

On Target

MORALE, WELFARE AND RECREATION PMRF | MAR - APR 2021



MWR PHONE DIRECTORY & HOURS

BEACH COTTAGE - AFTER HOURS

(PHONE NUMBER FOR EMERGENCIES ONLY)

BLDG. 1293 • 645-1623

MONDAY - FRIDAY5 PM - 8:30 AM
SATURDAY & SUNDAY3 PM - 10 AM

BEACH COTTAGE - RESERVATION OFFICE

CHECK-IN: 3 P.M. / CHECK OUT:11 AM

BLDG. 1293 • 335-4752

MONDAY - FRIDAY8:30 AM - 5 PM
SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

CHILD DEVELOPMENT CENTER (CDC)

(AGE 6 WEEKS - 5 YEARS) • BLDG. 1283 • 335-4453

MONDAY - FRIDAY6 AM - 5 PM

FITNESS CENTER

BLDG. 1264 • 335-4379

MONDAY - FRIDAY5:30 AM - 8:30 PM
SATURDAY, SUNDAY & HOLIDAYS9:30 AM - 5 PM

LIBERTY CENTER

BLDG. 1355-B • 335-4346

DAILY24 HOURS A DAY

MANA MOTORS AUTO SKILLS CENTER

BLDG. 1276 • PHONE: 335-4439

TUESDAY - FRIDAYNOON - 8 PM
SATURDAY9 AM - 5 PM

MANA SPLASH SWIMMING POOL - AQUATICS

BLDG. 1302 • 335-4391

MONDAY, WEDNESDAY & FRIDAY:

LAP SWIM11 AM - 1:30 PM
OPEN SWIM1:30 PM - 5:30 PM

SATURDAY, SUNDAY & HOLIDAYS:

OPEN SWIM11 AM - 5 PM

MOVIE HOUSE

BLDG. 1315 • 335-4210

FRIDAY - SUNDAYFIRST MOVIE 7:00 PM

COMMUNITY RECREATION CENTER

BLDG. 1293 • 335-4195

MONDAY - FRIDAY8:30 AM - 5 PM
SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

SHENANIGANS - ALL-HANDS CLUB/BAR

BLDG. 1308 • 335-4706

TUESDAY - THURSDAY4 PM - 9 PM
FRIDAY4 PM - 9 PM
SATURDAY4 PM - 9 PM

SHENANIGANS - DINING ROOM

BLDG. 1308 • 335-4706

LUNCH TUESDAY - FRIDAY11 AM - 1 PM
DINNER TUESDAY - SATURDAY4 PM - 9 PM

SHENANIGANS - CATERING OFFICE

BLDG. 1308 • 335-4708

MONDAY - FRIDAY8 AM - 4 PM

SPECIAL EVENTS

BLDG. 1267 • 335-4380

MONDAY - FRIDAY8 AM - 4 PM

TICKETS & TRAVEL

BLDG. 1293 • 335-4195

MONDAY - FRIDAY8:30 AM - 5 PM
SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

YOUTH CENTER - SCHOOL AGE CARE

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY, TUESDAY, THURSDAY, FRIDAY2 PM - 5 PM
WEDNESDAY1:15 PM - 5 PM

YOUTH CENTER - OPEN RECREATION

(AGE 5 - 12) • BLDG. 1318 • 335-4419.....SEE SCHEDULE

YOUTH CENTER - DAY CAMPS

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY - FRIDAY7 AM - 5 PM

**Times are subject to change
without notice due to COVID19**



On Target

MORALE, WELFARE AND RECREATION PMRF | MAR - APR 2021

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

Bali Hai Double Rainbow

PAGE 3

Spouting Horn

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

MARCH

NATIONAL NUTRITION MONTH

National Nutrition Month in the USA is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The campaign has actually been around for a long time, first starting as an awareness week in 1973 before becoming an awareness month in 1980; such was the interest and support. All month long the PMRF Fitness Team will be providing a variety of useful information to help with your nutritional goals.

BEACH VOLLEYBALL TOURNAMENT

FRI-SAT, MAR 5-6 • TIME TBD • SHENANIGANS
• 335-4379 • OPEN TO ALL AUTHORIZED
PMRF AFFILIATES

Come play at one of the most scenic beach volleyball courts in the world, in our 3-on-3 beach volleyball competition. This will be a 2-day event, starting on Friday and will conclude on Saturday. Teams will start in pool play, with the top 2 teams continuing onto the championships. There will be tournament fee of \$30 per team, but if your team consists of all PMRF Active Duty, we will waive your fee. You can register by contacting the PMRF Fitness Center at 335-4979. Registration begins on February 1 and will end on February 26. Grab your friends, some sunblock, and join us for a fun weekend.

APRIL STRESS AWARENESS MONTH

Stress can be debilitating, and it can cause and/or aggravate health problems. And since stress is a normal part of human existence, nobody is immune to it. It's important to arm ourselves with knowledge so that we recognize when stress rears its ugly head. (Amazingly, we don't always notice it's happening to us.) Stress Awareness Month happens each April. It's important to learn some strategies for coping with this particular silent scourge. All month long, the PMRF Fitness Team will be providing a variety of useful information to help you relieve some stress.

BUNNY HOP FUN RUN

FRI, APR 2 • 5PM • SHENANIGANS • FREE • 335-4379
• OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Join us for a fun run/walk (no hopping required) through an all-terrain course. Deadline to register is Wednesday, March 31.

KAUAI HEALTHY EATS CHALLENGE

MON, APR 5 • ALL OVER KAUAI • COST OF YOUR
MEALS • 335-4379 • OPEN TO ALL AUTHORIZED
PMRF AFFILIATES

Here is your chance to explore different restaurants around our island by participating in our Instagram/Facebook Healthy Eats Kauai challenge.

- Participants will be given a town & list of restaurants to choose from each week
- Participants will choose a healthy meal, and document completion of each challenge onto Instagram/Facebook
- Instagram upload must tag @pmrfmwr & Facebook upload must tag @pmrfmoralewelfare
- Participants who complete all challenge tasks will receive a prize.

TENNIS TOURNAMENT

THU-FRI, APR 22-23 • TENNIS COURTS
• TIME TBD • FREE • OPEN TO ALL AUTHORIZED
PMRF AFFILIATES

This will be a single or doubles, single elimination tournament. Each match will be best of 3 sets. Deadline to sign-up is Monday, April 19.

GROUP EXERCISE SCHEDULE

MONDAY:
Fitness Center
1700-1800 *Yoga*

TUESDAY:
Fitness Center
0630-0730 *PT/FEP*
1100-1200 *HIIT*

WEDNESDAY:
Fitness Center
0700-0800 *Yoga*

THURSDAY:
Fitness Center
0630-0730 *PT/FEP*
1100-1200 *HIIT*

FRIDAY:
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.



March- into April

at Shenanigans



Adults **\$15** 10-14 yrs **\$13**
5-9 yrs **\$9**

SHENANIGANS PIZZA AND PASTA SPECIAL Friday, March 5 • 5-9PM

It's all you can eat of a variety of hot delicious pizzas and two different hot pasta dishes.

Caesar Salad, Soup, Breadsticks included.

PURPLE PEOPLE EATER FLOATS - \$3 (Apr 1-30)



In honor of Month of the Military Child!

Live a little and try a bubbly, festive grape soda and vanilla ice cream float served in a googly eyed Purple People Eater cup!

Substitute grape soda with fruit punch, coke or root beer.



\$13.75

ST. PATRICK'S DAY DINNER PLATE SPECIAL Wednesday, March 17 • 5-9PM

Join us for a New England Boiled Dinner.

Sliced Fresh Corned Beef, Cabbage, Potato & Carrots with Savory Sauce. Served with Steamed Rice.



Adults **\$32** 10-14 yrs **\$22**
5-9 yrs **\$12**

SHENANIGANS EASTER BRUNCH Sunday, April 4 • 9AM-1PM

Join us for Easter Brunch!

Featuring prime rib, flatbread pizzas, breakfast favorites and more!



\$35 per order
\$18 per half order

SHENANIGANS SHRIMP BOIL Friday, March 19 • 5-9PM

You get a pound of succulent Kauai shrimp mixed with sausage, potatoes and corn on the cob. Accompanied with garlic butter and two dinner rolls.

Don't forget your \$2 sides!

Rice, 2 Rolls, Cole Slaw or Side Salad

Ala carte Shrimp: 6 for \$12



Adults **\$37** 10-14 yrs **\$25**
5-9 yrs **\$16**

PRIME RIB BUFFET Friday, April 16 • 5-9PM

It's prime rib! Need we say more?

Okay, how about kalbi chicken and seafood pasta!



95 cents per ounce

MONGOLIAN BBQ Friday, April 30 • 5-9PM

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

If you haven't experienced our Mongolian BBQ this is the time! You will come back every time!

**Modified menu available on
specialty nights.**

Reservations highly recommended.

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



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR





Aloha Families,

Due to the COVID 19 outbreak, Navy Child & Youth Programs are not authorized to offer any events or gatherings. We hope you all stay safe, and we can get together again soon.

While we still need to be safe and avoid crowds, we want to invite you to continue spending quality time with your children and try these activities at home:

- Build a bird feeder.
- Visit the bird sanctuary Kawai'ele on the weekend.
- Check the local botanical gardens.
- Dye eggs and have an egg hunt in your backyard.

Remember we are here to help you.

For more information please contact us:

808-335-4453 or Alejandra.sanchez1@navy.mil

MWR EGG STRAVAGANZA

Friday, April 2 @ 4pm

@ *Shenanigans*

FREE

Open to all authorized PMRF affiliates

Come say Hi to Peter Rabbit and join us for an Egg Hunt!

Don't forget to bring your Easter basket and running shoes for the Bunny Hop Fun Run afterwards.

Egg hunt and prizes for All ages: 0-2, 3-4, 5-7, 8-12, & 13-17, 18 & Over.

Masks and social distancing required.



Call 808-335-4346 for more information.



GreatLifeHawaii.com



@pmrfmoralewelfare




@PMRFMWR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS CENTER NATIONAL NUTRITION MONTH						
	1	2	3	4	5 FITNESS CENTER BEACH VOLLEYBALL TOURNAMENT <i>TIME TBD</i> SHENANIGANS SHENANIGANS SHENANIGANS PIZZA AND PASTA SPECIAL 5-9PM SHENANIGANS SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM SHENANIGANS	6 FITNESS CENTER BEACH VOLLEYBALL TOURNAMENT <i>TIME TBD</i> SHENANIGANS TRIPS, TOURS & OUTINGS LEARN TO SURF 7:30 AM HANAIEI BAY
7	8	9	10 COMMUNITY RECREATION FIND THE LEPRECHAUN 5PM • FOLLOW THE CLUES MIXOLOGY WORKSHOP 5PM SHENANIGANS	11 COMMUNITY RECREATION FIND THE LEPRECHAUN 5PM • FOLLOW THE CLUES	12 COMMUNITY RECREATION FIND THE LEPRECHAUN 5PM • FOLLOW THE CLUES	13 TRIPS, TOURS & OUTINGS 2 HR. WHALE WATCH <i>TIME TBA</i> PORT ALLEN COMMUNITY RECREATION FIND THE LEPRECHAUN 5PM • FOLLOW THE CLUES MIXOLOGY COMPETITION 5PM SHENANIGANS
14 COMMUNITY RECREATION FIND THE LEPRECHAUN 5PM • FOLLOW THE CLUES	15 COMMUNITY RECREATION FIND THE LEPRECHAUN 5PM • FOLLOW THE CLUES	16 COMMUNITY RECREATION FIND THE LEPRECHAUN 5PM • FOLLOW THE CLUES	17 SHENANIGANS ST. PATRICK'S DAY DINNER PLATE SPECIAL 5-9PM SHENANIGANS 	18	19 SHENANIGANS SHENANIGANS SHRIMP BOIL 5-9PM SHENANIGANS COMMUNITY RECREATION PORTUGUESE HORSESHOE TOURNAMENT 6:30PM SHENANIGANS SPECIAL EVENTS KANIKAPILA 6:30PM SHENANIGANS	20 COMMUNITY RECREATION PMRF BEACH CLEAN UP AND GRILL N CHILL 8:30AM MAJORS BAY AUTO SKILLS CENTER BURGER BURN & OIL SERVICE SEMINAR 11AM-3PM AUTO SKILLS CENTER
21	22	23	24 LIBERTY EZ LOCAL FOOD WORKSHOP 5-8PM SHENANIGANS	25	26	27
28 LIBERTY SLEEPING GIANT TRAIL HIKE 7:30AM-2:30PM WAILUA	29	30	31 COMMUNITY RECREATION FAMILY FUN BINGO NIGHT 5:30PM SHENANIGANS			

