

On Target

MORALE, WELFARE AND RECREATION PMRF | SEP - OCT 2020



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

**Times are subject to change
without notice due to COVID19**

On Target

MORALE, WELFARE AND RECREATION PMRF | SEP - OCT 2020

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.

COVER

Bali Hai Sunset

PAGE 3

Stream Kayaking Near Hanalei

PACIFIC MISSILE RANGE FACILITY

COMMANDING OFFICER Captain Timothy Young

EXECUTIVE OFFICER Commander Richard Schmaeling

MWR DIRECTOR Jeffrey Shaw

MWR PMRF PHONE DIRECTORY

PHONE (808) 335-4195

DSN (315) 421-6195

FAX (808) 335-4769

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



MWR MARKETING

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Pearl Harbor, HI 96860

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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

SEPTEMBER

NATIONAL FOOD SAFETY EDUCATION MONTH

Each year, the Partnership for Food Safety Education uses the month of September to encourage safe and healthy meals preparation. The PMRF Fitness Team will provide information about foodborne illnesses and ways to improve food safety by checking out our bulletin boards at the front.

MARATHON CHALLENGE

SEP 1-30 • 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, getting active and provide some friendly competition. For this month, individuals will be challenged to complete 26.2 miles by the end of the month. Finishers will be able to select a prize and receive a T-Shirt.

"NO GYM" BUDDY FITNESS CHALLENGE

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

Who says you need a gym to reach your fitness goals? With beautiful weather year-round, Kauai offers many different recreational sites and activities that can help you stay active and fit. Motivate a buddy to come along with you and join us in exploring this beautiful island.

- Participants will be given a challenge each week to complete
- Participant will document completion of each challenge
- Send to pmrfmwrl@gmail.com, Instagram @pmrfmwr, Facebook @pmrfmoralewelfare, or use hashtag #pmrfmwrwhy #pmrfmwrfitness
- Participants who complete all challenge tasks will receive a prize

**DON'T LIMIT
YOUR CHALLENGES
CHALLENGE
YOUR LIMITS**

HOMERUN DERBY

WED, SEP 16 • 5PM • SOFTBALL FIELD • FREE
• 335-4379 • OPEN TO ALL AUTHORIZED
PMRF PERSONNEL

Let's play some BALL!! Grab some friends and join the PMRF Fitness team for some friendly competition. You will need to find your own pitcher to participate in this event and all participants (pitchers & hitters) must be authorized PMRF personnel. There will be a warm up round, followed by the 1st round of 10 pitches. Top 3 participants will continue to the final round, where they will receive 10 more pitches to determine the winner.

Categories are:

- Ages 10-13 (male & female)
- Ages 14-17 (male & female)
- 18 & over (male)
- 18 & over (female)

OCTOBER

NATIONAL BULLYING PREVENTION MONTH

National Bullying Prevention Month is a campaign in the United States founded in 2006 by PACER's National Bullying Prevention Center. The campaign held during the month of October and unites communities nationwide to educate and raise awareness of bullying prevention. PACER developed the campaign in response to the need to raise awareness of bullying, as it was historically viewed "a childhood rite of passage" and believed that bullying "made kids tougher", when the reality is that bullying has devastating effects such as school avoidance, loss of self-esteem, increased anxiety and depression. The PMRF Fitness team will be providing a variety of useful information to educate you and raise awareness about bullying.

JACOB'S LADDER CHALLENGE

OCT 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 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: Climb the Jacob's Ladder for 1000 feet as fast as you can.

DISCOVERERS' RACE

WED, OCT 14 • 5PM • FITNESS CENTER • FREE
• 335-4379 • OPEN TO ALL AUTHORIZED
PMRF PERSONNEL

Ready for an adventure race that not only tests you physically but mentally? Grab a partner and join us for our annual Discoverers' Race. With the use of a compass, teams of two will navigate through a course filled with challenges and obstacles. Deadline to register is Monday, October 12.

3-POINT BASKETBALL HALLOWEEN COSTUME SHOOTOUT

TUE, OCT 27 • 5PM • BASKETBALL COURT
• 335-4379 • OPEN TO ALL AUTHORIZED
PMRF PERSONNEL

This is not your ordinary 3-point shootout. Get dressed in your favorite Halloween costume, and enjoy some friendly basketball competition. Each contestant will have 60 seconds to shoot 5 balls from 5 designated areas along the 3-point line. After the first round, the top 3 contestants will continue to the final round where we will crown the winner. There will also be a prize for the best costume, voted by the Fitness staff.

Categories are:

- Ages 14-17
- Ages 18 & Over

GROUP EXERCISE SCHEDULE

MONDAY:

Outdoor Yoga
0700-0800

TUESDAY:

Let's get RIPPED Outside
0700-0800

WEDNESDAY:

Outdoor Yoga
1700-1800

THURSDAY:

Let's get RIPPED Outside
0700-0800

*SCHEDULE IS SUBJECT TO CHANGE

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.

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.

Savor the Flavor

at Shenanigans



SHENANIGANS SHRIMP BOIL

FRI, SEP 4

5-9PM

\$35 full order \$18 half order

Featuring Kauai's very own Kauai Shrimp!

Nothing better than a pound of succulent Kauai shrimp mixed with sausage, potatoes and corn on the cob. Served with cocktail sauce or 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 \$12

Modified menu available.



MONGOLIAN BBQ STIR FRY DINNER SPECIAL

FRI, SEP 18 and OCT 23

5-9PM

\$18 full portion \$9 half portion

So popular we're doing it twice!

Create your own stir-fry! Pick your favorites 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.



PRIME RIB DINNER SPECIAL

FRI, OCT 2

5-9PM

\$32

PRIME RIB, need we say more?

14 oz cut with au jus & horseradish sauce, baked potato with all the fixings and fresh vegetable of the day.

Modified menu available.



Open to all authorized PMRF patrons. 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





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.

Choosing childcare is one of the most important decisions you make for your family. You have come to the right place for programs that are guided by the highest professional standards and tailored to meet the unique needs of Navy families.

One of the reasons you chose a life of military service is the Navy's deep commitment to supporting families. You will see that commitment in action in Navy CYP in nationally accredited care for infants to teens; in high-quality care even during nontraditional hours to accommodate your working schedule; and in attention to detail, such as implementing practices that promote good nutrition, physical activity, and school preparedness.



To be eligible for care in Navy CYP, your child must have a military or other eligible DoD-affiliated sponsor. Eligible sponsors include active duty military, DoD civilians, reservists on active orders, active duty combat-related Wounded Warriors, and surviving spouses of military members who died in combat-related incidents. All families are required to show proof of eligibility upon enrolling.

Here at PMRF Child and Youth Programs we are able to support all of your childcare needs and provide you with resources. All CYP employees complete extensive training in child and youth development, relationships, and safety. PMRF Child & Youth Programs includes Child Development Center that serves children 6 weeks to 5 years old, and the Youth Center that serves school-age children ages 5 years to 12 years and youth ages 13 years to 18 years. We also provide resources and information from the School Liaison Program. The School Liaison Representative is a subject matter expert on education issues and resources. We are able to assist military families and provide resources on 7 core areas: school transitions/PCS, deployment support, special education system navigation, installation/school/community resources, and partnership in education, homeschool linkage, and postsecondary preparation.

For more information please contact us:
808-335-4453 or Alejandra.sanchez1@navy.mil

