

# On Target

MORALE, WELFARE AND RECREATION PMRF | MAY - JUNE 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 ..... 3:30 PM - 5:30 PM

TUESDAY & THURSDAY:

LAP SWIM ..... 11 AM - 1:30 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 | MAY - JUNE 2019

**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

Canoe cruise in Hanalei Bay

## INSIDE COVER

Night view of the Wai'oli Hui'ia Church in Hanalei

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## PACIFIC MISSILE RANGE FACILITY

**COMMANDING OFFICER** Captain Vincent Johnson

**EXECUTIVE OFFICER** Commander Daniel Kimberly

**MWR DIRECTOR** Don Inman

## MWR PMRF PHONE DIRECTORY

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**WEB** [http:// PMRF.greatlifehawaii.com](http://PMRF.greatlifehawaii.com)

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## MWR MARKETING

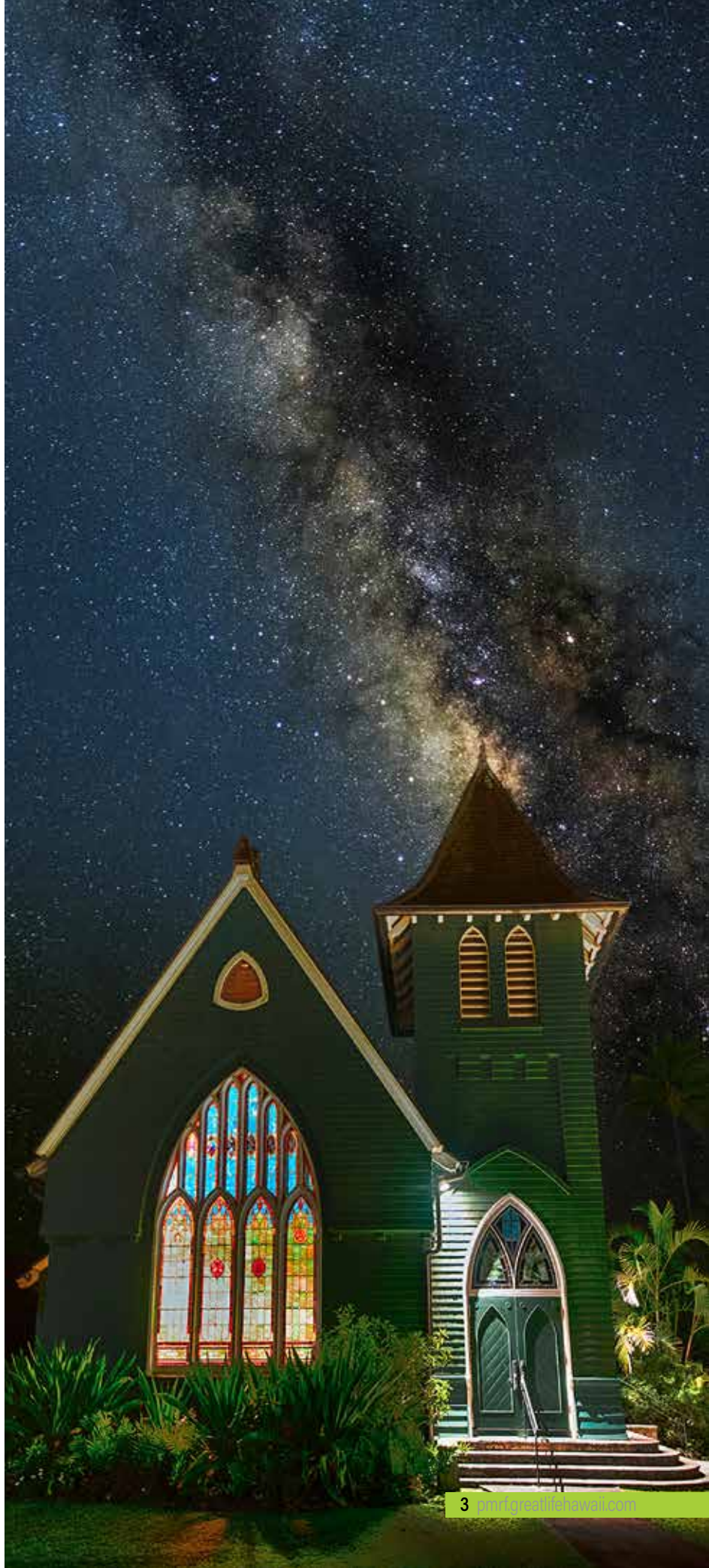
850 Ticonderoga St., Suite 300

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.

\*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

### MAY NATIONAL PHYSICAL FITNESS & SPORTS MONTH

People of all ages and body types can receive great benefits from engaging in regular physical activity. During National Physical Fitness and Sports Month, the PMRF Fitness team is here to help raise awareness about the benefits of physical fitness. Stop by the Fitness Center throughout the month to gain encouraging information to be more active in achieving your fitness goals.

#### WORKOUT OF THE MONTH

**MAY 1-31 • FITNESS CENTER • FREE • 335-4379 •  
OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Every month PMRF Fitness will host a different fitness challenge in which everyone is encouraged to improve their fitness levels. The purpose is to encourage self-improvement and provide some friendly competition.

