



## FFR Weekly Highlights

Providing services that enhance the quality of life to sustain the Fleet, enable the Fighter, and support the Family!  
 NBVC MWR is located at NBVC PH Bldg. 1180, Phone (805) 982-5554. January 15, 2019.

### **FAMILY DINNER NIGHT AT POINT MUGU – TACO BAR!**

1/16 5-7 pm Family Dinner Night at Flightline Café. Adults \$10.95, Kids under 12 \$7.95. Join us and make new friends at Taco Bar Night at the Flightline Café BLDG #225 Point Mugu! Seasoned Ground Beef, Shredded Chicken, Spanish Rice, Refried Beans, Chips and Salsa, and all your favorite Taco Fixings, & Fountain Drink!

### **MWR COMMUNITY RECREATION OPEN TO ALL HANDS 805-982-4284**

- 1/17 Bar Night Trivia 6 pm The Hangar BLDG #6 Point Mugu. Free to Play – Win \$10 MWR Gift Certificates!
- 1/19 Superhero and Princess Tea Party 10 am – 1 pm at Duke’s Place. Games, crafts, snacks, FREE event!
- 1/19 Pacquiao vs. Broner 6 pm WATCH LIVE AT THE SURF NET BLDG. #20 Point Mugu  
 FREE to enter - Drinks & light refreshments for sale.

### **MWR POLAR PLUNGE & AQUATICS SWIM CHALLENGE 805-982-4753**

1/18 11:30 am Polar Plunge sign up at 11 am. 5K Run and 50-yard Swim! Prizes and Captain’s Cup points!  
 2/4-22 MWR Aquatics English Channel Swim Challenge. Swim the equivalent mileage of the English Channel (approx. 25 miles!) in the pool at Seabreeze Aquatic Center and Point Mugu Aquatic Center.

Always taking registrations for Swim lessons for children and adults. Active duty receives FREE lessons/coached work-outs. ALSO taking registrations for NAUI SCUBA INSTRUCTION!

### **MWR ATHLETICS & FITNESS / BENCH PRESS AND BIGGEST LOSER!**

Biggest Loser event starts NOW, lose weight with friends and support from our trained professionals!  
 2/8 6 pm Bench Press Competition. Sign up at the gyms. Point Mugu Gym call 805-982-4749 or 805-989-8098.

BeeFit and Mugu Gym have new class schedules. Check out the new schedule [www.navylifesw.com/ventura](http://www.navylifesw.com/ventura), NBVC MWR Facebook, or pick up a schedule during your next visit. Contact 805-982-4726 or 805-989-7728 for information on all fitness activities and to book a session with our new Massage Therapist!

### **FFSC CLASSES AND INFORMATION 805-982-5037**

Disaster Preparedness	JAN 16	10 - 11 am	FFSC Hueneme
Keep Your Cool	JAN 16	10 am – Noon	FFSC Hueneme
Deployment 101	JAN 23	10 - 11 am	FFSC Mugu
Sponsor Training	JAN 23	1 - 2 pm	FFSC Hueneme
Infant Basics	JAN 24	2:30 - 3:30 pm	FFSC Hueneme
Deployment Discussion Group	JAN 24	5:30 - 6:30 pm	FFSC Hueneme
Career Exploration & Planning	JAN 23 -24	8 - 4 pm	FFSC Hueneme

### **MWR AUTO SKILLS CLASSES**

1/26 11 am How to Change and Balance Tires - at Auto Skills Bldg. #154 Point Mugu.  
 Liberty patrons FREE, \$5 per class for all patrons. No flip-flops, shorts, or tank-tops. Contact 805-989-7353.

## **MWR DINING SERVICES 805-982-2582**

**Bard Lunch Buffet:** THU 11 am - 1 pm \$12.50 p/person, menu posted to social media “NBVC MWR.”

**19th Hole Grill:** Breakfast & Lunch is available 7 - days a week, 6 am – 3 pm. Serving Starbucks coffee and specialty drinks. Breakfast available 6 – 10 am.

**Keglers Korner:** Keglers is open daily at 11 am at NBVC Lanes, Port Hueneme

**The Flightline Café:** NBVC Point Mugu, is open for Breakfast & Lunch 5-days a week, 6 am – 3 pm.

Breakfast available 6 – 10:30 am Proudly serving Starbucks® coffee and specialty drinks.

**Hangar Bar:** NBVC Point Mugu THU, FRI, SAT 6 – 10 pm

## **MWR NO LONGER ACCEPTING CASH**

As of October 1, 2018, select Navy Region Southwest MWR Programs, including RV Parks, Storage (personal and vehicle) and MWR Lodging (cottages, NBVC beach motel, campsites and yurts), are no longer accepting cash. We still welcome your payment using either a credit or debit card. Contact 805-982-5554 for information.

## **MWR TICKET OFFICE**

2019 Ventura Axxess Books are now available at Port Hueneme and Point Mugu Ticket Offices! Contact 805-982-4284 for information and other opportunities including travel services!

## **FREE NAVYLIFE APP**

Download the FREE NavyLife Ventura County App from your mobile App Store and always have all our program information in your hands! Follow us at [www.navylifesw.com/ventura](http://www.navylifesw.com/ventura), and “NBVC MWR” on social media!

## **MWR SINGLE SAILORS/LIBERTY ONLY → 805-982-5182 or 805-797-0069**

### **ALL SINGLE ACTIVE DUTY MILITARY & GEO-BACHELORS WELCOME!**

1/19	10 am – 10 pm	Liberty Trip AMA Supercross at Angel Stadium includes transportation \$45
1/25	8:30 – 10:30 pm	Cosmic Bowling at NBVC Lanes, games and shoe rental FREE!
1/26	4:30 am – 10 pm	Liberty Trip Ski/Snowboard at Big Bear \$75 includes lift ticket, gear, and ride!

## **ALL MWR BASE MOVIES ARE FREE!**

*Schedule subject to change; call 805-982-5002 for updated information.*

### **NBVC Needham Theater Schedule**

<u>DATE</u>	<u>TIME</u>	<u>MOVIE</u>	<u>RATING</u>
THU 1/17	7 pm	Mortal Engines	PG-13
FRI 1/18	7 pm	Aquaman	PG-13
SAT 1/19	2 pm	Spider-Man: Into the Spider-Verse	PG
	5 pm	Mary Poppins Returns	PG
	8 pm	Aquaman	PG-13
SUN 1/20	2 pm	Spider-Man: Into the Spider-Verse	PG
	5 pm	Aquaman	PG-13

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Find all of the FFR information at [www.navylifesw.com/ventura](http://www.navylifesw.com/ventura) and via NAVYLIFE Ventura County App

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