



MARCH

EVENTS

LONE STAR CENTER 817-782-5293

Hop Into Spring: March 23 from 9:30AM to 12:00PM at Lone Star Center, bldg. 2570. Open to anyone with base access. FREE event, but the Pancake Breakfast is \$5 per person. Tickets available for purchase at Community Recreation, bldg. 3328. For more information, call 817-782-5293 or 817-782-6121



LIBRARY 817-782-7735

SPRING BREAK - Something to Do at 2
Monday, March 11 - Professor Pop's Bubble Show
Tuesday, March 12 - Storytelling by Margaret
Wednesday, March 13 - Dino Bo's Shark Show
Thursday, March 14 - The Creature Teacher
Friday, March 15 - Nancy and Friends (Ventriloquist)
For more information, call 817-782-7735

AQUATIC CENTER 817-782-1220

Canoe Battleship: March 14, 9:00AM to 12:00PM
3-person teams to attempt to sink their opponents and float away with prizes and bragging rights. For more information, stop by the Aquatic Center, bldg. 3319, or call 817-782-1220

Easter Egg Hunt and Dive-In Movie: March 29
For kids and teens. Tentative Schedule = Egg Hunt 2:00PM to 4:00PM; Dive-In Movie 6:00PM to 8:00PM. Movie TBD. For more information, stop by the Aquatic Center, bldg. 3319, or call 817-782-1220

TICKETS AND TRAVEL 817-782-6121

Disney Discounts: The 2024 Disney Military Discount tickets have arrived. Scan the QR code to learn more.



American Forces Travel: Enjoy discounted rates on hotels, airfare, car rentals, and cruises. Scan the QR code to learn more.

MWR has great discounts on many local and national tourist destinations. Stop by bldg. 3328 or call 817-782-6121

AUTO SKILLS 817-782-6375

AUTO SKILLS RETURNS MARCH 1!!!



HOP INTO SPRING SATURDAY, MARCH 23

9:30AM to 12:00PM
Lone Star Center, bldg. 2570



FREE
Face Painting
Balloon Artist
Crafts

Pancake Breakfast
\$5.00
free for ages 2 and under
Breakfast Serving Times
9:30AM, 10:30AM, 11:30AM
tickets sold by times

Tickets Available at
Community Rec, bldg. 3328



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

FITNESS CENTER 817-782-7770



March 22 - **Color Me Spring 5k**
Runners, please wear white shirts as you will get doused with colored powder at various points on the course. Scan QR Code to register. Please arrive by 10:45 AM on race day to fill out waiver. The run will start at 11:00 AM. Color Me Spring 5k is free and open to anyone with base access. For more information, stop by the Fitness Center or call 817-782-7770



MOVIE REEL 817-782-6037

FREE MOVIE: ADVANCE SCREENING

"Arthur the King" - Rated PG-13

March 9 at 2:00 PM

Free to anyone with base access. Seating available on first come, first served basis.





2024 CAPTAIN'S CUP

How does your command stack up against the rest of the base? Let's find out in the 2024 Captain's Cup Competition. This year-long event is open to active duty and reservists of all NAS JRB Fort Worth commands and branches, and is a fun way to compete together in a variety of sports and activities. Dependents, DoD employees, and civilians are permitted to play with some restrictions.

The winning team for each competition will receive Captain's Cup Championship t-shirts and earn points toward the end-of-year Championship trophy. The winning unit for the year will enjoy not only bragging rights, but also the privilege of displaying the Captain's Cup Trophy in their work area.

2023 Captain's Cup Champions = NRC

This year's competition includes eleven competitions, including basketball, softball, and flag football leagues. Captain's Cup is a great way to build unit camaraderie, improve your fitness, AND have fun. Start getting your team together now, and get ready for an awesome year of team competition!

Register now at the Fitness Center for the Captain's Cup Softball League. Games are played Tuesdays, Wednesdays, and Thursdays starting April 2.

Scan the QR code for the 2024 Captain's Cup Schedule



For more information, please contact the Sports Coordinator at 817-782-1270 or email cnicseftwomwr-fitnesscenter@us.navy.mil



AND MORE...

Movie Reel: Showings every Friday-Sunday
For the schedule of movies, scan the QR code or call 817-782-6037. Movie Reel is bldg. 1845, next to Ten Bowling Center.



Fitness Classes: ENROLL NOW - Scan the QR code to register or stop by the Fitness Center, bldg. 1810, to learn more.



100 Mile and 500 Mile Run Clubs: A year-long activity. Record your runs and turn your stats in to be recorded on our leader board. Participants in the 500 Mile Club will be able to run, bike, swim, row, and hike the distance.

Lone Star Community Center: Venue is available for receptions, dining in, meetings, and conferences. To make an appointment, call 817-782-6121 or email cnicseftwomwr-lonestar@us.navy.mil Lone Star is bldg. 2570, across the street from the Chapel.

Equipment Rentals: Includes kayaks, bikes, tables, and chairs Community Recreation, call 817-782-5519, bldg.3328.

Bowling Center: Open everyday with \$1 Games Monday through Thursday. Cosmic Bowling on Saturday nights. WE ALSO OFFER SPECIAL RATES FOR SQUADRON TEAM BUILDING EVENTS! For more information, call 817-782-6122, bldg. 1815.

Bowling Center Grill: A full menu for breakfast and lunch, served 7:00 AM to 2:00 PM. After 2:00 PM, pizza and hot dogs are available. For more information, call 817-782-5505, bldg. 1815.

Liberty: Activities for single service members and geo-bachelors. For more information, scan the QR code, call 817-782-3175, or stop by the staff desk in bldg. 1566.



Resale Lot: Sell your car, RV, or other vehicle. See Community Rec in bldg. 3328 or call 817-782-6121

Child Development Center: Quality childcare and great rates. Visit www.MilitaryChildcare.com or call 817-782-7520, bldg. 3320.

School Age Care: Educational and fun before and after-school activities. 817-782-7566, bldg. 1145.



NEXT MONTH...

Wings Over Cowtown Air Show: April 13-14 with Military and Family show on April 12. For more information, visit www.WingsOverCowtown.com

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