



PEACOCK PRESS

ENCOUNTER NAVY LIFE AT MONTEREY, CALIFORNIA

OCTOBER- DECEMBER 2019

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PEACOCK PRESS

NAVAL SUPPORT ACTIVITY AT MONTEREY

OCTOBER-DECEMBER 2019

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Captain Rich Wiley
Commanding Officer

Steve Cusamano
Deputy Director

Kyle Rhodus
Quality of Life Director

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MWR Recreation Director

Samuel Jepsen
Golf Course/RV Campground
Manager

Austin Daniels
Golf Course Superintendent

Theresa Ikstrums
Child and Youth Programs Director

Henry Chu
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Navy Community Recreation
Manager

Amy Clanton
Club Manager

Melanie Arellano
Catering Sales Manager

David Wolf
NGIS Manager

Vacant
Fleet and Family Support Center
Director

Dr. Cheryl McCloud
School Liaison Officer

MWR Admin (Rm. 55)
Open weekdays, 8 am-4 pm
Closed weekends/federal holidays
831-656-2533

MWR BUSINESS OFFICE
Open weekdays, 8 am-3 pm
Closed weekends/federal holidays
831-656-7954

PEACOCK PRESS
MWR Department
Naval Support Activity Monterey
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Monterey, CA 93943-5000

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Letter from the Quality of Life Director

As we say farewell to the students graduating this past semester, we also take this time to welcome all of those new on board. You are truly in for a treat during your time in Monterey. Monterey boasts one of the finest Quality of Life programs the Navy has to offer, to include first rate child care and youth programs, a newly renovated functional fitness area next to the Exchange, and the world famous Trident Room located in the basement of the Hotel Del Monte, just to name a few. We offer something for everyone in your family, and it is our mission to make your stay in Monterey one of the most memorable in your military career.

For the next couple of months you will enjoy some of the best weather that the Peninsula has to offer all year long. It's a great time to get outside and enjoy the many parks, hiking trails, and golf courses in the area. Don't hesitate to reach out to our Tickets & Travel Office for ideas of things to do in the area, including military discounts to many of the local and statewide attractions. Our very own Monterey Pines Golf Course offers the absolute best golfing value in the area with its award winning turf management staff keeping the course in pristine shape year round. Monterey is a great place for you or members of your family to pick up the game of golf, and we offer expert instruction and clinics for players of all ages.

As we head into the Holiday Season we have many events to keep you busy. We offer buffet Holiday meals developed by our culinary team and hosted in the glorious Barbara McNitt Ball Room. Join us for Thanksgiving or Christmas to have an amazing meal without all the hassle of cooking or cleaning up after. You also won't want to miss our family holiday events to include Freaky Family Friday, Teddy Bear Tea, and a visit from Santa to help us light up our tree in the Foyer of the Hotel. For those looking to travel back in time, join us on New Years Eve for our annual Gala celebrating the early 1900s including music, food, and cocktails taken straight from the history books of the Hotel Del Monte.

Regardless of your interest, there is surely something to keep you busy during your time here, and we look forward to hosting you and your families at one of our many events for the remainder of 2019. Welcome aboard!

Kyle Rhodus



NSA Monterey is on Facebook and Instagram!

Like "Navy Life NSA Monterey" and @navylifensam to stay in the know!



HOLIDAY HOURS

All F&B outlets are closed on Federal Holidays with the exception of El Prado Continental Breakfast and the Trident Room.

Café Del Monte closed Dec 14 to Jan 1

El Prado Lunch Closed Dec 23-25 & Jan 1
Limited menu Dec 26-Jan 3

Starbucks closed Dec 25-Jan 1
Limited hours Dec 23 & 24

Trident Room open every day!

CAFÉ DEL MONTE 831-656-7885
Next to Dudley Knox Library
Mon-Fri: 7 am-2 pm
Closed on Federal Holidays
Breakfast Mon-Fri: 7 am-10:30 am

Stop by Café Del Monte Mon-Fri mornings for a delicious breakfast burrito! Daily specials at great prices with quick service!
For Club Del Monte daily lunch specials check out Club Del Monte Facebook page to stay in the know.

CATERING 831-656-1049
Email mwrcatering@nps.edu

Don't wait until the last minute. Book your Catered event with Club Del Monte today. For reservations email mwrcatering@nps.edu

STARBUCKS

Located in the NPS Dudley Knox Library Mon-Fri, 6:30 am-5:30 pm
Sat 9 am-2 pm
Closed Federal Holidays and Federal Holiday weekends.

EL PRADO DINING ROOM . 831-656-2170
Serving breakfast and lunch!
Continental Breakfast:
Daily 6:30 am-10 am
Lunch: Mon-Fri 10:45 am-1:15 pm
Offering salad & sandwiches, hot entrees, fresh soup and chili con carne daily. Friday house special clam chowder!

Mongolian BBQ
Every Wednesday Night, 4-7 pm
El Prado Dining Room

TRIDENT ROOM

831-656-7508
Hotel Del Monte ground floor (Bldg. 220)

We are now open 7 days a week 3 pm-Close! Dinner service nightly from 3-9 pm. Check out our appetizers and dinner menu at the Trident Room featuring fabulous healthy entrée selections in addition to the house favorites.

Trident Room Dinner Specials:

- **Tuesday Prime Rib Night**
tender and juicy prime rib with au jus, horseradish, baked potatoe and sautéed fresh vegetables, \$20.
- **Wednesday Mongolian Night**
- **Friday Surf & Turf**
grilled ribeye steak with sautéed shrimp served with crispy parmesan Yukon potatoes and baked stuffed tomato with baby kale, \$20.
- **Monday, Thursday, Saturday & Sunday Chef's Specials!**

Join us for the Chef's freshly-prepared special selections.

CORKZ & FORKZ (SEE AD PAGE 4)

At the Historic Hotel Del Monte

- Oct 16 Alvarado St Brewery
- Nov 13 Whisky Night
- Dec 18 Cocktail Night from 5:30 to 8:30.

Cost \$45 Military/DoD General Public \$55

SUNDAY BRUNCH (SEE AD PAGE 4)

- Sun, Oct 27
10 am - Noon
Reservations Required



Thanksgiving Buffet

Thursday
November 28 • 2 pm

In the Barbara McNitt Ballroom at the Historic Hotel Del Monte

Menu
Harvest Greens Salad with Goat Cheese, Pears, Tart Cherries and Candied Pecans served with a Maple-Balsamic Dressing
Roast Turkey with Gravy and Cranberry Sauce
Sausage, Apple and Cranberry Dressing
Sour Cream & Chive Mashed Potatoes
Rosemary Roasted Butternut Squash
Macaroni & Cheese
Green Beans with Roasted Grape Tomatoes
Assorted Pies to include Pumpkin, Pecan, and Apple
Coffee and Hot Tea

MWR Eligible Patrons & Guests \$35
Kids (5-10 yrs) \$15
General Public \$40
Kids (5-10 yrs) \$17
All Kids Under 5 eat FREE!

Reservations Required
831-656-7512 or mwrcatering@nps.edu
Gate access required for general public. Reserve by November 14 to avoid disappointment.

Christmas Dinner Buffet

Wednesday, December 25 • 2 pm
In the Barbara McNitt Ballroom at the Historic Hotel Del Monte

Menu
Christmas Salad with Citrus-Champagne Vinaigrette
Chef Carve Slow Roasted Prime Rib, Aux Jus and Horse Radish
Roasted Salmon with Orange Butter Glaze
Yukon Potato En Croute
Steamed Asparagus with Butter & Parmesan
Dessert: Assorted Cakes and Pies
Coffee and Hot Tea

MWR Eligible Patrons & Guests \$45
Kids (5-10 yrs) \$15
General Public \$50
Kids (5-10 yrs) \$20
All Kids Under 5 eat FREE!

