

On Target

MORALE, WELFARE AND RECREATION PMRF | JAN - FEB 2020



MWR PHONE DIRECTORY & HOURS

BEACH COTTAGE - AFTER HOURS

(PHONE NUMBER FOR EMERGENCIES ONLY)

BLDG. 1293 • 645-1623	
MONDAY - FRIDAY	5 PM - 8:30 AM
SATURDAY & SUNDAY	3 PM - 10 AM

BEACH COTTAGE - RESERVATION OFFICE

CHECK-IN: 3 PM. / CHECK OUT:	11 AM
BLDG. 1293 • 335-4752	
MONDAY - FRIDAY	8:30 AM - 5 PM
SATURDAY, SUNDAY & HOLIDAYS	10 AM - 3 PM

CHILD DEVELOPMENT CENTER (CDC)

(AGE 6 WEEKS - 5 YEARS) • BLDG. 1283 • 335-4453	
MONDAY - FRIDAY	6 AM - 5 PM

FITNESS CENTER

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

LIBERTY CENTER

BLDG. 1355-B • 335-4346	
DAILY	24 HOURS A DAY

MANA MOTORS AUTO SKILLS CENTER

BLDG. 1276 • PHONE: 335-4439	
TUESDAY - FRIDAY	NOON - 8 PM
SATURDAY	9 AM - 5 PM

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 • 335-4195	
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 - 1 PM
DINNER TUESDAY - SATURDAY	5 PM - 9 PM

SHENANIGANS - CATERING OFFICE

BLDG. 1308 • 335-4708	
MONDAY - FRIDAY	8 AM - 4 PM

SPECIAL EVENTS

BLDG. 1267 • 335-4380	
MONDAY - FRIDAY	8 AM - 4 PM

TICKETS & TRAVEL

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

YOUTH CENTER - SCHOOL AGE CARE

(AGE 5 - 12) • BLDG. 1318 • 335-4419	
MONDAY, TUESDAY, THURSDAY, FRIDAY	2 PM - 5 PM
WEDNESDAY	1:15 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



On Target

MORALE, WELFARE AND RECREATION PMRF | JAN-FEB 2020

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

COVER

Awaawapuhi Valley, View from Awaawapuhi Hike.

INSIDE COVER

Sunset in Poipu Beach, Kauai, Hawaii.

PACIFIC MISSILE RANGE FACILITY

COMMANDING OFFICER Captain Timothy Young

EXECUTIVE OFFICER Commander Richard Schmaeling

MWR DIRECTOR Jeffrey Shaw

MWR PMRF PHONE DIRECTORY

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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 2020

• CLOSED JANUARY 1 - NEW YEARS DAY

NATIONAL BLOOD DONOR MONTH

Donating blood saves many lives and improves health for many people. According to the World Health Organization, "blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma." Someone needs blood every few seconds in the United States. And more than 4.5 million Americans would die every year without lifesaving blood transfusions. National Blood Donor Month helps us remember these vital statistics.

LET'S GET L.I.T. (LEAN IN TWENTY TWENTY) BEGINS JAN 6 • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Let's get Lean in Twent-20 (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.

FOOTBALL SKILLS CHALLENGE WED, JAN 22 • 2:30PM • OUTDOOR BASKETBALL COURT • 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, target throwing & more. You think you got what it takes? Come out and show off your football skills for this competitive but friendly football skills event.

MWR BASKETBALL LEAGUE MON, JAN 27 • OUTDOOR BASKETBALL COURT • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

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

- Mandatory meeting on Thu, Jan 23 @ 12pm in the Fitness Center

FEBRUARY 2020

AMERICAN HEART MONTH

Heart disease is the leading cause of death for men and women in the United States. The good news is that heart disease can often be prevented when people make healthy choices and manage their health condition. Throughout the month, the PMRF Fitness team challenges you to make one heart healthy behavior change.

CARDIO CHALLENGE FEB 3-29 • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

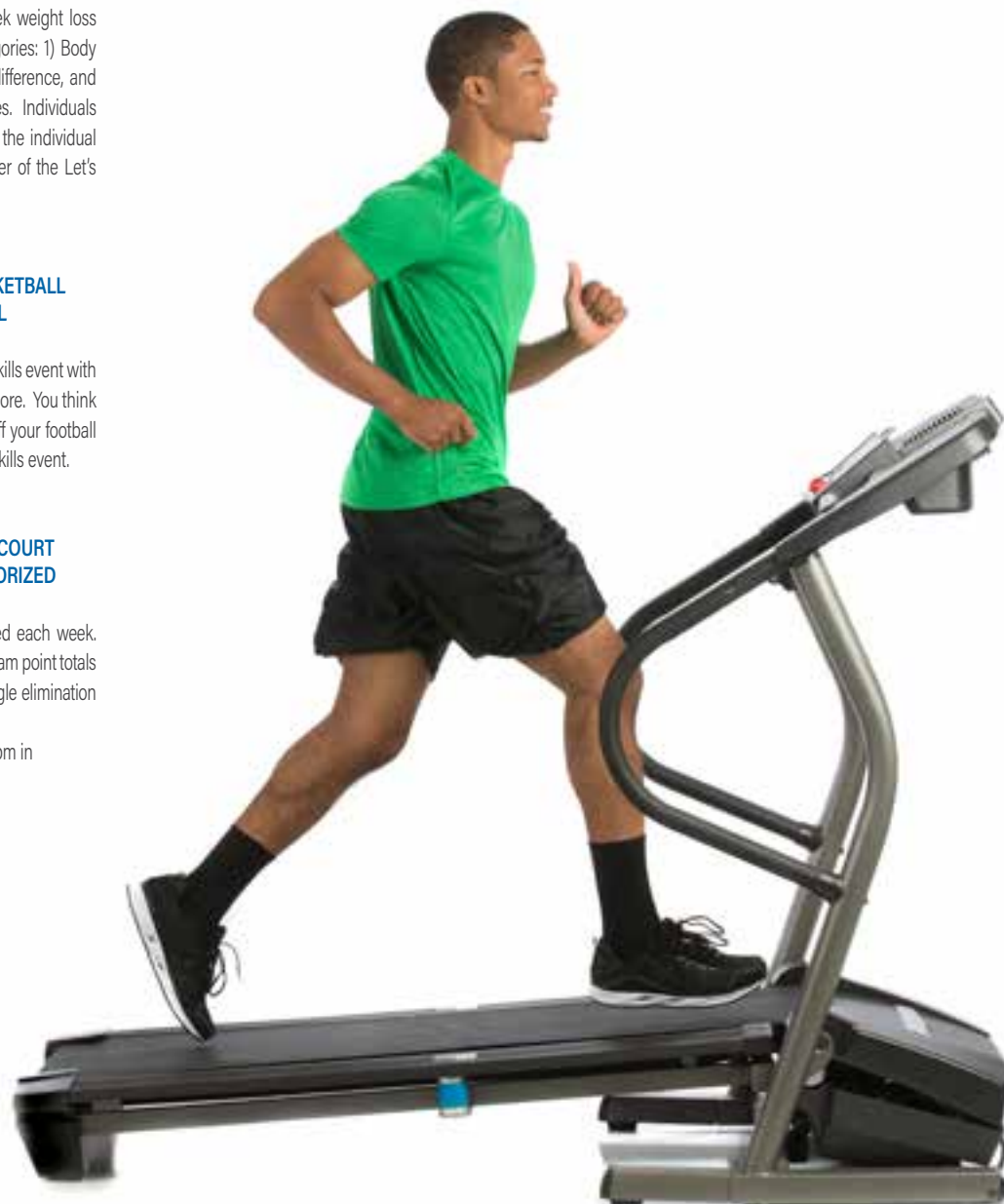
Every month, PMRF Fitness hosts a different fitness challenge in which everyone is encouraged to improve their fitness levels. The purpose is to encourage self-improvement and provide some friendly competition. This month, your challenge is to do 30 minutes of cardio, 3 times a week for the entire month of February, using our cardio machines in our fitness center. Participants who complete this challenge will receive a prize.

LOVE BUG ADVENTURE RACE THU, FEB 13 • 5PM • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Teams of two will complete 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.

BASKETBALL SKILLS CHALLENGE WED, FEB 26 • 5PM • OUTDOOR BASKETBALL COURT • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

We are bringing back some of your childhood favorite basketball games. Come out and show off your basketball skills for this competitive, but friendly basketball skills event. Deadline to register is Monday, February 24.



**Saturday, Feb 15
9pm**

Shenanigans

FREE

Open to PMRF affiliated patrons and MWR Guest card holders

It's party time at Shenanigans! Come out dressed in your best pajamas, anything goes! Bring a friend and be entered to win a prize for best "Jammy Duo"! Join us for a night of dancing and games for a chance to win some awesome prizes!

Call 808-631-9367 for more info.





GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITNESS CENTER 0630-0730 – PT/FEP 0800-0830 – HardCore 1000-1100 – CDC Fitness 1100-1200 – Let’s Get Ripped	FITNESS CENTER 0630-0730 – PT/FEP 1700-1800 – Yoga	FITNESS CENTER 0630-0730 – PT/FEP 1100-1200 – Let’s Get Ripped	FITNESS CENTER 0630-0730 – PT/FEP 1530-1630 – YC Kids Fitness 1700-1800 – Yoga	FITNESS CENTER 0700-0800 – TRX Training 0800-0830 – Regeneration

***SCHEDULE IS SUBJECT TO CHANGE**

HARDCORE

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

LET’S GET RIPPED

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

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.

COMMAND PT/FITNESS ENHANCEMENT PROGRAM (FEP)

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

- WED, JANUARY 1 - NEW YEAR’S DAY
- MON, JANUARY 20 - M.L.K.’S BIRTHDAY
- MON, FEBRUARY 17 - PRESIDENT’S DAY

JANUARY 2020

WINTER BREAK WEEK 2

DEC 30 - JAN 3 (CLOSED JAN 1) • 7AM - 5PM • YOUTH CENTER • WEEKLY FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Join us for winter break 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.

NO SCHOOL DAY

MON, JAN 6 • 7AM - 5PM • YOUTH CENTER • DAILY FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Join the action! Youth can participate in crafts, STEAM projects, indoor and outdoor activities, and various adventures. Call the Youth Center for complete registration details.

COOKING CLUB: HEALTHY HABITS

WED, JAN 8 • 3:30PM - 4:30PM • YOUTH CENTER • \$5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

What is health and why is it so important? Join us as we dive into learning about the delicious benefits of being healthy and eating trail mix. Sign up Wednesday the week before.

CRAFT CLUB: PICTURES FRAMES

WED, JAN 15 • 3:30PM - 4:30PM • YOUTH CENTER • \$5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

The month of January is all about the sea! What will you see in the sea? Sign up Wednesday the week before.

STEAM CLUB: COLORFUL CONVENTION CURRENTS

WED, JAN 22 • 3:30PM - 4:30PM • YOUTH CENTER • \$5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Why does the ocean move? Help us solve this ocean mystery in a Steve Spangler science experiment. Sign up Wednesday the week before.

CULTURAL CLUB

WED, JAN 29 • 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.

FEBRUARY 2020

COOKING CLUB: HEALTHY HABITS

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

A well-balanced meal is having multiple food groups on your plate; does your plate make the cut? Join us in making MyPlate, your plate. Sign up Wednesday the week before.

CRAFT CLUB: BIRD FEEDER

WED, FEB 12 • 3:30PM-4:30PM • YOUTH CENTER • \$5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

The month of February, we will be studying animals; our first animal discovery is birds. Find out how to attract birds to your backyard as we make our own bird feeders. Sign up Wednesday the week before.

STEAM CLUB: INVERTEBRATES VS. VERTEBRATES

WED, FEB 19 • 3:30PM-4:30PM • YOUTH CENTER • \$5 • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

It’s the battle of the creatures as we look closely at invertebrates and vertebrates. Can you tell the differences? Sign up Wednesday the week before.

CULTURE CLUB

WED, FEB 26 • 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

YOUTH CENTER CLOSURE DAYS

- WED, JANUARY 1 - NEW YEAR’S DAY
- MON, JANUARY 20 - M.L.K.’S BIRTHDAY
- MON, FEBRUARY 17 - PRESIDENT’S DAY

JANUARY 2020

NATIONAL HAT DAY

FRI, JAN 10 • ALL DAY • FREE FOR CHILDREN ATTENDING THE PROGRAM

Children are encouraged to bring a hat from home a wear it during school hours.

CHINESE LUNAR NEW YEAR

TUE, JAN 24 • 9 - 10AM • FREE FOR CHILDREN ATTENDING THE PROGRAM

Children will be performing the dragon dance welcoming the year of the rat.

FEBRUARY 2020

NATIONAL PRESCHOOL FITNESS DAY

WED, FEB 5 • 10AM • CDC/ PMRF FITNESS CENTER • FREE FOR CHILDREN ATTENDING THE PROGRAM

Preschoolers will be visiting the Gym for a fitness class.

VALENTINE’S DAY FAMILY BREAKFAST



WED, FEB 12 • 8AM • FREE FOR CHILDREN ATTENDING THE PROGRAM


Come and join us for breakfast at the CDC to celebrate Valentine’s Day. RSVP at the front desk by February 7.

HOURLY CARE

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

The Hourly Care Program is designed as a short term child care option. It has been specifically tailored to meet the needs of those who require care for times when they are volunteering, in-processing, assuming respite care duties or have a doctor’s appointment. Services are available based on daily enrollment. Call 335-4453 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>JAN</div> <div>  <div> FITNESS CENTER SPECIAL EVENTS NATIONAL BLOOD DONOR MONTH <i>See pg 4 for Details</i> </div> </div> </div>						
<div>  <div> AUTO SKILLS SPECIAL FREE USE OF BAY OR LIFT IN JANUARY <i>See pg 15 for Details</i> </div> </div>			<div> <div>1</div> <div>HAUOLI MAKAHIKI HOU MWR ON HOLIDAY HOURS</div> </div>	<div> <div>2</div> </div>	<div> <div>3</div> <div>SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM -SHENANIGANS</div> </div>	<div> <div>4</div> <div>COMMUNITY RECREATION GLITTER TUMBLER CRAFT DAY 4PM - 1355A POLARIS DR</div> </div>
<div> <div>5</div> <div>COMMUNITY RECREATION GLITTER TUMBLER CRAFT DAY 4PM - 1355A POLARIS DR</div> </div>	<div> <div>6</div> <div> FITNESS CENTER LET'S GET L.I.T. (LEAN IN TWENTY TWENTY) BEGINS FITNESS CENTER YOUTH CENTER NO SCHOOL DAY! COMMUNITY RECREATION GLITTER TUMBLER CRAFT DAY 4PM - 1355A POLARIS DR </div> </div>	<div> <div>7</div> <div>SPECIAL EVENTS SUNSET TRIVIA NIGHT 6:30PM-8PM SHENANIGANS</div> </div>	<div> <div>8</div> <div> YOUTH CENTER COOKING CLUB: HEALTHY HABITS 3:30PM-4:30PM YOUTH CENTER COMMUNITY RECREATION DARTS TOURNAMENT 6PM - SHENANIGANS </div> </div>	<div> <div>9</div> </div>	<div> <div>10</div> <div> CDC NATIONAL HAT DAY ALL DAY SHENANIGANS MONGOLIAN BBQ 5PM-9PM - SHENANIGANS </div> </div>	<div> <div>11</div> <div>TRIPS, TOURS & OUTINGS KILAUEA LIGHT HOUSE VAN DEPARTS CRC 7AM</div> </div>
<div> <div>12</div> </div>	<div> <div>13</div> <div>LIBERTY MAKE YOUR OWN LOCOMOCO 6PM LIBERTY CENTER</div> </div>	<div> <div>14</div> <div>COMMUNITY RECREATION SPAM MUSUBI MAKING WORKSHOP 5:30PM - SHENANIGANS</div> </div>	<div> <div>15</div> <div> YOUTH CENTER CRAFT CLUB: PICTURES FRAMES 3:30PM - 4:30PM YOUTH CENTER </div> </div>	<div> <div>16</div> </div>	<div> <div>17</div> <div>SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM -SHENANIGANS</div> </div>	<div> <div>18</div> <div>TRIPS, TOURS & OUTINGS WHALE WATCHING WITH CAPTAIN ANDY'S VAN DEPARTS CRC 6AM</div> </div>
<div> <div>19</div> </div>	<div> <div>20</div> <div>MARTIN LUTHER KING DAY MWR ON HOLIDAY HOURS</div> </div>	<div> <div>21</div> </div>	<div> <div>22</div> <div> FITNESS CENTER FOOTBALL SKILLS CHALLENGE 4:30PM OUTDOOR BASKETBALL COURT YOUTH CENTER STEAM CLUB: COLORFUL CONVENTION CURRENTS 3:30PM - 4:30PM YOUTH CENTER COMMUNITY RECREATION GUESS THAT SONG CHALLENGE 6PM - SHENANIGANS </div> </div>	<div> <div>23</div> </div>	<div> <div>24</div> <div> CDC CHINESE LUNAR NEW YEAR 9-10AM CDC SPECIAL EVENTS KANIKAPILA NIGHTS 6-8PM SHENANIGANS SHENANIGANS PIZZA AND PASTA BUFFET 5PM-9PM - SHENANIGANS </div> </div>	<div> <div>25</div> <div>LIBERTY AWAAWAPUHI TRAIL VAN DEPARTS 7:30AM KOKE'E</div> </div>
<div> <div>26</div> </div>	<div> <div>27</div> <div>FITNESS CENTER MWR BASKETBALL LEAGUE OUTDOOR BASKETBALL COURT</div> </div>	<div> <div>28</div> </div>	<div> <div>29</div> <div> YOUTH CENTER CULTURE CLUB 3:30PM - 4:30PM YOUTH CENTER </div> </div>	<div> <div>30</div> </div>	<div> <div>31</div> <div>LIBERTY ESCAPE ROOM VAN DEPARTS 6PM</div> </div>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>FEB</div> <div>  <div> FITNESS CENTER SPECIAL EVENTS CARDIO CHALLENGE FEB 3-29 <i>See pg 4 for Details</i> </div> </div> </div>						
<div> <div>2</div> <div>SPECIAL EVENTS THE SUPER SHOWDOWN 1PM SHENANIGANS</div> </div>	<div> <div>3</div> </div>	<div> <div>4</div> <div>SPECIAL EVENTS SUNSET TRIVIA NIGHT 6:30PM-8PM SHENANIGANS</div> </div>	<div> <div>5</div> <div> YOUTH CENTER COOKING CLUB: HEALTHY HABITS 3:30-4:30PM YOUTH CENTER CDC NATIONAL PRESCHOOL FITNESS DAY 10AM FITNESS CENTER COMMUNITY RECREATION LIFE SIZE JENGA TOURNAMENT 6PM SHENANIGANS </div> </div>	<div> <div>6</div> </div>	<div> <div>7</div> <div>SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM -SHENANIGANS</div> </div>	<div> <div>8</div> <div>TRIPS, TOURS & OUTINGS EZ BEACH DAY 10AM-2PM KALAPAKI BEACH</div> </div>
<div> <div>9</div> </div>	<div> <div>10</div> </div>	<div> <div>11</div> </div>	<div> <div>12</div> <div> YOUTH CENTER CRAFT CLUB: BIRD FEEDER 3:30-4:30PM YOUTH CENTER CDC VALENTINE'S DAY BREAKFAST 8AM CDC COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT 6PM - SHENANIGANS </div> </div>	<div> <div>13</div> <div>FITNESS CENTER LOVE BUG ADVENTURE RACE 5PM FITNESS CENTER</div> </div>	<div> <div>14</div> <div>SHENANIGANS TABLE FOR TWO VALENTINE'S DAY DINNER SPECIAL 5PM-9PM SHENANIGANS</div> </div>	<div> <div>15</div> <div> COMMUNITY RECREATION PAJAMA JAMMY JAM 9PM SHENANIGANS LIBERTY OUTFITTERS ZIPLINE VAN LEAVES TBA </div> </div>
<div> <div>16</div> </div>	<div> <div>17</div> <div>PRESIDENT'S DAY MWR ON HOLIDAY HOURS</div> </div>	<div> <div>18</div> </div>	<div> <div>19</div> <div> YOUTH CENTER STEAM CLUB: INVERTE- BRATES VS VERTEBRATES 3:30PM-4:30PM YOUTH CENTER </div> </div>	<div> <div>20</div> </div>	<div> <div>21</div> <div>LIBERTY WAIMEA TOWN OUTING VAN LEAVES LIBERTY CENTER 6PM</div> </div>	<div> <div>22</div> </div>
<div> <div>23</div> </div>	<div> <div>24</div> </div>	<div> <div>25</div> </div>	<div> <div>26</div> <div> YOUTH CENTER CULTURE CLUB 3:30PM-4:30PM YOUTH CENTER FITNESS CENTER BASKETBALL SKILLS CHALLENGE 5PM OUTDOOR BASKETBALL COURT COMMUNITY RECREATION FAMILY FUN BINGO NIGHT 6PM - SHENANIGANS </div> </div>	<div> <div>27</div> <div>LIBERTY TRUCKSTOP THURSDAYS VAN LEAVES LIBERTY CENTER 5PM</div> </div>	<div> <div>28</div> <div> SPECIAL EVENTS KANIKAPILA NIGHTS 6-8PM SHENANIGANS SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM -SHENANIGAN </div> </div>	<div> <div>29</div> <div>TRIPS, TOURS & OUTINGS MAHAULEPU HERITAGE TRAIL VAN DEPARTS CRC 7:30AM POIPU</div> </div>

Make *Shenanigans* Your Resolution for 2020!

MONGOLIAN BBQ

Friday, Jan 10

5-9pm

\$0.95 per ounce

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



PIZZA AND PASTA BUFFET

Friday, Jan 24

5-9pm

Adults: \$17

10-14 yrs: \$12

5-9 yrs: \$9

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



TABLE FOR TWO VALENTINE'S DAY DINNER SPECIAL

Friday, Feb 14 • 5-9pm • \$75 per couple

Starter: Creamy Corn Chowder or Caesar Salad

Entrée: Choose 2 *Served with bacon wrapped asparagus

- Prime Rib & Baked Potato with all the fixings
- Macadamia Nut Crusted Ono with passion fruit butter sauce and Rice Pilaf
- Herbed Grilled Chicken with warm Boursin Cheese served with Rice Pilaf

Dessert: Major's Bay Brownie Delight



Modified menus available on specialty nights.

RESERVATIONS HIGHLY RECOMMENDED FOR THESE AWESOME SPECIALTY NIGHTS

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

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



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR

SHENANIGANS

JANUARY 2020

MONGOLIAN BBQ

FRI, JAN 10 • 5PM-9PM • 95 CENTS AN OUNCE

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

Modified menu available: Pizzas and desserts

RESERVATIONS HIGHLY RECOMMENDED

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

808-335-4706 (between 4pm-8:30pm Tue-Sat)

PIZZA AND PASTA BUFFET

FRI, JAN 24 • 5PM-9PM • ADULTS \$17 • 10-14 YRS \$12 • 5-9 YRS \$9

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

Modified menu available: Burgers, selection of appetizers and desserts.

RESERVATIONS HIGHLY RECOMMENDED

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

808-335-4706 (between 4pm-8:30pm Tue-Sat)

FEBRUARY 2020

TABLE FOR TWO VALENTINE'S DAY DINNER SPECIAL

FRI, FEB 14 • 5-9PM • \$75

Treat your special someone to good food and great views.

Starter: Creamy Corn Chowder or Caesar Salad

Entrée: *Choose 2 *Served with bacon wrapped asparagus

• Prime Rib & Baked Potato with all the fixings

• Macadamia Nut Crusted Ono with passion fruit butter sauce and Rice Pilaf

• Herbed Grilled Chicken with warm Boursin Cheese served with Rice Pilaf

Dessert: Major's Bay Brownie Delight

Modified menu available: Pizzas, salads, selection of appetizers and desserts.

RESERVATIONS HIGHLY RECOMMENDED

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

808-335-4706 (between 4pm-8:30pm Tue-Sat)

SPECIAL EVENTS

JANUARY 2020

LET THE SHENANIGANS BEGIN KARAOKE

FRI, JAN 3 • 9PM-12AM • SHENANIGANS • FREE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • DROP IN EVENT

Show off your vocal skills at our monthly Karaoke Night. Best singer of the night will be featured on our monthly Karaoke Hall of Fame placard!

SUNSET TRIVIA NIGHT

TUE, JAN 7 • 6:30PM-8PM • SHENANIGANS • FREE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • DROP IN EVENT

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.

LET THE SHENANIGANS BEGIN KARAOKE

FRI, JAN 17 • 9PM-12AM • SHENANIGANS • FREE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • DROP IN EVENT

Show off your vocal skills at our monthly Karaoke Night. Best singer of the night will be featured on our monthly Karaoke Hall of Fame placard!

KANIKAPILA NIGHTS

FRI, JAN 24 • 6PM-8PM • SHENANIGANS • FREE • 631-9367 • 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.

FEBRUARY 2020

THE SUPER SHOWDOWN

SUN, FEB 2 • 1PM • SHENANIGANS • FREE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • DROP IN EVENT

Get in the zone as MWR hosts Super Showdown 2020 at Shenanigans. Join us for a day of football, food, games, and prizes.

SUNSET TRIVIA NIGHT

FRI, FEB 4 • 6:30PM-8PM • SHENANIGANS • FREE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • DROP IN EVENT

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.

LET THE SHENANIGANS BEGIN KARAOKE

FRI, FEB 7 • 9PM-12AM • SHENANIGANS • FREE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • DROP IN EVENT

Show off your vocal skills at our monthly Karaoke Night. Best singer of the night will be featured on our monthly Karaoke Hall of Fame placard!

KANIKAPILA NIGHTS

FRI, FEB 28 • 6PM-8PM • SHENANIGANS • FREE • 631-9367 • 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.

LET THE SHENANIGANS BEGIN KARAOKE

FRI, FEB 28 • 9PM-12AM • SHENANIGANS • FREE • 631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST

CARD HOLDERS • DROP IN EVENT

Show off your vocal skills at our monthly Karaoke Night. Best singer of the night will be featured on our monthly Karaoke Hall of Fame placard!

COMMUNITY RECREATION FOUR WAYS TO REGISTER FOR TOURNAMENTS:

SIGN UP AT SHENANIGANS, TEXT: (808)631-9367,

CALL: (808)335-4346, EMAIL: PMRFMWR@GMAIL.COM

JANUARY 2020

GLITTER TUMBLER CRAFT DAY

JAN 4, 5, 6 • 4PM • 1355A POLARIS DR • \$30

• 631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • AGES 18 AND OVER WELCOME

Get excited to learn how to create your own custom glitter tumbler you've been seeing all over Pinterest and social media! MWR will provide you with all the materials you need to create your very own custom tumbler, cup, or bottle. Please note that this craft event will last for about 2 to 3 hours and will go on for about 3 to 4 days. There are steps to complete your custom tumbler that takes time. We have very limited seats available so please be sure to register by January 2 to secure your seat!

DARTS TOURNAMENT

WED, JAN 8 • 6PM • SHENANIGANS • FREE

631-9367 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

This elimination tournament consists of set house rules & prizes. Claim your tournament spot by 6PM the day of the tournament. Any unclaimed spots fills on a first come, first served basis. Don't miss out on this fun event!



SPAM MUSUBI MAKING WORKSHOP
TUE, JAN 14 • 5:30PM • SHENANIGANS
• FREE• 631-9367 • OPEN TO PMRF
AFFILIATED PATRONS & MWR GUEST CARD
HOLDERS • NO REGISTRATION REQUIRED DROP
IN EVENT • AGES 5 AND OLDER ARE WELCOME

Come and learn how to make Hawaii's popular, take to the beach snack, Spam musubi. Come and learn how to make this delicious snack while enjoying the beautiful sunset at Shenanigans.

GUESS THAT SONG CHALLENGE
WED, JAN 22 • 6PM • SHENANIGANS • FREE
• 631-9367 • OPEN TO PMRF AFFILIATED PATRONS
& MWR GUEST CARD HOLDERS • DROP IN EVENT

Know your music and want to test your musical knowledge? Come on down and join the fun! To be good at this game you really need to know your music. But to be great you need to know all genres of music. From country to hard rock, hip hop to R&B, local Hawaiian music to latin music. Come out and watch or participate, as six teams go head to head to steal the Guess That Song Challenge title away from our reigning champions. Winners will get their picture taken and featured in our trophy case at Shenanigans and will win bragging rights until someone is able to take over as our new champions!

FEBRUARY 2020

LIFE SIZE JENGA TOURNAMENT
WED, FEB 5 • 6PM • SHENANIGANS • FREE
• 631-9367 • OPEN TO PMRF AFFILIATED PATRONS
& MWR GUEST CARD HOLDERS 18 AND OVER •
DROP IN EVENT

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 is 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, FEB 12 • 6PM • SHENANIGANS • FREE
• 631-9367 • 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. Register by 5pm the day of the event.

PAJAMA JAMMY JAM
SAT, FEB 15 • 9PM • SHENANIGANS • 631-9367
• OPEN TO PMRF AFFILIATED PATRONS & MWR
GUEST CARD HOLDERS

It's party time at Shenanigans! Come out dressed in your best pajamas, anything goes! Bring a friend and be entered to win a prize for best "Jammy Duo"! Join us for a night of dancing and games for a chance to win some awesome prizes!



FAMILY FUN BINGO NIGHT
WED, FEB 26 • 6PM • SHENANIGANS • 335-4380
OPEN TO PMRF AFFILIATED PATRONS & MWR
GUEST CARD HOLDERS • DROP IN EVENT

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.

TRIPS, TOURS AND OUTINGS
FOUR WAYS TO REGISTER FOR
TRIPS, TOURS AND OUTINGS:
SIGN UP AT COMMUNITY RECREATION CENTER,
TEXT: (808)631-9367, CALL: (808)335-4346,
EMAIL:PMRFMWRI@GMAIL.COM
CANCEL WITHIN 48 HOURS FOR FULL REFUND

JANUARY 2020

KILAUEA LIGHT HOUSE
SAT, JAN 11 • VAN DEPARTS CRC 7AM
• REGISTRATION REQUIRED FOR TRANSPORTATION
ONLY • REGISTER BY JAN 7 • \$5 ACTIVE DUTY; \$7
ALL OTHERS • 631-9367 • OPEN TO ALL MILITARY,
DOD, CIVILIANS, CONTRACTORS & FAMILIES
Let's go for a ride, we will drive you to our Kilauea
Lighthouse to enjoy the views. Then we will stop by
historic Hanalei town for some food.

WHALE WATCHING WITH CAPTAIN ANDY'S
SAT, JAN 18 • VAN DEPARTS 6AM • \$\$ • 631-9367
• LIMITED SPACE AVAILABLE • REGISTER BY JAN 10
Get an up-close look at humpback whales making their
yearly visit to Kauai to give birth and play. Captain's take you
safely close to the whales that make their way to warmer
waters by instinct from their feeding grounds of Alaska.

FEBRUARY 2020

EZ BEACH DAY KALAPAKI
SAT, FEB 8 • 10AM-2PM • KALAPAKI • FREE
• 631-9367 • 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, Feb 4, \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR Tents! See you at EZ Beach Day!

MAHAULEPU HERITAGE TRAIL
SAT, FEB 29 • VAN LEAVES 7:30AM • FREE
• 631-9367 • OPEN TO ALL MILITARY, DOD
CIVILIANS, CONTRACTORS & FAMILIES
Hike along with us in Poipu on a historic path. Beautiful
cliff views, caves, get up close with some tortoises and
bring your lunch for a fun filled day on the Mahaulepu trail.
Register for transportation by Friday, Feb 14, \$5 Active
Duty & Family Members, \$7 ALL others.

LIBERTY PROGRAM

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

**FOUR WAYS TO REGISTER FOR
LIBERTY EXCLUSIVE EVENTS:**
SIGN UP AT COMMUNITY RECREATION CENTER,
TEXT 808-631-9367 • CALL 808-335-4346,
PMRF.MWRI@GMAIL.COM
CANCEL WITHIN 48 HOURS FOR FULL REFUND

JANUARY 2020

MAKE YOUR OWN LOCO MOCO
MON, JAN 13 • 6PM • LIBERTY CENTER • FREE
• REGISTER BY JAN 10 • 808-631-9367

Loco Moco is Hawaii's favorite comfort food. Join the Liberty Center as we guide and teach you how to make this smart meal, all supplies provided.

AWAAWAPUHI TRAIL
SAT, JAN 25 • VAN DEPARTS LIBERTY CENTER
7:30AM • KOKE'E • FREE • \$5 FOR GUEST • 631-9367
• REGISTER BY JAN 16 • LIMITED SPACE AVAILABLE

The trail will lead you through rain forest, high desert like terrain and to some of the most awe-inspiring vistas on Kauai's Na Pali Coast. Awa'awapuhi Trail is a continual downhill hike from the trail head to the grassy clearing overlooking the valleys.

ESCAPE ROOM
FRI, JAN 31 • VAN DEPART 6PM • WAILUA • \$\$
• 631-9367 • REGISTER BY JAN 10

Test your investigative skills to best the Kauai Escape room. Space is limited but if we have enough we can have teams to see who can get out the fastest.

FEBRUARY 2020

OUTFITTERS ZIPLINE
SAT, FEB 15 • VAN LEAVES TBA • \$\$ • 631-9367 •
REGISTER BY FEB 7 • LIMITED SPACE AVAILABLE
Leap from Outfitters' launch towers to soar over Kipu Ranch. Three ziplines that progressively get longer. Then climb up their 5-story tower to zip Superman-style.

WAIMEA TOWN OUTING
FRI, FEB 21 • 6PM • LIBERTY CENTER • FREE
• 631-9367 • REGISTER BY FEB 17 • LIMITED SPACE
AVAILABLE
Waimea Town is having their annual celebration and MWR would like to give you a ride to and from this awesome community event. The bus will leave the Liberty center at 6pm and will pick you up and bring you back to the Liberty Center at 11pm.

TRUCKSTOP THURSDAYS
THU, FEB 27 • VAN DEPARTS LIBERTY CENTER 5PM
• FREE • 808-631-9367 • REGISTER BY FEB 24
• LIMITED SPACE AVAILABLE



Join us for a road trip to Kauai Beer Company for specialty craft beers and a taste of local food trucks. Meet at the Liberty Center or arrange pick up in town! Van departs at 5pm, limited seats, bring dinner \$\$.

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.

AQUATICS

POOL HOURS OF OPERATION
MONDAY, WEDNESDAY & FRIDAY:
• LAP SWIM - 11AM-1:30PM
• OPEN SWIM - 3:30PM-5:30PM

SATURDAY, SUNDAY & HOLIDAYS:
• OPEN SWIM: 11AM-5PM

**WINTER POOL HOURS
(DECEMBER 24 - JANUARY 7)**
MONDAY, WEDNESDAY & FRIDAY:
• LAP SWIM - 11AM-1:30PM
• OPEN SWIM - 1:30PM-5:30PM

SATURDAY, SUNDAY & HOLIDAYS:
• OPEN SWIM: 11AM-5PM

JANUARY 2020

**POOL TIP OF THE MONTH:
BACK CRAWL (BACK STROKE) TECHNIQUE
SEE A LIFEGUARD FOR PROPER TECHNIQUE
INSTRUCTIONS AND A VISUAL FLYER.**

**WORKOUT OF THE MONTH (WOW)
CHALLENGE**
JAN 6 • MANA SPLASH • FREE • 335-4379 • OPEN TO
ALL AUTHORIZED PMRF PERSONNEL

As the holiday season ends, it can be difficult to get motivated 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

FEBRUARY 2020

**POOL TIP OF THE MONTH:
HEALTHY HEART SWIM INTERVALS
INTERVAL TRAINING: PAYOFF IS IMPROVED
CARDIOVASCULAR FITNESS. SWIM ONE LAP AS FAST
AS YOU CAN. REST FOR ABOUT THE SAME TIME AS
IT TOOK YOU TO SWIM THE LAP. REPEAT AND WORK
TOWARDS 10 COMPLETED LAP INTERVALS.**

ITT AT THE COMMUNITY RECREATION CENTER

ON GOING ISLAND EVENTS

ALOHA FRIDAY LEI MAKING WORKSHOP

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

COCONUT MARKETPLACE ENTERTAINMENT

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

E KANIKAPILA KAKOU PROGRAM

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

HANAPEPE ART NIGHT

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

HISTORIC WAIMEA WALKING TOUR

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

KAPA'A HISTORY TOUR

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

KAUAI MUSEUM TOUR

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

MONTHLY STARWATCH

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

'OHANA DAY

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

OLD WAIMEA SUGAR PLANTATION WALKING TOUR

Tour Waimea Plantation Cottages and the neighboring Waimea Sugar Company "camp" houses, which date from the turn of the century. Tours are held every

Tuesday, Thursday and Saturday at 9-10:30AM. FMI and reservations, call 337-1005.

SLACK KEY GUITAR & UKULELE CONCERTS

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

TAHITIAN DANCE

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

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 2020

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" when you come in to perform routine maintenance to your vehicle. We think 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 2020

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 during the month of February and perform a tire rotation on your vehicle, and we will balance all four tires for the price of two 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.



THE SUPER SHOWDOWN

Sunday, Feb 2
1pm at *Shenanigans*
FREE

Open to PMRF affiliated patrons and MWR Guest card holders

Get in the zone as MWR hosts Super Showdown 2020.

Join us for a day of football, food, games, and prizes.

Call 808-631-9367 for more info.



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR

