

# On Target

MORALE, WELFARE AND RECREATION PMRF | NOVEMBER - DECEMBER 2019





# MWR PHONE DIRECTORY & HOURS

## BEACH COTTAGE - AFTER HOURS

(PHONE NUMBER FOR EMERGENCIES ONLY)

BLDG. 1293 • 645-1623

MONDAY - FRIDAY ..... 5 PM - 8:30 AM

SATURDAY & SUNDAY ..... 3 PM - 10 AM

## BEACH COTTAGE - RESERVATION OFFICE

CHECK-IN: 3 P.M. / CHECK OUT: ..... 11 AM

BLDG. 1293 • 335-4752

MONDAY - FRIDAY ..... 8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS ..... 10 AM - 3 PM

## CHILD DEVELOPMENT CENTER (CDC)

(AGE 6 WEEKS - 5 YEARS) • BLDG. 1283 • 335-4453

MONDAY - FRIDAY ..... 6 AM - 5 PM

## FITNESS CENTER

BLDG. 1264 • 335-4379

MONDAY - FRIDAY ..... 5:30 AM - 8:30 PM

SATURDAY, SUNDAY & HOLIDAYS ..... 9:30 AM - 5 PM

## LIBERTY CENTER

BLDG. 1355-B • 335-4346

DAILY ..... 24 HOURS A DAY

## MANA MOTORS AUTO SKILLS CENTER

BLDG. 1276 • PHONE: 335-4439

TUESDAY - FRIDAY ..... NOON - 8 PM

SATURDAY ..... 9 AM - 5 PM

## MANA SPLASH SWIMMING POOL - AQUATICS

BLDG. 1302 • 335-4391

MONDAY, WEDNESDAY & FRIDAY:

LAP SWIM ..... 11 AM - 1:30 PM

OPEN SWIM ..... 1:30 PM - 5:30 PM

SATURDAY, SUNDAY & HOLIDAYS:

OPEN SWIM ..... 11 AM - 5 PM

## MOVIE HOUSE

BLDG. 1315 • 335-4210

FRIDAY - SUNDAY ..... FIRST MOVIE 7:00 PM

## COMMUNITY RECREATION CENTER

BLDG. 1293 • 335-4195

MONDAY - FRIDAY ..... 8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS ..... 10 AM - 3 PM

## SHENANIGANS - ALL-HANDS CLUB/BAR

BLDG. 1308 • 335-4706

TUESDAY - THURSDAY ..... 4 PM - 9 PM

FRIDAY ..... 4 PM - 1 AM

SATURDAY ..... 4 PM - 10 PM

## SHENANIGANS - DINING ROOM

BLDG. 1308 • 335-4706

LUNCH TUESDAY - FRIDAY ..... 11 AM - 1 PM

DINNER TUESDAY - SATURDAY ..... 5 PM - 9 PM

## SHENANIGANS - CATERING OFFICE

BLDG. 1308 • 335-4708

MONDAY - FRIDAY ..... 8 AM - 4 PM

## SPECIAL EVENTS

BLDG. 1267 • 335-4380

MONDAY - FRIDAY ..... 8 AM - 4 PM

## TICKETS & TRAVEL

BLDG. 1293 • 335-4195

MONDAY - FRIDAY ..... 8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS ..... 10 AM - 3 PM

## YOUTH CENTER - SCHOOL AGE CARE

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY, TUESDAY, THURSDAY, FRIDAY ..... 2 PM - 5 PM

WEDNESDAY ..... 1:15 PM - 5 PM

## YOUTH CENTER - OPEN RECREATION

(AGE 5 - 12) • BLDG. 1318 • 335-4419 ..... SEE SCHEDULE

## YOUTH CENTER - DAY CAMPS

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY - FRIDAY ..... 7 AM - 5 PM



# On Target

MORALE, WELFARE AND RECREATION PMRF | NOVEMBER - DECEMBER 2018

**ON TARGET** is a publication of Navy Region Hawaii's Fleet & Family Readiness program and is produced every other month by FFR's marketing department specifically for PMRF, Kaua'i. Questions or comments about **ON TARGET** should be directed to Fleet & Family Readiness.

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## COVER

Celebrating the Holidays

## INSIDE COVER

Santa Ready to Catch a Wave

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## PACIFIC MISSILE RANGE FACILITY

**COMMANDING OFFICER** Captain Timothy Young

**EXECUTIVE OFFICER** Commander Richard Schmaeling

**MWR DIRECTOR** Jeffrey Shaw

## MWR PMRF PHONE DIRECTORY

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## MWR MARKETING

850 Ticonderoga St., Suite 300

Pearl Harbor, HI 96860

E-mail to [cni\\_prlh\\_greatli.fct@navy.mil](mailto:cni_prlh_greatli.fct@navy.mil)

Every effort has been made to provide the most up-to-date information at the time of publication, however, these events are subject to change. It is recommended that you call the contact numbers for each event or visit our website to verify if the activity will occur as planned.

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## FITNESS CENTER

### NOVEMBER

#### MILITARY FAMILY APPRECIATION MONTH

Military families exemplify the courage and resolve that define our national character. The month of November provides us with the opportunity to celebrate the commitment and sacrifices made by the families of our nation's service members.

#### MILITARY FAMILY APPRECIATION PICNIC • FRIDAY, NOVEMBER 15, 1130 @ FITNESS CENTER

Join the PMRF MWR team as we honor our military family's ongoing commitment and support.

#### INSTAGRAM WORKOUT OF THE WEEK (WOW) CHALLENGE

##### NOV 1-30 • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

As the holiday season approaches us, it can be difficult to stay on track with your fitness routine. Let our PMRF Fitness team assist you! We will help to eliminate the guesswork and motivate you to push through your fitness goals throughout the holiday season. Each week, our professional trainers will create a workout for you to complete. Stop by the Fitness Center to join the challenge today!

- Participants will be given a Workout Challenge each week to complete.
- Participant will document completion of each challenge onto Instagram
- Instagram upload must tag @pmrf.fitness
- Participants who complete all challenge tasks will receive a prize

#### MWR DODGEBALL LEAGUE

##### BEG NOV 4 • OUTDOOR TENNIS COURT • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

A flex, round robin format will be used. Teams will be paired each week. Teams will earn points during competition. Team point totals at the end of the round robin will be used to determine single-elimination championship bracket.

- 5 on 5
  - Mandatory team meeting: Oct. 30, 11:30am @ Fitness Center
  - Round Robin begins Monday, November 4
- \*Due to the Shearwater season, all matches must be completed before 6pm each day.

#### COMMAND FITNESS LEADER COURSE

##### NOV 18-22 • 7:30AM-4PM • FITNESS CENTER • FREE • 335-4379 • OPEN TO ACTIVE DUTY MILITARY

Official five-day Command Fitness Leadership course provides basic fitness, nutrition, policy and procedures for the Navy Physical Readiness Program. This official Navy course is open to active duty military only. See your current installation's CFL or go to the NPC website for requirements and registration.

#### TURKEY TROT

##### WED, NOV 27 • 5PM • SHENANIGANS • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Join us for a fun run through an all-terrain course. All preregistered runners (deadline Monday, November 25) will receive a participation prize.



### DECEMBER

#### HEALTHY HOLIDAY FITNESS & NUTRITION TIPS

It's that time of the year again. With the holiday season among us, it is often very difficult to maintain our fitness and nutrition routines. For this holiday season, let the PMRF Fitness team help you stay on track to achieving your fitness goals. Throughout the month, the PMRF Fitness team will be offering fitness tips and healthy meal options to assist you during this challenging season. Stop by the Fitness Center to get on track today!

#### TREADMILL CHALLENGE

##### DEC 1-31 • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Each month PMRF Fitness hosts a different fitness challenge in which everyone is encouraged to improve his or her fitness levels. The purpose is to encourage self-improvement and provide some friendly competition. Each participant can try to improve his or her score during the entire month in order to make the PMRF Challenge Board. This month's challenge: Run/Walk as far as possible at 12% incline for 12 minutes.

#### 12 DAYS OF FITNESS

##### DEC 2-19 • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

The holiday season is a busy time for most people. However, being healthy and staying active should not suffer because of it. The MWR Fitness Team is encouraging all participants to join us for our 12 Days of Fitness challenge. Leading up to the new year, participants will be challenged to complete 12 different activities, Mondays-Thursdays. Individuals who complete all the challenges will receive a special challenge prize and will be entered into a drawing to win a grand prize.

#### PEARL HARBOR REMEMBRANCE DAY RUN

##### FRI, DEC 6 • 7AM • OUTDOOR BASKETBALL COURTS • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Join us on a fun run/walk to commemorate Pearl Harbor Day, National Pearl Harbor Remembrance Day, which is observed annually on December 7, is to remember and honor all those who died in the attack. All preregistered runners (deadline Wednesday, Dec 4) will receive a special participation prize.

#### WALLYBALL SCRAMBLE

##### WED, DEC 11 • 11AM-1PM • RACQUETBALL COURTS • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

New to the sport? No team? No problem! Come out for a fun game of Wally Ball! Teams will be determined at random.





# 'Tis the Season at *Shenanigans*

## START of the HOLIDAY SEASON BUFFET

Friday, Nov 1 • 5pm - 9pm

Adults: \$31 • Child 10-14 yrs: \$25 • Child 5-9 yrs \$16



Try a little something different with our "Not so traditional" menu!

- Stuffed Beef Roll with Burgundy-Mushroom Sauce
- Baked Citrus Glazed Chicken
- Herbed Potato Au Gratin
- Buttered Green Beans
- Dinner Rolls
- Harvest Chopped Salad: Chopped crisp greens, sweet apple, red onions, avocado, walnuts, cranberries & feta cheese
- Soup of the day
- Warm Cinnamon Bread Pudding

### THANKSGIVING PUMPKIN CRUNCH DESSERT PRE-ORDER & PICK UP



\$15

Pre-order by Nov 15

Pick up at Shenanigans Nov 27 from 11am-8pm

Who doesn't love pumpkin pie? Want something different or in addition to the traditional pumpkin pie this Thanksgiving? This irresistible dessert has a buttery walnut and cake mixture crust, pumpkin pie filling and topped with creamy whipped topping and a drizzle of caramel.

### MONGOLIAN BBQ

95¢ per ounce



Friday, Dec 6 • 5pm-9pm

Create your own stir-fry from a variety of meats, vegetables and savory sauces and our staff will stir-fry your creation right in front of you. If you haven't experienced our Mongolian BBQ, this is the time. You will come back every time!

## SHENANIGANS SHRIMP BOIL

Friday, Dec 27 • 5pm - 9pm

\$35 per order • \$18 per half-order shrimp boil

*Featuring Kauai's very own Kauai Shrimp!*



You get a pound of succulent Kauai shrimp mixed with sausage, potatoes and corn on the cob. Accompanied with garlic butter and 2 dinner rolls. We'll deliver it to your table for family style dining.

*Don't forget your sides!*

**\$2 Sides:** Rice, 2 Rolls, Cole Slaw or Side Salad

**Ala carte Shrimp:** 6 for \$11

**Modified menu available on specialty nights: Pizzas and desserts**

Reservations highly recommended. Please call **808-335-4708** T-F (8:30am-4pm)  
or **808-335-4706** T-Sa between 4pm-8:30pm to make a reservation.



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR





## GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITNESS CENTER 0630-0730 – PT/FEP 0800-0830 – HardCore 1000-1100 – CDC 1100-1200 – Let's Get Ripped	FITNESS CENTER 0630-0730 – PT/FEP 1700-1800 – Yoga	FITNESS CENTER 0630-0730 – PT/FEP 1100-1200 – Let's Get Ripped	FITNESS CENTER 0630-0730 – PT/FEP 1530-1630 – YC 1700-1800 – Yoga	FITNESS CENTER 0700-0800 – TRX Training 0800-0830 – Regeneration

**\*SCHEDULE IS SUBJECT TO CHANGE**

### **HARDCORE**

A solid foundation is the key to achieving success. Join us for a quick 30 minute workout that will help to strengthen and stabilize the foundational muscles of your body and build a HardCore.

### **LET'S GET RIPPED**

A total body "plateau proof formula" workout which utilizes resistance and cardio training. It combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe and effective.

### **TRX TRAINING**

A Total Body Workout that uses one's own bodyweight to improve overall fitness. Through suspension training, participants will develop strength and endurance and improve body function.

### **REGENERATION**

Regenerate your muscles from the stresses of training and everyday life. With the use of foam rollers, trigger point balls, and a flexibility routine, the movements of this session will focus on soft tissue release and help the body restore its balance.

### **YC KID FIT/CDC FITNESS**

A youth fitness class that incorporates having fun and being active. \*Must be enrolled at PMRF MWR CDC and Youth Center to attend.

### **YOGA**

A combination of Vinyasa flow (continuous movement) and Yin Yoga (deep stretches held for 2-3 min). This perfect duo starts with breath to movement postures and ends with poses focusing on breath and stillness. Both working to increase flexibility and circulation.





## **YOUTH CENTER**

### **YOUTH CENTER CLOSURES:**

- **NOVEMBER 11: VETERAN'S DAY**
- **NOVEMBER 28: THANKSGIVING**
- **DECEMBER 25: CHRISTMAS**
- **JANUARY 1: NEW YEAR'S DAY**



### **COOKING CLUB: HEALTHY HABITS**

WED, NOV 6 • 3:30PM - 4:30PM • YOUTH CENTER • \$5  
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

Focus on creating healthy eating choices while choosing, preparing, and planning food options. Learn how to share the workload in the kitchen while we make taco salad. Sign up Wednesday week before.

### **CRAFT CLUB: COMIC STRIPS**

WED, NOV 13 • 3:30PM - 4:30PM • YOUTH CENTER • \$5  
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

BOOM! POW! Watch characters of your own design come to life as you design your own comic strips. Sign up Wednesday week before.

### **STEAM CLUB: DESIGN THINKING**

WED, NOV 20 • 3:30PM - 4:30PM • YOUTH CENTER • \$5  
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

Why are advertisements so successful? As consumers, we see it and must have it! Learn to build a product that matches the needs and interests of the consumer. What would you create if you could create the perfect product? Sign up Wednesday week before.

### **CULTURE CLUB**

WED, NOV 27 • 3:30PM - 4:30PM • YOUTH CENTER • \$5  
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

Cultural Club is planned by you! Come learn about your heritage and culture as we explore the different ways of living around the world. Sign up by calling the Youth Center.

### **COOKING CLUB: HEALTHY HABITS**

WED, DEC 4 • 3:30PM - 4:30PM • YOUTH CENTER • \$5  
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

Have a clear vision of the future as we learn how to kick off our mornings with a nutritious and delicious breakfast of banana pancakes. Sign up Wednesday week before.

### **CRAFT CLUB: WINDOWS ON EARTH**

WED, DEC 11 • 3:30PM - 4:30PM • YOUTH CENTER • \$5  
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

See Earth through the astronauts' lens as we explore pictures from space. Sign up Wednesday week before.

### **CULTURE CLUB**

WED, DEC 18 • 3:30PM - 4:30PM • YOUTH CENTER • \$5  
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

Culture Club is a youth driven program, where youth decide what they want to learn about the world! Help us discover our ancestry, try traditional food, or learn foreign customs. Sign up by calling the Youth Center.

### **WINTER BREAK WEEK 1**

DEC 23-27 (CLOSED DEC 25) • 7AM - 5PM • YOUTH  
CENTER • WEEKLY FEE • 335-4419 • OPEN TO ALL  
ELIGIBLE PMRF CHILDREN AGES 5-12

Join us for Winter Break where the fun includes crafts, STEAM, indoor and outdoor activities, or simply having fun in the sun on our spectacular field trips. Call the Youth Center for complete registration details.

### **WINTER BREAK WEEK 2**

DEC 30- JAN 3 (CLOSED JAN 1) • 7AM - 5PM • YOUTH  
CENTER • WEEKLY FEE • 335-4419 • OPEN TO ALL  
ELIGIBLE PMRF CHILDREN AGES 5-12

Join us for Winter Break where the fun includes crafts, STEAM, indoor and outdoor activities, or simply having fun in the sun on our spectacular field trips. Call the Youth Center for complete registration details.

### **SPORTS CLINIC: SOCCER**

DEC 23-27 • YOUTH CENTER • INCLUDED IN CAMP  
FEES • 335-4419 • OPEN TO ALL ELIGIBLE PMRF  
CHILDREN AGES 5-18

Put youth's soccer skills to test or come and learn new skills, there is something for everyone to learn at this year's soccer clinic. With a focus on kicking, dribbling, trapping, throw ins and agility, youth will learn new skills that will prepare them for organized soccer in a fun, non-competitive environment.

## **CDC**

### **CDC CLOSURES:**

- **NOVEMBER 11: VETERAN'S DAY**
- **NOVEMBER 28: THANKSGIVING**
- **DECEMBER 25: CHRISTMAS**
- **JANUARY 1: NEW YEAR'S DAY**

### **NOVEMBER 2019**

#### **RECYCLE ART DAY**

THU, NOV 14 • 9AM-10AM • CDC • FREE FOR CHILDREN  
ATTENDING THE PROGRAM

We will be creating art projects using recycling materials from home.

#### **THANKSGIVING LUNCHEON "FAMILY DAY"**

FRI, NOV 22 • 11AM-12PM • CDC • FREE FOR CHILDREN  
ATTENDING THE PROGRAM

We are celebrating this family holiday inviting the CDC families to have lunch with us. Parents must RSVP by November 12th.

### **DECEMBER 2019**

#### **NATIONAL GINGERBREAD HOUSE DAY**

DATE & TIME TBA • CDC • FREE FOR CHILDREN  
ATTENDING THE PROGRAM

Parents are invited to join us to build ginger bread houses. RSVP by December 10th.



#### **HOURLY CARE**

DAILY • CDC • \$FEE • 335-4453 • OPEN TO ALL  
ELIGIBLE PMRF CHILDREN 6 WEEKS-OLD THROUGH  
5 YEAR-OLD (NOT IN KINDERGARTEN)

The Hourly Care Program is designed as a short-term childcare option. It has been specifically tailored to meet the needs of those who require care for times when they are volunteering, in-processing, assuming respite care duties or having a doctor's appointment. We are accepting reservations up to 30 days depending on space available. For more information call at 335-4453.







# NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FITNESS CENTER</b> <b>INSTAGRAM WORKOUT OF THE WEEK (WOW) CHALLENGE</b> NOVEMBER 1-30 FITNESS CENTER		<b>MANA MOTORS AUTO SKILLS</b> <b>MILITARY FAMILY APPRECIATION MONTH SPECIAL</b> SEE PG 15 FOR MORE DETAILS				<b>1</b> <b>SHENANIGANS</b> START OF THE HOLIDAY SEASON BUFFET 5PM-9PM SHENANIGANS <b>SPECIAL EVENTS</b> LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM SHENANIGANS
	<b>3</b> <b>4</b> <b>FITNESS CENTER</b> MWR DODGEBALL LEAGUE BEGINS TODAY OUTDOOR TENNIS COURT		<b>5</b> <b>6</b> <b>YOUTH CENTER</b> COOKING CLUB: HEALTHY HABITS 3:30PM-4:30PM YOUTH CENTER	<b>7</b> <b>8</b> <b>COMMUNITY RECREATION</b> COUPLES NIGHT 6PM-11PM LOCATION TBA		<b>9</b> <b>TRIPS, TOURS AND OUTINGS</b> EZ BEACH DAY POIPU BEACH 9AM-3PM
<b>10</b> <b>VETERANS DAY</b> MWR ON HOLIDAY HOURS	<b>11</b> <b>SPECIAL EVENTS</b> TRIVIA NIGHT 6:30PM-8PM SHENANIGANS	<b>12</b> <b>YOUTH CENTER</b> CRAFT CLUB: COMIC STRIPS 3:30PM-4:30PM YOUTH CENTER <b>COMMUNITY RECREATION</b> GUESS THAT SONG CHALLENGE 6PM SHENANIGANS	<b>13</b> <b>CDC</b> RECYCLE ART DAY 9AM-10AM CDC <b>COMMUNITY RECREATION</b> SHORELINE FISHING 101 6PM-8PM SHENANIGANS	<b>14</b> <b>FITNESS CENTER</b> MILITARY FAMILY APPRECIATION PICNIC 11:30AM <b>SHENANIGANS</b> LAST DAY TO PRE ORDER THANKSGIVING PUMPKIN CRUNCH DESSERT <b>SPECIAL EVENTS</b> MILITARY FAMILY APPRECIATION RENAISSANCE FAIRE 3:30PM-6:30PM LIBERTY CENTER	<b>15</b> <b>LIBERTY PROGRAM</b> SLEEPING GIANT HIKE VAN LEAVES LIBERTY CTR @7AM	
<b>17</b> <b>TRIPS, TOURS AND OUTINGS</b> FISHING SERIES 1 2:30PM-6:30PM PMRF BEACH COTTAGES	<b>18</b> <b>FITNESS CENTER</b> COMMAND FITNESS LEADER COURSE 7:30AM-4PM FITNESS CENTER <b>COMMUNITY RECREATION</b> "DO YOU WANNA BUILD A SNOWMAN" CONTEST NOV 18 - DEC 6 SHENANIGANS <b>SPECIAL EVENTS</b> MENEHUNE SANTA 6:30PM-8PM NOV 18 - DEC 13	<b>19</b> <b>FITNESS CENTER</b> COMMAND FITNESS LEADER COURSE 7:30AM-4PM FITNESS CENTER	<b>20</b> <b>FITNESS CENTER</b> COMMAND FITNESS LEADER COURSE 7:30AM-4PM FITNESS CENTER <b>YOUTH CENTER</b> STEAM CLUB: DESIGN THINKING 3:30PM-4:30PM YOUTH CENTER	<b>21</b> <b>LIBERTY PROGRAM</b> TRUCKSTOP THURSDAYS VAN DEPARTS LIBERTY CENTER 5PM <b>FITNESS CENTER</b> COMMAND FITNESS LEADER COURSE 7:30AM-4PM FITNESS CENTER	<b>22</b> <b>FITNESS CENTER</b> COMMAND FITNESS LEADER COURSE 7:30AM-4PM FITNESS CENTER <b>CDC</b> THANKSGIVING LUNCHEON "FAMILY DAY" 11AM-12NOON CDC <b>COMMUNITY RECREATION</b> CORN HOLE TOURNAMENT 6PM-8PM SHENANIGANS <b>SPECIAL EVENTS</b> KANIKAPILA NIGHTS 6PM-8PM SHENANIGANS	<b>23</b> <b>TRIPS, TOURS AND OUTINGS</b> WAI KOA LOOP TRAIL / STONE DAM VAN DEPARTS 7:30AM KILAUEA
<b>24</b>	<b>25</b>	<b>26</b> <b>LIBERTY PROGRAM</b> THANKSGIVING LEFTOVER COOKING 6PM LIBERTY CENTER	<b>27</b> <b>FITNESS CENTER</b> TURKEY TROT 5PM SHENANIGANS <b>YOUTH CENTER</b> CULTURE CLUB 3:30PM-4:30PM YOUTH CENTER <b>COMMUNITY RECREATION</b> GIANT CONNECT 4 TOURNAMENT 6PM-8PM SHENANIGANS <b>SHENANIGANS</b> PICK UP PRE-ORDERED PUMPKIN CRUNCH 11AM-8PM	<b>28</b> <b>HAPPY THANKSGIVING!</b> 	<b>29</b>	<b>30</b>



# DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS CENTER • TREADMILL CHALLENGE • DECEMBER 1-31 FITNESS CENTER						
1 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER	2 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER	3 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER	4 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER YOUTH CENTER COOKING CLUB: HEALTHY HABITS 3:30PM-4:30PM YOUTH CENTER COMMUNITY RECREATION FAMILY FUNUGLY SWEATER BINGO NIGHT 6PM SHENANIGANS	5 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER LIBERTY PROGRAM TRUCKSTOP THURSDAYS VAN DEPARTS LIBERTY CENTER 5PM	6 FITNESS CENTER PEARL HARBOR REMEMBRANCE DAY RUN 7AM OUTDOOR BASKETBALL COURTS SHENANIGANS MONGOLIAN BBQ 5PM-9PM SHENANIGANS SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM SHENANIGANS	7 TRIPS, TOURS AND OUTINGS EZ BEACH DAY & BBQ SALT POND BEACH 9AM-3PM HANAPEPE
8 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER	9 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER	10 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER SPECIAL EVENTS TRIVIA NIGHT 6:30-8PM SHENANIGANS	11 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER WALLYBALL SCRAMBLE 11AM-1PM RACQUETBALL COURTS YOUTH CENTER CRAFT CLUB: WINDOWS ON EARTH 3:30PM-4:30PM YOUTH CENTER COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT 6PM SHENANIGANS	12 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER	13 SPECIAL EVENTS TREE LIGHTING CEREMONY 5:30PM SHENANIGANS	14 LIBERTY PROGRAM WAIKOA LOOP TRAIL/ STONE DAM VAN LEAVES LIBERTY CTR 7:30AM
15 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER	16 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER	17 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER	18 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER YOUTH CENTER CULTURE CLUB 3:30PM-4:30PM YOUTH CENTER COMMUNITY RECREATION DESIGN AND WINE 5PM-7PM 1355A	19 FITNESS CENTER 12 DAYS OF FITNESS FITNESS CENTER COMMUNITY RECREATION NINTENDO SWITCH TOURNAMENT OUTDOOR MOVIE THEATER	20 SPECIAL EVENTS LET THE SHENANIGANS BEGIN HOLIDAY KARAOKE 9PM-12AM SHENANIGANS MWR AUTO SKILLS CENTER AUTO MAINTENANCE SEMINAR 5:30 PM AUTO SKILLS CTR	21
22 LIBERTY PROGRAM HOLIDAY SOCIAL 6PM LIBERTY CENTER YOUTH CENTER WINTER BREAK WEEK 1 7AM - 5PM YOUTH CENTER SPORTS CLINIC: SOCCER YOUTH CENTER COMMUNITY RECREATION MWR OUTDOOR DECORATING CONTEST OPEN TO ALL ACTIVE DUTY • HOUSING AND POLARIS DRIVE	23	24 YOUTH CENTER SPORTS CLINIC: SOCCER YOUTH CENTER	25 MELE KALIKIMAKA! 	26 YOUTH CENTER SPORTS CLINIC: SOCCER YOUTH CENTER	27 YOUTH CENTER SPORTS CLINIC: SOCCER YOUTH CENTER SHENANIGANS SHENANIGANS SHRIMP BOIL 5PM-9PM SHENANIGANS SPECIAL EVENTS KANIKAPILA NIGHTS 6PM-8PM SHENANIGANS	28 TRIPS, TOURS AND OUTINGS FISHING SERIES 2 6AM-10AM PMRF BEACH COTTAGES
29 YOUTH CENTER WINTER BREAK WEEK 2 7AM - 5PM YOUTH CENTER	30 YOUTH CENTER WINTER BREAK WEEK 2 7AM - 5PM YOUTH CENTER	31 TRIPS, TOURS AND OUTINGS NEW YEAR'S EVE FIREWORKS VAN DEPARTS 4:30PM POIPU	JAN 1, 2020 HAUOLI MAKAHIKI HOU! 			



MILITARY FAMILY APPRECIATION

# Renaissance Fair

at The Liberty Center  
(Polaris Dr.)

Friday  
November 15  
3:30 - 6:30pm

Free

(Active-Duty Military & Family Members only)

Join MWR for an  
evening of Medieval  
Games, Crafts,  
Contest & Picnic!

QUESTIONS? CALL 335-4380.



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR





## **SHENANIGANS**

### **HOLIDAY CLOSURES**

- **THURSDAY, NOVEMBER 28 - THANKSGIVING**
- **MONDAY, DECEMBER 25 - CHRISTMAS DAY**

\* During holiday season, please check local listings for any modified hours of operation.

## **NOVEMBER 2019**

### **START OF THE HOLIDAY SEASON BUFFET**

**FRI, NOV 1 • 5PM - 9PM • ADULTS \$31 • 10-14 YRS \$25 • 5-9 YRS \$16**

**TRY A LITTLE SOMETHING DIFFERENT WITH OUR "NOT SO TRADITIONAL" MENU**

Stuffed Beef Roll with Burgundy-Mushroom Sauce

Baked Citrus Glazed Chicken

Herbed Potato Au Gratin

Buttered Green Beans

Dinner Rolls

Harvest Chopped Salad: Chopped crisp greens, sweet apple, red onions, avocado, walnuts, cranberries & feta cheese

Soup of the Day

Warm Cinnamon Bread Pudding

**Modified menu available: Pizzas and desserts**

**Reservations highly recommended.**

Please call 808-335-4708 T-F (8:30am-4pm) or

808-335-4706 T-Sa between 4pm-8:30pm to make a reservation.

### **THANKSGIVING PUMPKIN CRUNCH DESSERT**

#### **PRE-ORDER & PICK UP**

**\$15 • PRE-ORDER BY NOVEMBER 15 • PICK UP AT SHENANIGANS ON NOV 27, 11AM-8PM**

Who doesn't love pumpkin pie? Want something different or in addition to the traditional pumpkin pie this Thanksgiving? This 9"x9" pan of irresistible dessert has a buttery walnut and cake mixture crust, pumpkin pie filling and topped with creamy whipped topping and a drizzle of caramel.

## **DECEMBER 2019**

### **MONGOLIAN BBQ**

**FRI, DEC 6 • 5PM-9PM • 95 CENTS PER OUNCE**

Create your own stir-fry from a variety of meats, vegetables and savory sauces and our staff will stir-fry your creation right in front of you. If you haven't experienced our Mongolian BBQ, this is the time. You will come back every time!

**Modified menu available: Pizzas and desserts**

For reservations please call 808-335-4706 between 4pm-9pm or 808-335-4708 between 8am-4pm

### **SHENANIGANS SHRIMP BOIL**

**FRI, DEC 27 • 5PM-9PM • \$35 PER ORDER • \$18.00 PER HALF ORDER SHRIMP BOIL**

Featuring Kauai's very own Kauai Shrimp!

You get a pound of succulent Kauai shrimp mixed with sausage, potatoes and corn on the cob. Accompanied with garlic butter and 2 dinner rolls. We'll deliver it to your table for family style dining.

Don't forget your sides!

\$2 Sides: Rice, 2 Rolls, Cole Slaw or Side Salad

Ala carte Shrimp: 6 for \$11

**Modified menu available: Pizzas, appetizers and desserts.**

## **COMMUNITY RECREATION**

### **CLOSED ON HOLIDAYS**

- **NOVEMBER 28 - THANKSGIVING DAY**
- **DECEMBER 25 - CHRISTMAS DAY**

### **HOLIDAY HOURS (1000-1500)**

- **JANUARY 1 - NEW YEAR'S DAY**

### **FOUR WAYS TO REGISTER:**

Sign up at Community Recreation Center

Email: [pmrfmwrl@gmail.com](mailto:pmrfmwrl@gmail.com)

Text: (808)631-9367

Call: (808)335-4346

### **GUESS THAT SONG CHALLENGE**

**WED, NOV 13 • 6PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Know your music and want to test your musical knowledge? Come on down and join the fun! To be good at this game you really need to know your music. But to be great you need to know all types of music. From country to hard rock, hip hop to R&B, local Hawaiian music to Latin music. Six teams go head to head to steal the Guess That Song Challenge title away from our reigning champions. Winners will be featured in our trophy case at Shenanigans and will win bragging rights until someone is able to take over as our new champions! No registration required, drop in event. **LIMITED SPACE AVAILABLE.**

### **COUPLES NIGHT**

**FRI, NOV 8 • 6PM-11PM • TRANSPORTATION PROVIDED • \$5 • 808-631-9367 • OPEN TO ALL ACTIVE DUTY**

Registered patrons will select the restaurant/venue and MWR will provide the transportation. **Registration required by Oct 30.**

### **"DO YOU WANNA BUILD A SNOWMAN" CONTEST**

**NOV 18 - DEC 6 • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED**

Register your department and MWR will supply items to build your snowman. All snowman will be featured in front of Shenanigans and tagged with your department's name. Patrons will vote for their favorite snowman during the Tree Light Show on December 13.

**Register and pick up your supplies by Nov 29.**



### **SHORELINE FISHING 101**

**THU, NOV 14 • 6PM-8PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Come and learn the basics of shoreline dunking fishing at our Shoreline Fishing 101 Course. This course will cover the type and use of equipment, bait, ocean tides, fish and terrain. All equipment will be provided. What you learn here we will apply at our outdoor fishing trip on Sunday, November 17. **LIMITED SPACE AVAILABLE, Register By Nov 13.**

### **CORN HOLE TOURNAMENT**

**FRI, NOV 22 • 6PM-8PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Join us for "Kanikapila Night" as we feature two hours of live island music, featuring a friendly corn hole tournament, while overlooking Kauai's breathtaking sunset. **Register by Nov 14.**

### **GIANT CONNECT 4 TOURNAMENT**

**WED, NOV 27 • 6PM • SHENANIGANS • FREE • 335-4346 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Join MWR Community Recreation for a life size, giant Connect 4 Tournament. Best out of five wins. Winners will be featured in our trophy case! The winner will be recognized on MWR's tournament plaque and come back to defend their name in another LIFE SIZE GIANT MONTHLY GAME TOURNAMENT! All ages are welcome. No registration required, drop in event.

### **FAMILY FUNUGLY SWEATER BINGO NIGHT**

**WED, DEC 4 • 6PM • SHENANIGANS • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5-bingo card. Come wearing your ugly sweater and receive TWO additional bingo cards. One slider bingo card per participant. No registration required, drop in event.

### **TEXAS HOLD'EM TOURNAMENT**

**WED, DEC 11 • 6PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • AGES 18 AND OVER**

This tournament consists of set house rules and prizes. Claim your seat at the tournament by 6pm; unclaimed spots will be filled on a first come, first served basis. No one is permitted to join once the tournament has begun. **Register by Dec 4.**

### **DESIGN AND WINE**

**WED, DEC 18 • 5PM-7PM • 1355A • \$10 • 808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS**

Let's pour a glass and add some sass to your craft. NO experience is necessary. Come with a friend and make new ones while learning fun techniques. Best of all you get to go home with a fabulous gift that you made yourself. Wine, refreshments and design kits will be provided. **Register by Dec 4.**

### **NINTENDO SWITCH TOURNAMENT**

**THU, DEC 19 • 7PM • OUTDOOR MOVIE THEATER • FREE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Let's have a Super Smash Bro's Tournament or bring your own Nintendo switch game to play at the Outdoor Movie Theater. Team up against your children or the neighbors for this fun-filled family event. Concession available \$. **Register by Dec 5.**

### **MWR OUTDOOR DECORATING CONTEST**

**MON, DEC 23 • OPEN TO ALL ACTIVE DUTY • HOUSING AND POLARIS DRIVE • FREE • 335-4380**

Twas the lights before Christmas and season of spreading good cheer. Enter the annual Outdoor Decorating Contest. Decorations will be judged and announced on our Instagram and Facebook pages. Categories are Lights Decked Out, Christmas Cheer and Bah Humbug. **Register by Dec 13.**



## SPECIAL EVENTS

### LET THE SHENANIGANS BEGIN KARAOKE

FRI, NOV 1 • 9PM-12AM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Show off your vocal skills at Karaoke Night. Be featured on MWR's Karaoke Hall of fame plaque and be entered for a chance to win a "Let the Shenanigans Begin" t-shirt. No registration required, drop in event.

### TRIVIA NIGHT

TUE, NOV 12 • 6:30PM-8PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

### MILITARY FAMILY APPRECIATION RENAISSANCE FAIRE

FRI, NOV 15 • LIBERTY CENTER • 3:30PM-6:30PM • FREE • 335-4380 • EXCLUSIVELY FOR ACTIVE DUTY & FAMILY MEMBERS

Join MWR for an evening of medieval games, crafts, contests and picnic.



### MENEHUNE SANTA

NOV 18 - DEC 13 • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS

HELP! Our ohana is not complete without Menehune Santa! Help find Santa clues from Nov 18 - Dec 12 to receive the last and final clue and prizes for each clue at our Tree Light Show on December 13. Find Santa at our Tree Light Show to win the final grand prize!!

### KANIKAPILA NIGHTS

FRI, NOV 22 • 6PM-8PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Join us for "Kanikapila Night" as we feature two hours of live island music featuring a friendly corn hole tournament, while overlooking Kauai's breathtaking sunset.

### LET THE SHENANIGANS BEGIN KARAOKE

FRI, DEC 6 • 9PM-12AM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Show off your vocal skills at Karaoke Night. Be featured on MWR's Karaoke Hall of fame plaque and be entered for a chance to win a "Let the Shenanigans Begin" t-shirt. No registration required, drop in event.

### TRIVIA NIGHT

TUE, DEC 10 • 6:30PM-8PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

### TREE LIGHTING CEREMONY

FRI, DEC 13 • 5:30PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Jingle all the way to Shenanigans for MWR's Annual Tree Lighting Ceremony. The holiday festivities will start with a performance by the Child Development Center, live holiday music, holiday refreshments and the kick off of the Tree Lighting show. Don't forget that we will have a special visitor from the North Pole. Don't forget to claim your prizes for "Find Menehune Santa" clues and receive the last and final clue!

### LET THE SHENANIGANS BEGIN HOLIDAY KARAOKE CONTEST

FRI, DEC 20 • 9PM-12AM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Show off your vocal skills at Karaoke Night with a holiday song and win a prize! No registration required, drop in event.

### KANIKAPILA NIGHTS

FRI, DEC 27 • 6PM-8PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Join us for "Kanikapila Night" as we feature two hours of live island music while overlooking Kauai's breathtaking sunset.

## TRIPS, TOURS & OUTINGS

### FOUR WAYS TO REGISTER:

Sign up at Community Recreation Center

Email: [pmrfmwr1@gmail.com](mailto:pmrfmwr1@gmail.com)

Text: (808)631-9367

Call: (808)335-4346

### EZ BEACH DAY POIPU BEACH

SAT, NOV 2 • 9AM-3PM • POIPU • FREE • TRANSPORTATION AVAILABLE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS

Join us for a relaxing day at the beach with water activities. No registration required, drop in event. Sign up for transportation by Wednesday, Oct 30; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR tents! See you at EZ Beach Day!



### WAI KOA LOOP TRAIL / STONE DAM

SAT, NOV 23 • VAN DEPARTS 7:30AM • KILAUEA • \$5 • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS

A majestic mahogany forest, tranquil lagoons and a secluded swimming hole are some of the treasures found along the Wai Koa Loop Trail, located in the town of Kilauea on Kauai's lush North Shore. This moderate 5-mile circuit meanders through Wai Koa Plantation, a working farm on 500 private acres. The trail is wide and mostly flat, making it suitable for children and families. Walkers should budget about two hours to complete the loop. Don't forget to pack your own lunch. Transportation provided or meet us there. Van leaves Community Recreation Center at 7:30am. **LIMITED SPACE AVAILABLE, Register by Nov 8. CANCEL within 48 hours to prevent a cancel fee.**

### FISHING SERIES 1

SUN, NOV 17 • 2:30PM-6:30PM • PMRF BEACH COTTAGES • \$10 • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS

Apply what you have learned at Fishing 101; the basics of shoreline dunking fishing. This outing will also include a casting contest. All equipment will be provided. If you get lucky and catch some fish, we will show you how to clean it, cook it, and best yet EAT IT! **LIMITED SPACE AVAILABLE, Register by Nov 21. CANCEL within 48 hours to prevent a cancel fee.**

### EZ BEACH DAY & BBQ SALT POND BEACH

SAT, DEC 7 • 9AM-3PM • HANAPEPE • FREE • TRANSPORTATION AVAILABLE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS

Join us for a relaxing day at the beach with water activities and BBQ. No registration required, drop in event. Sign up for transportation by Wednesday, Dec 4; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR Tents! See you at EZ Beach Day!

## FISHING SERIES 2

**SAT, DEC 28 • 6AM-10AM • PMRF BEACH COTTAGES • \$10 • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS**

Apply what you have learned at Fishing 101; the basics of shoreline dunking fishing. Refine your skills and add to your fishing knowledge with different lead line tying methods or try a new terrain to dunk your line. This outing will also include a casting contest. All equipment will be provided. If you get lucky and catch some fish, we will show you how to clean it, cook it, and best yet EAT IT! **LIMITED SPACE AVAILABLE, Register by Dec 14. CANCEL within 48 hours to prevent a cancel fee.**

## NEW YEAR'S EVE FIREWORKS

**TUE, DEC 31 • VAN DEPARTS 4:30PM • \$5 ALL ACTIVE DUTY • \$7 ALL OTHERS • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS**

Pack your picnic or there may be some food trucks. We heading to Poipu for their New Year's Eve Fireworks show. **LIMITED SPACE AVAILABLE, Register by Dec 14. CANCEL within 48 hours to prevent a cancel fee.**



## LIBERTY PROGRAM

This program is primarily for young, enlisted service members; all unaccompanied personnel assigned to U.S. Navy installations are eligible to participate in selected activities on a space-available basis. Guest does not receive a Liberty Program discount.

## FOUR WAYS TO SIGN UP FOR LIBERTY EXCLUSIVE EVENTS:

Sign up at Community Recreation Center

Email: [pmrfmwrl@gmail.com](mailto:pmrfmwrl@gmail.com)

Text: (808)631-9367

Call: (808)335-4346

## SLEEPING GIANT HIKE

**SAT, NOV 16 • VAN LEAVES 7AM • FREE • 631-9367**

The mountain commonly referred to as "Sleeping Giant" the Nounou trail climbs to a peak and sheltered picnic area. This vantage offers views of the ocean, Wailua River and Mt. Waialeale. Pack your lunch, water, sunscreen and hiking gear as we head to the Sleeping Giant for a hiking adventure. Transportation provided or meet us there. Van leaves Liberty Center at 7AM. **LIMITED SPACE AVAILABLE, Register by Nov 8.**

## TRUCKSTOP THURSDAYS

**THU, NOV 21 • VAN DEPARTS 5PM • FREE • 631-9367**

Join us for a road trip to Kauai Beer Company for specialty craft beers and a taste of local food trucks. Meet at the Liberty Center or arrange pick up in town! Van departs at 5pm, limited seats, bring dinner \$\$ **LIMITED SPACE AVAILABLE, Register by Nov 13.**



## THANKSGIVING LEFTOVER COOKING

**TUE, NOV 26 • 6PM • LIBERTY CENTER • FREE • 631-9367**

With the holidays approaching, learn to cook a dinner that you can show off at your next gathering. Join the Liberty Center as we guide and teach you how to make this smart meal, all supplies provided.

## TRUCKSTOP THURSDAYS

**THU, DEC 5 • VAN DEPARTS 5PM • FREE • 631-9367**

Join us for a road trip to Kauai Beer Company for specialty craft beers and a taste of local food trucks. Meet at the Liberty Center or arrange pick up in town! Van departs at 5pm, limited seats, bring dinner \$\$ **LIMITED SPACE AVAILABLE, Register by Nov 26.**

## WAIKOA LOOP TRAIL/STONE DAM

**SAT, DEC 14 • VAN DEPARTS 7:30AM • FREE • 631-9367**

A majestic mahogany forest, tranquil lagoons and a secluded swimming hole are some of the treasures found along the Wai Koa Loop Trail, located in the town of Kilauea on Kauai's lush North Shore. This moderate 5-mile circuit meanders through Wai Koa Plantation, a working farm on 500 private acres. The trail is wide and mostly flat, making it suitable for children and families. Walkers should budget about two hours to complete the loop. Don't forget to pack your own lunch. Transportation provided or meet us there. Van leaves Community Recreation Center at 7:30AM. **LIMITED SPACE AVAILABLE, Register by Nov 29.**

## HOLIDAY SOCIAL

**MON, DEC 23 • 6PM • LIBERTY CENTER • FREE • 631-9367**

Come with a friend and celebrate with holiday fun and Prime Rib! Best of all you get to go home with a Christmas stocking full of CHEER from your friend at the North Pole! **Register by Dec 13.**

## AQUATICS

### POOL HOURS OF OPERATION

**MONDAY, WEDNESDAY & FRIDAY:**

-LAP SWIM: 11AM-1:30PM

-OPEN SWIM: 3:30-5:30PM

**TUESDAY & THURSDAY:**

-CLOSED

**SATURDAY, SUNDAY & HOLIDAYS:**

-OPEN SWIM: 11AM-5PM

**WINTER POOL HOURS (DECEMBER 24 - JANUARY 7)**

**MONDAY, WEDNESDAY & FRIDAY:**

-LAP SWIM: 11AM-1:30PM

-OPEN SWIM: 1:30PM-5PM

**TUESDAY & THURSDAY:**

-LAP SWIM: CLOSED

**SATURDAY, SUNDAY & HOLIDAYS:**

-OPEN SWIM: 11AM-5PM

## NOVEMBER POOL TIP OF THE MONTH:

### FRONT CRAWL (FREESTYLE) TECHNIQUE

See a lifeguard for proper technique instructions and a visual flyer.

## DECEMBER POOL TIP OF THE MONTH:

### BREASTSTROKE TECHNIQUE

See a lifeguard for proper technique instructions and a visual flyer.



## MOVIE HOUSE

**OPEN FRIDAYS, SATURDAYS & SUNDAYS; 7PM**

**OPEN THURSDAYS, DECEMBER 26 - JANUARY 2, 7PM**

**MOVIES ARE FREE. FOR A PRE-RECORDED MESSAGE OF CURRENT MOVIES, CALL 335-4210.**

## OUTDOOR MOVIE THEATER PARTY PACKAGE

Plan your next party at the Outdoor Movie Theater. Custom packages may include; a movie of your choice, tables/chairs, tents, catering, balloons, decorations and more. Check out Party Package brochure for more information.







## ITT AT THE COMMUNITY ADVENTURE CENTER

### ALOHA FRIDAY LEI MAKING WORKSHOP

Free lei-making workshops are held every Friday at the West Kaua'i Technology & Visitors Center from 9:30-11AM. Come learn how to create the Hawaiian symbol of aloha. For reservations and more info call 338-1332.

### COCONUT MARKETPLACE ENTERTAINMENT

The Coconut Marketplace is an open-air market, which houses 70 different shops and restaurants. Every Wednesday evening the marketplace offers free entertainment at 5PM and includes local hula dancers. FMI call 822-3641.

### E KANIKAPILA KAKOU PROGRAM

Composers, songwriters and kumu hula share their compositions, knowledge and love of Hawaiian music. Learn songs on the 'ukelele and sing with the presenters in a backyard-style jam held at Island School auditorium in Puhi, Mondays, 6AM-9PM. FMI 245-2733.

### HANAPEPE ART NIGHT

Every Friday, Hanapepe Town's nine galleries open their doors for an evening of artistic adventure. Stroll through Main Street and enjoy fine art and live entertainment. You can also purchase local goodies and crafts as you make your way through the galleries. You'll find the perfect souvenir from your visit to Kaua'i Friday nights, 6PM. Admission is free. FMI call 246-2111.



### KAPA'A HISTORY TOUR

Interpretive guides from the Kaua'i Historical Society give 90-minute walking tours on the history and architecture of Kapa'a Town. Tours are held every Tuesday, Thursday, and Saturday at 10AM. Tickets are \$15 for adults and \$5 for keiki under 12. The minimum tour size required is 2 adults. Reservations required. FMI call 245-3373.

### KAUAI MUSEUM TOUR

From Monday through Friday, docents provide interpretation of Kaua'i and Ni'ihau culture as they lead tours through the museum's galleries. Free tour with admission. The tour occurs every Monday at 2PM, and every Tuesday through Friday at 10:30AM. FMI call 245-6931.

### MONTHLY STARWATCH

Kaua'i is an ideal location for astronomical observation. The Kaua'i Educational Association for Science & Astronomy conducts a monthly starwatch in Kaumakani at the softball field at sunset. FMI on dates and times, call 332-7827.



### 'OHANA DAY

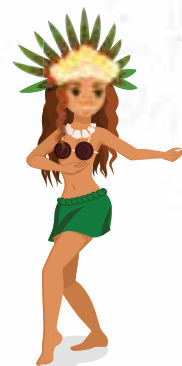
Families and visitors are invited to join Kaua'i Museum for a day of demonstrations, exhibits and fun. View native Hawaiian art and artifacts preserved in the main exhibit. Held on the first Saturday of every month. Admission is free. FMI call 245-6931.

### SLACK KEY GUITAR AND UKULELE CONCERTS

Enjoy traditional Hawaiian slack key guitar and 'ukulele every weekend at the Hanalei Family Community Center from 4-5:30PM. Tickets are \$20 (\$15 for keiki/seniors). FMI call 826-1469.

### TAHITIAN DANCE

Urahutia Productions presents free Tahitian dance performances every Monday and Thursday from 4:30-5:15PM at Po'ipu Shopping Village. Performances are held under the banyan tree. FMI call 742-2831.



### KILAUEA ART NIGHT

#### LAST SATURDAY OF EVERY MONTH

Enjoy the last Saturday of the month in Kilauea town at Kilauea Art Night. Discover locally made pottery, wood work, original fine art, jewelry, organic skincare, handmade soaps, wish trees, apparel, chocolates and more. There is a wide variety of food vendors from around Kauai. Enjoy dinner listening to live music; 3 musical offerings each month on the grounds of the historic stone building. Don't miss the Keiki Fire & Light performance at 7pm on the back lawn! Join us every last Saturday from 4 to 8pm in Kilauea.

### KEALIA FARM MARKET & TOURS

#### MON & FRI 3PM-7PM

The farmers at Kealia offer their produce and products under a covered lanai at Kealia Farm. Visitors can take a wagon ride to tour the farm and waterfall during the market.

## COMMUNITY RECREATION CENTER (CRC)

#### LOCATED IN BLDG 1293

Come in to get out at our one stop shop. We have all the outdoor gear ready for your island needs. Beach chairs, boogie boards, surfboards, snorkel gear, kayaks, camping equipment and more. Have Fun in the Sun, Kauai style. FMI call 335-4195.





## **MANA MOTORS AUTO SKILLS**

### **NOVEMBER MILITARY FAMILY APPRECIATION MONTH SPECIAL**

In appreciation of dedicated service that our military families provide in serving our country, MWR Auto Skills Center would like to extend a special "Thank you" by offering the following special for **the month of November** to all active duty military family. Bring in your personal automobile and perform any of the following services:

- Oil & Filter Service
- Tire Rotation
- ANY form of Preventive Vehicle Maintenance

#### **And Receive the Following:**

\* NO CHARGE for ASC Facility Usage

\* ½ price on Tire Balancing for your vehicle (all 4 tires).

- All services performed are "self-service" only
- Limit (2) vehicles per family
- Special applies to active duty family members only

## **DECEMBER**

### **MWR AUTO SKILLS CENTER - AUTO MAINTENANCE SEMINAR**

**FRI, DEC 20 • 5:30PM • SIGN UP DEADLINE DEC 17**

MWR Auto Skills Center would like to invite you to attend our upcoming Vehicle Maintenance Seminar. We will be holding an educational session on vehicle maintenance, which will cover basic oil / filter service maintenance, under chassis inspection, brake pad lining inspection, and wheel and tire inspection. Class is limited and patrons will have "hands on" training. Class is FREE of charge to all active duty and spouse. A charge of \$5.00 will apply to all other PMRF patrons. This event is designed to educate vehicle owner's basic car care and other forms of educational aspects of today's automotive technology.

For more information or to sign up call 335-4439.



# TREE LIGHTING *Ceremony* 2 0 1 9

Friday, December 13 • 5:30PM

at *Shenanigans*

## FREE

(Open to PMRF affiliated patrons & MWR Guest Card Holders)

### Enjoy the Holiday Festivities:

- Child Development Center Performance
- Live Holiday Music
- Refreshments
- TREE LIGHTING SHOW
- A Special Visitor from the North Pole!

### Questions?

Call (808) 335-4380



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR