## MWR PHONE DIRECTORY & HOURS

### BEACH COTTAGE - AFTER HOURS
**PHONE NUMBER FOR EMERGENCIES ONLY**
BLDG. 1293 • 645-1623

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>MONDAY – FRIDAY</td>
<td>11 AM – 4 PM</td>
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<tr>
<td>SATURDAY &amp; SUNDAY</td>
<td>4 PM – 7 AM</td>
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### BEACH COTTAGE - RESERVATION OFFICE
BLDG. 1293 • 335-4752

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<td>MONDAY – FRIDAY</td>
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<td>SATURDAY, SUNDAY &amp; HOLIDAYS</td>
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### CHILD DEVELOPMENT CENTER (CDC)
**(AGE 6 WEEKS – 5 YEARS)** • BLDG. 1283 • 335-4453

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### FITNESS CENTER
BLDG. 1264 • 335-4379

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### LIBERTY CENTER
BLDG. 1355-B • 335-4346

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<tr>
<td>DAILY</td>
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### MANA MOTORS AUTO SKILLS CENTER
BLDG. 1276 • PHONE: 335-4439

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<tr>
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<tr>
<td>SATURDAY</td>
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### MANA SPLASH SWIMMING POOL - AQUATICS
BLDG. 1302 • 335-4391

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<td>1:30 PM – 5:30 PM</td>
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### MOVIE HOUSE
BLDG. 1315 • 335-4210

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<tr>
<td>FRIDAY – SUNDAY</td>
<td>FIRST MOVIE 7:00 PM</td>
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### COMMUNITY RECREATION CENTER
BLDG. 1293 • 335-4195

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### SHENANIGANS – ALL-HANDS CLUB/BAR
BLDG. 1308 • 335-4706

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<th>Days</th>
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<td>TUESDAY - THURSDAY</td>
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<td>FRIDAY</td>
<td>4 PM – 9 PM</td>
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<td>SATURDAY</td>
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### SHENANIGANS – DINING ROOM
BLDG. 1308 • 335-4706

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<tr>
<td>LUNCH TUESDAY - FRIDAY</td>
<td>11 AM – 1 PM</td>
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<td>DINNER TUESDAY - SATURDAY</td>
<td>4 PM – 9 PM</td>
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### SHENANIGANS – CATERING OFFICE
BLDG. 1308 • 335-4708

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### SPECIAL EVENTS
BLDG. 1267 • 335-4380

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### TICKETS & TRAVEL
BLDG. 1293 • 335-4195

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### YOUTH CENTER – SCHOOL AGE CARE
**(AGE 5 – 12)** • BLDG. 1318 • 335-4419

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<tr>
<td>WEDNESDAY</td>
<td>1:15 PM – 5 PM</td>
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### YOUTH CENTER – OPEN RECREATION
**(AGE 5 – 12)** • BLDG. 1318 • 335-4419 • SEE SCHEDULE

### YOUTH CENTER – DAY CAMPS
**(AGE 5 – 12)** • BLDG. 1318 • 335-4419

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<td>MONDAY – FRIDAY</td>
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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

JANUARY

NATIONAL BLOOD DONOR MONTH
Blood donations typically drop off during and immediately after the winter holidays, which makes National blood Donor Month in January a critical time for the American Red Cross. Busy schedules, holiday breaks from school, inclement weather and winter illnesses contribute to fewer blood and platelet donations. Since December, severe weather has forced the Red Cross to cancel dozens of blood drives, leaving hundreds of donations uncollected. This poses quite a challenge since the need for blood doesn’t take a holiday nor diminish because a snowstorm hits. The Red Cross needs to collect more than 13,000 donations every day to keep the blood supply ready and available to meet the needs of about 2,600 hospitals, clinics and cancer centers across the country. Get out there and donate!

LET’S GET L.I.T. (LEAN IN TWENTY TWENTY-ONE)
BEGIN 4 JAN • FITNESS CENTER • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL
Let’s get Lean in Twenty-21 (L.I.T.) This 12-week weight loss challenge will consist of three different categories: 1) Body Fat Percentage lost, 2) Body Measurement difference, and 3) Participation in Fitness & Aquatics activities. Individuals will accumulate points in each category and the individual with the highest total score will be the winner of the Let’s Get L.I.T. challenge.

FEBRUARY

AMERICAN HEART MONTH
Heart disease kills and estimated 630,000 Americans each year. It’s the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. Throughout the month, the PMRF Fitness team challenges you to make one heart Healthy behavior change.

OUR HEARTS MOVEMENT
FEB 1-28 • FITNESS CENTER • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL
In celebration of American Heart Month, we want to motivate and challenge you to adopt healthy lifestyles to prevent heart disease. Research shows that we’re more successful at meeting personal health goals when we join forces with others. This month, the PMRF FITNESS TEAM will post a challenge each week for you and your friend(s) to complete, post and tag @pmrfmoralwelfare (Facebook), @PMRFMWR (Instagram) or #PMRFOURHEARTS

PUNT, PASS & KICK COMPETITION W/COLLABORATION WITH SUPER SHOWDOWN SUNDAY
FRI, FEB 5 • 5PM • TURF FIELD • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL
Just like the pros, we are putting on a football skills event with distance punting, kicking, and obstacle target throwing. You think you got what it takes? You could possibly win a VIP room at Shenanigans for The Super Showdown Sunday. Come out and show off your football skills for this competitive but friendly football skills event.

LOVE BUG ADVENTURE RACE
FRI, FEB 12 • 5PM • FITNESS CENTER • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL
Teams of 2 will compete in a fun race designed to challenge you both physically and mentally. Teams will race around the base while completing fitness and puzzle challenges along the way. Grab your spouse, roommate, or friend, and test your teamwork skills.

7 V 7 SOCCER TOURNAMENT
SAT, FEB 27 • TIME TBD • TURF FIELD • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL
A bracket format will be used. Teams will be randomly selected and placed into the bracket. Each team will be guaranteed 2 games.
- Mandatory Participation meeting:
  Wednesday, February 24, 12 p.m. @ the Fitness Center.
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.

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

*SCHEDULE IS SUBJECT TO CHANGE*
Due to the COVID 19 outbreak, Navy Child & Youth Programs are not authorized to offer any events or gatherings. We hope you all stay safe, and we can get together again soon.
While we still need to be safe and avoid crowds, we want to invite you to continue spending quality time with your children and try these activities at home:

- Write letters or cards with your child and send them to your family that are far.
- Plant a flower or vegetable garden from seeds.
- Go on a family bike ride.
- Have a family movie night.
- Take a nature hike (look for keiki friendly ones)
- Try out bird watching
- Go camping even if you do it in your backyard.
- Have outdoor story times or picnics.
- Cook or Bake with your child.

Remember we are here to help you.

For more information please contact us at 808-335-4453 or Alejandra.sanchez1@navy.mil
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<td>HAPPY NEW YEAR!</td>
<td>LIBERTY WHO’S NEXT COMPETITION 6PM-7:30PM SHENANIGANS</td>
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<td>SPECIAL EVENTS</td>
<td>SPECIAL EVENTS</td>
<td>TRIPS, TOURS &amp; OUTINGS</td>
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<td>LET’S GET L.I.T. (LEAN IN TWENTY TWENTY-ONE) begins January 4</td>
<td>PAPER FLOWER WREATH WORKSHOP 5PM SHENANIGANS</td>
<td>PAPER FLOWER WREATH WORKSHOP 5PM SHENANIGANS</td>
<td>MONGOLIAN BBQ 5-9PM SHENANIGANS</td>
<td>LET THE SHENANIGANS BEGIN KARAOKE 9PM-2AM SHENANIGANS</td>
<td>E-Z BEACH DAY &amp; SAND CASTLE BUILDING CONTEST 10AM MACARTHUR PARK</td>
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<td>AQUATICS</td>
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<td>TRIPS, TOURS &amp; OUTINGS</td>
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<td>AQUA DODGEBALL 4:30PM MANA SPLASH</td>
<td>DINNER &amp; A MOVIE 7PM SHENANIGANS</td>
<td>DIVE IN MOVIE 7PM MANA SPLASH</td>
<td>E-Z BEACH DAY &amp; SAND CASTLE BUILDING CONTEST 10AM MACARTHUR PARK</td>
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<td>MARTIN LUTHER KING JR. DAY</td>
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# FEBRUARY

## FITNESS CENTER

### OUR HEARTS MOVEMENT

**FEBRUARY 1-28 | FITNESS CENTER**

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<td><strong>DEADLINE TO ORDER STRAWBERRIES</strong></td>
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<td><strong>TRIPS, TOURS &amp; OUTINGS</strong></td>
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<td>FOOTBALL SHOWDOWN</td>
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<td>1 HOUR BEFORE KICKOFF</td>
<td><strong>LOVE BUG ADVENTURE RACE</strong></td>
<td>BALLOON BOUQUET</td>
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<td><strong>HAPPY VALENTINE’S DAY</strong></td>
<td><strong>PRESIDENT’S DAY</strong></td>
<td><strong>LIBERTY</strong></td>
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<td>PICK UP YOUR</td>
<td>MWR ON HOLIDAY HOURS</td>
<td><strong>CHILI COOK OFF</strong></td>
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Valentine's Day Dinner
FEBRUARY 14 | 5PM-9PM | $70
Treat your special someone to a casual, relaxing evening with great food and spectacular views.

PICK A STARTER: CREAMY CORN CHOWDER, CAESAR SALAD & BREADSTICK
PICK AN ENTRÉE (COMES W/ROASTED VEGETABLE MEDLEY):
10 OZ STEAK, BAKED POTATO & ALL THE FIXINGS | MACADAMIA NUT CRUSTED ONO W/PASSION FRUIT BUTTER SAUCE & RICE PILAF
HERBED GRILLED CHICKEN W/SAUTÉED MUSHROOMS, TOPPED WARM BOURSIN CHEESE SERVED W/RICE PILAF
DESSERT: LAPPERT’S KAUAI PIE ICE CREAM (COFFEE ICE CREAM, FUDGE, COCONUT, MACADAMIA NUTS)

NEW YEAR, NEW MEMORIES AT Shenanigans

MONGOLIAN BBQ
FRIDAY - JANUARY 8 AND FEBRUARY 26 | 5PM-9PM | $18 OR $9 HALF PORTION
Create your own stir-fry! Choose from a variety of meats, vegetables and sauces and our staff will stir-fry your creation!

PRIME RIB DINNER SPECIAL
FRIDAY, JANUARY 22 | 5PM-9PM | $32
16 oz Prime rib with au jus & horseradish sauce, baked potato with all the fixings, fresh vegetable of the day and dinner roll.

Chocolate Covered Strawberries To Go!
ORDER BY FEBRUARY 3! | PICK UP ON FEBRUARY 14 BETWEEN 8:30AM-12:30PM
Your special someone deserves some sweet and decadent chocolate covered strawberries!
Choose from a box of SIMPLY STRAWBERRY or STRAWBERRY FLORAL
Dozen or ½ Dozen

Valentine’s Day Dinner
FEBRUARY 14 | 5PM-9PM | $70
Treat your special someone to a casual, relaxing evening with great food and spectacular views.

PICK A STARTER: CREAMY CORN CHOWDER, CAESAR SALAD & BREADSTICK
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DESSERT: LAPPERT’S KAUAI PIE ICE CREAM (COFFEE ICE CREAM, FUDGE, COCONUT, MACADAMIA NUTS)

MODIFIED MENU AVAILABLE ON SPECIALTY NIGHTS. RESERVATIONS HIGHLY RECOMMENDED.

PLEASE CALL 808-335-4708 MON-FRI BETWEEN 8:30AM-4PM, TUE-FRI 808-335-4706 BETWEEN 11AM-1PM OR TUE-SAT 5-9PM TO MAKE A RESERVATION.
**SHENANIGANS**

**JANUARY**

**MONGOLIAN BBQ**

FRI, JAN 8 • 5-9PM • $18 OR $9 HALF PORTION

Create your own stir-fry! Choose from a variety of choices and our staff will stir-fry your creation.

Meats (1): Chicken, Beef or Shrimp

Vegetables: Broccoli, Carrots, Cauliflower, Bell Pepper, Onion, Cabbage, Zucchini, Baby Corn, Chinese Peas, Bean Sprouts

Savory sauces: Mongolian, Teriyaki, Oyster Sauce, Hibachi, Sesame Oil, Korean, Vegetarian, Garlic Salt and Pepper

Served with choice of steamed rice or oriental noodles.

Reservations highly recommended.

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

**PRIME RIB DINNER SPECIAL**

FRI, JAN 22 • 5-9PM • $32

16 oz Prime rib with au jus & horseradish sauce, baked potato with all the fixings, fresh vegetable of the day and dinner roll

Modified menu available. Reservations highly recommended.

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

**FEBRUARY**

**CHOCOLATE COVERED STRAWBERRIES**

**Pick up on Feb 14 • 8:30am-12:30pm • Order by Feb 3 at Shenanigans during normal business hours**

808-335-4708 or 808-335-4706

Your special someone deserves some sweet and decadent chocolate covered strawberries!

**SIMPLY STRAWBERRY BOX**

½ Dozen: $12 | Dozen: $24

Milk Chocolate/Vanilla or Mixed

**STRAWBERRY FLORAL BOX**

½ Dozen: $19 | Dozen: $31

Milk Chocolate/Vanilla or Mixed

Filled with assorted flowers

**VALENTINE’S DAY DINNER**

FEB 14 • 5PM-9PM • $70 • 808-335-4708 OR 808-335-4706

Treat your special someone to a casual, relaxing evening with great food and spectacular views.

Pick a Starter: Creamy Corn Chowder, Caesar Salad & Breadstick

Pick an Entrée:

• 10 oz Steak, Baked Potato and all the fixings (butter, cheese, bacon, sour cream, green onion)

• Macadamia Nut Crusted Ono with passion fruit butter sauce and rice pilaf

• Herbed Grilled Chicken with sautéed mushrooms, topped warm Boursin cheese served with rice pilaf

Dessert:

Lappert’s Kauai Pie Ice Cream

*(Coffee ice cream, fudge, coconut, macadamia nuts)*

**MONGOLIAN BBQ**

FRI, FEB 26 • 5-9PM • $18 OR $9 HALF PORTION

Create your own stir-fry! Choose from a variety of choices and our staff will stir-fry your creation.

Meats (1): Chicken, Beef or Shrimp

Vegetables: Broccoli, Carrots, Cauliflower, Bell Pepper, Onion, Cabbage, Zucchini, Baby Corn, Chinese Peas, Bean Sprouts

Savory sauces: Mongolian, Teriyaki, Oyster Sauce, Hibachi, Sesame Oil, Korean, Vegetarian, Garlic Salt and Pepper

Served with choice of steamed rice or oriental noodles.

Reservations highly recommended.

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

FOUR WAYS TO REGISTER:
REGISTER AT SHENANIGANS
EMAIL: PMRFMWR1@GMAIL.COM
TEXT: (808)631-9367
CALL: (808)335-4346

JANUARY

PAPER FLOWER WREATH WORKSHOP
WED, JAN 6 • 5PM • SHENANIGANS • $$TBA • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION REQUIRED • AGES 18 AND OLDER WELCOME
Show off your creativity and create something you’ll be proud to show off in your home. Cost of workshop covers all supplies you need to make your original one of a kind paper wreath! Register by December 18 by using one of our 4 Ways to Register.

PORTUGUESE HORSESHOE TOURNAMENT
FRI, JAN 22 • 6:30PM • SHENANIGANS • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT
AGES 18 AND OLDER WELCOME
Head to Shenanigans for some ono dinner and a Portuguese Horseshoe Tournament! Show up by 5pm on the day of the event to secure your team spot! To secure your spot in advance please text 808-631-9367.

GUESS THAT SONG CHALLENGE
WED, JAN 27 • 5PM • SHENANIGANS • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT
Test your musical knowledge! Come on down and join the fun and guess that song! No registration required, drop in event.

FEBRUARY

MAN VS. FOOD
TUE, FEB 2 • 5PM • SHENANIGANS • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION REQUIRED
Think you got what it takes to beat this food challenge? Challenge yourself and see if you can finish this food challenge in a half an hour! Winner will have their picture placed on the wall. Register by January 28 using one of our 4 Ways to Register to enter!

BALLOON BOUQUET
FRI-SUN, FEB 12-14 • 10AM • COMMUNITY RECREATION CENTER
808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES
Get a balloon bouquet for your sweetheart this Valentine's Day! The Community Recreation team will be offering valentines balloon bouquets at the Community Recreation Center from Friday February 12 to Sunday, February 14. To pre-order please call or text 808-631-9367.

MAKE YOUR OWN PIZZA COMPETITION
WED, FEB 24 • 4PM • SHENANIGANS • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES
Enter for a chance to have your custom-made pizza on the menu at Shenanigans for a month! Using the ingredients that Shenanigans has you will come up with a pizza creation of your own and if your pizza is chosen it will be featured on the menu for the month of March! Register by February 22.

SPECIAL EVENTS

JANUARY

LET THE SHENANIGANS BEGIN KARAOKE
SAT, JAN 9 • 9PM-12AM • SHENANIGANS • FREE • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • NO REGISTRATION REQUIRED • DROP IN EVENT • AGES 18 AND OLDER WELCOME
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 placard!

DINNER & A MOVIE
THU, JAN 14 • 7PM • SHENANIGANS • FREE • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • NO REGISTRATION REQUIRED • DROP IN EVENT
Head on down to Shenanigans for dinner and later, enjoy a movie on the lawn with us! Bring your blankets and your chairs, choose your favorite spot and enjoy an evening under the stars.

KANIKAPILA
FRI, JAN 22 • 6:30PM • SHENANIGANS • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES
Join us for “Kanikapila Night” as we feature two hours of live island music featuring a friendly Portuguese Horseshoe tournament, while overlooking Kauai's breathtaking sunset.

FEBRUARY

LET THE SHENANIGANS BEGIN KARAOKE
SAT, FEB 5 • 9PM-12AM • SHENANIGANS • FREE • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • NO REGISTRATION REQUIRED • DROP IN EVENT • AGES 18 AND OLDER WELCOME
Come on down to Shenanigans and show us your vocal talents! Best singer of the night, will be featured on our monthly Karaoke Hall of Fame!

FOOTBALL SHOWDOWN WATCH PARTY
SUN, FEB 7 • SHENANIGANS • DOORS OPEN 1 HOUR BEFORE KICKOFF FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES
NO REGISTRATION REQUIRED, DROP IN EVENT
Get ready for football madness with MWR at Shenanigans, as we watch two of the most amazing teams go head to head in the Super Bowl for the title of NFL Champion. Join us for a day of adrenaline and good clean fun. Hang around until the end as we will have quarterly, half-time, and final games and prizes!
**SIP N PAINT**
TUE, FEB 9 • 5PM • SHENANIGANS • $TBA • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION REQUIRED
Channel your inner Picasso with local artist Seth Womble as he hosts this very popular event. No matter your level of artistry come and showcase your hidden talent! Registration is required by February 3, so please secure your spot by using one of our 4 Ways to Register! Limited space available. Active Duty and Dependents may register starting January 18. All others starting January 25.

**TALENT SHOW**
SAT, FEB 20 • 5-7:30PM • SHENANIGANS • FREE • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION REQUIRED
Show us your hidden talent and enter MWR’s Talent Show! Sing. Dance. Tell us jokes, whatever you want to show us we want to see it. Get creative and even original, the crowd will choose the winner of this talent show so dare to be different. Register using one of our 4 Ways to Register by February 1.

**TRIPS, TOURS AND OUTINGS**

**FOUR WAYS TO REGISTER:**
REGISTER AT COMMUNITY RECREATION CENTER
EMAIL: PMRFMWR1@GMAIL.COM
TEXT: (808)631-9367
CALL: (808)335-4346
CANCEL AT LEAST 48 HOURS PRIOR FOR FULL REFUND

**JANUARY**

**E-Z BEACH DAY & SAND CASTLE BUILDING CONTEST**
SAT, JAN 16 • 10AM • MACARTHUR PARK • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT
Join us for a relaxing day on the beach. A hydration station and snacks will be provided. Don’t forget to pack your lunch. We will also be having a Sand Castle Building Contest and the winner will receive a prize! Look for the MWR tents! See you at EZ Beach Day!

**WAILUA KAYAK & SECRET FALLS HIKE**
SAT, JAN 30 • 8AM • WAILUA RIVER • 808-631-9367
OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION REQUIRED, JANUARY 27
Pack your lunch, swimsuit, towels and sunscreen as we head to Wailua River for a kayaking and hiking adventure. Transportation available; Active Duty $7, All Others $10. Deli style lunch will be provided. Register by using one of our 4 Ways to Register by January 27; limited space available.

**FEBRUARY**

**LEARN TO SURF**
SAT, FEB 6 • 7AM • MWR BUS DEPARTS CRC AT 7:30AM • HANALEI 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION REQUIRED
Pack your sunglasses, swimwear, towels and sunscreen as we head to Hanalei Bay to learn to surf with Tim from MWR. Lunch will be provided. Transportation available; Active Duty $7, All Others $10. Deli style lunch will be provided. Register by using one of our 4 Ways to Register by February 3; limited space available.

**WAIPÓ’O HIKE**
SAT, FEB 27 • 8:30AM • KOKE‘E • MWR BUS DEPARTS CRC AT 9AM 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION REQUIRED
Let’s go adventuring to Waipo’o Falls! This breathtaking hike will leave you looking forward to another hike up in the mountains! Active Duty $7, All Others $10. Deli style lunch will be provided. Register by using one of our 4 Ways to Register by February 25; limited space available.

**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:**
REGISTER AT THE COMMUNITY RECREATION CENTER
EMAIL: PMRFMWR1@GMAIL.COM
TEXT: (808)631-9367
CALL: (808)335-4346

**JANUARY**

**WHO’S NEXT COMPETITION**
SAT, JAN 2 • 6-7:30PM • SHENANIGANS • FREE • 808-631-9367
OPEN TO ALL ELIGIBLE LIBERTY PATRONS • NO REGISTRATION REQUIRED • DROP IN EVENT
Show off your skills at this friendly fun challenge! Take on your fellow shipmates and challenge them to a game of Flip Cup, Pencil Grab, and Solo Cup Pyramid.

**SPICY WINGS CHALLENGE**
TUE, JAN 19 • 6-8PM • SHENANIGANS • FREE • 808-631-9367
OPEN TO ALL ELIGIBLE LIBERTY PATRONS • REGISTRATION REQUIRED BY JAN 15
Who’s bold enough to take the spicy wings challenge? All you have to do is, eat 6 wings (to the bone) in 5 minutes or less. Then endure 5 minutes of burning (no drinks, no wiping of face). So enter at your own risk if you dare to take the challenge! Register by using one of our 4 Ways to register by January 15.
**FEBRUARY**

**LEARN TO SURF**
SAT, FEB 6 • 7AM • MWR BUS DEPARTS CRC AT 7:30AM • HANALEI 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES
REGISTRATION REQUIRED
Pack your sunglasses, swimwear, towels and sunscreen as we head to Hanalei Bay to learn to surf with Tim from MWR. Lunch will be provided. Transportation available; Active Duty $7. Deli style lunch will be provided. Register by using one of our 4 Ways to Register by February 3; limited space available.

**CHILI COOK OFF**
WED, FEB 17 • 4PM • SHENANIGANS • 808-631-9367 • OPEN TO ALL AUTHORIZED LIBERTY PATRONS • REGISTRATION REQUIRED BY FEB 10
Have you an award winning chili recipe and want to see if it has what it takes to win a competition? Or, just simply want to show off your cooking skills? Enter the MWR Liberty Chili Cooking Contest! Register by using one of our 4 Ways to Register by February 10; limited space available.

**AQUATICS**

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

**JANUARY**

**AQUA DODGEBALL**
WED, JAN 13 • 4:30PM • MANA SPLASH • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL
This is not your normal dodgeball competition; this one will be in the water. In teams of 5, we will use a flex round robin format. 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.

**DIVE IN MOVIE**
FRI, JAN 15 • 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.

**FEBRUARY**

**WORKOUT OF THE MONTH (WOW) CHALLENGE**
FEB 1-26 • MANA SPLASH • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL
One month into the New Year, it can be difficult to get motivated and stick with your fitness routine. Let our PMRF Fitness team & Aquatics team assist you! We will help to eliminate the guesswork and motivate you to push through your fitness goals throughout the month. Each week, our professional trainers will create a workout for you to complete. Stop by the Mana Splash to join the challenge today!
- Participants will be given a Workout Challenge each week to complete.
- Participants who complete all challenge tasks will receive a prize.
**MOVIE HOUSE**

**OPEN FRIDAYS, SATURDAYS & SUNDAYS; 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.

**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**

**January**
Start the New Year with a Bang! A bang for your buck that is! This month your MWR Auto Skills Center would like to offer you the use of the vehicle lift or Bay at "No Charge" for the first 1 hour when you come in to perform routine maintenance to your vehicle. We believe that vehicle maintenance is critical, and a key element to reduced expense in repairs. So if your vehicle is in need of an oil service, coolant service, or tune-up, we would like to offer you the use of our ASC facility at no charge. We also have oil & filters and other automotive fluids in stock for most vehicle applications through our resale department.

**February**
Have your vehicle’s tires been balanced and rotated lately? It is recommended that vehicles (cars, SUV, trucks) have their tires balanced and rotated every 7,500 miles. Doing so will greatly increase the life expectancy of almost any brand of tire on the market today. MWR Auto Skills Center would like to welcome you to our 4 for 2 special. Come in for the month of February and perform a tire rotation on your vehicle, and we will balance all 4 tires for the price of 2 plus shop usage fees.
- All specials apply to Active Duty Personnel and Spouse
- MWR ASC is a self-help program
Please Contact Mana Motors for any maintenance or repair questions you may have. Call 335-4439
Join us for a day of adrenaline and good clean fun as we watch two of the most amazing teams go head to head in the Super Bowl for the title of NFL Champion. Hang around until the end, we will have quarterly, half-time, and final games and prizes!

Call 808-631-9367 for more info.