

NAVAL MEDICAL CENTER SAN DIEGO
**BALBOA COMMUNITY
RECREATION CENTER**

MAY 2026

REGISTRATION REQUIRED FOR ALL EVENTS. FULL EVENT LISTING AVAILABLE ONLINE NAVYLIFESW.COM/NMCSDCR



**BLOOMS, BUBBLES & CUPCAKES:
A MOTHER'S DAY CELEBRATION**



MUSEUM OF ILLUSIONS OUTING



**NMCSDCR FAMILY
OBSTACLE CHALLENGE**

SIP & DIP: MARGARITA & SALSA MAKING TUTORIAL

SATURDAY, MAY 2 | 3-5 PM | \$25 (21+)
BLDG. 26, FLOOR 1B

Shake, stir, and savor. This guided "Sip & Dip" experience walks you through crafting classic margaritas and fresh salsa from scratch. Learn essential techniques, smart ingredient selection, and proper prep methods in a fun, hands-on setting. All supplies provided. 21+ only event.

BLOOMS, BUBBLES & CUPCAKES: A MOTHER'S DAY CELEBRATION

FRIDAY, MAY 8 | 4-6 PM | \$15
BLDG. 26, FLOOR 1B

Celebrate Mother's Day with an evening of florals, bubbly, and sweet treats. Enjoy a relaxed, thoughtfully curated atmosphere designed for connection, appreciation, and a little well-deserved indulgence. We will provide alcoholic beverages for adults and sparkling cider or juice for all other participants.

MUSEUM OF ILLUSIONS OUTING

SATURDAY, MAY 16 | 1 & 2 PM | \$25, ADULT | \$20, CHILD
665 FIFTH AVE-SAN DIEGO, CA 92101

Step into a world where nothing is quite as it seems. Explore interactive exhibits and immersive installations designed to challenge perception and spark curiosity. This organized outing includes limited tickets (15 adult, 15 child) for a hands-on, mind-bending experience perfect for all ages.

NMCSDCR FAMILY OBSTACLE CHALLENGE

SATURDAY, MAY 23 | 10 AM | FREE
BLDG. 12, ATHLETICS COMPLEX SOFTBALL FIELD

In honor of Military Appreciation Month, NMCSDCR is hosting a family-friendly physical readiness obstacle challenge! Participants will complete a series of supervised obstacles designed to assess strength, agility, and endurance while reinforcing fitness, resilience, and teamwork. This event provides an opportunity to engage in disciplined physical training while honoring the service and dedication of military families.

SAVE THE DATE

FREEDOM FEST 2026 PRESENTED BY USAA

SATURDAY, JULY 4 | 3-9 PM | FREE
NBPL HARBOR DRIVE ANNEX

Join us to honor our nation's independence and support the morale of the force. This event hosts a variety of food, family entertainment, and commemorative fireworks to recognize the holiday. Participation is restricted to personnel with base access (and escorted guests). Learn more at navylifesw.com/freedomfest



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Community Recreation Center Naval Medical Center San Diego | Bldg. 26, Floor 1B | 619-532-8909
To Register for all events: navylifesw.com/nmcsdcr | Community Rec Events are open to all Military ID Card Holders.
Hours of Operation: Monday-Friday: 8 am-1 pm (All Hands) | Monday-Friday: 1-7 pm (Junior Enlisted and Guest 18+)
Weekends 1-4 pm (All Hands) | Weekends and Holidays: 10 am-6 pm (Junior Enlisted and Guest 18+)
The Department of the Navy does not officially endorse any company, sponsor, or their products or services.

