

# On Target

MORALE, WELFARE AND RECREATION PMRF | NOV - DEC 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 .....5 PM - 9 PM

FRIDAY .....5 PM - 1 AM

SATURDAY .....5 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 | NOV - DEC 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, Kauai. Questions or comments about **ON TARGET** should be directed to Fleet & Family Readiness.

## COVER

Holiday Turkey Dinner

## PAGE 3

Decorated Christmas Tree on Kauai

## 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 WILL BE CLOSED:

**THU, 26 NOV IN OBSERVANCE OF THANKSGIVING**

**FRI, 25 DEC IN OBSERVANCE OF CHRISTMAS**

**FRI, 01 JAN, HAPPY NEW YEAR!**

## MWR MARKETING

850 Ticonderoga St., Suite 300

Pearl Harbor, HI 96860

E-mail to [cni\\_prlh\\_greatlifect@navy.mil](mailto:cni_prlh_greatlifect@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

### NOVEMBER

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

NOV 1-30 • FITNESS CENTER • FREE • 335-4379

• OPEN TO ALL AUTHORIZED PMRF PERSONNEL

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

- Participants will be given a workout challenge each week to complete.
- Participants who complete all challenge tasks will receive the New Fitness "Workout of the Month" Prize.

#### MILITARY FAMILY APPRECIATION MONTH SMOOTHIE REFUEL

THU, NOV 12 • 3-6PM • SHENANIGANS • FREE

• 808-335-4379 • OPEN TO ACTIVE DUTY AND

THEIR DEPENDENTS

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

Stop by the Fitness Center and pick up your Free Smoothie card and you can redeem it at Shenanigans on November 12 from 3 - 6 p.m. for a smoothie of your choice. Choose from protein and non protein smoothies. Great as a recovery after your workout, or a refreshing smoothie after a long day of school. Come and join the PMRF MWR team as we honor our military families' ongoing commitment and support.

#### COMMAND FITNESS LEADER COURSE

NOV 16-20 • 7:30AM-4PM • FITNESS CENTER • FREE

• 335-4379 • OPEN TO ACTIVE DUTY MILITARY

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

#### TURKEY TROT YOUR WAY TO THANKSGIVING DINNER

NOV 2-20 • AROUND BASE • FREE • 335-4379

• OPEN TO ALL AUTHORIZED PMRF PERSONNEL

This year, we are turkey trotting a different way. Join PMRF Fitness Team in our first scavenger hunt turkey trot. Each Monday, November 2, 9 & 16, we will be hiding items from a Thanksgiving meal and each time you find an item, you will report it to the fitness center. Your goal is to collect items to make a complete Thanksgiving Meal. The participants who collect a complete meal will win a Thanksgiving Prize.

### DECEMBER

#### HEALTHY HOLIDAY FITNESS & NUTRITION TIPS

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

#### TREADMILL CHALLENGE

DEC 1-31 • FITNESS CENTER • FREE • 335-4379

• OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Each month PMRF fitness hosts a different fitness challenge in which everyone is encouraged to improve 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:** Run/Walk as far as possible at 12% incline for 12 minutes.

#### VIRTUAL ISLAND TRIATHLON AROUND KAUAI

DEC 1-22 • FITNESS CENTER • FREE • 335-4379

• OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Ever wanted to conquer Kauai and travel around the entire Island? Now you can, right here, on base. Complete a run/walk, swim & bike. The run/walk represents the Kalalau Trail, the swim represents the swim from Kalalau to Polihale, and the bike represents your journey from Polihale to Hā'ena, where you started the Kalalau Trail. All participants who finish the triathlon will receive a shirt & the fastest female & male participant to finish, will receive a prize.

### 12 DAYS OF FITNESS

DEC 7-22 • FITNESS CENTER • FREE • 335-4379

• OPEN TO ALL AUTHORIZED PMRF PERSONNEL

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

#### PEARL HARBOR REMEMBRANCE DAY RUN

MON, DEC 7 • 7AM • OUTDOOR BASKETBALL

COURTS • FREE • 335-4379 • OPEN TO ALL

AUTHORIZED PMRF PERSONNEL

Join us on a fun run/walk to commemorate Pearl Harbor Day, National Pearl Harbor Remembrance Day, observed annually on December 7, is to remember and honor all those who died in the attack. All preregistered runners (register by Friday, December 4) will receive a T-shirt. Registration is open on the day of the event, but participants will not qualify for a shirt.

### GROUP EXERCISE SCHEDULE

**MONDAY:**  
Fitness Center  
1700-1800 *Yoga*

**TUESDAY:**  
Fitness Center  
0630-0730 *PT/FEP*  
1100-1200 *HIIT*

**WEDNESDAY:**  
Fitness Center  
0700-0800 *Yoga*

**THURSDAY:**  
Fitness Center  
0630-0730 *PT/FEP*  
1100-1200 *HIIT*

**FRIDAY:**  
Fitness Center  
0700-0800  
*TRX Training*  
0800-0830  
*Regeneration*

\*SCHEDULE IS SUBJECT TO CHANGE

#### HARDCORE

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

#### LET'S GET RIPPED

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

#### TRX TRAINING

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

#### REGENERATION

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

#### YC KID FIT/CDC FITNESS

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

#### YOGA

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

# Holiday Happenings

## at Shenanigans

**MAHALO TO OUR VETERANS!**

**November 9-13**

In observance of Veterans Day, Veterans may come in to enjoy 15% off all food items at Shenanigans



### **SHENANIGANS SHRIMP BOIL**

**Friday, November 13**

**\$35 PER ORDER**

**\$18 PER HALF ORDER SHRIMP BOIL**

*Featuring Kauai's very own Kauai Shrimp!*

You get a pound of succulent Kauai shrimp mixed with sausage, potatoes and corn on the cob, cocktail sauce or garlic butter and 2 dinner rolls. Delivered 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



### **THANKSGIVING PUMPKIN CRUNCH DESSERT**

**\$15**

**Pre-order by November 18**

**Pick up at Shenanigans on Nov 25 between 11AM-8PM**

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



### **CREAMY GARLIC ALFREDO DINNER SPECIAL**

**Friday, December 11**

**5-9PM**

**Shrimp \$21 • Chicken \$18 • Steak \$21**

Served with garlic bread sticks and side Caesar salad



Modified menus available on specialty nights. Reservations highly recommended.

Please call 808-335-4708 Mon-Fri between 8:30am-4pm, Tue-Sat 808-335-4706 between 11am-1pm or 5-9:00pm to make a reservation.



GreatLifeHawaii.com

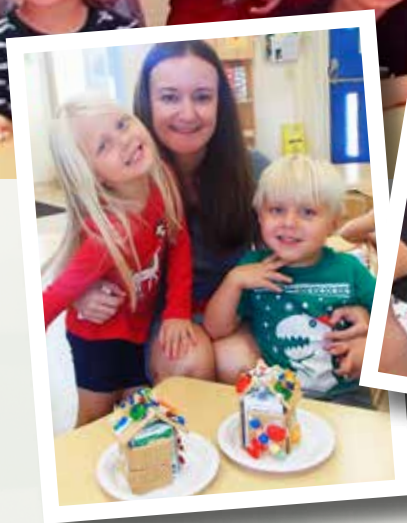


@pmrfmoralewelfare



@PMRFMWR





# Aloha Families,

**YOUTH CENTER /CDC  
CYP WILL BE CLOSED:  
Thu, Nov 26: in observance of Thanksgiving  
Fri, Dec 25: in observance of Christmas  
Fri, Jan 1, 2021: Happy New Year!**

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.

If you are supporting your children during school distance learning, I invite you to take advantage of the resources below.

## Tutor.com Extended & Expanded Eligibility

Services for expanded populations will continue through 30 June 2021 (the school term).

**Expanded access** - all Active Duty, National Guard, Reserve, and Wounded Warrior service members; DoD civilian personnel; and their dependent children and spouses are eligible to access Tutor.com/military at no cost. Survivors of KIA service members plus ROTC, NROTC, and DoD Service Academy cadets are also now eligible to use the program.

Parents...is **Common Core Math** stressing you out? Here's a 30-minute video from Tutor.com offering some guidance <https://www.youtube.com/watch?v=-tlqMMnRIZA&feature=youtu.be>

Even though we cannot get together during this special time, I hope your holidays are filled with family quality time, and joy.

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

# Tree Lighting Ceremony

TUESDAY  
DECEMBER 1  
5:30PM

@Shenanigans

FREE

OPEN TO ALL AUTHORIZED  
PMRF AFFILIATES

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*Jingle all the way to Shenanigans for MWR's annual Tree Lighting Ceremony. The holiday festivities will include live holiday music, holiday refreshments and the kick-off of the Tree Lighting show..*

*Don't forget that we will have a special visitor from the North Pole.*

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CALL 808-631-9367  
FOR MORE INFO.



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR



NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FITNESS CENTER WORKOUT OF THE WEEK (WOW) CHALLENGE - NOVEMBER 1-30</b>						
<b>1</b>	<b>2</b> <b>FITNESS CENTER</b> TURKEY TROT YOUR WAY TO THANKSGIVING DINNER AROUND BASE STARTS TODAY	<b>3</b>	<b>4</b> <b>SPECIAL EVENTS</b> SUNSET TRIVIA 6PM SHENANIGANS	<b>5</b>	<b>6</b> <b>LIBERTY PROGRAM</b> COSMIC BOWLING VAN DEPARTS @ 5:30PM LIHUE	<b>7</b>
<b>8</b>	<b>9</b> <b>FITNESS CENTER</b> TURKEY TROT YOUR WAY TO THANKSGIVING DINNER AROUND BASE	<b>10</b> <b>COMMUNITY RECREATION</b> MACRAME CRAFT KIT WORKSHOP 11:30AM SHENANIGANS	<b>11</b> <b>VETERANS DAY</b> <b>MWR ON HOLIDAY HOURS</b> 	<b>12</b> <b>FITNESS CENTER</b> MILITARY FAMILY APPRECIATION MONTH SMOOTHIE REFUEL 3-6PM SHENANIGANS	<b>13</b> <b>SHENANIGANS</b> SHENANIGANS SHRIMP BOIL 5-9PM SHENANIGANS	<b>14</b> <b>TRIPS, TOURS &amp; OUTINGS</b> WAI KOA LOOP TRAIL/STONE DAM 7:30AM KILAUEA SSTBA
<b>15</b>	<b>16</b> <b>FITNESS CENTER</b> COMMAND FITNESS LEADER COURSE 7:30AM-4PM FITNESS CENTER  <b>FITNESS CENTER</b> TURKEY TROT YOUR WAY TO THANKSGIVING DINNER AROUND BASE	<b>17</b> <b>FITNESS CENTER</b> COMMAND FITNESS LEADER COURSE 7:30AM-4PM FITNESS CENTER	<b>18</b> <b>FITNESS CENTER</b> COMMAND FITNESS LEADER COURSE 7:30AM-4PM FITNESS CENTER  <b>COMMUNITY RECREATION</b> INSTANT POT DEMO WITH JULIE 12PM VIRTUAL  <b>SHENANIGANS</b> THANKSGIVING PUMPKIN CRUNCH DESSERT LAST DAY TO PREORDER 335-4108	<b>19</b> <b>FITNESS CENTER</b> COMMAND FITNESS LEADER COURSE 7:30AM-4PM FITNESS CENTER	<b>20</b> <b>FITNESS CENTER</b> COMMAND FITNESS LEADER COURSE 7:30AM-4PM FITNESS CENTER	<b>21</b> <b>TRIPS, TOURS &amp; OUTINGS</b> NA PALI COAST RAFTING AND SNORKELING 7:30AM PORT ALLEN SSTBA
<b>22</b> <b>LIBERTY PROGRAM</b> LIBERTY THANKSGIVING LUNCHEON 10:30AM-2PM LOCATION TBA	<b>23</b>	<b>24</b>	<b>25</b> <b>SHENANIGANS</b> THANKSGIVING PUMPKIN CRUNCH DESSERT <b>ORDER PICK-UP</b> 11AM-8PM SHENANIGANS	<b>26</b> <b>HAPPY THANKSGIVING!</b> <b>MWR FACILITIES CLOSED</b>  <b>COMMUNITY RECREATION</b> ADOPT A SAILOR 		<b>27</b>
<b>29</b>	<b>30</b>	<b>20</b>				



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FITNESS CENTER</b>						
<b>HEALTHY HOLIDAY FITNESS &amp; NUTRITION TIPS - TREADMILL CHALLENGE - DECEMBER 1-31</b>						
<b>VIRTUAL ISLAND TRIATHLON AROUND KAUAI - DECEMBER 1-22</b>						

		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		<b>SPECIAL EVENTS</b> TREE LIGHTING CEREMONY 5:30PM SHENANIGANS			<b>TRIPS, TOURS &amp; OUTINGS</b> LIGHTS ON RICE SHUTTLE VAN DEPARTS CRC @ 4PM LIHUE	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>FITNESS CENTER</b> PEARL HARBOR REMEMBRANCE DAY RUN 7AM OUTDOOR BASKETBALL COURTS  <b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER	<b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER	<b>SPECIAL EVENTS</b> SUNSET TRIVIA 6PM SHENANIGANS  <b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER	<b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER	<b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER  <b>SHENANIGANS</b> CREAMY GARLIC ALFREDO DINNER SPECIAL 5-9PM SHENANIGANS	<b>LIBERTY PROGRAM</b> HORSEBACK RIDING WITH CJM STABLES VAN DEPARTS CRC @12:30PM POIPU  <b>TRIPS, TOURS &amp; OUTINGS</b> HORSEBACK RIDING WITH CJM STABLES VAN DEPARTS CRC @12:30PM POIPU	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER	<b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER	<b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER  <b>COMMUNITY RECREATION</b> FAMILY FUN BINGO NIGHT 6PM SHENANIGANS	<b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER	<b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER	<b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER  <b>COMMUNITY RECREATION</b> OUTDOOR CHRISTMAS LIGHT DECORATING CONTEST HOUSING, POLARIS DR	<b>TRIPS, TOURS &amp; OUTINGS</b> WAIMEA CHRISTMAS PARADE SHUTTLE VAN DEPARTS CRC @4:30PM WAIMEA
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER	<b>FITNESS CENTER</b> 12 DAYS OF FITNESS FITNESS CENTER  <b>LIBERTY PROGRAM</b> HOLIDAY SOCIAL 6PM SHENANIGANS				<b>MERRY CHRISTMAS!</b>  <b>COMMUNITY RECREATION</b> ADOPT A SAILOR  	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>JAN 1, 2021</b>  <b>HAPPY NEW YEAR!</b>  <b>MWR ON HOLIDAY HOURS</b>  	
		<b>COMMUNITY RECREATION</b> COOKING WITH DAVID 6PM VIRTUAL				

DECEMBER

2020

# SHENANIGANS

**HOLIDAYS - CLOSED**

**• THURSDAY, NOVEMBER 26 - THANKSGIVING**

**• FRIDAY, DECEMBER 25 - CHRISTMAS DAY**

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

## NOVEMBER 2020

### MAHALO TO OUR VETERANS!

**NOVEMBER 9-13**

In observance of Veterans Day, Veterans may come in to enjoy 15% off all food items at Shenanigans

### SHENANIGANS SHRIMP BOIL

**FRI, NOV 13 • \$35 PER ORDER • \$18 PER HALF ORDER SHRIMP BOIL**

Featuring Kauai's very own Kauai Shrimp

You get a pound of succulent Kauai shrimp mixed with sausage, potatoes and corn on the cob, 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.