For this month, individuals will compete through a challenging fitness course for time. Participants may complete each fitness course as many times as possible throughout the month. The top male and female participant with the best scores at the end of the month will receive an awesome prize.

#### NATIONAL MILITARY APPRECIATION MONTH: BLUE VS KHAKI

In honor of Military Appreciation Month, the PMRF Fitness team will be holding a series of competitions between Blues versus Khakis. Each week, PMRF military personnel will get the opportunity to compete in a series of challenges to earn points for their respective teams. At the end of the month, the team with the most points will be awarded winners of the Military Appreciation Challenge. Get your teams together and be ready to compete for bragging rights. Open to all eligible PMRF Active Duty personnel.

- Week 1: Curl-Up Challenge • May 6-10 • 6AM-6PM @ the FITNESS CENTER
- Week 2: Push-Up Challenge • May 13-17 • 6AM-6PM @ the FITNESS CENTER
- Week 3: 1.5 Mile Run Challenge • May 20-24 6AM-6PM @ the FITNESS CENTER

#### MWR SOFTBALL LEAGUE

**BEGINS MAY 6 • MEETING MAY 1 • FREE • 335-4379  
OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

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

- 10 on 10 (15 player team max)
- **Mandatory Participation meeting:**  
Wednesday, May 1- 11:30am @ the Fitness Center
- Round Robin begins Monday, May 6

#### GOLF SKILLS CHALLENGE

**WED, MAY 29 • DRIVING RANGE • FREE • 335-4379  
OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

This is an event which tests golfers' abilities in putting, driving distance, and the short game (i.e. bunker shots and chip shots). Come and practice your golf skills before our golf tournament next month!

#### JUNE MEN'S HEALTH MONTH

The initiative of Men's Health Month is to raise awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Visit the Fitness Center throughout the month as the PMRF Fitness team will be providing educational information about common health issues faced by men and boys today.

#### PARALLEL DIP CHALLENGE

**JUN 1-30 • 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 their fitness levels. The purpose is to encourage self-improvement and provide some friendly competition. Each participant can try to improve their score during the entire month in order to make the PMRF Challenge Board.

##### **This month's challenge:**

Perform as many consecutive bodyweight dips as possible.

#### IG HEALTHY EATS KAUAI CHALLENGE

**JUN 1-30 • ALL OVER KAUAI • COST OF YOUR MEALS  
335-4379 • OPEN TO ALL AUTHORIZED  
PMRF PERSONNEL**

Here is your chance to explore different restaurants around our island by participating in our Instagram Healthy Eats Kauai challenge

- Participants will be given a town & list of restaurants to choose from each week
- Participants will choose a healthy meal, and document completion of each challenge onto Instagram
- Instagram upload must tag @pmrfmwr
- Participants who complete all challenge tasks will receive a prize

#### MWR GOLF TOURNAMENT

**SAT, JUN 8 • PUAKEA GOLF COURSE • ACTIVE DUTY  
\$40, ALL OTHERS \$50 • 335-4379 • OPEN TO ALL  
AUTHORIZED PMRF PERSONNEL**

PMRF Fitness will be holding golf tournament at Puakea Golf Course. Price includes 18-holes with cart and range use, and a light luncheon at Ho'okipa Café. Top finishers will receive awesome prizes. Grab your clubs and sign-up today! Deadline to sign-up is Wednesday, May 29.





# MWR SWIM LESSONS

**MAY 6 - 16**

**MON - THURS**

**MANA SPLASH**

**COST: \$40**



**Open to all PMRF personnel (children must be 4 years+)**

- **Levels 1 & 2 (Ages 4 - 10): 4 - 4:50pm**
- **Levels 3 & 4 (Ages 7 - 17): 5 - 5:50pm**
- **Adults: 6 - 6:50pm**

**PMRF ACTIVE DUTY SIGN UP BEGINS APRIL 22.**

**OTHER ELIGIBLE PATRONS MAY BEGIN SIGN UP APRIL 29.**

**LIMITED SPACE AVAILABLE. CALL 335-4379 TO REGISTER MUST SUBMIT FULL PAYMENT TO SECURE A CLASS SPOT.**

[PMRF.GREATLIFEHAWAII.COM](http://PMRF.GREATLIFEHAWAII.COM)





## GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITNESS CENTER 0800-0830 – HardCore 1000-1100 – CDC Fitness 1100-1200 – Let's Get Ripped	FITNESS CENTER 0630-0730 – PT/Fitness Enhancement Program	FITNESS CENTER 1100-1200 – Let's Get Ripped	FITNESS CENTER 0630-0730 – PT/Fitness Enhancement Program 1530-1630 – YC Kids Fitness	FITNESS CENTER 0800-0830 – Regeneration 1100-1200 – TRX Training

**\*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 CD and Youth Center to attend.

### **COMMAND PT/FITNESS ENHANCEMENT PROGRAM**

The command physical fitness program is the command's action plan to maintain and/or improve the fitness and health of the entire crew.



## YOUTH CENTER

### YOUTH CENTER/CDC CLOSURE DAYS

• MAY 27 - MEMORIAL DAY

#### COOKING CLUB: DEVILED EGGS

WED, MAY 1 • 3:30PM-4:30PM • YOUTH CENTER • \$5  
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

Discover the power of proteins! Learn how one small egg can make a large (and tasty) impact on your body. Sign up Wednesday, April 24.

#### CRAFT CLUB: FLOWERS

WED, MAY 8 • 3:30PM-4:30PM • YOUTH CENTER • \$5  
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

Make a beautiful gift for someone special in your life. Preserve or create your own bouquet of flowers. Sign up Wednesday, May 1.

#### 4H CULTURAL CLUB

WED, MAY 15 • 3:30PM-4:30PM • YOUTH CENTER • \$5  
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

Learn about your heritage and culture as we explore cultures from around the world. Sign up Wednesday, May 8.

#### STEAM CLUB: CHAIN REACTIONS

MAY 22 • 3:30PM-4:30PM • YOUTH CENTER • \$5  
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

This KINETIC energy experiment has the POTENTIAL energy to create a big mess. Sign up Wednesday, May 15.

#### SUMMER KICK OFF!

FRI, MAY 31 • TIME TBA • YOUTH CENTER • FREE  
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

Celebrate the start of summer! Join the Youth Center for a party. Sign up by Wednesday, May 22.

#### COOKING CLUB: TUNA SALAD

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

Become chef for the day as you write your own tuna salad recipe! Sign up Wednesday, May 29.

#### CRAFT CLUB: MODELING DOUGH

WED, JUN 12 • 3:30PM-4:30PM • YOUTH CENTER • \$5  
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

Become the next Pablo Picasso or Michelangelo as you put your sculpting skills to the test. Every artist started somewhere, join us to learn a new, or enhance your, skills. Sign up Wednesday, June 5.

#### 4H CULTURAL CLUB

WED, JUN 19 • 3:30PM-4:30PM • YOUTH CENTER • \$5  
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

Learn about your heritage and culture as we explore cultures from around the world. Sign up Wednesday, June 12.

#### STEAM CLUB: ENGINEERING, CUP STACKING

WED, JUN 26 • 3:30PM-4:30PM • YOUTH CENTER • \$5  
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN  
AGES 5-18

Can you build a three-tiered structure on one small block? Challenge a friend in a friendly engineering competition. Sign up Wednesday, June 19.

#### DATES FOR SUMMER BREAK

JUN	SU	MO	TU	WE	TH	FR	SA
							1
SUMMER WK1	2	3	4	5	6	7	8
SUMMER WK2	9	10	11	12	13	14	15
SUMMER WK3	16	17	18	19	20	21	22
SUMMER WK4	23	24	25	26	27	28	29
	30						

JUL	SU	MO	TU	WE	TH	FR	SA
SUMMER WK5		1	2	3	4	5	6
SUMMER WK6	7	8	9	10	11	12	13
SUMMER WK7	14	15	16	17	18	19	20
SUMMER WK8*	21	22	23	24	25	26	27
SUMMER WK9*	28	29	30	31			

\*MISSOULA CHILDREN'S THEATER

#### FIELD TRIPS FOR SUMMER

The Youth Center is expected to take two fields trip per month on excursions that will focus on outdoor recreation and bettering our community. Trips dates and locations and TBD.

#### SPORTS CLINICS FOR SUMMER BASEBALL

JUNE TBD • YOUTH CENTER • INCLUDED IN SUMMER  
CAMP FEES • 335-4419 • OPEN TO ALL ELIGIBLE  
PMRF CHILDREN AGES 5-18

#### YOUTH'S CHOICE

JULY TBD • YOUTH CENTER • INCLUDED IN SUMMER  
CAMP FEES • 335-4419 • OPEN TO ALL ELIGIBLE  
PMRF CHILDREN AGES 5-18

## CDC

#### CYP STAFF APPRECIATION WEEK - MAY 6-10

It is time to say "Thank You" to your children's first teachers. Let them know that they are appreciated for their patience, hard-working, and dedication while caring for our children.

#### BOY'S DAY

MON, MAY 6 • ALL DAY • FREE FOR CHILDREN  
ATTENDING THE PROGRAM

Children and teachers will be making mochi and displaying cars representing each boy in the program.



#### MAY DAY CELEBRATION

FRI, MAY 10 • 10AM • FREE FOR CHILDREN & FAMILIES  
ATTENDING THE PROGRAM

Come and join us for our traditional May Day program. CDC's Preschool children in the May Day court will be representing all the Hawaiian Islands. It will be followed by a family luncheon. RSVP by May 1.

#### FAMILY DAY BREAKFAST

TUE, MAY 14 • 8AM • FREE FOR CHILDREN & FAMILIES  
ATTENDING THE PROGRAM

We will have a special breakfast for everybody who you can call family. Please join us. The fun begins at 8am. RSVP at front desk by May 10.

#### FAMILY DAY AT THE FIELD

FRI, JUN 14 • 10:30AM • FREE FOR CHILDREN  
ATTENDING THE PROGRAM

Summer is here!! Take a break from work, come and enjoy games at the soccer field with your child. Then, come to the CDC and have lunch with us. RSVP at front desk by June 11.

#### HOURLY CARE

DAILY • CDC • \$FEE • 335-4453 • OPEN TO ALL  
ELIGIBLE PMRF CHILDREN 6 WEEKS-OLDS THROUGH  
5 YEARS 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY			1 YOUTH CENTER COOKING CLUB - DEVILED EGGS 3:30PM-4:30PM YOUTH CENTER	2	3 SPECIAL EVENTS SHENANIGANS KARAOKE CONTEST 9PM-12AM SHENANIGANS	4 TRIPS, TOURS & OUTINGS EZ BEACH DAY ANINI BEACH 9AM-3PM
			8 YOUTH CENTER CRAFT CLUB - FLOWERS 3:30PM-4:30PM YOUTH CENTER  CDC CYP STAFF APPRECIATION WEEK	9 CDC CYP STAFF APPRECIATION WEEK	10 CDC CYP STAFF APPRECIATION WEEK  CDC MAY DAY CELEBRATION 10AM CDC	11
5 FITNESS CENTER NATIONAL MILITARY APPRECIATION MONTH - BLUE VS KHAKI CURL-UP CHALLENGE 6AM-6PM FITNESS CENTER  MWR SOFTBALL LEAGUE ROUND ROBIN BEGINS TODAY!  AQUATICS SESSION 1 MWR SWIM LESSONS BEGIN TODAY  LIBERTY LIFE SIZE JENGA TOURNAMENT 5PM-7:30PM LIBERTY CENTER  CDC CYP STAFF APPRECIATION WEEK	6	7 COMMUNITY RECREATION UKULELE JAM SESSION 6PM-7:30PM SHENANIGANS  CDC CYP STAFF APPRECIATION WEEK				
12 SHENANIGANS MOTHER'S DAY BRUNCH 10AM-1PM SHENANIGANS	13 FITNESS CENTER NATIONAL MILITARY APPRECIATION MONTH - BLUE VS KHAKI PUSH-UP CHALLENGE 6AM-6PM FITNESS CENTER	14 CDC FAMILY DAY BREAKFAST 8AM CDC  SPECIAL EVENTS TRIVIA NIGHT 6:30PM-8PM SHENANIGANS	15 YOUTH CENTER 4H CULTURAL CLUB 3:30PM-4:30PM YOUTH CENTER	16	17	18 TRIPS, TOURS & OUTINGS MOUNTAIN TUBING WITH KAUAI BACK COUNTRY ADVENTURES 9AM-3PM HANAMAULU
19 FITNESS CENTER NATIONAL MILITARY APPRECIATION MONTH - BLUE VS KHAKI 1.5 MILE RUN CHALLENGE 6AM-6PM FITNESS CENTER  LIBERTY MAKE YOUR OWN HAWAIIAN PLATE COOKING SERIES - CHICKEN LONG RICE 6PM LIBERTY CENTER	20	21	22 YOUTH CENTER STEAM CLUB - CHAIN REACTIONS 3:30PM-4:30PM YOUTH CENTER	23	24 SHENANIGANS MONGOLIAN BBQ 5PM-9PM  SPECIAL EVENTS KANIKAPILA NIGHTS 6PM-8PM SHENANIGANS  SHENANIGANS KARAOKE NIGHT 9PM-12AM SHENANIGANS  COMMUNITY RECREATION CORN HOLE TOURNAMENT 7PM-9PM SHENANIGANS	25 LIBERTY HORSEBACK RIDING TOUR VAN DEPARTS LIBERTY 8AM PRINCEVILLE
26 MEMORIAL DAY MWR ON HOLIDAY HOURS	27	28	29 FITNESS CENTER GOLF SKILLS CHALLENGE 5PM DRIVING RANGE  COMMUNITY RECREATION FAMILY FUN BINGO NIGHT 6PM SHENANIGANS	30	31 YOUTH CENTER SUMMER KICK OFF! TIME TBA YOUTH CENTER	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> <b>TRIPS, TOURS &amp; OUTINGS</b> EZ BEACH DAY KALAPAKI BEACH 9AM-3PM
<b>2</b>	<b>3</b> <b>LIBERTY</b> LIFE SIZE CONNECT 4 TOURNAMENT 5PM-7:30PM LIBERTY CENTER	<b>4</b> <b>COMMUNITY RECREATION</b> UKULELE JAM SESSION 6-7:30PM SHENANIGANS	<b>5</b> <b>YOUTH CENTER</b> COOKING CLUB - TUNA SALAD 3:30PM-4:30PM YOUTH CENTER  <b>COMMUNITY RECREATION</b> TEXAS HOLD'EM TOURNAMENT 6PM SHENANIGANS	<b>6</b>	<b>7</b> <b>SPECIAL EVENTS</b> SHENANIGANS KARAOKE NIGHT 9PM-12AM SHENANIGANS	<b>8</b> <b>FITNESS CTR</b> MWR GOLF TOURNAMENT PUAKEA GOLF COURSE
<b>9</b>	<b>10</b> <b>AQUATICS</b> SESSION 1 MWR SWIM LESSONS BEGIN TODAY	<b>11</b> <b>SPECIAL EVENTS</b> TRIVIA NIGHT 6:30PM-8PM SHENANIGANS	<b>12</b> <b>YOUTH CENTER</b> CRAFT CLUB - MODELING DOUGH 3:30PM-4:30PM YOUTH CENTER	<b>13</b>	<b>14</b> <b>CDC</b> FAMILY DAY AT THE FIELD 10:30AM SOCCER FIELD	<b>15</b> <b>SHENANIGANS</b> EARLY FATHER'S DAY BBQ PORK RIBS DINNER SPECIAL 5PM-9PM SHENANIGANS  <b>LIBERTY</b> SAILORS CHOICE HIKING ADVENTURE VAN DEPARTS LIBERTY CENTER AT 8AM
<b>16</b>	<b>17</b> <b>LIBERTY</b> MAKE YOUR OWN HAWAIIAN PLATE COOKING SERIES - LOMI SALMON 6PM LIBERTY CENTER	<b>18</b>	<b>19</b> <b>YOUTH CENTER</b> 4H CULTURAL CLUB 3:30-4:30PM YOUTH CENTER  <b>COMMUNITY RECREATION</b> FAMILY FUED 6PM SHENANIGANS	<b>20</b>	<b>21</b> <b>SPECIAL EVENTS</b> KANIKAPILA NIGHTS 6-8PM SHENANIGANS  <b>SHENANIGANS</b> SHENANIGANS SIGNATURE SHRIMP BOIL 5PM-9PM SHENANIGANS	<b>22</b> <b>TRIPS, TOURS &amp; OUTINGS</b> LEARN TO SURF 9AM-3PM \$TBA
<b>23</b>	<b>24</b>	<b>25</b> <b>YOUTH CENTER</b> STEAM CLUB - ENGINEERING CUP STACKING 3:30PM-4:30PM YOUTH CENTER	<b>26</b>	<b>27</b>	<b>28</b> <b>SPECIAL EVENTS</b> SHENANIGANS KARAOKE CONTEST 9PM-12AM SHENANIGANS	<b>29</b>
<b>30</b>						

## MAY

### FITNESS CENTER

NATIONAL PHYSICAL FITNESS AND SPORTS MONTH - MAY 1-31

WORKOUT OF THE MONTH - MAY 1-31

## JUNE

### FITNESS CENTER

MEN'S HEALTH MONTH - JUNE 1-30

PARALLEL DIP CHALLENGE - JUNE 1-30

IG HEALTHY EATS KAUAI CHALLENGE - JUNE 1-30



# WHAT'S HAPPENING AT *Shenanigans!*



WEEKLY DINNER SPECIALS - ALL THROUGH MAY AND JUNE

KEEP AN EYE OUT FOR OUR WEEKLY DINNER SPECIALS. EVERY WEEK A DIFFERENT OFFERING!

## *Mother's Day Brunch*

**SUNDAY, MAY 12 | 10AM-1PM**

**ADULTS: \$35 | 10-14 YRS: \$23 | 5-9 YRS: \$13**

*What better way to kick off a day dedicated to Mom than a delicious brunch with an ocean view setting? We've rounded up some great Mother's Day brunch options to suit any Mom's style, whether she likes seafood, savory meats or breakfast food any time of the day!*

*See menu on page 11.*

## **MONGOLIAN BBQ**

**FRIDAY, MAY 24 | 5PM-9PM | \$.95/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*

## **EARLY FATHER'S DAY BBQ PORK RIBS DINNER SPECIAL**

**SATURDAY, JUNE 15 | 5PM-9PM | \$24**

*Bring Dad over and treat him to our Father's Day Special!*

*Feat. Succulent BBQ Baby Back Pork Ribs, Fried Potatoes or Steamed White Rice, Baked Beans, Cole Slaw and Corn on the Cob*

## **SHENANIGANS SIGNATURE SHRIMP BOIL**

**FRIDAY, JUNE 21 | 5PM-9PM | \$34 PER ORDER | \$18 PER HALF ORDER**

*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. See page 11 for more info.*

*Modified menu available: pizzas, appetizers and desserts*

**RESERVATIONS HIGHLY RECOMMENDED FOR THESE AWESOME SPECIALTY NIGHTS**

**808-335-4708 (between 8:30AM-4PM, Mon-Fri) | 808-335-4706 (between 4PM-8:30PM, Tue-Sat)**

[pmrf.greatlifehawaii.com](http://pmrf.greatlifehawaii.com)



@pmrfmoralewelfare



@PMRFMWR



## **SHENANIGANS**

### **ALL OF MAY WEEKLY DINNER SPECIALS**

**KEEP AN EYE OUT FOR OUR WEEKLY DINNER SPECIALS. EACH WEEK A DIFFERENT OFFERING.**

### **MOTHER'S DAY BRUNCH**

**SUN, MAY 12 • 10AM-1PM • ADULTS: \$35 • 10-14 YRS: \$23 • 5-9 YRS: \$13**

What better way to kick off a day dedicated to Mom than a delicious brunch with an ocean view setting? We've rounded up some great Mother's Day brunch options to suit any Mom's style, whether she likes seafood, savory meats or breakfast food any time of the day!

#### **MENU**

Scrambled Eggs	Denver Scramble
Portuguese Sausage	Crispy Bacon
Link Sausage	Assorted Flatbread Pizza
Breakfast Potatoes	Steamed White Rice
Soup of the day	Salads & Fresh Fruit
Pancake & French Toast	
<i>(Toppings: Strawberry topping, macadamia nuts, whipped topping and maple syrup)</i>	
Prime Rib w/au jus Carving Station with fixings	
Shrimp Tempura w/dipping sauces	
Chocolate Fountain with assortment of dippers	
Assorted Juices	

RESERVATIONS HIGHLY RECOMMENDED

808-335-4708 (between 8:30am-4pm, Mon-Fri)

808-335-4706 (between 4pm-8:30pm Tuesday-Saturday)

### **MONGOLIAN BBQ**

**FRI, MAY 24 • 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

### **EARLY FATHER'S DAY BBQ PORK RIBS DINNER SPECIAL**

**SAT, JUN 15 • 5PM-9PM • \$24**

Bring Dad over and treat him to our Father's Day Special! Succulent BBQ Baby Back Pork Ribs  
Fried Potatoes or Steamed White Rice  
Baked Beans  
Cole Slaw  
Corn on the Cobb

### **SHENANIGANS SIGNATURE SHRIMP BOIL**

**FRI, JUN 21 • 5PM-9PM • \$34 PER ORDER  
\$18 PER HALF ORDER**

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 6 pieces Shrimp: \$11

**Modified menu available:** pizzas, appetizers and desserts

RESERVATIONS HIGHLY RECOMMENDED

808-335-4708 (between 8:30am-4pm, Mon-Fri),

808-335-4706 (between 4pm-8:30pm Tuesday-Saturday)

## **SPECIAL EVENTS**

### **"LET THE SHENANIGANS BEGIN" KARAOKE CONTEST**

**FRI, MAY 3 & JUN 28 • 9PM-12AM • SHENANIGANS  
\$10 • 335-4380 • OPEN TO PMRF AFFILIATED  
PATRONS & MWR GUEST CARD HOLDERS**

Win \$\$ PRIZE. Enter our karaoke contest and show us your vocal talents! Limited to first 12 contestants. Pre-register and receive a FREE "Let the Shenanigans Begin" T-Shirt. Drop-Ins welcome if space is available.

### **TRIVIA NIGHT**

**TUE, MAY 14 • 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.

### **KANIKAPILA NIGHTS**

**FRI, MAY 24 • 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.

### **SHENANIGANS KARAOKE NIGHT**

**FRI, MAY 24 • 9PM-12AM • FREE • 335-4380 • OPEN TO  
PMRF AFFILIATED PATRONS & MWR GUEST CARD  
HOLDERS**

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! No registration required, drop in event.

### **SHENANIGANS KARAOKE NIGHT**

**FRI, JUN 7 • 9PM-12AM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**

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! No registration required, drop in event.

### **TRIVIA NIGHT**

**TUE, JUN 11 • 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.

### **KANIKAPILA NIGHTS**

**FRI, JUN 21 • 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.

## **COMMUNITY RECREATION UKULELE JAM SESSION**

**TUE, MAY 7 • 6PM-7:30PM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**

Learn to play Kauai's first choice of instrument during a "jam session" or come, join and jam with others at this FREE Ukulele Jam Session. Learn chords from 6-6:30pm and song play for the remainder of the session. No registration required, drop in event.

### **CORN HOLE TOURNAMENT**

**FRI, MAY 24 • 7PM-9PM • 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, featuring a friendly corn hole tournament, while overlooking Kauai's breathtaking sunset.

### **FAMILY FUN BINGO NIGHT**

**WED, MAY 29 • 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. One bingo slider card per participant. No registration required, drop in event.

### **UKULELE JAM SESSION**

**TUE, JUN 4 • 6PM-7:30PM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**

Learn to play Kauai's first choice of instrument during a "jam session" or come, join and jam with others at this FREE Ukulele Jam Session. Learn chords from 6-6:30pm and song play for the remainder of the session. No registration required, drop in event.



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

**WED, JUN 5 • 6PM • SHENANIGANS • FREE • 335-4346**  
**OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS 18 AND OVER**

This tournament consists of set house rules, prizes and free pupus for all participants. Sign up at Shenanigans or call 808-335-4346. 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.

### **FAMILY FEUD**

**WED, JUN 19 • 6PM • SHENANIGANS • 335-4380**  
**OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Join us as we play one of America's favorite game shows! We are looking for three teams of 5 people, ages 15+. Build your team, come up with a team name and sign up using **ONLY YOUR TEAM NAME** at Shenanigans or by calling (808) 335-4706.

### **TRIPS, TOURS AND OUTINGS**

#### **EZ BEACH DAY ANINI BEACH**

**SAT, MAY 4 • 9AM-3PM • ANINI BEACH • FREE**  
**TRANSPORTATION AVAILABLE • 335-4346 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES**

Join us for a relaxing day on the beach. Snorkel gear will be available. A hydration station and snacks will be provided. Don't forget to pack your sunscreen and lunch. Sign up for transportation; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR Tents! See you at EZ Beach Day!

#### **MOUNTAIN TUBING WITH KAUAI BACK COUNTRY ADVENTURES**

**SAT, MAY 18 • 9AM-3PM • HANAMAULU • \$98**  
**TRANSPORTATION AVAILABLE • 335-4346 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES**

For something different, and a fun outing: go tubing through tunnels. This novel half-day outing is suitable even for kids as young as five. The back-story for this adventure is part of Kauai's history: the setting is an old sugar plantation. The sugar industry dwindled decades ago; this plantation, like others, was inactive, its long irrigation ditches useless -- until someone had the bright idea of floating in tubes down the ditches. The fun parts of this adventure are in the hand-dug tunnels: kids will love wearing helmets equipped with miners' lights. Don't forget to pack your own lunch. Sign up for transportation; \$5 Active Duty & Family Members, \$7 ALL others.

#### **EZ BEACH DAY KALAPAKI BEACH**

**SAT, JUN 1 • 9AM-3PM • KALAPAKI • FREE**  
**TRANSPORTATION AVAILABLE • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES**

Join us for a relaxing day at the beach with water activities. No registration required, drop in event. Don't forget to pack your sunscreen and lunch. Sign up for transportation; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR Tents! See you at EZ Beach Day!

### **LEARN TO SURF**

**SAT, JUN 22 • 9AM-3PM • PLACE AND PRICE TBA • TRANSPORTATION AVAILABLE • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES**

Learn to surf like the locals! Come with us as we "hele" on down to the beach and take some surf lessons at one of our spectacular beaches on the island. Sign up for transportation; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR Tents!

### **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.

#### **LIFE SIZE JENGA TOURNAMENT**

**MON, MAY 6 • 5PM-7:30PM • LIBERTY CENTER • FREE • 335-4346**

Join MWR Community Recreation for a life-size Jenga tournament at the Liberty Center. Jenga is a game of physical skill. Players will take turns removing one block at a time from a tower constructed of 54 blocks. Each block removed is placed on top of the tower, creating a progressively taller and more unstable structure. First person to topple the tower over is out. Winning team gets name placed on brag board and will also come back to defend their team name in another LIFE SIZE GAME TOURNAMENT!

#### **MAKE YOUR OWN HAWAIIAN PLATE COOKING SERIES: CHICKEN LONG RICE**

**MON, MAY 20 • 6PM • LIBERTY CENTER • FREE • 335-4346**

Let's make our own Hawaiian Luau plate. This month we are starting with Chicken Long Rice. Make sure you sign up for our entire make your own series to complete your own Hawaiian Plate. Don't forget to sign up at the CRC, Emailing Liberty.pmrff@yahoo.com, Facebook or call and leave a message.

#### **HORSEBACK RIDING TOUR**

**SAT, MAY 25 • VAN DEPARTS LIBERTY 8AM • PRINCEVILLE • \$TBA • 335-4346**

Princeville Ranch Adventure's most popular horseback tour, offered since 1978! Ride across our historic working cattle ranch as you soak up the breathtaking views of the Makaleha mountains, made famous in the Jurassic Park movies. Explore the ranch as you ride a horse, paired just for you, with our experienced guides who are educated in natural horsemanship skills and well versed in Hawaii's history, flora, and fauna. Sign up at the Community Recreation Center by May 15 to secure your spot! Limited spots available.

### **LIFE SIZE CONNECT 4 TOURNAMENT**

**MON, JUN 3 • 5PM-7:30PM • LIBERTY CENTER • FREE • 335-4346**

Join MWR Community Recreation for a life-size Connect 4 tournament at the Liberty Center. Connect 4 is a two-player game, but teams will rotate players to place a chip in the slot to try to connect 4! So put your thinking caps on and get ready to strategize with your team as you take on the reigning winners of Life Size Jenga! Winning team gets name placed on brag board and will also come back to defend their team name in another LIFE SIZE GAME TOURNAMENT!

#### **SAILORS CHOICE HIKING ADVENTURE**

**SAT, JUN 15 • VAN DEPARTS LIBERTY CENTER AT 8AM • \$TBA • 335-4346**

MWR is letting our Junior Sailors pick their adventure this month! So make sure you contact us and let us know where you folks want to go. What we do will determine the cost. While we are out we can stop for lunch or feel free to pack your own. Dress ready to go on an adventure, pack your towel, extra clothes, and sun screen! Sign up by June 12.

#### **MAKE YOUR OWN HAWAIIAN PLATE COOKING SERIES: LOMI SALMON**

**MON, JUN 17 • 6PM • LIBERTY CENTER • FREE • 335-4346**

Let's make our own Hawaiian Luau plate. This month we are making Lomi Salmon. Make sure you sign up for our entire make your own series to complete your own Hawaiian Plate. Don't forget to sign up at the CRC, Emailing Liberty.pmrff@yahoo.com, Facebook or call and leave a message.

### **MOVIE HOUSE**

#### **FREE POPCORN**

**FRI, MAY 31 • 7PM-10PM • 335-4380**

Join us at the movies and receive a free small popcorn.

#### **SUMMER TIME FUN**

**SAT JUN 15 • 7PM-9PM • 335-4380**

Kids wear your brightest summer outfit and receive a free candy bar.



## AQUATICS

### POOL HOURS OF OPERATION

#### MONDAY, WEDNESDAY & FRIDAY:

- LAP SWIM - 11AM-1:00PM
- OPEN SWIM - 3:30PM-5:30PM

#### TUESDAY & THURSDAY:

- LAP SWIM: 11AM-1:30PM

#### SATURDAY, SUNDAY & HOLIDAYS:

- OPEN SWIM: 11AM-5PM

### SUMMER POOL HOURS

#### (JUNE 1 - AUGUST 4)

#### MONDAY, WEDNESDAY & FRIDAY:

- LAP SWIM - 11:00AM-1:30PM
- OPEN SWIM - 1:30PM-5PM

#### TUESDAY & THURSDAY:

- LAP SWIM - 11:00AM-1:30PM

#### SATURDAY, SUNDAY & HOLIDAYS:

- OPEN SWIM - 11:00AM-5PM

## MAY

### POOL TIP OF THE MONTH:

#### SWIM IN A PAIR NEAR A LIFEGUARD CHAIR

### MWR SWIM LESSONS SESSION 1:

MAY 6-16 • MANA SPLASH • \$40 • 335-4379

#### OPEN TO ALL AUTHORIZED PMRF PERSONNEL

PMRF Active Duty sign-ups begin Monday, April 22.

All other eligible patrons may sign up beginning Monday, April 29. Limited space available, first come first serve.

Must submit full payment to secure class spot. Learn to Swim for ages 4 and up. Classes will be held on Monday, Tuesday, Wednesday and Thursday:

- Levels 1 & 2 (Ages 4-10): 4PM-4:50PM
- Levels 3 & 4 (Ages 7-17): 5PM-5:50PM
- Adults: 6PM-6:50PM

## JUNE

### POOL TIP OF THE MONTH:

#### TOO MUCH SUN IS NO FUN

### MWR SWIM LESSONS SESSION 2:

JUN 10-20 • MANA SPLASH • \$40 • 335-4379

#### OPEN TO ALL AUTHORIZED PMRF PERSONNEL

PMRF Active Duty sign-ups begin Monday, May 27.

All other eligible patrons may sign up beginning Monday, June 3. Limited space available, first come first serve.

Must submit full payment to secure class spot. Learn to Swim for ages 4 and up. Classes will be held on Monday, Tuesday, Wednesday and Thursday:

- Levels 1 & 2 (Ages 4-10): 4PM-4:50PM
- Levels 3 & 4 (Ages 7-17): 5PM-5:50PM
- Adults: 6PM-6:50PM





# ITT AT THE COMMUNITY ADVENTURE CENTER

## ON GOING ISLAND EVENTS

### ALOHA FRIDAY LEI MAKING WORKSHOP

Free lei-making workshops are held every Friday at the West Kaua'i Technology & Visitors Center from 9:30AM-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.

### HISTORIC WAIMEA WALKING TOUR

Tour historic Waimea, the place where Captain Cook first landed in Hawai'i. This town was once a major population center and the home to ruling chiefs. Missionaries established schools, and rice and sugar growers changed the landscape. Every Monday, the free 90-minute tour begins at the West Kaua'i Technology and Visitor Center @ 9:30AM. For reservations and more info call 338-1332.

### 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.

### OLD WAIMEA SUGAR PLANTATION WALKING TOUR

Tour Waimea Plantation Cottages and the neighboring Waimea Sugar Company "camp" houses, which date from the turn of the century. Tours are held every Tuesday, Thursday and Saturday at 9-10:30AM. FMI and reservations, call 337-1005.

### SLACK KEY GUITAR & 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.



## MANA MOTORS AUTO SKILLS

For the months of May & June, MWR ASC would like to encourage our Active Duty vehicle owners to perform routine maintenance to their POV here at the Auto Skills Center.

Active Duty Patrons will receive the following:

- **FREE usage of the vehicle lift up to 1 hour.**
- **Purchase any oil filter in stock and receive a 10% discount.**
- **Purchase any 5W-20, 5W-30 Motor oil and receive a 10% discount.**
- **Receive professional guidance in service of your vehicle.**

*(Special applies to ALL PMRF Active Duty and/orSpouse)*

For further information, please call 335-4439.

## 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





# LET THE *Shenanigans* Begin

## KARAOKE CONTEST

FRIDAY, MAY 3 & JUNE 28 | 9PM-12AM | SHENANIGANS

*Enter our karaoke contest &  
show us your vocal talents*

**\$10**  
ENTRY FEE

### WIN PRIZES!

OPEN TO PMRF AFFILIATED PATRONS  
AND MWR GUEST CARD HOLDERS

LIMITED TO FIRST 12 CONTESTANTS. DROP-INS WELCOME IF SPACE IS AVAILABLE.  
PRE-REGISTER AND RECEIVE A FREE "LET THE SHENANIGANS BEGIN" T-SHIRT.

WARM UP FOR THE CONTEST WITH OUR FREE KARAOKE NIGHTS ON MAY 24 AND JUNE 7. PRACTICE YOUR  
SONGS. BEST SINGER OF THE NIGHT WILL BE ADDED TO OUR MONTHLY KARAOKE HALL OF FAME!

CALL 335-4380 FOR MORE INFO | [PMRF.GREATLIFEHAWAII.COM](http://PMRF.GREATLIFEHAWAII.COM)

Stay connected!



@pmrfmoralewelfare



@PMRFMWR