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARATHON CHALLENGE • SEPTEMBER 1-30 • FITNESS CENTER "NO GYM" BUDDY FITNESS CHALLENGE • SEPTEMBER 1-30 • FITNESS CENTER						
		1	2	3	4	5
			COMMUNITY RECREATION LOCKDOWN LUNCH BREAK CHALLENGE 11:30AM VIRTUAL		SHENANIGANS SHENANIGANS SHRIMP BOIL 5-9PM AQUATICS DIVE IN MOVIE 7PM MANA SPLASH	
6	7 LABOR DAY MWR ON HOLIDAY HOURS	8	9	10	11	12
			COMMUNITY RECREATION COOKING W/CHEF DAVID FROM SHENANIGANS 6-7PM VIRTUAL AQUATICS MWR BABY AND ME SWIM LESSONS STARTS @ MANA SPLASH TIME TBA		LIBERTY COSMIC BOWLING 5:30PM LIHUE	
13	14	15	16	17	18	19
			COMMUNITY RECREATION LOCKDOWN LUNCH BREAK CHALLENGE 11:30AM VIRTUAL FITNESS CENTER HOMERUN DERBY 5PM SOFTBALL FIELD		SHENANIGANS MONGOLIAN BBQ STIR FRY SPECIAL 5-9PM AQUATICS DIVE IN MOVIE 7PM MANA SPLASH	TRIPS, TOURS AND OUTINGS WAIMEA CANYON LOOKOUT MWR BUS DEPARTS CRC @ 9AM
20	21	22	23	24	25	26
			COMMUNITY RECREATION VIRTUAL PMRF PET SHOW 5:30PM VIRTUAL		COMMUNITY RECREATION NATIONAL STORY TELLING DAY 4PM VIRTUAL	
27	28	29	30			
			COMMUNITY RECREATION LOCKDOWN LUNCH BREAK CHALLENGE 11:30AM VIRTUAL			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JACOB'S LADDER CHALLENGE - OCTOBER 1-31 - FITNESS CENTER						
				1	2	3
					SHENANIGANS PRIME RIB DINNER SPECIAL 5-9PM	TRIPS, TOURS AND OUTINGS NORTH SHORE ADVENTURE 9AM-2PM MWR BUS DEPARTS CRC @ 9AM
4	5	6	7	8	9	10
			COMMUNITY RECREATION FAMILY FUN BINGO NIGHT 6PM VIRTUAL		AQUATICS DIVE IN MOVIE 7PM MANA SPLASH	
11	12	13	14	15	16	17
	COLUMBUS DAY MWR ON HOLIDAY HOURS		FITNESS CENTER DISCOVERERS' RACE 5PM FITNESS CENTER COMMUNITY RECREATION LOCKDOWN LUNCH BREAK CHALLENGE 11:30AM VIRTUAL LIBERTY PUMPKIN CRUNCH WORKSHOP 5-8PM VIRTUAL			COMMUNITY RECREATION TRUNK O'TREAT AND COSTUME CONTEST 6-8PM SHENANIGANS
18	19	20	21	22	23	24
			COMMUNITY RECREATION COOKING W/CHEF DAVID FROM SHENANIGANS 6-7PM VIRTUAL		SHENANIGANS MONGOLIAN BBQ STIR FRY SPECIAL 5-9PM AQUATICS DIVE IN MOVIE 7PM MANA SPLASH	
25	26	27	28	29	30	31
		FITNESS CENTER 3-POINT BASKETBALL HALLOWEEN COSTUME SHOOTOUT 5PM BASKETBALL COURT	COMMUNITY RECREATION LOCKDOWN LUNCH BREAK CHALLENGE 11:30AM VIRTUAL			

SHENANIGANS

All events and activities are subject to change without notice due to COVID.

SEPTEMBER

SHENANIGANS SHRIMP BOIL

FRI, SEP 4 • 5-9PM • \$35 • \$18 HALF ORDER • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Featuring Kauai's very own Kauai Shrimp

You get a pound of succulent Kauai shrimp mixed with sausage, potatoes and corn on the cob. Cocktail sauce or 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 \$12

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.

MONGOLIAN BBQ STIR FRY DINNER SPECIAL

FRI, SEP 18 • 5-9PM • \$18 • \$9 HALF PORTION • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

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.

OCTOBER

PRIME RIB DINNER SPECIAL

FRI, OCT 2 • 5-9PM • \$32 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

14 oz Prime Rib with au jus & horseradish sauce, baked potato with all the fixings and fresh vegetable of the day.

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.

MONGOLIAN BBQ STIR FRY DINNER SPECIAL

FRI, OCT 23 • 5-9PM • \$18 • \$9 HALF PORTION • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

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

All events and activities are subject to change without notice due to COVID.

