

# VAMOS

NOVEMBER 2026. NO.173

- Turkey Trot 5k Run
- Pre Pro Blitz 2027
- Torikelly Live Show
- Thanksgiving at Liberty
- Foodie Tour: Olive Oil

MWR ROTA MONTHLY MAGAZINE
MORALE, WELFARE AND RECREATION
Fleet And Family Readiness
U.S. Naval Station Rota, Spain
www.navymwrrota.com/
www.facebook.com/RotaMWR

# EMPLOYEES OF THE MONTH



**CHRISTINA JORFI**

*CYP Assistant. CDC.*

Christina Jorfi is recognized for her professionalism, patience, and exceptional care in the Pre-Toddler classroom. During recent CYP inspections, her positive interactions with children and the nurturing environment she creates received high praise from inspectors. Christina's attentiveness and commitment to meeting each child's individual needs exemplify the quality of care at the heart of Rota CYP.



**PATRICK TAYLOR**

*Retail Operations Assistant. Golf Course.*

Patrick Taylor is recognized for his exceptional leadership and initiative at the Rota Golf Course. During a period of management transition, he stepped up to maintain daily operations, support tournaments and the high school golf team, resolve key membership and billing issues, and assist with major inspections. Patrick's reliability and commitment ensured continued quality service while keeping the program operating smoothly.


**MWR NAVSTA ROTA, SPAIN**
PSC 819 BOX 14 / FPO, AE 09645
Tel: 011 (34) 956-82-1517
Tel (On Base): 727-1517

Thomas A. Kubalewski,
Fleet Readiness Director
727-2326

Fabiola Mundo,
Support Service Director
727-1429

Manny Manlogon,
Food Service Officer
727-1407

Teresa Vesely,
CYP Director
727-1105

Eric Flagg,
Community Recreation Director (acting)
727-1462

Cody Butler,
Fitness Director
727-3264

Sara Fine,
Business Operations Director
727-1505

**MARKETING OFFICE**
Amber Courtney-Duncan,
Marketing Director
727-1515

**SOCIAL CONTACT**
*www.navymwrrota.com*
*www.facebook.com/RotaMWR*



**PHONE CODE**
Commercial, 956-82-XXXX
DSN, 727-XXXX

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*Information subject to change.*

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**vamos>>** *is published monthly, with a circulation of 1,800 by MWR Rota, Spain.*

**vamos>> MWRROTA** MONTHLY MAGAZINE, NOVEMBER 2026


# MWR

## CYP

**CDC, 727-1100**
Monday-Friday, 6 a.m.-6 p.m.
Saturday, Sunday and
U.S. Holidays, Closed

**SAC, 727-2839**
Monday-Friday, 6 a.m.-6 p.m.
Saturday, Sunday and
U.S. Holidays, Closed

**Youth Center: Jams and Gravity, 727-4625**
Monday,Tuesday, Thursday
and Friday, 2:35-6:30 p.m.
Wednesday, 1:35-6:30 p.m.
Saturday, Sunday and
U.S. Holidays, Closed

**Youth Sports, 727-4721**
Monday-Friday, 9:30 a.m.-6 p.m.
Saturday, Sunday and
U.S. Holidays, Closed

## RECREATION

**Indoor Pool, 727-2129**
Monday-Friday, 6 a.m.-7 p.m.
Saturday, Sunday, Closed
U.S. Holidays, 9 a.m.-5 p.m.

**Community Classes, 727-2354**

**Fitness Center, 727-2565**
Monday-Thursday, 5 a.m.-9 p.m.
Friday, 5 a.m.-8 p.m.
Saturday, Sunday and
U.S. Holidays, 9 a.m.-5 p.m.
24 hours unmanned fitness access available for registered patrons.

**Golf, 727-2260**
Daily, 9 a.m.-6 p.m.

**Liberty, 727-2527**
Daily, 1-10 p.m.

**Library, 727-2418**
Monday, Wednesday and Friday,
9 a.m.-6 p.m.
Tuesday and Thursday, 9 a.m.-7 p.m.
Saturday, Closed
Sunday and U.S. Holidays, 9 a.m.-2 p.m.

**Outdoor Pool, 727-4882**
Closed for the season.

**Outdoor Recreation and Tickets & Tours, 727-3101**
Monday-Friday and
U.S. Holidays, 10 a.m.-6 p.m.
Saturday and Sunday, Closed

## DINING AND ENTERTAINMENT

**Gourmet Bean**
Fleet Landing
Monday-Friday, 7:30 a.m.-2 p.m.
Saturday and Sunday, Closed

**Library Cafe**
Monday-Friday, 7:30 a.m.-2 p.m.
Saturday and Sunday, Closed

***EL PATIO***

**Bombers Fresh Mex, 727-3712**
Monday-Friday, 10 a.m.-7 p.m.
Saturday, Sunday, Closed

**The Tower Pub, 727-3712**
Monday-Friday, 4-11 p.m.
(last order 10:30 p.m.)
Saturday-Sunday, Noon-7 p.m.
(last food order 6:30 p.m.)

***FLIX, 727-3709***

**Indoor Theaters**
Wednesday-Sunday.
Check **navymwrrota.com** for movie times and schedule.

**Drive-in**
Open every second Saturday for free showing!

**Pinz, 727-2112**
Sunday-Thursday, 11 a.m.-10 p.m.
Friday and Saturday, 11 a.m.-11 p.m.

**Pinz American Cafe**
Sunday-Thursday, 11 a.m.-9 p.m.
Friday and Saturday, 11 a.m.-10 p.m.

***LA PLAZA, 727-2923***

**Champion's Bar**
Wednesday-Sunday, 4-11 p.m.
Monday and Tuesday, Closed

**Pizza Villa, 727-3212**
Daily, 11 a.m.-10 p.m.

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**Personal Storage Office, 727-1315**
Monday-Friday, 10 a.m.-2 p.m.

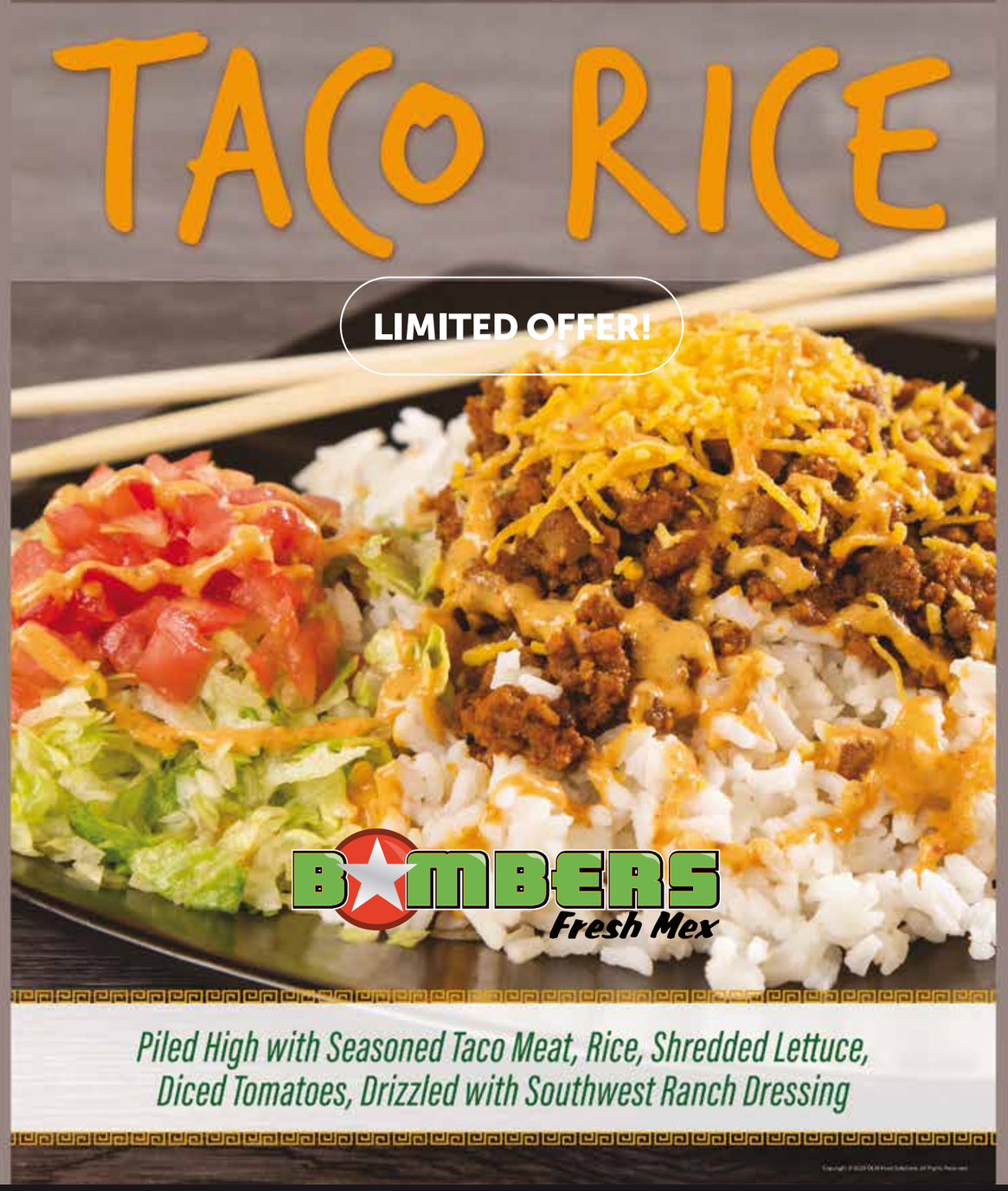
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**MWR Admin/Support Services, 727-1517**
Monday-Friday, 8 a.m.-4:30 p.m.

