Highlights of the Month

- *Bowl a Turkey, Win a Turkey*
- *The Cat in the Hat: Premiere Event*
- *Turkey Bowl: Flag Football Game*

NOV TWENTY 26



preview

MWR SIGONELLA

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MISSOULA CHILDREN'S THEATRE

THE FROG PRINCE



Adapted by Michael McGill

Additional Music by Rebecca McGill Music & Lyrics by Michael McGill

Open to: Children ages 5 (Kindergarten) - 18

Auditions

DEC 28

Auditions will take place on Monday, December 28 from 10 a.m. until 12 p.m. at Sigonella Elementary School Knights Hall. Approximately 50-60 local students will be cast to appear in the show. Students wishing to audition should arrive by 9:45 a.m. and plan to stay for the full two hours.

Rehearsals

DEC 28 - JAN 2

Times will vary depending on part. The first rehearsal will begin approximately 15-30 minutes after the audition.

Deep in the royal swamp, a lonely frog retrieves a golden ball for Princess Prim in exchange for friendship and comfort. The Missoula Children's Theatre proudly presents the musical journey of realizing that friendships are made, not bought; and discovering that it is not what you are, but who you are, that counts!

Performance

JAN 2

The performance of "The Frog Prince" will take place on Saturday, January 2 at 1 p.m. in Sigonella Elementary School Knights Hall.

FREE and open to the general public.

For more information, please call 095-56-1750
or email nas-sigonella-cyp-information@us.navy.mil.

NAVY CYP
Child and Youth Programs

x1750

Teen Programs

Eligibility

The Youth Complex teen program is FREE but registration is required. Please visit the Youth Complex in Marinai or call 095-56-1750 for more information. Members must be 11-years-old and have started the 6th grade through 18-years-old and still in high school.

Check out the Youth Complex Calendar!

You can find more events, clubs and fun happening throughout the month! Pick one up at the Youth Complex in Marinai or email nas-sigonella-cyp-information@us.navy.mil.

Youth Sports

Winter 2027



BASKETBALL & INDOOR CHEER

Youth Ages 5-18
Co-ed Teams
Cost $60

START SMART BASKETBALL

Youth Ages 3-5
Cost $25

YSF PAGE

REGISTRATION: 11/17 - 12/18
Available at Youth Complex
Tuesday - Friday | 9 am - 6 pm



Winter Break Camp at SAC

DEC 21 - 24 & DEC 28 - 31

Kindergarten-12 years old
Register at Militarychildcare.com

For questions or more information call School Age Care at 624-3712 (095-56-3712)

Library

x3875

ALL MONTH

Community Puzzles

Time: Regular hours of operation

Puzzles are always available throughout the month at the MWR Library for the community to work on together. Spend a relaxing afternoon making social connections and connecting pieces of the puzzles.

EVERY WEDNESDAY

Early Literacy: Full STEAM Ahead!

Time: 10:30 - 11:15 am **Ages:** 1-5 and caregivers

Join us to jump-start early literacy skills for toddlers and preschoolers! Caregivers and children will learn together while we sing, read, play, and grow. This program is best suited for pre-readers (ages 1-5) and their caregivers.

TUESDAY, 3

Tabletop & Talk

Time: 5:00 - 6:45 pm **Ages:** 18+

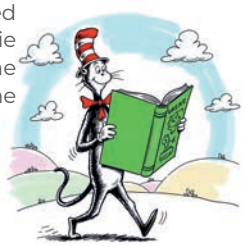
If you are looking for a relaxed way to unwind and meet new people, enjoy our casual game night designed exclusively for adults. No complicated rules or high-intensity strategies here, just good company, easy conversation and great games. This month, we are playing Apples to Apples! Come alone or bring a friend, late arrivals are welcome.

FRIDAY, 6

The Cat in the Hat (2026, PG): Premiere Event

Time: 2:00 pm **Movie starts:** 4:00 pm
Location: Midtown 2 Theaters **Ages:** All ages welcome
Cost: Free event (see price list for movie ticket cost)

Join us for a Cat in the Hat themed craft activity before the movie premiere. We will read "The Cat in the Hat" book and make paper hats in the style of Dr. Seuss' iconic character.



SATURDAY, 14

Apple Harvest Party

Time: 1:00 - 3:00 pm **Ages:** All ages welcome

Celebrate the autumn harvest and all things apple with a festive seasonal gathering. Families can explore at their own pace and choose to try one activity or experience them all! Learn easy step-by-step techniques to draw a vibrant apple using chalk pastels, get messy crafting custom cards using real apple stamps, or stop by our tasting station to sample sweet and tart varieties while discovering what makes each one unique. Be sure to wear clothing ready for some hands-on fun!

TUESDAY, 17

Tinker Time

Time: 4:30 - 6:00 pm **Ages:** 3+

Are you ready to design, build, and play in our completely free-form building and engineering zone?! We are pulling out all of our favorite building materials, including MAGNA-TILES, Tinker Toys, Lincoln Logs, and KEVA Planks. Build a towering castle, engineer a high-speed gravity race track, or challenge yourself to construct a bridge. Tackle one of our optional "Tinker Challenges," or simply enjoy open-ended, free-play creation. The only limit is your imagination!

x4302 Bowling Center



Spare Time Bowling

During regular priced games
1 win per person. All ages welcome.
For more information, please call 624-4302

SATURDAY, 14
The Bowling Battalion: Month of the Military Family
Time: 1:30 - 6:00 pm
Cost: Free game & shoe rental for families
Come in to Spare Time with the whole family and enjoy a free game and shoe rental to celebrate Month of the Military Family.

Midtown 2 Theaters x4248

Cost: $6 Adults (12 years & older), $4.50 Kids (6-11 years old), Free (5 years & under)
Visit www.navymwrsigonella.com/**movies** for showtimes.