FOUR WAYS TO REGISTER:

REGISTER AT COMMUNITY RECREATION CENTER

EMAIL: PMRFMWR1@GMAIL.COM

TEXT: (808)631-9367

CALL: (808)335-4346

SEPTEMBER

LOCKDOWN LUNCH BREAK CHALLENGE

WED, SEP 2, 16, 30 • 11:30AM • VIRTUAL • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Join us on our social media stories every other Wednesday to play Lockdown Lunch Break Challenge. Answer as many challenge questions correctly. Participants with the most correct answers will be placed in a drawing where a name will be selected and announced the following day. Good luck to all of our participants!

LABOR DAY WEEKEND GEAR RENTAL SPECIAL

FRI-MON, SEP 4-7 • COMMUNITY RECREATION CENTER • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Get your gear ready for Labor Day! Chairs, tents, tables, coolers, kayaks? You need it, we got it! Come and visit us for all of your gear rental needs.

- Rent one SNORKEL SET get one free
 - Rent one SUP or Double Kayak get one 50% off
 - Rent two BEACH CHAIR get one free
 - Rent one BOOGIE BOARD get one free
 - Rent one SURF BOARD get one 50% off
- 50% off applies to weekend rate only

COOKING W/CHEF DAVID FROM SHENANIGANS

WED, SEP 9 • 6-7PM • VIRTUAL • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Join us on our social media and watch as Chef David from Shenanigans shows us how to create something delicious that we can share with our families!

VIRTUAL PMRF PET SHOW

WED, SEP 23 • 5:30PM • VIRTUAL • FREE • 808-631-9367 • REGISTRATION REQUIRED • LIMITED SPACE AVAILABLE • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Register your pet in MWR's first ever Virtual Pet Show! Enter your fur baby in one of 4 categories: Best Dressed, Most Obedient, Owner/Pet Look Alike, & Best Trick for a chance to win prizes! **Pre-Register by Sep 16 using one of our 4 ways to Register.**

NATIONAL STORY TELLING DAY

FRI, SEP 25 • 4PM • VIRTUAL • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Celebrate National Story Telling Day with MWR as we share a story on our Facebook and Instagram pages with all of you that will be read by one of our very own sailors.

OCTOBER

FAMILY FUN BINGO NIGHT

WED, OCT 7 • 6PM • VIRTUAL • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5 bingo card. To receive a BINGO Card please text 808-631-9367 by Oct 6.

LOCKDOWN LUNCH BREAK CHALLENGE

WED, OCT 14 & 28 • 11:30AM • VIRTUAL • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Join us on our social media stories every other Wednesday to play Lockdown Lunch Break Challenge. Answer as many challenge questions correctly. Participants with the most correct answers will be placed in a drawing where a name will be selected and announced the following day. Good luck to all of our participants!

TRUNK O'TREAT AND COSTUME CONTEST

SAT, OCT 17 • 6-8PM • SHENANIGANS • FREE • 808-631-9367 • REGISTRATION REQUIRED • LIMITED SPACE AVAILABLE • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Let's celebrate Halloween with a little Trunk O'Treat fun! Decorate your trunk and pass out candy to the little ghosts and goblins! Prize will be awarded to the best decorated trunk. Show up in your best Halloween costume and be entered to in our Halloween Costume Contest. Prizes will be awarded to the winners of the following categories: Scariest, Cutest, Creative, Best Couple. **Register your vehicle by Oct 14 to save your parking space by using one of our 4 ways to register.**

COOKING W/CHEF DAVID FROM SHENANIGANS

WED, OCT 21 • 6-7PM • VIRTUAL • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Join us on our social media and watch as Chef David from Shenanigans shows us how to create something delicious that we can share with our families!

TRIPS, TOURS AND OUTINGS

All events and activities are subject to change without notice due to COVID.

