

# On Target

MORALE, WELFARE AND RECREATION PMRF | NOVEMBER - DECEMBER 2018



# 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

## AQUATICS: MANA SPLASH SWIMMING POOL

BLDG. 1302 • 335-4391

MONDAY, WEDNESDAY & FRIDAY:

LAP SWIM .....11 AM - 1:30 PM

OPEN SWIM .....3:30 PM - 5:30 PM

TUESDAY & THURSDAY:

LAP SWIM .....11 AM - 1:30 PM

SATURDAY, SUNDAY & HOLIDAYS:

OPEN SWIM .....11 AM - 5 PM

## MOVIE HOUSE

BLDG. 1315 • 335-4210

FRIDAY - SUNDAY .....FIRST MOVIE 7:30 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

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

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 | NOVEMBER - DECEMBER 2018

**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

Celebrating the Holidays

## INSIDE COVER

Santa in Koloa

## PACIFIC MISSILE RANGE FACILITY

**COMMANDING OFFICER** Captain Vincent Johnson

**EXECUTIVE OFFICER** Commander Daniel Kimberly

**MWR DIRECTOR** Don Inman

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## MWR MARKETING

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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

### NOVEMBER

#### MILITARY FAMILY APPRECIATION MONTH

Military families exemplify the courage and resolve that define our national character. The month of November provides us with the opportunity to celebrate the commitment and sacrifices made by the families of our nation's service members.

#### MILITARY FAMILY APPRECIATION PICNIC • FRIDAY, NOV 9.

Join the PMRF MWR team as we honor our military family's ongoing commitment and support (see Special Events section).

#### INSTAGRAM WORKOUT OF THE WEEK (WOW) CHALLENGE

##### NOV 1-30 • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

As the holiday season approaches us, it can be difficult to stay on track with your fitness routine. Let our PMRF Fitness team assist you! We will help to eliminate the guesswork and motivate you to push through your fitness goals throughout the holiday season. Each week, our professional trainers will create a workout for you to complete. Stop by the Fitness Center to join the challenge today!

- Participants will be given a Workout 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

#### MWR DODGEBALL LEAGUE

##### BEG NOV 5 • OUTDOOR TENNIS COURT • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

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

- 5 on 5
  - Mandatory team meeting: Oct. 31, 11:30am @ Fitness Center
  - Round Robin begins Monday, Nov 5
- \*Due to the Shearwater season, all matches must be completed before 6pm each day.

#### COMMAND FITNESS LEADER COURSE

##### NOV 5-9 • 7:30AM-4PM • FITNESS CENTER • FREE • 335-4379 • OPEN TO ACTIVE DUTY MILITARY

Official five-day Command Fitness Leadership course provides basic fitness, nutrition and policy and procedures for the Navy Physical Readiness Program. This official Navy course is open to active duty military only. See your current installation's CFL or go to the NPC website for requirements and registration.

#### TURKEY TROT

##### WED, NOV 21 • 5PM • SHENANIGANS • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Join us for a fun run through an all-terrain course. All preregistered runners (deadline Monday, Nov 19) will receive a special event T-Shirt.



## DECEMBER

#### HEALTHY HOLIDAY FITNESS & NUTRITION TIPS

It's that time of the year again. With the holiday season among us, it is often very difficult to maintain our fitness and nutrition routines. For this holiday season, let the PMRF Fitness team help you stay on track to achieving your fitness goals. Throughout the month, the PMRF Fitness team will be offering fitness tips and healthy meal options to assist you during this challenging season. Stop by the Fitness Center to get on track today!

#### TREADMILL CHALLENGE

##### DEC 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 level. 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: Run/Walk as far as possible at 12% incline for 12 minutes.



#### 12 DAYS OF FITNESS

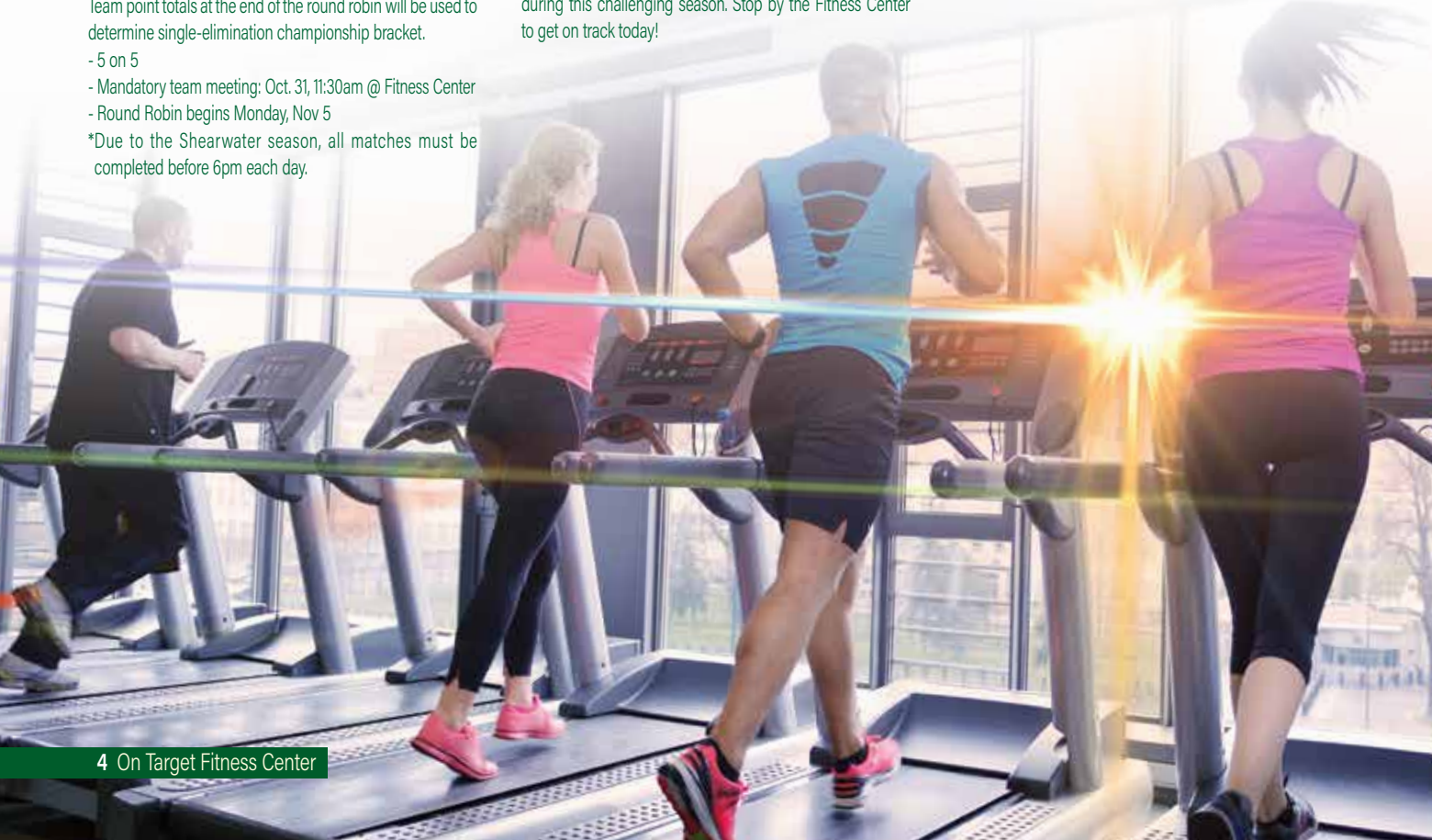
##### DEC 3-20 • FITNESS CENTER • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

The holiday season is a busy time for most people. However, being healthy and staying active should not suffer because of it. The MWR Fitness Team is encouraging all participants to join us for our 12 Days of Fitness challenge. Leading up to the New Year, participants will be challenged to complete 12 different activities. Individuals who complete all the challenges will receive a special challenge prize and will be entered into a drawing to win a grand prize.

#### PEARL HARBOR REMEMBRANCE DAY RUN

##### FRI, DEC 7 • 7AM • OUTDOOR BASKETBALL COURTS • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Join us on a fun run/walk to commemorate Pearl Harbor Day. National Pearl Harbor Remembrance Day, which is observed annually on December 7, is to remember and honor all those who died in the attack. All preregistered runners (deadline Wednesday, Dec 5) will receive a special event T-Shirt.





# Shenanigans Events

## 'Tis the season to indulge at SHENANIGANS' START of the HOLIDAY SEASON BUFFET

Friday, Nov 2 • 5 - 9pm

ADULTS: \$31 • 10-14 YRS: \$25 • 5-9 YRS: \$16



Kick off the holidays with our "Not so traditional" menu!

- Stuffed Beef Tenderloin with Burgundy-Mushroom Sauce
- Baked Citrus Glazed Chicken
- Herbed Potato Au Gratin
- Buttered Green Beans
- Dinner Rolls
- Harvest Chopped Salad: Chopped crisp greens, sweet apple, red onions, avocado, walnuts, cranberries & feta cheese
- Soup of the day
- Warm Cinnamon Bread Pudding

## TACO THE TOWN BAR

Friday, Nov 30 • 5 - 9pm

Adults: \$19.25 • 10-14 yrs: \$15.25 • 5-9 yrs: \$11.25

Choose your shell: Soft flour tortilla, Taco shells, Crisp flour tortilla salad bowls

- Seasoned ground beef, chicken, beef strips or shredded pork
- Shredded cheese, lettuce, cabbage, tomatoes, onions, olives, jalapenos, limes, cilantro, sautéed peppers & onions
- Sauces: Hot sauces, salsa, pico de gallo, sour cream, garlic cilantro sour cream, ranch, guacamole



- Plus
- Pork Verde Enchiladas
  - Refried Beans
  - Corn Chips
  - Mexican Street Corn off the Cob (yes, it's supposed to say off)
  - Spanish Rice
  - Mini Churros

**Modified menu: Pizzas and desserts available for both nights**

Monthly  
Specials!

### November - PEANUT BUTTER PIE

\$4.75 *In observance of National Peanut Butter Month! This irresistible pie has a graham cracker crust, layered with a creamy peanut butter cream cheese filling, topped with whipped topping, a drizzle of chocolate and studded with peanut butter cups.*



### December - HOLIDAY HOT CHOCOLATES

\$3.75

- *Holiday Hot Chocolate: Hot chocolate topped with whipped cream and chocolate chips*
- *Peppermint Hot Chocolate: Peppermint hot chocolate top it with chocolate syrup, whipped cream and Mint Chocolate shavings*
- *Gingerbread Hot Chocolate: Gingerbread spiced hot chocolate topped with whipped cream, cinnamon and gingerbread cookie crumble topping*
- *Baileys Peppermint Hot Chocolate: for the adults \$5.50*



Reservations highly recommended. Please call **808-335-4708** M-F (8:30am-4pm) or **808-335-4706** between 4pm-8:30pm to make a reservation.

Stay connected! [pmrf.greatlifehawaii.com](http://pmrf.greatlifehawaii.com)



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## GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITNESS CENTER 0800-0830 – HardCore 1100-1200 – Let’s Get Ripped	FITNESS CENTER 0630-0730 – NOFFS Training	FITNESS CENTER 0930-1100 – CDC Fitness 1100-1200 – Let’s Get Ripped	FITNESS CENTER 0630-0730 – TRX Training 0700-0800 – Swim Training 1530-1630 – YC Kids Fitness	FITNESS CENTER 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.

### **NOFFS TRAINING**

NOFFS is a complete fitness and nutrition program tailored to meet the needs of every individual. It includes four training programs: Operational Series, Strength Series, Endurance Series, and Sandbag Series. All programs include warm-up, strength, cardio, and flexibility exercises.

### **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.

### **SWIM TRAINING**

Join us for a refreshing, low-impact, total body workout at Mana Splash Swimming Pool. From swim intervals to muscle strength and endurance exercises, Swim Training will help you achieve your total fitness goals.

### **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.





## YOUTH CENTER

**YOUTH CENTER WILL BE CLOSED FOR THE FOLLOWING FEDERAL HOLIDAYS:**

- **NOVEMBER 12 - VETERAN'S DAY**
- **NOVEMBER 22 - THANKSGIVING**
- **DECEMBER 25 - CHRISTMAS DAY**
- **JANUARY 1 - NEW YEAR'S DAY**



### NO SCHOOL DAY

**TUE, NOV 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.

### WINTER BREAK REGISTRATION

**TUE, NOV 13-19 • 7AM - 5PM • YOUTH CENTER • \$\$\$ FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12**

### COOKING CLUB - PASTA

**WED, NOV 14 • 3:30-4:45PM • YOUTH CENTER • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12**

Learn how to make pasta dough from scratch. Sign up by Nov 7.

### STEAM CLUB - EGG DROP CHALLENGE

**WED, NOV 21 • 3:30-4:45PM • YOUTH CENTER • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18**

Can you protect an egg from breaking after being dropped 5 feet? Put your skills to the test. Sign up by Nov 14.

### NO SCHOOL DAY

**FRI, NOV 23 • 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.

### CRAFT CLUB - PILLOWS

**WED, NOV 28 • 3:30-4:45PM • YOUTH CENTER • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12**

Make your throw pillow with a sewing machine. Sign up by Nov 21.

### COOKING CLUB - CARB TASTE TEST

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

How well do you know your carbohydrates? Take the blind taste test and see if you can guess the correct carb. Sign up by Nov 28.

### STEAM CLUB - LAVA LAMPS

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

I lava good experiment. Study the components of different liquids to make your own lava lamp. Sign up by Dec 5.

### CRAFT CLUB - TYE DYE

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

Create your own tie dye shirt to wear during our winter break field trip. Sign up by Dec 12.

### SPORTS CLINIC - FLAG FOOTBALL

**DEC 24, 26-28 • YOUTH CENTER • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12**

Flag football is a growing alternative to contact football that teaches basic skills and concepts of the game. Whether it's their first time playing, or they have moderate skills, all youth will have something new to learn. Sign up for the football clinic by Dec 19.

### WINTER BREAK

**DEC 24, 26-28, JAN 2-4 • 7AM-5PM • YOUTH CENTER • WEEKLY FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12**

Join us for Winter 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.

### NO SCHOOL DAY

**MON, JAN 7 • 7AM - 5PM • YOUTH CENTER • HOURLY 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.

### COMMUNITY OUTREACH - CHRISTMAS CAROLING & MOVIE DATE WITH BGCA WAIMEA

**TBA • YOUTH CENTER • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18**

PMRF Youth Center will be singing Christmas carols at the senior center during WINTER CAMP, more information will be released closer to the date. After that, we will go to the movie to Waimea Theater.

## CDC

**CDC WILL BE CLOSED FOR THE FOLLOWING FEDERAL HOLIDAYS:**

- **NOVEMBER 12 - VETERAN'S DAY**
- **NOVEMBER 22 - THANKSGIVING**
- **DECEMBER 25 - CHRISTMAS DAY**
- **JANUARY 1 - NEW YEAR'S DAY**

### NOVEMBER 2018

#### NATIONAL PUDDING DAY

**FRI, NOV 9 • 9-10AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM**

Come and join us to prepare healthy puddings. We will incorporate fresh fruit to the recipes.

#### RECYCLE ART DAY

**THU, NOV 15 • 9-10AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM**

We will be creating art projects using recycling materials from home. Please join us by 0900. For more information, call at 335-4453.

#### THANKSGIVING LUNCHEON "FAMILY DAY"

**FRI, NOV 16 • 11AM-12PM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM**

We are celebrating this family holiday inviting the CDC families to have lunch with us. Parents must RSVP by November 9.

### DECEMBER 2018

#### NATIONAL GINGERBREAD HOUSE DAY

**FRI, DEC 14 • 3:30-4:30PM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM**

Parents are invited to join us to build ginger bread houses. RSVP by December 11.



#### HOURLY CARE


**DAILY • CDC • \$\$\$ FEE • 335-4453 • OPEN TO ALL ELIGIBLE PMRF CHILDREN 6 WEEKS-OLD THROUGH 5 YEAR-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 having a doctor's appointment. We are accepting reservations up to 30 days depending on space available. For more information call at 335-4453





# NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FITNESS CENTER</b> <b>MILITARY FAMILY APPRECIATION MONTH</b> NOV 1-30  <b>INSTAGRAM WORKOUT OF THE WEEK (WOW) CHALLENGE</b> NOV 1-30		<b>SHENANIGANS</b> <b>PEANUT BUTTER PIE SPECIAL</b> MONTH OF NOVEMBER  <b>AUTO SKILLS</b> <b>MILITARY FAMILY APPRECIATION MONTH SPECIAL</b>		1	2	3
4	5	6	7	8	9	10
<b>TRIPS, TOURS &amp; OUTINGS</b> MAHA'ULEPU HIKE 8AM VAN DEPARTS CRC	<b>FITNESS CENTER</b> COMMAND FITNESS LEADER COURSE NOV 5-9 7:30AM-4PM  <b>FITNESS</b> DODGEBALL LEAGUE BEGINS TENNIS COURT  <b>LIBERTY</b> LUNCH - BEEF BROCCOLI 11:30AM-12:30PM  <b>SPECIAL EVENTS</b> OUTDOOR CHRISTMAS TREE DECORATION CONTEST KICK OFF NOV 5-16 SHENANIGANS	<b>YOUTH CENTER</b> NO SCHOOL DAY			<b>CDC</b> NATIONAL PUDDING DAY 9AM-10AM  <b>MILITARY FAMILY APPRECIATION PICNIC</b> 4PM-6PM HOUSING PARK	<b>SPECIAL EVENTS</b> KANIKAPILA NIGHTS 6PM-8PM SHENANIGANS  <b>COMMUNITY RECREATION</b> CORN HOLE TOURNAMENT 6PM-7PM SHENANIGANS
11	12	13	14	15	16	17
	<b>VETERAN'S DAY</b> MWR ON HOLIDAY HOURS	<b>YOUTH CENTER</b> WINTER BREAK REGISTRAION 7AM-5PM  <b>SPECIAL EVENTS</b> TRIVIA NIGHT 6:30PM-8PM SHENANIGANS	<b>YOUTH CENTER</b> COOKING CLUB - PASTA 3:30PM-4:45PM YOUTH CENTER  <b>COMMUNITY RECREATION</b> TEXAS HOLD'EM TOURNAMENT 6PM SHENANIGANS	<b>CDC</b> RECYCLE ART DAY 9AM-10AM  <b>LIBERTY</b> FOOTBALL THURSDAY 3PM-7PM LIBERTY CENTER	<b>CDC</b> THANKSGIVING LUNCHEON "FAMILY DAY" 11AM-12PM	<b>TRIPS, TOURS &amp; OUTINGS</b> EZ BEACH DAY & BBQ - KALAPAKI BAY 9AM-3PM
18	19	20	21	22	23	24
	<b>LIBERTY</b> DINNER WORKSHOP- ADOBO 6PM-8PM LIBERTY CENTER	<b>COMMUNITY RECREATION</b> ARTS & CRAFTS WORKSHOP - MINI CHRISTMAS GARLAND TREES 6PM-8PM SHENANIGANS	<b>FITNESS CENTER</b> TURKEY TROT 5PM SHENANIGANS  <b>YOUTH CENTER</b> STEAM CLUB - EGG DROP CHALLENGE 3:30PM-4:45PM YOUTH CENTER	<b>HAPPY THANKSGIVING!</b>	<b>YOUTH CENTER</b> NO SCHOOL DAY 7AM-5PM YOUTH CENTER	
25	26	27	28	29	30	
			<b>YOUTH CENTER</b> CRAFT CLUB - PILLOWS 3:30PM-4:45PM YOUTH CENTER  <b>COMMUNITY RECREATION</b> FAMILY FUN BINGO NIGHT 6PM SHENANIGANS		<b>SHENANIGANS</b> TACO THE TOWN BAR 5PM - 9PM  <b>LIBERTY</b> ESCAPE ROOM 5PM VAN DEPARTS LIBERTY	



# DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>FITNESS CENTER TREADMILL CHALLENGE</b> DECEMBER 1-31</p>		<p><b>SHENANIGANS HOLIDAY HOT CHOCOLATES</b> ENTIRE MONTH OF DECEMBER</p>				
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	<p><b>FITNESS CENTER</b> 12 DAYS OF FITNESS <i>STARTS TODAY</i></p> <p><b>LIBERTY</b> BUILD YOUR OWN LUNCH - TERI BOWLS <i>11:30AM-12:30PM</i> LIBERTY CENTER</p>		<p><b>YOUTH CENTER</b> COOKING CLUB - CARB TASTE TEST <i>3:30PM-4:30PM</i> YOUTH CENTER</p>	<p><b>SPECIAL EVENTS</b> TREE LIGHTING CEREMONY <i>5:30PM</i> SHENANIGANS</p>	<p><b>FITNESS CENTER</b> PEARL HARBOR REMEMBRANCE DAY RUN <i>7AM</i> OUTDOOR BASKETBALL COURTS</p>	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
		<p><b>SPECIAL EVENTS</b> TRIVIA NIGHT <i>6:30-8PM</i> SHENANIGANS</p>	<p><b>YOUTH CENTER</b> STEAM CLUB - LAVA LAMPS <i>3:30PM-4:30PM</i> YOUTH CENTER</p> <p><b>COMMUNITY RECREATION</b> TEXAS HOLD'EM TOURNAMENT <i>6PM</i> SHENANIGANS</p>	<p><b>LIBERTY</b> FOOTBALL THURSDAY <i>3PM-7PM</i> LIBERTY CENTER</p>	<p><b>CDC</b> NATIONAL GINGER BREAD HOUSE DAY <i>3:30PM-4:30PM</i></p> <p><b>SPECIAL EVENTS</b> KANIKAPILA NIGHTS <i>6PM-8PM</i> SHENANIGANS</p> <p><b>SPECIAL EVENTS</b> FRIDAY NIGHT KARAOKE - CHRISTMAS SPIRIT CONTEST <i>9PM-12AM</i> SHENANIGANS</p>	<p><b>TRIPS, TOURS AND OUTINGS</b> EZ BEACH DAY &amp; BBQ - SALT POND BEACH <i>9AM-3PM</i></p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p><b>COMMUNITY RECREATION</b> MWR OUTDOOR DECORATING CONTEST-JUDGING <i>OPEN TO ACTIVE DUTY HOUSING AND POLARIS DRIVE</i></p> <p><b>LIBERTY</b> HOLIDAY COOKING WORKSHOP PARTY - BAKED HAM <i>6PM</i> LIBERTY CENTER</p>	<p><b>COMMUNITY RECREATION</b> ARTS &amp; CRAFTS WORKSHOP - NEW YEAR'S PARTY GEAR <i>5:30PM-7:30PM</i> SHENANIGANS</p>	<p><b>YOUTH CENTER</b> CRAFT CLUB- TYE DYE <i>3:30PM-4:30PM</i> YOUTH CENTER</p> <p><b>COMMUNITY RECREATION</b> FAMILY FUNUGLY SWEATER BINGO NIGHT <i>6PM</i> SHENANIGANS</p>		<p><b>SPECIAL EVENTS</b> DJ NIGHT - HOLIDAY BASH <i>9PM</i> SHENANIGANS</p>		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p><b>YOUTH CENTER</b> SPORTS CLINIC - FLAG FOOTBALL <i>DEC 24, 26-28</i> YOUTH CENTER</p>	<p><b>MERRY CHRISTMAS!</b></p>			<p><b>LIBERTY</b> NIGHT ON TOWN <i>7PM VAN DEPARTS</i> LIBERTY CENTER NAWILIWILI</p>		
<b>30</b>	<b>31</b>	    				
<p><b>TRIPS, TOURS AND OUTINGS</b> NEW YEAR'S EVE FIREWORKS <i>4:30PM</i> VAN DEPARTS CRC</p>						



# MILITARY FAMILY

# Appreciation

# PICNIC

**FREE**

at the Housing Park  
Friday, November 9  
4 - 6pm

Exclusively for active duty & family members! Join MWR for an evening of Live Music, Bouncy House, Thanksgiving Bowling, and a Picnic in honor of our military families.

Questions? Call (808) 335-4380



Stay connected! [pmrf.greatlifehawaii.com](http://pmrf.greatlifehawaii.com)



@pmrfmoralewelfare



@PMRFMWR



## **SHENANIGANS**

**SHENANIGANS WILL BE CLOSED ON THE FOLLOWING FEDERAL HOLIDAYS:**

- THURSDAY, NOVEMBER 22 - THANKSGIVING**
- TUESDAY, DECEMBER 25 - CHRISTMAS DAY**

\*During holiday season, please check local listings for any modified hours of operation.

## **NOVEMBER 2018**

### **PEANUT BUTTER PIE**

**\$4.75**

In observance of National Peanut Butter Month. Who doesn't love peanut butter? This irresistible pie has a graham cracker crust, layered with a creamy peanut butter cream cheese filling, topped with whipped topping, a drizzle of chocolate and studded with peanut butter cups.

### **START OF THE HOLIDAY SEASON BUFFET**

**FRI, NOV 2 • 5 - 9PM • ADULTS: \$34 • 10-14 YRS: \$25 • 5-9 YRS: \$16**

#### **"NOT SO TRADITIONAL" MENU:**

Stuffed Beef Tenderloin with Burgundy-Mushroom Sauce  
Baked Citrus Glazed Chicken  
Herbed Potato Au Gratin  
Buttered Green Beans  
Dinner Rolls  
Harvest Chopped Salad: Chopped crisp greens, sweet apple, red onions, avocado, walnuts, cranberries & feta cheese  
Soup of the day  
Warm Cinnamon Bread Pudding  
Modified menu: Pizzas and desserts available  
**Reservations highly recommended.**  
Please call 808-335-4708 M-F (8:30am-4pm) or 808-335-4706 between 4pm-8:30pm to make a reservation.

### **TACO THE TOWN BAR**

**FRI, NOV 30 • 5-9PM • ADULTS: \$19.25 • 10-14 YRS: \$15.25 • 5-9 YRS: \$11.25**

Build it, the possibilities are endless!

Choose your shell: Soft flour tortilla, Taco shells, Crisp flour tortilla salad bowls

Fillings:

- Seasoned ground beef, chicken, beef strips or shredded pork
- Shredded cheese, lettuce, cabbage, tomatoes, onions, olives, jalapenos, limes, cilantro, sautéed peppers & onions
- Sauces: Hot sauces, salsa, pico de gallo, sour cream, garlic cilantro sour cream, ranch, guacamole

Pork Verde Enchiladas

Refried Beans

Corn Chips

Mexican Street Corn off the Cob (yes, it's supposed to say off)

Spanish Rice

Mini Churros

Modified menu: Pizzas and desserts available

**Reservations highly recommended.**

Please call 808-335-4708 M-F (8:30am-4pm) or 808-335-4706 between 4pm-8:30pm to make a reservation.

### **HOLIDAY HOT CHOCOLATES**

**ENTIRE MONTH OF DECEMBER**

Comforting hot chocolate is always a treat, but these special Holiday Hot Chocolate selections are perfect for the holidays!  
**\$3.75**

**Holiday Hot Chocolate:** Hot chocolate topped with whipped cream and chocolate chips

**Peppermint Hot Chocolate:** Peppermint hot chocolate top it with chocolate syrup, whipped cream and Mint Chocolate shavings

**Gingerbread Hot Chocolate:** Gingerbread spiced hot chocolate topped with whipped cream, cinnamon and gingerbread cookie crumble topping

**Baileys Peppermint Hot Chocolate:** for the adults \$5.50

## **COMMUNITY RECREATION**

**CLOSED ON HOLIDAYS:**

- NOVEMBER 22 - THANKSGIVING**
- DECEMBER 25 - CHRISTMAS DAY**
- JANUARY 1 - NEW YEAR'S DAY**

## **SPECIAL EVENTS**

### **FRIDAY NIGHT KARAOKE - SINGER'S PICK CONTEST**

**FRI, NOV 2 • 9PM-12AM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Show off your vocal skills by choosing any song and enter our monthly contest or just sing your heart out for FREE! The contest winner will be featured on our monthly Karaoke Hall of Fame! No registration required, drop in event.

### **MILITARY FAMILY APPRECIATION PICNIC**

**FRI, NOV 9 • HOUSING PARK • 4-6PM • FREE • 335-4380 • EXCLUSIVELY FOR ACTIVE DUTY & FAMILY MEMBERS**

Join MWR for an evening of live music, games, bouncy house, Thanksgiving bowling and a picnic in honor of our Military Families.

### **KANIKAPILA NIGHTS**

**SAT, NOV 10 • 6-8PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

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

### **OUTDOOR CHRISTMAS TREE DECORATION CONTEST KICK OFF**

**NOV 5-16 • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED DEPARTMENTS**

Register your department and MWR will supply you with an outdoor Christmas tree. Trees will be located in front of Shenanigans and tagged with your department's name. Christmas trees and winners will be featured and announced at our Tree Lighting Ceremony on Dec 6. Register at the Community Recreation Center: Nov 5-16, Tree Decorating: Nov 19 - Dec 3.

### **TRIVIA NIGHT**

**TUE, NOV 13 • 6:30-8PM • 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.

### **TREE LIGHTING CEREMONY**

**THU, DEC 6 • 5:30PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Jingle all the way to Shenanigans for MWR's Annual Tree Lighting Ceremony. The holiday festivities will start with a performance by the Child Development Center, live holiday music, Tree Decorating voting and revealing of contest winners and the kick off of the Tree Lighting show. Don't forget that we will have a special visitor from the North Pole.



### **TRIVIA NIGHT**

**TUE, DEC 11 • 6:30-8PM • 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.

### **FRIDAY NIGHT KARAOKE - CHRISTMAS SPIRIT CONTEST**

**SAT, DEC 14 • 9PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Show off your vocal skills by choosing a Christmas song and enter our monthly contest or just sing your heart out for FREE! The contest winner will be featured on our monthly Karaoke Hall of Fame! No registration required, drop in event.

### **KANIKAPILA NIGHTS**

**FRI, DEC 14 • 6-8PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Join us for "Kanikapila Night" as we feature two hours of live island music by Cruz Control while overlooking Kauai's breathtaking sunset.

### **DJ NIGHT - HOLIDAY BASH**

**FRI, DEC 21 • 9PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Join MWR at Shenanigans with a LIVE DJ for a night of dancing!





## COMMUNITY RECREATION

### CORN HOLE TOURNAMENT

SAT, NOV 10 • 6-7PM • 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 island music, featuring a friendly Corn Hole tournament, while overlooking Kauai's breathtaking sunset.

### TEXAS HOLD'EM TOURNAMENT

WED, NOV 14 • 6PM • SHENANIGANS • FREE • 335-4346 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS 18 AND OVER

By popular demand, this MONTHLY tournament consists of set house rules & prizes. Sign up at Shenanigans or call 335-4346 by November 11. Claim your seat at the tournament by 6PM; unclaimed spots will be filled on a first come, first served basis. No one is permitted to join once the tournament has begun.

### ARTS & CRAFTS WORKSHOP - MINI CHRISTMAS GARLAND TREES

TUE, NOV 20 • 6-8PM • SHENANIGANS • 335-4380 • ACTIVE DUTY & FAMILY MEMBERS \$10, ALL OTHERS \$15 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Just in time for Christmas we'll learn how to create a Christmas Table Decoration. We hope you can make it! Reserve your spot today! Sign-ups are being held at the Community Recreation Center until November 9.

### FAMILY FUN BINGO NIGHT

WED, NOV 28 • 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.

### TEXAS HOLD'EM TOURNAMENT

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

By popular demand, this MONTHLY tournament consists of set house rules & prizes. Sign up at Shenanigans or call 335-4346 by December 11. Claim your seat at the tournament by 6PM; unclaimed spots will be filled on a first come, first served basis. No one is permitted to join once the tournament has begun.

### MWR OUTDOOR DECORATING CONTEST

MON, DEC 17 • OPEN TO ALL ACTIVE DUTY • HOUSING AND POLARIS DRIVE • FREE • 335-4380

Twas the lights before Christmas and season of spreading good cheer. Enter the annual Outdoor Decorating Contest. Decorations will be judged and announced on our Instagram and Facebook pages. Categories are unique, crafty and holiday creative. Sign up for the contest Dec 1 - Dec 14 at the Community Recreation Center.

### ARTS & CRAFTS WORKSHOP - NEW YEAR'S PARTY GEAR

TUE, DEC 18 • 5:30-7:30PM • SHENANIGANS • 335-4380 • ACTIVE DUTY & FAMILY MEMBERS \$10, ALL OTHERS \$15 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Just in time for New Year's we'll learn how to create a New Year's Party gear. We hope you can make it! Reserve your spot today! Sign-ups are being held at the Community Recreation Center until December 7.

### FAMILY FUNUGLY SWEATER BINGO NIGHT

WED, DEC 19 • 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. Come wearing your ugly sweater and receive TWO additional bingo cards. One slider bingo card per participant. No registration required, drop in event.

## TRIPS, TOURS & OUTINGS

### MAHA'ULEPU HIKE

SUN, NOV 4 • VAN DEPARTS CRC 8AM • \$5 ALL ACTIVE DUTY • \$10 ALL OTHERS • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, AND CONTRACTORS & FAMILIES

A great coastal exploration that has a little of everything! Enjoy the caves, Kiawe trees, limestone formations, beach combing and rocky inlets that are an occasional safe haven for marine life, such as sea turtles and the endangered Hawaiian Monk Seal. Tread lightly and leave only footprints behind. Pack your lunch and snacks, wear your hiking shoes, don't forget your beach wear, towel, sunscreen and a hat. Bottled water will be provided. Live in town and want to be picked up? Can do!! Sign up at the CRC by Oct. 27. Limit: 14. Difficulty: Easy

### EZ BEACH DAY & BBQ - KALAPAKI BAY

SAT, NOV 17 • 9AM-3PM • FREE • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES

Join us for a relaxing day on the beach; gear and equipment provided. FREE snacks. Sign up for transportation, \$5 Active Duty & family members, \$7 for all others. Look for the MWR tents! See you at EZ Beach Day!



### EZ BEACH DAY & BBQ - SALT POND BEACH

SAT, DEC 15 • 9AM-3PM • SALT POND • FREE • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES

Join us for a relaxing day on the beach; gear and equipment provided. Sign up for transportation; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR tents! See you at EZ Beach Day!



## NEW YEAR'S EVE FIREWORKS

MON, DEC 31 • VAN DEPARTS CRC 4:30PM • \$7 ALL ACTIVE DUTY • \$10 ALL OTHERS • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, AND CONTRACTORS & FAMILIES

Pack your picnic or there may be some food trucks. We're heading to Poipu for their New Year's Eve Fireworks Show. We will provide some snacks. Sign up at the CRC by Dec 23.

## MOVIE HOUSE

OPEN FRIDAYS, SATURDAYS & SUNDAYS AT 7PM

Movies are FREE. For a pre-recorded message of current movies, call 335-4210.

## MILITARY FAMILY APPRECIATION

EVERY SUNDAY IN NOVEMBER • 7-8PM • 335-4380

FREE Candy Bar for every child on Sundays during the month of November.

## HOLIDAY HOT CHOCOLATE

EVERY SUNDAY IN DECEMBER • 7-8PM • 335-4380

FREE Hot Chocolate on Sundays during the month of December for all movie goers.

## 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.

## LUNCH - BEEF BROCCOLI

MON, NOV 5 • 11:30AM-12:30PM • LIBERTY CENTER • FREE • 335-4346

Stop by the Liberty Center for a quick beef broccoli lunch to go.

## FOOTBALL THURSDAY

THU, NOV 15 • 3-7PM • LIBERTY CENTER • FREE • 335-4346

Join us for fun football games and pupus at the Liberty Center.



## DINNER WORKSHOP- ADOBO

MON, NOV 19 • 6-8PM • LIBERTY CENTER • FREE • 335-4346

Learn to cook the local favorite dish, adobo. Join us at the Liberty Center as we guide you to making your choice of meat adobo style.

## ESCAPE ROOM

FRI, NOV 30 • VAN DEPARTS LIBERTY 5PM • RICE STREET • \$25 • 335-4346

New rooms opening up! Let do the "Quest for the Lost Continent" room. Space is limited. Sign up at the CRC by November 17.

## BUILD YOUR OWN LUNCH - TERI BOWLS

MON, DEC 3 • 11:30AM-12:30PM • LIBERTY CENTER • FREE • 335-4346

Stop by the Liberty Center for BYO Lunch. We will have what you need to make your own teri bowls.

## FOOTBALL THURSDAY

THU, DEC 13 • 3-7PM • FREE • LIBERTY CENTER • 335-4346

Join us for fun football games and pupus at the Liberty Center.

## HOLIDAY COOKING WORKSHOP PARTY - BAKED HAM

MON, DEC 17 • 6PM • LIBERTY CENTER • FREE • 335-4346

With the holidays approaching, learn to cook a dinner that you can show off at your next gathering. Join the Liberty Center as we guide and teach you how to make this hearty dinner.

## NIGHT ON TOWN

THU, DEC 27 • VAN DEPARTS LIBERTY CENTER 7PM • NAWILIWILI • \$10 • 335-4346

First stop is dinner at Nawiliwili Tavern. Then to Portofino's Thursday night Dance Party. Transportation provided; van leaves Liberty Center at 7PM. Sign up at the CRC by Dec 20; limited space.

## AQUATICS

POOL HOURS OF OPERATION

MONDAY, WEDNESDAY & FRIDAY:

-LAP SWIM: 11AM-1:30PM

-OPEN SWIM: 3:30-5:30PM

TUESDAY & THURSDAY:

-LAP SWIM: 11AM-1:30PM

SATURDAY, SUNDAY & HOLIDAYS:

-OPEN SWIM: 11AM-5PM

WINTER POOL HOURS (DECEMBER 24 - JANUARY 7)

MONDAY, WEDNESDAY & FRIDAY:

-LAP SWIM: 11AM-1:30PM

-OPEN SWIM: 11:30AM-5PM

TUESDAY & THURSDAY:

-LAP SWIM: 11AM-1:30PM

SATURDAY, SUNDAY & HOLIDAYS:

-OPEN SWIM: 11AM-5PM

## NOVEMBER

POOL TIP OF THE MONTH: Improve Your Stroke!

Throughout each month, our swim instructors will be providing tips to improve your swim stroke. Stop by the swimming pool for assistance today!

**November:** Front Crawl (Freestyle) Technique

**December:** Breaststroke Technique







## ITT AT THE COMMUNITY ADVENTURE CENTER

### ONGOING ISLAND EVENTS

#### ALOHA FRIDAY LEI MAKING WORKSHOP

Free lei-making workshops are held every Friday at the West Kauaʻi Technology & Visitors Center from 9:30-11AM. 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 ʻukelele 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 Kauaʻi 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 Hawaiʻi. 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 Kauaʻi Technology and Visitor Center @ 9:30AM. For reservations and more info call 338-1332.

#### KAPA'A HISTORY TOUR

Interpretive guides from the Kauaʻi Historical Society give 90-minute walking tours on the history and architecture of Kapaʻa 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 Kauaʻi and Niʻihau 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

Kauaʻi is an ideal location for astronomical observation. The Kauaʻi 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 Kauaʻi 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 AND UKULELE CONCERTS

Enjoy traditional Hawaiian slack key guitar and ʻukelele 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 Poʻipu 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.





## 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

### NOVEMBER

With our rainy winter season fast approaching, now is the perfect time to prepare your vehicle to keep you and your family safe under all driving conditions. Installing a pair of new windshield wipers is a must. On the average, windshield wiper blades should be replaced up to 3 times a year to get the clearest, streak free vision while driving. Another important and often overlooked item is tires. On the average, 7 out of 10 vehicles on the road today have at least one tire that is not within tread depth specifications. Not having enough tread depth can lead to vehicle hydro-planing while driving through moderate puddles on the roadway at speeds just over 30 mph. So having a set of good tires on all wheels can make the difference on arriving to your destination safely.

### MILITARY FAMILY APPRECIATION MONTH SPECIAL

In appreciation of dedicated service that our military provide in serving our country, MWR Auto Skills Center would like to extend a special "Thank you" buy offering the following special for the month of November to all active duty military. Bring in your personal automobile and perform any of the following services:

- Oil & Filter Service
- Tire Rotation
- ANY form of Preventive Vehicle Maintenance

#### And Receive the Following:

\* NO CHARGE for ASC Facility Usage

\* ½ price on Tire Balancing for your vehicle (all 4 tires).

- All services performed are "self-service" only
- Limit (2) vehicles per family
- Special applies to Active Duty only

### DECEMBER

Proper vehicle maintenance is the key to a happy trouble-free vehicle. By properly maintaining your vehicle, you can save hundreds if not thousands of dollars in repairs. Listed below is a list of low cost maintenance schedules that should be performed yearly or by mileage based on your vehicle's maintenance guide.

- 1) Oil Service / Filter Change - 3,000 – 5,000 miles / 4 times a year
- 2) Tire Rotation - every 7,500 miles
- 3) Coolant Service - every 30,000 miles or 3 years
- 4) Brake Fluid Service - 30,000 miles or 3 years
- 5) Transmission Service - 30,000 or see owner's manual
- 6) Engine Performance Tune - See owner's manual
- 7) Accessory Drive Belts - Inspect every oil service / change every 40-50,000 miles
- 8) Other maintenance items - Refer to owner's manual

By following these basic service intervals, your vehicle will provide you with longer lasting mileage and trouble-free service.

Please contact MWR Auto Skills Center (808-335-4439) for any automotive questions you may have.





**TREE  
LIGHTING**  
*Ceremony*  
2018

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**Thurs., December 6 • 5:30PM**  
**Shenanigans**  
**FREE**

(Open to all PMRF affiliates and MWR guest card holders.)

**J**ingle all the way down to Shenanigans for MWR's Annual Tree Lighting Ceremony! The holiday festivities will start with a performance by the Child Development Center. There will also be: Live Holiday Music, Tree Decorating Voting and Revealing of Contest Winners, Tree Lighting Show and a SPECIAL VISITOR from the North Pole!

**Questions? Call (808) 335-4380**

Stay connected! [pmrf.greatlifehawaii.com](http://pmrf.greatlifehawaii.com)



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