

# On Target

MORALE, WELFARE AND RECREATION PMRF | JAN - FEB 2021



# 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 - 9 PM

SATURDAY .....4 PM - 9 PM

## SHENANIGANS - DINING ROOM

BLDG. 1308 • 335-4706

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

DINNER TUESDAY - SATURDAY .....4 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 | JAN - FEB 2021

**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, Kauai. Questions or comments about **ON TARGET** should be directed to Fleet & Family Readiness.

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## COVER

Wailua Falls

## INSIDE COVER

Taro growing in the Hanalei Valley

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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

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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.

\*The U.S. Navy or any other Federal Government agency does not officially endorse any sponsor, its products or services in On Target.



# FITNESS CENTER

## JANUARY

### NATIONAL BLOOD DONOR MONTH

Blood donations typically drop off during and immediately after the winter holidays, which makes National Blood Donor Month in January a critical time for the American Red Cross. Busy schedules, holiday breaks from school, inclement weather and winter illnesses contribute to fewer blood and platelet donations. Since December, severe weather has forced the Red Cross to cancel dozens of blood drives, leaving hundreds of donations uncollected. This poses quite a challenge since the need for blood doesn't take a holiday nor diminish because a snowstorm hits. The Red Cross needs to collect more than 13,000 donations every day to keep the blood supply ready and available to meet the needs of about 2,600 hospitals, clinics and cancer centers across the country. Get out there and donate!

### LET'S GET L.I.T. (LEAN IN TWENTY TWENTY-ONE)

**BEGINS 4 JAN • FITNESS CENTER • FREE • 335-4379**

**OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Let's get Lean in Twenty-21 (L.I.T.) This 12-week weight loss challenge will consist of three different categories: 1) Body Fat Percentage lost, 2) Body Measurement difference, and 3) Participation in Fitness & Aquatics activities. Individuals will accumulate points in each category and the individual with the highest total score will be the winner of the Let's Get L.I.T. challenge.

### TENNIS LEAGUE

**BEGINS MON, JAN 25 • TENNIS COURT • FREE • 335-4379**

**OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

A flex, round robin format will be used. Players can choose between participating in singles or doubles bracket. Players/teams will be paired a couple times a week. Points will be earned by players/teams during competition. Team point totals at the end of the round robin will be used to determine single-elimination championship bracket.

- Singles or Doubles Teams
- Mandatory Participation meeting:  
Friday, January 22, 12 p.m. @ the Fitness Center
- Round Robin begins Monday, January 25

## FEBRUARY

### AMERICAN HEART MONTH

Heart disease kills and estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. Throughout the month, the PMRF Fitness team challenges you to make one heart healthy behavior change.

### OUR HEARTS MOVEMENT

**FEB 1-28 • FITNESS CENTER • FREE • 335-4379**

**OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

In celebration of American Heart Month, we want to motivate and challenge you to adopt healthy lifestyles to prevent heart disease. Research shows that we're more successful at meeting personal health goals when we join forces with others. This month, the PMRF FITNESS TEAM will post a challenge each week for you and your friend(s) to complete, post and tag @pmrfmoralewelfare (Facebook), @PMRFMWR (Instagram) or #PMRFHEARTS

### PUNT, PASS & KICK COMPETITION W/COLLABORATION WITH SUPER SHOWDOWN SUNDAY

**FRI, FEB 5 • 5PM • TURF FIELD • FREE • 335-4379**

**OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Just like the pros, we are putting on a football skills event with distance punting, kicking, and obstacle target throwing. You think you got what it takes? You could possibly win a VIP room at Shenanigans for The Super Showdown Sunday. Come out and show off your football skills for this competitive but friendly football skills event.

### LOVE BUG ADVENTURE RACE

**FRI, FEB 12 • 5PM • FITNESS CENTER • FREE • 335-4379**

**OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Teams of 2 will compete in a fun race designed to challenge you both physically and mentally. Teams will race around the base while completing fitness and puzzle challenges along the way. Grab your spouse, roommate, or friend, and test your teamwork skills.

### 7 V 7 SOCCER TOURNAMENT

**SAT, FEB 27 • TIME TBD • TURF FIELD • FREE • 335-4379**

**OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

A bracket format will be used. Teams will be randomly selected and placed into the bracket. Each team will be guaranteed 2 games.

- Mandatory Participation meeting:  
Wednesday, February 24, 12 p.m. @ the Fitness Center.



## GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITNESS CENTER 1700-1800 - Yoga	FITNESS CENTER 0630-0730 - PT/FEP 1100-1200 - HIIT	FITNESS CENTER 0700-0800 - Yoga	FITNESS CENTER 0630-0730 - PT/FEP 1100-1200 - HIIT	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. Through 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 end with poses focusing on breath and stillness. Both working to increase flexibility and circulation.



# *Aloha Families,*

Due to the COVID 19 outbreak, Navy Child & Youth Programs are not authorized to offer any events or gatherings. We hope you all stay safe, and we can get together again soon.

While we still need to be safe and avoid crowds, we want to invite you to continue spending quality time with your children and try these activities at home:

- Write letters or cards with your child and send them to your family that are far.
- Plant a flower or vegetable garden from seeds.
- Go on a family bike ride.
- Have a family movie night.
- Take a nature hike (look for keiki friendly ones)
- Try out bird watching
- Go camping even if you do it in your backyard.
- Have outdoor story times or picnics.
- Cook or Bake with your child.

Remember we are here to help you.

For more information please contact us at 808-335-4453 or [Alejandra.sanchez1@navy.mil](mailto:Alejandra.sanchez1@navy.mil)



# JANUARY

## FITNESS CENTER

LET'S GET L.I.T. (LEAN IN TWENTY TWENTY-ONE)  
 BEGINS JANUARY 4 | FITNESS CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> HAPPY NEW YEAR!	<b>2</b> LIBERTY WHO'S NEXT COMPETITION 6PM-7:30PM SHENANIGANS
<b>3</b>	<b>4</b> FITNESS CENTER LET'S GET L.I.T. (LEAN IN TWENTY TWENTY-ONE) BEGINS FITNESS CENTER	<b>5</b>	<b>6</b> COMMUNITY RECREATION PAPER FLOWER WREATH WORKSHOP 5PM SHENANIGANS	<b>7</b>	<b>8</b> SHENANIGANS MONGOLIAN BBQ 5-9PM SHENANIGANS	<b>9</b> SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM SHENANIGANS
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> AQUATICS AQUA DODGEBALL 4:30PM MANA SPLASH	<b>14</b> SPECIAL EVENTS DINNER & A MOVIE 7PM SHENANIGANS	<b>15</b> AQUATICS DIVE IN MOVIE 7PM MANA SPLASH	<b>16</b> TRIPS, TOURS & OUTINGS E-Z BEACH DAY & SAND CASTLE BUILDING CONTEST 10AM MACARTHUR PARK
<b>17</b>	<b>18</b> MARTIN LUTHER KING JR DAY MWR ON HOLIDAY HOURS	<b>19</b> LIBERTY SPICY WINGS CHALLENGE 6PM-8PM SHENANIGANS	<b>20</b>	<b>21</b>	<b>22</b> SHENANIGANS PRIME RIB DINNER SPECIAL 5PM-9PM SHENANIGANS  COMMUNITY RECREATION PORTUGUESE HORSESHOE TOURNAMENT 6:30PM SHENANIGANS  SPECIAL EVENTS KANIKAPILA 6:30PM SHENANIGANS	<b>23</b>
<b>24</b>	<b>25</b> FITNESS CENTER TENNIS LEAGUE STARTS TODAY TENNIS COURT	<b>26</b>	<b>27</b> COMMUNITY RECREATION GUESS THAT SONG CHALLENGE 5PM SHENANIGANS	<b>28</b>	<b>29</b>	<b>30</b> TRIPS, TOURS & OUTINGS WAILUA KAYAK & SECRET FALLS HIKE 8AM WAILUA RIVER
<b>31</b>						

# FEBRUARY

## FITNESS CENTER

OUR HEARTS MOVEMENT

FEBRUARY 1-28 | FITNESS CENTER

## AQUATICS

WORKOUT OF THE MONTH (WOW) CHALLENGE

FEBRUARY 1-26 | MANA SPLASH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b> <b>COMMUNITY RECREATION</b> MAN VS. FOOD 5PM SHENANIGANS	<b>3</b> <b>SHENANIGANS</b> DEADLINE TO ORDER STRAWBERRIES	<b>4</b>	<b>5</b> <b>FITNESS CENTER</b> PUNT, PASS & KICK COMPETITION 5PM TURF FIELD  <b>SPECIAL EVENTS</b> LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM SHENANIGANS	<b>6</b> <b>TRIPS, TOURS &amp; OUTINGS</b> LEARN TO SURF 7AM • MWR BUS DEPARTS CRC AT 7:30AM HANAIEI  <b>LIBERTY</b> LEARN TO SURF 7AM • MWR BUS DEPARTS CRC AT 7:30AM HANAIEI
<b>7</b> <b>SHENANIGANS</b> FOOTBALL SHOWDOWN WATCH PARTY 1 HOUR BEFORE KICKOFF SHENANIGANS	<b>8</b>	<b>9</b> <b>SPECIAL EVENTS</b> SIP N PAINT 5PM SHENANIGANS	<b>10</b>	<b>11</b>	<b>12</b> <b>FITNESS CENTER</b> LOVE BUG ADVENTURE RACE 5PM FITNESS CENTER  <b>COMMUNITY RECREATION</b> BALLOON BOUQUET 10AM COMMUNITY RECREATION CENTER	<b>13</b> <b>COMMUNITY RECREATION</b> BALLOON BOUQUET 10AM COMMUNITY RECREATION CENTER
<b>14</b> <b>HAPPY VALENTINE'S DAY</b>  <b>SHENANIGANS</b> PICK UP YOUR PRE ORDERED CHOCOLATE COVERED STRAWBERRIES 8:30AM-12:30PM  VALENTINE'S DAY DINNER 5PM-9PM  <b>COMMUNITY RECREATION</b> BALLOON BOUQUET 10AM COMMUNITY RECREATION CENTER	<b>15</b> <b>PRESIDENT'S DAY</b> MWR ON HOLIDAY HOURS	<b>16</b>	<b>17</b> <b>LIBERTY</b> CHILI COOK OFF 4PM SHENANIGANS	<b>18</b>	<b>19</b>	<b>20</b> <b>SPECIAL EVENTS</b> TALENT SHOW 5PM-7:30PM SHENANIGANS
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> <b>COMMUNITY RECREATION</b> MAKE YOUR OWN PIZZA COMPETITION 4PM SHENANIGANS	<b>25</b>	<b>26</b> <b>SHENANIGANS</b> MONGOLIAN BBQ 5PM-9PM SHENANIGANS	<b>27</b> <b>FITNESS CENTER</b> 7 V 7 SOCCER TOURNAMENT TIME TBD TURF FIELD  <b>TRIPS, TOURS &amp; OUTINGS</b> WAIPO'O HIKE 8:30AM • MWR BUS DEPARTS CRC AT 9AM KOKE'E
<b>28</b>						

**NEW YEAR, NEW MEMORIES AT**

# Shenanigans

## MONGOLIAN BBQ

FRIDAY - JANUARY 8 AND FEBRUARY 26 | 5PM-9PM | \$18 OR \$9 HALF PORTION

Create your own stir-fry! Choose from a variety of meats, vegetables and sauces and our staff will stir-fry your creation!

## PRIME RIB DINNER SPECIAL

FRIDAY, JANUARY 22 | 5PM-9PM | \$32

16 oz Prime rib with au jus & horseradish sauce, baked potato with all the fixings, fresh vegetable of the day and dinner roll.

## Chocolate Covered Strawberries To Go!

ORDER BY FEBRUARY 3! | PICK UP ON FEBRUARY 14 BETWEEN 8:30AM-12:30PM

Your special someone deserves some sweet and decadent chocolate covered strawberries!

Choose from a box of SIMPLY STRAWBERRY or STRAWBERRY FLORAL

Dozen or ½ Dozen

## Valentine's Day Dinner

FEBRUARY 14 | 5PM-9PM | \$70

Treat your special someone to a casual, relaxing evening with great food and spectacular views.

PICK A STARTER: CREAMY CORN CHOWDER, CAESAR SALAD & BREADSTICK

PICK AN ENTRÉE (COMES W/ROASTED VEGETABLE MEDLEY):

10 OZ STEAK, BAKED POTATO & ALL THE FIXINGS | MACADAMIA NUT CRUSTED ONO W/PASSION FRUIT BUTTER SAUCE & RICE PILAF

HERBED GRILLED CHICKEN W/SAUTÉED MUSHROOMS, TOPPED WARM BOURSIN CHEESE SERVED W/RICE PILAF

DESSERT: LAPPERT'S KAUAI PIE ICE CREAM (COFFEE ICE CREAM, FUDGE, COCONUT, MACADAMIA NUTS)

**MODIFIED MENU AVAILABLE ON SPECIALTY NIGHTS. RESERVATIONS HIGHLY RECOMMENDED.**

PLEASE CALL 808-335-4708 MON-FRI BETWEEN 8:30AM-4PM, TUE-FRI 808-335-4706 BETWEEN 11AM-1PM  
OR TUE-SAT 5-9PM TO MAKE A RESERVATION.



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR



# SHENANIGANS

## JANUARY

### MONGOLIAN BBQ

**FRI, JAN 8 • 5-9PM • \$18 OR \$9 HALF PORTION**

Create your own stir-fry! Choose from a variety of choices and our staff will stir-fry your creation.

Meats (1): Chicken, Beef or Shrimp

Vegetables: Broccoli, Carrots, Cauliflower, Bell Pepper, Onion, Cabbage, Zucchini, Baby Corn, Chinese Peas, Bean Sprouts

Savory sauces: Mongolian, Teriyaki, Oyster Sauce, Hibachi, Sesame Oil, Korean, Vegetarian, Garlic Salt and Pepper

Served with choice of steamed rice or oriental noodles.

Reservations highly recommended.

Please call 808-335-4708 Mon-Fri between 8:30am-4pm, Tue-Fri

808-335-4706 between 11am-1pm or Tue-Sat 5-9pm to make a reservation.

### PRIME RIB DINNER SPECIAL

**FRI, JAN 22 • 5-9PM • \$32**

16 oz Prime rib with au jus & horseradish sauce, baked potato with all the fixings, fresh vegetable of the day and dinner roll

Modified menu available. Reservations highly recommended.

Please call 808-335-4708 Mon-Fri between 8:30am-4pm, Tue-Fri 808-335-

4706 between 11am-1pm or Tue-Sat 5-9pm to make a reservation.

## FEBRUARY

### CHOCOLATE COVERED STRAWBERRIES

**PICK UP ON FEB 14 • 8:30AM-12:30PM • ORDER BY FEB 3**

**AT SHENANIGANS DURING NORMAL BUSINESS HOURS**

**808-335-4708 OR 808-335-4706**

Your special someone deserves some sweet and decadent chocolate covered strawberries!

SIMPLY STRAWBERRY BOX

½ Dozen: \$12 | Dozen: \$24

Milk Chocolate/Vanilla or Mixed

STRAWBERRY FLORAL BOX

½ Dozen: \$19 | Dozen: \$31

Milk Chocolate/Vanilla or Mixed

Filled with assorted flowers

### VALENTINE'S DAY DINNER

**FEB 14 • 5PM-9PM • \$70 • 808-335-4708 OR 808-335-4706**

Treat your special someone to a casual, relaxing evening with great food and spectacular views.

Pick a Starter: Creamy Corn Chowder, Caesar Salad & Breadstick

Pick an Entrée:

- 10 oz Steak, Baked Potato and all the fixings (butter, cheese, bacon, sour cream, green onion)
- Macadamia Nut Crusted Ono with passion fruit butter sauce and rice pilaf
- Herbed Grilled Chicken with sautéed mushrooms, topped warm Boursin cheese served with rice pilaf

Dessert:

Lappert's Kauai Pie Ice Cream

*(Coffee ice cream, fudge, coconut, macadamia nuts)*

### MONGOLIAN BBQ

**FRI, FEB 26 • 5-9PM • \$18 OR \$9 HALF PORTION**

Create your own stir-fry! Choose from a variety of choices and our staff will stir-fry your creation.

Meats (1): Chicken, Beef or Shrimp

Vegetables: Broccoli, Carrots, Cauliflower, Bell Pepper, Onion, Cabbage, Zucchini, Baby Corn, Chinese Peas, Bean Sprouts

Savory sauces: Mongolian, Teriyaki, Oyster Sauce, Hibachi, Sesame Oil, Korean, Vegetarian, Garlic Salt and Pepper

Served with choice of steamed rice or oriental noodles.

Reservations highly recommended.

Please call 808-335-4708 Mon-Fri between 8:30am-4pm, Tue-Fri

808-335-4706 between 11am-1pm or Tue-Sat 5-9pm to make a reservation.



# COMMUNITY RECREATION

## FOUR WAYS TO REGISTER:

REGISTER AT SHENANIGANS

EMAIL: [PMRFMWR1@GMAIL.COM](mailto:PMRFMWR1@GMAIL.COM)

TEXT: (808)631-9367

CALL: (808)335-4346

## JANUARY

### PAPER FLOWER WREATH WORKSHOP

WED, JAN 6 • 5PM • SHENANIGANS • \$15 • 808-631-9367

OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION REQUIRED • AGES 18 AND OLDER WELCOME

Show off your creativity and create something you'll be proud to show off in your home. Cost of workshop covers all supplies you need to make your original one of a kind paper wreath! Register by December 18 by using one of our 4 Ways to Register.

### PORTUGUESE HORSESHOE TOURNAMENT

FRI, JAN 22 • 6:30PM • SHENANIGANS • 808-631-9367

OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT  
AGES 18 AND OLDER WELCOME

Head to Shenanigans for some ono dinner and a Portuguese Horseshoe Tournament! Show up by 5pm on the day of the event to secure your team spot! To secure your spot in advance please text 808-631-9367.

### GUESS THAT SONG CHALLENGE

WED, JAN 27 • 5PM • SHENANIGANS • 808-631-9367

OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT

Test your musical knowledge! Come on down and join the fun and guess that song! No registration required, drop in event.

## FEBRUARY

### MAN VS. FOOD

TUE, FEB 2 • 5PM • SHENANIGANS • 808-631-9367

OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION REQUIRED

Think you got what it takes to beat this food challenge? Challenge yourself and see if you can finish this food challenge in a half an hour! Winner will have their picture placed on the wall. Register by January 28 using one of our 4 Ways to Register to enter!

### BALLOON BOUQUET

FRI-SUN, FEB 12-14 • 10AM • COMMUNITY RECREATION CENTER  
808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Get a balloon bouquet for your sweetheart this Valentine's Day! The Community Recreation team will be offering valentines balloon bouquets at the Community Recreation Center from Friday February 12 to Sunday, February 14. To pre-order please call or text 808-631-9367.

### MAKE YOUR OWN PIZZA COMPETITION

WED, FEB 24 • 4PM • SHENANIGANS • 808-631-9367

OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Enter for a chance to have your custom-made pizza on the menu at Shenanigans for a month! Using the ingredients that Shenanigans has you will come up with a pizza creation of your own and if your pizza is chosen it will be featured on the menu for the month of March! Register by February 22.

## SPECIAL EVENTS

## JANUARY

### LET THE SHENANIGANS BEGIN KARAOKE

SAT, JAN 9 • 9PM-12AM • SHENANIGANS • FREE • 808-631-9367

OPEN TO ALL AUTHORIZED PMRF AFFILIATES • NO REGISTRATION REQUIRED • DROP IN EVENT • AGES 18 AND OLDER WELCOME

Show off your vocal skills at our monthly Karaoke Night. Best singer of the night, will be featured on our monthly Karaoke Hall of Fame placard!

### DINNER & A MOVIE

THU, JAN 14 • 7PM • SHENANIGANS • FREE • 808-631-9367

OPEN TO ALL AUTHORIZED PMRF AFFILIATES • NO REGISTRATION REQUIRED • DROP IN EVENT

Head on down to Shenanigans for dinner and later, enjoy a movie on the lawn with us! Bring your blankets and your chairs, choose your favorite spot and enjoy an evening under the stars.

### KANIKAPILA

FRI, JAN 22 • 6:30PM • SHENANIGANS • 808-631-9367

OPEN TO ALL AUTHORIZED PMRF AFFILIATES

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

## FEBRUARY

### LET THE SHENANIGANS BEGIN KARAOKE

SAT, FEB 5 • 9PM-12AM • SHENANIGANS • FREE • 808-631-9367

OPEN TO ALL AUTHORIZED PMRF AFFILIATES • NO REGISTRATION REQUIRED • DROP IN EVENT • AGES 18 AND OLDER WELCOME

Come on down to Shenanigans and show us your vocal talents! Best singer of the night, will be featured on our monthly Karaoke Hall of Fame!

### FOOTBALL SHOWDOWN WATCH PARTY

SUN, FEB 7 • SHENANIGANS • DOORS OPEN 1 HOUR BEFORE KICKOFF

FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES  
NO REGISTRATION REQUIRED, DROP IN EVENT

Get ready for football madness with MWR at Shenanigans, as we watch two of the most amazing teams go head to head in the Super Bowl for the title of NFL Champion. Join us for a day of adrenaline and good clean fun. Hang around until the end as we will have quarterly, half-time, and final games and prizes!

## **SIP N PAINT**

**TUE, FEB 9 • 5PM • SHENANIGANS • \$\$TBA • 808-631-9367  
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION  
REQUIRED**

Channel your inner Picasso with local artist Seth Womble as he hosts this very popular event. No matter your level of artistry come and showcase your hidden talent! Registration is required by February 3, so please secure your spot by using one of our 4 Ways to Register! Limited space available. Active Duty and Dependents may register starting January 18. All others starting January 25.

## **TALENT SHOW**

**SAT, FEB 20 • 5-7:30PM • SHENANIGANS • FREE • 808-631-9367  
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION  
REQUIRED**

Show us your hidden talent and enter MWR's Talent Show! Sing. Dance. Tell us jokes, whatever you want to show us we want to see it. Get creative and even original, the crowd will choose the winner of this talent show so dare to be different. Register using one of our 4 Ways to Register by February 1.

## **TRIPS, TOURS AND OUTINGS**

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

**REGISTER AT COMMUNITY RECREATION CENTER**

**EMAIL: PMRFMWR1@GMAIL.COM**

**TEXT: (808)631-9367**

**CALL: (808)335-4346**

**CANCEL AT LEAST 48 HOURS PRIOR FOR FULL REFUND**

## **JANUARY**

### **E-Z BEACH DAY & SAND CASTLE BUILDING CONTEST**

**SAT, JAN 16 • 10AM • MACARTHUR PARK • 808-631-9367  
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT**

Join us for a relaxing day on the beach. A hydration station and snacks will be provided. Don't forget to pack your lunch. We will also be having a Sand Castle Building Contest and the winner will receive a prize! Look for the MWR tents! See you at EZ Beach Day!.

### **WAILUA KAYAK & SECRET FALLS HIKE**

**SAT, JAN 30 • 8AM • WAILUA RIVER • 808-631-9367  
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION  
REQUIRED, JANUARY 27**

Pack your lunch, swimsuit, towels and sunscreen as we head to Wailua River for a kayaking and hiking adventure. Transportation available; Active Duty \$7, All Others \$10. Deli style lunch will be provided. Register by using one of our 4 Ways to Register by January 27; limited space available.

## **FEBRUARY**

### **LEARN TO SURF**

**SAT, FEB 6 • 7AM • MWR BUS DEPARTS CRC AT 7:30AM • HANAIEI  
808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES  
REGISTRATION REQUIRED**

Pack your sunglasses, swimwear, towels and sunscreen as we head to Hanalei Bay to learn to surf with Tim from MWR. Lunch will be provided. Transportation available; Active Duty \$7, All Others \$10. Deli style lunch will be provided. Register by using one of our 4 Ways to Register by February 3; limited space available.

### **WAIPO'O HIKE**

**SAT, FEB 27 • 8:30AM • KOKE'E • MWR BUS DEPARTS CRC AT 9AM  
808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES  
REGISTRATION REQUIRED**

Let's go adventuring to Waipo'o Falls! This breathtaking hike will leave you looking forward to another hike up in the mountains! Active Duty \$7, All Others \$10. Deli style lunch will be provided. Register by using one of our 4 Ways to Register by February 25; limited space available.

## **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 REGISTER:**

**REGISTER AT THE COMMUNITY RECREATION CENTER**

**EMAIL: PMRFMWR1@GMAIL.COM**

**TEXT: (808)631-9367**

**CALL: (808)335-4346**

## **JANUARY**

### **WHO'S NEXT COMPETITION**

**SAT, JAN 2 • 6-7:30PM • SHENANIGANS • FREE • 808-631-9367  
OPEN TO ALL ELIGIBLE LIBERTY PATRONS • NO REGISTRATION  
REQUIRED • DROP IN EVENT**

Show off your skills at this friendly fun challenge! Take on your fellow shipmates and challenge them to a game of Flip Cup, Pencil Grab, and Solo Cup Pyramid.

### **SPICY WINGS CHALLENGE**

**TUE, JAN 19 • 6-8PM • SHENANIGANS • FREE • 808-631-9367  
OPEN TO ALL ELIGIBLE LIBERTY PATRONS • REGISTRATION  
REQUIRED BY JAN 15**

Who's bold enough to take the spicy wings challenge? All you have to do is, eat 6 wings (to the bone) in 5 minutes or less. Then endure 5 minutes of burning (no drinks, no wiping of face). So enter at your own risk if you dare to take the challenge! Register by using one of our 4 Ways to register by January 15.

## **FEBRUARY**

### **LEARN TO SURF**

**SAT, FEB 6 • 7AM • MWR BUS DEPARTS CRC AT 7:30AM • HANAIEI 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES REGISTRATION REQUIRED**

Pack your sunglasses, swimwear, towels and sunscreen as we head to Hanalei Bay to learn to surf with Tim from MWR. Lunch will be provided. Transportation available; Active Duty \$7. Deli style lunch will be provided. Register by using one of our 4 Ways to Register by February 3; limited space available.

### **CHILI COOK OFF**

**WED, FEB 17 • 4PM • SHENANIGANS • 808-631-9367 • OPEN TO ALL AUTHORIZED LIBERTY PATRONS • REGISTRATION REQUIRED BY FEB 10**

Have you an award winning chili recipe and want to see if it has what it takes to win a competition? Or, just simply want to show off your cooking skills? Enter the MWR Liberty Chili Cooking Contest! Register by using one of our 4 Ways to Register by February 10; limited space available.

## **AQUATICS**

### **POOL HOURS OF OPERATION**

**MONDAY, WEDNESDAY & FRIDAY:**

**• LAP SWIM: 11AM - 1:30PM & 3:30-5:30PM**

**TUESDAY & THURSDAY**

**• LAP SWIM: 11AM - 1:30PM**

**• OPEN SWIM: 3:30-5:30PM**

**SATURDAY, SUNDAY & HOLIDAYS:**

**• OPEN SWIM: 11AM-5PM**

## **JANUARY**

### **AQUA DODGEBALL**

**WED, JAN 13 • 4:30PM • MANA SPLASH • FREE • 335-4379 OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

This is not your normal dodgeball competition; this one will be in the water. In teams of 5, we will use a flex round robin format. 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.

### **DIVE IN MOVIE**

**FRI, JAN 15 • MANA SPLASH • 7PM • FREE • 335-4379 OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Enjoy splashing around in the pool while you watch a movie. Movie choice TBA. Pool opens at 7PM, Movie begins at 7:30PM.

## **FEBRUARY**

### **WORKOUT OF THE MONTH (WOW) CHALLENGE**

**FEB 1-26 • MANA SPLASH • FREE • 335-4379**

**OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

One month into the New Year, it can be difficult to get motivated and stick with your fitness routine. Let our PMRF Fitness team & Aquatics team assist you! We will help to eliminate the guesswork and motivate you to push through your fitness goals throughout the month. Each week, our professional trainers will create a workout for you to complete. Stop by the Mana Splash to join the challenge today!

- Participants will be given a Workout Challenge each week to complete.
- Participants who complete all challenge tasks will receive a prize.

## **MOVIE HOUSE**

**OPEN FRIDAYS, SATURDAYS & SUNDAYS; 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.

## **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**

### **JANUARY**

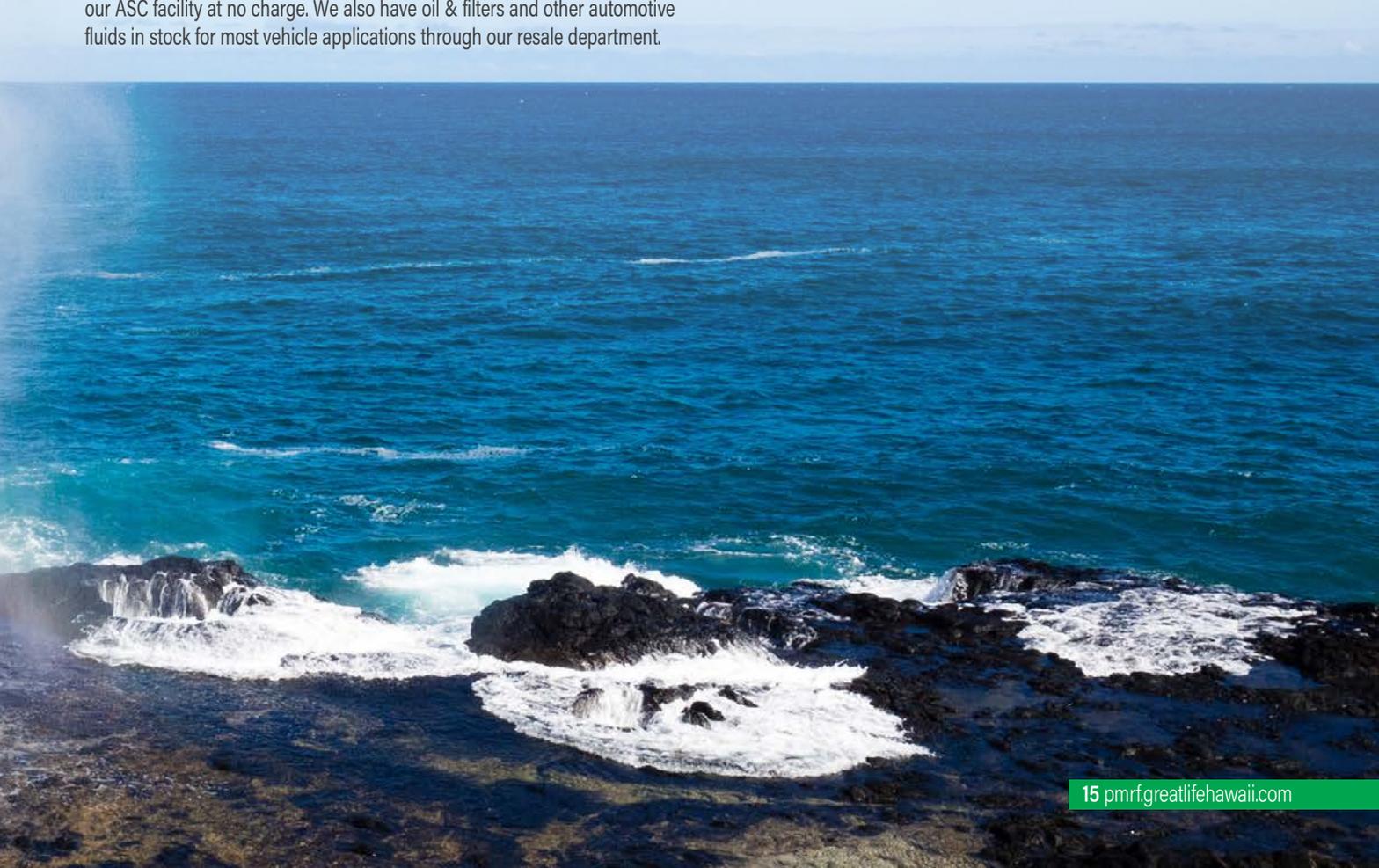
Start the New Year with a Bang! A bang for your buck that is! This month your MWR Auto Skills Center would like to offer you the use of the vehicle lift or Bay at "No Charge" for the first 1 hour when you come in to perform routine maintenance to your vehicle. We believe that vehicle maintenance is critical, and a key element to reduced expense in repairs. So if your vehicle is in need of an oil service, coolant service, or tune-up, we would like to offer you the use of our ASC facility at no charge. We also have oil & filters and other automotive fluids in stock for most vehicle applications through our resale department.

## **FEBRUARY**

Have your vehicle's tires been balanced and rotated lately? It is recommended that vehicles (cars, SUV, trucks) have their tires balanced and rotated every 7,500 miles. Doing so will greatly increase the life expectancy of almost any brand of tire on the market today. MWR Auto Skills Center would like to welcome you to our 4 for 2 special. Come in for the month of February and perform a tire rotation on your vehicle, and we will balance all 4 tires for the price of 2 plus shop usage fees.

- All specials apply to Active Duty Personnel and Spouse
- MWR ASC is a self-help program

Please Contact Mana Motors for any maintenance or repair questions you may have. Call 335-4439



# FOOTBALL SHOWDOWN WATCH PARTY

SUNDAY, FEBRUARY 7 | DOORS OPEN 1 HOUR BEFORE KICKOFF

FREE | OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Join us for a day of adrenaline and good clean fun as we watch two of the most amazing teams go head to head in the Super Bowl for the title of NFL Champion. Hang around until the end, we will have quarterly, half-time, and final games and prizes!

Call 808-631-9367 for more info.



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR

