

On Target

MORALE, WELFARE AND RECREATION PMRF | JULY - AUGUST 2019



MWR PHONE DIRECTORY & HOURS

BEACH COTTAGE - AFTER HOURS

(PHONE NUMBER FOR EMERGENCIES ONLY)

BLDG. 1293 • 645-1623

MONDAY - FRIDAY5 PM - 8:30 AM

SATURDAY & SUNDAY3 PM - 10 AM

BEACH COTTAGE - RESERVATION OFFICE

CHECK-IN: 3 P.M. / CHECK OUT:11 AM

BLDG. 1293 • 335-4752

MONDAY - FRIDAY8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

CHILD DEVELOPMENT CENTER (CDC)

(AGE 6 WEEKS - 5 YEARS) • BLDG. 1283 • 335-4453

MONDAY - FRIDAY6 AM - 5 PM

FITNESS CENTER

BLDG. 1264 • 335-4379

MONDAY - FRIDAY5:30 AM - 8:30 PM

SATURDAY, SUNDAY & HOLIDAYS9:30 AM - 5 PM

LIBERTY CENTER

BLDG. 1355-B • 335-4346

DAILY24 HOURS A DAY

MANA MOTORS AUTO SKILLS CENTER

BLDG. 1276 • PHONE: 335-4439

TUESDAY - FRIDAYNOON - 8 PM

SATURDAY9 AM - 5 PM

MANA SPLASH SWIMMING POOL - AQUATICS

BLDG. 1302 • 335-4391

MONDAY, WEDNESDAY & FRIDAY:

LAP SWIM11 AM - 1:30 PM

OPEN SWIM3:30 PM - 5:30 PM

TUESDAY & THURSDAY:

LAP SWIM11 AM - 1:30 PM

SATURDAY, SUNDAY & HOLIDAYS:

OPEN SWIM11 AM - 5 PM

MOVIE HOUSE

BLDG. 1315 • 335-4210

FRIDAY - SUNDAYFIRST MOVIE 7:00 PM

COMMUNITY RECREATION CENTER

BLDG. 1293 • 335-4195

MONDAY - FRIDAY8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

SHENANIGANS - ALL-HANDS CLUB/BAR

BLDG. 1308 • 335-4706

TUESDAY - THURSDAY4 PM - 9 PM

FRIDAY4 PM - 1 AM

SATURDAY4 PM - 10 PM

SHENANIGANS - DINING ROOM

BLDG. 1308 • 335-4706

LUNCH TUESDAY - FRIDAY11 AM - 1 PM

DINNER TUESDAY - SATURDAY5 PM - 9 PM

SHENANIGANS - CATERING OFFICE

BLDG. 1308 • 335-4708

MONDAY - FRIDAY8 AM - 4 PM

SPECIAL EVENTS

BLDG. 1267 • 335-4380

MONDAY - FRIDAY8 AM - 4 PM

TICKETS & TRAVEL

BLDG. 1293 • 335-4195

MONDAY - FRIDAY8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

YOUTH CENTER - SCHOOL AGE CARE

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY, TUESDAY, THURSDAY, FRIDAY2 PM - 5 PM

WEDNESDAY1:15 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 - FRIDAY7 AM - 5 PM



On Target

MORALE, WELFARE AND RECREATION PMRF | JULY-AUGUST 2019

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

COVER

Waipo'o Falls, Waimea Canyon, Kauai, Hawaii.

INSIDE COVER

A rooster on Kauai, Hawaii

PACIFIC MISSILE RANGE FACILITY

COMMANDING OFFICER Captain Vincent Johnson

EXECUTIVE OFFICER Commander Daniel Kimberly

MWR DIRECTOR Don Inman

MWR PMRF PHONE DIRECTORY

PHONE (808) 335-4195

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Every effort has been made to provide the most up-to-date information at the time of publication, however, these events are subject to change. It is recommended that you call the contact numbers for each event or visit our website to verify if the activity will occur as planned.

*The U.S. Navy or any other Federal Government agency does not officially endorse any sponsor, its products or services in On Target.



FITNESS CENTER

JULY 2019

- JULY 3 - CLOSED
- JULY 4 - HOLIDAY HOURS

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.

WORKOUT OF THE MONTH

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 12 • SHENANIGANS

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: Wednesday, July 10 @ 11:30 @ the Fitness Center
- Round Robin begins Friday, July 12

NATIONAL YOUTH SPORTS WEEK

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 sports activities to support our Youth community and the P.L.A.Y.S Initiative.

- Monday, July 15: Dodgeball, 9-10:30am @ Fitness Center
- Tuesday, July 16: Kickball, 9-10:30am @ the Softball Field
- Wednesday, July 17: Pool Games, 2-3pm @ Mana Splash
- Thursday, July 18: Basketball, 9-10:30am @ Basketball Courts
- Friday, July 19: Soccer, 9-10:30am @ the Turf Field

AUGUST 2019

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.

FOAMTASTIC COLOR FUN RUN/WALK

SAT, AUG 10 • 5PM • BASKETBALL COURT • OPEN TO THE 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!

FAMILY SPORTS DAY

FRI, AUG 16 • 11AM • FITNESS CENTER • FREE

Come out and join us for some fun in the sun. There will be a lot of fun sports and recreational activities for the whole family to participate in. All you need to bring is some sun protection and a snack/beverage.

TENNIS TOURNAMENT

WED, AUG 21 • 4PM • TENNIS COURTS • FREE

This will be a single or doubles, single elimination tournament. Each match will be best of 3 sets. Deadline to sign-up is Monday, August 19.





FOAMTASTIC

COLOR FUN RUN

Sat., Aug 10 @ 5pm

Entry deadline: Weds., July 31

OPEN BASE EVENT!

\$10 for ages 13yrs+ \$5 for ages 5-12yrs

Ages 5 years+

FREE to PMRF Active Duty/dependents

Shenanigans

What better way to end the summer than a refreshing foam color run! Join PMRF MWR for a fun-filled event, open base event! 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! **REGISTER ONLINE, VISIT ACTIVE.COM.**

Call 335-4379 for more info.



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR





GROUP EXERCISE SCHEDULE

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

***SCHEDULE IS SUBJECT TO CHANGE**

HARDCORE

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

LET’S GET RIPPED

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

TRX TRAINING

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

REGENERATION

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

YC KID FIT/CDC FITNESS

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

COMMAND PT/FITNESS ENHANCEMENT PROGRAM

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

YOUTH CENTER

YOUTH CENTER/CDC CLOSURE DAYS

• JULY 3 & 4 - FOR INDEPENDENCE DAY

JULY 2019

DATES FOR SUMMER BREAK

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

FIELD TRIPS FOR SUMMER

JUL 11: PMRF FIRE DEPARTMENT

JUL 25: KAMOKILA HAWAIIAN VILLAGE

SPORTS CLINIC: VOLLEYBALL

JUL 8-12 • YOUTH CENTER • INCLUDED IN CAMP FEES • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Bump, Set, Spike! Work on your hand-eye coordination as you learn to play volleyball. Learn new drills you can do individually with a friend, or on a team.

CRAFT CLUB: YARN PULLING

WED, JUL 10 • 12:45PM - 1:30PM • YOUTH CENTER • \$5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Learn how to abstract mesmerizing paintings using yarn as your paint tool! Sign up by calling the Youth Center.

MISSOULA CHILDREN'S THEATRE

JUL 15-19 • YOUTH CENTER • INCLUDED IN CAMP FEES • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Throughout the week youth will work with trained theatre professionals on a production of Princess and the Pea. Auditions held the first day of the week, practice held each day depending on the youth's designated character. Production will take place on July 19 at the Waimea Theatre. Active Duty free during auditions, practice and production.

STEAM CLUB: ELEPHANT TOOTHPASTE

WED, JUL 24 • 12:45PM - 1:30PM • YOUTH CENTER • \$5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

How much toothpaste does an elephant need? A ton! Join us as we study the chemistry of a foamy substance large enough to brush an elephant's teeth. Sign up by calling the Youth Center.

CULTURAL CLUB

WED, JUL 31 • 12:45PM - 1:30PM • 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.

AUGUST 2019

COOKING CLUB: BREAKFAST TORTILLA FRUIT ROLL UP

WED, AUG 7 • 3:30PM-4:30PM • YOUTH CENTER • \$5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Feeling hungry? Come to the Youth Center to learn how to be self-sufficient in the kitchen while practicing safe kitchen skills. Sign up by calling the Youth Center.

CRAFT CLUB: PAPER MACHE MASKS

WED, AUG 14 • 3:30PM-4:30PM • YOUTH CENTER • \$5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Become mysterious as you wear a mask of your own design. Shape and create a 3D masterpiece! Sign up by calling the Youth Center.

STEAM CLUB: PHOTOGRAPHY

WED, AUG 21 • 3:30PM-4:30PM • YOUTH CENTER • \$5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Say cheese! Enhance your photography skills as youth bring pictures into the focus of our minds. Sign up by calling the Youth Center.

CULTURE CLUB

WED, AUG 28 • 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.

CDC

JULY 2019

CDC WILL BE CLOSED ON

JULY 3 & 4 - FOR INDEPENDENCE DAY

PRESCHOOL FIELD TRIP TO PMRF FIRE STATION

THU, JUL 11 • DETAILS TBA • FREE FOR CHILDREN ATTENDING THE PROGRAM

Preschool children will visit the fire station to learn about our community heroes. Families are invited to meet us there.

NATIONAL ICE CREAM DAY

FRI, JUL 12 • 2:30PM • FREE FOR CHILDREN ATTENDING THE PROGRAM

Children and staff will be making homemade healthy ice cream.

PRESCHOOL CELEBRATION

DETAILS TBA • FREE FOR CHILDREN & FAMILIES ATTENDING THE PROGRAM

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 2019

HEALTHY SMOOTHIE DAY

FRI, AUG 9 • 2PM • FREE FOR CHILDREN ATTENDING THE PROGRAM

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

NATIONAL PICNIC DAY

FRI, AUG 30 • 11AM • FREE FOR CHILDREN ATTENDING THE PROGRAM



Preschool children will have picnic style lunch.

HOURLY CARE

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

The Hourly Care Program is designed as a short term child care 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 have a doctor's appointment. Services are available based on daily enrollment. Call 335-4453 for more information.