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

**PRE-ORDER BY NOV 18 • PICK UP AT SHENANIGANS ON NOV 25 BETWEEN 11AM-8PM • \$15**

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



## DECEMBER 2020

### CREAMY GARLIC ALFREDO DINNER SPECIAL

FRI, DEC 11 • 5-9PM • SHRIMP \$21 • CHICKEN \$18 • STEAK \$21

Served with garlic bread sticks and side Caesar salad

Reservations highly recommended.

Please call 808-335-4708 Mon-Fri between 8:30am-4pm, Tue-Sat 808-335-4706 between 11am-1pm or 5-9:00pm to make a reservation.

## SPECIAL EVENTS - NOVEMBER

### 4 WAYS TO REGISTER:

Register at the Community Recreation Center Bldg. 1293

Text: (808)631-9367

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

Call: 808-335-4346

### SUNSET TRIVIA

WED, NOV 4 • 6PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO ALL ACTIVE DUTY AND DEPENDENTS

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

## SPECIAL EVENTS - DECEMBER

### 4 WAYS TO REGISTER:

Register at the Community Recreation Center Bldg. 1293

Text: (808)631-9367

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

Call: 808-335-4346

### TREE LIGHTING CEREMONY

TUE, DEC 1 • 5:30PM • FREE • SHENANIGANS • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Jingle all the way to Shenanigans for MWR's annual Tree Lighting Ceremony. The holiday festivities will include live holiday music, holiday refreshments and the kick-off of the Tree Lighting show. Don't forget that we will have a special visitor from the North Pole.

### SUNSET TRIVIA

WED, DEC 9 • 6PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO ALL ACTIVE DUTY AND DEPENDENTS

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

## COMMUNITY RECREATION CENTER

CLOSED ON HOLIDAYS

• NOVEMBER 26 - THANKSGIVING DAY

• FRIDAY, DECEMBER 25 - CHRISTMAS DAY

HOLIDAY HOURS (10AM-3PM)

JANUARY 1 - NEW YEAR'S DAY

## COMMUNITY RECREATION - NOVEMBER

### 4 WAYS TO REGISTER:

Register at the Community Recreation Center Bldg. 1293

Text: (808)631-9367

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

Call: 808-335-4346

### MACRAME CRAFT KIT WORKSHOP

TUE, NOV 10 • 11:30AM • SHENANIGANS • \$15 PER KIT • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Join the craft craze and create your very own macramé wall decoration with us. You will receive one macramé craft kit with instructions and we will create the wall décor together! Register by Friday, November 6 by using one of our 4 Ways to Register. Registration is required to receive a craft kit and limited kits available. Active duty may register starting October 19, all others starting October 26.

### INSTANT POT DEMO WITH JULIE

WED, NOV 18 • 12PM • VIRTUAL • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Whether you are interested in buying an Instant Pot, afraid to take yours out of the box, or just want to learn a few new recipes, come check out this Instant Pot Demo! Join us as we demonstrate how easy it is for you to create meals in minutes! You will learn about the many fantastic features of the Instant Pot.

### ADOPT A SAILOR

THU, NOV 26 • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Here's an opportunity to adopt sailors assigned to PMRF, Barking Sands. Give them a home away from home for the holidays, with a home cooked meal. Families may request 1-3 sailors, COVID19 group condition setting. Families can pick up sailors or share their address with their adoptees. To adopt a sailor please use one of our 4 Ways to Register by November 24.

## COMMUNITY RECREATION - DECEMBER

### 4 WAYS TO REGISTER:

Register at the Community Recreation Center Bldg. 1293

Text: (808)631-9367

Email: pmrfmwr1@gmail.com

Call: 808-335-4346

### OUTDOOR CHRISTMAS LIGHT DECORATING CONTEST

**FRI, DEC 18 • PMRF HOUSING AND POLARIS DRIVE • FREE • 808-631-9367 • OPEN TO ALL PMRF HOUSING AND POLARIS DRIVE RESIDENTS**

After being at home and being safe, let us get festive! Register your home in our Outdoor Christmas Light Decorating Contest! Bring some cheer to your family and your neighbors and show off your decorating skills. Register by December 11, by using one of our 4 Ways to Register. At the time of registration, you must provide your house address, email, and phone number. Also, please let us know what category you will be entering. Here are the categories to choose from Neat & Tidy (Most Traditional), Creative Inflatables (Best Use of Inflatable Props), Best Animation and Special Effects. Don't forget to light it up! The judges will be driving around on December 22 @ 7:30pm.

### FAMILY FUN BINGO NIGHT

**WED, DEC 16 • 6PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5-bingo card. No registration required, drop in event.

### ADOPT A SAILOR

**FRI, DEC 25 • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

Here's an opportunity to adopt sailors assigned to PMRF, Barking Sands. Give them a home away from home for the holidays, with a home cooked meal. Families may request 1-3 sailors, COVID19 group condition setting. Families can pick up sailors or share their address with their adoptees. To adopt a sailor please use one of our 4 Ways to Register by December 23.

### COOKING WITH DAVID

**MON, DEC 30 • 6PM • VIRTUAL • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

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

## TRIPS, TOURS & OUTINGS - NOVEMBER

### 4 WAYS TO REGISTER:

Register at the Community Recreation Center Bldg. 1293

Text: (808)631-9367

Email: pmrfmwr1@gmail.com

Call: 808-335-4346

### WAI KOA LOOP TRAIL/STONE DAM

**SAT, NOV 14 • VAN DEPARTS CRC @ 7:30AM • KILAUEA • \$TBA • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

A majestic forest, tranquil lagoons and secluded swimming hole are some of the treasures found along the Wai Koa Loop Trail, located in the town of Kilauea on Kauai's lush North Shore. This moderate 5-mile circuit meanders through Wai Koa Plantation, a working farm on 500 acres. The trail is wide and mostly flat, making it suitable for children and families. Walkers should budget about 2 hours to complete the loop. Don't forget to pack your own lunch. We recommend bringing the following items along with you: beach towel, sunscreen, change of clothes, comfortable shoes, water shoes, and any other type of sun protective gear. Register using one of our 4 Ways to Register by Wednesday, November 12.

### NA PALI COAST RAFTING AND SNORKELING

**SAT, NOV 21 • 7:30AM • PORT ALLEN • \$TBA • 808-631-9367 • OPEN TO ALL ACTIVE DUTY AND DEPENDENTS**

Prepare yourself for an adventure on the water! Explore sea caves and marine life of a rafting and snorkeling trip with Blue Dolphin Kauai! Registration is required by Friday, November 6th. You won't want to miss out on all of the fun. Limited seats available.

## TRIPS, TOURS & OUTINGS - DECEMBER

### 4 WAYS TO REGISTER:

Register at the Community Recreation Center Bldg. 1293

Text: (808)631-9367

Email: pmrfmwr1@gmail.com

Call: 808-335-4346

### LIGHTS ON RICE SHUTTLE

**FRI, DEC 4 • VAN DEPARTS CRC @ 4PM • 4-11PM • LIHUE • \$5-\$7 • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

Avoid the traffic, hassle of finding parking, and catch a ride with MWR to enjoy the Lights on Rice Parade! For those living off base, pick-ups at various locations out in town will be at the following locations: Kekaha Neighborhood Center, Waimea Canyon Park, Ele'ele Big Save, and Kalaheo Neighborhood Center. Seats are limited so register by using one of our 4 Ways to Register by Wednesday, December 2. Active Duty & Dependents \$5, All Other Authorized Patrons \$7.

### **HORSEBACK RIDING WITH CJM STABLES**

**SAT, DEC 12 • VAN DEPARTS CRC @12:30 PM • POIPU • \$\$TBA • 808-631-9367  
• OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

This scenic journey, offered twice daily, takes you through the historic Maha'ulepua area. Experience a variety of scenery and terrain, from coastal and mountain vistas to agricultural ranch land. Cross over a sand bar and stream near one of the most spectacular beaches in Hawaii. View native plants and wildlife.

What to wear and bring: Covered/Closed toe shoes, long pants are recommended but shorts are acceptable, sunscreen, water, small camera (No Selfie Sticks), and other sun protective gear such as hats and long sleeved shirts.

Space is limited so register by using one of our 4 Ways to Register by Friday, November 27. Active Duty registration starts November 2, All Others can register starting November 9.

### **WAIMEA CHRISTMAS PARADE SHUTTLE**

**SAT, DEC 19 • VAN DEPARTS CRC @ 4:30PM • 4:30-9:30PM • WAIMEA  
• 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

Avoid the traffic, hassle of finding parking, and catch a ride with MWR to enjoy the Waimea Christmas Parade! Seats are limited so register by using one of our 4 Ways to Register by Wednesday, December 16. Call for pricing.

### **LIBERTY PROGRAM - NOVEMBER**

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.

#### **4 WAYS TO REGISTER:**

**Register at the Community Recreation Center Bldg. 1293**

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

**Email: pmrfmwr1@gmail.com**

**Call: 808-335-4346**

### **COSMIC BOWLING**

**FRI, NOV 6 • VAN DEPARTS LIBERTY CENTER @ 5:30PM • 5:30-11PM  
• LIHUE • \$15 • 808-631-9367 • OPEN TO ALL LIBERTY ELIGIBLE PATRONS**

Who is ready for dinner and bowling? Meet us at Lihue Lanes or hitch a ride, either way, let us go have some fun! For those living off base, pick-ups at various locations out in town will be at the following locations: Kekaha Neighborhood Center, Waimea Canyon Park, Ele'ele Big Save, and Kalaheo Neighborhood Center. Register using one of our 4 Ways to Register by Tuesday, November 3. Space is limited.

### **LIBERTY THANKSGIVING LUNCHEON**

**SUN, NOV 22 • 10:30AM-2PM • LOCATION TBA • 808-631-9367 OPEN TO  
ALL LIBERTY ELIGIBLE PATRONS**

Being away from home during the holidays can be a little challenging. So come and enjoy lunch with some with your fellow sailors! Register by November 17 to save your seat!

### **LOCAL FOOD ADVENTURE**

**SAT, NOV 28 • VAN DEPARTS LIBERTY CENTER @ 10:30AM • 10:30AM-4PM  
• LIHUE • 808-631-9367 OPEN TO ALL LIBERTY ELIGIBLE PATRONS**

Let us go hunting for a local eatery that Kaua'i residents love to dine! Kaua'i is a melting pot of all kinds of onolicious food. Be prepared to enjoy some good eats at one of Kaua'i's best spots to eat! Seats are limited so register by using one of our 4 Ways to Register by Wednesday, November 25. Space is limited.

### **LIBERTY PROGRAM - DECEMBER**

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.

#### **4 WAYS TO REGISTER:**

**Register at the Community Recreation Center Bldg. 1293**

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

**Email: pmrfmwr1@gmail.com**

**Call: 808-335-4346**

### **HORSEBACK RIDING WITH CJM STABLES**

**SAT, DEC 12 • VAN DEPARTS CRC @12:30 PM • POIPU • \$\$TBA • 808-631-9367  
• OPEN TO ALL LIBERTY ELIGIBLE PATRONS**

This scenic journey, offered twice daily, takes you through the historic Maha'ulepua area. Experience a variety of scenery and terrain, from coastal and mountain vistas to agricultural ranch land. Cross over a sand bar and stream near one of the most spectacular beaches in Hawaii. View native plants and wildlife.

What to wear and bring: Covered/Closed toe shoes, long pants are recommended but shorts are acceptable, sunscreen, water, small camera (No Selfie Sticks), and other sun protective gear such as hats and long sleeved shirts.

Register by Fri. November 27, limited space available.

### **HOLIDAY SOCIAL**

**TUE, DEC 22 • 6PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO  
ALL LIBERTY ELIGIBLE PATRONS**

Celebrate holiday fun with friends and good food! Join us at Shenanigans on the outside deck for a Christmas dinner! Register by Wednesday, December 14 to save your seat.

## 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**

## NOVEMBER

### POOL TIP OF THE MONTH: *Front Crawl (Freestyle) & Breaststroke Technique*

See a lifeguard for proper technique instructions and a visual flyer. Complete 2 consecutive laps of each stroke technique properly.

## DECEMBER

### POOL TIP OF THE MONTH: *Learn how to do the Butterfly stroke*

See a lifeguard for proper technique instructions and a visual flyer. Complete 2 consecutive laps of each stroke technique properly.

## MOVIE HOUSE

### CLOSED ON HOLIDAYS

- **DECEMBER 25 - CHRISTMAS DAY**
- **DECEMBER 31 - NEW YEAR'S EVE**
- **JANUARY 1 - NEW YEAR'S DAY**

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

**OPEN THURSDAYS DECEMBER 17 - JANUARY 10 7PM**

Movies are FREE. For a pre-recorded message of current movies, call 335-4210 or visit our Web site: [pmrf.greatlifehawaii.com](http://pmrf.greatlifehawaii.com)

### FREE POPCORN

**FRI, NOV 13 • 7-10PM • 808-335-4380**

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

### WINTER BREAK FUN

**SAT, DEC 12 • 7-9PM • 808-335-4380**

Kids wear your best Christmas outfit and receive a free CANDY BAR.

### 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

## NOVEMBER

Holidays are fast approaching, and now is the time to give your vehicle some TLC to avoid un-expected costly repairs, and to provide you & your family uninterrupted service of your vehicle during the holiday season.

Use the following as a checklist of items such as service & maintenance to assure your vehicle is in top running condition.

- 1) Oil / filter service
- 2) Cooling system service / inspection
- 3) Battery & Charging system check
- 4) Tire condition & pressures
- 5) Tune-up & scheduled maintenance requirements (see owner's manual)
- 6) Exterior lighting, Windshield wiper condition
- 7) Brake lining & related braking system component inspection

By performing these simple inspections and maintenance, you can rely on your vehicle to get you through the holiday season with very little expense by detecting possible upcoming problems and correcting them before they get to costly.

## DECEMBER

With our rainy winter season fast approaching, now is the perfect time to prepare your vehicle to keep you and your family safe under all driving conditions. Installing a new pair of windshield wipers is a must. On the average, windshield wiper blades should be replaced up to 3 times a year to get the clearest, streak free vision while driving. Another important and often over looked item is tires. On the average, 7 out of 10 vehicles on the road today have a least one tire that is not within tread depth specifications. Not having enough tread depth can lead to vehicle hydro-planing while driving through moderate puddles on the road way at speeds just over 30mph. So having a set of good tires on all wheels can make the difference on arriving to your destination safely.





# Adopt a Sailor

THURSDAY, NOVEMBER 26  
AND FRIDAY, DECEMBER 25

**Open to all authorized  
PMRF affiliates.**

Here's an opportunity to adopt sailors assigned to PMRF, Barking Sands. Give them a home away from home for the holidays, with a home cooked meal. Families may request 1-3 sailors, COVID19 group condition setting. Families can pick up sailors or share their address with their adoptees.

To adopt a sailor please use one of our 4 Ways to Register by November 24 (for Thanksgiving) or December 23 (for Christmas).

Call **808-631-9367** for more info.

**4 WAYS TO  
REGISTER**

- Register at the Community Recreation Center, Bldg. 1293
- Text: 808-631-9367
- Email: [pmrfmwr1@gmail.com](mailto:pmrfmwr1@gmail.com)
- Call: 808-335-4346



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR

