

On Target

MORALE, WELFARE AND RECREATION PMRF | SEPT - OCT 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 SWIM1:30 PM - 5:30 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 | SEPT-OCT 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

Sleeping Gaint, Kauai, Hawaii.

INSIDE COVER

Salt Pond Beach, Kauai, Hawaii

PACIFIC MISSILE RANGE FACILITY

COMMANDING OFFICER Captain Vincent Johnson

EXECUTIVE OFFICER Commander Daniel Kimberly

MWR DIRECTOR Pending

MWR PMRF PHONE DIRECTORY

PHONE (808) 335-4195

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MWR MARKETING

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Pearl Harbor, HI 96860

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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

SEPTEMBER 2019

- SEPTEMBER 2 - LABOR DAY

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.



2 NEW **FREE** TOURNAMENTS TO CONQUER AT SHENANIGANS!



DARTS TOURNAMENT
Tuesday, Sep 19 at 6pm

LIFE SIZE JENGA TOURNAMENT
Wednesday, Oct 2 at 6pm



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.



GreatLifeHawaii.com



[@pmrfmoralewelfare](https://www.facebook.com/pmrfmoralewelfare)



[@PMRFMWR](https://www.instagram.com/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 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.

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

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.

SPORTS CLINIC: TBD

OCT 7-11 • YOUTH CENTER • INCLUDED IN CAMP FEES
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

CRAFT CLUB: TISSUE PAPER STAINED GLASS

WED, OCT 16 • 3:30PM-4:30PM • YOUTH CENTER • \$5
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Learn to create beautiful stained glasses containers for vases, pencil holders, or decorative jars! Sign up by calling the Youth Center.

STEAM CLUB: THE POWER OF BLEACH

WED, OCT 23 • 3:30PM-4:30PM • YOUTH CENTER • \$5
• 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

We typically use bleach to remove color stains, but what would happen when we add color to bleach? Join us as we brighten and whiten colors at the youth center! Sign up by calling the Youth Center.

CULTURE CLUB

WED, OCT 30 • 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

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. Pre-schoolers 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.

OCTOBER 2019

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 • \$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.



SEP




FITNESS CENTER SPECIAL EVENTS

- CHILDHOOD OBESITY AWARENESS MONTH
- WORKOUT OF THE MONTH
- INSTA GRAM "NO GYM" FITNESS CHALLENGE



See pg 4 for Details

1	2	3	4	5	6	7
	LABOR DAY MWR ON HOLIDAY HOURS	COMMUNITY RECREATION UKULELE JAM SESSION 6PM-7:30PM SHENANIGANS	YOUTH CENTER COOKING CLUB: HEALTHY HABITS 3:30PM-4:30PM YOUTH CENTER COMMUNITY RECREATION GUESS THAT SONG CHALLENGE 6PM-8PM SHENANIGANS		CDC TEDDY BEAR DAY ALL DAY - CDC	
8	9	10	11	12	13	14
	FITNESS CENTER RACQUETBALL LEAGUE STARTS TODAY FITNESS CENTER	SPECIAL EVENTS SUNSET TRIVIA NIGHT 6:30PM-8PM SHENANIGANS	YOUTH CENTER CRAFT CLUB: BASKET WEAVING 3:30PM-4:30PM YOUTH CENTER	CDC TUTUS' DAY BREAKFAST 8:15AM CDC LIBERTY NINTENDO SWITCH TOURNAMENT 6PM LIBERTY CENTER		TRIPS, TOURS & OUTINGS EZ BEACH DAY 9AM-3PM SALT POND
15	16	17	18	19	20	21
	FITNESS CENTER YOUTH FITNESS CHALLENGE FITNESS CENTER	FITNESS CENTER YOUTH FITNESS CHALLENGE FITNESS CENTER LIBERTY LOCAL FOOD ADVENTURE VAN DEPARTS LIBERTY CENTER 6PM	FITNESS CENTER YOUTH FITNESS CHALLENGE FITNESS CENTER YOUTH CENTER STEAM CLUB - EXTREME BUBBLES 3:30PM - 4:30PM YOUTH CENTER	FITNESS CENTER YOUTH FITNESS CHALLENGE FITNESS CENTER COMMUNITY RECREATION DARTS TOURNAMENT 6PM - SHENANIGANS	FITNESS CENTER YOUTH FITNESS CHALLENGE FITNESS CENTER SHENANIGANS PRIME RIB BUFFET 5PM-9PM - SHENANIGANS SPECIAL EVENTS CORN HOLE TOURNAMENT 6:30PM-8:30PM SHENANIGANS TRIPS, TOURS & OUTINGS GREAT NAVY CAMPOUT 3PM - MAJORS BAY	
22	23	24	25	26	27	28
LIBERTY WAILUA RIVER KAYAK & HIKE VAN DEPARTS LIBERTY CENTER 8AM			YOUTH CENTER CULTURAL CLUB 3:30PM - 4:30PM YOUTH CENTER CDC NATIONAL MILKSHAKE DAY COMMUNITY RECREATION FAMILY FUN BINGO NIGHT 6PM - SHENANIGANS		SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM - SHENANIGANS	

29	30



AUTO SKILLS SPECIAL
SEPT BRAKE SERVICE SPECIAL
See pg 15 for Details

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>OCT</h1> <p>FITNESS CENTER SPECIAL EVENTS</p> <ul style="list-style-type: none"> • WOMEN'S HEALTH MONTH • JACOB'S LADDER CHALLENGE <p>See pg 4 for Details</p> 			<p>1</p> <p>YOUTH CENTER COOKING CLUB: HEALTHY HABITS 3:30PM-4:30PM YOUTH CENTER</p> <p>CDC OPEN HOUSE AND NAVY BIRTHDAY CELEBRATION 5PM - CDC</p> <p>COMMUNITY RECREATION LIFE SIZE JENGA TOURNAMENT 6PM - SHENANIGANS</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM - SHENANIGANS</p>	<p>5</p> <p>LIBERTY BIKE PATH 7AM-3PM KAUAI BIKE PATH</p>
<p>6</p> <p>YOUTH CENTER SPORTS CLINIC YOUTH CENTER</p> <p>YOUTH CENTER FALL CAMP 1ST DAY 7AM-5PM YOUTH CENTER</p> <p>FITNESS CENTER FLAG FOOTBALL LEAGUE TURF FIELD</p>	<p>7</p>	<p>8</p> <p>YOUTH CENTER SPORTS CLINIC YOUTH CENTER</p>	<p>9</p> <p>YOUTH CENTER SPORTS CLINIC YOUTH CENTER</p> <p>FITNESS CENTER DISCOVERERS' RACE 5PM FITNESS CENTER</p>	<p>10</p> <p>YOUTH CENTER SPORTS CLINIC YOUTH CENTER</p> <p>LIBERTY BOWLING NIGHT VAN DEPARTS LIBERTY CENTER 6PM</p>	<p>11</p> <p>YOUTH CENTER SPORTS CLINIC YOUTH CENTER</p>	<p>12</p> <p>TRIPS, TOURS & OUTINGS EZ BEACH DAY 9AM-3PM KALAPAKI BEACH</p>	
<p>13</p> <p>COLUMBUS DAY MWR ON HOLIDAY HOURS</p>	<p>14</p>	<p>15</p>	<p>16</p> <p>YOUTH CENTER CRAFT CLUB: TISSUE PAPER STAINED GLASS 3:30-4:30PM YOUTH CENTER</p> <p>COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT 6PM - SHENANIGANS</p>	<p>17</p>	<p>18</p> <p>SHENANIGANS BACK YARD BBQ 5PM-9PM SHENANIGANS</p> <p>SPECIAL EVENTS KANIKAPILA NIGHTS 6:30-8:30PM SHENANIGANS</p>	<p>19</p> <p>TRIPS, TOURS & OUTINGS SLEEPING GIANT HIKE 7AM-3PM DEPARTS FROM CRC 7AM</p>	
<p>20</p>	<p>21</p>	<p>22</p> <p>COMMUNITY RECREATION CRAFT CLUB AND CHILD CARE 5:30PM-7:30PM 1355A POLARIS DR</p>	<p>23</p> <p>YOUTH CENTER STEAM CLUB - THE POWER OF BLEACH 3:30PM-4:30PM YOUTH CENTER</p>	<p>24</p>	<p>25</p> <p>SPECIAL EVENTS SAINTS & SINNERS HALLOWEEN PARTY 9PM SHENANIGANS</p>	<p>26</p>	
<p>27</p> <p>LIBERTY BBQ DINNER SOCIAL 6PM LIBERTY CENTER</p>	<p>28</p>	<p>29</p> <p>COMMUNITY RECREATION JUDGING FOR HALLOWEEN DOOR DECORATING CONTEST</p>	<p>30</p> <p>YOUTH CENTER CULTURE CLUB 3:30PM-4:30PM YOUTH CENTER</p>	<p>31</p> <p>CDC FALL FESTIVAL 10AM CDC</p>	 <p>AUTO SKILLS SPECIAL</p> <p>SEPT BRAKE SERVICE SPECIAL</p> <p>See pg 15 for Details</p>		

Buffets to Brag About at *Shenanigans*

PRIME RIB BUFFET

Friday, Sep 20 | 5pm-9pm

Adults: \$38 | 10-14 YRS: \$25 | 5-9 YRS: \$16

MENU:

Prime Rib and all the fixings	Steamed Rice
Kalbi Grilled Chicken	Salad Bar
Seasoned Vegetables	Breadsticks
Garlic Herb Mashed Potatoes	Soup of the day



BACKYARD BBQ BUFFET

Friday, Oct 18 | 5pm-9pm

Adults: \$32 | 10-14 YRS: \$22 | 5-9 YRS: \$13

MENU:

BBQ Pork Ribs	Mac and Cheese
Fried Chicken	Corn Bread
Baked Beans	Salad Bar
Corn on the Cobb	Soup of the day
Mashed Potatoes with Gravy	Watermelon

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)



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR

SHENANIGANS

SEPTEMBER 2019

PRIME RIB BUFFET

FRI, SEP 20 • 5PM-9PM • ADULT \$39 • 10-14 YRS \$25
• 5-9 YRS \$16 • RESERVATIONS HIGHLY RECOMMENDED

- Prime Rib and all the fixings
- Steamed Rice
- Kalbi Grilled Chicken
- Seasoned Vegetables
- Garlic Herb Mashed Potatoes
- Salad Bar
- Breadsticks
- 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)

OCTOBER 2019

BACKYARD BBQ BUFFET

FRI, OCT 18 • 5-9PM • ADULTS \$32 • 10-14 YRS \$22 • 5-9 YRS \$13

- BBQ Pork Ribs
- Baked Beans
- Fried Chicken
- Corn on the Cobb
- Mashed Potatoes with Gravy
- Mac and Cheese
- Corn Bread
- Salad Bar
- Soup of the day
- Watermelon

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
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 AND CORNHOLE TOURNAMENT

FRI, SEP 20 • 6:30PM-8:30PM • 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, SEP 27 • 9PM-12AM • SHENANIGANS • FREE
• 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Show off your vocal skills at Karaoke Night. Be featured on MWR's Karaoke Hall of fame plaque and be entered for a chance to win a "Let the Shenanigans Begin" t-shirt. No registration required, drop in event.

OCTOBER 2019

LET THE SHENANIGANS BEGIN KARAOKE

FRI, OCT 4 • 9PM-12AM • SHENANIGANS • FREE
• 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Show off your vocal skills at Karaoke Night. Be featured on MWR's Karaoke Hall of fame plaque and be entered for a chance to win a "Let the Shenanigans Begin" t-shirt. No registration required, drop in event.

SUNSET TRIVIA NIGHT

TUE, OCT 8 • 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, OCT 18 • 6:30PM-8:30PM • 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 while overlooking Kauai's breathtaking sunset.

SAINTS & SINNERS HALLOWEEN PARTY

FRI, OCT 25 • 9PM • SHENANIGANS • FREE
• 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

DJ Jah boy, spinning the ones and twos, while the Saints and Sinners battle the game prizes and costume contest. Join us for giveaways, drink specials and more!

COMMUNITY RECREATION

FOUR WAYS TO REGISTER FOR TOURNAMENTS:

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

SEPTEMBER 2019

UKULELE JAM SESSION

TUE, SEP 3 • 6PM-7:30PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

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

GUESS THAT SONG CHALLENGE

WED, SEP 4 • 6PM-8PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

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.

DARTS TOURNAMENT

FRI, SEP 19 • 6PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

This elimination tournament consists of set house rules, prizes and free pupus for all participants. Be the first winner on MWR's Monthly Tournament plaque. Claim your tournament spot by 6pm, unclaimed spots fills on a first come, first served basis.

CORNHOLE TOURNAMENT

FRI, SEP 20 • 6PM-7PM • 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 music, featuring a friendly Cornhole tournament, while overlooking Kauai's breathtaking sunset.

FAMILY FUN BINGO NIGHT

WED, SEP 25 • 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. No registration required, drop in event.

OCTOBER 2019

HALLOWEEN DOOR DECORATING CONTEST

OCT 1 TO 29 • FREE 335-4380 • OPEN TO ALL ACTIVE DUTY • HOUSING AND POLARIS DRIVE

There are FOUR ways to enter MWR's Annual Door Decorating Contest by OCT 22, visit the Community Recreation Center, Email: pmrfmwr1@gmail.com, Text: (808)631-9367, or Call: (808)335-4346. Contest entries judged by the following: Creativity, Scariness, Cuteness and Special effects. Judging will take place on October 29 and winners announced on Facebook and Instagram on Halloween Night.

LIFE SIZE JENGA TOURNAMENT

WED, OCT 2 • 6PM • SHENANIGANS • FREE
• 335-4346 OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS 18 AND OVER • REGISTER BY 12PM, AUG 6

Join MWR Community Recreation for a Life Size Jenga tournament. Players will take turns removing one block at a time from a tower constructed of 54 blocks. Each block removed placed on top of the tower, creating a progressively taller and more unstable structure. The person or team to topple the tower over is out. Winning team of two will be recognized on MWR's tournament plaque and come back to defend their team name in another LIFE SIZE GAME TOURNAMENT!

TEXAS HOLD'EM TOURNAMENT

WED, OCT 16 • 6PM • SHENANIGANS • FREE
• 335-4346 OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS 18 AND OVER

Texas Hold'em tournament consists of set house rules and prizes. Claim your seat at the tournament by 6PM; unclaimed spots filled 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 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,

PMRF.MWR1@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 Sept 2.

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 have lunch at Secret Falls. Bring your lunch and water. Sign up by Sept 16.

OCTOBER 2019

BIKE PATH

SAT, OCT 05 • 7AM-3AM • LIBERTY CENTER • FREE • 335-4346

Join us for a 6-8 mile bike ride on Kauai's bike path along the eastern shore. Bring your bikes or rent one from the Community Recreation Center and enjoy the

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

\$1 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.



GUESS THAT SONG CHALLENGE



Wed, Sep. 4
6-8pm

at *Shenanigans*

FREE

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



GreatLifeHawaii.com



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@PMRFMWR

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 Puhī, 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'i'hau 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 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

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/ drums 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





OPEN TO PMRF AFFILIATES
FREE
AND MWR GUEST CARD HOLDERS

SAINT & SINNERS

HALLOWEEN PARTY

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

MUSIC BY **DJ JAH BOY** *MUSIC*

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



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