

**JANUARY 2023**

**Portsmouth**  
**Shipyard Currents**

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

**2023 TRIPS  
BACK BY POPULAR  
DEMAND**

For more info contact ITT, Building 22  
207-438-2713 or visit  
[www.facebook.com/pnsyffr](http://www.facebook.com/pnsyffr)  
[www.navymwrportsmouthshipyard.com](http://www.navymwrportsmouthshipyard.com)



Saturday, May 13 (Mother's Day weekend)

**Butterflies & Yankee Candle Village - Deerfield, MA**

Sunday, May 21

**Gem Museum - Bethel, ME**

Saturday, June 24

**Puffin Watch Cruise & Botanical Gardens  
Boothbay Harbor, ME**

Sunday, June 25

**Lobster Trap Cruise & Old Port - Portland, ME**

Friday, July 21

**Yarmouth Clam Festival - Yarmouth, ME**

Saturday, August 12

**Whale Watch - Rye, NH**

Sunday, August 13

**Saco River Tubing - North Conway, NH**

Friday, September 15 (Military Appreciation Day)

**Eastern States Fair (Big E) - Springfield, MA**

Saturday, October 14

**Pumpkin Festival - Damariscotta, ME**



## Fletcher Fitness Center

Building 306

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

### **Achieve Your Goals**

A lifetime challenge, starts now!  
-Fitness and Nutrition Mentoring.  
-Setup a routine to achieve your health related goals.  
-Nutrition Education provided by Go for Green, NOFFS Nutrition, and Mission Nutrition Facilitators.  
-Weekly check-ins M-F at 6:30 a.m., noon & 3 p.m.  
Show up for yourself and stay committed. Sign up at Fletcher Fitness.

### **Basketball 3 on 3 League**

**Sign up by Monday, January 9**  
League will kick off January 16  
Challenge other commands on the base in this fun and competitive tournament.

### **New Class Schedule for January:**

#### **MRT (Metabolic resistance training) All Abilities**

Monday, Tuesday, Wednesday, Thursday, Friday | 6 -6:30 a.m. and 11:30 - Noon

#### **Pilates Mat**

Tuesday & Thursday | 6:30 -7 a.m.

#### **Achieve Your Goals**

Monday, Tuesday, Wednesday, Thursday, Friday | 6:30 a.m., noon, 3 p.m.

#### **FEP powered by NOFFS**

Monday, Tuesday, Wednesday, Thursday, Friday  
10:30 - 11:30 a.m. and  
1:30 - 2:30 p.m.

#### **Yoga and Mobility**

Tuesday & Thursday  
Noon - 12:30 p.m.

## **Triathlon**

### **Month of January**

Start your new year's engines with a row, bike and a run with our indoor triathlon. It's a 10 minute row, 30 minute bike, 20 min treadmill (1hr total). The score is the total distance in mileage, most mileage wins.

### **Discount Tickets, Trips & Tours at ITT**

Building 22

More info call: 207-438-2713

Operational Hours:

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.

### **Blue Man Tickets**

**Saturday, February 18 | 2 p.m.**

Charles Playhouse - Boston, MA

\$75 each

Sold in even numbers only

### **O'Neil Cinema Tickets**

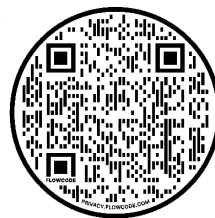
ITT now has O'Neil Cinema Tickets located in Epping, NH.  
VIP Select Tickets for \$8 each  
They are not valid for the first two weeks of new released movies, 3D movies or D-Box seats

### **Free Movies**

The 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 that will be playing this month visit our facebook page at [www.facebook.com/pnsyffr](http://www.facebook.com/pnsyffr)

**GET MORE UPDATES!**



## **Recreation Equipment Rental**

Building H10

More info call: 207-438-1514

Operational Hours:

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

### **Sunday River, ME Ski Trip February 8-12**

Stay at the Jordan Summit!

(price is per person/couple)

2 night, 2 day lift...\$450/\$900

2 night non-skier...\$250/\$500

3 night, 2 day lift...\$545/\$1090

3 night non-skier...\$345/\$690

3 night, 3 day lift...\$610/\$1220

2 night, 2 day lift - single...\$700

3 night, 2 day lift - single...\$890

3 night, 3 day lift - single...\$950

\*NEW 2023: 4 night stay

(wed - sun) and 4 day lift tickets available!

Sign up at Recreation Equipment

Rental in Building H10

207-438-1514 or email

[todd.L.brooks.naf@us.navy.mil](mailto:todd.L.brooks.naf@us.navy.mil)

### **Wood Hobby Shop**

Building H10

More info call: 207-438-1820

Operational Hours:

Tues & Thursday, 4 - 9 p.m.

Saturday, 9 a.m. - 1 p.m.

### **Woodworking Classes**

Starting in January the Wood Hobby Shop will be offering Classes!

### **Machine Woodworking Fundamentals I**

Every Friday in January | 5-7 p.m.

Military & Dependents \$40 each

DoD Civilian \$60 each

Materials are included. Tools and PPE will be provided for use during shop time.

Start off the New Year with something creative and fun. The objective of this workshop is to introduce the participant to using machines for woodworking in a safe and efficient manner.