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 & HOLIDAYS...................................................................................................................................................................................... 10 AM – 3 PM

BEACH COTTAGE - RESERVATION OFFICE
CHECK-IN: 3 PM / 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 ........................................................................................................................................................................................................ 1:30 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
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**

**MILITARY FAMILY APPRECIATION MONTH**

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

**MILITARY FAMILY APPRECIATION PICNIC • FRIDAY, NOVEMBER 15, 11:30 @ FITNESS CENTER**

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

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

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

As the holiday season approaches us, it can be difficult to stay on track with your fitness routine. Let our PMRF Fitness team assist you! We will help to eliminate the guesswork and motivate you to push through your fitness goals throughout the holiday season. Each week, our professional trainers will create a workout for you to complete. Stop by the Fitness Center to join the challenge today!
- Participants will be given a Workout Challenge each week to complete.
- Participant will document completion of each challenge onto Instagram
- Instagram upload must tag @pmrffitness
- Participants who complete all challenge tasks will receive a prize

**MWR DODGEBALL LEAGUE**

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

A flex, round robin format will be used. Teams will be paired each week. Teams will earn points during competition. Team point totals at the end of the round robin will be used to determine single-elimination championship bracket.
- 5 on 5
- Mandatory team meeting: Oct. 30, 11:30am @ Fitness Center
- Round Robin begins Monday, November 4
*Due to the Shearwater season, all matches must be completed before 6pm each day.

**COMMAND FITNESS LEADER COURSE**

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

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

**TURKEY TROT**

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

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

**DECEMBER**

**HEALTHY HOLIDAY FITNESS & NUTRITION TIPS**

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

**TREADMILL CHALLENGE**

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

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

**12 DAYS OF FITNESS**

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

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

**PEARL HARBOR REMEMBRANCE DAY RUN**

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

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

**WALLYBALL SCRAMBLE**

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

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

START of the HOLIDAY SEASON BUFFET

Friday, Nov 1 • 5pm - 9pm

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

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

• Stuffed Beef Roll with Burgundy-Mushroom Sauce
• Baked Citrus Glazed Chicken
• Herbed Potato Au Gratin
• Buttered Green Beans
• Dinner Rolls

• Harvest Chopped Salad: Chopped crisp greens, sweet apple, red onions, avocado, walnuts, cranberries & feta cheese
• Soup of the day
• Warm Cinnamon Bread Pudding

THANKSGIVING PUMPKIN CRUNCH DESSERT PRE-ORDER & PICK UP

$15 Pre-order by Nov 15
Pick up at Shenanigans Nov 27 from 11am-8pm

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

MONGOLIAN BBQ

95¢ per ounce
Friday, Dec 6 • 5pm-9pm

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

SHENANIGANS SHRIMP BOIL

Friday, Dec 27 • 5pm - 9pm

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

Featuring Kauai’s very own Kauai Shrimp!

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

$2 Sides: Rice, 2 Rolls, Cole Slaw or Side Salad
Ala carte Shrimp: 6 for $11

Don’t forget your sides!

Modified menu available on specialty nights: Pizzas and desserts

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

GreatLifeHawaii.com @pmrfmoralewelfare @PMRFMWR
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<th>DAY</th>
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*SCHEDULE IS SUBJECT TO CHANGE

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

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

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

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

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

**YOGA**
A combination of Vinyasa flow (continuous movement) and Yin Yoga (deep stretches held for 2-3 min). This perfect duo starts with breath to movement postures and ends with poses focusing on breath and stillness. Both working to increase flexibility and circulation.
COOKING CLUB: HEALTHY HABITS
WED, DEC 4 • 3:30PM - 4:30PM • YOUTH CENTER • $5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18
Have a clear vision of the future as we learn how to kick off our mornings with a nutritious and delicious breakfast of banana pancakes. Sign up Wednesday week before.

CRAFT CLUB: WINDOWS ON EARTH
WED, DEC 11 • 3:30PM - 4:30PM • YOUTH CENTER • $5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18
See Earth through the astronauts’ lens as we explore pictures from space. Sign up Wednesday week before.

CULTURE CLUB
WED, DEC 18 • 3:30PM - 4:30PM • YOUTH CENTER • $5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18
Culture Club is a youth driven program, where youth decide what they want to learn about the world! Help us discover our ancestry, try traditional food, or learn foreign customs. Sign up by calling the Youth Center.

WINTER BREAK WEEK 1
DEC 23-27 (CLOSED DEC 25) • 7AM - 5PM • YOUTH CENTER • WEEKLY FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12
Join us for Winter Break where the fun includes crafts, STEAM, indoor and outdoor activities, or simply having fun in the sun on our spectacular field trips. Call the Youth Center for complete registration details.

WINTER BREAK WEEK 2
DEC 30- JAN 3 (CLOSED JAN 1) • 7AM - 5PM • YOUTH CENTER • WEEKLY FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12
Join us for Winter Break where the fun includes crafts, STEAM, indoor and outdoor activities, or simply having fun in the sun on our spectacular field trips. Call the Youth Center for complete registration details.

STEAM CLUB: DESIGN THINKING
WED, NOV 20 • 3:30PM - 4:30PM • YOUTH CENTER • $5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18
Why are advertisements so successful? As consumers, we see it and must have it! Learn to build a product that matches the needs and interests of the consumer. What would you create if you could create the perfect product? Sign up Wednesday week before.

CULTURE CLUB
WED, NOV 27 • 3:30PM - 4:30PM • YOUTH CENTER • $5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18
Cultural Club is planned by you! Come learn about your heritage and culture as we explore the different ways of living around the world. Sign up by calling the Youth Center.

CDC
CDC CLOSURES:
• NOVEMBER 11: VETERAN’S DAY
• NOVEMBER 28: THANKSGIVING
• DECEMBER 25: CHRISTMAS
• JANUARY 1: NEW YEAR’S DAY

DECEMBER 2019
NATIONAL GINGERBREAD HOUSE DAY
DATE & TIME TBA • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM
Parents are invited to join us to build ginger bread houses. RSVP by December 10th.

HOURLY CARE
DAILY • CDC • $5 FEE • 335-4453 • OPEN TO ALL ELIGIBLE PMRF CHILDREN 6 WEEKS-OLD THROUGH 5 YEAR-OLD (NOT IN KINDERGARTEN)
The Hourly Care Program is designed as a short-term childcare option. It has been specifically tailored to meet the needs of those who require care for times when they are volunteering, in-processing, assuming respite care duties or having a doctor’s appointment. We are accepting reservations up to 30 days depending on space available. For more information call at 335-4453.
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<td><strong>FITNESS CENTER</strong>&lt;br&gt;Pearl Harbor Remembrance Day Run&lt;br&gt;7AM&lt;br&gt;Outdoor Basketball Courts</td>
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<td><strong>TRIPS, TOURS AND OUTINGS</strong>&lt;br&gt;EZ Beach Day &amp; BBQ&lt;br&gt;Salt Pond Beach&lt;br&gt;9AM-3PM&lt;br&gt;Hanapepe</td>
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<td><strong>FITNESS CENTER</strong>&lt;br&gt;12 DAYS OF FITNESS&lt;br&gt;FITNESS CENTER</td>
<td><strong>SPECIAL EVENTS</strong>&lt;br&gt;Tree Lighting Ceremony&lt;br&gt;5:30PM&lt;br&gt;Shenanigans</td>
<td><strong>LIBERTY PROGRAM</strong>&lt;br&gt;Waikoa Loop Trail/Stone Dam&lt;br&gt;Van Leaves LibertyCtr 7:30AM</td>
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<td><strong>MWR AUTO SKILLS CENTER</strong>&lt;br&gt;Auto Maintenance Seminar&lt;br&gt;5:30PM&lt;br&gt;Auto Skills Ctr</td>
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<td><strong>LIBERTY PROGRAM</strong>&lt;br&gt;Holiday Social&lt;br&gt;6PM&lt;br&gt;Liberty Center</td>
<td><strong>YOUTH CENTER</strong>&lt;br&gt;Winter Break Week 1&lt;br&gt;7AM-7PM&lt;br&gt;Youth Center</td>
<td><strong>YOUTH CENTER</strong>&lt;br&gt;Sports Clinic: Soccer&lt;br&gt;Youth Center</td>
<td><strong>MELE KALIKIMAKA</strong>!</td>
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<td><strong>YOUTH CENTER</strong>&lt;br&gt;Winter Break Week 2&lt;br&gt;7AM-5PM&lt;br&gt;Youth Center</td>
<td><strong>TRIPS, TOURS AND OUTINGS</strong>&lt;br&gt;New Year’s Eve Fireworks&lt;br&gt;Van Departs 4:30PM&lt;br&gt;Poipu</td>
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MILITARY FAMILY APPRECIATION

Renaissance Fair

at The Liberty Center
(Polaris Dr.)

Friday
November 15
3:30 - 6:30pm

Free
(Active-Duty Military & Family Members only)

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

QUESTIONS? CALL 335-4380.
SHENANIGANS
HOLIDAY CLOSURES
• THURSDAY, NOVEMBER 28 – THANKSGIVING
• MONDAY, DECEMBER 25 – CHRISTMAS DAY
* During holiday season, please check local listings for any modified hours of operation.

NOVEMBER 2019
START OF THE HOLIDAY SEASON BUFFET
FRI, NOV 1 • 5PM – 9PM • ADULTS $31 • 10-14 YRS $25 • 5-9 YRS $16
TRY A LITTLE SOMETHING DIFFERENT WITH OUR "NOT SO TRADITIONAL" MENU
Stuffed Beef Roll with Burgundy-Mushroom Sauce
Baked Citrus Glazed Chicken
Herbed Potato Au Gratin
Buttered Green Beans
Dinner Rolls
Harvest Chopped Salad: Chopped crisp greens, sweet apple, red onions, avocado, walnuts, cranberries & feta cheese
Soup of the Day
Warm Cinnamon Bread Pudding
Modified menu available: Pizzas and desserts
Reservations highly recommended.
Please call 808-335-4706 between 4pm-9pm or 808-335-4706 T-Sa between 4pm-8:30pm to make a reservation.

THANKSGIVING PUMPKIN CRUNCH DESSERT
PRE-ORDER & PICK UP
$15 • PRE-ORDER BY NOVEMBER 15 • PICK UP AT SHENANIGANS ON NOV 27, 11AM-8PM
Who doesn’t love pumpkin pie? Want something different or in addition to the traditional pumpkin pie this Thanksgiving? This 9”x9” pan of irresistible dessert has a buttery walnut and cake mixture crust, pumpkin pie filling and topped with creamy whipped topping and a drizzle of caramel.

DECEMBER 2019
MONGOLIAN BBQ
FRI, DEC 6 • 5PM-9PM • 95 CENTS PER OUNCE
Create your own stir-fry from a variety of meats, vegetables and savory sauces and our staff will stir-fry your creation right in front of you. If you haven’t experienced our Mongolian BBQ, this is the time. You will come back every time!
Modified menu available: Pizzas and desserts
For reservations please call 808-335-4706 between 4pm-9pm or 808-335-4708 between 8am-4pm

SHENANIGANS SHRIMP BOIL
FRI, DEC 27 • 5PM-9PM • $35 PER ORDER • $18.00 PER HALF ORDER SHRIMP BOIL
Featuring Kauai’s very own Kauai Shrimp!
You get a pound of succulent Kauai shrimp mixed with sausage, potatoes and corn on the cob. Accompanied with garlic butter and 2 dinner rolls. We’ll deliver it to your table for family style dining.
Don’t forget your sides!
$2 Sides: Rice, 2 Rolls, Cole Slaw or Side Salad
Ala carte Shrimp: 6 for $11
Modified menu available: Pizzas, appetizers and desserts.

COMMUNITY RECREATION
CLOSED ON HOLIDAYS
• NOVEMBER 28 – THANKSGIVING DAY
• DECEMBER 25 – CHRISTMAS DAY
HOLIDAY HOURS (1000-1500)
• JANUARY 1 – NEW YEAR’S DAY
FOUR WAYS TO REGISTER:
Sign up at Community Recreation Center
Email: pmrfmwr@gmail.com
Text: (808)631-9367
Call: (808)335-4346

GUESS THAT SONG CHALLENGE
WED, NOV 13 • 6PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Know your music and want to test your musical knowledge? Come on down and join the fun! To be good at this game you really need to know your music. But to be great you need to know all types of music. From country to hard rock, hip hop to R&B, local Hawaiian music to Latin music. Six teams go head to head to steal the Guess That Song Challenge title away from our reigning champions. Winners will be featured in our trophy case at Shenanigans and will win bragging rights until someone is able to take over as our new champions! No registration required, drop in event. LIMITED SPACE AVAILABLE.

COUPLES NIGHT
FRI, NOV 8 • 6PM-11PM • TRANSPORTATION PROVIDED • $5 • 808-631-9367 • OPEN TO ALL ACTIVE DUTY
Registered patrons will select the restaurant/venue and MWR will provide the transportation. Registration required by Oct 30.

“DO YOU WANNA BUILD A SNOWMAN” CONTEST
NOV 18 – DEC 6 • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED
Register your department and MWR will supply items to build your snowman. All snowman will be featured in front of Shenanigans and tagged with your department’s name. Patrons will vote for their favorite snowman during the Tree Light Show on December 13. Register and pick up your supplies by Nov 29.

SHORELINE FISHING 101
THU, NOV 14 • 6PM-8PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Come and learn the basics of shoreline dunking fishing at our Shoreline Fishing 101 Course. This course will cover the type and use of equipment, bait, ocean tides, fish and terrain. All equipment will be provided. What you learn here we will apply at our outdoor fishing trip on Sunday, November 17. LIMITED SPACE AVAILABLE, Register By Nov 13.

CORN HOLE TOURNAMENT
FRI, NOV 22 • 6PM-8PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for “Kanikapila Night” as we feature two hours of live island music, featuring a friendly corn hole tournament, while overlooking Kauai’s breathtaking sunset. Register by Nov 14.

GIANT CONNECT 4 TOURNAMENT
WED, NOV 27 • 6PM • SHENANIGANS • FREE • 335-4346 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join MWR Community Recreation for a life size, giant Connect 4 Tournament. Best out of five wins. Winners will be featured in our trophy case! The winner will be recognized on MWR’s tournament plaque and come back to defend their name in another LIFE SIZE GIANT MONTHLY GAME TOURNAMENT! All ages are welcome. No registration required, drop in event.

FAMILY FUNNY SWEATER BINGO NIGHT
WED, DEC 4 • 6PM • SHENANIGANS • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5-bingo card. Come wearing your ugly sweater and receive TWO additional bingo cards. One slider bingo card per participant. No registration required, drop in event.

TEXAS HOLD’EM TOURNAMENT
WED, DEC 11 • 6PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARDHOLDERS • AGES 18 AND OVER
This tournament consists of set house rules and prizes. Claim your seat at the tournament by 6pm; unclaimed spots will be filled on a first come, first served basis. No one is permitted to join once the tournament has begun. Register by Dec 4.

DESIGN AND WINE
WED, DEC 18 • 5PM-7PM • 1355A • $10 • 808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS
Let’s pour a glass and add some sass to your craft. NO experience is necessary. Come with a friend and make new ones while learning fun techniques. Best of all you get to go home with a fabulous gift that you made yourself. Wine, refreshments and design kits will be provided. Register by Dec 4.

NI HONGO SWITCH TOURNAMENT
THU, DEC 19 • 7PM • OUTDOOR MOVIE THEATER • FREE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Let’s have a Super Smash Bro’s Tournament or bring your own Nintendo switch game to play at the Outdoor Movie Theater. Team up against your children or the neighbors for this fun-filled family event. Concession available $$. Register by Dec 5.

MWR OUTDOOR DECORATING CONTEST
MON, DEC 23 • OPEN TO ALL ACTIVE DUTY • HOUSING AND POLARIS DRIVE • FREE • 335-4380
*Was the lights before Christmas and season of spreading good cheer. Enter the annual Outdoor Decorating Contest. Decorations will be judged and announced on our Instagram and Facebook pages. Categories are Lights Decked Out, Christmas Cheer and Bah Humbug. Register by Dec 13.

