

MWR PHONE DIRECTORY & HOURS

BEACH COTTAGE - AFTER HOURS		COMMUNITY RECREATION CENTER	
(PHONE NUMBER FOR EMERGENCIES ONLY)		BLDG. 1293 • 335-4195	
BLDG. 1293 • 645-1623		MONDAY - FRIDAY	
MONDAY - FRIDAY		SATURDAY, SUNDAY & HOLIDAYS	10 AM -3 PM
SATURDAY & SUNDAY	3 PM - 10 AM	CUENANICANO ALL HANDO CLUD	
DEAGU COTTA OF DECEDIVATION CEFICE		SHENANIGANS, ALL-HANDS CLUB	
BEACH COTTAGE - RESERVATION OFFICE		BLDG. 1308 • 335-4706	
CHECK-IN: 3 P.M. / CHECK OUT:	11 AM	TUESDAY - THURSDAY	
BLDG. 1293 • 335-4752	0.00 414 5.514	FRIDAY	
MONDAY - FRIDAY		SATURDAY	4 - 10 PM
SATURDAY, SUNDAY & HOLIDAYS	10 AM - 3 PM	CUENANICANO DINUNG DOGA	
CHILD DEVELOPMENT CENTED (CDC)		SHENANIGANS - DINING ROOM	
CHILD DEVELOPMENT CENTER (CDC)		BLDG. 1308 • 335-4706	41 484 4 784
(AGE 6 WEEKS - 5 YEARS) • BLDG. 1283 • 335-4453	0.444 5.544	TUESDAY - FRIDAY LUNCH	
MONDAY - FRIDAY	6 AM - 5 PM	DINNER TUESDAY - SATURDAY	5 - 9 PIV
FITNESS CENTER		SHENANIGANS - CATERING OFFICE	
BLDG, 1264 • 335-4379		BLDG, 1308 • 335-4708	
MONDAY - FRIDAY5:3	30 AM - 8:30 PM	MONDAY - FRIDAY	8 AM - 4 PM
SATURDAY, SUNDAY & HOLIDAYS			
3.13.13.11, 00.13.11 01.110.110.110		SPECIAL EVENTS	
LIBERTY CENTER		BLDG. 1267 • 335-4380	
BLDG. 1225 B • 335-4346		MONDAY - FRIDAY	8 AM - 4 PM
DAILY2	24 HOURS A DAY		
		TICKETS & TRAVEL	
MANA MOTORS AUTO SKILLS CENTER		BLDG. 1293 • 335-4195	
BLDG. 1276 • PHONE: 335-4439		MONDAY - FRIDAY	8:30 AM - 5 PM
TUESDAY - FRIDAY	NOON - 8 PM	SATURDAY, SUNDAY & HOLIDAYS	10 AM - 3 PM
SATURDAY	9 AM - 5 PM		
		YOUTH CENTER - SCHOOL AGE CARE	
AQUATICS: MANA SPLASH SWIMMING POO	L	(AGE 5 - 12) • BLDG. 1318 • 335-4419	
BLDG. 1302 • 335-4391		MONDAY, TUESDAY, THURSDAY, FRIDAY	2 - 5 PN
MONDAY, WEDNESDAY & FRIDAY:		WEDNESDAY	1:15 - 5 PM
LAP SWIM	11 AM - 1:30 PM		
OPEN SWIM	3:30-5:30 PM	YOUTH CENTER - OPEN RECREATION	
TUESDAY & THURSDAY:		(AGE 5 - 12) • BLDG. 1318 • 335-4419SEE SCHEDULE	
LAP SWIM	11 AM -1:30 PM		
SATURDAY, SUNDAY & HOLIDAYS:		YOUTH CENTER - DAY CAMPS	
OPEN SWIM	11 AM - 5 PM	(AGE 5 - 12) • BLDG. 1318 • 335-4419	
		MONDAY - FRIDAY	7 AM - 5 PM
MOVIE HOUSE			
BLDG. 1315 • 335-4210			

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



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.

PACIFIC MISSILE RANGE FACILITY

COMMANDING OFFICER Captain Vincent Johnson EXECUTIVE OFFICER Commander Daniel Kimberly MWR DIRECTOR Don Inman

MWR PMRF PHONE DIRECTORY

PHONE (808) 335-4195

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WEB http://PMRF.greatlifehawaii.com

MWR MARKETING

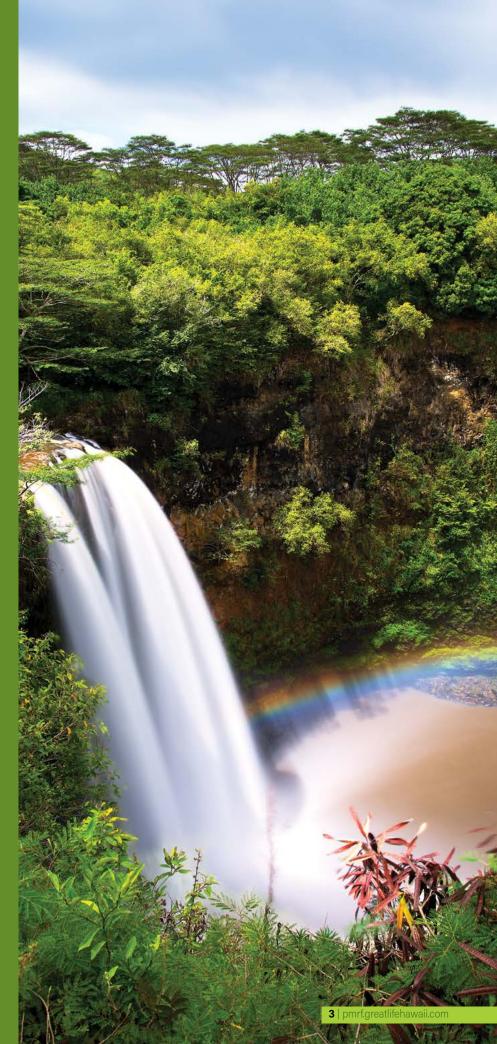
850 Ticonderoga St., Suite 300 Pearl Harbor, HI 96860 E-mail to info@greatlifehawaii.com

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.

COVER: Famous Bali Hai Beach. **RIGHT:** Wailua Falls.





ON TARGET EV

FITNESS CENTER

MAY

NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

People of all ages and body types can receive great benefits from engaging in regular physical activity. During National Physical Fitness and Sports Month, the PMRF Fitness team is here to help raise awareness about the benefits of physical fitness. Stop by the Fitness Center throughout the month to gain encouraging information to be more active in achieving your fitness goals.

FITNESS CHALLENGE

MAY 1-31 · 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.

MWR SOFTBALL LEAGUE

BEGINS MAY 7 · SOFTBALL FIELD · 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.

- 10 on 10 (15 player team max)
- Mandatory Participation meeting: Wednesday, May 2, 11:30am @ the Fitness Center
- Round Robin begins Monday, May 7

NATIONAL MILITARY APPRECIATION MONTH: **BLUE VS KHAKI**

In honor of Military Appreciation Month, the PMRF Fitness team will be holding a series of competitions between Blues versus Khakis. Each week, PMRF military personnel will get the opportunity to compete in a series of challenges to earn points for their respective teams. At the end of the month, the team with the most points will be awarded winners of the Military Appreciation Challenge. Get your teams together and be ready to compete for bragging rights. Open to all eligible PMRF Active Duty personnel.

- Week 1: Curl-Up Challenge 07-11 May -0600-1800 @ the FITNESS CENTER
- Week 2: Push-Up Challenge 14-18 May -0600-1800 @ the FITNESS CENTER
- Week 3: 1.5 Mile Run Challenge 21-25 May -0600-1800 @ the FITNESS CENTER

JUNE

MEN'S HEALTH MONTH

The initiative of Men's Health Month is to raise awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Visit the Fitness Center throughout the month as the PMRF Fitness team will be providing educational information about common health issues faced by men and boys today.

PARALLEL DIP CHALLENGE

JUN 1-30 · 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: Perform as many consecutive bodyweight dips as possible.

MWR GOLF TOURNAMENT

SAT, JUN 9 • PUAKEA GOLF COURSE • ACTIVE DUTY \$40, ALL OTHERS \$50 • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

PMRF Fitness will be holding a golf tournament at Puakea Golf Course. Price includes 18-holes with cart and range use, and a light luncheon at Ho'okipa Café. Top finishers will receive awesome prizes. Grab you clubs and sign-up today! Deadline to sign-up is Wednesday, May 30.

5-ON-5 SOCCER SCRAMBLE FRI, JUN 29 · 5PM · TURF FIELD · FREE · 335-4379 · OPEN TO ALL AUTHORIZED PMRF PERSONNEL

No team? No problem. Come out for a fun game of soccer. Teams will be determined at random. Deadline to register is Wednesday, June 27.



GROUP EXERCISE SCHEDULE FITNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0800-0830: HardCore 1000-1100: CDC Fitness 1100-1200: Let's Get Ripped	1100-1200: NOFFs Training	1100-1200: Let's Get Ripped	0700-0800: Swim Training 1530-1630: YC Kids Fitness	0800-0830: Regeneration 1100-1200: TRX Training

*SCHEDULE IS SUBJECT TO CHANGE

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

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.

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.

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 CLOSED ON FEDERAL HOLIDAYS

SUMMER CAMP REGISTRATION

MAY 1-11 - 3-4:30PM - YOUTH CENTER - 335-4419 - OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5 - 12 (COMPLETED GRADE K) SUMMER CAMP IS SCHEDULED FOR JUNE 4 - AUG 10, 2018.

This ten-week series of camp will consist of Camp Adventure themed weeks that will include field trips, singing, dancing, cooking, sports, crafts and more! All active duty patrons are welcomed to register for camp during May 1 – 4, all other eligible patrons may register during May 7 – 11. Current household earning statements and 1st week's fee are required at the time of registration. For more information, call the Youth Center.

CINCO DE MAYO CELEBRATION: COOKING CLUB WED, MAY 2 · 3:30-4:30PM · YOUTH CENTER · FREE · 335-4419 · OPEN TO ALL ELIGIBLE PMRF CHILDREN GRADES K-6

Join in the celebration learning how to make tacos and salsa. Sign up by April 30.

SOLAR HOUSE: STEAM CLUB

WED, MAY 9 • 3:30-4:30PM • YOUTH CENTER • FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN GRADES K-6

Join us to learn how to use energy to grow plants.

GALAXY JARS: CRAFT CLUB

WED, MAY 16 • 3:30-4:30PM • YOUTH CENTER • FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN GRADES K-6

Come and create your own galaxy jar using tempera paint, cotton balls and glitter!

END OF SCHOOL PIZZA PARTY

FRI, MAY 25 · 6-8PM · YOUTH CENTER · FREE · 335-4419 · OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Summer is here! Come and celebrate with a pizza party filled with games. Don't forget to sign up yourself, guests and friends by May 18.

BLUEBERRY MUFFINS FROM SCRATCH: COOKING CLUB

WED, JUN 6 · 3:30-4:30PM · YOUTH CENTER · FREE · 335-4419 · OPEN TO ALL ELIGIBLE PMRF CHILDREN GRADES K-6

Join in the celebration learning how to make muffins. Sign up by June 1.

SLIME: STEAM CLUB

WED, JUN 13 · 3:30-4:30PM · YOUTH CENTER · FREE · 335-4419 · OPEN TO ALL ELIGIBLE PMRF CHILDREN GRADES K-6

Come and get sticky making your own slime.

FUSE BEADS: CRAFT CLUB

WED, JUN 20 • 3:30-4:30PM • YOUTH CENTER • FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN GRADES K-6

Come and create your own design using heat adhesive beads. Sign up by June 11.

SUMMER FIELD TRIPS

(EVERY THURSDAY DURING JUNE)

8:30AM-3:30PM - ACTIVE DUTY \$20 - ALL OTHERS \$40 -335-4419 - OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18 (COMPLETED GRADE K)

June 7: Na Aina Kai Sculpture Gradens

June 14: Kilohana Plantation Train Ride and Lydgate Park

June 21: Koke'e

June 28: Steelgrass Cocoa Farm

NOTE: Field trips schedules are subject to change based on transportation and availability. Please contact Youth Center for confirmation on dates.

SUMMER BREAK FLAG FOOTBALL CLINIC

JUN 11-13 &15 · 10-11AM · YOUTH CENTER · ACTIVE DUTY FREE · ALL OTHERS \$15 · 335-4419 · OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Flag football is a growing alternative to contact football that teaches basic skills and concepts of the game. The Youth Center will be hosting a flag football clinic to introduce to young boys and girls to the game. Sign up by June 1.

HOURLY CARE

DAILY · YOUTH CENTER · \$\$FEE · 335-4419 · OPEN TO ALL ELIGIBLE PMRF CHILDREN GRADES K-6

The Hourly Care Program is designed as a short term child care option for parents with children in grades K-6. 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. The program is also designed to give children the opportunity to socialize and interact with other children in their age group. We are accepting reservations up to 30 days depending on space available. Call for more information.

CDC

MAY

CLOSED MON, MAY 28 - MEMORIAL DAY

CYP STAFF APPRECIATION WEEK

It is time to say "Thank You" to your children's first teachers. Let them know that they are appreciated for their patience, hard-working, and dedication while caring for our children.

MAY DAY CELEBRATION

FRI, MAY 4 • 11AM• CDC • FREE FOR CHILDREN & FAMILIES ATTENDING THE PROGRAM

Come and join us for our traditional May Day program. Preschool children will play the May Day court representing all the Hawaiian Island. It will be followed by a family luncheon. RSVP by April 27.

BOY'S DAY

FRI, MAY 4 · ALL DAY · FREE FOR CHILDREN ATTENDING THE PROGRAM

Children and teachers will be making mochi and displaying carps representing each boy in the program.

FAMILY DAY BREAKFAST

FRI, MAY 11 \cdot 8AM \cdot FREE FOR CHILDREN & FAMILIES ATTENDING THE PROGRAM

We will have a special breakfast for everybody who you can call family. Please join us. The fun begins at 8am. RSVP at Front desk by May 8.

JUNE

FAMILY DAY AT THE POOL

FRI, JUN 15 • 10:30AM • FREE FOR CHILDREN ATTENDING THE PROGRAM

Summer is here!! Take a break from work, come and enjoy the pool with your child. We will serve lunch at the pool. RSVP at front desk by June 11.

HOURLY CARE

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

The hourly care program is designed as a short term childcare 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.

TRIPS, TOURS & OUTINGS

EZ BEACH DAY & BBQ - KALAPAKI BAY SAT, MAY 12 · 9AM-3PM, BBQ 11AM-1:30PM · KALAPAKI BAY · FREE - 335-4380 · OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES.

Join us for a relaxing day on the beach with water sports, stand-up paddle boarding, surfing, boogie boards, kayaking and a free BBQ. Directions/Parking: Enter the Marriot complex, drive past the hotel entrance, and take the right turn down the hill before the golf course. Keep right to the parking lot at the bottom alongside the hotel for parking. Follow the walking path between the two buildings and it leads right to the beach. Look for our MWR tents. Shopping or dining at local eateries available at the Harbor Mall. No registration required, drop in event.

HIKING TOUR - WAI KOA LOOP TRAIL

SAT, MAY 26 · VAN DEPARTS CRC 9AM · KILAUEA · ACTIVE DUTY & FAMILY MEMBERS \$5, ALL OTHERS \$10 · 335-4380 · OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES.

A 5-mile hike through the town of Kilauea on Kauai's North Shore will take you to the historic dam, Japanese garden, and the largest mahogany forest in the US. Pack your shoes and hiking gear. Pit stop for lunch in Kapaa, water and transportation provided. The van departs Community Recreation Center at 9am, sign up at the CRC by May 21; limited space.

EZ BEACH DAY & BBQ - SALT POND SAT, JUN 9 · 9AM-3PM, BBQ 11AM-1:30PM · SALT POND · FREE ·

SAI, JUN 9 • 9AM-3PM, BBQ HAM-I:30PM • SALI PUND • FRE 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES.

Join us for a relaxing day on the beach with fun inflatables, boogie boards, snorkel gear and a free BBQ. Directions/Parking: From Kamualii Hwy, turn on to Lele Road, continue on past the air strip which will lead you to the opposite side of Salt Pond Beach park pavilions. Look for our MWR tents. No registration required, drop in event.

GREAT NAVY CAMPOUT

SAT-SUN, JUN 23-24 OVERNIGHT · MAJORS BAY · ACTIVE DUTY & FAMILY MEMBERS \$FREE · 335-4195 · OPEN TO ALL ACTIVE DUTY MILITARY MEMBERS AND FAMILIES

Join us for an overnight camp out at Majors Bay. If you're new to camping, this is a great start. The family fun includes games, giveaways, camping 101 and campfire cooking. Sign up at the Community Recreation Center by June 11.

SHENANIGANS

CINCO DE MAYO DINNER PLATE SPECIALS SAT, MAY 5 • 5-9PM

2 Shrimp Tacos with Avocado Crema served with black beans, \$13,75

2 Grilled Chicken Tacos served with black beans, \$11.75

MOTHER'S DAY BRUNCH

SUN, MAY 13 • 10AM-1PM \$32 ADULTS \$21 CHII D 10-14 YRS \$12 CHILD 5-9 YRS

What better way to kick off a day dedicated to Mom than a delicious brunch with an ocean view setting? We've rounded up some great Mother's Day brunch options to suit any Mom's style, whether she likes seafood, savory meats or breakfast food any time of the day!

MENU

Scrambled Eggs

Portuguese Sausage

Crispy Bacon

Link Sausage

Pancakes & French Toast with fresh fruits,

macadamia nuts, whipped topping and assorted syrups Mini Lox Bagels

Breakfast Potatoes

Steamed White Rice

Prime Rib w/ au jus Carving Station with fixings

Shrimp Tempura with dipping sauces

Soup of the day

Salad Bar

Chocolate Fountain with assortment of fresh fruit, pretzel, marshmallow dippers and more! RESERVATIONS HIGHLY RECOMMENDED

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

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

SHENANIGANS SIGNATURE SHRIMP BOIL FRI, JUN 1 • 5-9PM \$34 PFR ORDER

\$18 PER HALF ORDER SHRIMP BOIL

Featuring Kauai's very own Kauai Shrimp. You get a pound of succulent Kauai Shrimp mixed with sausage, potatoes and corn on the cob-

Accompanied with garlic butter and 2 dinner rolls. We'll deliver it to your table for family style dining.

DON'T FORGET YOUR SIDES! \$2 SIDES: Rice, 2 Rolls, Cole Slaw or Side Salad

Ala carte 6 pieces Shrimp for \$10

MODIFIED MENU AVAILABLE:

Pizzas, appetizers and desserts

RESERVATIONS HIGHLY RECOMMENDED

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

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

EARLY FATHER'S DAY BBQ PORK RIBS DINNER SPECIAL

SAT, JUNE 16 • 5-9PM • \$23

Bring Dad over and treat him to our Father's Day Special!

Succulent BBQ Baby Back Pork Ribs

Fried Potatoes or Steamed White Rice

Baked Beans

Cole Slaw

Corn on the Cob

SPECIAL EVENTS

FRIDAY NIGHT KARAOKE: **FUTURE POP MUSIC STAR**

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

Show off your vocal skills by entering the "Future Pop Music Star" Karaoke Contest or just sing your heart out for FREE! Contest winners are featured on our Monthly Karaoke Hall of Fame. No registration required, drop in event. Pupus will be provided.

CINCO DE MAYO FIESTA

SAT, MAY 5 · 6-8:30PM · SHENANIGANS · FREE · 335-4380 · OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS Join us for a fiesta featuring a live band performance by Cruz Control, Shenanigans' Tacos, Margaritas and Corona specials, games and fiesta giveaways.

TRIVIA NIGHTS

TUE, MAY 8 • 6-7:30PM • 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 and prize. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

80'S DJ NIGHT

FRI, MAY 18 · 9PM-12:30AM · SHENANIGANS · FREE · 335-4380 OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD

Join us for an 80's dance party; drink specials, dance games and FREE pupus. Featuring DJ Jah boy spinning all your 80's dance tracks!

CHUCK MILLIGAN: COMEDY HYPNOSIS SHOW

THU, MAY 24 • 7:30PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Chuck Milligan has been performing comedy hypnosis for over 19 years. He is an absolute genius at entertaining and always maintains the dignity of the audience volunteers. The comedy hypnosis show is a treat for everyone and audience participants will have a blast!

FRIDAY NIGHT KARAOKE: BEST OF MICHAEL JACKSON FRI, JUN 1 · 9PM-12AM · SHENANIGANS · FREE · 335-4380 · OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Show off your vocal skills by entering the "Best of Michael Jackson" Karaoke Contest or just sing your heart out for FREE! Contest winners are featured on our Monthly Karaoke Hall of Fame. No registration required, drop in event. Pupus will be provided.

TRIVIA NIGHTS

TUE, JUN 12 · 6-7:30PM · 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 and prize. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

KANIKAPILA NIGHTS

FRI, JUN 15 • 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 great island country live music by Jojo's Duo and Shenanigans 85 cent Wild Wings, while overlooking Kauai's breathtaking sunset.

FATHER - DAUGHTER DINNER & DANCE "BUTTERFLY KISSES"

SUN, JUN 17 · 5:30 · 8PM · SHENANIGANS · ACTIVE DUTY & FAMILY MEMBERS \$30 PER COUPLE, \$20 ADDITIONAL CHILD · ALL OTHERS \$45 PER COUPLE, \$30 ADDITIONAL CHILD • 335-4380 · OPEN TO PMRF AFFILIATED PATRONS

Join us for this "Butterfly Kisses" themed event. Dads, step-dads, uncles, grandfathers, brothers will be able to create memorable moments with dinner, dessert, dance and a keepsake photo.

ATTIRE: Sundays Best. DINNER: 3-course Meal. Tickets may be purchased at the CRC between May 21 and June 4.

GLOW IN THE DARK DJ NIGHT FRI. JUN 29 · 9PM-12:30AM · SHENANIGANS · FREE · 335-4380 · OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

Join us for a glowing dance party; drink specials, dance games and FREE pupus. Featuring DJ Angel spinning all your dancing tracks!

MANA MOTORS AUTO SKILLS ASC EVENT HIGHLIGHTS:

For the months of May & June, MWR ASC would like to encourage Our Active Duty vehicle owners to perform routine maintenance to their POV here at the Auto Skills Center.

ACTIVE DUTY PATRONS WILL RECEIVE THE FOLLOWING:

- FREE usage of the vehicle lift up to 1 hour.
- Purchase any oil filter in stock and receive a
- Purchase any 5W-20, 5W-30 Motor oil and receive a 10% discount.
- Receive professional guidance in service of your vehicle.

(SPECIAL APPLIES TO ALL PMRF ACTIVE DUTY AND / OR SPOUSE)

For further information, please call 335-4439.



FIII Dinner & Olance







Sunday, June 17 · 5:30-8pm

ACTIVE DUTY & FAMILY MEMBERS: \$30 per couple, \$20 additional child

ALL OTHERS: \$45 per couple, \$30 additional child

OPEN TO PMRF AFFILIATED PATRONS.

Shenanigans

ATTIRE: SUNDAY'S BEST DINNER: 3-course Meal

Tickets may be purchased at the CRC between May 21 and June 4.

DADS, STEP-DADS, UNCLES, GRANDFATHERS, BROTHERS, CREATE MEMORABLE MOMENTS WITH DINNER, DESSERT, DANCE AND A KEEPSAKE PHOTO.

> CALL 808-335-4380 FOR MORE INFO. PMRF.GREATLIFEHAWAII.COM



STAY CONNECTED! 🚹 @ PMRFMORALEWELFARE 👩 @ PMRFMWR





MAY				I	ı	I
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL PHYSICAL FITNESS AND SPORTS MONTH FITNESS CTR FITNESS CHALLENGE 1-31 MAY • FITNESS CENTER		YOUTH CENTER SUMMER CAMP REGISTRATION 3-4:30PM	YOUTH CTR CINCO DE MAYO CELEBRATION: COOKING CLUB 3:30-4:30PM	3	CDC MAY DAY CELEBRATION TIAM	SHENANIGANS CINCO DE MAYO DINNER PLATE SPECIALS 5-9PM
		CYP STAFF APPRE- CIATION WEEK	YOUTH CENTER		ALL DAY	SPECIAL EVENTS CINCO DE MAYO FIESTA
		AQUATICS MWR SWIM LESSONS MAY 7-23 MANA SPLASH			SPECIAL EVENTS KARAOKE: FUTURE POP STAR 9PM-12AM SHENANIGANS	6-8:30PM SHENANIGANS
		COMMUNITY RECREATION UKULELE JAM SESSION 6-7:30PM SHENANIGANS				
6	FITNESS CTR NATIONAL MILITARY APPRECIATION MONTH: BLUE VS KHAKI CURL-UP CHALLENGE	SPECIAL EVENTS TRIVIA NIGHTS 6-7:30PM SHENANIGANS	YOUTH CTR SOLAR HOUSE: STEAM CLUB 3:30-4:30PM YOUTH CENTER	COMMUNITY RECREATION LEI MAKING WORKSHOP 5-7PM SHENANIGANS	AQUATICS DIVE IN MOVIE 7PM MANA SPLASH CDC FAMILY DAY BREAK-	TRIPS, TOURS & OUTINGS EZ BEACH DAY & BBQ: KALAPAKI BAY 9AM-3PM, BBQ 11-1:30PM
	MWR SOFTBALL LEAGUE SOFTBALL FIELD				FAST 8AM LIBERTY GRAB N GO LUNCH:	
	AQUATICS MWR SWIM LESSONS MAY 7-23 MANA SPLASH				PORKY'S 11:30AM-12:30PM LIBERTY CENTER	
SHENANIGANS MOTHER'S DAY BRUNCH 10AM-1PM	FITNESS CTR NATIONAL MILITARY APPRECIATION MONTH: BLUE VS KHAKI	LIBERTY DINNER WORKSHOP: LOCO MOCO 6PM	YOUTH CTR GALAXY JARS: CRAFT CLUB 3:30-4:30PM	17	SPECIAL EVENTS 80'S DJ NIGHT 9PM-12:30AM SHENANIGANS	LIBERTY BACKCOUNTRY TUBING ADVENTURE VAN DEPARTS
	PUSH-UP CHALLENGE	LIBERTY CENTER	COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT 6PM SHENANIGANS			LIBERTY NOON
20	FITNESS CTR NATIONAL MILITARY APPRECIATION MONTH: BLUE VS KHAKI 1.5 MILE RUN CHALLENGE	22	COMMUNITY RECREATION DOMINOES WORKSHOP/ TOURNAMENT	SPECIAL EVENTS CHUCK MILLIGAN: COMEDY HYPNOSIS SHOW 7:30PM SHENANIGANS	YOUTH CTR END OF SCHOOL PIZZA PARTY 6-8PM YOUTH CENTER	TRIPS TOURS & OUTINGS HIKING TOUR: WAI KOA LOOP TRAIL VAN DEPARTS CRC 9AM
			SHENANIGANS		AQUATICS DIVE IN MOVIE 7PM MANA SPLASH	
					LIBERTY BUILD YOUR OWN LUNCH: TACO BAR 11:30AM-12:30PM LIBERTY CENTER	
27	MEMORIAL DAY MWR ON HOLIDAY HOURS	29	LIBERTY GRAB N GO DINNER & DESSERT: SHOYU CHICKEN 6-8PM LIBERTY CENTER	LIBERTY KAUAI SPORTING CLAY VAN DEPARTS LIBERTY CENTER TBA		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNES:	S CTR	I MONT			SPECIAL EVENTS KARAOKE: MICHAEL JACKSON 9PM-12AM SHENANIGANS	2
PARALLEL DIP CHALLENGE JUNE 1-30 • FITNESS CENTER shenanigans shenanigan shenanigan shenanigan shenanigan shenani						
3	THURSDAY 7 YOUTH CTR SUMMER FIELD TRIPS 8:30AM-3:30PM NA AINA KAI SCULPTURE GARDENS	COMMUNITY RECREATION UKULELE JAM SESSION 6-7:30PM SHENANIGANS	YOUTH CTR BLUEBERRY MUFFINS FROM SCRATCH: COOKING CLUB 3:30-4:30PM	AQUATICS DIVE IN MOVIE 7PM MANA SPLASH	LIBERTY GRAB N GO LUNCH: SPAM MUSUBI & KOREAN CHICKEN 11:30AM-12:30PM LIBERTY CENTER	TRIPS, TOURS AND OUTINGS EZ BEACH DAY & BBQ - SALT POND 9AM-3PM FITNESS CTR MWR GOLF TOURNAMENT TIME? PUAKEA GOLF COURSE
10	AQUATICS MWR SWIM LESSONS JUNE 11-27 MANA SPLASH YOUTH CTR SUMMER BREAK FLAG FOOTBALL CLINIC 10-11AM	YOUTH CTR SUMMER BREAK FLAG FOOTBALL CLINIC 10-11AM SPECIAL EVENTS TRIVIA NIGHTS 6-7:30PM SHENANIGANS	YOUTH CTR SUMMER BREAK FLAG FOOTBALL CLINIC 10-11AM YOUTH CTR SLIME: STEAM CLUB 3:30-4:30PM COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT 6PM SHENANIGANS	YOUTH CTR SUMMER FIELD TRIPS 8:30AM-3:30PM KILOHANA PLANTATION TRAIN RIDE & LYDGATE PARK LIBERTY DINNER WORK- SHOP - BREAKFAST FOR DINNER 6PM LIBERTY CENTER	YOUTH CTR SUMMER BREAK FLAG FOOTBALL CLINIC 10-11AM CDC FAMILY DAY AT THE POOL 10:30AM MANA SPLASH SPECIAL EVENTS KANIKAPILA NIGHTS 6-8PM SHENANIGANS	LIBERTY WAILUA KAYAK & SECRET FALLS HIKE VAN DEPARTS LIBERTY CETNER 7AM SHENANIGANS EARLY FATHER'S DAY BBQ PORK RIBS DINNER SPECIAL 5-9PM
SPECIAL EVENTS FATHER - DAUGH- TER DINNER & DANCE "BUTTERFLY KISSES" 5:30-8PM SHENANIGANS	18	COMMUNITY RECREATION FIRST AID/CPR WORKSHOP 4-8PM BLDG 1291	YOUTH CTR FUSE BEADS: CRAFT CLUB 3:30-4:30PM	YOUTH CTR SUMMER FIELD TRIPS 8:30AM-3:30PM KOKE'E	AQUATICS DIVE IN MOVIE TPM MANA SPLASH LIBERTY BUILD YOUR OWN LUNCH: CHILI DOGS 11:30AM-12:30PM LIBERTY CENTER	TRIPS, TOURS AND OUTINGS GREAT NAVY CAMPOUT JUNE 23-24 OVERNIGHT MAJORS BAY
24	25	LIBERTY GRAB N GO DINNER & DESSERT 6-8PM LIBERTY CENTER	COMMUNITY RECREATION DARTS TOURNAMENT GPM SHENANIGANS	YOUTH CTR SUMMER FIELD TRIPS 8:30AM-3:30PM STEELGRASS COCOA FARM	FITNESS CTR 5-ON-5 SOCCER SCRAMBLE 5PM TURF FIELD SPECIAL EVENTS GLOW IN THE DARK DJ NIGHT 9PM-12:30AM SHENANIGANS	30



Learn to play Kanai's 1st choice of instrument during a FREE "jam session".

If you already know how to play, come and jam with us!

Learn chords from 6-6:30pm and song play for the remainder of the session.

No registration required, just drop in!

CALL 808.335.4380 FOR MORE INFO. pmrf.greatlifehawaii.com





COMMUNITY RECREATION

UKULELE JAM SESSION

TUE, MAY 1 · 6 · 7:30 PM · SHENANIGANS · FREE · 335 · 4380 · OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS 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 6-6:30 pm and song play for the remainder of the session. No registration required, drop in event.

LEI MAKING WORKSHOP

THU, MAY 10 · 5-7PM · SHENANIGANS · ACTIVE DUTY & FAMILY MEMBERS \$5 · ALL OTHERS \$10 · 335-4380 · OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

MWR presents Hawaiian Art: Lei Making. This is a hands-on, guided cultural and learning experience of this popular symbol in Hawaii; lei. Workshop fee includes materials and flowers. Sign up at the Community Recreation Center by May 7, limited seats available.

TEXAS HOLD'EM TOURNAMENT

WED, MAY 16 · 6PM · SHENANIGANS · FREE · 335-4380 · OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS AGES 18 AND OVER

By popular demand, this MONTHLY tournament consists of set house rules, prizes and free pupus for all participants. Sign up at Shenanigans by May 15. 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.

DOMINOES WORKSHOP/TOURNAMENT

WED, MAY 23 · 6PM · SHENANIGANS · FREE · 335-4380 · OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS AGES 18 AND OVER

Learn how to play dominoes and participate in the tournament. Tournament will have set house rules, prizes and free pupus for all participants. Sign up at Shenanigans by May 22. Workshop at 6pm, claim your seat at the tournament by 6:30pm; unclaimed spots will be filled on a first come, first served basis.

UKULELE JAM SESSION

TUE, JUN 5 - 6-7:30PM · SHENANIGANS · FREE · 335-4380 · OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS 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. No registration required, drop in event.

TEXAS HOLD'EM TOURNAMENT

WED, JUN 13 • 6PM • SHENANIGANS • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS AGES 18 AND OVER

By popular demand, this MONTHLY tournament consists of set house rules, prizes and free pupus for all participants. Sign up at Shenanigans by June 12. 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.

FIRST AID / CPR WORKSHOP

TUE, JUN 19 · 4-8PM · BLDG 1291 · ACTIVE DUTY & FAMILY MEMBERS \$10 · ALL OTHERS \$20 · 335-4380 · OPEN TO PMRF AFFILIATED PATRONS

MWR presents Life Skills: First Aid & CPR. This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults and children. Sign up at the Community Recreation Center by June 11, limited seats available.

DARTS TOURNAMENT

WED, JUN 27 · 6PM · SHENANIGANS · FREE · 335-4380 · OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS AGES 18 AND OVER

This elimination tournament consists of set house rules, prizes and free pupus for all participants. Sign up at Shenanigans by June 26. Claim your seat at the tournament by 6pm; unclaimed spots will be filled on a first come, first served basis.

MOVIE HOUSE

OPEN FRIDAYS, SATURDAYS & SUNDAYS; 7PM. FREE.
Concessions available for purchase; NEW ITEMS;
Cheeseburger, Corned Beef Sandwiches, Mini
Pizza, Add Arare & Butter to your popcorn!
For a pre-recorded message of current movies,
call 335-4210.

FREE CANDY BAR

FRI, MAY 4

Join us at the movies and receive a FREE candy bar.

MOTHER'S DAY FREE POPCORN

SUN, MAY 13

All mothers receive FREE popcorn.

\$1 CONCESSION SUNDAY SUN, JUN 10

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: 3:30-5:30PM TUESDAY & THURSDAY: LAP SWIM: 11AM-1:30PM SATURDAY, SUNDAY & HOLIDAYS: OPEN SWIM: 11AM-5PM

SUMMER POOL HOURS (JUNE 1 - AUGUST 6)

MONDAY, WEDNESDAY & FRIDAY: LAP SWIM: 11AM-1:30PM OPEN SWIM: 1:30-5PM TUESDAY & THURSDAY:

LAP SWIM: 11AM-1:30PM SATURDAY, SUNDAY & HOLIDAYS: OPEN SWIM: 11AM-5PM

MAY

POOL TIP OF THE MONTH:

Swim in a pair by a Lifeguard chair.

MWR SWIM LESSONS

SESSION 1: MAY 7-23 · MANA SPLASH · \$40 · 335-4379 · OPEN TO ALL AUTHORIZED PMRF PERSONNEL

PMRF Active Duty sign-ups begin Monday, April 23. All other eligible patrons may sign up beginning Monday, April 30. Limited space available, first come first serve. Must submit full payment to secure class spot.

Learn to Swim for ages 4 and up. Classes will be held on Monday, Tuesday, and Wednesday:

- Levels 1 & 2 (Ages 4-10): 4-4:50PM
- Levels 3 & 4 (Ages 7-17): 5-5:50PM
- Adults: 6-6:50PM

DIVE IN MOVIE

MAY 11 & 25 • 7PM • MANA SPLASH • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Enjoy splashing around in the pool while you watch a movie. Movie choice TBA. Pool opens at 7pm, Movie begins at 7:30pm.

JUNE

POOL TIP OF THE MONTH: Be cool, follow the rules

MWR SWIM LESSONS

SESSION 2: JUNE 11-27 • MANA SPLASH • \$40 • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

PMRF Active Duty sign-ups begin Monday, May 28. All other eligible patrons may sign up beginning Monday, June 4. Limited space available, first come first serve. Must submit full payment to secure class spot.

Learn to Swim for ages 4 and up. Classes will be held on Monday, Tuesday, and Wednesday:

- Levels 1 & 2 (Ages 4-10): 4-4:50PM
- Levels 3 & 4 (Ages 7-17): 5-5:50PM
- Adults: 6-6:50PM

DIVE IN MOVIE

JUN 8 & 22 • 7PM • MANA SPLASH • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Enjoy splashing around in the pool while you watch a movie. Movie choice TBA. Pool opens at 7pm, Movie begins at 7:30pm.



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GRAB N GO LUNCH - PORKY'S FRI, MAY 11 • 11:30AM-12:30PM • LIBERTY CENTER • FREE • 335-4346

Stop by the Liberty Center for a grilled 100% beef hot dog topped with kalua pork, pineapples, grilled onions, porky's bbq sauce, inside a toasted cheese fresh toast.

DINNER WORKSHOP - LOCO MOCO

TUE, MAY 15 • 6PM • LIBERTY CENTER • FREE • 335-4346

Loco Moco is a meal in the contemporary cuisine of Hawaii. There are many variations, but the traditional loco moco consists of white rice, topped with a hamburger patty, a fried egg, and brown gravy. Learn to make this local favorite and easy dish.

BACKCOUNTRY TUBING ADVENTURE

SAT, MAY 19 · VAN DEPARTS LIBERTY NOON · LIHUE · \$25 · 335-4346

Witness Kauai's spectacular, historical engineering feats as you float down the open canals, through several amazing tunnels and flumes. When you arrive at the launch site you'll grab a tube, don a headlamp, and jump in the gently flowing waters. Pack your water attire & tubbies, towel, and sunscreen. Transportation provided; van leaves Liberty Center at Noon. Sign up at the Community Recreation Center by May 10, limited space.

BUILD YOUR OWN LUNCH - TACO BAR

FRI, MAY 25 • 11:30AM-12:30PM • LIBERTY CENTER • FREE • 335-4346

Stop by the Liberty Center for BYO Lunch. We will have a taco bar filled with taco meat, cheeses, veggies, tortillas and taco shells for a quick & easy lunch.

GRAB N GO DINNER & DESSERT: SHOYU CHICKEN WED, MAY 30 · 6-8PM · LIBERTY CENTER · FREE · 335-4346

Stop by the Liberty Center for dinner & dessert. Stay, talk stories and learn about our upcoming event or have it to go.

KAUAI SPORTING CLAY

THU, MAY 31 · VAN DEPARTS LIBERTY CENTER TBA · WAILUA · \$25 · 335-4346

This growing sport in the US is great for beginners to professionals shooting flying clay targets or "clay pigeons". Van leaves Liberty Center at TBA. Sign up at the Community Recreation Center by May 14th; limited space.

GRAB N GO LUNCH - SPAM MUSUBI & KOREAN CHICKEN FRI, JUN 8 • 11:30AM-12:30PM • LIBERTY CENTER • FREE • 335-4346

Stop by the Liberty Center for Ishihara Market's Spam Musubi & Korean Chicken.

DINNER WORKSHOP - BREAKFAST FOR DINNER

THU, JUN 14 • 6PM • LIBERTY CENTER • FREE • 335-4346

Join us as we guide you in learning how to make pancakes, French toast and the perfect scrambled egg - a simple cooking formula that will allow you to get creative.

WAILUA KAYAK & SECRET FALLS HIKE

SAT, JUN 16 · VAN DEPARTS LIBERTY CENTER 7AM · WAILUA RIVER · FREE · 335-

Pack your lunch, swimsuit, towels and sunscreen as we head to Wailua River for a kayaking and hiking adventure. Water and transportation provided; van leaves Liberty Center at 7am. Sign up at the CRC by June 8; limited space.

BUILD YOUR OWN LUNCH - CHILLI DOGS

FRI, JUN 22 • 11:30AM-12:30PM • LIBERTY CENTER • FREE • 335-4346

Stop by the Liberty Center for BYO Lunch. We will have a chili dog station filled with all the ingredients needed for a guick and easy lunch.

GRAB N GO DINNER & DESSERT

TUE, JUN 26 · 6-8PM · LIBERTY CENTER · FREE · 335-4346

Stop by the Liberty Center for dinner & dessert. Stay, talk stories and learn about our upcoming events or have it to go.

TICKETS AND TOURS 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 9:30-11AM. 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 `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 AND 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 3-7PM

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.



Shenanigans MAY & JUNE HAPPENINGS



CINCO DE MAYO DINNER PLATE SPECIALS

SAT, MAY 5 • 5-9PM

2 Shrimp Tacos with Avocado Crema served with black beans \$13.75 2 Grilled Chicken Tacos served with black beans \$11.75



MOTHER'S DAY BRUNCH

SUN, MAY 13 - 10AM-1PM

\$32 Adults | \$21 Child 10-14 yrs | \$12 Child 5-9 yrs

What better way to kick off a day dedicated to Mom than a delicious brunch with an ocean view setting? Great Mother's Day brunch options to suit any Mom's style, including seafood, savory meats and breakfast!



SHENANIGANS SIGNATURE SHRIMP BOIL

FRI, JUN 1 • 5-9PM

\$34 per order | \$18 per half order Shrimp Boil

You get a pound of succulent Kauai Shrimp mixed with sausage, potatoes and corn on the cob. Accompanied with garlic butter and 2 dinner rolls. We'll deliver it to your table for family style dining. Don't forget your \$2 sides! Ala carte 6 pieces Shrimp for \$10



EARLY FATHER'S DAY BBQ PORK RIBS DINNER SPECIAL

SAT, JUN 16 • 5-9PM

\$23

Bring Dad over and treat him to our Father's Day Special!
Succulent BBQ Baby Back Pork Ribs accompanied with tasty sides.

MODIFIED MENU AVAILABLE ON SPECIALTY NIGHTS: PIZZAS, APPETIZERS AND DESSERTS

RESERVATIONS HIGHLY RECOMMENDED

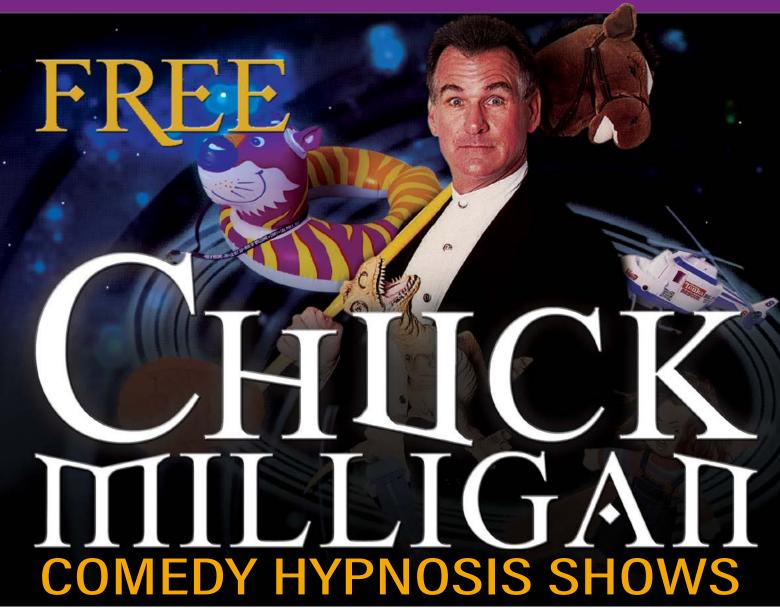
808-335-4708 (between 8:30am-4pm, Mon-Fri), 808-335-4706 (between 4pm-8:30pm, Tues-Sat)





PMRF MWR PRESENTS





SHENANIGANS THURSDAY, MAY 24, 2018 - 7:30 PM

OPEN TO ALL AGES: Perfect for Teens. Participation on stage is limited to ages 14 and older. Beverages & food available for purchase. No tickets needed. Come early for the best seats. Limited seating.

Chuck Milligan has been performing comedy hypnosis for over 19 years. He is an absolute genius at entertaining and always maintains the dignity of the audience volunteers. The comedy hypnosis show is a treat for everyone and audience participants will have a blast!

OPEN TO MILITARY-AFFILIATED PERSONNEL, DOD ID CARDHOLDERS & THEIR SPONSORED GUESTS, AND MWR GUEST CARD HOLDERS.