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Ages: All ages welcome **Cost:** Free event (see price list for movie ticket cost)
Join us for a Cat in the Hat themed craft activity before the movie premiere. We will read "The Cat in the Hat" book and make paper hats in the style of Dr. Seuss' iconic character.

SUNDAY, 8
Magical Movie Marathon: The Hunger Games
Times: 10:00 am, 1:00 pm, 4:00 pm & 6:30 pm **Cost:** Free admission
Get ready to enjoy “The Hunger Games” movies back-to-back on the big screen to prepare for the upcoming release of "The Hunger Games: Sunrise on the Reaping"!

WEDNESDAY, 11
Veterans Day Movie Special: Saving Private Ryan (1998, R)
Time: 12:00 pm **Ages:** R-17 (children under the age of 17 must have a parent or adult guardian with them during the movie)
Cost: Free admission
Experience the ultimate tribute by watching "Saving Private Ryan", a profound cinematic monument to the real-world heroes who fought for liberty.

WEDNESDAY, 11
Free Movie Special: Nacho Libre (2006, PG)
Time: 2:00 pm **Cost:** Free admission
Gather the crew for a free movie the whole family will love. Concessions will be available for purchase.

TUESDAY, 17
My Way Matinee: Gabby's Dollhouse: The Movie (2025, G)
Time: 10:30 am **Cost:** Free admission
Enjoy a sensory friendly movie experience with dim lights and lower sound volume for all ages.

WEDNESDAY, 18
Way Back Wednesdays: Bloodsport (1988, R)
Time: 4:30 pm **Ages:** 17+ only (kids under the age of 17 will not be permitted, IDs required) **Cost:** Free admission
Experience the ultimate martial arts classic on the big screen! Please note: this is strictly Rated 17 & above due to its intense, adrenaline fueled martial arts violence. Don’t forget your ID, and prepare for an unforgettable night of retro action!

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18+ ONLY

HUMP DAY BOWLING LEAGUE



NOVEMBER 4 - DECEMBER 2

EVERY WEDNESDAY

$10

PER PERSON | PER WEEK

Shoe rental included

REGISTRATION: OCT 25 - NOV 1 AT SPARE TIME FRONT DESK

MWR SIGONELLA

EMPLOYEE *Spotlight*



Sergio Carosella - Procurement & Contracting Officer

Sergio started working for MWR in 1992 as an accounting technician and has never changed departments. He was sent to the United States to complete a contracting officer course, and upon return, his position was changed to the Procurement and Contracting Officer. He has always approached his work with enthusiasm and passion, feeling as though he is a part of a big family. He has overseen numerous projects and major events for the department over 34 years and says it feels as though the first day on the job was just yesterday. Sergio loves the constant interaction with managers and the fact that each day is different from the last. His work takes him out of the office often to make payments and conduct market research. Sergio says he is sad that in less than 10 years he will retire!

N94 Support Services

Andrea Jackson - Club Ops Assistant

Andrea has been a part of the MWR team since October 2024 and since then has been working hard to ensure Connections Bar and 568 Lounge are running smoothly. When she is not behind the scenes for event set up or stocking the bar, she is on the frontline with a smile on her face selling BINGO packets. Andrea is the brilliant mind behind many of the fun and creative events put on for patrons that frequent the bars. Her dedication to bringing happiness and entertainment to the military community is noticed and appreciated by the customers. Andrea is excited to see what the future holds for the bars, and she has even had a hand in coordinating with multiple MWR departments to help with the renovations that are currently underway for Connections Bar and the Chart Room.

Morale, Welfare and Recreation (MWR)





Carmela Moschetto - Financial Technician

Carmela started working at MWR Sigonella in August of 1992 as a NAF Accounting Technician. After a few years, she was given the challenge of setting up the accounts payable desk from manual ledger to the computerized accounting system Blas. She has always worked in the MWR Business Office, moving to different accounting positions over the years with dedication and enthusiasm. Carmela enjoys the chance to meet and work together with different managers and coworkers. She is currently the NAF GPC approving official and works together with cardholders to satisfy MWR Program procurement requirements for activity programs and community events. Carmela is happy to be a part of the MWR team and is always willing to collaborate for the overall successful outcome of MWR programming.

N94 Support Services

Michelle Buchanan - Fitness Specialist

Michelle has been a fitness specialist with the MWR fitness team for the past ten months, and in that short time has already demonstrated a strong commitment to promoting fitness, wellness, and community among our sailors. From leading engaging Command Physical Training sessions, to planning and coordinating fitness events, Michelle brings enthusiasm, initiative and a genuine passion for helping others achieve their fitness goals. She understands that fitness is about more than exercise; it is about building relationships, fostering a supportive environment, and encouraging sailors to prioritize their physical readiness and overall well-being. Her commitment to our sailors and their fitness journey reflects the mission of MWR Fitness and the important role our team plays in supporting military readiness.

Morale, Welfare and Recreation (MWR)



x4777

Community Activities

Registration for classes is available at Community Recreation or the Liberty Center. Please refer to each class description for any registration deadlines.

MONDAY, 2

Bomba Sica: Youth Class

Time: 4:30 - 5:30 pm **Location:** NAS I Fitness Center **Ages:** 12-18 **Cost:** $10

Bomba Sica is a lively, high energy dance class that blends rhythmic movement, expressive choreography, and upbeat music. Participants will learn fun combinations while building confidence, coordination, and musicality in a welcoming environment. No previous dance experience required. Please note: Parents must be within line-of-sight the entire class.

WEDNESDAY, 4

Indoor Belay Certification

Registration Deadline: Tuesday, November 3 **Time:** 3:00 - 5:00 pm
Location: "The Cave" Rockwall **Ages:** 14+ **Cost:** $30/$25 Liberty

This class will walk you through the steps of belaying a climber. To earn your Belay Certification Card, each participant must be able to show the ability to tie knots correctly and safely belay an actual climber. Please register with Community Recreation.

TUESDAY, 10

"Can't Get Enough" R&B Line Dance Class

Time: 5:00 - 6:15 pm **Location:** NAS I Fitness Center **Ages:** 16+ **Cost:** $10

Get into the groove with a smooth, feel-good R&B line dance set to Tamia "Can't Get Enough". Learn easy to follow choreography while enjoying the rhythm, energy and style of R&B. Bring your energy and get ready to dance! Please note: Parents must be within line-of-sight during the entire class.



SNEEK PEAK

DECEMBER 5

Auto Skills Center

x5244

Diagnostic Scans Oil in Stock
Indoor Lift Bay Tools
Tire Plugs AC Recharge
All available to you!

NEW HOURS OF OPERATION

STARTING **NOV 4**

Wednesday - Friday:
10:30 a.m. - 7 p.m.
Saturday & Sunday:
8:30 a.m. - 5 p.m.
Monday & Tuesday:
Closed

568 Lounge

x5603

WEDNESDAYS & FRIDAYS

Karaoke Night

Every Wednesday: 8:00 pm - 12:00 am **Ages:** 18+
Friday, 27: 9:00 pm - 2:00 am **Ages:** 18+

EVERY SATURDAY

DJ Nights

Time: 9:00 pm - 2:00 am **Ages:** 18+

FRIDAYS, 6 & 20

Latin Dance Lessons

Lessons: 8:30 - 10:00 pm **Dancing:** 10:00 pm - 2:00 am
Ages: 18+ **Cost:** Free admission

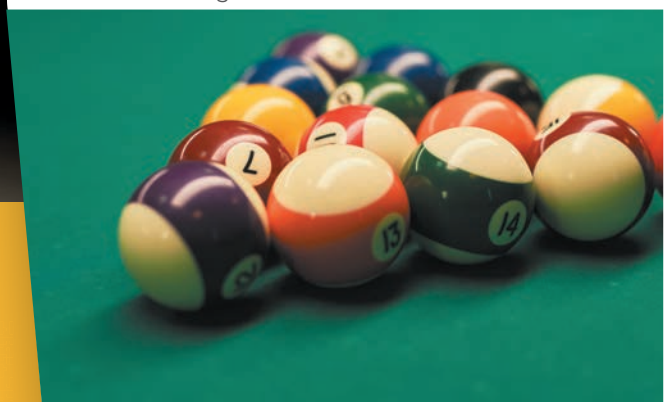
MWR is hosting Latin Salsa, Bachata, & Merengue lessons! Join us for lessons and then spend time afterwards practicing by dancing the night away!

FRIDAY, 13

8-Ball Pool Tournament

Time: 8:00 pm - 2:00 am **Ages:** 18+ **Cost:** Free admission
Registration: Email sig-mwr-connections-568lounge@us.navy.mil

Cue up the fun at our classic 8-ball pool tournament with 2-person teams, alternating shots, and no need to call your shot! Whether you are a shark or just a little fish in a big pool, don't miss out on a chance to win a prize. Single or double elimination dependent upon the number of registered teams.



x4777 - X4396

Trips & Tours

Pick Up & Drop Off
NAS I: CDC parking lot **MARINAI:** In front of Youth Complex
NAS II: Flight Line Clinic parking lot. Return times are subject to change.

All children 17 years and younger must be accompanied by a parent or guardian on ALL trips. Children 3-11 are 1/2 price on all tours, unless otherwise noted. Children 2 and under are free.

SATURDAY, 7

Agrigento: Valley of the Temples & Lunch
Depart: NAS II 7:00 am, Marinai 7:15 am, NAS I 7:30 am
Return: 7:00 pm **Cost:** $80 (Includes transportation, guided tour, entrance fees and lunch)
Originally founded as a Greek colony in the 6th century B.C., Agrigento became one of the leading cities in the Mediterranean world. The town of Agrigento is known for its spectacular Valley of Temples and the sacred area of ancient Akragas which is one of the most important colonies of the Greek Empire. Tour Agrigento's Valley of the Temples, followed by lunch at a local restaurant. Please choose between the meat or fish option upon registration.



SUNDAY, 8

Corleone Hunting Royal Palace & Principe di Corleone Winery
Depart: NAS II 6:30 am, Marinai 6:45 am, NAS I 7:00 am
Return: 8:00 pm **Cost:** $75 (Includes transportation, guide, entrance fees, and lunch with wine tasting)
Visit the village of Ficuzza, home to the Royal Hunting Palace of King Ferdinando I of Borbone. Visit the internal palace, placed in the park of Ficuzza by the Busambra Rock. After the tour, enjoy an exquisite lunch and wine tasting at winery, "Principe di Corleone". Please note, the drive is more than 3 hours each way. **Registration deadline for this trip is November 4.**

WEDNESDAY, 11

Campore Winery by Circumetnea Train
Depart: NAS II 7:00 am, Marinai 7:15 am, NAS I 7:30 am **Return:** 5:00 pm
Cost: $85 (Includes transportation, guide, lunch and wine tasting)
Celebrate the last day of summer and the season of new wine , also known as St Martino's day, at Campore Winery. The trip will start from at the Linguaglossa train station with a ride on the Circumetnea train to arrive at the infamous vineyard. Tour the winery, owned by past noble families of Sicily before having a lunch and wine tasting. **Registration deadline for this trip is November 9.**

SATURDAY, 14

Roman Villas & Agriturismo Lunch
Depart: NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am
Return: 6:30 pm **Cost:** $80 (Includes transportation, guide, entrance fees and lunch)
Visit the famous sight of the Roman Villas and hear ancient stories from Sicilian history! See Piazza Armerina, a UNESCO World Heritage site, with its magnificent 3rd century A.D. mosaic pavements and the Aidone Museum, which is home to ancient artifacts from the surrounding area! When the tour is complete, enjoy a typical Sicilian lunch at a local agriturismo. **Registration deadline for this trip is November 12.**

SUNDAY, 15

Family Day: Parsifal Park & Falcon Show
Depart: NAS II 8:30 am, Marinai 8:45 am, NAS I 9:00 am
Return: 4:30 pm **Cost:** $65 (Includes transportation, guide, entrance fees and Sicilian BBQ lunch)
Spend a relaxing day in Parsifal Park. Enjoy a special show with real falcons followed by a different demonstration showing the process of making honey, how a Sicilian cart is built, amateur astronomer and so on. Afterwards, enjoy a typical Sicilian BBQ lunch and roasted local chestnuts. **Registration deadline for this trip is November 10.**



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SUNDAY, 15

Pizza Making at the Lemon House

Depart: NAS II 9:00 am, Marinai 9:15 am, NAS I 9:30 am
Return: 4:00 pm **Cost:** $65/$60 Liberty (Includes transportation, guide, and pizza)

Let's make pizza from scratch! Start your day at Lemon House, in Pozzillo, as we prepare the dough and stone oven with wood and fire. While the dough levitates, take a walk to the port of Pozzillo. Afterwards, return to the house to prepare the ingredients and learn the steps to make the perfect homemade pizza.

THURSDAY, 19

Pottery Shopping: Patti

Depart: NAS II 7:00 am, Marinai 7:15 am, NAS I 7:30 am **Return:** 3:30 pm
Cost: $55 (Includes transportation and guide. Please bring euro for lunch and shopping)

Tour a small town along the northern coast, founded by the Normans in the 11th Century. Patti plays host to one of the most famous ceramic manufacturers in Italy. Patrons will have the opportunity to purchase hand-painted pottery with discounts ranging from 15-20% off wholesale prices. **Registration deadline for this trip is November 17.**

SATURDAY, 21

Catania Tattoo Convention

Depart: NAS II 9:30 am, Marinai 9:45 am, NAS I 10:00 am
Return: 7:00 pm **Cost:** $35 (Includes transportation and entrance fees only)

Lovers of ink, unite! The Ciminiere will play host to the annual Tattoo Convention in Catania. This year the event will host even more tattoo artists of national and international importance and offer sales of supplies, books, accessories and clothing. Expect special exhibitions, seminars and live music. It is recommended to make appointments in advance. **Registration deadline for this trip is November 18.**

SATURDAY, 21

Mojo Crater, Alcantara River & Palmento Costanzo Winery

Depart: NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am **Return:** 7:00 pm
Cost: $75 (Includes transportation, guide, lunch, and wine tasting)

Ancient and modern, outdoor and inside; this tour offers the best of both worlds! Start the day with a hike around Mojo Crater then explore the ruins of Byzantine Churches (600 A.D.) and the Alcantara River. Choose to walk along the river, or better yet, dip your toes in! After the hike, Palmento Costanza Winery will provide lunch with a wine tasting.

SUNDAY, 22

Sperlinga, Nicosia & Buffalo Cheese Factory with Beer Tasting

Depart: NAS II 6:30 am, Marinai 6:45 am, NAS I 7:00 am **Return:** 7:30 pm
Cost: $85 (Includes transportation, guide, entrance fees, lunch, beer and cheese tasting) **Ages:** 18+

On this walking tour, visit the medieval town of Sperlinga and the Norman castle excavated from rocks. Explore the castle, built on top of caves, that has been inhabited by people since 1080. Climb to the top of the castle and take in the beautiful views of the surrounding town and countryside. Nicosia's interesting architecture, both Medieval and Baroque, also offers an impressive number of palaces and churches. This walking tour will be followed by a lunch and 24 Barons beer tasting at the cheese factory, which produces buffalo cheese. Make sure to wear comfortable walking shoes.



THURSDAY, 26

Thanksgiving Dinner: Patria Winery

Depart: NAS II 5:00 pm, Marinai 5:15 pm, NAS I 5:30 pm
Return: 11:30 pm **Cost:** $65 (Includes transportation, guide, and dinner)

Let Madre Patria make you feel at home for the holidays! Spice up your Thanksgiving this year by celebrating with typical Sicilian foods. Enjoy the views of Mt. Etna from this winery located in Randazzo, with a large Sicilian meal featuring plenty of antipastos, a pasta dish, and a mixed roasted meat plate. All accompanied by excellent local wine, of course!

SUNDAY, 29

Villa Neri: Pasta Making & Wine Tasting

Depart: NAS II 8:30 am, Marinai 845 am, NAS I 9:00 am
Return: 4:00 pm **Cost:** $90/$80 Liberty (Includes transportation, guide, cooking class, lunch and wine tasting) **Ages:** 18+

Spend this day learning how to make the traditional maccheroni pasta and freshly prepared meat sauce. Following the cooking class you will have the lunch and try wines of the Neri family.



DIFFICULTY LEVELS

Low / Low/Moderate 1-2
Moderate / Moderate/High 3-4
High / Very High 5-6

SATURDAY, 7

Hike: Serracozzo

Depart: NAS II 7:00 am, Marinai 7:15 am, NAS I 7:30 am **Return:** 6:00 pm **Cost:** $80 (Includes transportation, guide, wine tasting and lunch)

Hike along the ridge of Serra delle Concazze up to the Belvedere of Serracozzo on Mt. Etna. Visit a fascinating lava flow cave and cross a birch forest, which is rare at these altitudes. At the top, admire the beautiful and exciting view of the Valle del Bove. After the hike, stop in Linguaglossa at Casa Arrigo for lunch and a wine tasting. **Registration deadline for this trip is November 5.**

SUNDAY, 8

Lava Hike & Gambino Winery

Depart: NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am **Return:** 5:00 pm **Ages:** 18+ **Cost:** $75 (Includes transportation, naturalist guide, lunch, and wine tasting)

Enjoy a hike through the woods surrounding the Gambino Winery. This is a great way to see the eastern side of Mt. Etna and the lava flow from 2002. A tour of the winery will follow and will provide you with a unique opportunity to get a better understanding of the local natural environment and what all it has to offer! Bring plenty of water, snacks, layered clothing and hiking boots.

SATURDAY, 14

Hike: Lamponi Cave

Depart: NAS II 7:00 am, Marinai 7:15 am, NAS I 7:30 am **Return:** 6:00 pm **Recommended Age:** 16+ **Cost:** $65 (Includes transportation and guide. Please bring a packed lunch)

Spend the day on the north side of Mt. Etna hiking to Timpa Rossa and then to Lamponi Cave! This challenging and strenuous trail will offer a long day with amazing sights to see along the way. Following the hike, we will stop for lunch time at the Timparossa shelter. Make sure to bring comfortable shoes, layered clothing and plenty of water and snacks and a packed lunch.

SATURDAY, 14

Hike: Scicli & Food Forest

Depart: NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am **Return:** 6:00 pm **Cost:** $85/$75 Liberty (Includes transportation, guide, food tasting and lunch)

Visit Scicli, a town built in between rocks, with an amazing stone and story. Start with a welcome breakfast before taking an urban walking with local guide. Then visit Inferno Food Forest farm where fruits, olives, grains and other vegetables are grown with syntropic agriculture and forestry, in the countryside of Ragusa. Lunch will follow afterwards. **Registration deadline for this trip is November 10.**

SUNDAY, 15

Hike: Mt. Etna

Depart: NAS II 7:00 am, Marinai 7:15 am, NAS I 7:30 am **Return:** 6:30 pm **Ages:** 16+ **Cost:** $150 (Includes fees, transportation, and local guides. Please bring water and euro for food)

Are you ready to tackle Mt. Etna? Ascend 3,000 meters (or more) up the mountain to enjoy the view of Sicily! This 8-hour, round-trip hike will take participants to the maximum hiking threshold based on the daily condition of volcanic activity. Due to the nature of the trip, there are a very limited number of spots.

x4777 - X4396 Outdoor Recreation

SATURDAY, 21

Quad Tour: Mt Etna

Depart: NAS II 7:00 am, Marinai 7:15 am, NAS I 7:30 am **Return:** 5:00 pm **Ages:** Children 12+ can ride along with an adult driver **Cost:** $130 per person (Double rider) $180 per person (Single rider) (Includes transportation, guide, quad fees for 3hrs, and lunch)

Discover Etna like never before - on 4-wheels! Hold on as we tour the south side of Etna by quad, viewing everything that makes it so special, including explosive craters and caves, lava flows, charming old buildings, and expansive green forests. This ride will be one for the books! Please note, that all drivers must have a valid U.S. Driver's License. (The equivalent of an Italian B or B1 Motorcycle license).

SUNDAY, 22

Mt. Etna: Cross-Country Run

Depart: NAS II 7:00 am, Marinai 7:15 am, NAS I 7:30 am **Return:** 1:00 pm **Recommended Age:** 16+ **Cost:** $40 (Includes transportation and guide. Please bring water, snacks and a packed lunch)

Looking to add some variety to your runs? Join us for a cross-country run on the north side of Mt. Etna on the Mount Sartorius trail. The distance is approximately 4-miles of compact dirt through the birch tree forest with an elevation of about 150 meters. Participants will focus on breathing at a higher altitude and footwork on volcanic gravel. **Registration deadline for this trip is November 19.**

FRIDAY, 27

The Timpa Trail & Lemon House

Depart: NAS II 9:00 am, Marinai 9:15 am, NAS I 9:30 am **Return:** 4:30 pm **Cost:** $80 (Includes transportation, guide, and lunch)

Walk along the Timpa, a natural cliff created from the movement of one of the biggest faults in eastern Sicily. The path we will walk along was used for centuries by locals to carry flour and fish to Acireale from the sea of Santa Maria la Scala. See spectacular views of Catania and Taormina along the way. End the trip at a local lemon house and enjoy a Sicilian BBQ lunch. The trip will culminate at the Lemon House serving Sicilian BBQ lunch with local entrees and sweets. **Registration deadline for this trip is November 25.**

SATURDAY, 28

Family Hike: Mt. Sartorius

Depart: NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am **Return:** 6:00 pm **Cost:** $70 (Includes transportation, guide and lunch)

Join us for a hike through the forested slopes of Mt. Etna North, known as Mt. Sartorius. This trip is easy to moderate intensity and children must be able to hike trail terrain for 1-2 hours. Our guide will point out interesting areas on the volcano. See one of the oldest conifer forests in Sicily, with trees from 200-300 years old, and seven of Etna's extinct volcanic craters all in one hike! Please bring comfortable shoes, snacks, water and layered clothing.

SATURDAY, 28

Ganzirri Lake Trail & Lunch

Depart: NAS II 7:00 am, Marinai 7:15 am, NAS I 7:30 am **Return:** 6:00 pm **Cost:** $80 (Includes transportation, guide, and lunch)

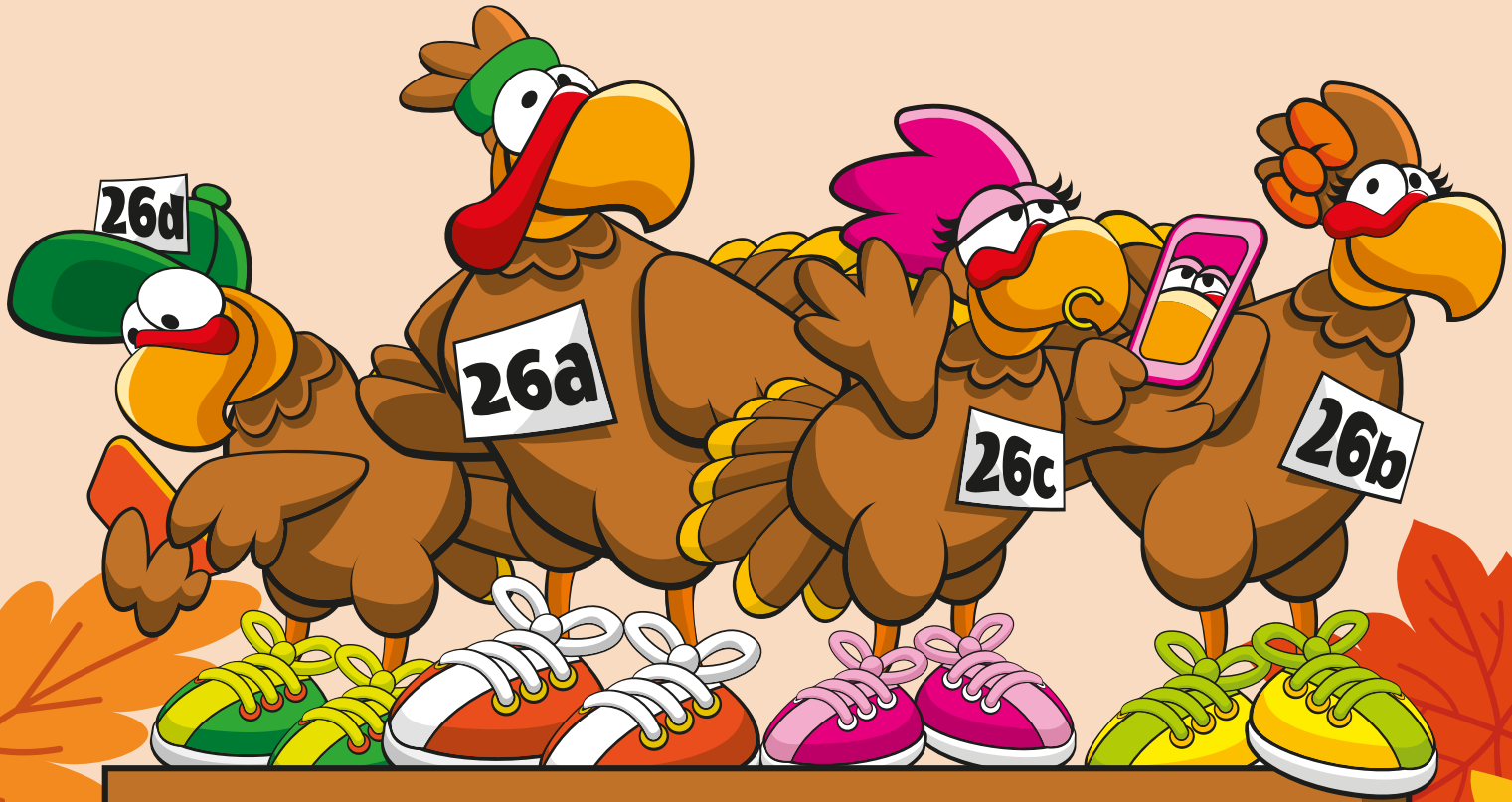
Take an easy walk around Ganzirri Lake, famous for the farming of clams and mussels. Keep your eyes open as we watch for migrating birds along the trail. Visit the Capo Perloro Lighthouse and Torre Faro, the narrowest part of the Strait between Sicily and Calabria, famous for its swordfish and tuna fishing. Following the walk, enjoy lunch and wine tasting at Tenute Enza La Fauci Winery, a producer of Messina DOC wines. **Registration deadline for this trip is November 24.**

SUNDAY, 29

Hike: Old Noto

Depart: NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am **Return:** 6:30 pm **Cost:** $75 (Includes transportation, guide, and lunch)

Travel back in time and discover medieval Noto before the 1693 earthquake that devastated the island! On this tour, walk the same paths that many of Sicily's conquerors once did, along the ruins of Noto Antica. Discover the ancient castles, monastery, and caves that played a part in the town's daily life. After our trekking adventure, enjoy lunch at La Trota Restaurant. **Registration deadline for this trip is November 24.**



POULTRY IN MOTION

Relay Event

NOVEMBER 19

NAS II • 3-5 PM

No pets allowed. Compete solo or in pairs. Liberty eligible patrons can head to the Liberty Center at 5 p.m. after the event for their Thanksgiving meal.

SCAN ME TO REGISTER

Eligibility: Active Duty, Dependents, U.S. NATO & DoD ID Cardholders
Ages: 18+ & graduated high school

MWR FITNESS

AZIENDA AGRITURISTICA ORANGE PARK

WITHIN WALKING DISTANCE OF SICILY CENTER MALL
WWW.ORANGEPARKTLA.COM








ORANGE PARK IS MORE THAN JUST TEMPORARY-LODGING.

You will feel at home as you are greeted by a friendly multilingual staff who will always be available for anything you need.

We will welcome you by offering a warm, rich, traditional Sicilian meal, prepared personally by the owner.

Our residence is conveniently located within 2 minutes of a shopping center and it offers very cozy villas with:

FULLY EQUIPPED KITCHEN
DINING-LIVING ROOM
SPACIOUS BEDROOMS
BATHROOMS
(one of our apartments is also equipped with a jacuzzi)
A/C AND CENTRAL HEATING
FREE WIFI (IN ALL AREAS)
FREE SKY TV

Our stunning and peaceful oasis includes gardens and terraces with:

SAFE AND SECURE PARKING AREA
SWIMMING POOL
BBQ GRILL
FREE LAUNDRY AND DRYER FACILITIES

The whole residence is protected by safe fencing and monitored by video surveillance.

We offer restaurant service (on request) to our clients.

It is also possible to provide shuttle service and babysitting.

NO NAVY ENDORSEMENT IMPLIED

sky WiFi

C. da Cubba Marletta, 11 Misterbianco (CT) - Tel./Fax: +39 0957559035
Cell: +39 3470629927 • info@orangeparktla.com

Pets are welcome

VISA mastercard AMERICAN EXPRESS

NAS I x4483 - NAS II x5243 # Fitness Centers

UNMANNED ACCESS
Both NAS I & NAS II Fitness Centers have unmanned access available for Ages 18+. Please see the front desk for more information and to register.

GROUP FITNESS schedule

Check out the Group Fitness Schedule
Scan the QR code to see this month's available classes!
Cancellations and updates can be found on our social media stories.

NOV 17 - DEC 3
Intramural Basketball Tournament
Time: 5:30 pm **Location:** NAS II Fitness Center
Ages: 18+ **Cost:** Free **Registration Deadline:** November 9
5v5 Basketball Tournament. This is NOT a Captain's Cup event and players are not required to compete with their command team. To register, please email sig-mwr-fitness@us.navy.mil or call 624-4951.

CERTIFIED PERSONAL TRAINER

FOR APPOINTMENTS OR INFORMATION
NAS I : +39-095-86-4483
NAS II : +39-095-86-5243

AVAILABLE NOW

SIGONELLA
CAPTAIN'S CUP

3-Point Shoot Out
Monday, November 30
Time: 5:00 pm
Location: NAS II Fitness Center
Registration Deadline: Nov 25

Eligible Patrons: Active duty, Dependents, U.S. NATO & DoD ID cardholders
Cost: Free **Ages:** 18+
For registration or more information, contact the Adult Sports Coordinator, Angelina Gott at **sig-mwr-fitness@us.navy.mil** or **624-4951**.



TURKEY BOWL

NOVEMBER 26

NAS II TURF FIELD
9:00 AM
AGES 18+

WORK UP AN APPETITE BY PLAYING IN OUR 7V7 FLAG FOOTBALL GAME ON THANKSGIVING MORNING! PARTICIPANTS MUST REGISTER INDIVIDUALLY AND TEAMS WILL BE CHOSEN THE MORNING OF THE GAME.

FOR MORE INFORMATION OR TO REGISTER, PLEASE EMAIL SIG-MWR-FITNESS@US.NAVY.MIL OR CALL 095-56-4951.

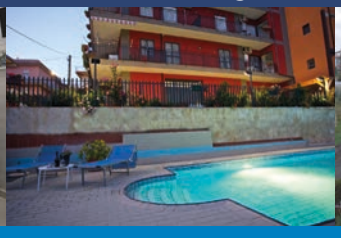


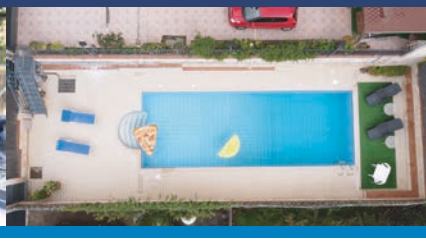
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agostinanewplace@katamail.com | **www.newplacetla.com**

NO NAVY ENDORSEMENT IMPLIED

Liberty Center x5602

Eligibility
E1-E6, Active Duty Military or Unaccompanied Military. All programs are held at the Liberty Center on NAS II unless otherwise stated.

FREE SHUTTLE SERVICE

TUESDAYS, 3 & 17
Porte di Catania Mall Shuttle
Depart: NAS II Liberty Center 5:00 pm, NAS I CDC Parking Lot 5:20 pm
Return: 8:00 pm
Liberty is taking a trip to another beautiful mall in Catania! Porte di Catania offers a variety of stores and food spots to enjoy. Sign up at the Liberty Center or register online to reserve a seat on the shuttle.

FRIDAYS, 6 & 20
Etnapolis Mall Shuttle
Depart: NAS II Liberty Center 5:00 pm **Return:** 8:00 pm
Join the Liberty Center on their mall shuttle to Etnapolis! A mall that not only has grocery stores but also go-karts! Stop by the Liberty Center to get your spot today!

TUESDAYS, 10 & 24
Centro Sicilia Mall Shuttle
Depart: NAS II Liberty Center 5:00 pm, NAS I CDC Parking Lot 5:20 pm **Return:** 8:00 pm
Centro Sicilia is the place to go if you want to buy a new outfit or enjoy some fast food! Be sure to stop by the Liberty Center or register online to snag a seat!

SATURDAY, 14
Outlet Mall Shuttle
Depart: NAS II Liberty Center 10:00 am, NAS I CDC Parking Lot 10:20 am **Return:** 3:00 pm
Hop onto the Liberty shuttle and head to the outlet mall for a day of shopping, deals and good finds. Grab your list and leave the driving to us. Stop by the Liberty Center to reserve your spot today!

THURSDAY, 19
Taste of Home with the USO: Thanksgiving Dinner
Time: 5:00 pm (while supplies last)
Get a little taste of home this Thanksgiving with a classic holiday meal hosted with the USO! Come enjoy the good food, great company, and all the Thanksgiving favorites that make the holiday special. Bring your appetite and celebrate with the Liberty family!



WEDNESDAY, 4
Liberty Lunch: Famous Bowls
Time: 11:00 am (while supplies last)
Our famous bowls are back by popular demand! Packed with flavor and loaded with all your favorites, they're the ultimate comfort meal you've been waiting for.



MONDAY, 9
Monday Reset: Fall Campout
Time: 5:00 - 7:00 pm
Kick off the cool weather with our Monday Reset and enjoy an evening full of fun lawn games, s'mores, star gazing and a movie on the field. You don't want to miss out on this relaxing time to start your month off the right way!



WEDNESDAY, 11
Liberty Snack: Biscuits & Gravy
Time: 11:00 am (while supplies last)
Swing by for some warm, fluffy biscuits smothered in delicious country gravy. Come hungry and grab a plate before it's gone!



THURSDAY, 12
Third Thursday Throwdown: 8-Ball Tourney
Time: 5:00 - 7:00 pm
Rack em' up and show us what you've got! Grab a cue, call your shots and battle it out for the win in our 8-Ball Tournament. Think you have what it takes to run the table? Come in and prove it!

FRIDAY, 13
Movie Marathon: Lord of the Rings
Time: 9:00 am - 7:00 pm
Travel to middle earth with our Lord of the Rings movie marathon! Enjoy some popcorn, kick back and relax for a marathon you don't want to miss!

SUNDAY, 25
Liberty Snack: Cookies
Time: 11:00 am (while supplies last)
NOM NOM NOM... COOKIES!





SATURDAY
DECEMBER 5

NAS I MIDTOWN

Tree Lighting • Photos with Santa
Craft Vendors • Glühwein
Letters to Santa • Arts & Crafts • Cookie Decorating
Ugly Sweater Contest • Holiday Music

MWR
SIGONELLA

NOV TWENTY 26

MWR DIRECTORY

TO CALL COMMERCIAL: +39 095 56 xxxx
+39 095 86 xxxx

ADMIN OFFICE

MWR Administration
Phone 624-3968
Mon - Fri: 7:30 am - 4 pm
Sat, Sun & Holidays: Closed

NAF Personnel Office
Phone 624-0522
Mon, Wed & Fri: 7:30 am - 4 pm
Tues: 12:30 - 4 pm
Thurs, Sat, Sun & Holidays: Closed

FITNESS

Adult Sports Coordinator
Phone 624-3785

NAS I Fitness Center
Phone 624-4483
Mon - Fri: 5 am - 9 pm
Sat, Sun & Holidays: 8 am - 3 pm
24-Hour access can be granted. Register at NAS I or NAS II Front Desk.

NAS II Fitness Center
Phone 624-5243
Mon - Fri: 5 am - 9 pm
Sat, Sun & Holidays: 8 am - 3 pm
24-Hour access can be granted. Register at NAS I or NAS II Front Desk.

Skate Park NAS I
TEMPORARILY CLOSED

AQUATICS

Splasher's Pool NAS I
Phone 624-4334
Lap Swim:
Starting Nov 2
Mon - Fri: 10:30 am - 6 pm
Sat & Sun: Closed

NAS II Flight Line Pool
Phone 624-7766
Lap Swim:
Mon - Fri: 5:30 am - 6 pm
Sat & Sun: Closed

COMMUNITY RECREATION

Trips and Tours; Equipment Rental; Compass & Chart Room Reservations
Phone 624-4396 or 624-4777
Mon - Fri: 9:30 am - 5:30 pm
Sat, Sun & Holidays: Closed

Liberty Center NAS II
Phone 624-5602
Mon - Fri: 9 am - 7 pm
Sat, Sun & Holidays:
10 am - 7 pm

COMMUNITY RECREATION

Library NAS I
Phone 624-3875
Mon, Wed - Fri: 9 am - 5 pm
Tues: 9 am - 7 pm
Sat: 10 am - 4 pm
Sun & Holidays: Closed

CYP

CDC at Youth Complex
Phone 624-1750
Mon - Fri: 6 am - 6 pm
Sat, Sun & Holidays: Closed

SAC (School Age Care)
Phone 624-3712
Mon, Tues, Thurs & Fri:
6 - 8 am & 2:30 - 6 pm
Wed: 6 - 8 am & 1:30 - 6 pm
No School Days: 6 am - 6 pm
Sat, Sun & Holidays: Closed

School Liaison Office
Phone 624-3712 or 624-1750

Youth Complex: Teen Center & Youth Sports
Phone 624-1750 or 624-1747
Mon, Weds & Fri: 2 - 6 pm
Tues & Thurs: Closed
No School Days: 12 - 6 pm
Sat, Sun & Holidays: Closed

BUSINESS ACTIVITIES

Auto Skills Center NAS II
Phone 624-5244
New Facility Hours
Starting Nov 4:
Wed - Fri: 10:30 a.m. - 7 p.m.
Sat & Sun: 8:30 a.m. - 5 p.m.
Mon, Tues & Holidays: Closed

Midtown 2 Theaters
Phone 624-4216
Please See Movie Schedule

Spare Time Bowling
Phone 624-4302
Mon: Closed
Tues - Thurs: 11:30 am - 8 pm
Fri & Sat: 12:30 - 9 pm
Sun: 11 am - 6:30 pm

Connections NAS I
Closed for renovations
BINGO currently located in Compass Room upstairs

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568 Lounge NAS II
Phone 624-5603
Sun - Thurs: 5 pm - 12 am
Fri & Sat: 7 pm - 2 am

Please check our website throughout the month for the most updated hours.

MWR SIGONELLA

GET SOCIAL

Facebook Instagram App

WWW.NAVYMWRSIGONELLA.COM