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NAVYLIFENAWSCL



NAWSCL.FF

There are a lot of fun activities happening in the month of March that you will NOT want to miss!!

Don't forget these important dates this month!

3rd- Flex Friday

12th- Daylight Savings~ Spring Forward!

17th- Flex Friday

17th- St. Patrick's Day

20th- 1st Day of Spring

27th-31st- Sierra Sands Spring Break

31st- Flex Friday

March is National Nutrition Month!!! "People who consume well-balanced diets have a lower risk of chronic diseases and infections. Once you begin viewing food as fuel, it is easier to choose foods packed full of nutrients instead of other choices that can weigh you down." Find out more here: <https://pathwayswellnessprogram.com/march-wellness-focus-on-nutrition/>

Presented by



FAMILY FUN SATURDAYS

at The RecStop

SATURDAYS • 12 PM - 8 PM

JOIN US FOR A DAY OF FAMILY FUN WITH THE RECSTOP! THERE WILL BE CRAFTS, ACTIVITIES, AND SNACKS, FOLLOWED BY MOVIE SELECTED BY THE PARENTS IN ATTENDANCE!

This week:

Parent & Child Art/Activities: 1-3 pm

Week 1 - Spirograph (Paper Art)

Week 2 - Paint This (Wood, Stone)

Week 3 - Beadwork (String It)

Week 4 - Build It (STEM Crafts/Models)

Kids Movie Time 4-6 pm

FOR MORE INFO, CALL 760-939-4386 | PARENT MUST SUPERVISE CHILDREN AT ALL TIMES.



EVERY WEDNESDAY

Wednesday Night

BOWLING **League**

Every Wednesday Evening March 1 - May 17 • 6 PM

Join us at Hall Memorial Lanes for an evening of bowling league fun!

Bldg. 01092 King St.

\$7⁵⁰ per person per night

Call for info: 760-939-3471

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LIGHT THE NIGHT

B Mountain Hike

Tuesday, March 7 | 5:15 PM

Meet at Community Recreation Bldg 02733 King St

E1-E6 Free | Rec Pass Free | All Others \$5

Please dress according to the weather and wear closed toe shoes. Bring lots of water to keep hydrated!

Call 760-939-3006 to sign-up or to get more information!

Open to anyone with current base access.



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Liberty Movie Night

Friday, March 10 • 6 PM - 9 PM

Featuring Down Periscope Rated PG-13

YES, There will be a quiz! Watch the movie, answer a short quiz, and win a prize!

Open to any 18+ with current base access.

Call 760-939-4386 for more information.

MWR
COMMUNITY
RECREATION

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CAR CARE

Auto Skills Instructional Class

Saturday, March 11 | 9 AM - 11 AM

Brake and parking brake inspection. Learn how to inspect the entire braking system! Brake pedal, fluid, lines, hoses & assembly.
E1-E6 FREE | E7+, Military Dependent, Retirees \$5
Rec Pass Free | All Others \$8

Call 760-939-3006 for more information!

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The graphic features the words "MARCH MANIA" in large, white, 3D block letters with a metallic, speckled texture. Behind the letters are several orange basketballs. Below the main title is a red, angled banner with the text "2023 MEN'S NCAA BRACKET CHALLENGE" in white, italicized, sans-serif font. The background is a dark, blue-toned arena with bright spotlights and a basketball court floor.

MARCH MANIA

2023 MEN'S NCAA BRACKET CHALLENGE

March 12 thru April 3

**Join us at The Rec Stop for a
March Basketball Challenge!**

Selection Begins Sunday, March 12 | Finals will be held on April 3

Men's Semi Finals (Sweet 16)

Bracket Contest Deadline March 23

For more information: 760-939-4386

Watch and Play to Win!

E1-E6: Win the Bracket Challenge for a \$30 Nex Gift Card!

All Men's and Women's Games will be Played at The Rec Stop



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St. Patrick's Day

At Barefoot Bar

Thursday, March 16

3 PM - 9 PM Barefoot Bar

Join us for our celebration! We will have games, free appetizers and special drinks for purchase. Open to anyone with base access age 18+.

Call 760-939-8662 for more information



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A vibrant St. Patrick's Day-themed graphic featuring a large, glowing rainbow arching over a golden pot filled with coins. A green leprechaun hat with a gold buckle sits on the left side of the pot. The background is dark green with sparkling light rays and strings of purple, gold, and green beads. Several green four-leaf clovers are scattered throughout the scene.

St. Patrick's Day SCAVENGER HUNT

Friday, March 17 • 4:30 pm
Schoeffel Field • \$5

- Come join us for a fun run around the MWR facilities, performing games and tasks at each location to receive the next clue.
- Gather fun St. Patrick's Day accessories along the way!

(Children under 10: FREE. All Others: \$5)

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11/07/2019



Game of Thrones Trivia!

Friday, March 24 | 7:30 PM - 9:30 PM
Lanai at Barefoot Bar

Free entrance | Snacks and drinks available for purchase at Barefoot Bar.
Open to anyone with current base access age 18+.
Call 760-939-3006 for more information.

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YOU SNOOZE YOU BRUISE

Paintball Pick Up Game

Saturday, March 25

Paintball Field | 1 PM - 4 PM

Player Pricing: E1-E6 Free | Rec Pass Free | E7+, Mil Dep, & Retired Mil
\$3 | DOD and all Others \$5 | Paint Pricing: \$11 for 500 rounds & \$42 for
2,000 rounds. Open to all with current base access.

Call 760-939-3006 for more information!

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MARCH

FFSC EVENTS AND WORKSHOP CALENDAR

RESERVATIONS REQUIRED FOR ALL WORKSHOPS 1 WEEK IN ADVANCE
PLEASE CONTACT THE FLEET AND FAMILY SUPPORT FOR RESERVATIONS OR QUESTIONS 760-939-4545



March 6 • 10 AM

Sponsorship

Pre-registration is required. We will review the roles and responsibilities of the Sponsor and discuss each stage of the program. Provides incoming personnel with communication, support, and relocation assistance to meet the Sailor's needs.

March 8 • 10 AM

New Spouse Welcome Aboard

You are not alone. Attend this workshop to learn about the area, meet other spouses, learn about local military programs, and get information about resources for foreign born spouses.

March 8 • 3 PM

Home Buying

This course will help you determine if you are ready to purchase a home. Participants will learn how



to choose a real estate agent and mortgage, and show you how to negotiate the deal.

March 9 • 10 AM

Renting

In this course participants will learn how to research rental options, determine affordability, and locate an appropriate rental property.

March 13 • 9 AM

Military Pay Issues

Everything you need to know about your military compensation. Learn to verify information on your Leave and Earnings Statement (LES), and correct common pay problems to maintain financial readiness.

March 15 • 10 AM

Acing the Interview

Make your dream job a reality! Gain information and resources to develop expert interview skills.

March 15 • 2 PM



Job Search Strategies

Are you looking for employment? Would you like to learn how to find, federal, state, county, local, or remote jobs? Attend this workshop to get the information you need to find jobs.

March 20 – 22

Transition Assistance Program

This class is required for every Service member separating from the military and is designed to help Service members prepare for the transition to civilian life. Registration required through your Command Career Counselor.



MARCH

FFSC EVENTS AND WORKSHOP CALENDAR CONTINUED....

RESERVATIONS REQUIRED FOR ALL WORKSHOPS 1 WEEK IN ADVANCE
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March 23 – 24

TAP Track Employment:

This workshop provides an introduction to the essential tools and resources needed to evaluate career options, gain information for civilian employment, and understand the fundamentals of the employment process.

March 23 – 24

Tap Track My Education

This workshop assists service members in identifying the higher education requirements that support their personal career goals. Topic areas include: learning the basics, choosing a field of study, selecting an institution, gaining admission, and funding higher education.



Volunteer Orientation: By Appointment

Learn about the volunteer opportunities available with the Fleet and Family Support Center. The Fleet and Family Support Center offers flexible schedules and various learning opportunities.

Relocation Workshops: By Appointment

Whether you are settling in or departing from a duty station, the relocation program can help ease the associated stress and make the transition easier for you and your family.



COME AND HANG OUT AT 1318!

Free Program / NAWS China Lake / M-F / 2-6 PM

Teens ages 13-18 can come and hang out together after school in a fun and safe environment. We provide a large variety of activities and opportunities for everyone:

**BOWLING
ROCKWALL
SCIENCE PROJECTS
LEADERSHIP, VOLUNTEERING, AND OUTREACH
MOVIE NIGHTS**

**COOKING
SPORTS
ART PROJECTS
VIDEO GAMES**

Base access is needed. School transportation buses can provide rides from school to the center.

Come into 1318 between 2-6 PM to grab a registration packet or call 760-428-5556 with any questions.



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GROUP EXERCISE CLASS SCHEDULE

MARCH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00 AM				BARRE BEGINS 3/16
9:30 PM			BIKE-BENCH- BAR	10:30 "FIT-2-FIGHT" NOFFS MIL PT
12 PM	PERFORMANCE BOOTCAMP	INDOOR CYCLING	BARBELL STRENGTH	BIKE-BENCH- BAR
3 PM				"FIT-2-FIGHT" NOFFS MIL PT
5 PM	ZUMBA	GENTLE YOGA	ZUMBA	BARBELL STRENGTH

FITNESS STUDIO, BLDG. 19 BY THE NEX
CALL THE DOME 760-939-2334 TO RESERVE YOUR PLACE.

Classes are subject to cancellation if less than 3 participants.



Current MWR Events



MWR Eats

