# 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:**
  - **BLDG. 1293 • 335-4752**
  - **MONDAY – FRIDAY**
    - 8:30 AM – 5 PM
  - **SATURDAY, SUNDAY & HOLIDAYS**
    - 10 AM – 3 PM

## CHILD DEVELOPMENT CENTER (CDC)
**(AGE 6 WEEKS – 5 YEARS) • BLDG. 1283 • 335-4453**
- **MONDAY – FRIDAY**
  - 6 AM – 5 PM

## FITNESS CENTER
- **BLDG. 1264 • 335-4379**
  - **MONDAY – FRIDAY**
    - 5:30 AM – 8:30 PM
  - **SATURDAY, SUNDAY & HOLIDAYS**
    - 9:30 AM – 5 PM

## LIBERTY CENTER
- **BLDG. 1355-B • 335-4346**
  - **DAILY**
    - 24 HOURS A DAY

## MANA MOTORS AUTO SKILLS CENTER
- **BLDG. 1276 • PHONE: 335-4439**
  - **TUESDAY – FRIDAY**
    - NOON – 8 PM
  - **SATURDAY**
    - 9 AM – 5 PM

## MANA SPLASH SWIMMING POOL - AQUATICS
- **BLDG. 1302 • 335-4391**
  - **MONDAY, WEDNESDAY & FRIDAY:**
    - LAP SWIM
      - 11 AM – 1:30 PM
    - OPEN SWIM
      - 1:30 PM – 5:30 PM
  - **SATURDAY, SUNDAY & HOLIDAYS:**
    - OPEN SWIM
      - 11 AM – 5 PM

## MOVIE HOUSE
- **BLDG. 1315 • 335-4210**
  - **FRIDAY – SUNDAY**
    - FIRST MOVIE 7:00 PM

## COMMUNITY RECREATION CENTER
- **BLDG. 1293 • 335-495**
  - **MONDAY – FRIDAY**
    - 8:30 AM – 5 PM
  - **SATURDAY, SUNDAY & HOLIDAYS**
    - 10 AM – 3 PM

## SHENANIGANS - ALL-HANDS CLUB/BAR
- **BLDG. 1308 • 335-4706**
  - **TUESDAY – THURSDAY**
    - 4 PM – 9 PM
  - **FRIDAY**
    - 4 PM – 1 AM
  - **SATURDAY**
    - 4 PM – 10 PM

## SHENANIGANS - DINING ROOM
- **BLDG. 1308 • 335-4706**
  - **LUNCH TUESDAY - FRIDAY**
    - 11 AM – 1PM
  - **DINNER TUESDAY - SATURDAY**
    - 5 PM – 9 PM

## SHENANIGANS - CATERING OFFICE
- **BLDG. 1308 • 335-4708**
  - **MONDAY – FRIDAY**
    - 8 AM – 4 PM

## SPECIAL EVENTS
- **BLDG. 1257 • 335-4380**
  - **MONDAY – FRIDAY**
    - 8 AM – 4 PM

## TICKETS & TRAVEL
- **BLDG. 1293 • 335-4195**
  - **MONDAY – FRIDAY**
    - 8:30 AM – 5 PM
  - **SATURDAY, SUNDAY & HOLIDAYS**
    - 10 AM – 3 PM

## YOUTH CENTER – SCHOOL AGE CARE
**(AGE 5 – 12) • BLDG. 1318 • 335-4419**
- **MONDAY, TUESDAY, THURSDAY, FRIDAY**
  - 2 PM – 5 PM
- **WEDNESDAY**
  - 11:15 PM – 5 PM

## YOUTH CENTER – OPEN RECREATION
**(AGE 5 – 12) • BLDG. 1318 • 335-4419,** SEE SCHEDULE

## YOUTH CENTER – DAY CAMPS
**(AGE 5 – 12) • BLDG. 1318 • 335-4419**
- **MONDAY – FRIDAY**
  - 7 AM – 5 PM
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.*
CHILDHOOD OBESITY AWARENESS MONTH
Childhood obesity is a major health problem. In the U.S., one in every five children are classified as obese, with certain groups more affected than others. However, there are ways to prevent obesity and support healthy growth in children. For the month of September, the MWR Fitness Team will be providing information and tips on ways to prevent and address this serious health concern.

WORKOUT OF THE MONTH
SEP 1-30 • 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.

IG “NO GYM” FITNESS CHALLENGE
SEP 1-30 • 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 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

RACQUETBALL LEAGUE BEGINS SEP 9 • SHENANIGANS
A flex, round robin format will be used. Individuals will be paired each week. Points will be earned by players during competition. Player point totals at the end of the round robin will be used to determine single-elimination championship bracket.
• 1 on 1 competition
• Mandatory player meeting: September 4, 12PM @ Fitness center
• Round Robin begins Monday, September 9

YOUTH FITNESS CHALLENGE SEP 16-20 • FITNESS CENTER In observance of Childhood Obesity Month, we, the fitness center will design an obstacle course made up of different exercises for your youth to complete. For the week of September 16, the youth can come into the fitness center’s aerobic room from 3-7pm to complete the challenge the Fitness Staff designed. They can try it once a day up to 5 days to better their time. Youth who try it and completes the challenge will receive a prize.

OCTOBER 2019
WOMEN’S HEALTH MONTH
Women’s Health Month is a campaign that encourages women to be vigilant about their health. The goal is to empower women to make their health a priority. During this month, PMRF Fitness Team will be providing information to help educate women to better understand the steps they can take to improve their overall health and well-being.

JACOB’S LADDER CHALLENGE OCT 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:
Climb the Jacob’s Ladder for 1000 feet as fast as you can.

FLAG FOOTBALL LEAGUE MON, OCT 7 • TURF FIELD • 335-4379
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 round robin will be used to determine single-elimination championship bracket.
• 7 on 7 (10 player team max)
• Mandatory Participation meeting: Wednesday, October 2 @12PM @ the Fitness Center
• Round Robin begins Monday, October 7

DISCOVERERS’ RACE WED, OCT 9 • 5PM • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL
Ready for an adventure race that not only tests you physically but mentally? Grab a partner and join us for our annual Discoverers’ Race. Through the use of a compass, teams of two will navigate through a course filled with challenges and obstacles. Deadline to register is Monday, October 7.
Open to PMRF affiliated patrons and MWR Guest Card holders 18 and over. Sign up in person at Shenanigans, by email at pmrfmwr1@gmail.com, text 808-631-9367 or call 808-335-4346.

**DARTS TOURNAMENT**
Tuesday, Sep 19 at 6pm

**LIFE SIZE JENGA TOURNAMENT**
Wednesday, Oct 2 at 6pm
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.

GROUP EXERCISE SCHEDULE

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<th>MONDAY</th>
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<td>1100-1200 – TRX Training</td>
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<td>1100-1200 – Let’s Get Ripped</td>
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<td>1530-1630 – YC Kids Fitness</td>
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*SCHEDULE IS SUBJECT TO CHANGE*
YOUTH CENTER CLOSURE DAYS
- MON, SEPTEMBER 2 - FOR LABOR DAY
- MON, OCTOBER 14 - FOR COLUMBUS DAY

SEPTEMBER 2019

COOKING CLUB: HEALTHY HABITS
WED, SEP 4 • 3:30PM - 4:30PM • YOUTH CENTER • $5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18
MyPyramid is your pyramid! Youth will learn how MyPyramid will help make healthy eating choices as youth explore different food groups. Sign up by calling the Youth Center.

CRAFT CLUB: BASKET WEAVING
WED, SEP 11 • 3:30PM - 4:30PM • YOUTH CENTER • $5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18
Learn how to utilize nature in our crafts as we explore how to weave baskets from leaves! Sign up by calling the Youth Center.

STEAM CLUB: EXTREME BUBBLES
WED, SEP 18 • 3:30PM - 4:30PM • YOUTH CENTER • $5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18
What would happen if bubbles did not pop? Test the limits of extreme bubbles as we find the correct solution. Sign up by calling the Youth Center.

CULTURAL CLUB
WED, SEP 25 • 3:30PM - 4:30PM • YOUTH CENTER • $5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18
Cultural Club is planned by you! Come learn about your heritage and culture as we explore the different ways of living around the world. Sign up by calling the Youth Center.

COOKING CLUB: HEALTHY HABITS
WED, OCT 2 • 3:30PM-4:30PM • YOUTH CENTER • $5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18
Stamp out portion distortion! Youth will gain awareness of portion sizes and how portions affect eating habits. Sign up by calling the Youth Center.

FALL CAMP
OCT 7-11 • 7AM - 5PM • YOUTH CENTER • WEEKLY FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12
Join us for Fall Camp where the fun includes crafts, STEAM, indoor and outdoor activities, or simply having fun in the sun on our spectacular field trips. Call the Youth Center for complete registration details.

SPRINTS: TBD
OCT 30 • 3-5PM • YOUTH CENTER • INCLUDED IN CAMP FEES • 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.

OCTOBER 2019

COOKING CLUB: HEALTHY HABITS
WED, OCT 2 • 3:30PM-4:30PM • YOUTH CENTER • $5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

CDC
SEPTEMBER 2019

YOUTH CENTER CLOSURE DAYS
- MON, SEPTEMBER 2 - FOR LABOR DAY
- MON, OCTOBER 14 - FOR COLUMBUS DAY

TEDDY BEAR DAY
FRI, SEP 6 • ALL DAY • FREE FOR CHILDREN ATTENDING THE PROGRAM
Children are invited to bring their teddy bear from home. Preschoolers will be doing show and tell.

TUTUS’ DAY BREAKFAST
THU, SEP 12 • 8:15AM • FREE FOR CHILDREN ATTENDING THE PROGRAM
Grandparents are invited to have breakfast with their children at the CDC. RSVP at the front desk by Sep 9.

NATIONAL MILKSHAKE DAY
FRI, SEP 25 • FREE FOR CHILDREN ATTENDING THE PROGRAM
Come and join us to prepare milkshakes in the classroom as cooking project.

OPEN HOUSE & NAVY BIRTHDAY CELEBRATION
WED, OCT 2 • 5PM • FREE FOR CHILDREN ATTENDING THE PROGRAM AND THEIR FAMILIES
Come and explore your child’s classroom, meet the teachers, our new CYP Staff, and meet other families that attend our programs. Dinner will be provided. Please RSVP at the front desk by Sep 27.

FALL FESTIVAL
THU, OCT 31 • 10AM • FREE FOR CHILDREN ATTENDING THE PROGRAM
All family members, staff, and children are welcome to wear kid friendly costumes. Come and join us trick or treating around the MWR facilities. Then, let’s enjoy pumpkin patch games/activities.

HOURLY CARE
DAILY • CDC • $5FEE • 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.
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<th>Date</th>
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<td>LABOR DAY MWR ON HOLIDAY HOURS</td>
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<td>COMMUNITY RECREATION UKULELE JAM SESSION</td>
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<td>COMMUNITY RECREATION GUESS THAT SONG CHALLENGE</td>
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<td>CDC TEDDY BEAR DAY ALL DAY - CDC</td>
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<td>FITSCE CENTER RACQUETBALL LEAGUE STARTS TODAY</td>
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<td>LIBERTY LOCAL FOOD ADVENTURE VAN DEPARTS LIBERTY CENTER 6PM</td>
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<td>SHENANIGANS PRIME RIB BUFFET 5PM-9PM</td>
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<td>TRIPS, TOURS &amp; OUTINGS EZ BEACH DAY 9AM-3PM</td>
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<td>YOUTH CENTER CULTURAL CLUB 3:30PM-4:30PM</td>
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<td>YOUTH CENTER STEAM CLUB - EXTREME BUBBLES</td>
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**AUTO SKILLS SPECIAL**

SEPT BRAKE SERVICE SPECIAL

See pg 15 for Details
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<td><strong>SHENANIGANS</strong></td>
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<td><strong>LIBERTY</strong></td>
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<td><strong>KANIKAPILA NIGHTS</strong></td>
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<td><strong>TRIPS, TOURS &amp; OUTINGS</strong></td>
<td><strong>SLEEPING GIANT HIKE</strong></td>
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<td><strong>COMMUNITY RECREATION</strong></td>
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<td><strong>YOUTH CENTER</strong></td>
<td><strong>STEAM CLUB - THE POWER OF BLEACH</strong></td>
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<td><strong>SPECIAL EVENTS</strong></td>
<td><strong>SAINTS &amp; SINNERS HALLOWEEN PARTY</strong></td>
<td><strong>9PM</strong></td>
<td><strong>SHENANIGANS</strong></td>
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<td><strong>LIBERTY</strong></td>
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<td><strong>COMMUNITY RECREATION</strong></td>
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**AUTO SKILLS SPECIAL**
**SEPT BRAKE SERVICE SPECIAL**
See pg 15 for Details
Modified menu available both nights: 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-9:00pm Tuesday-Saturday)
**SEPTEMBER 2019**

**PRIME RIB BUFFET**
FRI, SEP 20 • 5PM-9PM • ADULTS $39 • 10-14 YRS $22 • 5-9 YRS $13
- BBQ Pork Ribs
- Fried Chicken
- Mashed Potatoes with Gravy
- Corn Bread
- Soup of the day

**MODIFIED MENU AVAILABLE: Pizzas and desserts**

**RESERVATIONS HIGHLY RECOMMENDED**
808-335-4708 (between 8:30am-4pm, Mon-Fri)
808-335-4706 (between 4pm-9pm Tue-Sat)

**SPECIAL EVENTS**

**SEPTEMBER 2019**

**SUNSET TRIVIA NIGHT**
TUE, SEP 10 • 6:30PM-8PM • SHENANIGANS • FREE
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 AND CORNHOLE TOURNAMENT**
FRI, SEP 20 • 6:30PM-8:30PM • SHENANIGANS • FREE
- Prime Rib and all the fixings
- Steamed Rice
- Seasoned Vegetables
- Breadsticks
- Soup of the day

**SUNSET TRIVIA NIGHT**
TUE, OCT 8 • 6:30PM-8PM • SHENANIGANS • FREE
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.

**COMMUNITY RECREATION**

**FOUR WAYS TO REGISTER FOR TOURNAMENTS:**
SIGN UP AT SHENANIGANS, TEXT: (808)631-9367, CALL: (808)335-4346, EMAIL: PMRFMWR@GMAIL.COM

**OCTOBER 2019**

**LET THE SHENANIGANS BEGIN KARAOKE**
FRI, OCT 4 • 9PM-12AM • SHENANIGANS • FREE
- 5-9 YRS $16 • RESERVATIONS HIGHLY RECOMMENDED
Show off your vocal skills at Karaoke Night. Be featured on MWR's Karaoke Hall of fame plaque and be entered for a chance to win a "Let the Shenanigans Begin" t-shirt. No registration required, drop in event.

**GUESS THAT SONG CHALLENGE**
WED, SEP 4 • 6PM-8PM • SHENANIGANS • FREE
- 5-9 YRS $13
We're introducing a new game that will test your musical knowledge! Come on down, join the fun and GUESS THAT SONG! No registration required, drop in event.

**SAINTS & SINNERS HALLOWEEN PARTY**
FRI, OCT 18 • 5PM-9PM • ADULTS $32 • 10-14 YRS $22 • 5-9 YRS $13
- BBQ Pork Ribs
- Fried Chicken
- Mashed Potatoes with Gravy
- Corn Bread
- Soup of the day

**MODIFIED MENU AVAILABLE: Pizzas and desserts**

**RESERVATIONS HIGHLY RECOMMENDED**
808-335-4708 (between 8:30am-4pm, Mon-Fri)
808-335-4706 (between 4pm-9pm Tue-Sat)

**FAMILY FUN BINGO NIGHT**
WED, SEP 25 • 6PM • SHENANIGANS • FREE
- 5-9 YRS $13
Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5-bingo card. No registration required, drop in event.

**TEXAS HOLD’EM TOURNAMENT**
WED, OCT 16 • 6PM • SHENANIGANS • FREE
- 5-9 YRS $13
Texas Hold’em tournament consists of set house rules and prizes. Claim your seat at the tournament by 6PM; unclaimed spots fill on a first come, first served basis. No one permitted to join once the tournament has begun.
CRAFT CLUB AND CHILD CARE
TUE, OCT 22 • 5:30-7:30PM • 1355A • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS • ACTIVE DUTY & FAMILY MEMBERS $10, ALL OTHERS $15
Join us to learn how to create Halloween home décor and a candy favor holder! We hope you can make it! Reserve your spot today and create using your imagination, all craft supplies provided. Register by visiting the Community Recreation Center, Email: pmrfmwr1@gmail.com, Text: (808)631-9367, or Call: (808)335-4346.

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:PMRFMWR1@GMAIL.COM

SEPTEMBER 2019
GREAT NAVY CAMPOUT
FRI/SAT SEP 20-21 • 3PM • MAJORS BAY • FREE • 335-4346 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES
Join us for an overnight camp out at Majors Bay for Camping 101; campfire cooking, games and giveaways. Register by Monday Sept 2.

EZ BEACH DAY & BBQ SALT POND BEACH
SAT, SEP 14 • 9AM-3PM • SALT POND • FREE • 335-4346 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES
Join us for a relaxing day on the beach; gear and equipment provided. Hot dogs and snacks provided. No registration required, drop in event. Register for transportation by Friday, Sept 13; $5 Active Duty & Family Members, $7 ALL others. Look for the MWR Tents! See you at EZ Beach Day!

OCTOBER 2019
EZ BEACH DAY KALAPAKI
SAT, OCT 12 • 9AM-3PM • KALAPAKI • FREE • 335-4346 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES
Join us for a relaxing day on the beach; gear and equipment provided. No registration required, drop in event. Register for transportation by Friday, Oct 4, $5 Active Duty & Family Members, $7 ALL others. Look for the MWR Tents! See you at EZ Beach Day!

SLEEPING GIANT HIKE
SAT OCT 19 • VAN LEAVES 7AM • FREE • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES
The mountain commonly referred to as “Sleeping Giant” the Nounou trail climbs to a peak and sheltered picnic area. This vantage offers views of the ocean, Wailua River and Mt. Waialeale. Pack your lunch, water, sunscreen and hiking gear as we head to the Sleeping Giant for a hiking adventure. Transportation provided or meet us there. Van leaves Community Rec Center at 7AM. Register by Oct 11, limited space.

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,
EMAIL:PMRFMWR1@GMAIL.COM

SEPTEMBER 2019
NINTENDO SWITCH TOURNAMENT
THU, SEP 12 • 6PM • LIBERTY CENTER • FREE • 335-4346
Let’s have a Super Smash Bro’s Tournament or bring your own Nintendo Switch game to play at the Outdoor Movie Theater. Sign up by Sep. 6.

LOCAL FOOD ADVENTURE
TUE, SEP 17 • LIBERTY CENTER • VAN DEPARTS LIBERTY CENTER 6PM • FREE • 335-4346
Bring your appetite as we go to local favorite eateries and some good times. We can pick up at designated locations for those that live off base. Sign up by Oct 4.

WAILUA RIVER KAYAKING & HIKE
SUN, SEP 22 • VANS DEPART LIBERTY CENTER AT 8AM • WAILUA • FREE • 335-4346
Come kayak with us on Wailua River and a nice hike to beautiful views as we coast along the path. Don’t forget lots of sunscreen and water. Sign up by Sept 27.

BOWLING NIGHT
THU, OCT 10 • VAN LEAVES LIBERTY CENTER AT 6PM • $TBA • 335-4346
Come with us to Lihue Lanes for some bowling fun. We can have dinner at the bowling alley or we can eat at Rob’s for their great grinds. We can pick up at designated locations for those that live off base. Sign up by Oct 4.

BBQ DINNER SOCIAL
MON, OCT 28 • 6PM • LIBERTY CENTER • 335-4346
Join us for some BBQ and “talk story” time. We will have food and games at the Liberty Center.

MOVIE HOUSE
SEPTEMBER 2019
KIDS WEAR A HAT – RECEIVE A FREE POPCORN
SAT, SEP 28 • 7:30-9:30PM • 335-4380
Join us at the movies and receive a free small popcorn.

OCTOBER 2019
SI CONCESSION SUNDAY
SUN, OCT 20 • 7-9PM • 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 • 1:30PM-5:30PM
SATURDAY, SUNDAY & HOLIDAYS:
• OPEN SWIM: 11AM-5PM

SEPTEMBER 2019
POOL TIP OF THE MONTH: BENEFITS OF SWIMMING
ASK A LIFEGUARD FOR A HANDOUT WITH SOME BENEFITS OF SWIMMING. LEARN A NEW STROKE TO INCORPORATE INTO YOUR AQUATICS WORKOUT.

OCTOBER 2019
POOL TIP OF THE MONTH: TREAD AND SURVIVAL STROKES
LEARN SURVIVAL STROKES FROM YOUR LIFEGUARD.
PrACTICE THEM DURING THE MONTH AS MUCH AS YOU CAN.
MWR would like to introduce a new game that will test your musical knowledge! Come on down and join the fun and guess that song! No registration required, drop in event. Open to PMRF affiliated patrons & MWR guest card holders. Questions? Call 808-335-4346

Wed, Sep. 4
6-8pm
at Shenanigans

FREE
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 KANIKPILA 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.

HANAPAPE 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.
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 Poipu 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
SEPTEMBER AND OCTOBER SPECIAL: BRAKES
The automotive braking system is the heart of vehicle safety. Brake pads and shoes wear as mileage increases. On the average, most brake pads wear to marginal wear limits within 40-50 thousand miles for the daily driver. For extreme driving condition (steep grades, stop and go traffic), brake pads can wear as low as 30 thousand miles or less. Another important part of the brake system is brake drums & rotors. They too can wear and warp from extreme heat temperatures generated by excessive braking. When performing any form of brake pad or brake shoe replacement, it is recommended to have the drums and rotors resurfaced while installing new pads or shoes.

For the month of September and October, stop by Mana Motors to perform a brake service pad and/or shoe replacement and we can resurface your brake rotors/drum at ½ off from standard resurfacing fees. If you purchase any set of brake shoes or brake pads through Mana Motors, receive a 10% discount on any brand of brake pads or shoes or any brake related products. ***This special applies to ALL Active Duty Military only***
For more information, please contact MWR Auto Skills Center at 335-4439

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
Saints & Sinners join us for Costume Contest (Prizes Awarded!)
Giveaways • Drink Specials • Much More!
Questions? Call 808-335-4380

FRIDAY, OCTOBER 25 | 9:00 PM | 18 & OVER

MUSIC BY DJ JAH BOY

GreatLifeHawaii.com | @pmrfmoralewelfare | @PMRFMWR