Reservations Required
831-656-7512 or mwrcatering@nps.edu
Gate access required for general public. Reserve by December 11 to avoid disappointment.

New Year's Eve Gala

Wednesday, December 31 | 5:30-9 pm
Reception | Buffet Dinner | Dancing
Historic Hotel Del Monte

Shrimp Scampi, Black-Eyed Pea Crostini, Oysters Rockefeller, Charcuterie
Lobster Bisque
Chilled Baby Greens with Pomegranate, Grapes, Pecans and Bleu Cheese served with a Champagne Vinaigrette
Carving Station: Roasted Chateaubriand Served with Béarnaise Sauce | Rack of Lamb
Garlic Roasted Creamer Potatoes, Asparagus Risotto, Roasted Cauliflower, Gold Beets and Baby Carrots
Dessert Station: Assorted Cakes

MWR Eligible Patrons & Guests \$85 | General Public \$100
Open to patrons 21 yrs.+
RESERVATIONS REQUIRED: 831-656-7512 or mwrcatering@nps.edu
Gate access required for general public. Reserve by December 17 to avoid disappointment.

CORKZ & FORKZ WINE & FOOD PAIRING AT THE HISTORIC HOTEL DEL MONTE

Reservations Required, Space is Limited.

Oct 16 (Alvarado St Brewery)

Nov 13 (Whiskey Night)

Dec 18 (Cocktail Night)

5:30-8 pm

Military, Retiree, DoD: \$45

General Public: \$55

OPEN TO 21+

Cutoff Dates for General Public

Oct 2, Oct 30, Dec 4

Gate Access Required for
General Public Guests

831-656-7512

mwratering@nps.edu



Enjoy a walking tour of the
Historic Hotel Del Monte while
enjoying fine beverages paired
with appetizers prepared by our
Executive Chef. An experience like
no other in the Monterey
Peninsula. Tickets available in the
Trident Room or Tickets & Travel
office while supplies last.

Trident Room Hours: 7 days a week, 3 pm-Close
Tickets & Travel Hours: Mon-Fri 10am-3 pm
Closed Federal Holidays

SUNDAY brunch

At the Historic Hotel Del Monte
in the Barbara McNitt Ballroom

October 27

CUTOFF DATE FOR GENERAL PUBLIC: Oct 11

Gate Access REQUIRED for General Public

General Public: Adults \$40, Children \$15

MWR Eligible Patrons & Guests: \$35, Children \$13

Reservations Required

Seatings every hour and half hour - 10 AM to 12 PM

Make reservations now to avoid disappointment
831-656-7512 or e-mail, mwratering@nps.edu



Visit Monterey Museum of Art

Free Family Fun Days

Artistic fun for the whole family – at no cost! Upcoming: **Spooktacular 10/26** and
Mini Masterpieces 12/7

First Fridays

Free admission on the first Friday of every month from 5 - 7 pm. Meet artists and
curators while enjoying fine art, live music, and signature drinks at MMA's favorite
monthly social event.

Afternoon Art Club

Drop in or sign up for every week of our weekly creative outlet for children in
grades 1-4. Cost \$15 per student per class; Wednesdays 10/2, 10/9, 10/23, and 10/30
from 3:30 - 5:00 pm.

Want even more California art? Consider a membership
to enjoy free admission, discounts, and special events!

Visit montereyart.org for a full list of exhibitions and
programs or call 831.372.5477 for more information.

Disclaimer: No Federal Endorsement Implied.



COMMUNITY RECREATION

COMMUNITY RECREATION

831-656-3223/605
Hotel Del Monte, Bldg. 220.

For more information about Navy Community Recreation, please call 831-656-6059/3223 or email CommRec@nps.edu. Registration is required for all trips and select activities.

BOARD GAME DROP-IN

First Wednesday of Every Month • Trident Room • 4:30 pm • Bring the whole family for some self-guided board game fun! Enjoy classics like Scrabble, Uno, and Checkers along with new favorites like Exploding Kittens, Say Anything, and 5-Second Rule!

BOOS & BREWS

Fri, Oct 4 • Trident Room & English Rose Garden 4:30-7:30 pm Join us for a Bavarian-inspired Halloween shindig! Enjoy food pairing with local breweries, a live musical performance by Polkageist, and more! \$25 presale tickets are available at Tickets & Travel; \$30 at the door. Open to all eligible patrons 21+

FAMILY MOVIE NIGHT

Second Tuesday of every month beginning Oct 8 • El Prado Room 5 pm • For full movie schedule, please visit our Facebook page or website. Enjoy crafting, dinner, and a family movie. Kids 17 and under eat FREE!

FLEET WEEK SAN FRANCISCO

Sat, Oct 13 • 7 am-10 pm • Enjoy a self-guided day in San Francisco to celebrate Fleet Week. Hop on a ship tour, have lunch at Fisherman's Wharf, and marvel at the Blue Angels flying over the Golden Gate Bridge. Registration is required at Tickets & Travel. Space is limited.

PUMPKIN DOODLE

Fri, Oct 18 • 4-7 pm • Hotel Del Monte Lawn • Decorate your pumpkin as jolly or as spooky as you'd like! Registration is required at Tickets & Travel.

WINCHESTER MYSTERY HOUSE: UNHINGED TOUR

Sat, Oct 19 • 5:30 pm • San Jose Step into a real-life psychological and paranormal thriller where you explore the dark hallways of the cursed Winchester Estate, including rooms that haven't been publicly shown in 96 years. Registration is required at Tickets & Travel. Open to all eligible patrons 13+

FREAKY FAMILY FRIDAY

Fri, Oct 25 • 6-8 pm • Barbara McNitt Ballroom • Join us for a children's Halloween Party! Play Carnival games and more! Ages 10 and up: \$8.00/ Ages 9 and under: \$5.00. Registration is required.

TERROR IN THE TRIDENT

Thu, Oct 31 • 4:30-7 pm • Trident Room • Join us in the Trident Room for a Halloween Party! Enjoy live music, giveaways. Wear your best costume to win a prize! FREE!

SAN JOSE SHARKS GAME

Sat, Nov 2 • 4pm • Register at the Tickets & Travel Office by 10/29. Come join us as we head to San Jose to watch the San Jose Sharks! Price includes transportation and ticket to the game! For more information, call Community Recreation at 831-656-6059/3223.

GORDON BIRSCH TOUR

Mon, Nov 11 • 4:30 pm • San Jose • Enjoy a private tour through the Gordon Biersch Brewery and enjoy dinner on your own in downtown San Jose. Registration is required at Tickets & Travel. Open to eligible patrons 21+.

TREE LIGHTING

Fri, Dec 6 • 6-8 pm • Foyer Join us for our annual tree lighting ceremony. Enjoy FREE hot chocolate, cookies and meet Santa Claus himself!

PEARL HARBOR REMEMBRANCE HIKE

Sat, Dec 7 • Pinnacles National Park • 7:30 am-2 pm Come together to honor and remember the service members who were affected by the attack on Pearl Harbor in 1941. Registration is required at Tickets & Travel. Open to eligible patrons 7+.



ARMY/NAVY TAILGATE PARTY

Sat, Dec 14 • 11:30am- 4pm • Trident and El Prado Rooms • It's the time of year everyone has been waiting for: The Army vs. Navy Game! You're invited to watch the game with us on the big screen and play our FREE football pool for a chance to win a prize! FREE unsupervised Kids Zone in the La Novia Room.

TEDDY BEAR TEA

Sun, Dec 15 • 12:30-2:30pm Celebrate the holidays with us at our annual Teddy Bear Tea in the Barbara McNitt Ballroom. Enjoy assorted beverages and cookies, along with entertainment and the opportunity to meet Santa! Registration is required at Tickets & Travel by December 7.

CHRISTMAS IN THE PARK

Sat, Dec 21 • 2:30-9 pm • Downtown San Jose • Enjoy a holiday fantasyland with over 40 musical and animated exhibits, glittering lights and the 60-foot Community Giving Tree at the Plaza de Cesar Chavez in downtown San Jose. Registration is required at Tickets & Travel; space is limited.



TICKETS & TRAVEL

Our Tickets & Travel Office is your #1 stop for discounted tickets to area parks, attractions, hotels, museums, and more. Stop by and get the fun started today! For more information, call 831-656-3223 or email CommRec@nps.edu

TICKETS & TRAVEL

831-656-3223

Hotel Del Monte, Bldg. 220, Rm. 131
Open Mon-Fri 10 am-3 pm
Closed weekends and Federal Holidays

Holiday Hours:

Open 10 AM – 1 PM
December 23-24, 26-27, 30-31, Jan 2-3

Holiday Closures:

October 14 – Columbus Day
November 11 – Veterans Day
November 28 – Thanksgiving
December 25 – Christmas Day

UNIVERSAL STUDIOS HOLLYWOOD

Get ready for the ultimate Hollywood experience! Find a full day of action-packed entertainment all in one place: thrilling Theme Park rides and shows, a real working movie studio, and Los Angeles' best shops, restaurants and cinemas at CityWalk. Universal Studios Hollywood is a unique experience that's fun for the whole family. One-day admission for ages 3 &

older for \$99.50 per person. Expires 1/31/2020. Blackout dates are 11/23/19 & 12/21/19 to 12/31/19.

CALIFORNIA'S GREAT AMERICA

A great time is waiting for you at California's Great America amusement park. Bring the family and enjoy the best attraction in California's Bay Area! Good Any Day ticket (3 yrs and up, 48" or taller) for \$34.75 per person expires 1/28/2020.



GO CITY CARD

Go City Card multi-attraction passes include admission to attractions, tours, museums, and more. For one low price and a savings of up to 55% off combined admissions, come into our office to find out about this great attractions pass. Passes are available for San Francisco, Los Angeles, San Diego and 10 other popular destinations. Pay nothing at the gate. Prices vary.

LEGOLAND

Fun, colorful, and inspirational, LEGOLAND® is where awesome

awaits for families looking for a great day out, or the ultimate shortbreak experience. LEGOLAND is bursting with interactive family rides, live shows, building workshops, and amazing attractions, including awe-inspiring Miniland areas reflecting iconic buildings and attractions from the Resort location – all built using the iconic LEGO® brick. Designed specifically for families with children aged 2-12 years old. 3 day resort hopper (LEGOLAND/SEA LIFE AQUARIUM/WATER PARK) for ages 3 & older for \$80 per person. Expires 1/28/2020.

KNOTT'S BERRY FARM

From the big thrills of Silver Bullet and Xcelerator to the little thrills of Camp Snoopy, Knott's Berry Farm Has the kind of fun you are looking for in a place where the fun never ends! For ages 3 & older Weekday ticket MONDAY-THURSDAY for \$47.75 Weekend ticket FRIDAY-SUNDAY for \$49.75. Expires 12/31/2019.

DISNEYLAND MILITARY SALUTE TICKETS

3-day hopper or 4-day hopper tickets are valid for three (3) or four (4) days of admission to both Disneyland® and Disney California Adventure® Parks. Tickets are valid through December 21, 2019. Up to 6 tickets per family may

be purchased through 12/15/19 and are valid through 12/21/19. Valid only for U.S. Active Duty, U.S. Reservists, or retired U.S. military personnel. Valid and current U.S. military (or military spouse) ID required for purchase and admission. Visit the Tickets & Travel Office for more details.

WALT DISNEY WORLD FLORIDA MILITARY SALUTE

4-day or 5-day hopper tickets are valid for three (4) or four (5) days of admission to ALL parks. Tickets are valid through December 21, 2019. Up to 6 tickets per family may be purchased through 12/15/19 and are valid through 12/21/19. Valid only for U.S. Active Duty, U.S. Reservists, or retired U.S. military personnel. Valid and current U.S. military (or military spouse) ID required for purchase and admission.

***TICKETS MUST BE ORDERED MINIMUM 3 WEEKS IN ADVANCE PRIOR TO TRAVEL DATE. \$10 FEDEX FEE APPLIES ***

To find our complete list and pricing, visit our Tickets & Travel Office.



MONTEREY PINES RV CAMPGROUND

Located on Garden Road behind the Monterey County Fairgrounds. Open daily.

Located deep within the serene Monterey Pines Recreation Complex, Monterey Pines RV Campground is OPEN YEAR ROUND to all active duty, reservists, retirees, family members and DoD civilians. 29 full hook-ups, 8 partial hook-ups, bathhouse and free laundry facilities. Visa/Mastercard accepted.

RV and trailer storage available

831-656-7563



Multi-Attraction passes for one low price

Save up to 55% on top attractions, tours, theme parks, and more with one-easy-to-use pass

Purchase at the ticket office on base (831) 656-3223



Passes also available in:

Boston | California | Cancun | Chicago | Dubai
Las Vegas | Los Angeles | Miami | New Orleans
New York | Oahu | Orlando | Philadelphia
San Antonio | San Diego | San Francisco
Sydney | Washington DC

The Department of the Navy does not endorse any company, sponsor or their products or services.

SPORTS & FITNESS

MWR FITNESS & SPORTS CENTER

831-656-3118 • FitnessC@nps.edu
Main Gym Bldg. 208 • NOFFS Zone
Bldg. 303
Mon-Fri: 5 am-8 pm
Sat: 8 am-4 pm / Sun: 9 am-4 pm
Closed All Federal Holidays
Holiday Hours: Dec 16 - 31, 7 am- 7 pm

FITNESS MEMBERSHIP

FREE for active duty, military reservists, military retirees their family members, and DoD civilians. Membership fee applies to contractors, guests and DoD family members.

Daily Use Fee	\$3
Two Week Pass	\$15
Monthly Membership Fee	\$25
6-Month Membership Fee	\$138
Annual Membership Fee	\$250

Group exercise classes are included in membership with the exception of certain paid specialty classes then a \$3 fee will apply. Stop by the front desk or visit our Facebook page for an updated monthly group exercise schedule.

PERSONAL TRAINERS

Are you frustrated with your workout routine? Are you not seeing the results you'd like to see? Not sure where to start? Let one of our Personal Trainers help you achieve your goals. Cost effective and fun. Free 30-minute consult included with purchase of session(s)

Half-hour session	\$20
Hour session	\$40
6 one-hour sessions	\$225
10 one-hour sessions	\$350

Stop by the front desk or email FitnessC@nps.edu to schedule an appointment.

FITNESS IMPROVEMENT TIPS!

Feel like your program isn't working for you? Not seeing improvements? Let our fitness experts design a fitness program that works for you. Free for active duty.

EQUIPMENT ORIENTATION

Equipment orientation available on a walk-in basis. Questions about a machine or how to use a program on the cardio equipment? Stop by the front desk and ask any of our Navy Fitness certified staff to maximize your time at the gym.

FITNESS CLASSES

For a complete listing of pricing and schedule of group exercise classes and programs, visit our Facebook page "Navy Life Monterey" or stop by the Fitness & Sports Center.

Cycle - One of the best low impact cardiovascular workouts, this class focuses on leg muscle strength & endurance set to a fun music blend.

Power Sculpt - Enhance aesthetics, sculpt physique, build strength and develop muscular fitness. This class incorporates coaching and critique on form, hypertrophy, compound movements, isolation exercises, core & conditioning through the use of free weights, body weight exercises, power, stability and more. All Levels Welcome!

Power Flow Yoga - combines upper and lower body strengthening, flexibility, and alignment conscious movement in a flow style. We learn to create heat in the body while moving to the music as we explore our potential. Vinyasa is a series of poses that warms your body, strengthens the core, and energizes the mind. Expect to be challenged in this yoga class that will have you moving, holding, breathing, sweating, and smiling. All levels are welcome, but familiarity with the Vinyasa style is recommended for this class. \$3/Class

HIIT Strength - a strength conditioning class that blends together free weights and bodyweight exercises.

NAVY OPERATIONAL FITNESS & FUELING SYSTEM (NOFFS)

Come partake in NOFFS at our brand new and improved facility! All patrons welcome to attend for a balanced yet tough workout. Classes are designed to increase performance and decrease the potential for injury with intense yet measured programming. Half-day educational short courses on NOFFS methodology and how to lead a NOFFS-inspired PT session are available upon request. Options include:
NOFFS Tactical Bootcamp

NSA Monterey is on Facebook and Instagram!

Like "Navy Life NSA Monterey" and @navylifensam to stay in the know!



NOFFS Performance Training

NOFFS classes count as command PT for Active Duty.

MASSAGE THERAPY

Looking to work out some knots? Stressed from your studies or the work week? For more information, text our massage therapist Kate Tomlinson at 805-444-1091 and see which treatment may be best for you!



THE 1000 LB/600 LB CLUB

is a combination of our squat, dead lift and bench press. The lifter must meet or exceed 1000 lbs. for males or 600 lbs. for females with any combination of these three lifts. Lifters who meet this goal get a free T-shirt, and become part of our brag board. Can't make it? This incentive program is offered year round by appointment as well.

COMMAND PT

(Available by appointment only) Our fitness specialists are here to help our active duty meet all their fitness goals! Our qualified trainers will design a program to accommodate your schedule and spice up your routine with new fitness training tools. Call with 48 hours minimum notice to schedule your command PT program today!



FLAG FOOTBALL LEAGUE

Gear up for an exciting season of Flag Football at NSA Monterey! Season begins on October 8th with games on Wednesday evenings at Sparks Field. Email FitnessC@nps.edu or contact our Sports Coordinator at 831-656-3118 for sign-ups and more information. Last day to sign up is October 1st. Open to all eligible patrons.

FALL FAMILY FUN RUN 5K

Kick off the Fall season with a 5K Fun Run on Friday, October 11th. Event will be held at the Flagpole in front of Herrmann Hall. Run starts at 3pm with same day registration starting at 2:15pm. First 200 runners get a mini-pie! Run 2 laps or walk one lap around NSA Monterey Followed by the Pumpkin Painting hosted by Community FitnessC@nps.edu. Recreation. For information, please call 831-656-3118 or email:

TURKEY TROT 5K

Fri, Nov 15. Event will be held at the Flagpole in front of Herrmann Hall. Run starts at 3pm with same day registration starting at 2:15pm. Run 2 laps or walk one lap around NSA Monterey! Top male and female finishers in each age category will win Thanksgiving Turkeys! Second place male and female participants in each age category will win Thanksgiving Pies! For information, please call 831-656-3118 or email: FitnessC@nps.edu.

SPORTS CLUBS & LEAGUES

Sign up at the Fitness & Sports Center front desk. Must be 18 years old, out of high school and have a valid ID to participate. Open to all eligible patrons! For more information about these programs contact 831-656-3118 or email FitnessC@nps.edu



Do something different! **FLYING CLUB**

Have you always wanted to learn to fly? Are you a pilot, but figured you just couldn't fly during your time in Monterey? Want to see Monterey from a different perspective?

If you need instruction, our professional flight instructors are available to meet your schedule. Fly with experienced and proficient pilots and share costs. Aircraft and facilities available 24/7 to club members.

Now seeking several additional experienced active duty CFIs.

Visit www.montereynavyFlyingclub.com,
or email mnfc@nps.edu



NPS SAILING ASSOCIATION

SAILBOAT RENTAL

All skippers must complete a check sail through NPSSA and pass a written exam to rent a sailboat. Group sail participation is normally required prior to requesting a check sail.

Half Day Rental \$25 / Full Day Rental \$50 / Rent a Santana 22-ft sailboat for only \$25! Race with us on 30 foot Shields in regular races on the Bay!

SAILING CLASSES

No experience necessary. Earn a Navy "B" keelboat skipper qualification, recognized at MWR Marinas worldwide. NPSSA Membership required. Email: npssa.vc.training@gmail.com for details. Cost: \$225

GROUP SAILS

Group Sails are offered several times per month and led by an experienced skipper. Designed to help you brush up on your sailing skills. Novices welcome! Email: npssa.groupsail@gmail.com Cost: NPSSA member \$10 / Non-member \$25

NPSSA MEMBERSHIP

Membership is open to NPS students, faculty, staff and local DoD personnel. Cost is \$50/year and covers the member and immediate family. Email: npssa.commodore@gmail.com for an application or to be added to the email distribution list, <http://npssa.org>.



Preschool Program

Our popular pre-kindergarten program is structured around the concept of learning through play. Children acquire the knowledge and social skills necessary to ensure a successful transition into elementary school.



The Department of the Navy does not endorse any company, sponsor or their products or services.

AGES:

3-5 years

(Must be "potty"trained)

DAY/TIME:

Monday - Friday, 10 am - 1 pm

(3, 4 or 5 day options)

LOCATIONS:

Casanova Oak Knoll Park Center

735 Ramona Avenue

831-646-5665

Hilltop Park Center

871 Jessie Street

831-646-3975

Monterey Youth Center

777 Pearl Street

831-646-3873

GOLF SHOP

831-656-2167

Open daily 7 am-dusk.

Monterey Pines Golf Course offers area golfers the best value for golf on the Monterey Peninsula

GRILL & BAR

831-656-7799

Open daily 7 am-dusk.

- The eighteen-hole course offers a challenge to all levels of golfers.
- The layout puts a premium on accuracy without overwhelming the golfer with length.
- Undulating greens and lakes that come into play on several holes make the course challenging to all skill levels.

Monterey Pines Golf Club's par 69, 18-hole course puts a premium on accuracy without overwhelming the golfer with length. Undulating greens and lakes that come into play on several holes challenge the best of golfers and offers a great recreational experience for the rest of us. Area golfers recognize "The Pines" as the best value for golf on the Monterey Peninsula. Our **30-day Golf Pass** offers golfers an opportunity to play unlimited for a very reasonable fee. Additional savings on golf are available with a 10-Play Golf Pass and a 10-Play Cart Pass.

We have an active Golf Association that plays monthly tournaments on the second Saturday of each month and a Women's Association that plays every Wednesday. Membership applications for both groups are available in the Golf Shop.

MONTEREY PINES GRILL & BAR

The Monterey Pines Grill & Bar offers a comfortable area to relax after golf and enjoy the latest sporting or news events on multiple televisions. Monterey Pines is a great place for golf, lunch, meetings or to just sit outside with friends and chat. Our private banquet room is ideal for meetings and special events. All areas have access to wifi so you can surf the net or work online while here. To reserve our meeting room for your next business or civic meeting please contact the Food & Beverage Manager, Tim Fisher, at (831) 656.7799.

NIGHT GOLF AT THE PINES

Enjoy a One of a Kind Nite Golf Experience!

Fri, Nov 15

4 Holes of Golf Tee-times available beginning at 5pm. Contact the Golf Shop at 831.656.1087 to reserve your tee-time. \$10 Adults, \$5 Kids 17 & under. Fee includes One Nite Glo Ball.

GOLF OUTINGS

Golf Outings at Monterey Pines are a great way to celebrate an

important event or get together with a group of friends and enjoy a round of golf. The golf staff provides professional tournament management and invites you to contact them for your next event. No matter the size of your group, we'll assist you with preparation of scorecards, long drive and closest to hole markers, cart signs, scoring and prizes. Please contact our tournament Director, Sam Jepsen, at (831) 656.7659 for information and scheduling your next event.

MONTEREY PINES GOLF SHOP

The Golf Shop stocks the latest in golf apparel and equipment and offers competitive pricing on all merchandise. We invite you to "test drive" our Demo Clubs and one of our PGA Professionals will assist you in selecting and fitting you with the clubs that best fit your swing characteristics. We periodically conduct Demo Days on the range with the major golf manufacturers showcasing their latest innovations in golf equipment. Please contact the golf shop for dates of our Demo Days this year.

PGA Members Sam Jepsen, Neil Larkin and Lee Hoellwarth offer private golf instruction and welcome the opportunity to assist you in learning the game and improving your golf skills. Please contact them at (831) 656.2167 for lesson information and scheduling.

DRIVING RANGE

The Monterey Pines Driving Range, chipping and putting greens are open daily for practice. Practice balls are available for \$5 (34 balls), \$8 (68 balls) and \$12 (102 balls). Discounts with up to a 40% bonus are available with the purchase of an E-Range Key.

MERCHANDISE/E-RANGE SPECIAL

Make a merchandise purchase of \$100+ and receive a \$100 Credit on your e-Range.

MILITARY APPRECIATION DAY OCTOBER 23

Monterey Pines honors our Active Duty, Retired and Veterans with Free Golf on Wednesday, October 23rd.

MONTEREY PINES LOGO SHIRTS & WINDBREAKERS

50% OFF at the Golf Shop!

Holiday Hours

Thanksgiving Day - 0700-1400

December 24 - 0700-1400

Christmas Day - CLOSED

New Year's Day - 0700-1700

GOLF PASSES

Active Duty Golf Pass Military - \$140

30-day Golf Pass DoD - \$150

30-day Golf Pass Civilian - \$170

10-Play Military Pass - \$150

10-Play DoD Pass - \$190

10-Play Civilian Pass- \$270



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Navy Lodge®
Monterey
 1100 Farragut Road, Monterey CA 93940





Navy Lodge Monterey is the perfect place for military members and their guests to stay. We offer great value with our spacious guest rooms, family suites, fully equipped kitchenettes, free Wi-Fi, and many other amenities. We also provide a complimentary breakfast from 6-9 am and weekly manager reception and PREMIER guest service. Eligible patrons need to be present to check-in a guest. As an added convenience, pets can stay at the Navy Lodge. For more information regarding pet policies or to make reservations, call 831-372-6133 or toll free at 1-800-628-9466 or visit navy-lodge.com.




Serendipity Pre-School, LLC

We open the Eyes and Hearts of Children
 To the Wonder and Discovery of Learning





A quality educational program for children ages 3 to 5.
 Offering full and part-time pre-school and pre- K classes.
 Serving families of the Monterey Peninsula since 1981.
 1231 Seventh Street, Monterey, CA 93940
831-375-9743
 Visit our Web Site!
www.serendipitypreschoollc.com




The Department of the Navy does not endorse any company, sponsor or their products or services.

CHILD & YOUTH



CHILD AND YOUTH PROGRAMS (CYP)

Located in the heart of La Mesa Village, NSAM Child and Youth Programs provide care and programming options for children ages 6 weeks to 18 years. Services include Child Development Center, School Age Care, Teen Program, Youth Sports and Fitness and Hourly Care. All Naval Support Activity Monterey Child and Youth Programs are accredited by either the National Association for the Education of Young Children (NAEYC) or the Council on Accreditation (COA). NSAM CYP also meets the required Department of Defense and Navy certification criteria. Programs are open to all branches of military and DOD Civilians (priority based). We encourage any interested patrons to stop by for tours of the programs!

CYP Programs will be closed for all federal holidays.

CHILD DEVELOPMENT

CENTER831-656-2734
2 La Mesa Way, Bldg 439 La Mesa Village (next to La Mesa Elementary School)
CDCAdmin@nps.edu
Open Mon-Fri, 6 am-6 pm for full-time care.
For children ages 6 weeks-5 years, the Child Development Center in La Mesa Village is the place for you.

THE TECH CONNECTION TEEN

& YOUTH CENTER831-656-2127
La Mesa Village, 1222 Leahy Rd. Bldg. 444
NPSMWRTechConnection@nps.edu.
Building hours are 6 am-6 pm
Before School 6-8 am
After School Mon, Tue, Thu, Fri 2:15-6 pm, Wed 12:50-6 pm
School breaks and camp hours 6 am-6 pm. For children/teens in Grades K-12.

REGISTRATION PROCESS

CYP Programming starts online at www.militarychildcare.com. To create

an account, search for the child care options that best fits your family needs and submit your request for care.

HOURLY CARE

Hourly Care is available at both the Child Development Center and the Tech Connection School Age facilities. Spaces are limited and are booked quickly so we encourage parents to be aware of the availability. Once an Hourly Care registration packet is completed and on file with appropriate immunizations, reservations can be made up to 30 days in advance. Cost is \$5/hour per child. Call 831-656-2734 for CDC information/availability and 831-656-2127 for Tech Connection information/availability; or utilize CYP online at www.navalifesw/cyponline to make reservations.

PARENTS NIGHT OUT

(6 Weeks – 12 Years old)
Oct 19, Nov 2, Dec 7 from 6:00 – 10:00 pm. Reservations may be made online 30 days out from the event. Cost is \$5 per hour per child. Respite care is available during these hours. Call 831-656-2734 for additional information.

PARENT EDUCATION OPPORTUNITIES

Child & Youth Program representatives will present information on a variety of topics for parents. Call for specific dates/times.

CHILD DEVELOPMENT CENTER (CDC)

Open Mon-Fri, 6 am-6 pm for full-time care. Parents with children ages 6 weeks-5 years, the Child Development Center in La Mesa Village is the place for you! For more information, call 831-656-2734 or email CDCAdmin@nps.edu.

OCTOBER HAPPENINGS

The Child Development Center will hold its annual Harvest Parade on **Thu, OCT 31**. Preschool and toddler classrooms will begin their parade at 3:00 in the courtyard. Your child is welcome to dress up as a favorite character but no face masks, please! Check with your child's teachers for further information.

NOVEMBER HAPPENINGS

Child Development Center classrooms will enjoy a Thanksgiving dessert on **TUESDAY, NOV 26TH** at the Child Development Center at 3:00 pm.



Parents and family members are welcome to attend. Please ask your classroom teacher for specific details.

DECEMBER HAPPENINGS

Parent/Teacher Conferences are scheduled for the Child Development Center during the first two weeks of December. Please check your child's classroom for sign up times.

YOUTH SPONSORSHIP & EVENTS

Is your teen new to the area? Contact the Tech Connection at 831-656-2127 to request a peer to peer sponsor to help your teen get comfortable with the area and connected with our teen community. Youth Sponsorship events are held at the Tech Connection Teen and Youth Center on a quarterly basis. We take teens on field trips around the local area and offer activities for teens to get connected with other teens. Look for flyers for upcoming scheduled events.

SCHOOL AGE CARE BEFORE AND/OR AFTER SCHOOL (Grades K-7TH)

Before School (6-8 am) and After School (2:25-6 pm M-F, 12:50-6 pm W). Programming is ongoing throughout the school year (August – May). Kindergarten to 7th Grade. Offers enriching after-school activities incorporating Boys & Girls Clubs of America and 4-H curriculum, to include: fine arts, technology, health & life skills, leadership, education and fitness. It's not too soon to start thinking about before/after school program for the next school year! To get on the waitlist go to www.MilitaryChildCare.com; create an account, search for and request the childcare that best fits your needs. Fees are based on total family income.

SCHOOL AGE CARE SCHOOL BREAK CAMPS!

Oct 7-11, Nov 25-29, Dec 23-Jan 4
Offered when Monterey Peninsula Unified School District is on School break. Full Day Camp Weeks, 6 am-6 pm, M-F. Sign up for Tech Connection's camps and join us for weekly activities of athletics, arts, science, drama, field trips, and more! Eligible children must have been enrolled in Kindergarten – 7th grade for the current school year

(Transitional Kindergarten not eligible). Sign up by the week, weekly fees are based on total household income. Registration is priority based so don't wait to join, waitlist is open ongoing on MilitaryChildCare.com. To get on the waitlist, visit www.militarychildcare.com, create a profile and select the type of care needed. Spaces are not guaranteed until an official offer is made and accepted via MCC. For information please email NPSMWRTechConnection@nps.edu or call (831) 656-2127.



CHILD & YOUTH

FREE TEEN PROGRAMS (Grades 8-12)

Open Mon, Tue, Thu & Fri 3:30-6 pm, Wed 2-6 pm. School Break Hours 12-6 pm. Come meet military and DOD at the most exciting and enjoyable location for students!

Get connected with your local community and participate in fun activities. Weekly programming in athletics, arts & crafts, education & technology, leadership, and life skills. Our skilled and dedicated staff would love to show you around and tell you about our programs. Come and join the fun!

FREE TEEN SCHOOL BREAK CAMPS!

Oct 7-11, Nov 25-29, Dec 23-Jan 4, Register with the Teen Program and enjoy extended hours FREE! Monday – Friday 12:00 – 6:00 pm. Teens must be at least 13 years old. Come meet new Teens and build relationships for the new school year! A variety of activities will be offered in Arts, Sports, Technology, Field Trips, Late Nights, and more!

FREE TEEN LATE NIGHTS (Grades 8-12)

Want a great place to hang out for an evening of fun, games and movies? The Tech Connection Teen program will host Teen Late Nights on the 1st Friday of the month. Oct 4, Nov 1, Dec 6. Don't miss out on the fun. Participants must be registered and signed up a minimum of 3 business days before event.

WINTER BASKETBALL LEAGUE

(ages 5-12)

Youth are introduced to the fundamentals of Basketball to promote camaraderie and sportsmanship. Season will be January -March. Registration at the Tech Connection will begin in October. For more information, call 831-656-2127 or email:

NPSMWRTechConnection@nps.edu.

START SMART BASKETBALL (Ages 3-5)

Come spending time with your child in a fun environment to develop gross motor and basic sports skills. Parents work 1-on-1 with their child in 6 Saturday sessions with a Start Smart instructor. This program is FREE. Season will run in January – February, registration begins in October/ November. For more information, call 831-656-2127 or email: NPSMWRTechConnection@nps.edu.

BASKETBALL COACHES AND OFFICIALS NEEDED!

Register with the Teen Program and Volunteer coaches are critical to support Youth Sports Program. Coaches for all teams must be identified by October in order to run basketball teams. All coaches' children play for FREE! Coaches also receive free NAYS Coaches Certification and CPR/First Aid Certification. Call (831) 656-2127 or email NPSMWRTechConnection@nps.edu to sign up today!

BALLET (Ages 3-18)

Offered every Friday at the Tech Connection. Participants must register with NSA Monterey CYP minimum 72 hours prior to first day of classes. Registration paperwork and schedules are available at the Tech Connection. Cost \$50. Classes and fees are packaged on a monthly basis. Classes currently offered are:

- 3-4 year olds 2:45-3:30 pm
- 5-6 year olds 3:30-4:15 pm
- 7+ year olds 4:15-5:00 pm

Class times subject to change; please verify class times as you sign up monthly



the beginning is everything

**New to the Monterey area?
Schedule a private tour today
to learn why it all begins here.**

 **Santa Catalina
Lower and Middle School**

Boys & Girls • PreK-Grade 8 • santacatalina.org
No Federal Endorsement Implied



NSA MONTEREY SCHOOL LIAISON SLOs provide information to parents and local school systems to facilitate an interactive relationship enabling families to make better decisions about their child's education and personal growth.

DISCOVER NPS DAY

Battle Bots! Nitrogen Cannons! Autonomous Robots! Bottle Rockets!

Naval Postgraduate School (NPS) will open its gates to the Monterey Peninsula for Discover NPS Day from 0900-1500 on Fri, Oct 25, 2019.

This rare, open-campus event features a broad scope of activities including science, technology, engineering, mathematics (STEM) demonstrations and activities, combat robot competitions, virtual reality, research lab tours, keynote lectures, and topical panel sessions including social sciences and national security affairs. Discover NPS Day gives community members and more than 2500 local school children the opportunity to reconnect with the local history of the Hotel Del Monte and see firsthand how NPS accomplishes its unique mission of cutting-edge and defense-focused graduate education. Please visit nsamslo@nps.edu for registration information.

FREE TUTORING AT TUTOR.COM

The DOD has an online tutorial option for K-12 students of Active Duty Military, National Guard & Reservists. Visit www.tutor.com/military for free 24/7 access to online tutoring or homework help from a live tutor.

SB 277-CALIFORNIA SCHOOL IMMUNIZATION REQUIREMENTS

Families new to California may not realize that California school children are required to be fully vaccinated in order to attend public or private school, regardless of their parents' personal or religious beliefs. Schools will not admit students to private or public elementary or secondary schools, childcare centers, or nursery schools without full immunization.

MILITARY STUDENT IDENTIFIER

The Military Student Identifier (MSI) requires states to identify and track the test scores, attendance, and graduation rates of military-connected students, defined as students with a parent who is an active duty member of the Army, Navy, Air Force, Marine Corps, Coast Guard and National Guard. The critical information provided through the Military Student Identifier (MSI) is a powerful tool to help schools, educators, and districts offer personalized attention and support on behalf of educating military connected students. For more information, please contact the School Liaison Officer nsamslo@nps.edu or visit <https://forstudentsuccess.org/wpcontent/uploads/2018/09/MSI-Lex-Report-final.pdf>.

PIE-PARTNERS IN EDUCATION

Volunteers are needed for the 2019-2020 school year. The PIE Program Breakfast for Your Brain offers free tutoring for grades K-12 and is designed to support the success of local students through Military volunteer efforts. Students, spouses, and civilians are encouraged to take advantage of this opportunity to make a difference in the lives of children. Please contact breakfastforyourbrain@nps.edu or nsamslo@nps.edu for further information.

HOLIDAY SEASON FOR SCHOOLS

Use the following dates to review your children's holiday vacation schedule:

Monterey Peninsula School District (MPUSD): <https://www.mpusd.net/>

- Oct 7-11: Fall Break
- Nov 11: Veterans Day
- Nov 18-22: Parent Conferences- Elementary minimum day
- Nov 25-29: Thanksgiving Break
- Dec 23-Jan, 3: Winter Break
- Students return Jan 8, 2020

Pacific Grove School District:

<https://pgusd.org/>

- Oct 14-18: Fall Break
- Nov 11: Veterans Day
- Nov 28-29: Thanksgiving Break
- Dec 23-Jan 3: Winter Break
- Students return Jan 7, 2020

Carmel Unified School District:

<https://www.carmelunified.org/>

- Oct 8-9: Fall Conferences
- Oct 11: Staff development/ Minimum day all sites
- Oct 14-18: Fall Break
- Nov 11: Veterans Day Holiday
- Nov 20-26: Parent Conferences- Elementary
- Nov 27-29: Thanksgiving Holiday
- Dec 23-Jan 3: Winter Break
- Students return Jan 7, 2020

what was the
**COOLEST
THING**
you saw at
**DISCOVER
NPS DAY?**
Tell us about it!

@NPS_Monterey

/NPSvideo

@NPSmonterey

#DiscoverNPS



It's Different Here

A campus culture that embraces inclusion sets the standard for camaraderie and healthy competition which elevates the education of boys in grades 7-12 and turns boys of promise into men of character.



15% tuition discount for
active duty military families.

Be powerful. Be a Chieftain.

PALMA SCHOOL
KNOWLEDGE • SERVICE • LEADERSHIP

919 Iverson Street, Salinas | 422.6391 | palmaschool.org

Palma is a private, Catholic college-preparatory school for boys grades 7-12. Fully accredited by WCEA and WASC.

Neither the Navy nor any other part of the Federal government officially endorses any company, sponsor, or their products or services.

FLEET & FAMILY SUPPORT



FLEET & FAMILY SUPPORT CENTER

The FFSC supports the military community by providing a wide range of services and assistance that respond to personal and family needs to positively impact the quality of life for our service members and their families.

Volunteer opportunities are always available!

Main Line..... 831-656-3060

Counseling Appointment Line 866-923-6478

Sexual Assault Response 24/7 Hot Line numbers

DoD Safe Helpline.....877-955-5247

NSA Monterey Unit

SAPR VA.....831-760-2329

NSA Monterey SARC.....831-760-0020

For updated information, find us on Facebook at facebook.com/ffscmonterey

Contact the FFSC at 831-656-3060 to confirm classes

FFSC Office Location:

La Mesa Village, 1280 Leahy Rd.
Mon-Fri, 8 am-4:30 pm

COUNSELING- WE CAN HELP

The FFSC Provides short-term and solution focused counseling. Successful counseling is a process requiring your personal investment and active involvement. In addition to being well trained and highly experienced, many of our counselors are part of the military community. Our counselors include spouses, parents, and children of military personnel who bring with them firsthand knowledge of the unique challenges faced by military families. Our Counselors will:
Listen to you
Be honest
Have your interests and welfare at heart
Help you find a solution that best meets your needs

Available by appointment:

- Resume and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

FAMILY & LIFESKILLS

Partnership

Partnering does not come with instructions. Explore techniques for building relationship skills that empower how we can think and react to life events. Looking at how healthy relationships are made and maintained will encourage you and your spouse to stay or reset the course for a healthy romantic relationship.
Wed, Oct 16 • 5:30-7:30 pm
Wed, Nov 20 • 5:30-7:30 pm

Be A Better Spouse

Master the skills of understanding non-verbal cues, constructive criticism, and active listening. Explore differences that affect communication as a couple, as well as how you can deepen your relationship.
Wed, Oct 9 • 1-3 pm
Wed, Dec 11 • 1-3 pm

Military Spouse 101

Are you a new Military Spouse? Learn how to navigate the military lifestyle, speak some navy language, learn some of those strange navy acronyms, address any rumors, and explore available resources.
Mon, Oct 21 • 12-2 pm
Mon, Nov 18 • 12-2 pm
Mon, Dec 16 • 12-2 pm

Suicide Prevention Awareness

The purpose of this training is to raise awareness about suicide and provide instruction on suicide prevention.
Thu, Oct 10 • 9-11 am
Wed, Oct 23 • 1-3 pm
Thu, Nov 14 • 9-11 am
Wed, Nov 27 • 1-3 pm
Thu, Dec 12 • 9-11 am

Life in Balance

The purpose of this training is to provide participants with tools to manage stress in their daily lives. Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress

with techniques such as goal-setting, time management, and progressive relaxation.

Tue, Oct 1 • 9-11 am
Wed, Oct 16 • 2-4 pm
Tue, Nov 5 • 9-11 am
Wed, Nov 20 • 2-4 pm
Tue, Dec 3 • 9-11 am
Wed, Dec 18 • 2-4 pm

Just KIDding

This class is designed for parents of children 6-12 years of age. Learn more about Stages of child development, Discipline and punishment, Styles of parenting & the effects, Effective parenting, concerning behaviors, and Self-Care.
Thu, Oct 3 • 2-4 pm
Thu, Nov 7 • 2-4 pm
Thu, Dec 5 • 2-4 pm

Emotional Intelligence

This class illustrates the differences between anger, assertiveness, stress, and aggression. You will learn how to evaluate and understand your emotional intelligence, develop different skills to manage your emotions, and learn how to stay calm in stressful situations.
Thu, Oct 24 • 10-12 pm
Thu, Nov 21 • 10-12 pm

October is Domestic Violence Month 2019



"National Domestic Violence Awareness Month is recognized each October through educational events, community gatherings, and support groups. In 2018, the Domestic Violence Awareness Project developed a unified theme: #1Thing. The purpose of this campaign is to remind everyone that ending domestic violence starts with just one small action, whether that is seeking help or sharing resources."

Tue, Oct 1 2019 FFSC PUMPKIN PATCH will be on display outside of the FFSC
Tue, Oct 15, 2019 CLOTHESLINE PROJECT will be on Display on NPS
Tue, Oct 22, 2019 CLOTHESLINE PROJECT will be on Display on the Presidio of Monterey

FINANCIAL MANAGEMENT

Developing Your Spending Plan

Provides the background and tools to help you develop financial goals and a written plan to achieve those goals.
Tue, Oct 1 • 10 am-11:30 am
Tue, Nov 18 • 10 am-11:30 am
Tue, Dec 17 • 10 am-11:30 am

MILLION DOLLAR Sailor

Are you the next Million Dollar Sailor or Spouse?

Million Dollar Sailor is a 2-day workshop packed with informative tools to assist you in building wealth.

Topics Include:

- Military Pay
- Banking & Financial Services
- Retirement Planning
- Home Buying
- Credit Management
- Car Buying

Don't miss out on this amazing opportunity to get a wealth of information and resources necessary to becoming the next Million Dollar Sailor.

Register: 866-923-6478

FLEET & FAMILY SUPPORT

How to Survive the Holidays Financially

Helps to plan for the added expenses of the holidays and special events and to develop strategies to avoid overspending and accumulating excessive debt.

Wed, Oct 2 • 1 pm to 2:30 pm

Wed, Nov 25 • 1 pm to 2:30 pm

Wed, Dec 16 • 1 pm to 2:30 pm

Become a Million Dollar Sailor

A Personal Wealth Building Program for Sailors and Family Members.

Million Dollar Sailor (MDS) is a two-day training designed to assist Sailors and their families to successfully navigate through the transitions of Navy life and the financial challenges that accompany them. Created to specifically combat the most common financial issues facing Sailors in today's Navy by providing them with sound financial management skills that can be used over their lifetime.

Thu-Fri, Oct 3-4 • 10 am-4 pm

Getting a New Ride?

Purchasing a vehicle is a large investment that can have a significant impact on an individual's short-term and long-term financial circumstances. Because purchasing a car can be a complex process, it is important that buyers understand the specific steps involved in making a wise decision. Develop knowledge and skills that will enable you to conduct adequate research on a new car purchase to determine how much they can afford to spend on a car and to negotiate effectively when purchasing an automobile.

Tue, Oct 8 • 10 am-11:30 am

Fri, Dec 27 • 10 am-11:30 am

Find the Mysteries to Building Wealth

Develop the knowledge and skills that will enable you to achieve your saving and investing goals.

Tue, Oct 15 • 10 am-11:30 am

Tue, Nov 26 • 10 am-11:30 am

Fri, Dec 9 • 10 am-11:30 am

Ca\$h for College

Provides information on sources of funding for higher education, focusing on financial aid resources, college savings plans and tax incentives.

Wed, Nov 20 • 1 pm to 2:30 pm

The Secrets to Becoming a Savvy Home Buyer

Buying a house is the most significant purchase many people will ever make. Increase your knowledge and comfort level.

Wed, Nov 27 • 1 pm to 2:30 pm

RELOCATION

PCS Right

CONUS and OCONUS moves, Personally Procured Move (PPM), Shipping or Storing your vehicle, know your benefits and entitlements. Know the information before you PCS to your new location. Tin Barn 712 Private Bolio rd. BLDG 518 Room B

Thu, Oct 10 • 3:30-4:30 pm Tin Barn

Thu, Nov 14 • 3:30-4:30 pm Tin Barn

Thu, Dec 12 • 3:30-4:30 pm Tin Barn

101 THINGS MONTEREY

Learn the great events taking place in Monterey and the many family fun things to do.

Thu, Oct. 3 • 4:00-5:30 pm

TGPS classroom, Building 336 Room B, Leahy Rd.

DEPLOYMENT

IA Spouses Discussion Group

Support group designed for Individual Augmentee Spouses, who can come together to support each other during deployments.

Mon, Oct 7 • 1-3 pm

Mon, Nov 25 • 1-3 pm

Mon, Dec 16 • 1-3 pm

Post-Deployment Return & Reunion

Helps families re-establish connections with their service member by re-learning face-to-face communication, celebrating growth, managing expectations and understanding operational stress.

Thu, Oct 10 • 1-3 pm

Pre-Deployment/ Mobility Brief

Provides valuable information, resources and referrals to help service members and their families plan for and manage the practical and emotional aspects of deployment.

Thu, Nov 21 • 1-3 pm

Mid-Deployment/ Mobility Brief

Helps families cope with the stresses of deployment by adjusting to changes in their environment, maintain communication with their service member, understanding how children view deployment and connecting with appropriate resources.

Thu, Dec 19 • 1-3 pm



EMPLOYMENT

Navigating Federal Resume

Federal jobs offer government employees some of the best compensation, training benefits and structure that can be found. The federal resume and application process is very different from those associated with civilian companies and jobs. Learn the many rules and procedures that need to be followed to ensure that your credentials even are considered.

Thu, Oct 10 • 10 am-11:30 am

Thu, Nov 21 • 10 am-11:30 am

Thu, Dec 13 • 10 am-11:30 am

Acing Your Interview

Bring your "A" game to every interview opportunity. Learn effective strategies that you can use to best prepare for an interview and make the most of your interview experience.

Wed, Oct 9 • 1 pm to 2:30 pm

Networking

Networking involves making and sustaining personal connections. Learn practical strategies to help you network your way to success.

Wed, Dec 10 • 10 am-11:30 am

Job Search Strategies

Learn essential elements you will need to conduct a thorough, productive and competitive job search. Whether you are looking to obtain a short-term job, advance in your career field, relocate to a new geographic area, or make the transition to the civilian work force, you will need to perform an effective job search.

Wed, Nov 22 • 10 am-11:30 am

Job Fair Success

Job Fairs are an effective way of networking with employers and other contacts. Learn effective strategies that you can use to prepare for and get the most out of any job fair you attend.

Wed, Oct 16 • 1 pm to 2:30 pm

4th Annual Salinas Community Job Fair

Wed, Oct 23 • 1-4 pm

1566 Moffett St., Salinas CA 93905

(50 Employers)

Call 831-656-3528 for Additional Information

TRANSITION

Transition GPS Workshop;

Transition GPS (Goals, Plans, Success) is a program designed to ease the transition from military to civilian life. Get extended knowledge on Employment options and gain the Knowledge you need for employment and benefits.

Mon-Fri • Oct 21-25 • 8 am-5 pm

Mon-Fri • Dec 2-6 • 8 am-5 pm

Capstone Workshop;

Finalize your Transition from military to civilian, by completing your capstone requirements.

Wed, Nov 13 • 2019 1-4 pm

EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP Community Support Group

*At Army Community Service Center Gold Room

The support group meets every second Thursday of the month from 6-8 pm.



FLEET & FAMILY SUPPORT

NEW PARENT SUPPORT PROGRAM

provides a variety of support, referral, and education services for expectant and new parents with children from birth up to 4 years old. Parenting can be stressful, especially if your 2-4 year old is acting out, being defiant, or throwing tantrums. The New Parent Support Home Visitor will come to your house and help prepare a program tailored to your specific needs and concerns. We can work together to find some positive parenting skills and decrease stress.

Infant Massage

This is a 5 Week workshop where each week you will learn a new massage technique that will help with relaxation and common discomforts. This is a hands-on class that will strengthen the bond between you and your baby. For more information and to find out when the class will be offered call 831-656-1092.



Baby's First Foods

This popular class will help you introduce some of the most nutritious foods to start your baby out with. As well as, give you information on how to make your own baby foods. Call 831-656-1092 to find out when this class will be offered and to sign up.

Speech 101

Do you want to enhance your child's speech development? Find out what is normal development of speech in a child? The date and time for this class is TBA. For more information and to sign up, call 831-656-1092.

Check out our facebook at <http://www.facebook.com/ffscomonterey> for information on these and other upcoming classes.

COMMAND SPECIFIC PROGRAMS:

Specific training tailored to your command or organization.

Sexual Assault Prevention and Response

For information about the NSAM SAPR program, please contact the Sexual Assault response Coordinator at 831-656-3175.

SAPR Advocate Refresher Training
TBD

SAPR Advocate Initial Training
TBD

For Command Appointed personnel
(Available upon request)

- **SAPR GMT**
- **SAPR CIVILIAN ONE TEAM ONE FIGHT**
- **COMMANDER'S TOOLKIT**
- **CDO TRAINING AND REFRESHER**
- **VICTIM SENSITIVITY**

Command Financial Specialist (CFS)

Command Financial Specialist (CFS) are members of the military who have been appointed by the commanding officer to provide financial education and training, counseling, and information referral at the command level. CFSs are trained to establish, organize, and administer the command's personal financial management program.

Command Financial Specialist Refresher Training is mandatory for a CFS every 3 years and is available year round upon request.

CFS Roundtable Awareness Forum
Mon, Oct 7 • 10 am-12 pm

CFS Refresher (1 Day) Training
Thu, Oct 17 • 8 am-4 pm

Command Financial Specialist (5 Day) Training
(Also available upon request)

OMBUDSMAN Basic Training

Call The FFSC at 831-656-7628 to find out when the next training will be.



Where to?

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