

October 2023

Portsmouth Shipyard Currents

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



Salem Day Trip

Saturday, October 7

Join us as we travel to Salem, MA to start our holiday weekend! There are many great attractions to see such as, the Salem Witch Museum, House of Seven Gables and the Elizabeth Montgomery Statue. We leave at 9 a.m. and have approx. six hours in Salem before returning at 5 p.m. Lunch and admissions to attractions are on your own.

****FREE spots available for E1-E5 active military**

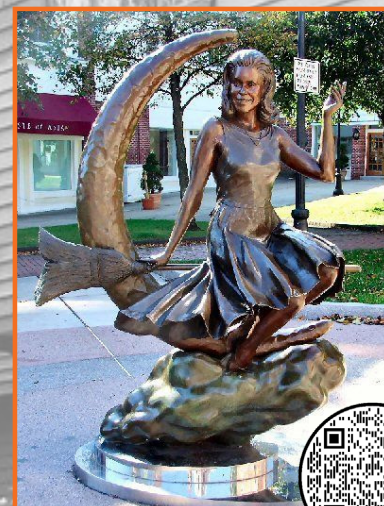
Don't wait too long since spots magically seem to disappear! To sign up call ITT, Building 22 at 207-438-2713

www.navylifePNSY.com | www.facebook.com/pnsyffr



840

includes bus transportation



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!

Flag Football Tournament

Coaches Meeting: Sept 25

Deadline to Sign up: October 6

Get your command or coworkers together for a 7v7 single elimination tournament. First place will receive Championship medals. Sign up at the Fitness Center.

Disc Golf Tournament

Wednesday, October 25

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. Trophy to the winner, 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 & 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

Date added: Friday, October 13

\$25 includes van transportation.

Admission to the museum is free and not to be missed.

Trips are open to Military (active and retired) and DOD (active and retired) and their guests. MWR has limited spots for active E1-E6 at no cost, courtesy of the Portsmouth Elks Link Program.

The Pumpkinfest Trip is so popular we've added a new date with a new stop! You've heard of Pumpkins and Spice, well this is Pumpkins and Ice. We leave the Shipyard at 9 a.m. and stop in Brunswick to see the "Black Iceberg" (aka Peary-MacMillan Arctic Museum). After a brief stop for lunch (not included) in Brunswick, we head to Damariscotta to see the giant pumpkins freshly transformed into works of art. You'll have time to shop and stroll and see the decorations. We depart at 4 p.m. and will be back to the Shipyard by 6 p.m.

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 visit:

www.facebook.com/pnsyffr

**Visit our site by
scanning the
QR Code:**



Wood Hobby Shop

Building H10

More info call: 207-438-1820

Tues & Thurs, 4 - 9 p.m.

Sat, 9 a.m. to 1 p.m.

Whether you are experienced or never tried any woodworking, this is the place to go!

Come meet the staff and see what amazing things you can make.



Auto Hobby Shop

Behind Building H10

More info call: 207-438-2981

Tues, Wed, & Sat, 8 a.m. - 4:30 p.m.

Thurs & Fri, 8 a.m. - 8 p.m.

Fall Car Maintenance

Clean out the inside of your car with the FREE vacuum out front. Then top it off with filling up the tires with the FREE air hose. Your 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
job!

\$5.00/hr Wash Bay (Power Washer
Available)

\$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)

FREE Vacuum Out Front

FREE Air Hose Out Front

2024 TRIPS

BACK BY POPULAR DEMAND

MAY 11

BUTTERFLIES & YANKEE CANDLE VILLAGE
Deerfield, MA

MIDCOAST LIGHTHOUSES

Rockland Breakwater, Owls Head, & Marshalls Point

MAY 25

JUN 29

PUFFIN WATCH CRUISE & BOTANICAL GARDENS
Boothbay Harbor, ME

LOBSTER TRAP CRUISE & OLD PORT
Portland, ME

JUN 30

JUL 19

YARMOUTH CLAM FESTIVAL
Yarmouth, ME

WHALE WATCH
Rye, NH

AUG 10

AUG 11

SACO RIVER TUBING
North Conway, NH

BIG E - MILITARY APPRECIATION DAY
Springfield, MA

SEPT 13

**FOR MORE INFO CONTACT ITT
BUILDING 22 | 207-438-2713**