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS CENTER STRESS AWARENESS MONTH			MANA SPLASH GRAB THE BRICK CHALLENGE - APRIL 1-30			
SHENANIGANS APRIL SPECIAL PURPLE PEOPLE EATER FLOATS \$3 • 5-9PM @ SHENANIGANS						

					1	2	3
						FITNESS CENTER BUNNY HOP FUN RUN 5PM SHENANIGANS SPECIAL EVENTS EGGSTRAVAGANZA 4PM SHENANIGANS	TRIPS, TOURS & OUTINGS LEARN TO SURF 7:30AM HANALEI BAY
4	5	6	7	8	9	10	
SHENANIGANS SHENANIGANS EASTER BRUNCH 9AM-1PM SHENANIGANS 	FITNESS CENTER KAUAI HEALTHY EATS CHALLENGE ALL OVER KAUAI COST OF YOUR MEALS		LIBERTY ZIPLINE ADRENALINE TIME TBA OUTFITTERS KAUAI KIPU		SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM SHENANIGANS	LIBERTY REEF WALK TIME & LOCATION TBA	
11	12	13	14	15	16	17	
		COMMUNITY RECREATION SUPER HERO KEIKI CHALLENGE 4-6:30PM SOCCER FIELD	COMMUNITY RECREATION GIANT CONNECT 4 TOURNAMENT 6PM SHENANIGANS		SHENANIGANS PRIME RIB BUFFET 5-9PM SHENANIGANS LIBERTY HAKU LEI MAKING WORKSHOP 5:30-8PM SHENANIGANS	COMMUNITY RECREATION PMRF BEACH CLEAN UP AND GRILL N CHILL 8:30AM MAJORS BAY	
18	19	20	21	22	23	24	
				FITNESS CENTER TENNIS TOURNAMENT TENNIS COURTS TIME TBD	FITNESS CENTER TENNIS TOURNAMENT TENNIS COURTS TIME TBD	TRIPS, TOURS & OUTINGS BIKE PATH 8:30AM-3PM KAPAA	
25	26	27	28	29	30		
COMMUNITY RECREATION COMMUNITY GARDEN 12-4PM LOCATION TBA	COMMUNITY RECREATION COMMUNITY GARDEN 12-4PM LOCATION TBA	COMMUNITY RECREATION COMMUNITY GARDEN 12-4PM LOCATION TBA	COMMUNITY RECREATION COMMUNITY GARDEN 12-4PM LOCATION TBA	COMMUNITY RECREATION COMMUNITY GARDEN 12-4PM LOCATION TBA	SHENANIGANS MONGOLIAN BBQ 5-9PM SHENANIGANS COMMUNITY RECREATION PORTUGUESE HORSESHOE TOURNAMENT 6:30PM SHENANIGANS SPECIAL EVENTS KANIKAPILA 6:30PM SHENANIGANS		

APRIL

SHENANIGANS

MARCH 2021

SHENANIGANS PIZZA AND PASTA SPECIAL

FRI, MAR 5 • 5-9PM • ADULTS \$15 • 10-14 YRS \$12 • 5-9 YRS \$9

It's all you can eat of a variety of hot delicious pizzas with garlic butter crust and 2 different hot pasta dishes.

Caesar Salad, Soup, Breadsticks included. All delivered to your table!

Modified menu available. Reservations highly recommended.

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

ST. PATRICK'S DAY DINNER PLATE SPECIAL

WED, MAR 17 • 5-9PM • \$13.75

Join us for a New England Boiled Dinner

Sliced Fresh Corned Beef, Cabbage, Potato & Carrots with Savory Sauce.

Served with Steamed Rice

Also available separately: "Irish Beers" & Green Beer

SHENANIGANS SHRIMP BOIL

FRI, MAR 19 • 5-9 PM • \$35 PER ORDER • \$18 PER HALF ORDER

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 Shrimp: 6 for \$12

Modified menu available: pizzas, selected appetizers and desserts

APRIL 2021

PURPLE PEOPLE EATER FLOATS

ONLY \$3

In honor of Month of the Military Child!

Live a little and try a bubbly, festive grape soda and vanilla ice cream float served in a googly eyed Purple People Eater cup! Substitute grape soda with fruit punch, coke or root beer.



SHENANIGANS EASTER BRUNCH

SUN, APR 4 • 9AM-1PM • ADULTS \$32 • 10-14 YRS \$22 • 5-9 YRS \$12

Join us for Easter Brunch!

MENU:

Pancakes & French Toast (Assorted toppings and syrups)
Scrambled Eggs
Portuguese Sausage
Crispy Bacon
Link Sausage
Flatbread Pizzas
Breakfast Potatoes
Steamed White Rice
Prime Rib w/ au jus Carving Station with fixings
Basket Shrimp with dipping sauces
Soup of the day
Salads & Fresh Fruit
Assorted Pastries
Iced Tea, Fruit Punch and Lemonade
Coffee and Hot Tea

PRIME RIB BUFFET

FRI, APR 16 • 5-9PM • ADULTS \$37 • 10-14 YRS \$25 • 5-9 YRS \$16

It's prime rib! Need we say more?

MENU:

Prime Rib with all the fixings
Grilled Kalbi Chicken
Seafood Pasta
Seasoned Vegetables
Steamed Rice
Salad Bar & Dinner Rolls
Soup of the day

Modified menu available: Pizzas and desserts

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.

MONGOLIAN BBQ

FRI, APR 30 • 5-9PM • 95 CENTS PER OUNCE

Create your own stir-fry from a variety of meats, vegetables and savory sauces and our staff will stir fry your creation right in front of you. If you haven't experienced our Mongolian BBQ this is the time! You will come back every time!

Modified menu available: Pizzas, selected appetizers and desserts

Reservations highly recommended.

Please call 808-335-4708 Mon-Fri between 8:30am-4pm, Tue-Fri 808-335-4706 between 11am-1pm or Tue-Sat 5pm-9pm to make a reservation.

COMMUNITY RECREATION

4 WAYS TO REGISTER:

4 Ways to Register:

Register at Shenanigans

Email: pmrfmwr1@gmail.com

Text: (808)631-9367

Call: (808)335-4346

***Cancellations must be done at least 48 hours prior to receive a refund.**

MARCH

FIND THE LEPRECHAUN

WED-TUE, MAR 10-16 • 5PM • FOLLOW THE CLUES • FREE • 808-631-9367
• OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Leprechauns are known to love GOLD, find him and turn him in for the golden prize! MWR will reveal clues that will lead you to him on all of our social media platforms starting on March 10. Clues will be posted every day at 5pm, so come and give our page a LIKE and a FOLLOW!

Facebook @pmrfmoralewelfare Instagram @pmrfmwr

MIXOLOGY WORKSHOP

WED, MAR 10 • 5PM • SHENANIGANS • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • MUST BE 21 YEARS OLD TO PARTICIPATE

Here's your chance to become the best bartender you can be! Come and learn how a mixologist creates the most delicious beverages. Register by using one of our 4 Ways to Register by March 3. Limited space available.



MIXOLOGY COMPETITION

SAT, MAR 13 • 5PM • SHENANIGANS • 808-631-9367 • MUST HAVE ATTENDED MIXOLOGY WORKSHOP TO ENTER • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • MUST BE 21 YEARS OLD TO PARTICIPATE

Show us what you learned and create a signature drink! We will feature your original signature drink at Kanikapila night on March 19!

PORTUGUESE HORSESHOE TOURNAMENT

FRI, MAR 19 • 6:30PM • SHENANIGANS • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT • AGES 18 AND OLDER WELCOME

Head to Shenanigans for some ono dinner and a Portuguese Horseshoe Tournament! Show up by 5pm on the day of the event to secure your team spot! To secure your spot in advance please text 808-631-9367.

PMRF BEACH CLEAN UP AND GRILL N CHILL

SAT, MAR 20 • 8:30AM • MAJORS BAY • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Join us for a beach clean-up right here at PMRF. We will meet at Majors Bay and will break into 3 groups. From Shenanigans to past Kinikini Ditch we will collect all the trash that we are able to gather. Those that participate can attend the Grill N Chill following the beach clean-up! Let's do our part to clean up our planet! Register for the beach clean-up by using one of our 4 ways to register by March 17.

FAMILY FUN BINGO NIGHT

WED, MAR 31 • 5:30PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

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.

APRIL

SUPER HERO KEIKI CHALLENGE

TUE, APR 13 • 4-6:30PM • SOCCER FIELD • FREE • 335-4380 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Let the keiki show you what they can do at our Super Hero Keiki Challenge! Get your child dressed up as their favorite super hero and head on down to the soccer field for a friendly 3 course challenge! Hydration station and refreshments will be provided. Keiki challenge winners will be featured at the Super Hero spotlight at the Fitness Center.

GIANT CONNECT 4 TOURNAMENT

WED, APR 14 • 6PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Join MWR Community Recreation for a life size, giant Connect 4 Tournament. Best out of five wins. Winners will be featured in our trophy case! The winner will receive bragging rights on MWR's tournament plaque and come back to defend their name in another LIFE SIZE GIANT MONTHLY GAME TOURNAMENT! All ages are welcome. No registration required, drop in event.

PMRF BEACH CLEAN UP AND GRILL N CHILL

SAT, APR 17 • 8:30AM • MAJORS BAY • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Join us for a beach clean-up right here at PMRF. We will meet at Majors Bay and will break into 3 groups. From Shenanigans to past Kinikini Ditch we will collect all the trash that we are able to gather. Those that participate can attend the Grill N Chill following the beach clean-up! Let's do our part to clean up our planet! Register for the beach clean-up by using one of our 4 ways to register by April 15.

COMMUNITY GARDEN

SUN-THU, APR 25-29 • 12-4PM • LOCATION TBA • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT

What better way to stay healthy than growing your own food! Let's get together and get things ready for our community garden! Show up at LOCATION TBA by 12pm on the day of the event and let's get to it!

PORTUGUESE HORSESHOE TOURNAMENT

FRI APR 30 • 6:30PM • SHENANIGANS • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT • AGES 18 AND OLDER WELCOME

Head to Shenanigans for some ono dinner and a Portuguese Horseshoe Tournament! Show up by 5pm on the day of the event to secure your team spot! To secure your spot in advance please text 808-631-9367.

SPECIAL EVENTS

MARCH

LET THE SHENANIGANS BEGIN KARAOKE

FRI, MAR 5 • 9PM-12AM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT • AGES 18 AND OLDER WELCOME

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

FRI, MAR 19 • 6:30PM • SHENANIGANS • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

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

APRIL

EGGSTRAVAGANZA

FRI, APR 2 • 4PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT

Egg hunt and prizes for ALL ages; 0-2, 3-4, 5-7, 8-12, & 13-99. Join the MWR ohana and the Easter Bunny for a fun family friendly event! Don't forget your Easter basket and running shoes for the Fitness Center's 5K Bunny Hop!

LET THE SHENANIGANS BEGIN KARAOKE

FRI, APR 9 • 9PM-12AM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • NO REGISTRATION REQUIRED, DROP IN EVENT • AGES 18 AND OLDER WELCOME

Come on down to Shenanigans and show us your vocal talents! Best singer of the night will be featured on our monthly Karaoke Hall of Fame placard!

KANIKAPILA

FRI, APR 30 • 6:30PM • SHENANIGANS • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

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

TRIPS, TOURS & OUTINGS

4 WAYS TO REGISTER:

Register at Community Recreation Center

Email: pmrfmwr1@gmail.com

Text: (808)631-9367

Call: (808)335-4346

**Cancellations must be done at least 48 hours prior to receive a refund.*

MARCH

LEARN TO SURF

SAT, MAR 6 • 7:30AM • HANAIEI BAY • \$12 • REGISTRATION REQUIRED • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • AGES 15 AND OLDER WELCOME

Come and learn how to surf like the locals with our very own MWR staff at Hanalei Bay! Seats are extremely limited. Register by March 3, by using one of our 4 ways to register!

2 HR. WHALE WATCH - BLUE DOLPHIN CHARTERS

SAT, MAR 13 • TIME TBA • PORT ALLEN • \$TBA • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • AGES 2 AND OLDER

Share the beauty of Kauai's south shore with some of the world's largest and most peaceful creatures! Registration is required by Friday, March 5, by using one of our 4 ways to register! You won't want to miss out on all of the fun. Sunscreen, sunglasses, camera, hat. Limited seats available.

APRIL

LEARN TO SURF

SAT, APR 3 • 7:30AM • HANAIEI BAY • \$12 • REGISTRATION REQUIRED • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • AGES 15 AND OLDER WELCOME

Come and learn how to surf like the locals with our very own MWR Staff at Hanalei Bay! Seats are limited. Register by using one of our 4 ways to register by March 30.

BIKE PATH

SAT, APR 24 • 8:30AM-3PM • KAPAA • 808-631-9367 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Join us for a 6-8 mile bike ride on Kauai's bike path along the eastern shore. Bring your bikes or rent one from the Community Recreation Center and enjoy the beautiful views as we coast along the path. Register for this fun adventure by using one of our 4 Ways to Register by April 24.

LIBERTY PROGRAM

4 WAYS TO REGISTER:

Register at Community Recreation Center

Email: pmrfmwr1@gmail.com

Text: (808)631-9367

Call: (808)335-4346

**Cancellations must be done at least 48 hours prior to receive a refund.*

MARCH

EZ LOCAL FOOD WORKSHOP

WED, MAR 24 • 5-8PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO ALL ELIGIBLE LIBERTY PATRONS • DROP IN EVENT

Learn how to create some local favorite foods! We will be showcasing the very popular Loco Moco! It's going to be a tasty event, see you there!



SLEEPING GIANT TRAIL HIKE

SUN, MAR 28 • 7:30AM-2:30PM • WAILUA • FREE • 808-631-9367 • OPEN TO ALL ELIGIBLE LIBERTY PATRONS

A hiking we will go, up to the Sleeping Giant. This hike is a moderate hike and is a total of 4 miles, 2 miles each way. "Sleeping Giant Trail" is named so because the shape of the mountain is a giant's profile lying down. The hike to the top takes you across the chest of the Sleeping Giant. This is seen more clearly from the Nounou East Side Trail or ocean side of the mountain. Bring water, dress in layers to protect you from the sun, sun-block, hat, comfortable hiking shoes, and snacks for along the way. Trip is subject to change, weather permitting. Register by March 25, by using one of our 4 Ways to Register.

APRIL

ZIPLINE ADRENALINE

WED, APR 7 • TIME TBA • OUTFITTERS KAUAI KIPU • \$\$TBA • 808-631-9367 • OPEN TO ALL ELIGIBLE LIBERTY PATRONS

Ready for pure adrenaline? This tour skips the baby stuff. Warm up on an 800 foot single line, and then move on to our 1800 foot side-by-side tandem lines. You'll get to cool off by dropping into Bamboo Pool from our WaterZip before you change into your Superman-style harness for our monster 4000 foot FlyLine Zipline. Swimwear, towel, windbreaker, sunscreen, shoes or sports sandals with heel straps, bug spray and camera. Register by using one of our 4 Ways to Register by March 26.

REEF WALK

SAT, APR 10 • TIME TBA • LOCATION TBA • FREE • 808-631-9367 • OPEN TO ALL ELIGIBLE LIBERTY PATRONS

Whether it's exploring or looking for their dinner, reef walking is an activity that local people love doing. People can gather lots from the reef to feed their families! Come along and let us show you! Register by using one of our 4 Ways to Register by April 7.

HAKU LEI MAKING WORKSHOP

FRI, APR 16 • 5:30-8PM • SHENANIGANS • FREE • 808-631-9367 • OPEN TO ALL ELIGIBLE LIBERTY PATRONS

This gorgeous traditional Hawaiian Lei style is hand-made, so each haku will always be unique. It takes a little time to learn, but the end result is worth your hard work! Register by using one of our 4 Ways to register by April 15.

AQUATICS

POOL HOURS OF OPERATION

MONDAY, WEDNESDAY & FRIDAY- Lap Swim: 11AM-1:30PM / 3:30-5:30PM

TUESDAY & THURSDAY- Lap Swim: 11AM-1:30PM

Open Swim: 3:30-5:30PM

SATURDAY, SUNDAY & HOLIDAYS- Open Swim: 11AM-5PM

APRIL

GRAB THE BRICK CHALLENGE

APR 1-30 • MANA SPLASH • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Ever wondered if you got what it takes to become a lifeguard? This month, we challenge you to complete our Brick Challenge, which is one qualification to becoming a lifeguard. You can try the challenge one time per day for the entire month. Your goal is to complete it as fast as you can. The participants with the fastest time in each division will receive a prize.

MOVIE HOUSE

OPEN FRIDAYS, SATURDAYS & SUNDAYS; 7PM

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.

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

SINGLE SAILOR BURGER BURN & OIL SERVICE SEMINAR

SAT, MAR 20 • 11AM - 3PM • FREE • OPEN TO ALL LIBERTY SINGLE SAILORS

Single Sailors, don't miss out on this great opportunity to learn a new skill for FREE! Come on over to the Auto Skills Center where the staff will be grilling up burgers and will introduce you to the art of vehicle oil/filter service and maintenance.

For our event, volunteer service members will get at no charge: A) Engine oil (up to 5 quarts 5w20 or 5w30). B) One oil filter during this hands on training event. All other active duty participants are welcome to experience the seminar and enjoy the festivities.

Deadline for signup: Wednesday, March 17 to volunteer your vehicle.

For further information on this special seminar, please contact Mana Motors Auto Skills Center 335-4439.



BEACH VOLLEYBALL TOURNAMENT

MARCH 5-6 @ SHENANIGANS | TIME TO BE ANNOUNCED

OPEN TO ALL AUTHORIZED PMRF AFFILIATES

\$30 PER TEAM (FEE WAIVED FOR TEAMS OF ALL PMRF ACTIVE DUTY)

REGISTER FEB 1 - 26

PLAY AT ONE OF THE MOST SCENIC BEACH VOLLEYBALL COURTS IN THE WORLD, IN OUR 3-ON-3 BEACH VOLLEYBALL COMPETITION. GRAB YOUR FRIENDS, SUNBLOCK AND JOIN US FOR A FUN WEEKEND.

- TEAMS START IN POOL PLAY, WITH THE TOP 2 TEAMS CONTINUING ONTO THE CHAMPIONSHIPS.
- REGISTER BY CONTACTING THE PMRF FITNESS CENTER AT 335-4379.



GreatLifeHawaii.com



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