

November 2023

Portsmouth **Shipyard Currents**

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

STAY CONNECTED

Get MWR & FFR updates
right on your phone!

Text PNSYFUN to
888-697-6762

Sign up TODAY! You'll
be the first to know about
discounted tickets, trips,
fitness events, & MORE!

OR download the NAVY
MWR PNSY App!
Available at Apple
Store & Google Play



**Go to the
MWR Website:**



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

Ski Erg Challenge Month of November

Come into the Fletcher
Fitness Center any time during
the month of November. Fastest
time to reach 2000 meters, wins!

Walleyball Tournament

Deadline to Sign up: Nov 6

Tournament: Nov 13 - Dec 1

Sign up and challenge other
Commands in this fun but
competitive game. We will play a
3 on 3 round robin tournament
(depending on interest). Wallyball
roots go back to as early as 1972
when the game was originally
called Deckerball. In Kansas, IL,
a high school physical education
teacher and a couple of his
students, including Mark Decker,
sat down to create a game that
combined several skills from
handball, tennis, and volleyball,
and they arrived at the game that
was called Deckerball (after Mark
Decker). It is very similar and
is really the predecessor to the
game known today as Wallyball.

3 Mile Turkey Trot

Thursday, November 16

11:30 a.m.

Join us for a 3 mile
fun run/walk! It
can be done outside
or on Treadmill. Group run will
meet at Fitness Center at 11:30
a.m. on Thursday, November
16. You can also run anytime
throughout the day on the
treadmill or outside by honor
system. Best time for the 3 mile
run wins a prize.



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.

Candlelight Stroll Under the Stars

Saturday, December 16

\$35 (includes van
transportation) OR

\$22 meet us there

Strawbery Banke Museum in
Portsmouth brings you back in
time and is one of the Seacoast's
hidden gems. This event always
sells out and promises to make
your season brighter. Watch Ice
Dance International's Currier
and Ives Vintage Skaters, stroll
the grove of holiday trees, and
enjoy the old fashioned holiday
shopping at Pickwick's at the
Banke. The historic houses are
open for touring. Meet the
Shapiro family as they prepare
for a Hanukkah Celebration in
1919, the Goodwin family as they
prepare for a Victorian
Christmas, and the Rider-Wood
family as they celebrate the
recent marriage of Mary Rider's
niece Betsy. This is an all-weather
event. For those coming in the
van, we leave at 4 p.m. in time to
see the lights or meet us at 5pm.

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:**



Recreation Equipment Rental

Building H10

More info call: 207-438-1514

Mon-Fri, 8:30 a.m. - 3 p.m.

Mark Your Calendar: Sunday River Ski Trip

February 8 - 11, 2024

More info to come!



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 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.
You're 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