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NAVAL STATION ROTA, SPAIN

LA PLAZA | PIZZA VILLA | CHAMPIONS BAR | GOURMET BEAN CAFE | PINZ AMERICAN CAFE | BOMBERS FRESH MEX | TOWER PUB





**Saturday, Nov. 14**
**7 p.m.**
Open to everyone. Free admission.
Snack bar available for
food and beverage purchases.
All movies will be family friendly.

*Drive-In will OPEN the second Saturday of each month for a free showing!*

flix
ROTA, SPAIN
Drive-In
THEATER
FREE
SHOWING

## WHERE IS CANDELITA?

**Candelita is hiding somewhere in our VAMOS Magazine!**
Look closely and explore every nook and cranny of the pages.

THINK YOU'VE FOUND HER?
Be the first person to tell us the correct location and win a prize!

Email Rota_MWRSpecialEvents@us.navy.mil to participate before the 5th. Open to U.S. DoD I.D. cardholders only. All ages.



## FALL FLEA MARKET

**Saturday, Nov. 21,** 10 a.m.-2 p.m. at the Drive-In Movie Theater.
Vendor fee: $10 (includes table and two chairs). Stop by the Liberty Center to reserve your table by Friday, Nov. 20.

Turn your clutter into cash or hunt for one-of-a-kind treasures and bargains at our annual Fall Flea Market! Whether you want to sell gently used household goods, clothes, toys, and crafts, or simply browse the tables, come out and enjoy the community marketplace. Open to U.S. DoD I.D. cardholders only. All ages.



Rota_MWRSpecialEvents@us.navy.mil
Bldg. #48

# SPECIAL EVENTS



## WINTER WONDERLAND 2026

SATURDAY
**DEC. 5**

3-7 p.m.
EL PATIO COMPLEX
—IN FRONT OF BOMBERS/TOWER PUB/FLIX—

**Carnival Ride Wristbands**
(includes unlimited rides)
**Pre-Sale: $7 | Event day: $10**

Sales begin Saturday, Nov. 14 at the Liberty Center.

**Airtoys and Polar Express rides are FREE**

**LIVE MUSIC | FOOD & BEVERAGES | CARNIVAL RIDES & GAMES**
**AIR TOYS | POLAR EXPRESS TRAIN RIDES | HOLIDAY TREE LIGHTING**
**SPECIAL VISIT FROM SANTA VIA HELO AND FIRE TRUCK!**

For more information, please call 956-82-2527 or dsn 727-2527




GET READY FOR HIGH-ENERGY FUN WITH ARMED FORCES ENTERTAINMENT!

## THE ATLANTA FALCONS CHEERLEADERS & MASCOT

THURSDAY
**NOV. 12**
MWR TURF FIELD

DOORS OPEN: **4 p.m.** | EVENT START: **5 p.m.**

Join the Atlanta Falcons Cheerleaders and Mascot for an exciting Youth Cheer Clinic, followed by a high-spirited performance show and an **exclusive Meet & Greet opportunity.** Don't miss this unique chance to celebrate team spirit right here in Rota!

U.S. DoD I.D. Cardholders Only – All Ages!

For more details, contact MWR Special Events or call the Liberty Center at 727-2527 / 956-82-2527

ARMED FORCES ENTERTAINMENT

**Learn more at ArmedForcesEntertainment.com**

STARS AND STRIPES | American Forces Travel

No official endorsement intended

ARMED FORCES ENTERTAINMENT PRESENTS

## tori kelly

God Must Really Love Me

LIVE MUSIC WITH GRAMMY AWARD-WINNING SINGER/SONGWRITER



Experience an unforgettable live music performance with Grammy-winning artist Tori Kelly, brought to you by Armed Forces Entertainment! Gather your family and friends for an incredible evening of live entertainment under the stars at La Plaza.

WEDNESDAY
**NOV. 18**

DOORS OPEN: **6 p.m.** | EVENT START: **7 p.m.**

**AT EL PATIO COMPLEX**
—IN FRONT OF BOMBERS/TOWER PUB/FLIX—

**FREE ADMISSION!**
U.S. DoD I.D. Cardholders Only – All Ages!

For more details, contact MWR Special Events or call the Liberty Center at 727-2527 / 956-82-2527

ARMED FORCES ENTERTAINMENT

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STARS AND STRIPES | American Forces Travel

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**AT LA PLAZA**

# TICKETS AND TOURS

# OUTDOOR REC

*Trips are open to U.S. DoD I.D. cardholders only | Registration is required.*

FOR EXPLORERS, HISTORY LOVERS, AND RELAXED TRAVELERS

## CULTURE AND DISCOVERY

### VEJER HISTORICAL TOUR AND BOLONIA ROMAN RUINS

**Saturday, Nov. 7,** 8 a.m.-6 p.m.
$55 per adult / $35 per child 2-14 years old / No cost under 2 years old. Must register by Nov. 4.

A picturesque town perched high on a limestone headland. Full of history and may find different monuments that date back to the Moorish times. Afterwards, we will visit a unique Roman Ruins in Bolonia Tarifa called Baelo Claudia erected on the beachside. **The trip includes round-trip transportation, a local guide in Vejer and entrance to the ruins.** *Note: Not a stroller friendly town. Bring comfortable shoes for up and down walking on cobble stone roads.*

### GIBRALTAR HISTORICAL ROCK TOUR

**Saturday, Nov. 14,** 7:30 a.m.-6:30 p.m.
$90 per adult / $55 per child 2-14 years old / No cost under 2 years old. Must register by Nov. 11.

A piece of U.K. on the Spanish soil. The best way to enjoy Gibraltar is to join MWR historical rock tour and learn the history of Gibraltar, its people and all about the famous Barbary Apes! Passport no longer required. Currency is Gibraltar pounds but euros and cards widely accepted. **Trip includes round-trip transportation, guided tour, and some free time to shop and enjoy Gibraltar cuisine.**

### SEVILLA HISTORICAL TOUR

**Saturday, Nov. 21,** 7:30 a.m.-6:30 p.m.
$80 per adult / $55 per child 2-14 years old / No cost under 2 years old. Must register by Nov. 18.

Passport or Spanish Driver's License number is required at sign-up. Information needed to book entrance to the cathedral of Sevilla. Note: Shoulder covering required for women to enter the Cathedral. Jewel of the crown of Andalucia. Sevilla will captivate the senses of even the most demanding tourists. A city that will leave a mark in your memories. **Includes round-trip transportation, local guide, entrance to a monument, and free time.**

### RONDA HISTORICAL TOUR

**Saturday, Dec. 5,** 7:30 a.m.-6:30 p.m.
$90 per adult / $55 per child 2-14 years old / No cost under 2 years old. Must register by Dec. 2.

Spectacular Andalusian city dramatically perched atop the El Tajo Gorge. Known as "City of Dreams" with its romantic atmosphere and breathtaking mountains views. **Trip includes: round-trip transportation, local guide, and entrance to a monument.** *Walk intensive tour, wear comfy walking shoes.*

OLE, TOUCHDOWN! EXPERIENCE THE PURE ENERGY OF THE NFL IN MADRID

## THE NFL MADRID SPECTACLE IS BACK!

### NFL MADRID TICKETS: FALCONS VS BENGALS

**Sunday, Nov. 8,** 3:30-5:30 p.m.
$350 per ticket.

Category 3 seating, areas 123 and 124, lower level. All sales are final. No refunds. Limited number of tickets available. Transportation and lodging not included in the price.

SUN, SOIL, AND SPANISH OIL: A ONE-DAY OLEOTOURISM GETAWAY

## NATURE & RELAXATION

### FOODIE TOUR: OLIVE OIL

**Saturday, Nov. 28,** 9 a.m.-5 p.m.
$100 per person. Must register by Nov. 25.

Considered the liquid gold of Spain. Learn its history, harvesting and process of making. Distinguish the nuances of different varietals, and get the very first taste of the fresh new oils. **Trip includes round-trip transportation, guided visit of the factory and lunch.**

ICONIC PATHS, SCENIC LANDSCAPES, AND OUTDOOR EXPLORATION

## TRAILS, NATURE & ACTIVE ESCAPES

### HIKING IN LOS ALCORNOCALES NATURAL PARK

2

**Saturday, Nov. 14,** 8 a.m.-6 p.m.
$45 per person. Must register by Nov. 11.

Hike or stroll past historic hydraulic mills, peaceful cattle herds, majestic wildlife and scenic views as you soak up the fresh, clean air in the park. **Includes round-trip transportation, expert guides.**

### MOUNTAIN BIKE RIDE IN LOS TORUÑOS (CADIZ BAY NATURAL PARK)

1

**Saturday, Nov. 28,** 8:30 a.m.-3:30 p.m.
$25 per person. Must register by Nov. 25.

Bike your way through Los Toruños, a tidal marsh preservation area located in the heart of the Cádiz Bay Natural Park. It features wooden walkways, observation towers, and lookout spots for visitors to explore while walking, hiking, or biking. An unforgettable experience with more than 30 km of trails, marshes, beaches, and dune systems. **Includes round-trip transportation, equipment, and expert guides.**

CONQUER THE CLIFFS, BRAVE THE CANYONS: SPAIN'S ULTIMATE VERTICAL ADVENTURE

## ADVENTURE & ADRENALINE

### ROCK CLIMBING

3

**Saturday, Nov. 7,** 9 a.m.-5 p.m.
$75 per person. Must register by Nov. 4.

Climb your way up! Enjoy the scenery from a unique and surprising perspective. Grazalema heights is within your reach. **Includes round-trip transportation, expert guides, and climbing equipment.**

### VIA FERRATA IN GRAZALEMA NATURAL PARK

3

**Saturday, Nov. 21,** 7 a.m.-7 p.m. $85 per person.
Must register by Nov. 18.

Check this off your bucket list!. The Via Ferrata (Italian for "iron way") is a mountain route equipped with steel cables, ladders, and other fixed anchors i.e wooden walkways and suspended bridges. The artificial equipment makes the route feasible- even to an inexperienced climber. It will allow you to hike on ledges, climb vertical walls, and reach the peaks of mountains! Running along ledges, up vertical rock walls and across exposed mountainsides, the artificial equipment makes the peaks accessible to everyone with a good level of fitness. **Includes round-trip transportation, expert guides and climbing equipment.**

HIT THE SLOPES, CONQUER THE PEAKS

## HIGH ENERGY AND ACTION-FOCUSED

### GRANADA SKI AND SNOWBOARD TRIP (3 DAYS)

2

**Friday-Sunday, Dec. 11-13,** 3 p.m.-8 p.m.
Price: TBD. Must register by Dec. 4.

Europe's southernmost ski resort. Sierra Nevada combines a long, reliable snow-season with vibrant, sun-drenched terrace culture and energetic apres-ski vibes. This place is the ultimate destination for sun, snow, and non-stop mountain action. Skiable kilometers: 105.44, maximum height: 3,300 m, and minimum height: 2,100 m. **Includes round-trip transportation, lodging, ski/snowboard equipment (board,boots,goggles and helmet).** *Not included: lift tickets, meals, clothing or any other ski/snowboard accessories (gloves, scarfs, etc).*

**1:** Low
**2:** Low/Moderate
**3:** Moderate
**4:** Moderate/High
**5:** High
**6:** Very High

**OUTDOOR TRIPS DIFFICULTY LEVEL**







# LIBRARY

956-82-2418 or DSN 727-2418
Rota_MWRlibrary@us.navy.mil
Bldg. #3306

## EARLY LITERACY PROGRAM

**Every Tuesday in November.**
Sign-ups are open.
Theme: **BEING THANKFUL**
**Times:** 11-11:30 a.m. and 2:45-3:15 p.m.
Ages 0-5 years old.

Bring your little ones to the Early Literacy program, where stories, music, words and movement are important. Come and learn with us the five practices of the Early Literacy Initiative: ***TALK, SING, READ, WRITE AND PLAY.*** Reservations required. Spaces are limited. All children must be accompanied by a parent or caregiver.

## K-POP BOARD GAME EVENING

**Friday, Nov. 13.**
Must register by Nov. 11, limited space available.

Calling all young K-Pop fans! Calling all young K-Pop fans! Join us for a fun-filled afternoon of music-themed board games, K-Pop trivia, and hanging out with other fans. Whether you love BTS, BLACKPINK, or just discovering new music, come ready to play and have a blast! U.S. DoD I.D. cardholders only.

## TECH WEDNESDAY

**Wednesday, Nov. 18,** 10 a.m.-Noon.

Classes one-on for patrons that need assistance with computers, cellphones, tables, etc. By appointment only. U.S. DoD I.D. cardholders only.

## HERBS OF THE MONTH

**Discover "Herb of the Month" at your Library!**

Every month, we feature a unique herb to explore its fascinating history, origins, and everyday uses. Stop by the library to learn all about this month's special herb!

What's waiting for you:

- **Free Samples:** Take a sample home to experience its fresh aroma and flavor (limited quantities available).
- **Easy & Fun Recipes:** Simple, creative cooking ideas designed for the whole family to enjoy together.
- **Curated Reads:** Books, guides, and resources detailing the history and practical uses of the featured herb.

Visit us this month, discover our highlighted herbs, and grab your free sample before they run out.

## BOOK REVIEWS

*CHILDREN*
**A HOUSE IN MY BARRIO**
**by Paola Santos**




*In this touching picture book about the importance of kindness and lending a hand, a young boy gathers his community to take care of a loved one, perfect for fans of The Last Stop on Market Street.*
*Mamá Elena always knows just what to do when someone needs help. Whether it's by cooking a delicious meal or simply by lending an ear, she keeps her community together. And because of her warmth, her home is young Manuel's favorite. (from publisher)*

*JUVENILE*
**POCKET BEAR**
**by Katherine Applegate**




*Meet Pocket, created as a good luck charm for soldiers going into battle, whose bravery and loyalty lives on long after the war. (from publisher)*

*YOUNG ADULT*
**MONSTER MONARCH MAIDEN**
**by Rae Carson**




*A sweeping stand-alone fantasy from award-winning and bestselling master of the genre, Rae Carson. After she loses everything, Bria will do whatever it takes to survive—even pledge herself to an enigmatic young man on a perilous quest. Breathtaking adventure and slow-burn romance for fans of Sarah J. Maas, Ava Reid, Elizabeth Lim, and Rebecca Ross. (from publisher)*

*ADULT*
**YESTERYEAR by Caro Claire Burke**




*Natalie lives a traditional lifestyle – and her followers are sick with envy. Her charming farmhouse on her working ranch is artfully cluttered, her husband is a handsome cowboy, her homemade sourdough boules are each more beautiful than the last. So what if there are nannies and producers and industrial-grade ovens behind the scenes? What her followers don't know won't hurt them. (from goodreads.com)*

# CHILD & YOUTH

## CYP CLOSURES

Please note, all CYP facilities will be closed on
**Wednesday, Nov. 11** for Veterans' Day.
**Thursday, Nov. 26** for Thanksgiving.

**SCAN ME!** CYP ONLINE

**SCAN ME!** FOR REGISTRATION FORMS

**SCAN ME!** FOR MILITARY CHILD CARE

To register for any of our CYP programs to include School Age Care, Youth Center, Youth Sports and Recreation, and Child Development, please fill out the registration forms by using this QR code for registration forms

To check availability for Hourly Care our registered users can use our QR Code or follow the link to CYP Online Payments under Child and Youth Programs on navymwrrota.com.

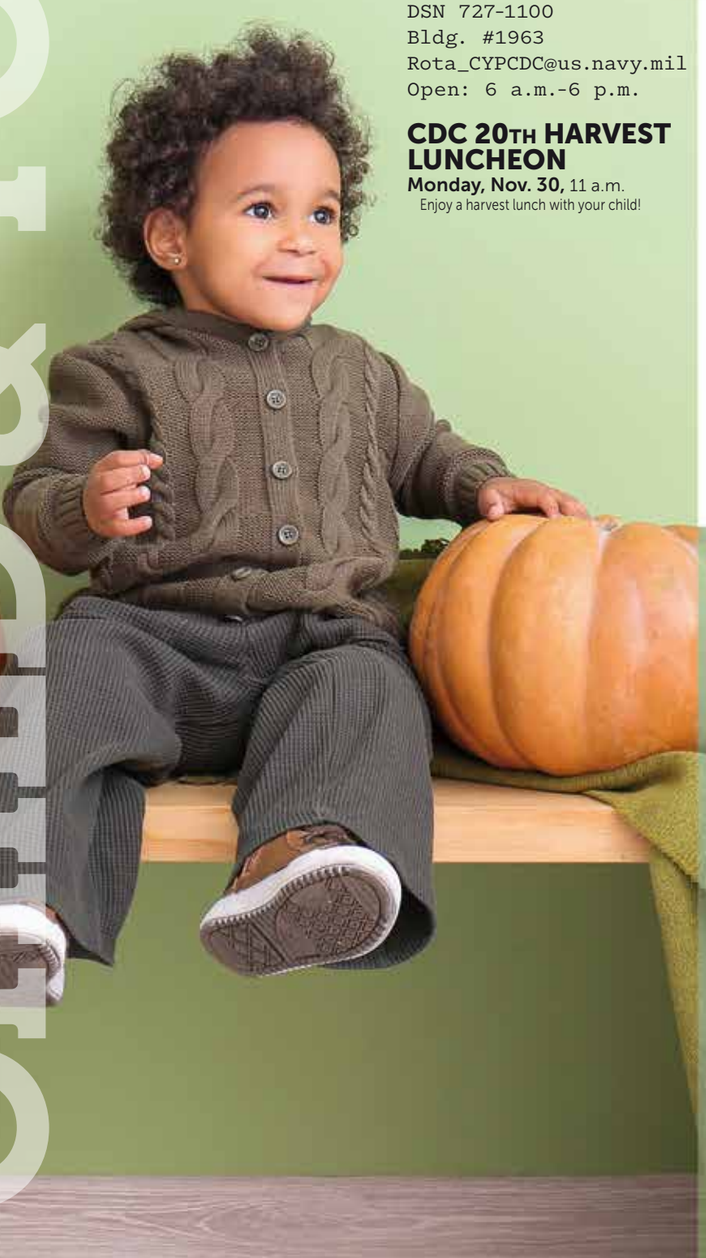
## CDC

(6 weeks-5 years)
956-82-1100 or
DSN 727-1100
Bldg. #1963
Rota_CYPCDC@us.navy.mil
Open: 6 a.m.-6 p.m.

### CDC 20TH HARVEST LUNCHEON

**Monday, Nov. 30,** 11 a.m.

Enjoy a harvest lunch with your child!



## SAC

(k-6th grade)
956-82-2839 or DSN 727-2839
Bldg. #41
Rota_CYPSAC@us.navy.mil
Open: 6 a.m.-6 p.m.

### SCHOOL OUT

SAC Full Day
**Wednesday, Nov. 25.**
**Friday, Nov. 27.**
**Monday, Nov. 30.**

### OUR MILITARY FAMILY PHOTO BOOTH

**Monday-Friday, Nov. 2-13.**

Stop and take a pic at our photo booth made especially for our military families.

### WE ARE THANKFUL TREE

**Sunday-Tuesday, Nov.1-24,** all day.

Working alongside your children, let's fill our Thankful Tree full of leaves showing what we are thankful for.

# YOUTH

JAMS (ages 10-12)
and GRAVITY (ages 13-18)
Bldg. #3053
956-82-4625 or DSN 727-4625
Rota_CYPYouth@us.navy.mil

**HOURS OF OPERATION**
**Monday, Tuesday, Thursday and Friday,** 2:35-6:30 p.m.
**Wednesdays,** 1:35-6:30 p.m.

**Participants in the Youth Center must be at least 10 years old and enrolled in 5th Grade or above!**
*(Children currently enrolled in 4th Grade or below may not attend)*

## YOUTH OF THE MONTH

Each month the Youth Center Staff will recognize a Teen, "Youth of the Month" and a Pre-Teen, "Amazing Kid of the Month". Youth Center staff members are on the lookout for youth who demonstrate positive participation, volunteerism, good sportsmanship and character as well as leadership in various Youth Center clubs or day to day activities.

## TEEN TURKEY BOWL PARTY

**Friday, Nov. 20,** 7-9:30 p.m. at Pinz.
$10, includes bowling and a meal.
Teens ages 13 years and older can try and bowl three strikes (a Turkey) and win prizes.

**POWER HOUR HOMEWORK ASSISTANCE AND FREE CHOICE OF RECREATIONAL GAMES AND ACTIVITIES**

Weekly Clubs meet at 3:30 p.m. except **Wednesdays** at 2:15 p.m.

DAILY ACTIVITIES

Mondays
***THE ARTS CLUBS: DIGITAL, FINE, APPLIED AND PERFORMANCE ARTS***

Tuesdays
***LIFE SKILLS CLUBS: MONEY MATTERS, STEM, 4H GARDENING***

Wednesdays
***LEADERSHIP AND SERVICES CLUBS: KEYSTONE, TORCH AND YOUTH OF THE YEAR, HEALTHY HABITS***

Thursdays
***HEALTH AND WELLNESS CLUBS: WALKING, COOKING, HIIT, GIRLS ONLY FITNESS HOUR***

Fridays
***FUN FRIDAYS-SPORTS AND RECREATION ACTIVITIES***

STOP BY THE YOUTH CENTER TO ENJOY THE ROTATION OF VARIOUS CLUB ACTIVITIES **EACH WEEK!**




956-82-4721 or DSN 727-4721
Bldg. #41
Rota_CYPYouthSports@us.navy.mil



# YOUTH SPORTS

Check out **https://www.navymwrrota.com/child-youth/cyp-online-payment** to register for this convenient service.

You must already have a registration form on file with CYP to use the online system.

Get your Family ID number from us if you don't remember it and sign up before all spots are gone.

## BASKETBALL COACHES AND OFFICIALS VOLUNTEER TRAINING

**Thursday, Nov. 5,** 10 a.m. in Bldg. #41.
Please call to register a spot for the class.

## YSF VOLUNTEER CPR TRAINING

**Tuesday, Nov. 10,** 9 a.m. at Bldg. #41.
Please call and register to confirm your spot due to limited space.

**VOLUNTEER COACHES AND OFFICIALS NEEDED FOR ALL YSF SEASONS. BE READY TO STEP UP!!**

**BASKETBALL SEASON IS NEXT**

***Are you a new Sports parent in the Rota community? Not a PAYS member yet?***

*If so, take advantage and enroll now for this year's Youth Sports season. Those not enrolled will not be allowed to assess in the Mandatory Assessment for team selection in the sports season. Anyone can be one, just go to http://www.nays.org/payonline or contact us to learn how.*

956-82-2425 or DSN 727-2425
Bldg. #41
SLPRota@us.navy.mil

# SCHOOL LIAISON OFFICE

## JUST ARRIVED TO ROTA AND NEED TO REGISTER YOUR CHILD IN DOWEA?

If you have a school age (K-12) student and need to register for school, please visit ***https://www.smore.com/vgemr*** for local education information.

## HOMESCHOOL MEET & GREET AND COOKIE EXCHANGE

**Friday, Dec. 11,** 11 a.m.
at School Age Care.

## INTERESTED IN SPANISH SCHOOLS?

By appointment.
Learn about the registration process for Spanish Public Schools, registration forms, calendar and school lists.

## CALL THE SCHOOL LIAISON BEFORE YOU GO

If you are planning to PCS or change your duty station in the future, contact the School Liaison to help you with your transitions. Your School Liaison can also put you in contact with your gaining installation's SL.

## DANCE LESSONS

### CHILDREN BALLET LESSONS
Time slots available

***Ages 3-5 years old:***

**Mondays or Wednesdays,** 4:30-5:30 p.m.

***Ages 6-10 years old:***

**Wednesdays,** 5:30-6:30 p.m.

Once per week: $45/month

Dancers will have fun learning basic ballet positions, age appropriate stretching exercises and correct posture in a positive and creative environment. They will also have the opportunity to express themselves through the physical joy of learning to dance to music.

### FLAMENCO KIDS
**Mondays,** 5:30-6:30 p.m.

Ages 4-9 years old. $45 per month.

### FLAMENCO LESSONS
**Wednesdays,** 9:30-10:30 a.m.

$50 per month. Adults 18 years and older.

Classes located at Fitness Center.

Step into the shoes of a flamenco dancer with a lesson tailor-made for beginners. Master the basic body positions with your instructor and let the rhythm whisk you through the studio.

### SWING DANCE CLASSES ADULTS (EAST COAST SWING/ JIVE/ LINDY HOP)
**Thursdays,** 7:15-8:15 p.m.

$80 per month (one class per week).

Classes located at Fitness Center.

East Coast Swing is a popular dance that's very beginner friendly. Swing dancing has its roots in Lindy Hop but you might be familiar with terms like Jitterbug, Charleston, West Coast Swing, Shag and of course East Coast Swing.

### LATIN DANCE LESSONS ADULTS (SALSA, BACHATA, MERENGUE...)
**Thursdays,** 6:15-7:15 p.m.

$80 per month (one class per week).

Classes located at Fitness Center.

Learn the basic steps and techniques of Latin Ballroom dance styles. The classes are great fun and taught in a friendly and supportive atmosphere. These classes are perfect for those with little or no Latin dance experience and also for those who know some more!





## MUSIC LESSONS

### PRIVATE PIANO LESSONS
Time slots available

**Monday-Friday,** 3-7:30 p.m.

$83 for a punch card for four 30-minute lessons.

Take individual piano lessons from beginners to advanced; learn to play piano and read music with our experienced instructor.

### PRIVATE GUITAR AND UKELELE LESSONS
Time slots available

**Wednesdays and Thursdays,** 4-8:30 p.m. $80 for a punch card for four 30-minute lessons.

Full range of adult and kids lessons for all abilities. Customized guitar lessons: Classical, Acoustic, Electric and Bass. Theory and Musical production lessons from beginner to most advanced levels

Registrations must be done in person at the Liberty Center. Students must be registered before the month starts, otherwise they will start the following month.

956-82-2354 or DSN 727-2354 | Bldg. #48
Rota_MWRcommunityclasses@us.navy.mil

## PRE-TUMBLING LESSONS FOR CHILDREN

***Ages 1-3 years old:***

**Tuesdays,** 9:30-10:15 a.m.

***Ages 4-5 years old:***

**Wednesdays,** 3:15-4:15 p.m.

***Ages 6-7 years old:***

**Tuesdays,** 3:30-4:30 p.m.

***Ages 8-9 years old:***

**Thursdays,** 4:30-5:30 p.m.

***Ages 10 years and older:***

**Thursdays,** 3:30-4:30 p.m.

$50 per month.

Children will learn the basics of tumbling in a warm supportive environment. Classes will encourage age appropriate creativity, musicality and physicality. They will have fun with an emphasis on the foundations of tumbling.

## TENNIS GROUP LESSONS

***Ages 4-6 years old:***

**Wednesdays,** 3:30-4 p.m.

Once per week: $60/month

***Ages 7-11 years old:***

**Wednesdays** and/or **Fridays,** 4-5 p.m.

***Ages 12-18 years old:***

**Wednesdays** and/or **Fridays,** 5-6 p.m.

Once per week: $80/month

Twice per week: $125/month

Also ***private lessons*** available:

$160 per punch card (4 lessons).

Tennis is ideal for improving cardiovascular fitness and strength. Our coach is highly qualified and passionate about what he does. If you prefer private lessons, we can organize! Classes located at the Fitness Center.

# COMMUNITY CLASSES

MWR Community Classes offer a range of different options to learn something new! To register, stop by Liberty front desk (Bldg. #48) from 1-6 p.m. every day including weekends and decide on what you will learn next!

## JIU JITSU CLASSES

***Ages 5-7 years old:*** **Mondays,** 4-5 p.m. or **Wednesdays,** 4:30-5:30 p.m.

***Ages 8-14 years old:*** **Mondays,** 5-6 p.m. or **Wednesdays,** 5:30-6:30 p.m.

Once per week: $45/month

Twice per week: $70/month

***Ages 18 years and older:*** **Mondays,** 6-7 p.m. or **Wednesdays,** 6:30-7:30 p.m.

Once per week: $50/month

Twice per week: $80/month

Brazilian Jiu Jitsu is a predominantly ground-based martial art, using the principals of leverage, angles, pressure and timing, as well as knowledge of the human anatomy, in order to achieve a non-violent submission of one's opponent.

*Join us for a traditional Thanksgiving meal featuring*

# THANKSGIVING Holiday Meal

## Menu

***Entrées***

- Roast Young Tom Turkey with Giblet Gravy
- Virginia Glazed Ham
- Roast Rib Eye Rolls
- Seafood Cocktail

***Sides***

- Cornbread Stuffing
- Creamy Mashed Potatoes
- Creamy Macaroni & Cheese
- Candied Sweet Potatoes
- Giblet Gravy
- Corn on the Cob
- Green Bean Casserole
- Cranberry Sauce

***Assorted Salads***

- Assorted Desserts
- Assorted Pies
- Dinner Rolls w/ Butter
- Ice Cream Bars
- Egg Nog

**HOURS**

**CONTINENTAL BREAKFAST - 8-9 a.m.**

**GROUP 1 - 12:30-2:30 p.m.**
*Active duty military members and their families only.*

**GROUP 2 - 2:30-5 p.m.**
*DoD ID card holders, Retirees, Local national employees working on base.*

** Active Duty military and family members can attend either group 1 or group 2.*

**PRICES**

*(1) Active duty and their family members, federal civilian employees, retirees, authorized guests (local national employees working on base):* ***$11.85***

*(2) Spouses and other dependents of enlisted personnel in pay grades E1 through E4:* ***$8.75***

*(3) Active duty military on RIK not required to pay but will sign NAVSUP form 1291*

*No cash accepted. Debit and credit cards authorized for payment. Note: Children will have to pay for the full amount listed above (1), (2).*

**GATEWAY GALLEY**

THURSDAY, NOVEMBER 26

12:30-5 p.m.

NAVY ASHORE GALLEYS

# EVENTS

## LET'S TALK
**Wednesday, Nov. 4,** 11:30 a.m.-12:30 p.m.

Join us for discussion on the people skills that make a difference. We'll cover how to handle difficult personalities, communicate under pressure, build stronger relationships, and develop the confidence and leadership skills that set you apart.
Whether you're dealing with life underway, working in close quarters, or navigating challenges back home, these practical tools can help you stay composed, earn respect, and lead more effectively. Come connect with fellow Sailors, share experiences, and pick up skills you can use immediately—on the ship, at work, and in life. Limited seats available so register now! Free for eligible E6 and below. Pizza and games will be provided.

## MOVIE NIGHT AT FLIX THEATRE
**Thursday, Nov. 5,** 6:30 p.m.
Flix Movie Theater. Free for single/unaccompanied E6 and below.

Join the Liberty staff for a free movie night at Flix! Sign in at the front desk day-of. Provided: Movie ticket, popcorn, drink.

## FRIDAY NIGHT MAGIC
**Friday, Nov. 6,** 5-10 p.m.

Bring your best deck and your best friends for a night of competition and magic. Provided: Magic deck is available to players who do not have their own cards. (Quality of deck is unknown.)

## VETERANS DAY!
**Wednesday, Nov. 11,** 1-10 p.m.

Join us in celebrating some of America's heroes with a military movie marathon.

## BOWLING WITH PINZ
**Thursday, Nov. 12,** 7-9 p.m. Free for single/unaccompanied E6 & below.

Strike out (in a good way)! Whether you compete or just vibe, come hang with us. Sign in at the Pinz front counter on the day of the event. Bowling lanes, shoe rental, and pizza are provided.

## FALL MOVIE MARATHON
**Saturday, Nov. 14,** 1-10 p.m.

Get cozy in one of our massage chairs or recliners and relax in to fall vibes with movies whose main characters are the falling leaves. Popcorn and movies are provided.

## TURKEY HUNT
**Tuesday, Nov. 17,** 7 p.m.

Enter the Liberty Center's Turkey Hunt Nerf shooting gallery. The more birds you bag the cooler the prize! Provided: Nerf guns, turkeys, and prizes!

## LIBERTY GOLF DAY
**Sunday, Nov. 29,** 1-4 p.m.
Free for eligible E6 and below.

Spend your Sunday afternoon, relaxing in the sun. Liberty Golf Day includes green fees and club rentals. Liberty patrons need to check in with the front desk at the Pro Shop before 1 p.m.

## DOGGIE DATE NIGHT WITH RAWL
**Monday, Nov. 30,** 5:30 p.m.

Pamper your pup and uplift your spirits at Doggie Date Night, a tail-wagging event for mental health awareness! Join us for a night of furry companionship, laughter, and love – because sometimes, a canine cuddle is the best therapy. Let's fetch joy together!

# TRIPS

## *ROCK CLIMBING*
**Saturday, Nov. 7,** 9 a.m.-5 p.m.
Cost: $38. Refundable upon attendance.

Now it's time to get out and test your skills climbing in Sierra de Grazalema, with MWR Navy Outdoor Recreation. It is important to say that this kind of sport is not for everyone and those who are "meeting" a wall for the first time should be extra careful. Climbing rock walls in a secure way can be a great way to enjoy the scenery from a unique and surprising perspective. Wear appropriate clothing, good walking shoes and bring water, snacks and sun protection. **Trip includes round-trip transportation, guides, climbing equipment.** Difficulty Level: Moderate.

## *HIKING IN LOS ALCORNOCALES NATURAL PARK*
**Saturday, Nov. 14,** 8 a.m.-6 p.m.
Must register by Nov. 4. $23, refundable upon attendance. For Liberty eligible E6 and below.

Join MWR Outdoor Recreation for a leisurely three mile hike along the "Ruta de Los Molinos", parallel to the Rocinejo River. Stroll past historic hydraulic mills, peaceful cattle herds, majestic wildlife and scenic vistas as you soak up the fresh, clean air in Los Alcornocales Natural Park. **Trip includes round-trip transportation and expert guide.** No experience required.

## *OLIVE OIL TOUR*
**Saturday, Nov. 28,** 9 a.m.-5 p.m.
$50, refundable upon attendance. For Liberty eligible E6 and below.

Did you know that you are in the region of Spain that is an ideal place to learn all about olive oil? Tickets and Travel will take you for a day in the olive oil factory located in one of the towns of Cadiz. You will be introduced to the history, harvesting, and process making of the olive oil, distinguish the nuances of different varietals and get the very first taste of the fresh new oils. Trip includes round-trip transportation, olive tour, tasting, and lunch.

## *BLACK FRIDAY SHOPPING TRIP!*
**Friday, Nov. 27,** 5-9 p.m.
$10, refundable upon attendance for Liberty eligible E6 and below.
Must register by Nov. 25.

Black Friday is a thing in Spain! Let us give you a ride to the mall in Jerez. Get your Christmas shopping on! Provided: Round-trip transportation.

# *SAILOR ADVENTURE QUEST*

## *GUITAR LESSONS*
**Wednesdays, Nov. 11 and 25,** 6 p.m.
Free for Liberty eligible E6 and below.

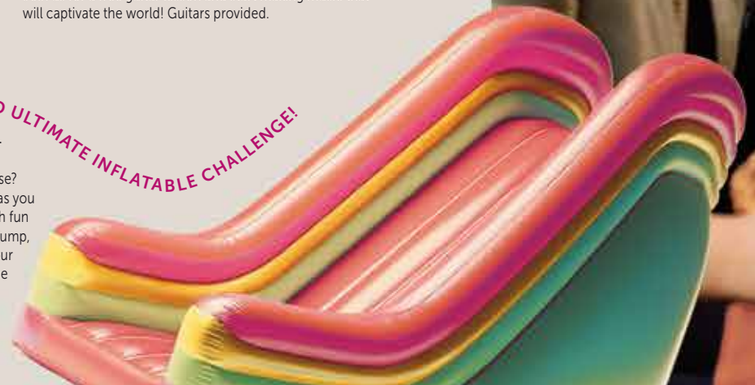
Unleash your inner Rockstar with our free guitar lesson! Whether you're a beginner or looking to refine your skills, this is your chance to learn from the best. Learn to strum, pick, and play your favorite tunes on a real guitar, with guidance tailored to your skill level and musical interests. Join us for a free guitar lesson and start making music that will captivate the world! Guitars provided.

## ULTIMATE INFLATABLE CHALLENGE

JOIN US FOR AN ACTION-PACKED ULTIMATE INFLATABLE CHALLENGE!

**Friday, Nov. 20,** 5:30 p.m. at El Patio.
Free for Liberty eligible E6 and below.

Think you have what it takes to conquer the course? Test your speed, agility, balance, and endurance as you race through a giant inflatable course packed with fun and challenging obstacles. Climb, crawl, dodge, jump, and race your way to the finish line! Challenge your friends and compete to see who can complete the course in the fastest time. Prizes provided.



vamos>> MWRROTA MONTHLY MAGAZINE, NOVEMBER 2026

956-82-2527 or DSN 727-2527
Rota_MWRLiberty@us.navy.mil
Bldg. #48



# Thanksgiving

Thursday,
**Nov. 26**

**6-9 p.m.**
**Free for single/unaccompanied E6 & below.**

Come celebrate Thanksgiving with games, prizes, and Thanksgiving meal! Provided: Prizes and food.

# LIBERTY

single or unaccompanied servicemembers

The Fleet & Family Support Center
Meeting Your Needs at Home & at Sea

# FFSC ROTA



## STAYING CONNECTED DURING THE HOLIDAYS

THE HOLIDAYS CAN BRING PEOPLE TOGETHER—but for Sailors stationed here in Rota, distance, duty schedules and time-zone differences can make connection harder. A Sailor may be far from family, while loved ones back home celebrate without them. For some, the season can feel especially isolating.

Staying connected matters. Regular contact with people who care can help ease loneliness, strengthen relationships and remind Sailors that they remain part of a community, even when they are far from home. Connection does not have to mean a long video call or a big celebration. A short message, shared photo or check-in can make a difference.

Sailors who are spending the holidays away from family can make connection part of their plan, too. Reach out to friends, shipmates or coworkers; accept invitations when possible; and check in on others who may also be far from home. A shared meal, movie night, game or simple cup of coffee can turn an ordinary day into a sense of belonging.

Single sailors are an important part of the holiday community, not an afterthought. Commands, shipmates and families can help by making invitations specific and welcoming: "Join us for dinner at 6" is easier to accept than "Let us know if you need anything." Unit gatherings and informal get-togethers can offer another way to celebrate, while giving sailors the choice to participate in a way that feels comfortable.

For families, planning ahead can help. Agree on a time to call that works across time zones, while keeping in mind that watchstanding, operations and changing schedules may affect availability. If a call must be postponed, a voice message, handwritten card or holiday photo can still help loved ones feel included. Families can also create a small tradition that travels across the miles—such as opening gifts together on a video call or sharing the same holiday meal on different days.

Not everyone celebrates the same holidays, and some people may prefer a quiet day. A thoughtful check-in—without pressure—can show care while respecting individual needs. If someone seems persistently overwhelmed or alone, encourage them to connect with a trusted shipmate, command leadership, chaplain or available support services.

Being overseas may change how the holidays look, but it does not have to mean facing them alone. Through small gestures, shared traditions and invitations that include everyone, sailors and families can keep a sense of connection alive—across oceans.

2026
# NOVEMBER

| DATES | PROGRAMS |
|---|---|
| 01-04 | |
| TUE 05 | **NAVIGATING THE STORM**<br>11:30 a.m. -1 p.m.<br>**CAREER & CREDENTIAL EXPLORATION (C2E)**<br>Nov. 5-6, 8:30 a.m.-4:30 p.m. |
| 06/07/08 | |
| WED 09 | **COMMAND SPONSORSHIP TRAINING**<br>11 a.m.-12:30 p.m. |
| 10 | |
| THU 11 | **OLIVE OIL MILL ZAHARA DE LA SIERRA FIELD TRIP**<br>8 a.m.-8 p.m. |
| FRI 12 | **NAVIGATING THE STORM**<br>11:30 a.m. -1 p.m.<br>**EFMP POC TRAINING**<br>2-3 p.m.<br>**LUNCH & LEARN SPANISH CLASS**<br>11:30 a.m.-12:30 p.m. |
| TUE 13 | **VA DEPENDANT EDUCATION LUNCH & LEARN**<br>2-3:30 p.m. |
| 14/15 | |
| WED 16 | **BOOTS TO BUSINESS (VIRTUAL)**<br>Nov. 16-17, 8:30 a.m.-4:30 p.m.<br>**INTER-CULTURAL RELATIONS**<br>Nov. 16-18, 8 a.m.-3 p.m.<br>**TAP 3-DAY CORE WORKSHOP**<br>Nov. 16-18, 8 a.m.-4:30 p.m. |
| 17 | |
| THU 18 | **BABYBOOTCAMP**<br>9 a.m.-4 p.m. |
| MON 19 | **EFMP PARENT SUPPORT GROUP**<br>10-11 a.m.<br>**LUNCH & LEARN SPANISH CLASS**<br>11:30 a.m.-12:30 p.m.<br>**NAVIGATING THE STORM**<br>19 11:30 a.m. -1 p.m. |
| 20-24 | **DOL EMPLOYMENT WORKSHOP**<br>Nov. 19-20, 8:30 a.m.-4:30 p.m. |
| THU 25 | **ONE DAY ICR BRIEF**<br>7:45 a.m.-4 p.m. |
| 26-29 | |
| MON 30 | **INTER-CULTURAL RELATIONS**<br>Nov. 30-Dec. 2, 8 a.m.-3 p.m. |




RELOCATION ASSISTANCE PROGRAM
Moving Made Easy

**FLEET AND FAMILY SUPPORT CENTER**
Hours: Monday-Friday, 8 a.m. - 4 p.m.
727-3232 (on base) and 956-82-3232 (off base)
Located on the first floor of the Community Support Building #3293
Email: usn.rota.navstarotasp.mbx.ffsc@us.navy.mil

24/7 NAVSTA Rota Sexual Assault Helpline | **646-407-871**

FFSC Rota Spain

For any other class availability, please call us.

# GOLF

956-82-2260 or DSN 727-2260
Bldg. #231

ROTA GOLF COURSE SPAIN



## TURKEY SHOOT
### 4 PERSON SCRAMBLE

SATURDAY
**NOV. 21**
9 a.m. shotgun start
$25 plus green fee.

## ONGOING PROGRAMS

**FAMILY FUN DAYS**
**Every Sunday**, Noon-5 p.m.

**FREE USAA* RANGE BALLS FOR US ACTIVE DUTY MILITARY**
**Tuesdays and Thursdays,** 3:30-5 p.m.
PGA golf tips by appointment only on Thursdays.

**TWILIGHT SPECIAL**
**Seven days a week.** 2:30-5 p.m.
$17 unlimited golf. 9 Hole Cart fees applied.

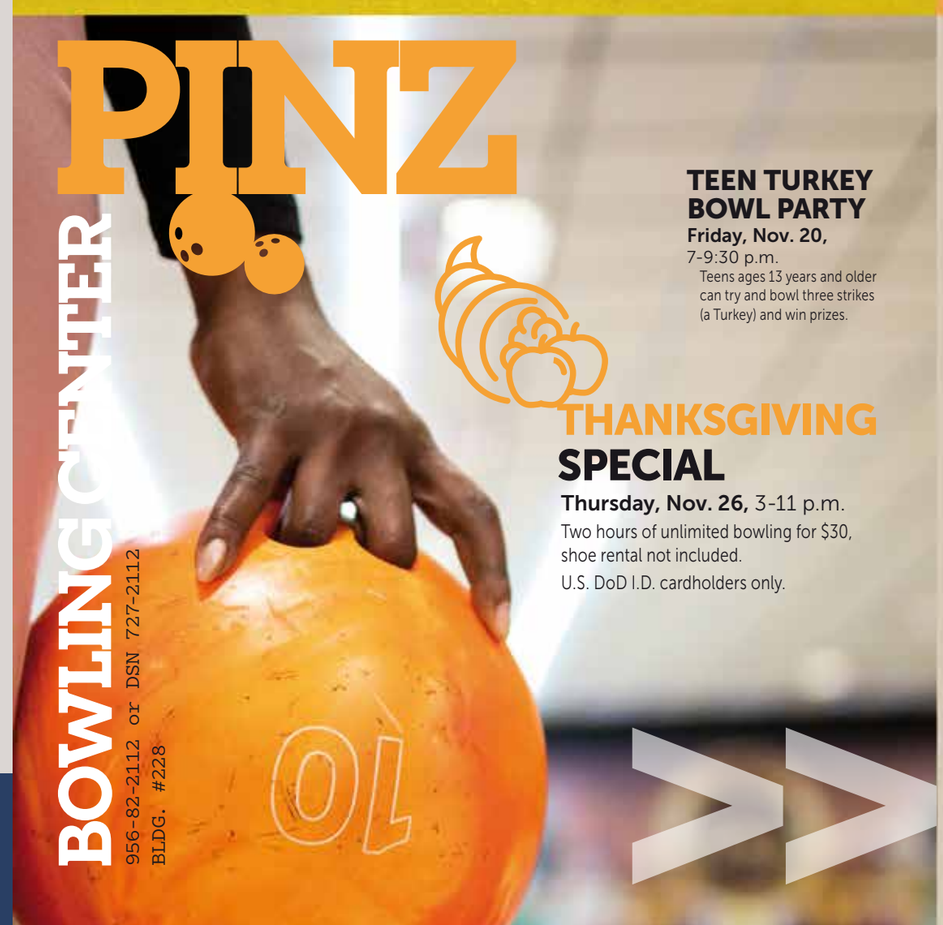
**KEY GOLF SPECIAL**
Are you PCSing or TDY to Rota? Present your hotel key at the golf shop and save $2 off your green fees (green fees are based on rank) and save $2 off your cart fees. Note: Not valid with other programs.

**LIBERTY GOLF DAY**
**Sunday, Nov. 29,** Noon-5 p.m.

**No U.S. Navy endorsement is implied*

# PINZ BOWLING CENTER

956-82-2112 or DSN 727-2112
BLDG. #228



## TEEN TURKEY BOWL PARTY
**Friday, Nov. 20,** 7-9:30 p.m.
Teens ages 13 years and older can try and bowl three strikes (a Turkey) and win prizes.

## THANKSGIVING SPECIAL
**Thursday, Nov. 26,** 3-11 p.m.
Two hours of unlimited bowling for $30, shoe rental not included.
U.S. DoD I.D. cardholders only.

## ONGOING

**ACTIVE DUTY MEMBERS IN UNIFORM LUNCH BOWLING**
**Mondays-Sundays,** 11 a.m.-1 p.m.
Free game of bowling, including shoe rental, for Military personnel in uniform with the purchase of a complete meal and drink.

**FAMILY NIGHT**
**Mondays,** 4-8 p.m.
Families up to 5 people per lane can bowl for one hour including shoes rental for $15.

**COUPLES NIGHT**
**Tuesdays,** 5-10 p.m.
Groups of up to four people can bowl for one hour including shoe rental and one pitcher for only $35.

**BARRACKS CHALLENGE**
**Wednesdays,** 6 p.m.
**Barracks Bash -** Challenge anyone to an hour of Bowling for Ultimate Bragging rights. $10 for 1 Hour. Head to Head. Shoe rental Included. Win 10x Head-to-Head Challenges and become the **Pinz Barracks Challenge Champion.**

**LIBERTY'S BOWLING NIGHT**
**Thursday, Nov. 12,** 7-9 p.m.
Enjoy a free night of bowling and pizza with Liberty (free for single unaccompanied AD E-6 and below). On the second Thursday of each month sign in on the Liberty sign-up sheet at the front counter at Pinz.

**COSMIC BOWLING**
**Fridays and Saturdays,** 7-11 p.m.
Groups up to five people can bowl for $23 per lane for one hour, including shoe rental.

# AQUATICS>>

956-82-2129 or DSN 727-2129
Rota_MWRAquatics@us.navy.mil
Bldg. #45

## INDOOR POOL

HOURS OF OPERATIONS
**Monday-Friday,** 6 a.m.-7 p.m.
**Saturday and Sunday,** Closed
**U.S. Holidays,** 9 a.m.-5 p.m.

*INDOOR POOL LAP SWIM, PRT, UNIT LEVEL TRAINING or COMMAND PT.*

***Navy Second Class Swim Testing** available by appointment only.*

LEARN-TO-SWIM LESSONS:

### PARENT & CHILD SWIM CLASS

**Wednesday-Friday, Nov. 4-6 and 11-14,** 10-10:30 a.m. Two week session.
Ages 8 months-3 years old.

The parent & child swim class introduces infants and toddlers into the joys of an aquatics environment for the first time under the care of their parents. Our Swim Instructors provide instruction to the parents.

### LEVELS 1-3

**Wednesday-Friday, Nov. 4-6 and 11-14,** 3:15-4 p.m. | 4-4:45 p.m. | 5-5:45 p.m.
Two week session. Ages 4 years and older.

Taught by American Red Cross Water Safety Instructors. Each of the swimming lesson levels is designed to build upon the next, taking your child on a journey toward becoming a safe and confident swimmer for life.

## INTRAMURAL SPORTS CALENDAR — NOVEMBER 2026

| EVENT | DATES | REGISTER BY |
|---|---|---|
| **NOVEMBER** | | |
| Pickleball Tournament III | 14 (Saturday) | 13 |
| 30+ Basketball Tournament | 17-19 (Tuesday-Thursday) | 15 |
| Flag Football Turkey Bowl | 21 (Saturday) | 19 |
| **DECEMBER** | | |
| Kickball Tournament | 12 (Saturday) | 10 |
| Softball Christmas Tournament | 15-17 (Tuesday-Thursday) | 12 |

Captain's Cup Leagues  Clinics  Tournaments

1. You can sign up your team/command using the Teams QR code, or you can sign up individually using the Free Agents QR code.
2. Sign ups will be over at NOON of the deadline date.
3. Regulations and schedules will be sent at least 24 hours prior the event and/or coach meeting.
4. Any questions and/or suggestions to **rota_mwrfitness@us.navy.mil**

# SPORTS>>

956-82-1916 or DSN 727-1916
Rota_MWRFitness@us.navy.mil
Bldg. #45

**SIGN UP HERE**
CREATE YOUR PROFILE WITH IMLEAGUES

## TURKEY TROT 5K RUN

**Wednesday, Nov. 25,** 4:30 p.m.

Join us for a fun 5k run/walk to win a Turkey and your very own Thanksgiving day meal. Event kicks off at 4:30 p.m. Starts and finishes at the fitness center. Free to participate. Let's burn off some of those Pre-Thanksgiving calories to make room for a feast.

# FITNESS>>

956-82-2565 or DSN 727-2565
Rota_MWRFitness@us.navy.mil
Bldg. #44

### THANKSGIVING AEROBIC-A-THON

**Thursday, Nov. 26,** 9-11 a.m.

Did you know the average person will consume more than 4,500 calories and 229 grams of fat on Thanksgiving Day? MWR Fitness Center is here to help you burn off some calories before you consume your Thanksgiving meal.

CHALLENGE OF THE MONTH:

### TIRE TURKEY CHALLENGE

**Thursday, Nov. 26,** 11-13 a.m.

Conquer the 200ft Tire Turkey Challenge. This demanding full-body test of strength, power and endurance is your chance to prove your fitness and claim the fastest time. Two modalities, you can complete the course by either dragging or flipping the tire. Are you ready?



USAA®

AUTO INSURANCE

# USAA knows these roads too.

USAA Auto Insurance can help protect you while driving abroad with policies and coverage you can trust. It even goes with you on leave to insurable locations.

And with offices across Europe, we're always here to help.

If you know you know.
If you don't, we do.

**Get Started**
**900-813-479**

Membership eligibility and product restrictions apply and are subject to change. Property and casualty insurance provided by United Services Automobile Association (USAA), USAA Casualty Insurance Company and USAA General Indemnity Company which are domiciled in Texas and are licensed in all 50 United States and D.C.; Guam, Puerto Rico, and/or the Virgin Islands; USAA S.A. UK Branch, authorized by the Prudential Regulation Authority, and regulated by the Financial Conduct Authority and the Prudential Regulation Authority to write coverage in the United Kingdom. USAA S.A. UK Branch Registration Number: England BRO23811, also registered with the Registre du Commerce et des Societes of Luxembourg; or USAA S.A., authorized by the Luxembourg Minister of Finance and supervised by Commissariat aux Assurances to write insurance under the Freedom of Services Directive in Azores, Belgium, France, Germany, Greece, Italy, Netherlands, Portugal and Spain. USAA S.A. Trade and Companies Registration Number: B-224622. Not all products are available to all applicants in all locations. Product availability may vary in some foreign locations due to local laws and restrictions. USAA means United Services Automobile Association and its affiliates. The Department of the Navy does not endorse any company, sponsor or their products or services. © 2025 USAA. 6530182.0424

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