

On Target

MORALE, WELFARE AND RECREATION PMRF

JUL - AUG 2018

AMERICA'S
MOST WEST
★ FREEDOM
FEST

JULY 3

SEE BACK COVER FOR DETAILS



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 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

AQUATICS: MANA SPLASH SWIMMING POOL

BLDG. 1302 • 335-4391

MONDAY, WEDNESDAY & FRIDAY:

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

TUESDAY & THURSDAY:

LAP SWIM 11 AM - 1:30 PM
SATURDAY, SUNDAY & HOLIDAYS:

OPEN SWIM 11 AM - 5 PM

MOVIE HOUSE

BLDG. 1315 • 335-4210

FRIDAY - SUNDAY FIRST MOVIE 7:30 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

BLDG. 1308 • 335-4706

TUESDAY - THURSDAY 4 - 9 PM
FRIDAY 4 PM - 1 AM
SATURDAY 4 - 10 PM

SHENANIGANS - DINING ROOM

BLDG. 1308 • 335-4706

TUESDAY - FRIDAY LUNCH 11 AM - 1 PM
DINNER TUESDAY - SATURDAY 5 - 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 - 5 PM
WEDNESDAY 1:15 - 5 PM

YOUTH CENTER - OPEN RECREATION

(AGE 5 - 12) • BLDG. 1318 • 335-4419 SEE SCHEDULE

YOUTH CENTER - DAY CAMPS

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY - FRIDAY 7 AM - 5 PM

On Target

MORALE, WELFARE AND RECREATION PMRF JUL - AUG 2018

ON target is a publication of Navy Region Hawaii's Fleet & Family Readiness program and is produced every other month by FFR's marketing department specifically for PMRF, Kaua'i. Questions or comments about On Target should be directed to Fleet & Family Readiness.

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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.

COVER: Waimea Canyon State Park.

RIGHT: Nāpali Coast.



ON TARGET EVENTS

FITNESS CENTER

JULY SKIN SAFETY MONTH

The need to protect your skin has become very clear over the years, especially here on Kauai. For the month of July, the PMRF Fitness team will be celebrating Skin Safety Month. Stop by the Fitness Center to learn about the risks involved with sun exposure and pick up some useful strategies and tips to meet your skin protection needs.

FITNESS OBSTACLE CHALLENGE

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

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

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

BEACH VOLLEYBALL LEAGUE

BEGINS JUL 9 • SOFTBALL FIELD • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

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

- 4 on 4 (6 player team max)
- Mandatory Participation meeting:
Thur Jul 5, 11:30am @ the Fitness Center
- Round Robin begins Mon, Jul 9

NATIONAL YOUTH SPORTS WEEK

JUL 16-20 • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

National Youth Sports Week is an awareness initiative focusing on P.L.A.Y.S (Physical activity, Living healthy, Access, Youth development, & Safety). Throughout the week, the PMRF Fitness & Aquatics team will be holding a variety of youth sport activities to support our Youth community and the P.L.A.Y.S initiative.

- Mon, Jul 16: Dodgeball, 9-10:30am @ the FITNESS CENTER
- Tue, Jul 17: Kickball, 9-10:30am @ the SOFTBALL FIELD
- Wed, Jul 18: Pool Games, 2-3pm @ the SWIMMING POOL
- Thu, Jul 19: Basketball, 9-10:30am @ the BASKETBALL COURTS
- Fri, Jul 20: Soccer, 9-10:30am @ the TURF FIELD

AUGUST

NATIONAL IMMUNIZATION AWARENESS MONTH

National Immunization Awareness Month (NIAM) encourages individuals to protect their health by being vaccinated against infectious diseases. All month long, the PMRF Fitness Team will be providing a variety of useful information to raise awareness about vaccines and to help educate you in the value of different immunizations.

ROWING CHALLENGE

AUG 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: Row 500M/2000M as fast as possible.

INSTAGRAM "NO GYM" FITNESS CHALLENGE

AUG 1-31 • 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. Join us for the Instagram "No Gym" Challenge and share what activities you do outside the gym to stay active.

- Participants will be given a 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

FOAMTASTIC COLOR FUN RUN/WALK

SAT, AUG 4 • 7PM • SHENANIGANS • FREE FOR ACTIVE DUTY & DEPENDENTS • \$10 ALL OTHERS • \$5 AGES 5-12 • 335-4379 • OPEN TO THE GENERAL PUBLIC

What better way to end the summer than a refreshing foam color run! Join PMRF MWR for a fun-filled event that is open to all participants island-wide. Racers will make their way through an energizing course filled with music, color powder and of course foam! Grab your crew and sign up today!



GROUP EXERCISE SCHEDULE FITNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0800-0830: HardCore 1100-1200: Let's Get Ripped	1100-1200: NOFFs Training	0930-1100: CDC Fitness 1100-1200: Let's Get Ripped	0700-0800: Swim Training 1530-1630: YC Kids Fitness 1100-1200: 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.

NOFFS TRAINING

NOFFS is a complete fitness and nutrition program tailored to meet the needs of every individual. It includes four training programs: the Operational Series, Strength Series, Endurance Series, and Sandbag Series. All programs include warm-up, strength, cardio, and flexibility exercises.

SWIM TRAINING

Join us for a refreshing, low-impact, total body workout at Mana Splash Swimming Pool. From swim intervals to muscle strength and endurance exercises, Swim Training will help you achieve your total fitness goals.

REGENERATION

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

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.

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.

YOUTH CENTER

CLOSED WED, JULY 4 - INDEPENDENCE DAY

JULY

SUMMER FIELD TRIPS

8:30AM-3:30PM • ACTIVE DUTY \$20 • ALL OTHERS \$40
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18
(COMPLETED GRADE K)

NOTE: Field trips schedules are subject to change based on transportation and availability. Please contact Youth Center for confirmation on dates.

- Jul 12: Anaina Hou Mini Golf and Gardens
- Jul 19: Fern Grotto Boat Tour and Gardens
- Jul 26: Kilauea Point Lighthouse and Wildlife Refuge

SUMMER BREAK MISSOULA CHILDREN'S THEATRE

MON, JUL 30 (AUDITION) • 9-11AM • YOUTH CENTER • FREE
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN 5-18
(COMPLETED GRADE K)

An audition will be held for the Missoula Children's Theatre (MCT) production of BEAUTY LOY AND THE COUNTRY BEAST. Those auditioning should arrive at 9AM and plan to stay for the full two hours. Most of the cast members will be asked to stay for a rehearsal immediately following the audition. Students entering 1st grade through 12th grade are encouraged to audition. Assistant directors will also be cast to aid in rehearsals throughout the week and to take on essential backstage responsibilities. PRE-REGISTRATION FOR THE AUDITION IS REQUIRED BY JULY 27. ONCE THE GROUP IS FILLED TO CAPACITY, NO ADDITIONAL CHILDREN MAY SIGN UP. For more information, please call the Youth Center.

REHEARSALS • JULY 30 - AUGUST 3 • 9-11AM AND 11:15AM - 1:15PM
• YOUTH CENTER • FREE • SELECTED CAST MEMBERS

The Missoula Children's Theatre touring productions are complete with costumes, scenery, props and makeup. The MCT Tour Actor/Directors will conduct rehearsals throughout the week from 9-11AM and 11:15AM-1:15PM every day.

AUGUST

MISSOULA CHILDREN'S THEATRE PERFORMANCE
FRI, AUG 3 • 5PM • WAIMEA THEATER • FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF FAMILIES

Audiences of all ages are welcome to get a fresh look at an old favorite when the Missoula Children's Theatre (MCT) and more than 30 local students present BEAUTY LOY AND THE COUNTRY BEAST, an original country western adaptation of the classic fairy tale BEAUTY AND THE BEAST. For more information, call the Youth Center at 335-4419.

SCHOOL YEAR REGISTRATION

School starts August 6 and we will be accepting school year registration requests. To register, go to MilitaryChildCare.com to create an account containing information about your family, or to login using an existing username and password. Search for PMRF Barking Sands School Age Care and request care. We will contact you when space becomes available. Please call for more information!

HOURLY CARE

DAILY • YOUTH CENTER • \$FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN GRADES K-6

The Hourly Care Program is designed as a short term child care option for parents with children in

grades K-6. 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. The program is also designed to give children the opportunity to socialize and interact with other children in their age group. We are accepting reservations up to 30 days depending on space available. Call for more information.

CDC

CLOSED WED, JULY 4 - INDEPENDENCE DAY

JULY

RED, WHITE, & BLUE PARADE

MON, JUL 2 • 10AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

Children and staff are encouraged to wear their patriotic gear and march around the MWR facilities on base.

NATIONAL ICE CREAM DAY

FRI, JUL 13 • 2:30PM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

Children and staff will be making homemade ice cream. Families are invited.

ALOHA CELEBRATION

DATE AND TIME TBA • CDC

We will honor our preschool students that will be leaving the program. This is a wonderful event that parents put together and children will sign and dance to celebrate. All families are invited..

AUGUST

HEALTHY SMOOTHIE DAY

FRI, AUG 10 • 9:30 AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

Children and staff will be making healthy sugar-free smoothies.

CYP PARENT BOARD MEETING

DATE AND TIME TBA • CDC

Parents, CYP / MWR Employees, and community members are invited to participate in our quarterly board meeting. We will be discussing upcoming events and taking the time to discuss ways to improve our child and youth programs. Please RSVP at the CDC.

NATIONAL PICNIC DAY

FRI, AUG 31 • 11AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

Children will have picnic style lunch. Families are invited.

HOURLY CARE

DAILY • CDC • \$FEE • 335-4453 • OPEN TO ALL ELIGIBLE PMRF CHILDREN 6 WEEKS-OLDS THROUGH 5 YEARS OLD (NOT IN KINDERGARTEN)

The hourly care program is designed as a short term childcare option. It has been specifically tailored to meet the needs of those who require care for times when they are volunteering, in-processing, assuming respite care duties or having a doctor's appointment. We are accepting reservations up to 30 days depending on space available. For more information call at 335-4453.

TRIPS, TOURS & OUTINGS

EZ BEACH DAY & BBQ - KALAPAKI BAY

SAT, JUL 7 • 9AM-3PM, BBQ 11AM-1:30PM • KALAPAKI BAY • FREE • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES.

Join us for a relaxing day on the beach with water sports, stand-up paddle boarding, surfing, boogie boards, kayaking and a free BBQ. Directions/ Parking: Enter the Marriot complex, drive past the hotel entrance, and take the right turn down the hill before the golf course. Keep right to the parking lot at the bottom alongside the hotel for parking. Follow the walking path between the two buildings and it leads right to the beach. Look for our MWR tents. Shopping or dining at local eateries available at the Harbor Mall. No registration required, drop in event.

BICYCLE DOWNHILL

MON, JUL 30 • VAN DEPARTS CRC 1:45PM • ACTIVE DUTY & FAMILY MEMBERS \$75, ALL OTHERS \$109 • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES

The Kauai downhill bike tour is an exhilarating half-day activity in the stunning Waimea Canyon. It's all downhill and 100% uplifting. Saddle up, give your pedals a few cranks, and then the Kauai adventure begins! Sign up at the CRC by July 20.

NA PALI EXPLORER RAFTING

SAT, AUG 11 • VAN DEPARTS CRC 6:45AM • ACTIVE DUTY & FAMILY MEMBERS \$98/CHILDREN AGES 8-12 \$73, ALL OTHERS \$123/ CHILDREN AGES 8-12 \$98 • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES

The Snorkel and Sightsee tour will take you up to the beautiful Na Pali Coast. Snorkel, lunch, soft drinks. Enjoy up close experiences of dramatic cliffs and incredible sea caves. Sign up at the CRC by Aug 1.

EZ BEACH DAY & BBQ - ANINI BEACH

SAT, AUG 18 • 9AM-3PM, BBQ 11AM-1:30PM • ANINI BEACH • FREE • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES

Join us for a relaxing day at the beach with stand-up paddle boarding and a free BBQ. No registration required, drop in event. Sign up for transportation: \$5 Active Duty & Family Members, \$7 ALL others.



SHENANIGANS

JULY

IN OBSERVANCE OF NATIONAL HONEY MONTH, COME TRY OUR VERSION OF HONEY TOAST!!

JUL 1-31 • \$7

Stack of warm French toast, cutout, cubed, drizzled with honey & topped with vanilla ice cream for \$7.

AMERICA'S MOST WEST FREEDOM FEST

TUE, JUL 3 • 4-11:30PM • FREE

See Special Events section for more info

SHENANIGANS PIZZA AND PASTA BUFFET

FRI, JUL 6 • 5-9PM

ADULTS: \$17

10-14 YRS: \$13

5-9 YRS: \$10

All you can eat of a variety of hot delicious pizzas with garlic butter crust. 3 different hot pasta dishes. Salad bar, soup, breadsticks and dessert. Modified menu available: Appetizers, pizzas and desserts. Reservations highly recommended. Please call 808-335-4708 M-F between 8:30am-4pm or 808-335-4706 between 4pm-8:30pm to make a reservation.

PRIME RIB BUFFET

SAT, JUL 21 • 5-9PM

ADULTS: \$37

10-14 YRS: \$24

5-9 YRS: \$15

Prime Rib, Crab Laced Salmon, Steamed Rice, Baked Potato with all the fixings, Seasoned Vegetable Medley, Salad Bar, Dinner Rolls, Chef's choice Soup of the day. Modified menu available: Appetizers, pizzas and desserts, Reservations highly recommended. Please call 808-335-4708 M-F between 8:30am-4pm or 808-335-4706 between 4pm-8:30pm to make a reservation.

AUGUST

SHENANIGANS SHRIMP BOIL

FRI, AUG 10 • 5-9PM

\$35 PER ORDER

\$1750 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 6 pieces Shrimp for \$10

MODIFIED MENU AVAILABLE:

Pizzas, appetizers and desserts

RESERVATIONS HIGHLY RECOMMENDED

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

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

SHENANIGANS MONGOLIAN BBQ

FRI, AUG 31 • 5-9PM • 95 CENTS AN OUNCE

Create your own stir-fry from a variety of meats, vegetables and sauces and our staff will stir fry your creation right in front of you. Modified menu: Pizzas and desserts. Reservations highly recommended. Please call 808-335-4708 M-F (8:30am-4pm) or 808-335-4706 between 4pm-8:30pm to make a reservation.

SPECIAL EVENTS

JULY

AMERICA'S MOST WEST FREEDOM FEST

TUE, JUL 3 • 5PM • SHENANIGANS • FREE • 335-4380 • OPEN TO THE GENERAL PUBLIC

Join PMRF as we celebrate with live music by Cruz Control, Kapono, Kapena and KaVibes, "ONO" food, Island craft vendors, Child and Youth Activities featuring Showtime Characters and a spectacular fireworks show. Gates open to the public at 4pm.

FRIDAY NIGHT KARAOKE: BATTLE OF THE HAT PICK

FRI, JUL 13 • 9PM-MIDNIGHT • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Show off your vocal skills by entering the "Battle of the Hat Pick". All contest song requests will be put into a hat and two names will be drawn for a battle until there is one winner. The contest winner will be featured on our Monthly Karaoke Hall of Fame and win a prize valued at \$50. No registration required, drop in event. FREE pupus.

SIP N PAINT

THU, JUL 19 • 6:30-8:30PM • SHENANIGANS • ACTIVE DUTY & FAMILY MEMBERS \$30, ALL OTHERS \$40 • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS AGES 21 & OVER

Come and paint a master piece! Canvas, easels, paint, brushes and step by step instructions provided. Fee includes 2 drinks. Sign up at the Community Recreation Center by July 13.

KANIKAPILA NIGHTS

SAT, JUL 21 • 7-9PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Join us for "Kanikapila Night" as we feature three hours of live island music by Russell Wellington & Charlie Aiowa. Featuring Shenanigans Prime Rib Buffet & Corn Hole tournament while overlooking Kauai's breathtaking sunset.

SUNSET TRIVIA

TUE, JUL 24 • 7-8:30PM • 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 and prize. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

PAJAMA DJ PARTY

FRI, JUL 27 • 9PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Join us for a pajama dance party, onesie contest and pillow friendly-fight! Featuring DJ Jah boy, FREE pupus and prizes!

AUGUST

FOAMTASTIC DANCE PARTY

SAT, AUG 4 • 7:30PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Join us after the Fitness Center's Foamtastic Color Fun Run/Walk for a foam dance party. Live DJ + Foam = FOAMTASTIC DANCE PARTY!

FRIDAY NIGHT KARAOKE: GREASE SOUNDTRACK CHALLENGE

FRI, AUG 10 • 9PM-MIDNIGHT • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Show off your vocal skills by entering the "GREASE Soundtrack Challenge". The contest winner will be featured on our Monthly Karaoke Hall of Fame and win a prize valued at \$50. No registration required, drop in event. Pupus will be provided. Costumes and stage presence welcomed!

FOOD AND WINE PAIRING BASICS

FRI, AUG 17 • 7-8:30PM • SHENANIGANS • 335-4380 • ACTIVE DUTY & FAMILY MEMBERS \$15, ALL OTHERS \$25 • OPEN TO PMRF AFFILIATED PATRONS AGES 21 & OVER

Learn food and wine pairing basics so you can create your own pairings. Join us as we guide you on how to pair and learn what to look for in a recipe in order to make great wine matches. Fee includes wine and pairing samples. Sign up at the Community Recreation Center by August 9.

SUNSET TRIVIA

TUE, AUG 21 • 7-8:30PM • 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 and prize. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

KANIKAPILA NIGHTS

FRI, AUG 24 • 7-9PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Join us for "Kanikapila Night" as we feature two hours of great live music by Easy Skanking and Shenanigans 85 cent Wild Wings & Corn Hole tournament, while overlooking Kauai's breathtaking sunset.

"LET'S BOOGIE" DJ PARTY

FRI, AUG 31 • 9PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Join us and DJ Jah Boy for a Disco "Let's Boogie" Party! Wear your best disco threads and be entered into the drawing for the grand prize worth \$100.

MANA MOTORS AUTO SKILLS ASC EVENT HIGHLIGHTS:

BURGER BURN & OIL SERVICE CLINIC

FRI, JUL 20 AND AUG 17 • 6PM • FREE • MANA MOTORS • 335-4439 OR 335-4380 • FOR ACTIVE DUTY SINGLE SAILORS

All Liberty Single Sailors don't miss out on this great opportunity to learn a new skill for FREE! Come on over to the Auto Skills Center where the staff will be grilling up burgers and dogs. The staff at the ASC will introduce you to the art of vehicle oil and filter service and maintenance. For each event, two volunteer Single Service members will get at no charge A) Engine oil (up to 5 quarts) and B) One oil filter during these hands on training events. All other Active Duty Single Sailor participants are welcome to experience the seminar and enjoy the festivities. We will also be having a prize raffle for all participants.

Sign up by Wed, Jul 11 or Wed Aug 8 to volunteer your vehicle. One car and one truck, first call gets the spot!! We will be holding this event on two occasions! Don't miss out! For further information on this special seminar, please contact: Steven Swacker @ 335-4439 or Genevieve Silva @ 335-4380.

What better way to end the summer than a refreshing foam Color run!
Join PMRF MWR for a fun-filled event that is open to all participants'
island-wide. Racers will make their way through an energizing
course filled with music, color powder and of course foam!
Grab your crew and sign up today!



FOAMTASTIC

COLOR FUN RUN/WALK

Saturday, August 4 | 7pm | Shenanigans | Open to the General Public

FREE: PMRF Active Duty & their Dependents

Open to ages 5 and up

All Others: \$5 ages 5-12 years | \$10 ages 13+ years

Entry deadline: Wednesday, July 25

FOAMTASTIC DANCE PARTY AFTERWARDS!

7:30PM @ SHENANIGANS OPEN TO ALL PMRF PATRONS AND GUEST CARD HOLDERS

To register online, visit www.active.com

For more info, call 335-4379 or visit pmrf.greatlifehawaii.com



JULY

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CDC RED, WHITE & BLUE PARADE <i>10AM</i>	3 AMERICA'S MOST WEST FREEDOM FEST <i>5PM</i>	4 HAPPY INDEPENDENCE DAY! MWR ON HOLIDAY HOURS	5	6 SHENANIGANS PIZZA AND PASTA BUFFET <i>5PM</i>	7 TRIPS, TOURS & OUTINGS EZ BEACH DAY & BBQ: KALAPAKI BAY <i>9AM-3PM, BBQ 11-1:30PM</i>
8	9 MWR BEACH VOLLEYBALL LEAGUE <i>SOFTBALL FIELD</i> LIBERTY DINNER WORKSHOP: SHRIMP SCAMPI <i>6PM</i> <i>LIBERTY CENTER</i>	10 COMMUNITY RECREATION UKULELE JAM SESSION <i>6-7:30PM</i> SHENANIGANS	11 COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT <i>6PM</i> SHENANIGANS	12 YOUTH CTR SUMMER FIELD TRIPS <i>8:30AM-3:30PM</i> ANAINA HOU MINI GOLF AND GARDENS	13 CDC NATIONAL ICE CREAM DAY <i>2:30PM</i> LIBERTY GRAB N GO LUNCH: PIZZA <i>11:30AM-12:30PM</i> <i>LIBERTY CENTER</i> SPECIAL EVENTS KARAOKE: BATTLE OF THE HAT PICK <i>9PM-12:30AM</i> SHENANIGANS	14
15	16 FITNESS CTR NATIONAL YOUTH SPORTS WEEK: DODGEBALL <i>9-10:30AM</i> <i>FITNESS CENTER</i>	17 FITNESS CTR NATIONAL YOUTH SPORTS WEEK: KICKBALL <i>9-10:30AM</i> <i>SOFTBALL FIELD</i> POOL GAMES <i>2-3PM</i> <i>SWIMMING POOL</i>	18 FITNESS CTR NATIONAL YOUTH SPORTS WEEK: POOL GAMES <i>2-3PM</i> <i>SWIMMING POOL</i> COMMUNITY RECREATION BINGO NIGHT- FAMILY FRIENDLY <i>6PM</i> SHENANIGANS	19 FITNESS CTR NATIONAL YOUTH SPORTS WEEK: BASKETBALL <i>9-10:30AM</i> <i>BASKETBALL COURTS</i> YOUTH CTR SUMMER FIELD TRIPS <i>8:30AM-3:30PM</i> FERN GROTTO BOAT TOUR AND GARDENS LIBERTY MAHAULEPU HERITAGE TRAIL HIKE <i>VAN DEPARTS</i> <i>LIBERTY 8:30AM</i> SPECIAL EVENTS SIP N PAINT <i>6:30-8:30PM</i> SHENANIGANS	20 FITNESS CTR NATIONAL YOUTH SPORTS WEEK: SOCCER <i>9-10:30AM</i> <i>TURF FIELD</i> AUTO SKILLS BURGER BURN & OIL SERVICE CLINIC <i>6PM</i> <i>AUTO SKILLS CENTER</i> SHENANIGANS PRIME RIB BUFFET <i>5PM</i> LIBERTY BUILD YOUR OWN LUNCH: BBQ PORK SANDWICH <i>11:30AM-12:30PM</i> <i>LIBERTY CENTER</i>	21 LIBERTY 4 HR NA PALI RAFTING ADVENTURE <i>VAN DEPARTS</i> <i>LIBERTY 6:30AM</i> <i>KIKIAOLA SMALL BOAT</i> <i>HARBOR</i> COMMUNITY RECREATION CORN HOLE TOURNAMENT <i>6PM</i> SHENANIGANS SPECIAL EVENTS KANIKAPILA NIGHTS <i>6-8PM</i> SHENANIGANS
22	23	24 SPECIAL EVENTS SUNSET TRIVIA <i>6-7:30PM</i> SHENANIGANS	25 LIBERTY BONES & WINGS DINNER <i>6-8PM</i> <i>LIBERTY CENTER</i> COMMUNITY RECREATION SHUFFLEBOARD TOURNAMENT - FAMILY FRIENDLY <i>6PM</i> SHENANIGANS	26 YOUTH CTR SUMMER FIELD TRIPS <i>8:30AM - 3:30PM</i> KILAUEA POINT LIGHT- HOUSE AND WILDLIFE REFUGE	27 SPECIAL EVENTS PAJAMA DJ PARTY <i>9PM</i> SHENANIGANS	28
29	30 YOUTH CTR SUMMER BREAK MISSOULA CHIL- DREN'S THEATER AUDITION <i>9-11AM</i> <i>YOUTH CTR</i>	31 TRIPS, TOURS & OUTINGS BICYCLE DOWNHILL <i>9-11AM</i> <i>VAN DEPARTS</i> <i>CRC 1:45PM</i>	FITNESS OBSTACLE CHALLENGE FITNESS CTR • JULY • 1-31 SKIN SAFETY MONTH			

2018

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 COMMUNITY RECREATION BINGO NIGHT-FAMILY FRIENDLY 6PM SHENANIGANS	2	3 YOUTH CTR MISSOULA CHILDREN'S THEATRE PERFORMANCE 5PM WAIMEA THEATER	4 FITNESS CTR FOAMTASTIC COLOR FUN RUN/WALK 6PM SHENANIGANS SPECIAL EVENTS FOAMTASTIC DANCE PARTY 7:30PM SHENANIGANS
5	6	7 COMMUNITY RECREATION UKULELE JAM SESSION 6-7:30PM SHENANIGANS	8 COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT 6PM SHENANIGANS	9	10 CDC HEALTHY S SMOOTHIE DAY 9:30AM LIBERTY GRAB N GO LUNCH: SLIDERS AND FRIES 11:30AM-12:30PM LIBERTY CENTER SHENANIGANS SHRIMP BOIL 5PM SPECIAL EVENTS KARAOKE: GREASE SOUNDTRACK CHALLENGE 9PM-12AM SHENANIGANS	11 TRIPS, TOURS AND OUTINGS NA PALI EXPLORER RAFTING VAN DEPARTS LIBERTY 6:45AM
12	13 LIBERTY DINNER WORKSHOP: FLATBREAD PIZZAS 6PM LIBERTY CENTER	14	15 COMMUNITY RECREATION BINGO NIGHT-FAMILY FRIENDLY 6PM SHENANIGANS	16	17 AQUATICS FAMILY POOL DAY 4PM MANA SPLASH AUTO SKILLS BURGER BURN & OIL SERVICE CLINIC 6PM AUTO SKILLS CENTER SPECIAL EVENTS WINE TASTING 6:30-8:30PM SHENANIGANS	18 TRIPS, TOURS & OUTINGS EZ BEACH DAY & BBQ: ANINI BEACH 9AM-3PM, BBQ 11-1:30PM
19	20	21 SPECIAL EVENTS SUNSET TRIVIA 6-7:30PM SHENANIGANS	22 COMMUNITY RECREATION DARTS TOURNAMENT 6PM SHENANIGANS	23	24 LIBERTY BUILD YOUR OWN LUNCH: KALUA NACHOS 11:30AM-12:30PM LIBERTY CENTER SPECIAL EVENTS KANIKAPILA NIGHTS 6-8PM SHENANIGANS COMMUNITY RECREATION CORN HOLE TOURNAMENT 6PM SHENANIGANS	25
26	27	28	29 COMMUNITY RECREATION BINGO NIGHT-FAMILY FRIENDLY 6PM SHENANIGANS LIBERTY PING PONG & MAHI MAHI DINNER 6-8PM LIBERTY CENTER	30 LIBERTY SNUBA VAN DEPARTS LIBERTY 10:30AM	31 CDC NATIONAL PICNIC DAY 11AM SPECIAL EVENTS "LET'S BOOGIE" DJ PARTY 9PM SHENANIGANS SHENANIGANS MONGOLIAN BBQ 5-9PM	

INSTAGRAM "NO GYM" FITNESS CHALLENGE

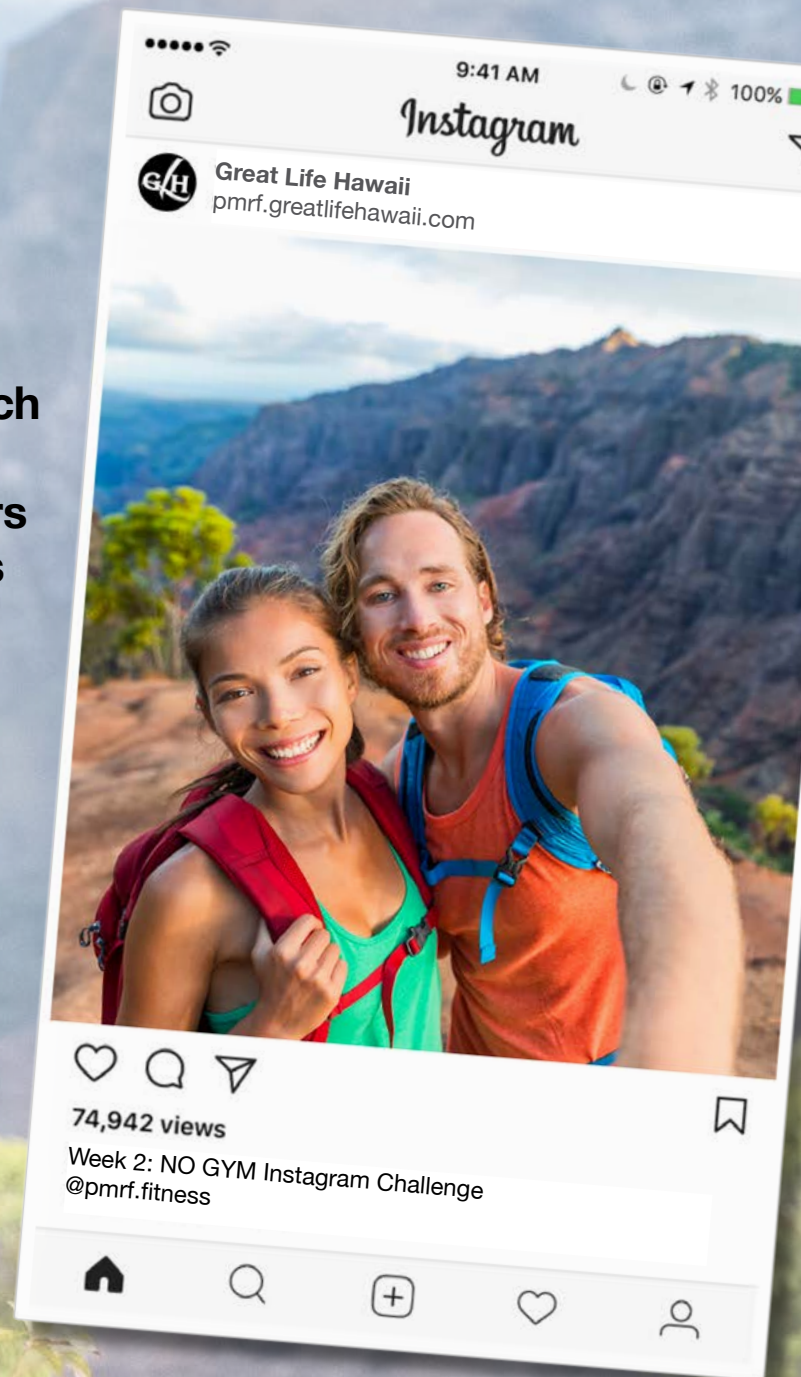
**AUGUST 1-31
FITNESS CENTER
FREE**

**Open to all Authorized
PMRF Personnel**

**Who says you need a gym to reach
you fitness goals. With beautiful
weather year round, Kaua'i offers
many different recreational sites
and activities that can help you
stay active and fit. Join us for
this challenge and share what
activities you do outside the
gym to stay active.**

- **Participants will be given a challenge each week to complete.**
- **Participant will document completion of each challenge onto Instagram**
- **Instagram upload must tag @pmrf.fitness**
- **Participants who complete all challenge tasks will receive a prize**

**Call 808-335-4379 or visit the
fitness center for more info.**



pmrf.greatlifehawaii.com



COMMUNITY RECREATION

JULY

UKULELE JAM SESSION

TUE, JUL 10 • 6-7:30PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Learn to play Kauai's 1st choice of instrument during a "jam session" or come, join and jam with others at this FREE Ukulele Jam Session. Learn chords from 6-6:30pm and song play for the remainder of the session. No registration required, drop in event.

TEXAS HOLD'EM TOURNAMENT

WED, JUL 11 • 6PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS AGES 18 AND OVER

By popular demand, this MONTHLY tournament consists of set house rules, prizes and free pupus for all participants. Sign up at Shenanigans or call 335-4346 by July 10. Claim your seat at the tournament by 6PM; unclaimed spots will be filled on a first come, first served basis. No one is permitted to join once the tournament has begun.

FAMILY FUN BINGO NIGHT

WED, JUL 18 • 6PM • SHENANIGANS • FREE • 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. All active duty receive two bingo cards. All others receive one card. No registration required, drop in event.

CORN HOLE TOURNAMENT

SAT, JUL 21 • 6:30-7:30PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

This elimination tournament consists of set house rules and a grand prize for the winning duo. Sign up at Shenanigans or call 335-4346 by July 20. Claim your space at the tournament by 6:30PM; unclaimed spots will be filled on a first come, first basis.

SHUFFLEBOARD TOURNAMENT - FAMILY FRIENDLY

WED, JUL 25 • 6PM • SHENANIGANS • FREE • 335-4346 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS AGES 7 & OVER

This elimination tournament consists of set house rules, prizes and free pupus for all participants. Sign up at Shenanigans or call 335-4346 by July 24. Claim your space at the tournament by 6PM; unclaimed spots will be filled on a first come, first served basis. Ages 7 and over welcomed.

AUGUST

UKULELE JAM SESSION

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

Learn to play Kauai's 1st choice of instrument during a "jam session" or come, join and jam with others at this FREE Ukulele Jam Session. Learn chords from 6-6:30pm and song play for the remainder of the session. No registration required, drop in event.

BINGO NIGHTS - FAMILY FRIENDLY

WED, AUG 15 • 6PM • SHENANIGANS • FREE • 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. All active duty receive two bingo cards.

All others receive one card. No registration required, drop in event.

TEXAS HOLD'EM TOURNAMENT

WED, AUG 8 • 6PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS AGES 18 AND OVER

By popular demand, this MONTHLY tournament consists of set house rules, prizes and free pupus for all participants. Sign up at Shenanigans or call 335-4346 by August 7. 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.

DARTS TOURNAMENT

WED, AUG 22 • 6PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

This elimination tournament consists of set house rules, prizes and free pupus for all participants. Sign up at Shenanigans or call 335-4346 by Aug 21. Claim your seat at the tournament by 6PM; unclaimed spots will be filled on a first come, first served basis.

CORN HOLE TOURNAMENT

FRI, AUG 24 • 6:30-7:30PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

This elimination tournament consists of set house rules and a grand prize for the winning duo. Sign up at Shenanigans or call 335-4346 by Aug 23. Claim your space at the tournament by 6:30pm; unclaimed spots will be filled on a first come, first served basis.

MOVIE HOUSE

OPEN FRIDAYS, SATURDAYS & SUNDAYS; 7:30PM. FREE.

Concessions available for purchase; NEW ITEMS; Cheeseburger, Corned Beef Sandwiches, Mini Pizza, Add Arare & Butter to your popcorn! For a pre-recorded message of current movies, call 335-4210.

FREE CANDY BAR

THU, JUL 5 • 7:30-10PM • 335-4380

Join us at the movies and receive a FREE candy bar.

BACK TO SCHOOL BASH - STUDENTS RECEIVE FREE POPCORN

SAT, JUL 28 • 7:30-9PM • 335-4380

All mothers receive FREE popcorn.

\$1 CONCESSION SUNDAY

SUN, AUG 12 • 7:30-9PM • 335-4380

Every item on the concession menu is \$1, limited one item per person.

AQUATICS

POOL HOURS OF OPERATION

MONDAY, WEDNESDAY & FRIDAY:

LAP SWIM: 11AM-1:30PM

OPEN SWIM: 3:30-5:30PM

TUESDAY & THURSDAY:

LAP SWIM: 11AM-1:30PM

SATURDAY, SUNDAY & HOLIDAYS:

OPEN SWIM: 11AM-5PM

SUMMER POOL HOURS (JUNE 1 - AUGUST 6)

MONDAY, WEDNESDAY & FRIDAY:

LAP SWIM: 11AM-1:30PM

OPEN SWIM: 1:30-5PM

TUESDAY & THURSDAY:

LAP SWIM: 11AM-1:30PM

SATURDAY, SUNDAY & HOLIDAYS:

OPEN SWIM: 11AM-5PM

JULY

POOL TIP OF THE MONTH: KEEP YOURSELF HYDRATED

You might not be able to see the difference between water droplets and sweat on your skin, but you are sweating in the pool. The amount of fluid lost through sweat will depend on each individual's sweat rate, the workout intensity, and the pool temperature. Keep a bottle of water near and keep yourself hydrated.

MWR SWIM LESSONS

SESSION 3: JUL 16-AUG 1 • MANA SPLASH • \$40 • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

PMRF Active Duty sign-ups begin Monday, July 2. All other eligible patrons may sign up beginning Monday, July 9. Limited space available, first come first serve. Must submit full payment to secure class spot.

Learn to Swim for ages 4 and up. Classes will be held on Monday, Tuesday, and Wednesday:

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

AUGUST

POOL TIP OF THE MONTH: SUN SAFETY

Too much sun is no fun. Being in the sun is fun, but if you are in the sun too long you can get sunburned. Stop by Mana Splash Swimming Pool to learn about sun safety and tips to protect yourself in the sun.

FAMILY POOL DAY

FRI, AUG 17 • 4-6PM • MANA SPLASH • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Come out and join our Aquatics team for some refreshing fun in the sun with the whole family. There will be lots of fun water games for everyone to participate in. All you need to bring is some sun protection, your swimsuit and a snack/beverage.





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.



MAHAULEPU HERITAGE TRAIL

DINNER WORKSHOP - SHRIMP SCAMPI

MON, JUL 9 • 6PM • LIBERTY CENTER • FREE • 335-4346

Correct description should be "Shrimp scampi is a favorite in many restaurants. Join us in guiding you to be able to make this buttery garlic dish any time of the day or night".

GRAB N GO LUNCH - PIZZA

FRI, JUL 13 • 11:30AM-12:30PM • LIBERTY CENTER • FREE • 335-4346

Stop by the Liberty Center for a quick Pizza lunch to go.

MAHAULEPU HERITAGE TRAIL HIKE

THU, JUL 19 • VAN DEPARTS LIBERTY CENTER 8:30AM • POIPU • \$5 • 335-4346

Van leaves Liberty Center at 8:30am. Sign up at the Community Recreation Center by July 17th; limited space.

BUILD YOUR OWN LUNCH - BBQ PORK SANDWICH

FRI, JUL 20 • 11:30AM-12:30PM • LIBERTY CENTER • FREE • 335-4346

Stop by the Liberty Center for BYO Lunch. We will have kalua pork with BBQ sauce on buns and sides of cole slaw, tomatoes, and lettuce to top off your sandwich to go.

4 HR NA PALI RAFTING ADVENTURE

SAT, JUL 21 • VAN DEPARTS LIBERTY 6:30AM • KIKIAOLA SMALL BOAT HARBOR • \$25 • 335-4346

Jump in a 48' Rigid Hull Raft to witness Kauai's spectacular Na Pali coast, swim, snorkel along the coast, enjoy a deli lunch, snacks, water & sodas. Pack your water attire, towel, and sunscreen. Transportation provided; van leaves from Liberty Center. Sign up at the Community Recreation Center by July 13; limited space.

BONES & WINGS DINNER

WED, JUL 25 • 6-8PM • LIBERTY CENTER • FREE • 335-4346

Stop by the Liberty Center for dinner & dessert. Show off your domino skills, talk stories and learn about our upcoming event or have it to go.

GRAB N GO LUNCH - SLIDERS AND FRIES

FRI, AUG 10 • 11:30AM-12:30PM • LIBERTY CENTER • FREE • 335-4346

Stop by the Liberty Center for Sliders and fries for a quick lunch.

DINNER WORKSHOP - FLATBREAD PIZZAS

MON, AUG 13 • 6PM • LIBERTY CENTER • FREE • 335-4346

Join us as we show you how to make Flatbread Pizzas so you can quickly make a favorite meal.

BUILD YOUR OWN LUNCH - KALUA NACHOS

FRI, AUG 24 • 11:30AM-12:30PM • LIBERTY CENTER • FREE • 335-4346

Stop by the Liberty Center for BYO Lunch. We will have a nacho station filled with all the ingredients needed for a quick and easy lunch.

PING PONG & MAHI MAHI DINNER

WED, AUG 29 • 6-8PM • LIBERTY CENTER • FREE • 335-4346

Stop by the Liberty Center for dinner & dessert. Show us your ping pong skills, talk stories and learn about our upcoming event or have it to go.

SNUBA

THU, AUG 30 • VAN DEPARTS LIBERTY CENTER 10:30AM • LAWAI BEACH, KOLOA • FREE • 335-4346

SNUBA is a unique, patented shallow water diving system, bridging the gap between snorkeling and scuba diving. Pack your swimsuit, towels and sunscreen. Water and transportation provided; Van leaves from Liberty Center. Sign up at the CRC by August 16; limited space.

TICKETS AND TOURS AT THE COMMUNITY RECREATION CENTER

ON GOING ISLAND EVENTS

ALOHA FRIDAY LEI MAKING WORKSHOP

Free lei-making workshops are held every Friday at the West Kaua`i Technology & Visitors Center from 9:30-11AM. 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 `ukelele and sing with the presenters in a backyard-style jam held at Island School auditorium in Puhi, Mondays, 6AM-9PM. FMI 245-2733.

HANAPEPE ART NIGHT

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

HISTORIC WAIMEA WALKING TOUR

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

KAPA`A HISTORY TOUR

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

KAUAI MUSEUM TOUR

From Monday through Friday, docents provide interpretation of Kaua`i and Ni`ihau culture as they lead tours through the museum's galleries. Free tour with admission. The tour occurs every Monday at 2PM, and every Tuesday through Friday at 10:30AM. FMI call 245-6931.

MONTHLY STARWATCH

Kaua`i is an ideal location for astronomical observation. The Kaua`i Educational Association for Science & Astronomy conducts a monthly starwatch in Kaumakani at the softball field at sunset. FMI on dates and times, call 332-7827.

`OHANA DAY

Families and visitors are invited to join Kaua`i Museum for a day of demonstrations, exhibits and fun. View native Hawaiian art and artifacts preserved in the main exhibit. Held on the first Saturday of every month. Admission is free. FMI call 245-6931.

OLD WAIMEA SUGAR PLANTATION WALKING TOUR

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

SLACK KEY GUITAR AND UKULELE CONCERTS

Enjoy traditional Hawaiian slack key guitar and `ukulele every weekend at the Hanalei Family Community Center from 4-5:30PM. Tickets are \$20 (\$15 for keiki/seniors). FMI call 826-1469.

TAHITIAN DANCE

Urahutia Productions presents free Tahitian dance performances every Monday and Thursday from 4:30-5:15PM at Po`ipu Shopping Village. Performances are held under the banyon tree. FMI call 742-2831.

KILAUEA ART NIGHT

Last Saturday of every month

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

KEALIA FARM MARKET & TOURS

Mon & Fri 3-7PM

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.



It's happening at
SHENANIGANS



PIZZA AND PASTA BUFFET

Friday, July 6 from 5-9 PM

\$17 Adults

\$13 Ages 10-14 yrs

\$10 Ages 5-9 yrs

All you can eat of a variety of hot delicious pizzas with garlic butter edges, 3 different hot pasta dishes, salad bar, soup, breadsticks, and desserts.



PRIME RIB BUFFET

Saturday, July 21 from 5-9 PM

\$37 Adults

\$24 Ages 10-14 yrs

\$15 Ages 5-9 yrs

Prime Rib, Crab Laced Salmon and the fixin's



SHENANIGANS SHRIMP BOIL

Friday, Aug 10 from 5-9 PM

\$35 per order

\$17.50 per order half order Shrimp Boil

A pound of succulent Kauai Shrimp mixed with sausage, potatoes and corn on the cob. Family style dining.



SHENANIGANS MONGOLIAN BBQ

Friday, Aug 31 from 5-9 PM

95 CENTS AN OUNCE

Create your own stir-fry from a variety of meats, vegetables and sauces and our staff will stir fry your creation right in front of you.

Reservations Highly Recommended for All!

Modified menu available: Pizzas & desserts

Please call 808-335-4708 M-F between 8:30am-4pm or
808-335-4706 between 4pm-8:30pm to make a reservation.

pmrf.greatlifehawaii.com



**AMERICA'S
MOST WEST
FREEDOM
FEST**

Tuesday, July 3
at **Shenanigans** on PMRF
Barking Sands

FREE
& Open to the Public

*Event starts at 5pm
Gates open at 4pm and close at 9pm*

**Live
Music!**



Cruz Control



**Henry Kapono &
Duke's on Sunday Band**



Kapena



Ka Vibes

ONO Food:

3 Girls Local Grill, Da Imu Hut, Ono Pops, Frozen Delights, Kauai Kim Chee, Ke Kula Niihau, Rafael's Aloha Tacos, Wranglers/Saddle Room, Sumikos, Wailua Shave Ice, WKUMC Malasadas, PMRF Huli Chicken

Beer/Wine Garden • Craft Vendors

Child & Youth Activities featuring the Showtime Characters

Free parking available on base; vehicles will be subject to search. No outside food or beverages, coolers, tents, pets, weapons (including knives of all types), drones, drugs or personal fireworks are allowed. Motorcycles welcome; riders must wear helmet, boots, bright colored long sleeved shirt/jacket or reflected vest.

**Questions? Call (808) 335-4380
or visit pmrf.greatlifehawaii.com**

**Featuring the
BEST FIREWORKS SHOW
at 9:30pm**

