffr](http://www.facebook.com/pnsyffr)

\*No food in the auditorium until

further notice\*

## Fridays at 6 PM

August 2 - The Ministry of

Ungentlemanly Warfare (R)

August 9 - Civil War (R)

August 16 - Monkey Man (R)

August 23 - Deadpool (R)

August 30 - The First Omen (R)

## Saturdays at 2 PM

August 3 - Moana (PG)

August 10 - Shrek (PG)

August 17 - Zootopia (PG)

August 24 - The Long Game (PG)

August 31 - The Blue Angels (G)



# KITTERY CONCERTS ON THE COMMON

Tuesdays 6:30 to 8 pm - Rain or Shine  
July 9, 16, 23 shows will play at John Paul Jones Memorial Park in Kittery. Other shows play in the front field of the Kittery Community Center. All shows are FREE!

## July 30 - North River Music

North River Music is an Americana band with strong harmonies and expressive musicianship. Playing familiar songs with their own roots/bluegrass sound, a North River set is fun to listen to with something for everyone. From Crosby Stills and Nash, The Eagles and Dylan to traditional American standards come to listen - you'll like what you hear!



## August 6 - Girls Just Wanna Have Fun

Get ready to transport yourself back to the totally tubular 80's with the Girls Just Want To Have Fun Band, New England's 80's Ladies Tribute Band! Featuring a talented and energetic female fronted lineup. Catchy tunes and vibrant performances will have you dancing and singing along to all your favorite hits from the iconic era. This band brings the party wherever they go!



## August 13 - Common Ground Band

Common Ground Band is a cover band playing the best rock, R&B, and blues from the 60's through the 90's.



PNSY MWR: [www.facebook.com/pnsyffr](http://www.facebook.com/pnsyffr) | KCC: [www.facebook.com/kittcommctr](http://www.facebook.com/kittcommctr)

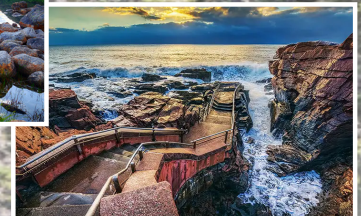
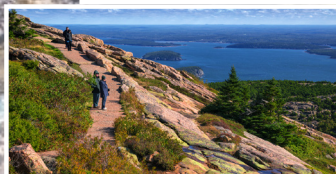
# ACADIA NATIONAL PARK TRIP

Sunday, September 1, 2024

End your holiday weekend with us. 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 and 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.

\$35 includes admissions and transportation.



Pack your own snacks & drinks. Early birds get the worm and a spot on this trip. Don't delay! Contact ITT at 207-438-2713 or visit building 22.