



EXPERIENCE NAVY LIFE  
N A V A L S T A T I O N

EVERETT

OCTOBER-DECEMBER 2018

# *Holiday*

ENTERTAINMENT  
GUIDE





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NGIS-Smokey Point "Executive Suite".  
**Enjoy quick access** to Seattle Premium  
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**Quality Rooms start at just \$65/night**

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[www.navylifepnw.com](http://www.navylifepnw.com)  
[NGIS.DoDLodging.net](http://NGIS.DoDLodging.net)





Pregnancy Support Classes  
with Fleet & Family Support



Fall Harvest Fest Carnival



Jim Creek in the Fall



Zombie Dash



Grand Vista Ballroom

# EXPERIENCE NAVY LIFE NAVAL STATION EVERETT

**OCT.-DEC. 2018**

## WELCOME TO EXPERIENCE NAVY LIFE

*Experience Navy Life Everett* is a product of the Navy Region Northwest Fleet & Family Readiness Marketing Department, in cooperation with Fleet & Family Readiness (FFR) Program partners. Sign up to receive the *Navy Life Currents* email newsletter at [navylifepnw.com/subscribe](http://navylifepnw.com/subscribe).

This magazine is sponsored by Navy Region Northwest Fleet & Family Readiness (CNRNW FFR). This magazine is intended to provide information and discussion on Quality of Life programs and services. The information contained in this issue was current at the time of publication. Activities, events and hours of operation are subject to change. Please visit our official homepage at [navylifepnw.com](http://navylifepnw.com).

### DIGITAL ISSUES

To download a copy of this magazine, please visit [everett.navylifepnw.com/magazine](http://everett.navylifepnw.com/magazine).

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- Individual Augmentee (IA) Support
- Life Skills Education
- Navy Gold Star Program
- Navy Family Ombudsman Program
- Navy Wounded Warrior-Safe Harbor
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Job Fair



ROCK-Tober

\* \* \* \* \*

# FLEET & FAMILY SUPPORT PROGRAM



All classes are FREE unless otherwise noted.

Appointments available for FREE individual consultations, call (866) 854-0638.

For most up-to-date information, visit [everett.navylifepnw.com](http://everett.navylifepnw.com).

Prices, dates and times may be subject to change without prior notice.

## CLINICAL SERVICES/ FAMILY ADVOCACY PROGRAM

### Survivors Overcoming Assault with Resiliency (SOAR)

Call to schedule a meeting  
(425) 304-3711  
(425) 304-3738

### EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

*Provides information, referral,  
systems navigation and non-  
medical case management to  
special-needs families.*

### EFM Community Connections

**Wednesday, October 10  
10-11 am**  
NSE, Bldg. 2000, Room 105  
(425) 304-3720

### EFM 101

**Thursday, November 8  
10-11 am**  
NSE, Bldg. 2000, Room 105  
(425) 304-3720

### FAMILY EMPLOYMENT READINESS PROGRAM (FERP)

*Assists you in landing that  
perfect job!*

### Resume Writing for a Difficult Job Market

**Tuesday, October 9  
10 am-Noon**  
Smokey Point, Bldg. 13910  
Room 811  
(425) 304-3716

## Snohomish County Joint Services Job Fair

**Wednesday, October 17  
10 am-2 pm**  
Armed Forces Reserve Center  
13613 40<sup>th</sup> Ave. NE  
Marysville, WA 98271  
(425) 304-3716

### Interviewing to Win

**Tuesday, November 6  
10 am-Noon**  
Smokey Point, Bldg. 13910  
Room 811  
(425) 304-3716

### Federal Job Search; GS, NAF and Contract

**Tuesday, December 4  
10 am-Noon**  
Smokey Point, Bldg. 13910  
Room 811  
(425) 304-3716

## LIFE SKILLS EDUCATION

*Gain knowledge and  
develop new skills that will  
enhance self-esteem and  
interpersonal relations.  
Courses are also available on  
request.*

### Secrets of Stress Management

**Thursday, October 11  
8:30-10 am**  
NSE, Bldg. 2000, Room 109  
(425) 304-3708

### Care Package

**Wednesday, October 17  
10-10:30 am**  
NSE, Bldg. 2000, Room 107  
(425) 304-3708

### CONSEP

**Tuesday, October 23-**

## Wednesday, October 24

**7:30 am-4 pm**  
NSE, Bldg. 2000, Room 107  
(425) 304-3323

### Secrets of Stress Management

**Thursday, November 8  
8:30-10 am**  
NSE, Bldg. 2000, Room 109  
(425) 304-3708

### Sponsorship Training

**Thursday, November 8  
1-2 pm**  
NSE, Bldg. 2000, Room 107  
(425) 304-3708

### Secrets of Stress Management

**Thursday, December 13  
8:30-10 am**  
NSE, Bldg. 2000, Room 109  
(425) 304-3708

### Navy Spouse 101

**Thursday, December 13  
11 am-12:30 pm**  
NSE, Bldg. 2000, Room 107  
(425) 304-3708

### NEW PARENT SUPPORT (NPS)

*Helps service members  
and their spouses adjust to  
the rigorous demands of  
parenthood.*

### Pregnancy Support Group: Understanding Your Newborn

**Wednesday, October 3  
11 am-12:30 pm**  
NSE, Bldg. 2000, Room 109  
(425) 304-3713  
(425) 304-3718

## Pregnancy Support Group: Pediatric Dentistry

**Wednesday, October 17  
11 am-12:30 pm**  
NSE, Bldg. 2000, Room 109  
(425) 304-3713  
(425) 304-3718

## Pregnancy Support Group: Pregnancy Fitness /Physical Therapy

**Wednesday, October 31  
11 am-12:30 pm**  
NSE, Bldg. 2000, Room 109  
(425) 304-3713  
(425) 304-3718

## Pregnancy Support Group: TRICARE-Infant/ Child CPR

**Wednesday, November 14  
11 am-12:30 pm**  
NSE, Bldg. 2000, Room 109  
(425) 304-3713  
(425) 304-3718

## Pregnancy Support Group: Ask A Medical Provider/Contraception

**Wednesday, November 28  
11 am-12:30 pm**  
NSE, Bldg. 2000, Room 109  
(425) 304-3713  
(425) 304-3718

## Pregnancy Support Group: Safe Sleep/ Purple Crying

**Wednesday, December 12  
11 am-12:30 pm**  
NSE, Bldg. 2000, Room 109  
(425) 304-3713  
(425) 304-3718

## Pregnancy Support Group: End-of-Year Celebration



**Wednesday, December 19**  
**11 am-12:30 pm**  
 NSE, Bldg. 2000, Room 109  
 (425) 304-3713  
 (425) 304-3718

### OMBUDSMAN PROGRAM

*Training and support for the liaison between commands and all family members within a command.*

#### Ombudsman Basic Training (OBT)

**Tuesday, October 2–**  
**Thursday, October 4**  
**9 am-3:30 pm**  
 NSE, Bldg. 2000, Room 109  
 (425) 304-3719

#### Ombudsman Assembly & Advanced Training

**Tuesday, November 20**  
**5 pm-7 pm**  
 NSE, Bldg. 2000, Room 107  
 425-304-3719

#### Ombudsman Assembly

**Tuesday, December 18**  
**5 pm-7 pm**  
 NSE, Bldg. 2000, Room 107  
 425-304-3719

### PERSONAL FINANCIAL MANAGEMENT (PFM)

*Helps you manage your money, such as budgeting, credit/debt management, savings and investing, ID theft, car buying and home buying, as well as other individual financial concerns.*

#### Quarterly Financial Forum (QFF)

**Wednesday, October 24**  
**10 am-Noon**  
 NSE, Bldg. 2000, Room 105  
 (425) 304-4058

#### Holiday Spending

**Tuesday, November 6**  
**10-11:30 am**  
 NSE, Bldg. 2000, Room 105  
 (425) 304-4058

#### Credit Management

**Tuesday, December 4**  
**1-2 pm**  
 Smokey Point Bldg. 13910, Room 811  
 (425) 304-4058

### SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

*The main goal of the SAPR program is to assist victims of sexual assault and reduce the incidence of sexual assault committed by or against military service members, their families and civilians.*

#### Initial Victim Advocate Training (40 hours)

**Monday, October 15–**  
**Friday, October 19**  
**7:30 am-4 pm**  
 NSE, Bldg. 2000, Room 105  
 (425) 304-3712  
 (425) 304-3369

#### Point of Contact Training (POC) (8 hours)

**Wednesday, November 7**  
**7:30 am-4 pm**  
 NSE, Bldg. 2000, Room 105  
 (425) 304-3712  
 (425) 304-3369

#### Victim Advocate Refresher Training (16 hours)

**Wednesday, November 14–**  
**Thursday, November 15**  
**Day 1: 7:30 am-4:30 pm**  
**Day 2: 7:30 am-2:30 pm**  
 NSE, Bldg. 2000, Room 105  
 (425) 304-3712  
 (425) 304-3369

### SPECIAL EVENTS

#### ROCK-tober! Domestic Violence Awareness

**October 1-31**  
**Anytime Basewide**  
 All month long paint and hide, or find and share DV Awareness campaign rocks. Share them on social media and hashtag your photo with #navylifeepnw so that we can track them. Don't forget to include what command you are with to be awarded Command Cup points!

#### Stand Together for Change

**Wednesday, October 24**  
**9 am-Noon**  
 Grand Vista Ballroom  
 Interactive Domestic Violence Awareness and Prevention GMT Training

### TRANSITION ASSISTANCE PROGRAM

*Are you separating or retiring soon? If so, the FFSP can help you become better prepared for your transition into the civilian sector.*

### TRANSITION GOALS, PLANS, SUCCESS

#### (GPS) CORE

**Separation T-GPS**  
**Monday, October 1–**  
**Friday, October 5**  
**7:30 am-4 pm**  
 Smokey Point, Bldg. 13910 Room 809  
 (425) 304-3724

### Cross Functional Assistance Committee (CFAC)

**Tuesday, October 9**  
**10-11:30 am**  
 NSE, Bldg. 2000, Room 105  
 (425) 304-3724

### Retirement T-GPS

**Monday, October 15–**  
**Friday, October 19**  
**7:30 am-4 pm**  
 Smokey Point, Bldg. 13910 Room 809  
 (425) 304-3724

### Washington State Employment Workshop

**Tuesday, October 16**  
**Noon-1 pm**  
 Smokey Point, Bldg. 13910 Room 808  
 (425) 304-3724

### Separation T-GPS

**Monday, October 29–**  
**Friday, November 2**  
**7:30 am-4 pm**  
 NSE, Bldg. 2000, Room 107  
 (425) 304-3724

### Executive T-GPS

**Monday, November 26–**  
**Friday, November 30**  
**7:30 am-4 pm**  
 Smokey Point, Bldg. 13910 Room 809  
 (425) 304-3724

### Separation T-GPS

**Monday, December 10–**  
**Friday, December 14**  
**7:30 am-4 pm**  
 Smokey Point, Bldg. 13910 Room 809  
 (425) 304-3724

### TRANSITION GOALS, PLANS, SUCCESS (GPS) TRACKS/CAPSTONE

#### Retirement Capstone-T-GPS

**Wednesday, October 3**  
**7:30 am-4 pm**  
 NSE, Bldg. 2000, Room 107  
 (425) 304-3323

#### Entrepreneur Track (B2B)

**Tuesday, October 9–**  
**Wednesday, October 10**  
**7:30 am-4 pm**  
 NSE, Bldg. 2000, Room 107  
 (425) 304-3323

#### Separation Capstone-T-GPS

**Wednesday, November 7**  
**7:30 am-2 pm**  
 NSE, Bldg. 2000, Room 107  
 (425) 304-3323

#### Accessing Higher Education

**Tuesday, November 13–**  
**Wednesday, November 14**  
**7:30 am-4 pm**  
 NSE, Bldg. 2000, Room 107  
 (425) 304-3323

### Retirement Capstone-T-GPS

**Wednesday, December 5**  
**7:30 am-4 pm**  
 NSE, Bldg. 2000, Room 107  
 (425) 304-3323

### Career Technical Track

**Tuesday, December 11–**  
**Wednesday, December 12**  
**7:30 am-4 pm**  
 NSE, Bldg. 2000, Room 107  
 (425) 304-3323

### WEBINARS

*FREE! Attend live workshops from the comfort and convenience of your home computer! Register online by visiting the Webinar page on [navylifeepnw.com](http://navylifeepnw.com), unless otherwise noted. Upon registration, details for attending the webinar will be emailed to the address you provide.*

#### Ghost of Christmas Present

**Thursday, October 3**  
**2-3 pm**

#### Writing Your Best Resume

**Thursday, October 11**  
**11 am-Noon**

#### Mindfulness, Resiliency & Self-Care

**Tuesday, November 6**  
**10 am-1 pm**

#### Credit...What's the Big Deal?

**Thursday, November 8**  
**11 am-Noon**

**FREE**

To sign up for this class, please call (425) 304-3716.

**Tuesday, October 9**  
**10 am-Noon**  
 Smokey Point, Bldg. 13910 Room 811

**RESUME WRITING FOR A DIFFICULT JOB MARKET**

# JOINT SERVICES

## JOB FAIR

In conjunction with Snohomish County

**Wednesday, October 17**

**10 am - 2 pm**

**Armed Forces Reserve Center  
Smokey Point**

**13613 40th Ave. NE | Marysville, WA 98271**

Bring your resume and meet local employers, find resources and more!  
Dress for success and come prepared to interview!  
Pre-registration not required.

For more information:  
**(425) 304-3367**

Learn secrets to affordable  
gift purchasing, budgeting  
and savings plans this  
holiday season!



**Tuesday, November 6**

**10-11:30 am**

**NSE, Bldg. 2000**

**Rm. 105**

**FREE!**

To sign up for this  
class, please call  
**(425) 304-4058**





NS Everett

**ROCK****-tober!****for  
Domestic  
Violence Awareness****Monday, October 1-Wednesday, October 31****ROCK-tober Rock Painting**

Paint, hide, find and share *purple rocks* to raise awareness of Domestic Violence.

- Each rock contains a message.
- Post a picture with your rock on social media with the hashtags #navylifePNW and #DVAwareness.
- Include what command you are with to be awarded Command Cup points!

Friday, September 28

5:30-8 pm

The All American Restaurant, \$3 per person

**For more information: (425) 304-3736 or (425) 304-3708****STAND  
TOGETHER  
FOR  
CHANGE****Interactive Domestic Violence  
Awareness and Prevention Training**

Wednesday, October 24

9 am-Noon, FREE

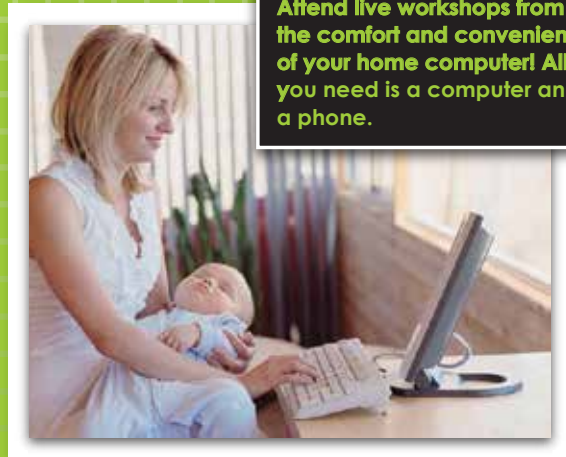
Naval Station Everett

Grand Vista Ballroom, Bldg. 1950

Reserve your training time by calling  
(425) 304-3736

**PREPARE FOR THE CHALLENGE OF  
ADDRESSING DOMESTIC VIOLENCE****Fleet & Family Support  
Webinars**

Attend live workshops from  
the comfort and convenience  
of your home computer! All  
you need is a computer and  
a phone.



For a schedule and to register: [www.navylifePNW.com](http://www.navylifePNW.com)  
Questions? (866) 854-0638 or [ffsp.cnrnw@navy.mil](mailto:ffsp.cnrnw@navy.mil)

**NAVY  
WOUNDED WARRIOR  
SAFE HARBOR**

Supporting seriously wounded, ill and injured  
Sailors and Coast Guardsmen and their families.



1 (855) 628-9997 (24/7)  
[safeharbor.navylive.dodlive.mil](http://safeharbor.navylive.dodlive.mil)



Fall Harvest Fest Carnival



Breakfast with Santa

\*\*\*\*\*

## CHILD & YOUTH PROGRAMS



Navy Child & Youth Programs (CYP) provide developmental childcare and youth recreational programs and services for eligible children and youth, ages 6 weeks to 18 years of age.

Programs and services are specifically designed and operated to meet the unique needs of the military mission and service members and their families.

For the most up-to-date information, visit [everett.navylifepnw.com/child-youth](http://everett.navylifepnw.com/child-youth) or call (425) 304-3778.

*Prices, dates and times may be subject to change without prior notice.*

### OCTOBER

#### Fall Harvest Fest Carnival Friday, October 26

6-7:30 pm

The Commons Gymnasium,  
FREE

Old-fashioned game booths, pumpkin ring toss, fishing pond, pumpkin bowling, cake walk, face painting, and more! Prizes for every game! Open to all ages, registration is not required.

(425) 304-3778

### DECEMBER

#### Breakfast with Santa Saturday, December 8 9-11 am

Grand Vista Ballroom  
Enjoy a hearty breakfast, participate in holiday activities and crafts, and visit with Santa! This popular event fills up quickly! Call for pricing and reservations beginning Thursday, November 1 and by Monday, December 3! (425) 304-3778



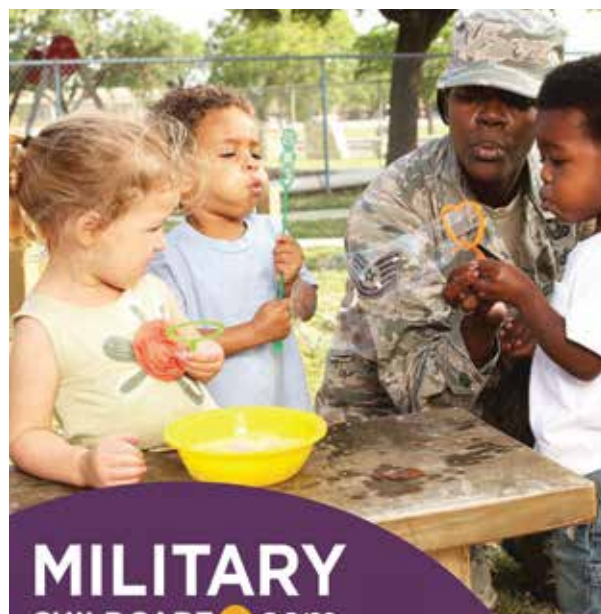
#### SCHOOL LIAISON OFFICER

*A School Liaison Officer is the primary point of contact between the military installation, the local schools and school districts, transitioning families and the community at large.*

*Provides services for:*

- Transitioning Families
- Educators
- Command Leadership

*For more information, contact:  
[everett.slo@navylifepnw.com](mailto:everett.slo@navylifepnw.com)  
or (425) 304-3688.*



**MILITARY**  
CHILDCARE dot COM

*We care for your children  
while you protect America*

A Department of Defense (DoD) program that makes it easier to find the child and youth care your family needs.



Fall Harvest Fest Carnival



# Fall Harvest Fest CARNIVAL

Fun for the whole family!



# FREE

**Friday, October 26**

**6-7:30 pm**

The Commons Gym  
Open to all ages

**Old-fashioned Booths  
Hosted by Departments  
within NSE.**

Pumpkin Ring Toss  
Fishing Pond  
Cake Walk  
Craft Corner  
Face Painting  
Bouncy Houses  
and more!

**Prizes for every game!  
Everyone is a winner!**

**(425) 304-3778**

# Breakfast

with

# Santa

**Saturday,  
December 8  
9-11 am**



*in the  
Grand Vista  
Ballroom*

*Naval Station Everett's annual holiday tradition  
features a buffet-style breakfast,  
holiday activities and crafts,  
holiday tunes sung by the  
Silverbells Carolers, plus,  
a visit with Santa!*

**Reserve your table beginning  
Thursday, November 1 through  
Monday, December 3.**

**Call for pricing.  
(425) 304-3778**





Cliffside RV Park Camping



Jim Creek Holidays



Razor Clamming at Pacific Beach

\* \* \* \* \*



Housing Services Center:  
(800) 876-7022



Navy Gateway Inns & Suites:  
(877) NAVY-BED  
[dodlodging.net](http://dodlodging.net)



(877) NAVY-BED  
[navygetaways.com](http://navygetaways.com)

Cliffside RV Park:  
(360) 257-2649  
[cliffside.navylifepnw.com](http://cliffside.navylifepnw.com)

Jim Creek Navy Community  
Recreation Area:  
(425) 304-5315  
(425) 304-5363  
[jimcreek.navylifepnw.com](http://jimcreek.navylifepnw.com)

Navy Getaways  
Pacific Beach:  
(360) 276-4414  
[pacbeach.navylifepnw.com](http://pacbeach.navylifepnw.com)

\*Indicates a Community Event

Navy Getaways is open to Active Duty, Retirees, Reservists, DoD civilians, Base Contractors, Families, and accompanied Guests, unless otherwise noted.

*Prices, dates and times may be subject to change without prior notice.*

# HOUSING, LODGING & NAVY GETAWAYS

## ONGOING

### Barracks Maintenance Request

Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at [navylifepnw.com](http://navylifepnw.com). It's fast and easy. Requests are sent to our Maintenance Tracking Program and are reviewed daily by UH Building Managers. Residents receive an email confirmation when their maintenance requests are received, assessed, and completed.

### Tell Us What You Think

Your Unaccompanied Housing Office offers a Continuous Improvement Survey (CIS). Help UH continually improve their services by taking this survey and voicing your opinion. Surveys can be found online at the following link: [surveymonkey.com/r/9D5MZ25](http://surveymonkey.com/r/9D5MZ25). Physical copies of the survey can be obtained from any UH staff member. We highly encourage your participation in the CIS.

## NAVY GETAWAYS ONGOING

### Mallard RV Campers Available for Your Navy Getaways Stay!

Jim Creek Navy Community Recreation Area, Navy Getaways Pacific Beach, and Cliffside RV Park Book your next Navy Getaways stay in one of our Mallard RV Campers! The one-bedroom campers include a queen bed, flat-screen TV and DVD player, one set of double bunk beds, with 30/50-AMP service, FREE WiFi, a full bathroom with shower and full kitchen with all standard amenities. Learn more at [navylifepnw.com](http://navylifepnw.com).

## JIM CREEK NAVY COMMUNITY RECREATION AREA ONGOING

**Do you have a talent, hobby or class idea you would like to teach?** Tell us about it! Jim Creek is always looking for new ideas for classes, and instructors to teach them. If you are interested in teaching a class that you are qualified to teach, email the Jim Creek Manager at [jimcreek@navylifepnw.com](mailto:jimcreek@navylifepnw.com) or (425) 304-5363.

## OCTOBER

### Jim Creek's Halloween Spooktacular Saturday, October 13 Noon-4 pm

Jim Creek Navy Community Recreation Area, FREE Un-BOO-lievable events include our haunted house, pumpkin carving, costume contest, hay rides, campsite decorating contest, music, refreshments, and much more!  
(425) 304-5363  
(425) 304-5315

## NOVEMBER

### Jim Creek Stay One Night, Get One Night FREE Thursday, November 1, 2018 - Sunday, March 31, 2019

Jim Creek Navy Community Recreation Area BOGO! Valid for deluxe cabins, standard cabins, RV sites, RV trailers, group camps, tent sites, dens and lodge. Certain accommodations require a three-night minimum on holiday weekends. Valid for second night FREE on multiple reservations. Offer not valid in conjunction with other discounts/coupons. Go one step further and plan your stay around our special events!  
(425) 304-5363  
(425) 304-5315

### Wizards World of Jim Creek Saturday, November 10 Noon-4 pm

Jim Creek Navy Community Recreation Area, FREE Put on your best robe and join us for a day of everything Harry Potter! Explore Diagon Alley and receive your wand from Ollivanders, let our Sorting Hat assign you a House, take lessons such as Defense Against the Dark Arts, Potions or History of Magic, search for Horcruxes, attend a Wizard Duel, get flying with Quidditch lessons, enjoy a hay ride, participate in a costume contest, arts and crafts and more!  
(425) 304-5363  
(425) 304-5315

## DECEMBER

### Holiday Celebration at Jim Creek Saturday, December 1 Noon-4:30 pm

Jim Creek Navy Community Recreation Area, FREE A family tradition for many! Meet and share stories with Santa, make some holiday crafts and ornaments, take a hay ride, enjoy cookies and cocoa, s'mores, games, tree lighting, scavenger hunts and more! If you're staying overnight, decorate your site for our site decorating contest!  
(425) 304-5363  
(425) 304-5315



## NAVY GETAWAYS PACIFIC BEACH OCTOBER

### Spooktacular Movie & Activity Weekends Saturdays, October 6, 13, 20 & 27

Navy Getaways Pacific Beach, FREE  
Feed your spooky spark with daytime crafts and activities, and then a scary movie at 8 pm in the theater.  
For more information or to make your reservations, please call (360) 276-4414.

### Haunted Weekend Friday, October 26, Saturday, October 27 & Wednesday, October 31

Navy Getaways Pacific Beach, FREE  
Enjoy kids' activities like a scavenger hunt and Halloween crafts, karaoke in the bar on Saturday, and the FREE local haunted house!  
For more information or to make your reservations, please call (360) 276-4414.

## NOVEMBER

### Wine Glass Craft Saturday, November 3 6 pm

Pac Beach Bar  
Sip your favorite wine while following a guided wine glass painting instruction.  
For more information or to make your reservations, please call (360) 276-4414.

### Wreath Craft in the Bar Saturday, November 17 6 pm

Pac Beach Bar  
Have the bartender pour a glass of your favorite beverage and use your creative juices to make a wreath for the holidays.  
For more information or to make your reservations, please call (360) 276-4414.

### Thanksgiving Thursday, November 22

Time and cost TBD  
Navy Getaways Pacific Beach  
Enjoy our annual Thanksgiving dinner with all the trimmings. Go bowling, enjoy family-friendly crafts, and participate in activities planned all week!  
For more information or to make your reservations, please call (360) 276-4414.

## DECEMBER

### Holiday Movie Family Weekends

Saturdays, December 1, 8, 15 & 22  
Navy Getaways Pacific Beach, FREE  
Watch popular holiday movies in our theater! Enjoy Santa meet and greets, freshly baked cookies by our culinary elves, story time in the lobby, snowball fights, and crafts!  
For more information or to make your reservations, please call (360) 276-4414.

### New Year's at the Beach Monday, December 31- Tuesday, January 1 Starting at 6 pm

Navy Getaways Pacific Beach & Pac Beach Bar  
Must be age 21+ in the Pac Beach Bar  
Bring in the new year at the beach! Enjoy a dinner buffet at 6 pm, followed by a fun-filled party in the bar at 9 pm with a balloon drop, live band, and champagne toast at midnight. Sunday morning, sip Bloody Marys and mimosas while enjoying a breakfast buffet. Reservations for the buffets can be made for you and your group.  
For more information or to make your reservations, please call (360) 276-4414.

## CLIFFSIDE RV PARK OCTOBER

### Fall Astronomy Day Star Party Saturday, October 13 7 pm

Gaze into the telescope to see several planets along with some of their major moons, as well as other celestial objects of the night.

### Haunted Hike on the Seaview Trail Saturday, October 20 7 pm

Who will be there to meet us along the way? Ghosts, ghouls and goblins abound this time of year, so let's see if they will join us for hot chocolate and cookies afterward!

## NOVEMBER

### Tongue Twister Day Thursday, November 8 Noon-4 pm

We've all heard how many pecks of pickled peppers Peter Piper picked, but do you have a new tongue twister? Maybe you've already made up your own great set of lambasted linguistics. Come on by the office and share it with us!

### Take a Hike Day Saturday, November 17 9:30 am-4 pm

Explore some of the wonderful local trails on this nationally celebrated day including Deception Pass and Anacortes Community Forest Land trails! Please bring your own water and lunch/snacks.

## DECEMBER

### RV Decorating Contest

Saturday, December 8-  
Saturday, December 22  
If you are staying at Cliffside this month, break out the decorations or come see us,

we've got a few that we can share. Are you the next Clark Griswold? Decorate your RV and we'll bring out the judges on Saturday, December 22 and find our winners! Prizes will be awarded.

### Geminids Meteor Shower Friday, December 14 6 pm

Group Tent Pavilion  
Witness nature's own fireworks! The Geminids are one of the most spectacular meteor showers of the year! How many shooting stars can you count?





November 1 - March 31

Stay 1 Night  
Get 1 Night  
**FREE**

Valid for Deluxe Cabins, Standard Cabins, RV Sites, RV Trailers, Group Camps, Tent Sites, Dens and Lodge. Certain accommodations require a three-night minimum on Holiday weekends. Valid for second night **FREE** on multiple reservations. Offer not valid in conjunction with other discounts/coupons.

TOLL FREE: (877) NAVY-BED | DIRECT: (425) 304-5363/(425) 304-5315

JIM CREEK ONSITE OFFICE HOURS: Saturdays 8 am-5 pm

PHONE RESERVATIONS: Monday-Friday 9 am-5 pm



**FREE**

- Story Time with Santa
- Holiday Crafts, Ornaments, Games, and Scavenger Hunts
- S'mores, Cookies, and Hot Cocoa
- Hay Rides
- Tree Lighting at 4:30 pm
- Site Decorating Contest

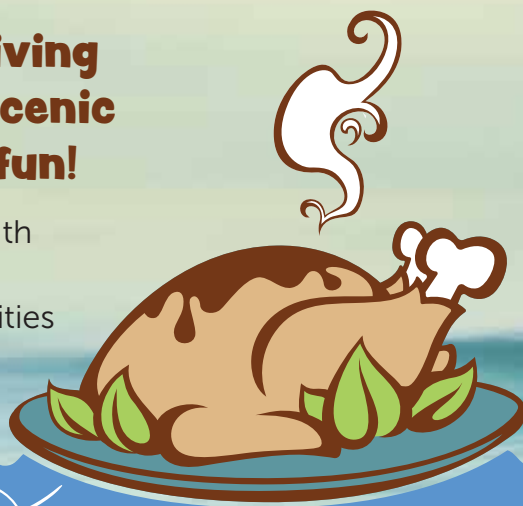


Make your lodging reservations and take advantage of our BOGO today!  
(425) 304-5315/(425) 304-5363



## Celebrate Thanksgiving with ocean waves, scenic views, and family fun!

- Thanksgiving Dinner with all the trimmings
- Bowling, crafts and activities planned all week



# Thanksgiving

## Thursday, November 22

### at the Beach

BOOK YOUR STAY TODAY!  
NAVYGATEWAYS.COM | (877) NAVY-BED

PACBEACH.NAVYLIFEPNW.COM  
CALL (360) 276-4414 FOR PRICING.



Bring in the New Year  
with us at the Beach!



# New Year's

AT THE

# BEACH



MONDAY,  
**DEC. 31**

Dinner Buffet, 6-8 pm: Reserve for yourself or for a group.

Bar Party, 9 pm: Balloon Drop, Live Band, and Champagne Toast at Midnight.

TUESDAY,  
**JAN. 1**

Breakfast Buffet, 8-11 am: Featuring Bloody Marys and Mimosas.

BOOK YOUR STAY TODAY!  
NAVYGATEWAYS.COM | (877) NAVY-BED

PACBEACH.NAVYLIFEPNW.COM  
CALL (360) 276-4414 FOR PRICING.



*A getaway close to home right in Western Washington's backyard.*



# Cliffside

RV PARK • CAMPING • YURTS

## Reservations:

1 (877) NAVY-BED (628-9233)

navygetaways.com

**May-Sept.:** Sunday-Thursday, 10 am-6 pm  
Friday and Saturday, 10 am-8 pm

**Oct.-Apr.:** Open Daily, 10 am-6 pm

**PARK OFFICE: (360) 257-2649**

cliffside@navylifepnw.com

**NAS Whidbey Island  
Oak Harbor, WA 98278**







# FUN STARTS HERE





Enjoy discounted tickets to some of the most popular attractions, amusement parks, and activities in the United States.

- Disneyland • Universal Studios
- Knott's Berry Farm • and More!

Exclusive offers and deals!  
Save on taxes and fees!

Only U.S. military active duty, their immediate family members, retirees and Department of Defense civilian employees may purchase tickets.

**Visit one of our Ticketing Offices today!**

**Community Recreation Office inside The Commons**  
2000 W Marine View Dr., Bldg. 1950, Everett, WA 98207  
(425) 304-3167



Download the app  
Go to **Settings**  
Select your installation  
Turn **ON Push Notifications**  
for Unaccompanied Housing (UH)

### See Announcements that matter to YOU!

Be sure your  
smartphone settings  
allow for Push Notifications.

### Be first to learn about:

RA Meetings  
Maintenance Alerts  
at UH Buildings  
Barracks Special Events  
Projects & Renovation Updates  
at UH Buildings

### Find Daily Events and Programs

listed under **Activities**,  
with Movie Schedules  
and Facility Information  
at your fingertips!



Wizarding World  
of Jim Creek



Holiday Celebration  
at Jim Creek

# hey, what's up?

**UNACCOMPANIED  
HOUSING**  
YOUR HOME AWAY FROM HOME

## HAVING AN ISSUE WITH YOUR ROOM?

Submit a Barracks Maintenance Request Form!  
Available 24/7, residents can submit a non-emergency  
maintenance request through [navylifepnw.com](http://navylifepnw.com).

## TELL US WHAT YOU THINK.

Visit any UH staff member to pick up  
your Continuous Improvement Survey  
and let your opinion be heard!

[surveymonkey.com/r/9D5MZ25](https://surveymonkey.com/r/9D5MZ25)



Stay at  
*Navy Getaways* in our  
**MALLARD  
RV TRAILERS**

Just  
**\$90**  
a night



Now Available for Rent at:



Pacific Beach, WA



Oak Harbor, WA



Arlington, WA

Open to all Active Duty, Retirees, Reservists, and DoD Civilians.

[navygetaways.com](http://navygetaways.com) · 1 (877) NAVY-BED



Zombie Dash



Turkey Spin



Winter Freeze Family Pool Party

\* \* \* \* \*

## FITNESS & AQUATICS

For most up-to-date information and fitness classes, visit [everett.navylifepnw.com](http://everett.navylifepnw.com). Prices, dates and times may be subject to change without prior notice.



The Navy Fitness Program offers a variety of fitness, aquatic and intramural sports programs that enhance the readiness, retention and quality of life of the entire Navy family.

Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, have the chance to represent the Navy at higher-level athletic competitions through the All-Navy Sports Program.

For more information, visit [everett.navylifepnw.com](http://everett.navylifepnw.com) or contact the following:

**FITNESS:**  
[everett.fitness@navylifepnw.com](mailto:everett.fitness@navylifepnw.com) or  
(425) 304-3922

**AQUATICS:**  
[everett.aquatics@navylifepnw.com](mailto:everett.aquatics@navylifepnw.com) or  
(425) 304-3388

Register online at myFFR, over the phone, or at the Seismos Fitness Center.

🏆 = Captain's Cup Event

### FITNESS

#### ONGOING

##### CFL Resource Center

MWR's Navy Fitness Department offers CFLs and ACFLs the latest in fitness training and fitness enhancement. Register now for a course that will enhance the life of Sailors, as well as provide vital elements in ensuring mission readiness across the Navy enterprise. (425) 304-3922

##### NOFFS Courses

**Wednesdays: October 11, November 14 & December 12**  
**7 am-1 pm**  
(425) 304-3922

##### Mission Nutrition

Available upon request. This six-hour course can be done in one-hour increments or tailor made for suitability. This course helps to increase the understanding of food and weight relationships. Learn how to shop wisely, build meals, and understand external factors that affect eating habits. (425) 304-3922

#### OCTOBER

##### CFL COURSE

**Monday, October 22- Friday, October 26**  
**7 am-4 pm**  
Seismos Fitness Center. To apply for the course,

please visit:

[navyfitness.org/cfl\\_information](http://navyfitness.org/cfl_information) and click on "CFL Application" This brings you to the Registration on NKO. (425) 304-3931

##### Zombie Dash

**Friday, October 19**

**Race starts at 4 pm**

Naval Station Everett, FREE The Zombie Apocalypse has come to Naval Station Everett! Avoid the legions of the infected as you make your way through to the safe zone. T-shirts for sale \$15. Register by Tuesday, October 9 at the Gear Issue Desk or using myFFR #644003-01 (425) 304-3922

#### NOVEMBER

##### Turkey Spin

**Wednesday, November 14**  
**11 am-1 pm**

Get a jump on those extra calories you'll be consuming over the Thanksgiving holiday at our two-hour Spin class, designed with you in mind! (425) 304-3922

### AQUATICS

#### ONGOING

##### Adult Swim Lessons By Appointment

Tsunami Pool, \$50 for four sessions. Fee waived for active duty/reservists/recruits who are working towards work-related swim

tests. All eligible users 18 years and older. (425) 304-3388

#### OCTOBER-DECEMBER

##### Water Aerobics Classes Mondays, Wednesdays, and Fridays

**8:30-9:30 am**

Tsunami Pool, FREE active duty/reservists/retirees and their family members, \$3.50/class for other eligible users or \$30/monthly Fitness Pass 60-minute, full-body work out, incorporating cardio, resistance training and stretching. Advance registration requested. (425) 304-3388

##### Swim Challenge:

**Seattle to Bremerton**  
**Wednesday, November 7- Wednesday, December 19**

Tsunami Pool, FREE for eligible users No need for the ferry in this challenge, swim your way to Bremerton and command the bay! This six-week swim challenge is self-paced and fins are welcome. Registration starts Thursday, November 1 myFFR #642004-20 (425) 304-3388

#### OCTOBER

**Youth Beat-the-Board Challenge**  
**Friday, October 12**  
**5-6 pm**

Tsunami Pool, FREE for eligible users

Our popular records challenge for the youth competitors in the Under 13 and the 14-18 years old divisions. Swim against the NSE Tsunami Pool records board. Up to two records can be challenged at a time. If you beat the posted record outright, your name goes on the board. (425) 304-3388

##### CPR Certification Course

**Saturday, October 13**

**10 am-3 pm**

Tsunami Pool, \$40 for all eligible users, ages 12+ Course includes certification in Adult and Pediatric CPR/AED and First Aid. Register by October 10. Subject to cancellation due to limited enrollments. myFFR #642005-14 (425) 304-3388

##### LIBERTY Dive-In Movie: Jaws

**Wednesday, October 31**  
**6-8:30 pm**

Tsunami Pool, FREE for LIBERTY-eligible users 18 years and older Take a bite out of Halloween! Pizza, the pool, a movie and maybe a little shark-spotting. Enjoy this classic horror film in the pool. All safety rules apply. Advance registration required. myFFR #642004-40 (425) 304-3388



**FREE!**



THE ZOMBIE APOCALYPSE HAS COME TO  
NAVAL STATION EVERETT!

DO YOU HAVE THE GUTS  
TO FACE THE UNDEAD?  
THEY HOPE YOU DO!

— **COSTUMED RUNNERS WELCOME** —

**FRIDAY, OCT. 19**

**RACE STARTS AT 4 PM • SEISMOS FITNESS CENTER**

T-shirts available for purchase (\$15) until Tuesday, October 9  
Register for the Zombie Dash with myFFR #644003-01

everett.fitness@navylifepnw.com  
(425) 304-3922/(425) 304-3336

**FREE**

## Turkey Spin

**Wednesday,  
November 14  
11 am-1 pm**

*Seismos Fitness Center*

**Spin off those extra  
holiday calories!**

- Go over the river and through the woods on your stationary bike!
- Get a jump on those extra calories you'll be consuming over Thanksgiving at our two-hour Spin class, designed with you in mind.



(425) 304-3922

# Swim Challenge



**WEDNESDAY, NOVEMBER 7-WEDNESDAY, DECEMBER 19**

No need for the ferry in this challenge! Swim your way from  
Seattle to Bremerton and command the bay! This 6-week  
swim challenge is self-paced and fins are welcome.

Swim the total 16-mile distance at the Tsunami Pool!

Registration starts Thursday, November 1. All safety rules apply.  
Open to all Eligible Base Patrons.  
FREE • (425) 304-3388

**TSUNAMI** POOL



## PUMPKINS FAMILY POOL PARTY

**FRIDAY, NOVEMBER 16 • 5-7 PM**

Caramel apples, pumpkin pie, fall is here!  
Welcome to our Splashing Pumpkins patch!  
PUMPKINS • WIBIT • APPLE CIDER BAR AND TREATS

**FREE FAMILY FUN**

Registration opens Wednesday, October 31. Safety rules apply.  
myFFR #642005-01

**TSUNAMI** POOL

(425) 304-3388

## NOVEMBER

### Fall Family Water Safety Day

Friday, November 2  
2-3:30 pm

Tsunami Pool, FREE for eligible users

Meet with the Tsunami aquatics staff to learn the Red Cross safety skills in, near and around the water. Includes water safety presentation, parent and child lesson or skills assessment.  
myFFR #642005-20  
(425) 304-3388

### Splashing Pumpkins Pool Party

Friday, November 16  
5-7 pm

Tsunami Pool, FREE for eligible users

Leaves are falling, the pool is calling! Fall is here with caramel apples, pumpkin pie, and our Splashing Pumpkins patch featuring the Wibit Inflatable! Safety rules apply. Limited to 60 participants. Registration opens Wednesday, October 31  
myFFR #642005-01  
(425) 304-3388

### Beat-the-Board Quarterly Challenge

Tuesday, November 20  
11 am-Noon

Tsunami Pool, FREE for eligible users

Quarterly event to challenge the NSE Tsunami Pool records board. Up to two records can be challenged each quarter. Must beat the record outright to replace it. Alternative days/times may be available for active duty ONLY, see Aquatics Manager for more information.  
(425) 304-3388

## DECEMBER

### Lifeguarding Course

Wednesday, December 26-

Saturday, December 29  
10 am-5 pm

Tsunami Pool, \$150 for all eligible users

Entry-level course includes two-year certification in Lifeguarding, CPR/AED and First Aid. Pre-Course consists of 300-yd. continuous swim, treading event and a timed event. Pre-course test and registration must be completed by Friday, December 21. Subject to cancellation due to limited enrollments.  
myFFR #642005-85  
(425) 304-3388



Wednesday, December 26-December 29  
10 AM- 5 PM

Entry-level course includes two-year certification in Lifeguarding, CPR/AED and First Aid.

Pre-Course consists of 300-yd. continuous swim, treading event and a timed event.

Pre-course test and registration must be completed by Friday, December 21.

Subject to cancellation due to limited enrollments. myFFR #642005-85

For more information, call (425) 304-3388 or email [everett.aquatics@navylifepnw.com](mailto:everett.aquatics@navylifepnw.com)



## INTRAMURAL SPORTS

### LEAGUES AND TOURNAMENTS TO FIT YOUR INTERESTS!

*Experts and amateurs enjoy regularly scheduled leagues throughout the year, including volleyball, flag football, golf, basketball, softball, and more.*

**REGIONAL TEAMS:** Play for Team Navy as our region takes on Soldiers and Airmen from Joint Base Lewis-McChord each year in Flag Football, Ice Hockey, and more.

**ADMIRAL'S CUP:** Lead your Base to victory by competing against the other Naval Bases in our region.

**CAPTAIN'S CUP:** Represent your Command in a variety of different team sports and activities, while earning points toward the Cup.

**TOURNAMENTS:** Various tournaments are scheduled throughout the year, including Racquetball, Dodgeball, and Basketball.



Intramural Sports are open to all male and female active duty, retirees, DoD civilians, and their guests over 18 years of age. For more information, visit [navylifepnw.com](http://navylifepnw.com).



# Adventure BOOKS & BREWS



#5518275E  
#5518338E

7-9:30 pm • \$10

Thursdays:

Oct. 2 • Register by Monday, Oct. 1

Dec. 4 • Register by Friday, Nov. 30



- Adventure book theme
- Meet at a local brewery (within walking distance of base)
- Meet other book and adventure enthusiasts!
- Casual and fun discussions
- Vote on each month's book

(425) 304-3575



Eat  
Play  
Explore

## BECOME A NAVY REGION NORTHWEST MYSTERY SHOPPER

Yes, it's true. You can actually get reimbursed to do the things that you already love to do.

For more information on becoming an MWR Mystery Shopper, please contact:

[mysteryshopper.cnrnw@navy.mil](mailto:mysteryshopper.cnrnw@navy.mil)

or call (360) 315-5114



Octoberfest, Leavenworth



Wood Burning Holiday Ornaments



Winter Driving Basics



Bald Eagle Float



Holiday Tree Lighting



Dive-In Movie at Tsunami Pool

\* \* \* \* \*

## RECREATION PROGRAMS

Register online using myFFR or at the Community Recreation Office! For more information: [everett.commrec@navylifepnw.com](mailto:everett.commrec@navylifepnw.com) or (425) 304-3575. For most up-to-date information, visit [everett.navylifepnw.com](http://everett.navylifepnw.com). Prices, dates and times may be subject to change without prior notice.



### ACTIVITIES LEGEND

#### ACTIVITY DIFFICULTY RATINGS:

**I** = EASY: Equivalent to being able to walk 3 miles on a treadmill at 2.5 mph. Slight inclines.

**II** = AVERAGE: Equivalent to being able to walk for an hour at 3 mph. Varying inclines.

**III** = STRENUOUS: Equivalent to being able to maintain a brisk pace on a step stepper for up to 45 minutes. Extreme inclines.

**LS** = Leisure Skills Class

**RA** = Recreation Activity

**TO** = Trip/Outing

**KF** = Kid-Friendly Event

**SP** = Special Event

Locations and times may be subject to change without prior notice, depending on weather conditions.

### ONGOING

#### Auto Hobby Shop Fridays and Saturdays 8 am-5 pm

Naval Support Complex Smokey Point Autoport. Rent a lift for easier oil changes, turn your rotors, perform diagnostics, and much more to help your ride run smoother and more efficiently.

#### Fishing in the Puget Sound

\$210 per person  
Interested in catching some salmon, crab or shrimp during the season? MWR Community Recreation has partnered with a local commercial fishing company to provide private charters for up to six people. Let us help you get out and enjoy a great day of fishing in the beautiful Puget Sound. It is an experience you won't soon forget!  
(425) 304-3575

### OCTOBER

#### RA Adventure Books, Brews and Trivia Tuesday, October 2 7-9:30 pm

Local Eatery, \$10  
Discuss an adventure-themed book, enjoy tasty food, and sip great brews. Book will be provided. Trivia fee is not included. At this

meeting, we will be discussing September's book. If you would like to read October's book, please sign-up for this meeting, but you will be attending the Tuesday, October 30 meeting. Register by Monday, October 1  
myFFR #5518275E

#### TO Mount St. Helens Lava Tube Hike

#### Saturday, October 6 8 am-8 pm

Cougar, WA, \$35  
We will descend below the surface to explore the Lava Tubes of Mount St. Helens. The trail is 1.5 miles long and gains 500 ft. of elevation. The trail features large rooms and tight squeezes. The ground is very uneven, so wear sturdy hiking boots and bring your sense of adventure. Register by Thursday, October 4  
myFFR #5518279E

#### RA Stand-Up Paddleboard (SUP) Yoga Tuesday, October 16 5-6 pm

Tsunami Pool, \$18  
Test your balance with our renowned yoga instructor for stand-up paddleboard yoga! Enjoy the relaxing benefits of yoga in our indoor saltwater pool. All equipment provided. Beginners and experts welcome! Register by Friday,

October 12  
myFFR #5518289E

#### RA LS Wine and Paint Friday, October 19 5:30-8 pm

All American Restaurant, \$10  
Stimulate your taste buds and creativity with a guided paint lesson and a glass of wine! No experience necessary. All supplies provided. Food, wine, and other beverages available for purchase. All ages welcome. Register by Thursday, October 18  
myFFR #5518292E

#### TO Oktoberfest Saturday, October 20 4 pm-Midnight

Leavenworth, WA, \$20, \$10 LIBERTY-eligible  
Brats and brews at Washington State's biggest Oktoberfest! FREE entrance for active duty military with ID. Lederhosen encouraged! Must be age 21+. Register by Thursday, October 18  
myFFR #5518293E

#### TO Beer Tasting in Woodinville Sunday, October 21 10 am-4 pm

Woodinville, WA, \$10  
We will visit two or three breweries or wineries in the Woodinville area. Food will be available for purchase. Tasting fees are not included.

Register by Friday, October 19  
myFFR #5518294E

#### RA Stand-Up Paddleboard (SUP) Yoga Thursday, October 25 3-4 pm

Tsunami Pool, \$18  
Test your balance with our renowned yoga instructor for stand-up paddleboard yoga! Enjoy the relaxing benefits of yoga in our indoor saltwater pool. All equipment provided. Beginners and experts welcome! Register by Tuesday, October 23  
myFFR #5518277E

#### TO Haunted Night Hike Saturday, October 27 4-10 pm

Wellington, WA, \$15, \$10 LIBERTY-eligible  
The Iron Goat Trail marks the site of one of the worst railroad disasters in U.S. history. We will safely explore the old railroad tunnels and, as the sun sets, we will put on our headlamps and explore the trails at night. Register by Thursday, October 25  
myFFR #5518300E

#### RA Adventure Books, Brews and Trivia Tuesday, October 30 7-9:30 pm

Local Eatery, \$10  
Discuss an adventure-themed book, enjoy tasty food, and sip great brews.



Book will be provided. Trivia fee is not included. At this meeting, we will be discussing October's book. If you would like to read November's book, please sign-up for this meeting, but you will be attending the Tuesday, December 4 meeting. Register by Friday, October 26 myFFR #5518303E

## NOVEMBER

### RA Stand-Up Paddleboard (SUP) Yoga Thursday, November 1 3-4 pm

Tsunami Pool, \$18  
Test your balance with our renowned yoga instructor for stand-up paddleboard yoga! Enjoy the relaxing benefits of yoga in our indoor saltwater pool. All equipment provided. Beginners and experts welcome! Register by Tuesday, October 31 myFFR #5518305E

### SP RA Now You See It... Now you Don't Dinner Mystery Friday, November 2 5-9 pm

Grand Vista Ballroom, FREE to participate. Meal option will be available, price TBD  
Find the "Thief that Stole the Stomach of the Ocean Diamond at the Museum!" Awards for best costume, most theatrical guest, and more. Must be 10+ to participate. Register by Thursday, October 25 myFFR #5318306E (425) 304-3579

### RA Stand-Up Paddleboard (SUP) Yoga Tuesday, November 13 5-6 pm

Tsunami Pool, \$18  
Test your balance with our renowned yoga instructor for stand-up paddleboard yoga! Enjoy the relaxing benefits of yoga in our indoor saltwater pool. All equipment provided. Beginners and experts welcome! Register by Friday, November 9 myFFR #5518317E

### RA Wine and Paint Friday, November 16 5:30-8 pm

All American Restaurant, \$10  
Stimulate your taste buds and creativity with a guided paint lesson and a glass of wine! No experience necessary. All supplies provided. Food,

wine, and other beverages available for purchase. All ages welcome. Register by Wednesday, November 14 myFFR #5518320E

### TO Leavenworth Holiday Shopping Saturday, November 17 9 am-6 pm

Leavenworth, WA, \$25  
Enjoy the best Bavarian food in the state, wine and beer tasting, amazing holiday shopping, short local hikes, and much more!

Register by Thursday, November 15 myFFR #5518321E

### RA Wood Burning Holiday Ornaments Wednesday, November 28 5:30-7:30 pm

The Commons, \$10, \$5 LIBERTY-eligible  
Create and design your own ornament! All supplies provided. See an example in the Community Recreation office. Light refreshments provided.

Register by Monday, November 26 myFFR #5518332E

## DECEMBER

### RA Adventure Books, Brews and Trivia Tuesday, December 4 7-9:30 pm

Local Eatery, \$10  
Discuss an adventure-themed book, enjoy tasty food, and sip great brews. Book will be provided. Trivia fee is not included.

At this meeting, we will be discussing November's book. If you would like to read December's book, please sign-up for this meeting, but you will be attending the Tuesday, January 8 meeting. Register by Friday, November 30 myFFR #5518338E

### LS Holiday Wreath Making Wednesday, December 5 5:30-7:30 pm

The Commons, WA, \$10, \$5 LIBERTY-eligible.  
Decorate and design your own unique wreath from scratch! All supplies provided. Register by Monday, December 3 myFFR #5518339E

### RA Stand-Up Paddleboard (SUP) Yoga Thursday, December 6 3-4 pm

Tsunami Pool, \$18  
Test your balance with our renowned yoga instructor for stand-up paddleboard yoga! Enjoy the relaxing benefits of yoga in our indoor saltwater pool. All equipment provided. Beginners and experts welcome! Register by Tuesday, December 4 myFFR #5518340E

### SP Naval Station Everett Holiday Tree Lighting Thursday, December 6 3:30-5:30 pm

The Commons, FREE  
Enjoy children's entertainment, inflatables, crafts, Santa photos, refreshments, and the Tree Lighting. No registration required. (425) 304-3579

### TO Leavenworth Tree Lighting Saturday, December 8 9 am-9 pm

Leavenworth, WA, \$25 adults (18+), \$15 youth (0-17)  
Travel in comfort as our experienced guides take you across Stevens Pass to the Bavarian-style town of Leavenworth. Holiday music, sledding, holiday shopping, and the evening Tree Lighting ceremony. Sign-up early! This trip sells out every year. Register by Wednesday, December 5 myFFR #5518342E

### TO Stevens Pass Military Appreciation Day Sunday, December 9 7:30 am-5 pm

Stevens Pass, \$15  
Hit the slopes before the work week begins! Let our experienced guides drive you to the pass while you relax. Register by Friday, December 7 myFFR #5518343E

### LS Snowshoeing Basics Wednesday, December 12 5:30-7:30 pm

The Commons, \$10, \$5 LIBERTY-eligible  
Get hands-on experience with different types of snowshoes and other necessary equipment. Learn the basics of pre-trip preparation, avalanche considerations, and get



Stevens Pass, WA

some tips on easy snowshoe trails in the area. Register by Tuesday, December 11 myFFR #5518346E

### RA Dive-In Movie Friday, December 14 5-7 pm

The Commons, Tsunami Pool, FREE  
Dive in and bring the entire family for a FREE family movie in our warm Tsunami Pool! Grab a float, lounge chair or swim while watching a family feature film. Pizza and light refreshments will be provided. Limited availability, so call ahead and reserve your space. Please, no outside food or tubes. Pool safety rules apply. (425) 304-3575 (425) 304-3388

### TO Leavenworth Tree Lighting Saturday, December 15 9 am-9 pm

Leavenworth, WA, \$25 adults (18+), \$15 youth (0-17)  
Travel in comfort as our experienced guides take you across Stevens Pass to the Bavarian-style town of Leavenworth. Holiday music, sledding, holiday shopping, and the evening Tree Lighting ceremony. Register by Thursday, December 13 myFFR #5518349E

### TO Bald Eagle River Float Sunday, December 16 8 am-3 pm

Marblemount, WA, \$65  
Bundle up and leisurely float down the Skagit River to view hundreds of bald eagles along the banks. Enjoy views of lush evergreen trees, abundant wildlife, and snow-capped mountains.

Register by Friday, December 7 myFFR #5518350E

### RA Stand-Up Paddleboard (SUP) Yoga Tuesday, December 18 5-6 pm

Tsunami Pool, \$18  
Test your balance with our renowned yoga instructor for stand-up paddleboard yoga! Enjoy the relaxing benefits of yoga in our indoor saltwater pool. All equipment provided. Beginners and experts welcome! Register by Friday, December 14 myFFR #5518352E

### LS Winter Driving Basics Wednesday, December 19 5:30-7:30 pm

The Commons, \$10, \$5 LIBERTY-eligible  
Driving in the snow can be intimidating. Get tips from our outdoor guides who drive across our mountain passes multiple times a winter for trips. We will discuss websites to check road conditions, what items to keep in the vehicle, how to put on snow chains, and how we decide to go or not go. Register by Monday, December 17 myFFR #5518353E

### RA Wine and Paint Friday, December 28 5:30-8 pm

All American Restaurant, \$10  
Stimulate your taste buds and creativity with a guided paint lesson and a glass of wine! No experience necessary. All supplies provided. Food, wine, and other beverages available for purchase. All ages welcome. Register by Wednesday, December 26 myFFR #5518362E

# MOUNT ST. HELENS LAVA TUBE HIKE

8 am-8 pm

*Experience Washington's famous  
volcano from the depths of its eruption.*

SATURDAY, OCTOBER 6

**\$35**

Register by  
Thursday, October 4  
myFFR #5518279E

- ♦ 1.5 miles underground
- ♦ Three hours of darkness
- ♦ Headlamps and helmets included
- ♦ Wear sturdy hiking boots and bring your sense of adventure!

(425) 304-3575

JOIN RENOWNED YOGA INSTRUCTOR **CARLY HAYDEN,**  
FOR STAND-UP PADDLEBOARD (SUP) YOGA!  
*at the Tsunami Pool*

SUP YOGA WITH CARLY

**\$18**



**THURSDAYS:**  
OCT. 25, NOV. 1,  
& DEC. 6 (3-4 PM)

**TUESDAYS:**  
OCT. 16, NOV. 13,  
& DEC. 18 (5-6 PM)

- Enjoy the relaxing benefits of yoga in our saltwater indoor pool.
- All equipment provided.
- Beginners and experts welcome!

Register two days prior to the event via myFFR  
or at the Community Recreation Office.

(425) 304-3575



Saturday, October 27 • 4-10 pm

Wellington, WA • \$15, \$10 LIBERTY-eligible

# HAUNTED NIGHT HIKE

Register by  
Thursday, October 25

**myFFR** #5518300E

- Start at sunset and experience the trail as it gets dark.
- Visit the site of one of the U.S.'s worst railroad disasters and learn the events leading up to that fateful night.
- Explore old railroad tunnels and snow sheds.

(425) 304-3575



Stand-Up Paddleboard  
(SUP) Yoga with Carly



Wine and Paint Night



Snowshoeing Basics

# NOW YOU SEE IT NOW YOU DON'T DINNER MYSTERY

Friday, November 2  
5-9 PM  
Grand Vista Ballroom

*Find the thief that  
stole the "Stomach  
of the Ocean"  
at the Museum!*

*Award Certificates to the  
best costume, most theatrical guest,  
and to each guest that  
solves the mystery.*

Register by  
Thursday, October 25  
myFFR #5318306E

*FREE to participate. Optional buffet meal will be available at an additional fee.  
Outside food and/or beverages are not permitted inside of the venue.  
Event is open to ages 10+. Youth ages 10-17 must be accompanied by an adult.  
For pricing contact (425) 304-3579 or (425) 304-3167.*







# Leavenworth Tree Lighting Ceremony

\$25 adults (18+), \$15 youth (0-17)

**9 am-9 pm ♦ Saturdays,  
December 8**

Register by Wednesday, December 5  
myFFR #5518342E

**or**

**December 15**

Register by Thursday, December 13  
myFFR #5518349E

Travel in comfort as our experienced guides take you across Stevens Pass to the Bavarian-style town of Leavenworth.

(425) 304-3575



**SUNDAY,  
DECEMBER 16  
8 AM-3 PM ~ \$65**

~ VIEW HUNDREDS OF BALD EAGLES ~  
~ LUSH EVERGREEN TREES ~  
~ ABUNDANT WILDLIFE ~  
~ SNOW-CAPPED MOUNTAINS ~

Register by Friday, December 7

**myFFR #5518350E**

(425) 304-3575

# ATTENTION!

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\*Young Adult (E1-E6)

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Breakfast with Santa



Mongolian BBQ

\*\*\*\*\*

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All American Restaurant  
(425) 304-3943

Pierside Grille  
(425) 304-3696

The Commons,  
Grand Vista Ballroom  
(425) 3304-3911

For most up-to-date  
information, visit  
[everett.navylifepnw.com](http://everett.navylifepnw.com).

*Prices, dates and times  
may be subject to change  
without prior notice,  
please call ahead  
for pricing.*

### OCTOBER– DECEMBER

**Mongolian BBQ**  
**Thursday, October 4**  
**Thursday, November 1**  
**Thursday, December 6**  
**11 am–1 pm**

All American Restaurant,  
RIK FREE  
Pile your favorite vegetables  
high, pour on a generous  
helping of tasty sauces, add  
in rice or noodles, pick your  
proteins, and let our culinary  
specialists do the rest. Soup  
and salad bar, dessert  
bar, and beverage station  
available.

### OCTOBER

**Navy Birthday  
Celebration**  
**Wednesday, October 10**  
**11 am–1 pm**

All American Restaurant,  
RIK FREE  
Steak and lobster luncheon  
including baked potato or  
rice pilaf, steamed vegetable  
blend and rolls. Soup and  
salad bar, dessert bar, and  
beverage station included.

**National Pasta Month**  
**Wednesday, October 17**  
**11 am–1 pm**  
All American Restaurant,  
RIK FREE  
Self-serve buffet includes  
a 'Choose your own Pasta  
Combo' from several different  
types of seasoned pasta  
styles. Top it off with one, two  
or all three of the different  
sauces. Then, pile on the

meat with choices like Italian  
sausage, meatballs and  
grilled chicken. Soup and  
salad bar, dessert bar, and  
beverage station included.

### NOVEMBER

**Veterans Day  
Remembrance Luncheon**  
**Thursday, November 8**  
**11 am–1 pm**

All American Restaurant,  
RIK FREE  
Choose from grilled beef,  
chicken, and pork kabobs.  
Also, enjoy seasoned rice  
pilaf or mini Yukon gold  
butter seasoned potatoes,  
steamed green beans with  
pearl onions and steamed  
cauliflower, hot Hawaiian  
dinner rolls, and more.  
Soup and salad bar, dessert  
bar, and beverage station  
included.

**Thanksgiving Day  
Celebration Dinner**  
**Thursday, November 22**  
**2:30–5:30 pm**

All American Restaurant,  
RIK FREE  
Traditional Thanksgiving meal  
serving oven-roasted turkey  
with a rich giblet gravy,  
roasted pork loin stuffed with  
an apple cranberry dressing,  
creamy garlic mashed  
potatoes, pecan streusel  
sweet potato casserole,  
country-style stuffing, whole  
green beans casserole,  
Corn-O'Brien, cranberry  
relish, and hot oven dinner  
rolls. Soup and salad bar,

dessert bar, and beverage  
station included.

### DECEMBER

**Breakfast with Santa**  
**Monday, December 8**  
**9–11 am**

Grand Vista Ballroom,  
call for pricing  
Naval Station Everett's annual  
holiday tradition features  
a buffet-style breakfast,  
holiday activities and crafts,  
holiday tunes sung by the  
Silverbells Carolers, plus, a  
visit with Santa! This popular  
event fills quickly; make your  
reservation by calling  
(425) 304-3778.

**Christmas Eve Dinner**  
**Monday, December 24**  
**2:30–5:30 pm**  
All American Restaurant,  
RIK FREE

Salmon in a rich lemon-dill  
beurre blanc sauce, stuffed  
individual Cornish game  
hens, apple-cranberry  
stuffing, wild rice pilaf, lemon  
pepper asparagus, sweet  
glazed baby carrots, hot oven  
dinner rolls and more.

**Christmas Day Dinner**  
**Tuesday, December 25**  
**2:30–5:30 pm**

All American Restaurant,  
RIK FREE  
Rosemary and garlic crusted  
prime rib au jus, pineapple  
and honey glazed ham,  
individual baked potatoes  
with load-it-up potato bar,  
pasta primavera, sautéed  
button mushrooms in a  
merlot sauce, steamed  
broccoli topped with  
Parmesan cheese sprinkle,  
assorted hot oven dinner  
rolls and more.



Catering



Special Pricing May Apply, RIK eat FREE  
For more information contact: (425) 304-3943



**Navy Birthday  
Celebration**  
Wednesday, October 10  
11 am-1 pm



**Thanksgiving Day  
Celebration Dinner**  
Thursday, November 22  
2:30-5:30 pm



**Christmas Eve Dinner**  
Monday, December 24  
2:30-5:30 pm



**Christmas Day  
Dinner**  
Tuesday, December 25  
2:30-5:30 pm

## NAVAL STATION EVERETT

# Holiday Tree Lighting FREE!

**Thursday, December 6**

3:30-5:30 pm

Lighting the Holiday Tree at 5 pm

The Commons

Open to All

(425) 304-3579

- SANTA Visit and Photos
- Refreshments
- Children's Entertainment
- Inflatable
- Holiday Crafts



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