

# On Target

MORALE, WELFARE AND RECREATION PMRF | JANUARY - FEBRUARY 2019



# 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 P.M. / 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 7:00 PM

## COMMUNITY RECREATION CENTER

BLDG. 1293 • 335-4195

MONDAY - FRIDAY ..... 8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS ..... 10 AM - 3 PM

## SHENANIGANS, ALL-HANDS CLUB

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 | JANUARY - FEBRUARY 2019

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

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## COVER

The Bright Eye Sea Cave

## INSIDE COVER

Dolphins off the Na Pali Coast

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## PACIFIC MISSILE RANGE FACILITY

**COMMANDING OFFICER** Captain Vincent Johnson

**EXECUTIVE OFFICER** Commander Daniel Kimberly

**MWR DIRECTOR** Don Inman

## MWR PMRF PHONE DIRECTORY

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**WEB** [http:// PMRF.greatlifehawaii.com](http://PMRF.greatlifehawaii.com)

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## MWR MARKETING

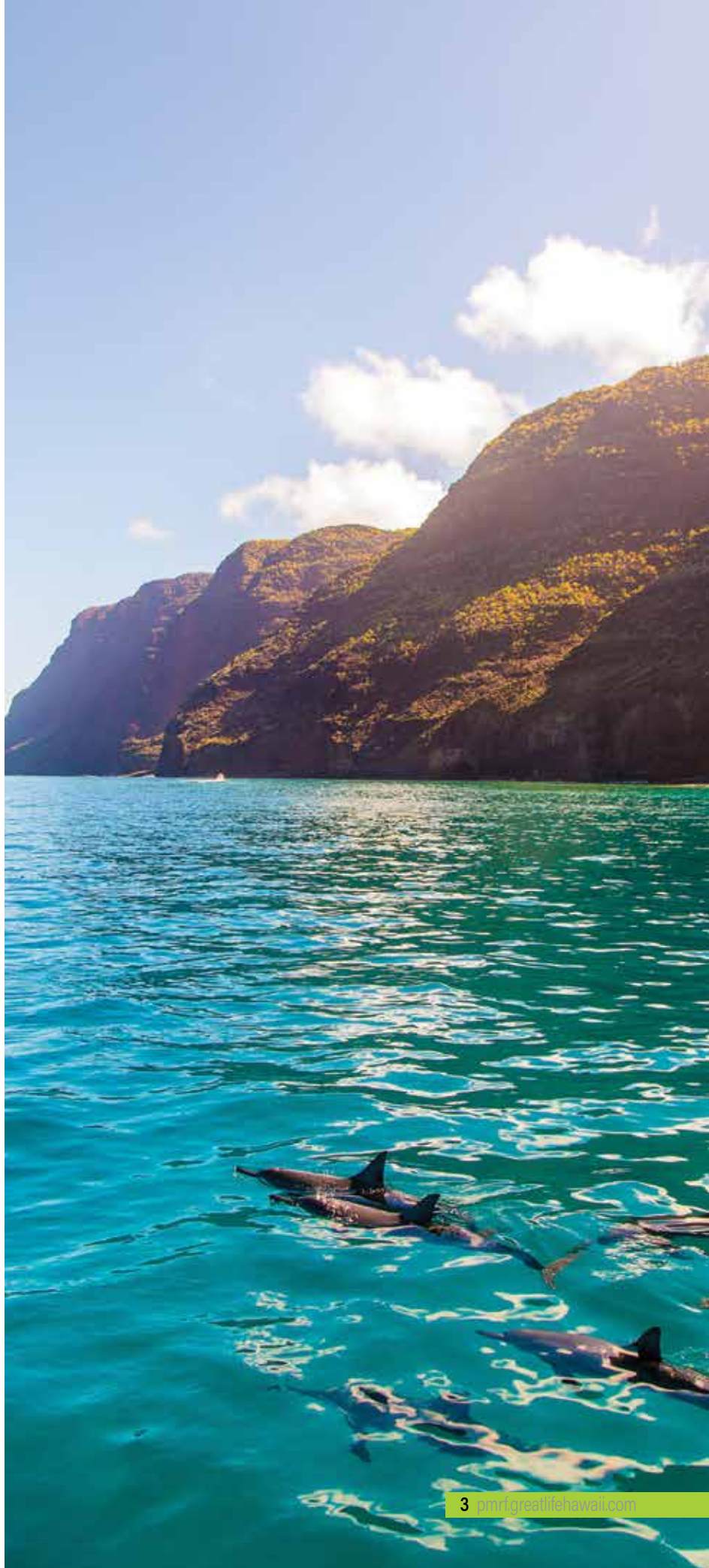
850 Ticonderoga St., Suite 300

Pearl Harbor, HI 96860

E-mail to [cni\\_prlh\\_greatli.fct@navy.mil](mailto:cni_prlh_greatli.fct@navy.mil)

