



**MAY 20, 2020**

**navylifepnw**

**PLAN of the DAY**

brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

Are you at home  
with the kids?



**navylifepnw**

**PLAN of the DAY**

brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

Today's featured CNIC  
Webinar can help.



Tune in at 11 a.m. for  
Teens and Tweens  
During COVID-19





**NAVY MWR  
ESPORTS**

**PLAY. OR WATCH.**  
Worldwide Online Tournaments

**Starts May 15**

[navymwr.org/esports](http://navymwr.org/esports) [twitch.tv/NavyMWR](https://www.twitch.tv/NavyMWR)



Sign up now to compete in the next Navy MWR ESPORTS Tournament.



**PLAN of the DAY**

brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

**MADDEN NFL**

**May 21 at 6 p.m. PST**

**May 22 at 3 p.m. PST**

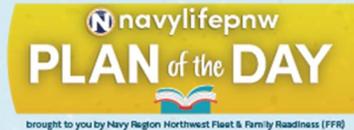


**PLAN of the DAY**

brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)



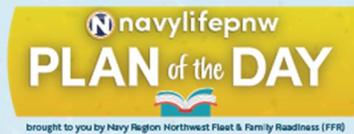
Set out on a bike ride in support of Navy Gold Star Awareness Month.



A graphic for "Virtual Cycle to Remember". It features a large, stylized bicycle wheel in the background. On the left, the text "VIRTUAL CYCLE TO REMEMBER" is displayed in blue and gold. In the center, there is a small version of the United States Navy Gold Star Program logo. To the right, there is a photograph of a man and a woman riding bicycles. The man is on a stationary bike, and the woman is on a regular bicycle. Below the photo, the text reads "Paying tribute to the fallen and honoring the families left behind." The entire graphic is set against a blue and white background.



It's as simple as 1-2-3!





For details, visit  
[navylifepnw.com](http://navylifepnw.com)

@EverettFFR | @KitsapFFR | @WhidbeyFFR

**#navylifepnw**



[navylifepnw.com](http://navylifepnw.com)  
f y i