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

For more information, please call 808-335-4708 T-F (8:30am-4pm) or 808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • AGES 18 AND OVER

Check out our Facebook page at https://www.facebook.com/shenagansbar/ and our Instagram at @shenanigansbar for more fun and games throughout the year.

pmrf.greatlifehawaii.com

11
SPECIAL EVENTS

LET THE SHENANIGANS BEGIN KARAOKE
FRI, NOV 1 • 9PM-12AM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Show off your vocal skills at Karaoke Night. Be featured on MWR’s Karaoke Hall of fame plaque and be entered for a chance to win a “Let the Shenanigans Begin” t-shirt. No registration required, drop in event.

TRIVIA NIGHT
TUE, NOV 12 • 6:30PM-8PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

MILITARY FAMILY APPRECIATION RENAISSANCE FAIRE
FRI, NOV 15 • LIBERTY CENTER • 3:30PM-6:30PM • FREE • 335-4380 • EXCLUSIVELY FOR ACTIVE DUTY & FAMILY MEMBERS
Join MWR for an evening of medieval games, crafts, contests and picnic.

MENEHUNE SANTA
NOV 18 – DEC 13 • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS
HELP! Our ohana is not complete without Menehune Santa! Help find Santa clues from Nov 18 – Dec 12 to receive the last and final clue and prizes for each clue at our Tree Light Show on December 13. Find Santa at our Tree Light Show to win the final grand prize!!

KANIKAPILA NIGHTS
FRI, NOV 22 • 6PM-8PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for “Kanikapila Night” as we feature two hours of island music while overlooking Kauai’s breathtaking sunset.

LET THE SHENANIGANS BEGIN HOLIDAY KARAOKE
FRI, DEC 6 • 9PM-12AM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Show off your vocal skills at Karaoke Night. Be featured on MWR’s Karaoke Hall of fame plaque and be entered for a chance to win a “Let the Shenanigans Begin” t-shirt. No registration required, drop in event.

TRIVIA NIGHT
TUE, DEC 10 • 6:30PM-8PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

TREE LIGHTING CEREMONY
FRI, DEC 13 • 5:30PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Jingle all the way to Shennagins for MWR’s Annual Tree Lighting Ceremony. The holiday festivities will start with a performance by the Child Development Center, live holiday music, holiday refreshments and the kick off of the Tree Lighting show. Don’t forget that we will have a special visitor from the North Pole. Don’t forget to claim your prizes for “Find Menehune Santa” clues and receive the last and final clue!

HOLIDAY KARAOKE CONTEST
FRI, DEC 20 • 9PM-12AM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Show off your vocal skills at Karaoke Night with a holiday song and win a prize! No registration required, drop in event.

KANIKAPILA NIGHTS
FRI, DEC 27 • 6PM-8PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for “Kanikapila Night” as we feature two hours of island music while overlooking Kauai’s breathtaking sunset.

TRIPS, TOURS & OUTINGS

FOUR WAYS TO REGISTER:
Sign up at Community Recreation Center
Email: pmrfrwrl@gmail.com
Text: (808)631-9367
Call: (808)335-4346

EZ BEACH DAY POIPU BEACH
SAT, NOV 2 • 9AM-3PM • POIPU • FREE • TRANSPORTATION AVAILABLE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS
Join us for a relaxing day at the beach with water activities. No registration required, drop in event. Sign up for transportation by Wednesday, Oct 30; $5 Active Duty & Family Members, $7 ALL others. Look for the MWR tents! See you at EZ Beach Day!

WAI KOA LOOP TRAIL / STONE DAM
SAT, NOV 23 • VAN DEPARTS 7:30AM • KILAUEA • $5 • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS
A majestic mahogany forest, tranquil lagoons and a secluded swimming hole are some of the treasures found along the Wai Koa Loop Trail, located in the town of Kilauea on Kauai’s lush North Shore. This moderate 5-mile circuit meanders through Wai Koa Plantation, a working farm on 500 private acres. The trail is wide and mostly flat, making it suitable for children and families. Walkers should budget about two hours to complete the loop. Don’t forget to pack your own lunch. Transportation provided or meet us there. Van leaves Community Recreation Center at 7:30am. LIMITED SPACE AVAILABLE, Register by Nov 8. CANCEL within 48 hours to prevent a cancel fee.

FISHING SERIES 1
SUN, NOV 17 • 2:30PM-6:30PM • PMRF BEACH COTTAGES • $10 • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS
Apply what you have learned at Fishing 101; the basics of shoreline fishing. This outing will also include a casting contest. All equipment will be provided. If you get lucky and catch some fish, we will show you how to clean it, cook it, and best yet EAT IT! LIMITED SPACE AVAILABLE, Register by Nov 21. CANCEL within 48 hours to prevent a cancel fee.

EZ BEACH DAY & BBQ SALT POND BEACH
SAT, DEC 7 • 9AM-3PM • HANAPAPE • FREE • TRANSPORTATION AVAILABLE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS
Join us for a relaxing day at the beach with water activities and BBQ. No registration required, drop in event. Sign up for transportation by Wednesday, Dec 4; $5 Active Duty & Family Members, $7 ALL others. Look for the MWR Tents! See you at EZ Beach Day!

On Target Trips, Tours & Outings
FISHING SERIES 2
SAT, DEC 28 • 6AM-10AM • PMRF BEACH COTTAGES • $10
- 631-9367 • OPEN TO PMRF AFFILIATED PATRONS
Apply what you have learned at Fishing 101; the basics of shoreline fishing. Refine your skills and add to your fishing knowledge with different lead line tying methods or try a new terrain to dunk your line. This outing will also include a casting contest. All equipment will be provided. If you get lucky and catch some fish, we will show you how to clean it, cook it, and best yet EAT IT! LIMITED SPACE AVAILABLE, Register by Dec 14. CANCEL within 48 hours to prevent a cancel fee.

NEW YEAR’S EVE FIREWORKS
TUE, DEC 31 • VAN DEPARTS 4:30PM • $5 ALL ACTIVE DUTY • $7 ALL OTHERS • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS
Pack your picnic or there may be some food trucks. We heading to Popu for their New Year’s Eve Fireworks show. LIMITED SPACE AVAILABLE, Register by Dec 14. CANCEL within 48 hours to prevent a cancel fee.

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

FOUR WAYS TO SIGN UP FOR LIBERTY EXCLUSIVE EVENTS:
Sign up at Community Recreation Center
Email: pmrfmwr1@gmail.com
Text: (808)631-9367
Call: (808)335-4346

SLEEPING GIANT Hike
SAT, NOV 16 • VAN LEAVES 7AM • FREE • 631-9367
The mountain commonly referred to as "Sleeping Giant" the Nounou trail climbs to a peak and sheltered picnic area. This vantage offers views of the ocean, Wailua River and Mt. Waialeale. Pack your lunch, water, sunscreen and hiking gear as we head to the Sleeping Giant for a hiking adventure. Transportation provided or meet us there. Van leaves Liberty Center at 7AM. LIMITED SPACE AVAILABLE, Register by Nov 8.

TRUCKSTOP THURSDAYS
THU, NOV 21 • VAN DEPARTS 5PM • FREE • 631-9367
Join us for a road trip to Kauai Beer Company for specialty craft beers and a taste of local food trucks. Meet at the Liberty Center or arrange pick up in town! Van departs at 5pm, limited seats, bring dinner $. LIMITED SPACE AVAILABLE, Register by Nov 13.

THANKSGIVING LEFTOVER COOKING
TUE, NOV 26 • 6PM • LIBERTY CENTER • FREE • 631-9367
With the holidays approaching, learn to cook a dinner that you can show off at your next gathering. Join the Liberty Center as we guide and teach you how to make this smart meal, all supplies provided.

TRUCKSTOP THURSDAYS
THU, DEC 5 • VAN DEPARTS 5PM • FREE • 631-9367
Join us for a road trip to Kauai Beer Company for specialty craft beers and a taste of local food trucks. Meet at the Liberty Center or arrange pick up in town! Van departs at 5pm, limited seats, bring dinner $. LIMITED SPACE AVAILABLE, Register by Nov 26.

WAIKOA LOOP TRAIL/STONE DAM
SAT, DEC 14 • VAN DEPARTS 7:30AM • FREE • 631-9367
A majestic mahogany forest, tranquil lagoons and a secluded swimming hole are some of the treasures found along the Wai Koa Loop Trail, located in the town of Kilauea on Kauai's lush North Shore. This moderate 5-mile circuit meanders through Wai Koa Plantation, a working farm on 500 private acres. The trail is wide and mostly flat, making it suitable for children and families. Walkers should budget about two hours to complete the loop. Don’t forget to pack your own lunch. Transportation provided or meet us there. Van leaves Community Recreation Center at 7:30AM. LIMITED SPACE AVAILABLE, Register by Nov 29.

HOLIDAY SOCIAL
MON, DEC 23 • 6PM • LIBERTY CENTER • FREE • 631-9367
Come with a friend and celebrate with holiday fun and Prime Rib! Best of all you get to go home with a Christmas stocking full of CHEER from your friend at the North Pole! Register by Dec 13.

AQUATICS
POOL HOURS OF OPERATION
MONDAY, WEDNESDAY & FRIDAY:
-LAP SWIM: 11AM-1:30PM
-OPEN SWIM: 3:30-5:30PM
TUESDAY & THURSDAY:
-CLOSED
SATURDAY, SUNDAY & HOLIDAYS:
-OPEN SWIM: 11AM-5PM

WINTER POOL HOURS (DECEMBER 24 – JANUARY 7)
MONDAY, WEDNESDAY & FRIDAY:
-LAP SWIM: 11AM-1:30PM
-OPEN SWIM: 1:30PM-5PM
TUESDAY & THURSDAY:
-LAP SWIM: CLOSED
SATURDAY, SUNDAY & HOLIDAYS:
-OPEN SWIM: 11AM-5PM

NOVEMBER POOL TIP OF THE MONTH:
FRONT CRAWL (FREESTYLE) TECHNIQUE
See a lifeguard for proper technique instructions and a visual flyer.

DECEMBER POOL TIP OF THE MONTH:
BREASTSTROKE TECHNIQUE
See a lifeguard for proper technique instructions and a visual flyer.

MOVIE HOUSE
OPEN FRIDAYS, SATURDAYS & SUNDAYS; 7PM
OPEN THURSDAYS, DECEMBER 26 – JANUARY 2, 7PM
MOVIES ARE FREE. FOR A PRE-RECORDED MESSAGE OF CURRENT MOVIES, CALL 335-4210.

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

OUTDOOR MOVIE THEATER PARTY PACKAGE
13 pmrf.greatlifehawaii.com
ITT AT THE COMMUNITY ADVENTURE CENTER

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

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

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

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

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

KAUAI MUSEUM TOUR
From Monday through Friday, docents provide interpretation of Kaua’i’s culture as they lead tours through the museum’s galleries. Free tour with admission. The tour occurs every Monday at 1PM, and every Tuesday through Friday at 10:30AM. FMI call 245-6931.

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

KEALIA FARM MARKET & TOURS
MON & FRI 3PM-7PM
The farmers at Kealia offer their produce and products under a covered lanai at Kealia Farm. Visitors can take a wagon ride to tour the farm and waterfall during the market.

COMMUNITY RECREATION CENTER (CRC)
LOCATED IN BLDG 1293
Come in to get out at our one stop shop. We have all the outdoor gear ready for your island needs. Beach chairs, boogie boards, surfboards, snorkel gear, kayaks, camping equipment and more. Have Fun in the Sun, Kauai style. FMI call 335-4195.
**MANA MOTORS AUTO SKILLS**

**NOVEMBER MILITARY FAMILY APPRECIATION MONTH SPECIAL**

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

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

And Receive the Following:

* NO CHARGE for ASC Facility Usage
* ½ price on Tire Balancing for your vehicle (all 4 tires).
  - All services performed are “self-service” only
  - Limit (2) vehicles per family
  - Special applies to active duty family members only

**DECEMBER**

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

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

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

For more information or to sign up call 335-4439.
TREE LIGHTING Ceremony
2019

Friday, December 13 • 5:30PM
at Shenanigans
FREE
(Open to PMRF affiliated patrons & MWR Guest Card Holders)

Enjoy the Holiday Festivities:

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

Questions?
Call (808) 335-4380