

OCTOBER Liberty Trips

For E1-E6 single and unaccompanied service members



Sailor Adventure Quest: Sailing 101

Saturday, Oct. 12
8:30 a.m.-4:30 p.m., \$40

Learn how to sail a J80 sailboat!
The day includes an English-speaking instructor to conduct a theory training session in the morning in Monte Di Procida and guided practice on the water on the Bay of Naples in the afternoon. Sailors must attend the theory training in order to participate in the open water practice. Round-trip transportation is provided.

Register by Oct. 9

Minimum of four people required.



Pizza by the meter

Friday, Oct. 25
5:30-9:45 p.m., \$5

Join in this fantastic tour along the Sorrento Coast. There is a well-known restaurant in Vico Equense famous for its "pizza a metro" (pizza by the meter). The pizza gets its unique taste from local ingredients and the special local wood used to cook the pizza. Bring Euro for dinner.

All trips leave from the parking lot of the Naval Hospital BEQ (Bldg. 2087), unless otherwise stated. Lunch and incidentals are at your own expense.

Upcoming Extended Trip

Hunt for the Aurora Borealis in...

FINLAND

Thursday-Sunday, Jan. 16-19

Experience the best of Finland's winter fun. Each activity is led by a professional guide and includes transportation. Activities available are snowmobiling, ice fishing and dog sledding. Hunt for the Aurora Borealis and get guidance from a professional photographer (Northern Lights are weather dependent and cannot be guaranteed).

\$1,900 per person
based on double occupancy

Includes:

- Round-trip transportation to/from airports
- Round-trip airfare to/from Finland
- Transfers in Finland
- Three-night accommodations at Aurora cabins with partial glass-top roof to view the northern skies
- All breakfasts and dinners
- Three-hour nighttime Aurora Camp by Lake Inari with drinks and snacks
- Appropriate cold-weather clothing
- Liberty trip leader

\$100 deposit due at registration.
Payment Plans accepted.

NOTE: Deposit is non-refundable. Refunds only permitted if Liberty cancels the trip or if the spot can be filled at least three months before the trip departure date. If the spot cannot be filled, participant must pay the entire balance at the time of cancellation.



To register for these trips, stop by the Capodichino or Support Site Center. Registration deadline is the day before the trip unless otherwise stated. Trips are open to guests of Sailors and junior officers on a case-by-case basis.

For more information, call
Capodichino Center 081-568-4896 DSN 626-4896
Support Site 081-811-4705 or DSN 629-4705
mwrnaples_liberty@eu.navy.mil

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www.navymwrnaples.com



www.facebook.com/libertynaples



FREE OCTOBER Happenings at Liberty

For E1-E6 single and unaccompanied service members



Movie Nights

Tuesdays, Oct. 1 and 15 • 5-8 p.m.

Liberty Recreation Room, Support Site

Sit back and relax while watching some popular releases! Liberty has a library with more than 700 movies.

Breakfast at the Bus Stop

Thursday, Oct. 3 • 6:15 a.m.

Triangle bus stop, Support Site



Power up your day with Liberty and Health Promotions! Find us a triangle bus stop and get your breakfast to go. While supplies last.

Movie under the Stars

Monday, Oct. 4 • 8 p.m. (or when the sun sets)

BEQ, Support Site

Bring your chairs or blankets and enjoy a free outdoor movie! The movie will be a new release from the Navy DVD program and will be announced on the Liberty Facebook page the week before the movie. Weather dependent.

Outreach at the Triangle

Monday, Oct. 7 and Tuesday, Oct. 22 • 5-7 p.m.

Triangle bus stop, Support Site

Learn about upcoming trips, events and programs. Get a free slice of pizza!

Cooking Classes

Wednesday, Oct. 9 and 23 • 5:30-7:30 p.m.

Liberty Recreation Room, Support Site

Learn how to cook a different meal each class. After cooking, enjoy the fruits of your labor with a delicious dinner.

Magic: The Gathering Commander night

Wednesday, Oct. 16 • 5 p.m.

BEQ, Support Site

Are you a Magic: The Gathering follower? If so, meet other players for a fun night of Magic: The Gathering Commander. Bring your own deck and be part of the game.

Breakfast at the Barracks

Thursday, Oct. 17 • 6:30 a.m.

BEQ, Support Site



Power up your day with Liberty and Health Promotions! Grab your breakfast to go, while supplies last!

Manic Monday Lunch

Monday, Oct. 21 • 11 a.m.-2 p.m.

Liberty Center, Capodichino

Stop by for a free lunch and relax! While supplies last.

Glow in the Dark Zumba

Tuesday, Oct. 29 • 6-7 p.m.

Fitness Forum, Support Site

Registration starts Oct. 1

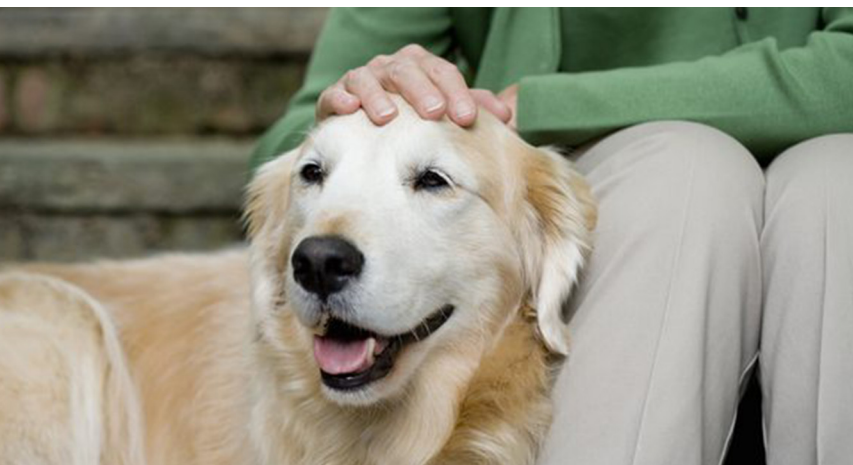
Get in shape and blow off some steam while glowing in the dark! Liberty and Fitness team up at this fun Latin dance-inspired work out. Zumba involves dance and aerobic movements performed at rhythm with energetic music. Participants are encouraged to wear Halloween costumes as well as clothing that will shine bright against black lights. Free for Liberty patrons.

Halloween Party

Wednesday, Oct. 30 • 5-8 p.m.

Liberty Recreation Room, Support Site

Let's party with Liberty! This bash is just for single Sailors and will feature a costume contest, pumpkin carving/decorating, trivia questions with prizes, music food, drinks and a photo booth. You are encouraged to wear a Halloween costume, but it's not required.



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