SEPTEMBER

FOUR WAYS TO REGISTER:

REGISTER AT COMMUNITY RECREATION CENTER

EMAIL: PMRFMWR1@GMAIL.COM

TEXT: (808)631-9367

CALL: (808)335-4346

CANCEL WITHIN 48 HOURS FOR FULL REFUND

WAIMEA CANYON LOOKOUT

SAT, SEP 19 • 9AM • KOKE'E • MWR BUS DEPARTS CRC AT 9AM • 808-631-9367 • REGISTRATION REQUIRED • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Take a walk on the wild side as we venture up to Koke'e to visit and take in all of the beautiful scenery that Koke'e has to offer! Water will be provided. We can stop at Koke'e Lodge for lunch or you can pack your own lunch and enjoy it in the park. Register by Sep 16. Transportation provided; \$7 Active Duty; \$10 All Others

OCTOBER

NORTH SHORE ADVENTURE

SAT, OCT 3 • 9AM-2PM • NORTH SHORE • MWR BUS DEPARTS CRC AT 9AM • REGISTRATION REQUIRED • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

If you've been curious to see what the North Shore is all about then you're going to want to join us for this North Shore Adventure! Let's explore Hanalei Bay and search for waterfalls! Enjoy a day of adventuring with MWR! Register by Sep 30. Transportation provided; \$7 Active Duty; \$10 All Others

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.

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FOUR WAYS TO REGISTER:

REGISTER AT THE COMMUNITY RECREATION CENTER

EMAIL: PMRFMWR1@GMAIL.COM

TEXT: (808)631-9367

CALL: (808)335-4346

SEPTEMBER

COSMIC BOWLING

FRI, SEP 11 • 5:30PM • LIHUE • \$15 • 808-631-9367 • REGISTRATION REQUIRED • OPEN TO LIBERTY ELIGIBLE PATRONS

Who's ready for dinner and bowling? Meet us at Lihue Lanes or you can catch a ride, either way let's go have some fun! Pick-ups may be done at various locations out in town. Register by Sep 9.

OCTOBER

PUMPKIN CRUNCH WORKSHOP

WED, OCT 14 • 5-8PM • VIRTUAL • 808-631-9367 • FREE • DROP IN EVENT • OPEN TO LIBERTY ELIGIBLE PATRONS

Join us on our PMRF Liberty Facebook page and learn how to make a popular local favorite, pumpkin crunch. This is a virtual workshop so be sure to Like PMRF Liberty in order to view this demonstration.

AQUATICS

All events and activities are subject to change without notice due to COVID.

POOL HOURS OF OPERATION

Monday - Friday: Lap Swim: 11AM-1:30PM / 4-5:30PM

Saturday & Sundays: Closed

Holidays: Pending

*SCHEDULE SUBJECT TO CHANGE

SEPTEMBER

POOL TIP OF THE MONTH: BENEFITS OF SWIMMING

Ask a lifeguard for a handout with some benefits of swimming. Learn a new stroke to incorporate into your aquatics workout.

DIVE IN MOVIE (FAMILY)

FRI, SEP 4 • 7PM • MANA SPLASH • 808-335-4379 • OPEN TO PMRF ACTIVE DUTY FAMILIES

Enjoy splashing around in the pool while you watch a movie. Movie choice TBA. Pool opens at 7pm, movie begins 7:30pm. Space is limited, so sign up beginning August 28 to secure your spot.

DIVE IN MOVIE (ADULTS)

FRI, SEP 18 • 7PM • MANA SPLASH • 808-335-4379 • OPEN TO PMRF ACTIVE DUTY

Enjoy splashing around in the pool while you watch a movie. Movie choice TBA. Pool opens at 7pm, movie begins 7:30pm. Space is limited, so sign up beginning September 11 to secure your spot. (ex: 11am, 11:30am, 12pm, etc.)

MWR BABY AND ME SWIM LESSONS

SEP 8-24 • TIME TBA • MANA SPLASH • \$40 • 808-335-4379 • OPEN TO ALL PMRF PERSONNEL

Class goal is to acclimate both baby and parents to activities in the water. PMRF active duty sign-ups begin August 26. All other eligible patrons may sign up beginning September 2. Limited space is available, first come first serve. Must submit full payment at Fitness Center to secure a class spot. Ages 6 months-3 years. Class will be held Tuesdays and Thursdays. *Swim diapers are required if child is not potty trained.

OCTOBER

POOL TIP OF THE MONTH: TREAD AND SURVIVAL STROKES

Learn survival strokes from your lifeguard. Practice them during the month as much as you can.

DIVE IN MOVIE (FAMILY)

FRI, OCT 9 • 7PM • MANA SPLASH • 808-335-4379 • OPEN TO PMRF ACTIVE DUTY FAMILIES

Enjoy splashing around in the pool while you watch a movie. Movie choice TBA. Pool opens at 7pm, movie begins 7:30pm. Space is limited, so sign up beginning October 2 to secure your spot.

DIVE IN MOVIE (ADULTS)

FRI, OCT 23 • 7PM • MANA SPLASH • 808-335-4379 • OPEN TO PMRF ACTIVE DUTY

Enjoy splashing around in the pool while you watch a movie. Movie choice TBA. Pool opens at 7pm, movie begins 7:30pm. Space is limited, so sign up beginning October 16 to secure your spot.

MOVIE HOUSE

OPEN THURSDAYS, FRIDAYS, SATURDAYS & SUNDAYS; 7:30PM

Movies are FREE. Check out our concession for your favorite movie snack! Visit our website; pmrf.greatlifehawaii.com or follow us on IG @pmrfmwr or FB @pmrfmoralewelfare for an updated movie listing.

The Outdoor Movie Theater will be CLOSED on October 9 & 23 for a Private Event.

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

All events and activities are subject to change without notice due to COVID.

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

The automotive braking system is the heart of vehicle safety. Brake pads and shoes wear as mileage increases. On the average, most brake pads wear to marginal wear limits within 40-50 thousand miles for the daily driver. For extreme driving conditions (steep grades, stop and go traffic), brake pads can wear as low as 30 thousand miles or less. Another important part of the brake system is brake drums & rotors. They too can wear and warp from extreme heat temperatures generated by excessive braking. When performing any form of brake pad or brake shoe replacement. It is recommended to have the drums and rotors resurfaced while installing new pads or shoes.

For the month of September and October, stop by Mana Motors to perform a brake service pad and or shoe replacement and we can resurface your brake rotors/drums at ½ off from standard resurfacing fees. If you purchase any set of brake shoes or brake pads through Mana Motors, receive a 10% discount on any brand of brake pads or shoes or any brake related products

*****This special applies to ALL Active Duty Military only*****

For more information, please contact MWR Auto Skills Center, 335-4439.

MWR *Goes* Virtual!

*Being apart doesn't mean you can't connect with us.
Join us for these fun and FREE activities online!*

COOKING W/CHEF DAVID FROM SHENANIGANS - WED, SEP 9 and OCT 21 - 6-7PM

Join us on our social media and watch as Chef David from Shenanigans shows us how to create something delicious that we can share with our families!

VIRTUAL PMRF PET SHOW - WED, SEP 23 - 5:30PM

Registration by Sep 16 required. Limited space available.

Open to all authorized PMRF personnel.

Register your pet in MWR's first ever Virtual Pet Show! Enter your fur baby in one of 4 categories: Best Dressed, Most Obedient, Owner/Pet Look Alike, & Best Trick for a chance to win prizes!

NATIONAL STORY TELLING DAY - FRI, SEP 25 - 4PM

Celebrate National Story Telling Day with MWR as we share a story on our Facebook and Instagram pages with all of you that will be read by one of our very own sailors.

FAMILY FUN BINGO NIGHT - WED, OCT 7 - 6PM

Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5 bingo card. To receive a BINGO Card please text 808-631-9367 by Oct 6.

LOCKDOWN LUNCH BREAK CHALLENGE - WED, SEP 2, 16, 30 and OCT 14, 28 - 11:30AM

Open to all authorized PMRF personnel.

Join us on our social media stories every other Wednesday to play Lockdown Lunch Break Challenge. Answer as many challenge questions correctly. Participants with the most correct answers will be placed in a drawing where a name will be selected and announced the following day.



Call 808.631.9367 for more info



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR