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | |
|------------|---|---|---|---|--|--|-----------|----------|
| JUL | | | 1 | 2 | 3 | 4 | 5 | 6 |
| | | |  MWR ON SPECIAL HOURS, SEE YOU AT THE FEST! | HAPPY INDEPENDENCE DAY! MWR ON HOLIDAY HOURS | | | | |
| 7 | 8 YOUTH CENTER SPORTS CLINIC: VOLLEYBALL <i>8AM-12PM - YOUTH CENTER</i> | 9 YOUTH CENTER SPORTS CLINIC: VOLLEYBALL <i>8AM-12PM - YOUTH CENTER</i> COMMUNITY RECREATION UKULELE JAM SESSION <i>6PM-7:30PM</i> SHENANIGANS | 10 YOUTH CENTER SPORTS CLINIC: VOLLEYBALL <i>8AM-12PM - YOUTH CENTER</i> YOUTH CENTER CRAFT CLUB - YARN PULLING <i>12:45PM-1:30PM</i> YOUTH CENTER | 11 YOUTH CENTER SPORTS CLINIC: VOLLEYBALL <i>8AM-12PM</i> YOUTH CENTER YOUTH CENTER FIELD TRIP: PMRF FIRE DEPT <i>TIME TBA</i> YOUTH CENTER | 12 YOUTH CENTER SPORTS CLINIC: VOLLEYBALL <i>8AM-12PM - YOUTH CENTER</i> CDC NATIONAL ICE CREAM DAY <i>2:30PM - CDC</i> FITNESS CENTER BEACH VOLLEYBALL LEAGUE <i>BEGINS JUL 10 - SHENANIGANS</i> SHENANIGANS PRIME RIB BUFFET <i>5PM-9PM</i> MANA SPLASH SPLASH PAD/DIVE IN MOVIE <i>7PM</i> SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE <i>9PM-12AM - SHENANIGANS</i> | 13 TRIPS, TOURS & OUTINGS EZ BEACH DAY <i>9AM-3PM</i> SALT POND BEACH | | |
| 14 | 15 YOUTH CENTER MISSOULA CHILDREN'S THEATRE <i>YOUTH CENTER</i> FITNESS CENTER NATIONAL YOUTH SPORTS WEEK DODGEBALL <i>9AM-10:30AM</i> FITNESS CENTER | 16 YOUTH CENTER MISSOULA CHILDREN'S THEATRE <i>YOUTH CENTER</i> FITNESS CENTER NATIONAL YOUTH SPORTS WEEK KICKBALL <i>9AM-10:30AM - SOFTBALL FIELD</i> SPECIAL EVENTS TRIVIA NIGHT <i>6:30PM-8PM - SHENANIGANS</i> | 17 YOUTH CENTER MISSOULA CHILDREN'S THEATRE <i>YOUTH CENTER</i> FITNESS CENTER NATIONAL YOUTH SPORTS WEEK POOL GAMES <i>2PM-3PM - MANA SPLASH</i> LIBERTY FLIP CUP TIC TAC TOE TOURNAMENT <i>5PM-7:30PM - LIBERTY CENTER</i> | 18 YOUTH CENTER MISSOULA CHILDREN'S THEATRE <i>YOUTH CENTER</i> FITNESS CENTER NATIONAL YOUTH SPORTS WEEK BASKETBALL <i>9AM-10:30AM</i> BASKETBALL COURTS | 19 YOUTH CENTER MISSOULA CHILDREN'S THEATRE - <i>YOUTH CENTER</i> FITNESS CENTER NATIONAL YOUTH SPORTS WEEK SOCCER <i>9AM-10:30AM - THE TURF FIELD</i> AUTO SKILLS LIBERTY BURGER BURN & OIL SERVICE CLINIC <i>6PM - AUTO SKILLS CTR</i> MOVIE THEATER FREE SMALL POPCORN <i>7:30PM-10PM</i> | 20 LIBERTY CANYON TRAIL TO WAIPO'O FALLS <i>8AM-3:30PM</i> VAN DEPARTS LIBERTY 8AM | | |
| 21 | 22 LIBERTY MAKE YOUR OWN HAWAIIAN PLATE COOKING SERIES - CHICKEN LUAU <i>6PM</i> LIBERTY CENTER | | 23 | 24 YOUTH CENTER STEAM CLUB - ELEPHANT TOOTHPASTE <i>12:45PM - 1:30PM</i> YOUTH CENTER | 25 YOUTH CENTER FIELD TRIP: KAMOKILA HAWAIIAN VILLAGE <i>TIME TBA</i> YOUTH CENTER | 26 TRIPS, TOURS & OUTINGS GREAT NAVY CAMPOUT <i>3PM - MAJORS BAY</i> SHENANIGANS PIZZA AND PASTA BUFFET <i>5PM-9PM - SHENANIGANS</i> SPECIAL EVENTS KANIKAPILA NIGHTS <i>6PM-8PM - SHENANIGANS</i> COMMUNITY RECREATION CORN HOLE TOURNAMENT <i>7PM-9PM - SHENANIGANS</i> | 27 | |
| 28 | 29 | 30 SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE <i>9PM-12AM - SHENANIGANS</i> | 31 YOUTH CENTER CULTURAL CLUB <i>12:45PM - 1:30PM</i> YOUTH CENTER COMMUNITY RECREATION FAMILY FUN BINGO NIGHT <i>6PM - SHENANIGANS</i> |  WORKOUT OF THE MONTH JULY 1-31 - FITNESS CENTER See pg 4 | | | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|---|--|
| <h1>AUG</h1> | | | | WORKOUT OF THE MONTH AUGUST 1-31 ROWING CHALLENGE See pg 4  | | |
| | | | | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | COMMUNITY RECREATION UKULELE JAM SESSION <i>6PM-7:30PM</i> <i>SHENANIGANS</i> | YOUTH CENTER COOKING CLUB: BREAKFAST TORTILLA FRUIT ROLL UP <i>3:30PM-4:30PM</i> <i>YOUTH CENTER</i> COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT <i>6PM - SHENANIGANS</i> | | CDC HEALTHY SMOOTHIE DAY <i>2PM - CDC</i> SHENANIGANS MONGOLIAN BBQ <i>5PM-9PM</i> SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE <i>9PM-12AM - SHENANIGANS</i> | FITNESS CENTER FOAMTASTIC COLOR FUN RUN/WALK <i>REGISTER 5PM</i> <i>BASKETBALL COURT</i> TRIPS, TOURS & OUTINGS EZ BEACH DAY <i>9AM-3PM</i> <i>POIPU</i> |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| MANA SPLASH MWR SWIM LESSON <i>BABY & ME: AUG 12-22</i> | SPECIAL EVENTS TRIVIA NIGHT <i>6:30PM-8PM</i> <i>SHENANIGANS</i> | YOUTH CENTER CRAFT CLUB: PAPER MACHE MASKS <i>3:30-4:30PM</i> <i>YOUTH CENTER</i> | | FITNESS CENTER FAMILY SPORTS DAY <i>11AM</i> <i>FITNESS CENTER</i> LIBERTY COSMIC BOWLING AND DINNER <i>VAN DEPARTS LIBERTY CENTER 6PM</i> MOVIE THEATER FREE CANDY BAR <i>7PM-9PM</i> | TRIPS, TOURS & OUTINGS ISLAND TOUR <i>9AM-3PM</i> <i>DEPARTS FROM CRC 9AM</i> | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | YOUTH CENTER STEAM CLUB - PHOTOGRAPHY <i>3:30PM-4:30PM</i> <i>YOUTH CENTER</i> FITNESS CENTER TENNIS TOURNAMENT <i>4PM</i> <i>TENNIS COURTS</i> LIBERTY YARD PONG <i>5PM-7:30PM</i> <i>LIBERTY CENTER</i> | | AUTO SKILLS LIBERTY BURGER BURN & OIL SERVICE CLINIC <i>6PM</i> <i>AUTO SKILLS CTR</i> SHENANIGANS SHRIMP BOIL <i>5PM-9PM - SHENANIGANS</i> SPECIAL EVENTS KANIKAPILA NIGHTS <i>6-8PM - SHENANIGANS</i> SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE <i>9PM-12AM - SHENANIGANS</i> | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| LIBERTY MAKE YOUR OWN HAWAIIAN PLATE COOKING SERIES - KALUA PORK <i>6PM</i> <i>LIBERTY CENTER</i> | | YOUTH CENTER CULTURE CLUB <i>3:30PM-4:30PM</i> <i>YOUTH CENTER</i> COMMUNITY RECREATION SUPER HERO KEIKI CHALLENGE <i>3:30PM -5:30PM</i> <i>SOCCER FIELD</i> | | CDC NATIONAL PICNIC DAY <i>11AM - CDC</i> | TRIPS, TOURS & OUTINGS WAILUA KAYAK & SECRET FALLS HIKE <i>8AM</i> <i>DEPARTS FROM CRC</i> | |

Summertime SHENANIGANS

PRIME RIB BUFFET

Friday, Jul 12 | 5pm-9pm

Adults: \$37 | 10-14 YRS: \$24 | 5-9 YRS: \$15

It's Prime Rib with all the fixings, plus Misoyaki Salmon and more! See full menu on page 11. Modified menu available: Appetizers, pizzas and desserts.



PIZZA AND PASTA BUFFET

Friday, Jul 26 | 5pm-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, three different hot pasta dishes, salad bar, soup, breadsticks and dessert. Modified menu available: Appetizers, pizzas and desserts.



MONGOLIAN BBQ

Friday, Aug 9 | 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. Modified menu available: Pizzas and desserts



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

Call 808-335-4708

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

808-335-4706

(between 4pm-8:30pm Tuesday-Saturday)

SIGNATURE SHRIMP BOIL

Friday, Aug 23 | 5pm-9pm

\$35 per order | \$18 per half order

Featuring Kauai's very own Kauai Shrimp. You get a pound of succulent Kauai Shrimp mixed with sausage, potatoes and corn on the cob. Two dinner rolls with garlic butter. See page 11 for more info. Modified menu available: Appetizers, pizzas and desserts.



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR

SHENANIGANS

SHENANIGANS CLOSURE DAYS

• JULY 3 & 4 - FOR INDEPENDENCE DAY

JULY 2019

PRIME RIB BUFFET

**FRI, JUL 12 • 5PM-9PM • ADULT \$37 • 10-14 YRS \$24
• 5-9 YRS \$15 • RESERVATIONS HIGHLY
RECOMMENDED**

Prime Rib with all the fixings

Miso-yaki Salmon

Oriental Stir-Fry Noodles

Steamed Rice

Baked Potato

Seasoned Vegetable Medley

Salad Bar

Dinner Rolls

Chef's choice Soup of the day

Modified menu available: Appetizers, pizzas and desserts

RESERVATIONS HIGHLY RECOMMENDED

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

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

SHENANIGANS PIZZA AND PASTA BUFFET

**FRI, JUL 26 • 5PM-9PM • ADULT \$17 • 10-14 YRS \$13
• 5-9 YRS \$10 • RESERVATIONS HIGHLY
RECOMMENDED**

All you can eat of a variety of hot delicious pizzas with garlic butter crust, three different hot pasta dishes, salad bar, soup, breadsticks and dessert.

Modified menu available: Appetizers, pizzas and desserts

RESERVATIONS HIGHLY RECOMMENDED

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

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

AUGUST 2019

MONGOLIAN BBQ

FRI, AUG 9 • 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

RESERVATIONS HIGHLY RECOMMENDED

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

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

SHENANIGANS SHRIMP BOIL

**FRI, AUG 23 • 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 two 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: Appetizers, pizzas and desserts

RESERVATIONS HIGHLY RECOMMENDED

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

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

SPECIAL EVENTS

JULY 2019

AMERICA'S MOST WEST FREEDOM FEST

**WED, JUL 3 • 4PM-10:45PM • SHENANIGANS • FREE
• 335-4380 • OPEN BASE • FREE & OPEN TO THE
PUBLIC • GATES OPEN AT 4PM**

Live Music by Homestead, The Green, & Ka Ha.

Food Trucks, Food Vendors, Beer/Wine Garden, Child & Youth games. Featuring the BEST FIREWORKS SHOW AT 9:30pm

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 reflective vest. CASH only event.

LET THE SHENANIGANS BEGIN KARAOKE

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

No registration required, drop in event. Show off your vocal skills at our monthly Karaoke Night. Best singer of the night will be featured on our monthly Karaoke Hall of Fame!

TRIVIA NIGHT

**TUE, JUL 16 • 6:30PM-8PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &
MWR GUEST CARD HOLDERS**

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

KANIKAPILA NIGHTS

**FRI, JUL 26 • 6PM-8PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &
MWR GUEST CARD HOLDERS**

Join us for "Kanikapila Night" as we feature two hours of live island music featuring a friendly corn hole tournament, while overlooking Kauai's breathtaking sunset.

AUGUST 2019

LET THE SHENANIGANS BEGIN KARAOKE

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

No registration required, drop in event. Show off your vocal skills at our monthly Karaoke Night. Best singer of the night will be featured on our monthly Karaoke Hall of Fame!

TRIVIA NIGHT

**TUE, AUG 13 • 6:30PM-8PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &**

MWR GUEST CARD HOLDERS

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

KANIKAPILA NIGHTS

**FRI, AUG 23 • 6PM-8PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &
MWR GUEST CARD HOLDERS**

Join us for "Kanikapila Night" as we feature two hours of live island music featuring a friendly corn hole tournament, while overlooking Kauai's breathtaking sunset.

LET THE SHENANIGANS BEGIN KARAOKE

**FRI, AUG 23 • 9PM-12AM • SHENANIGANS • FREE
• 335-4380 • OPEN TO PMRF AFFILIATED PATRONS &
MWR GUEST CARD HOLDERS**

No registration required, drop in event. Show off your vocal skills at our monthly Karaoke Night. Best singer of the night will be featured on our monthly Karaoke Hall of Fame!

COMMUNITY RECREATION

FOUR WAYS TO REGISTER FOR TOURNAMENTS:

**SIGN UP AT SHENANIGANS, TEXT: (808)631-9367,
CALL: (808)335-4346, EMAIL: PMRFMWR1@GMAIL.COM**

JULY 2019

UKULELE JAM SESSION

**TUE, JUL 9 • 6PM-7:30PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &
MWR GUEST CARD HOLDERS**

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

CORN HOLE TOURNAMENT

**FRI, JUL 26 • 7PM-9PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &
MWR GUEST CARD HOLDERS • REGISTER BY 12PM
JUL 25**

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.

FAMILY FUN BINGO NIGHT

**WED, JUL 31 • 6PM • SHENANIGANS • 335-4380
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST
CARD HOLDERS**

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



AUGUST 2019

UKULELE JAM SESSION

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

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

TEXAS HOLD'EM TOURNAMENT

WED, AUG 7 • 6PM • SHENANIGANS • FREE • 335-4346 OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS 18 AND OVER • REGISTER BY 12PM, AUG 6

This tournament consists of set house rules and prizes. Sign up at Shenanigans or call 808-335-4346. Claim your seat at the tournament by 6pm; unclaimed spots will be filled on a first come, first served basis. No one is permitted to join once the tournament has begun.

SUPER HERO KEIKI CHALLENGE

WED, AUG 28 • 3:30PM-5:30PM • SOCCER FIELD • 335-4380 OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • REGISTER BY AUG 19

We're teaming up with the Fitness Center to promote an active lifestyle. Let the keiki show you what they can do at

our Super Hero Keiki Challenge! Get your child dressed up as their favorite super hero and head on down to the soccer field for a friendly 3 course challenge course! Hydration station and refreshments will be provided. Keiki challenge winners will be featured at the Super Hero spotlight at the Fitness Center.

TRIPS, TOURS AND OUTINGS

FOUR WAYS TO REGISTER FOR TRIPS, TOURS AND OUTINGS:

SIGN UP AT COMMUNITY RECREATION CENTER, TEXT: (808)631-9367, CALL: (808)335-4346, EMAIL:PMRFMWRI@GMAIL.COM

JULY 2019

EZ BEACH DAY SALT POND BEACH

SAT, JUL 13 • 9AM-3PM • SALT POND BEACH • FREE • TRANSPORTATION AVAILABLE • 335-4346 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES

Join us for a relaxing day on the beach. Snorkel gear, boards and inflatables will be available. A hydration station and snacks will be provided. Don't forget to pack your lunch. Transportation available; register for transportation by Wednesday, July 10; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR tents! See you at EZ Beach Day!

GREAT NAVY CAMPOUT

FRI/SAT JUL 26-27 • 3PM • MAJORS BAY • FREE • 335-4346 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES

Join us for overnight camp out at Majors Bay for Camping 101, campfire cooking, games and giveaways. Register by Monday July 15.

AUGUST 2019

EZ BEACH DAY POIPU BEACH

SAT, AUG 10 • 9AM-3PM • POIPU BEACH • FREE TRANSPORTATION AVAILABLE • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES

Join us for a relaxing day at the beach with water activities. No registration required, drop in event. Transportation available; register for transportation by Wednesday, August 7; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR tents! See you at EZ Beach Day!

ISLAND TOUR

SAT, AUG 17 • 9AM-3PM • FREE • 335-4346 • DEPARTS CRC @9AM • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES

Join MWR as we take you on a tour of Kauai's South and West Side. Come and learn about the historical landmarks and locations. We will stop for lunch along the way. Please dress in comfortable clothing, bring your sunscreen, water and walking shoes, as we explore Kauai together!

WAILUA KAYAK & SECRET FALLS HIKE

SAT, AUG 31 • 8AM • FREE • 335-4346 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES

Pack your lunch, swimsuit, towels and sunscreen as we head to Wailua River for a kayaking and hiking adventure. Register by Aug 22 @CRC; limited space. Register for transportation by Wednesday, August 28; \$5 Active Duty & Family Members, \$7 ALL others.

LIBERTY PROGRAM

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

FOUR WAYS TO REGISTER FOR LIBERTY EXCLUSIVE EVENTS:

SIGN UP AT COMMUNITY RECREATION CENTER,
TEXT 808-631-9367 • CALL 808-335-4346,
LIBERTY.PMRF@YAHOO.COM

JULY 2019

FLIP CUP TIC TAC TOE TOURNAMENT

WED, JUL 17 • 5PM-7:30PM • LIBERTY CENTER • FREE • 335-4346

Get your friends together to play Flip Cup Tic Tac Toe. Team with the fastest flip cups skills will come back to defend their Liberty Tournament title. Register by Friday, July 12.

CANYON TRAIL TO WAIPO'O FALLS

SAT, JUL 20 • 8AM-3:30PM • VAN DEPARTS LIBERTY CENTER FOR KOKE'E AT 8AM • FREE • 335-4346

This trail follows the same path as the Cliff trail, starting along Halemanu Road, and proceeds to the top of Waipoo Falls overlooking Waimea Canyon. Like the Cliff Trail, you'll start at the Halemanu trailhead right off Kokee Road. Don't forget to pack your sunscreen, extra water, hiking shoes, swimming clothes, and pack your lunch or we can head to the lodge after our morning hike! Register by Friday, July 12.

MAKE YOUR OWN HAWAIIAN PLATE COOKING SERIES: CHICKEN LUAU

MON, JUL 22 • 6PM • LIBERTY CENTER • FREE • 335-4346

MWR will be providing the ingredients and secrets to making Chicken Luau, famous for being a part of a traditional Hawaiian plate. Be sure to sign up for the entire "make your own series: to complete your Hawaiian Plate. Let's make our own Hawaiian Luau plate." Register by Wednesday, July 17.

AUGUST 2019

COSMIC BOWLING AND DINNER

FRI, AUG 16 • VAN DEPARTS LIBERTY CENTER AT 6PM • \$TBD

Get your teams together for some cosmic bowling fun! We can have dinner at the bowling alley or we can have at Rob's to enjoy some great grinds! Register by Friday, August 9.

YARD PONG

WED, AUG 21 • 5PM-7:30PM • LIBERTY CENTER • FREE

Join MWR Community Recreation for a life-size Yard Pong tournament at the Liberty Center. Winning team gets name placed on brag board and will also come back to defend their team name in another LIFE SIZE GAME TOURNAMENT! Register by Wednesday, July 31.

MAKE YOUR OWN HAWAIIAN PLATE COOKING SERIES: KALUA PORK

MON, AUG 26 • 6PM • LIBERTY CENTER • FREE • 335-4346

Let's make our own Hawaiian Luau plate. This month we are finishing up our plate with the Kalua Pork. Make sure you sign up for our entire make your own series to complete your own Hawaiian Plate. Register by Monday, August 19.

MOVIE HOUSE

JULY 2019

FREE POPCORN

FRI, JUL 19 • 7:30PM-10PM • 335-4380

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

AUGUST 2019

SUMMER TIME FUN

SAT, AUG 16 • 7PM-9PM • 335-4380

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

AQUATICS

AQUATICS CLOSURE DAYS

• JULY 3

POOL HOURS OF OPERATION

MONDAY, WEDNESDAY & FRIDAY:

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

TUESDAY & THURSDAY:

- LAP SWIM: 11AM-1:30PM

SATURDAY, SUNDAY & HOLIDAYS:

- OPEN SWIM: 11AM-5PM

SUMMER POOL HOURS (JUNE 1 - AUGUST 4)

MONDAY, WEDNESDAY & FRIDAY:

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

TUESDAY & THURSDAY:

- CLOSED

SATURDAY, SUNDAY & HOLIDAYS:

- OPEN SWIM - 11:00AM-5PM

JULY 2019

POOL TIP OF THE MONTH: THINK SO YOU DON'T SINK

ASK A LIFEGUARD FOR A HANDOUT WITH SOME TIPS TO MAKE OUR SPLASH AT THE POOL FUN AND SAFE.

SPLASH PAD/DIVE IN MOVIE

FRI, JUL 12 • MANA SPLASH • 7PM • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Enjoy splashing around in the pool while you watch a movie. Movie choice TBA. Pool opens at 7pm, Movie begins at 7:30pm.

AUGUST 2019

POOL TIP OF THE MONTH: LOOK BEFORE YOU LEAP

MWR SWIM LESSONS BABY & ME

AUG 12-22 • MANA SPLASH • \$40 • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Class goal is to acclimate both baby and parents to activities in the water. PMRF Active Duty sign-ups begin Monday, July 29. All other eligible patrons may sign-up beginning Monday, August 5. Limited space available, first come first serve. Must submit full payment to secure class spot. Ages 6 months - 3 years. Class will be held Monday-Thursday from 4pm-4:50pm. *Swim diapers are required if child is not potty trained

ITT AT THE COMMUNITY ADVENTURE CENTER

ON GOING ISLAND EVENTS

ALOHA FRIDAY LEI MAKING WORKSHOP

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

COCONUT MARKETPLACE ENTERTAINMENT

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

E KANIKAPILA KAKOU PROGRAM

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

HANAPEPE ART NIGHT

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

HISTORIC WAIMEA WALKING TOUR

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

KAPA'A HISTORY TOUR

Interpretive guides from the Kaua'i Historical Society give 90-minute walking tours on the history and architecture of Kapa'a Town. Tours are held every Tuesday, Thursday, and Saturday at 10AM. Tickets are \$15 for adults and

\$5 for keiki under 12. The minimum tour size required is 2 adults. Reservations required. FMI call 245-3373.

KAUAI MUSEUM TOUR

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

MONTHLY STARWATCH

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

'OHANA DAY

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



OLD WAIMEA SUGAR PLANTATION WALKING TOUR

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

SLACK KEY GUITAR & UKULELE CONCERTS

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

TAHITIAN DANCE

Urahutia Productions presents free Tahitian dance performances every Monday and Thursday from 4:30-5:15PM at Po'ipu Shopping Village. Performances are held under the 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 3PM-7PM

The farmers at Kealia offer their produce and products under a covered lanai at Kealia Farm. Visitors can take a wagon ride to tour the farm and waterfall during the market.

MANA MOTORS AUTO SKILLS

AUTO SKILLS CLOSURE DAYS

- JULY 3

BURGER BURN & OIL SERVICE CLINIC

FRI, JUL 19 & FRI, AUG 23 • 6PM • FREE • MANA MOTORS • 335-4439 OR 335-4380 • FOR SINGLE ACTIVE DUTY 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.

Deadline for signup to volunteer your vehicle:

Wednesday, July 17 and Wednesday, August 21. 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 Mana Motors Auto Skills Center: Steven Swacker @ 335-4439, Genevieve Silva @ 335-4380

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



AMERICA'S
MOST WEST
FREEDOM
FEST

Sponsored by

CAPT ANDY'S
 SAILING ADVENTURES • NAPALI.COM

JULY 3, 2019

AT SHENANIGANS ON PMRF BARKING SANDS

FREE ★ OPEN TO THE PUBLIC

GATES OPEN 4:00PM, EVENT STARTS 5:00PM

FEATURING
THE BEST
FIREWORKS SHOW
 AT 9:30PM

LIVE MUSIC BY



The Green



HOMESTEAD



KA HĀ

ONO FOOD ★ BEER/WINE GARDEN ★ YOUTH ACTIVITIES

Free parking available on base; vehicles will be subject to search. CASH only for food and activities. NO outside food or beverages, coolers, tents, pets, weapons (including knives of all types), drone and drugs or personal fireworks are allowed. Motorcycles welcome; riders must wear a helmet, boots, bright long sleeved shirt/jacket or reflective vest.

 GreatLifeHawaii.com

 @pmrfmoralewelfare

 @PMRFMWR



No official endorsement intended.