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

### NEW YEAR, NEW YOU!

**Happy 2019!** – Start the new year on the right foot by taking those steps to improving your overall well-being. The PMRF Fitness Team is here to assist you in starting off the year right with small, manageable changes to your lifestyle. Stop by the PMRF Fitness Center and as we provide you with fitness and nutrition tips that will help to jumpstart your new journey into healthy living. Let us help you achieve a NEW YEAR, NEW YOU!

### WORKOUT OF THE MONTH

**JAN 2-31 • FITNESS CENTER • FREE • 335-4379  
OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Stuck in a fitness rut? Let our fitness team help you shake things up and restart your fitness journey. Our MWR Fitness professionals have developed a couple fitness workouts for you to change things up throughout the month. Stop by the Fitness Center and try them out today!

### LET'S GET L.I.T (LEAN IN TWENTY-19)

**JAN 2 - APR 1 • FITNESS CENTER • FREE • 335-4379  
OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Let's get Lean In Twenty-19 (L.I.T). This 12-week weight loss challenge will consist of **three different categories**:

1) Body Fat Percentage lost, 2) Body Measurement difference, and 3) Fitness Challenge participation. Individuals will accumulate points in each category and the individual with the highest total score will be the winner of the Let's Get L.I.T Challenge. Each participant will receive a special event T-shirt. The top male and female finisher will receive a grand prize.

### MWR WALLYBALL LEAGUE

**BEGINS JAN 9 • OUTDOOR TURF 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.

- 4 on 4, 6 player max roster
- **Mandatory team meeting:**  
January 9, 1130 @ the Fitness Center
- Round Robin begins Monday, January 14

### FEBRUARY AMERICAN HEART MONTH

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

### PULL UP CHALLENGE

**FEB 1-28 • FITNESS CENTER • FREE • 335-4379  
OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Every month PMRF Fitness hosts a different fitness challenge in which everyone is encouraged to improve their fitness levels. The purpose is to encourage self-improvement and provide some friendly competition. Each participant may 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 pull-ups as possible.

### LOVE BUG ADVENTURE RACE

**WED, FEB 13 • 5PM • FITNESS CENTER • FREE  
335-4379 • OPEN TO ALL AUTHORIZED  
PMRF PERSONNEL**

Teams of 2 will compete in a fun race designed to challenge you both physically and mentally. Teams will race around the base while completing fitness and puzzle challenges along the way. Deadline to register is Monday, February 11.



### BASKETBALL SKILLS CHALLENGE

**FRI, FEB 22 • 11AM • OUTDOOR BASKETBALL COURTS  
FREE • 335-4379 • OPEN TO ALL AUTHORIZED  
PMRF PERSONNEL**

We are bringing back some of your childhood favorite basketball games. Come out and show off your basketball skills for this competitive, but friendly basketball skills event. Deadline to register is Wednesday, February 20.

#### Categories:

- 1) Knockout
- 2) HORSE
- 3) 21

Prizes will be awarded to the top individual of each category.



**NEW YEAR'S RESOLUTION:**  
**More Shenanigans!**



**MONGOLIAN BBQ**

**FRIDAY, JAN 4 | 5-9PM | 95 CENTS PER OUNCE**

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

Modified menu available: Pizzas and desserts

**PIZZA & PASTA BUFFET**

**FRIDAY, JAN 25 | 5-9PM**

**ADULTS - \$17 | 10-14 YRS - \$12 | 5-9 YRS - \$9**

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

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

**TABLE FOR 2**

**Valentine's Day Dinner Special**

**THURSDAY, FEB 14 | 5PM-9PM | \$75**

*Treat your special someone to good food and great views.*

*Starter*

Creamy Corn Chowder or Caesar Salad

*Entree*

Choose 2 (Served with bacon wrapped asparagus)

Prime Rib & Baked Potato  
with all the fixings

Macadamia Nut Crusted Ono  
with Passion Fruit Butter Sauce and

Herbed Grilled Chicken & Shrimp  
with Rice Pilaf

Rice Pilaf

*Dessert*

Major's Bay Brownie Delight

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

**FEBRUARY SPECIAL**

**PURPLE PEOPLE EATER FLOAT**

**\$4 ALL MONTH LONG**

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!

**RESERVATIONS HIGHLY RECOMMENDED FOR ALL SPECIALTY NIGHTS**

**808-335-4708 (between 8:30AM-4PM, Mon-Fri) | 808-335-4706 (between 4PM-8:30PM daily)**

[pmrf.greatlifehawaii.com](http://pmrf.greatlifehawaii.com)



@pmrfmoralewelfare



@PMRFMWR



## GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITNESS CENTER 1100-1200 – Let's Get Ripped	FITNESS CENTER 0800-0830 – Hardcore	FITNESS CENTER 0930-1100 – CDC Fitness 1100-1200 – Let's Get Ripped 1530-1630 – YC Kids Fitness	FITNESS CENTER 0700-0800 – Swim Training	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.

### **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 CD and Youth Center to attend.



## YOUTH CENTER

### YOUTH CENTER/CDC WILL BE CLOSED ON THE FOLLOWING HOLIDAYS:

- JANUARY 1 - NEW YEARS DAY
- JANUARY 21 - MLK DAY
- FEBRUARY 18 - PRESIDENT'S DAY

### WINTER CAMP CONT.

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! Call the Youth Center for registration details.

### NO SCHOOL DAY

MON, JAN 7 • 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 registration details.



### CHEERLEADING CLASS

MON, JAN 7 • TIME TBD • YOUTH CENTER • INCLUDED IN DAILY FEE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Come on in and join the fun as youth learn about the fundamentals of cheerleading.

### CRAFT CLUB: OJO DE DIOS

WED, JAN 9 • 3:30-4:30PM • YOUTH CENTER • \$4 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Need a little luck to start off the new year? Ojo de Dios are often seen as good luck pieces! Create your own beautiful woven Ojo De Dios by weaving yarn and material. Sign up by January 2.

### COOKING CLUB: GOT MILK?

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

Join us as we discover the nutritious benefits of milk and learn to make sausage gravy with biscuits! Sign up by January 9.

### CULTURAL CLUB

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

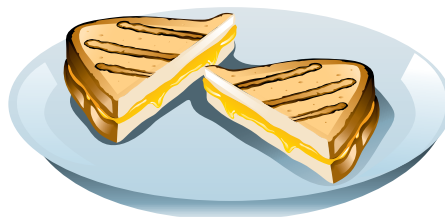
Join our 4H Program as our club explores different cultures' customs and traditions. Sign up January 16.



### STEAM CLUB: MAGIC BALLOONS

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

Can you blow up a balloon with no hands? Hint, it might take a little sugar. Sign up January 23.



### COOKING CLUB: SAY CHEESE

WED, FEB 6 • 3:30-4:30PM • YOUTH CENTER • \$4 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Cheese! Find out what causes cheese to be stinky along with sampling a variety of cheeses and making grilled cheese sandwiches. Sign up by January 30.

### SPRING CAMP REGISTRATION

FEB 11-15 • 8:30AM-5PM • YOUTH CENTER • 335-4419 OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Register your youth to participate in Spring Camp March 18-22. Check your email for registration details or call the Youth Center to be added to the e-mailing list.

### CULTURE CLUB

WED, FEB 13 • 3:30-4:30PM • YOUTH CENTER • \$4 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Join our 4H Program as our club explores different cultures' customs and traditions. Sign up by February 6.

### CRAFT CLUB: TRANSFER PICTURES

WED, FEB 20 • 3:30-4:30PM • YOUTH CENTER • \$4 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Give your art texture by drawing on sandpaper and using an iron to transfer the image on paper or material. Sign up by February 13.

### STEAM CLUB: INVISIBLE INK

WED, FEB 27 • 3:30-4:30PM • YOUTH CENTER • \$4 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Learn to code secret messages to your friends! Sign up by February 20.

### VALENTINE'S DAY PARTY

TBD • 3-5PM • YOUTH CENTER • FREE • 335-4419 OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Look for your invitation in the mail!

## CDC

### JANUARY 2019

#### NATIONAL HAT DAY

FRI, JAN 11 • ALL DAY • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

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

#### INSPIRE YOUR HEART WITH ART

THU, JAN 31 • 9-10AM • CDC

Children will be creating art work in their classrooms.

### FEBRUARY 2019

#### CHINESE LUNAR NEW YEAR

TUE, FEB 5 • 9-10AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

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

#### NATIONAL PRESCHOOL FITNESS DAY

WED, FEB 6 • 10AM • CDC/ PMRF FITNESS CENTER FREE FOR CHILDREN ATTENDING THE PROGRAM

Preschoolers will be visiting the gym for a fitness class.



#### VALENTINE'S DAY FAMILY BREAKFAST

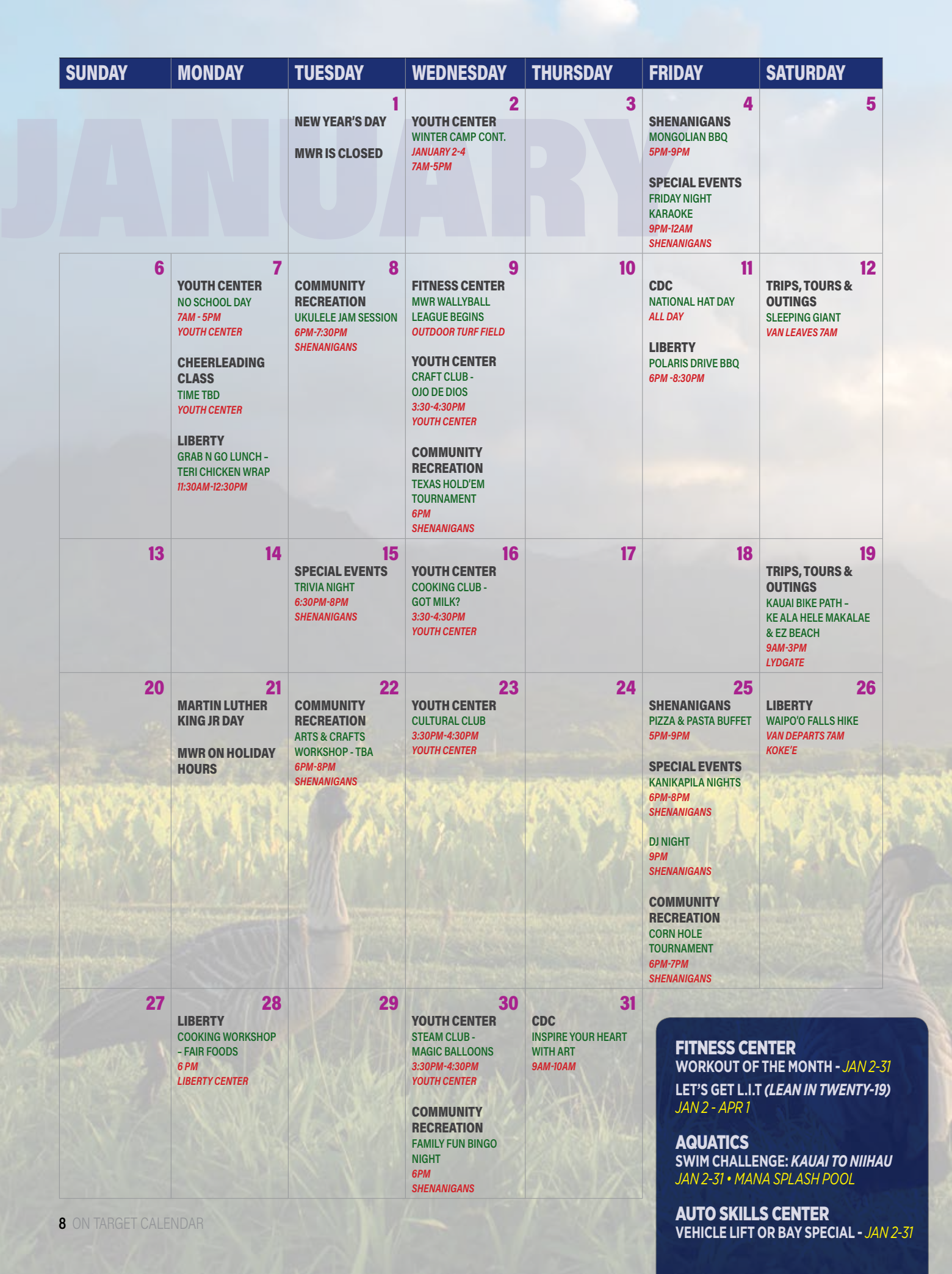
WED, FEB 13 • 8AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM

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

### HOURLY CARE

DAILY • CDC • \$FEE • 335-4453 • OPEN TO ALL ELIGIBLE PMRF CHILDREN 6 WEEKS-OLD THROUGH 5 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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 NEW YEAR'S DAY MWR IS CLOSED	2 YOUTH CENTER WINTER CAMP CONT. JANUARY 2-4 7AM-5PM	3	4 SHENANIGANS MONGOLIAN BBQ 5PM-9PM  SPECIAL EVENTS FRIDAY NIGHT KARAOKE 9PM-12AM SHENANIGANS	5
6 YOUTH CENTER NO SCHOOL DAY 7AM - 5PM YOUTH CENTER  CHEERLEADING CLASS TIME TBD YOUTH CENTER  LIBERTY GRAB N GO LUNCH - TERI CHICKEN WRAP 11:30AM-12:30PM	7 COMMUNITY RECREATION UKULELE JAM SESSION 6PM-7:30PM SHENANIGANS	8 FITNESS CENTER MWR WALLYBALL LEAGUE BEGINS OUTDOOR TURF FIELD  YOUTH CENTER CRAFT CLUB - OJO DE DIOS 3:30-4:30PM YOUTH CENTER  COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT 6PM SHENANIGANS	9	10	11 CDC NATIONAL HAT DAY ALL DAY  LIBERTY POLARIS DRIVE BBQ 6PM - 8:30PM	12 TRIPS, TOURS & OUTINGS SLEEPING GIANT VAN LEAVES 7AM
13	14	15 SPECIAL EVENTS TRIVIA NIGHT 6:30PM-8PM SHENANIGANS	16 YOUTH CENTER COOKING CLUB - GOT MILK? 3:30-4:30PM YOUTH CENTER	17	18	19 TRIPS, TOURS & OUTINGS KAUAI BIKE PATH - KE ALA HELE MAKALAE & EZ BEACH 9AM-3PM LYDGATE
20	21 MARTIN LUTHER KING JR DAY  MWR ON HOLIDAY HOURS	22 COMMUNITY RECREATION ARTS & CRAFTS WORKSHOP - TBA 6PM-8PM SHENANIGANS	23 YOUTH CENTER CULTURAL CLUB 3:30PM-4:30PM YOUTH CENTER	24	25 SHENANIGANS PIZZA & PASTA BUFFET 5PM-9PM  SPECIAL EVENTS KANIKAPILA NIGHTS 6PM-8PM SHENANIGANS  DJ NIGHT 9PM SHENANIGANS  COMMUNITY RECREATION CORN HOLE TOURNAMENT 6PM-7PM SHENANIGANS	26 LIBERTY WAIPO'O FALLS HIKE VAN DEPARTS 7AM KOKE'E
27 LIBERTY COOKING WORKSHOP - FAIR FOODS 6 PM LIBERTY CENTER	28	29	30 YOUTH CENTER STEAM CLUB - MAGIC BALLOONS 3:30PM-4:30PM YOUTH CENTER  COMMUNITY RECREATION FAMILY FUN BINGO NIGHT 6PM SHENANIGANS	31 CDC INSPIRE YOUR HEART WITH ART 9AM-10AM		

**FITNESS CENTER**  
WORKOUT OF THE MONTH - JAN 2-31  
LET'S GET L.I.T (LEAN IN TWENTY-19)  
JAN 2 - APR 1

**AQUATICS**  
SWIM CHALLENGE: KAUAI TO NIIHAU  
JAN 2-31 • MANA SPLASH POOL

**AUTO SKILLS CENTER**  
VEHICLE LIFT OR BAY SPECIAL - JAN 2-31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY					1 <b>SPECIAL EVENTS</b> FRIDAY NIGHT KARAOKE 9PM-12AM SHENANIGANS  <b>COMMUNITY RECREATION</b> LOVE BUG SERENADE - VALENTINES DAY GIFT FEB 1-8	2
3 <b>SPECIAL EVENTS</b> SUPER SHOWDOWN PARTY NOON SHENANIGANS	4 <b>LIBERTY</b> GRAB N GO LUNCH- FRIED CHICKEN & WAFFLES 11:30AM-12:30PM	5 <b>CDC</b> CHINESE LUNAR NEW YEAR 9AM-10 AM  <b>COMMUNITY RECREATION</b> UKULELE JAM SESSION 6PM-7:30PM SHENANIGANS	6 <b>YOUTH CENTER</b> COOKING CLUB- SAY CHEESE 3:30-4:30PM YOUTH CENTER  <b>CDC</b> NATIONAL PRESCHOOL FITNESS DAY 10AM CDC/ PMRF FITNESS CENTER  <b>COMMUNITY RECREATION</b> TEXAS HOLD'EM TOURNAMENT 6PM SHENANIGANS	7	8	9 <b>TRIPS, TOURS &amp; OUTINGS</b> EZ BEACH DAY - KALAPAKI BEACH 9AM-3PM
10	11 <b>YOUTH CTR</b> SPRING CAMP REGISTRATION FEB 11-15 8:30AM-5PM	12 <b>FITNESS CENTER</b> LOVE BUG ADVENTURE RACE 5PM  <b>YOUTH CENTER</b> CULTURE CLUB 3:30PM-4:30PM  <b>CDC</b> VALENTINE'S DAY FAMILY BREAKFAST 8AM	13 <b>SHENANIGANS</b> TABLE FOR 2 VALENTINE'S DAY DINNER SPECIAL 5PM-9PM	14	15 <b>SPECIAL EVENTS</b> VALENTINE'S BASH 9PM SHENANIGANS	16 <b>SPECIAL EVENTS</b> VALENTINES SPA DAY TREAT LOCATION TBA  <b>LIBERTY</b> ATV ADVENTURE VAN DEPARTS NOON KIPU RANCH
17 <b>TRIPS, TOURS &amp; OUTINGS</b> WAIPO'O FALLS HIKE VAN DEPARTS 8AM KOKE'E	18 <b>PRESIDENT'S DAY</b>  <b>CDC &amp; YOUTH CENTER</b> CLOSED  <b>MWR ON HOLIDAY HOURS</b>	19 <b>SPECIAL EVENTS</b> TRIVIA NIGHT 6:30PM-8PM SHENANIGANS	20 <b>YOUTH CENTER</b> CRAFT CLUB- TRANSFER PICTURES 3:30PM-4:30PM	21	22 <b>FITNESS CENTER</b> BASKETBALL SKILLS CHALLENGE 11AM OUTDOOR BASKETBALL COURTS	23
24	25 <b>LIBERTY</b> DINNER WORKSHOP - BREAKFAST SKILLET 6PM	26	27 <b>YOUTH CENTER</b> STEAM CLUB- INVISIBLE INK 3:30PM-4:30PM  <b>COMMUNITY RECREATION</b> COUPLE'S FAMILY FEUD 6PM SHENANIGANS	28	<b>FITNESS CENTER</b> AMERICAN HEART MONTH - FEB 1-28 PULL UP CHALLENGE - FEB 1-28  <b>AUTO SKILLS</b> TIRE ROTATION/BALANCE SPECIAL FEB 1-28	

# *Celebrate Valentine's with MWR!*



## **LOVE BUG SERENADE GIFT**

**REGISTER FEB 1-8 @ COMMUNITY REC CENTER**

**\$25/ACTIVE DUTY, \$35 ALL OTHERS | OPEN TO PMRF AFFILIATED PATRONS**

SINGING VALENTINE WILL BE AVAILABLE ON VALENTINE'S DAY TO SING A LOVE SONG AND A VALENTINE'S BALLOON FOR \$35. LIMITED SPOTS, REGISTER DURING FEB 1-8 OR UNTIL ALL SPOTS ARE FILLED. OTHER VALENTINE BALLOON BOUQUETS AVAILABLE FOR PURCHASE, PLEASE VISIT THE COMMUNITY RECREATION TO ORDER; ADDITIONAL FEE APPLIES.



## **VALENTINE'S BASH**

**FRIDAY, FEB 15 | 9PM @ SHENANIGANS | FREE**

**OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

JOIN MWR AT SHENANIGANS FEATURING DJ JAH BOY. VALENTINE'S COUPLES GAMES, PRIZES, CONTESTS AND MORE!



## **VALENTINE'S SPA DAY TREAT**

**SATURDAY, FEB 16 | LOCATION TO BE ANNOUNCED | OPEN TO PMRF AFFILIATED PATRONS**

**\$90 MASSAGE | \$45 MINI FACIALS**

THIS VALENTINE'S TREAT THE PEOPLE YOU LOVE WITH AN EXPERIENCE THEY WILL REMEMBER. WHILE YOU'RE AT IT, TREAT YOURSELF TOO. ALOHA MOON MASSAGE WILL BE AT PMRF FOR SPA DAY OFFERING 50-MINUTE INDIVIDUAL OR COUPLE'S MASSAGES AND 30-MINUTE MINI FACIALS.

REGISTER AT THE CRC BY FEB 6.



**CALL 335-4380 FOR MORE INFO ON THESE FABULOUS EVENTS.**

**DON'T FORGET, SHENANIGANS DINNER FOR 2 SPECIAL ON FEB. 14.**

**SEE PAGE 5 FOR MORE DETAILS!**



## **SHENANIGANS** **MONGOLIAN BBQ**

**FRI, JAN 4 • 5PM-9PM • 95 CENTS PER OUNCE**

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

**Modified menu:** 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.

## **PIZZA AND PASTA BUFFET**

**FRI, JAN 25 • 5PM-9PM**

**ADULTS - \$17 • 10-14 YRS - \$12 • 5-9 YRS - \$9**

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

**Modified menu available:**

Burgers, selection of appetizers and desserts.

Reservations highly recommended.

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

## **FEBRUARY SPECIAL**

### **PURPLE PEOPLE EATER FLOATS**

**\$4.00 ALL MONTH LONG**

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!



## **TABLE FOR 2**

### **VALENTINE'S DAY DINNER SPECIAL**

**THU, FEB 14 • 5PM-9PM • \$75**

Treat your special someone to good food and great views.

**Starter:**

Creamy Corn Chowder or Caesar Salad

**Entree:**

Choose 2 (served with bacon wrapped asparagus)

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

**Dessert:**

Major's Bay Brownie Delight

**Modified menu:**

Pizzas, salads, selection of appetizers 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.

## **SPECIAL EVENTS**

### **FRIDAY NIGHT KARAOKE**

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

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! No registration required, drop in event.

### **TRIVIA NIGHT**

**TUE, JAN 15 • 6:30PM-8PM • SHENANIGANS • FREE 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

### **KANIKAPILA NIGHTS**

**FRI, JAN 25 • 6PM-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 featuring a friendly corn hole tournament, while overlooking Kauai's breathtaking sunset.

### **DJ NIGHT**

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

Join MWR at Shenanigans after the live music for a night of dancing with MistaDJKauai; DJ Jah Boy.



### **FRIDAY NIGHT KARAOKE**

**FRI, FEB 1 • 9PM-12AM • SHENANIGANS • FREE 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

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! No registration required, drop in event.

### **SUPER SHOWDOWN PARTY**

**SUN, FEB 3 • NOON • SHENANIGANS • FREE 335-4708 OR 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Join MWR for the football party of the year! Free popcorn, great games, tons of prizes and 4 chances to win a "VIP Table"! Must be 18 years and up to participate in the games.

### **VALENTINE'S BASH**

**FRI, FEB 15 • 9PM • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Join MWR at Shenanigans featuring DJ Jah Boy. Valentine's Couples Games, Prizes, Contests and more!

### **VALENTINE'S SPA DAY TREAT**

**SAT, FEB 16 • TBD • \$90 MASSAGE - \$45 MINI FACIALS 335-4380 • OPEN TO PMRF AFFILIATED PATRONS**

This Valentine's treat the people you love with an experience they will remember. While you're at it, treat yourself too. Aloha Moon Massage will be here at PMRF for Spa Day offering 50-minute individual or couple's massages and 30-minute mini facials. Register at the CRC by Feb 6.

### **TRIVIA NIGHT**

**TUE, FEB 19 • 6:30PM-8PM • SHENANIGANS • FREE 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

### **KANIKAPILA NIGHTS**

**DATE TBA • 6PM-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 featuring a friendly corn hole tournament, while overlooking Kauai's breathtaking sunset.

## **COMMUNITY RECREATION**

### **HOURS OF OPERATION ON HOLIDAYS**

**JANUARY 1 - NEW YEARS DAY CLOSED**

**HOLIDAY HOURS:**

**JANUARY 21 - MLK DAY**

**FEBRUARY 18 - PRESIDENTS DAY**

### **UKULELE JAM SESSION**

**TUE, JAN 8 • 6PM-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, JAN 9 • 6PM • SHENANIGANS • FREE • 335-4346 OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS**

By popular demand, this MONTHLY tournament consists of set house rules & prizes. Sign up at Shenanigans or call 335-4346 by January 8. 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 - TBA**

**TUE, JAN 22 • 6-8PM • SHENANIGANS • 335-4380 OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • ACTIVE DUTY & FAMILY MEMBERS \$5 • ALL OTHERS \$10**

Contact the CRC to see what craft we're cooking up. Reserve your spot today! Sign-ups are being held at the Community Recreation Center until January 15.

## CORN HOLE TOURNAMENT

**FRI, JAN 25 • 6PM-7PM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**

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



## FAMILY FUN BINGO NIGHT

**WED, JAN 30 • 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.

## LOVE BUG SERENADE - VALENTINE'S DAY GIFT

**FEB 1-8 • COMMUNITY REC CENTER  
\$25/ACTIVE DUTY, \$35 ALL OTHERS • 335-4380  
OPEN TO PMRF AFFILIATED PATRONS**

Looking for a really special Valentine's gift? Serenade your sweetheart with a "Singing Valentine"! Singing Valentine will be available on Valentine's Day to sing a love song and a Valentine's balloon for \$35. Limited spots, register during Feb 1-8 or until all spots are filled. Other Valentine Balloon bouquets available for purchase, please visit the Community Recreation to order; additional fee applies.



## UKULELE JAM SESSION

**TUE, FEB 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, FEB 6 • 6PM • SHENANIGANS • FREE • 335-4346  
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST  
CARD HOLDERS**

By popular demand, this MONTHLY tournament consists of set house rules & prizes. Sign up at Shenanigans or call 335-4346 by February 5. 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.

## CORN HOLE TOURNAMENT

**TBA • 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.

## COUPLE'S FAMILY FUED

**WED, FEB 27 • 6PM • SHENANIGANS • 335-4380  
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST  
CARD HOLDERS**

Join us as we play one of America's favorite game shows! We are looking for 2 teams of 2 couples totaling 4 people per team. Build your team, come up with a team name and sign up using only your team name at the Community Recreation Center or by calling Shenanigans at 335-4706.

## TRIPS, TOURS AND OUTINGS SLEEPING GIANT

**SAT, JAN 12 • VAN DEPARTS CRC 7AM • FREE  
335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS,  
CONTRACTORS & FAMILIES**

Beginning at the east side of the mountain commonly referred to as "Sleeping Giant" the Nounou Trail climbs to a peak and sheltered picnic area. This vantage offers views of the ocean, Wailua River and Mt. Waialeale. Pack your lunch, water, sunscreen and hiking gear as we head to the Sleeping Giant for a hiking adventure. Transportation provided; van leaves Community Rec Center at 7AM. Sign up at the CRC by Jan 5; limited space.

## KAUAI BIKE PATH - KE ALA HELE MAKALAE & EZ BEACH

**SAT, JAN 19 • 9AM-3PM • LYDGATE • FREE • 335-4380  
OPEN TO ALL MILITARY, DOD CIVILIANS,  
CONTRACTORS & FAMILIES**

Join us for a bike ride and day on the beach with snorkeling and swimming fun! Look for the MWR tents! Register for a two-mile, 30 minute ride in the park or a longer eight-mile, 3 hour ride. Visit the Community Recreation Center for bike rental options or pack and bring your own bike. Any-one under the age of 16 are required to wear a helmet. Don't forget sunscreen and water.

## EZ BEACH DAY - KALAPAKI BEACH

**SAT, FEB 9 • 9AM-3PM • KALAPAKI • FREE • 335-4380  
OPEN TO ALL MILITARY, DOD CIVILIANS,  
CONTACTORS & 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!

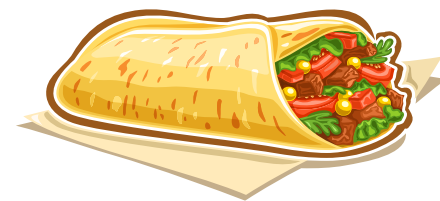
## WAIPO'O FALLS HIKE

**SUN, FEB 17 • VAN DEPARTS CRC 8AM • KOKE'E • \$5  
ALL ACTIVE DUTY • \$10 ALL OTHERS • 335-4380**

Join us for a nice hike up Koke'e. Come and enjoy the views of Waimea Canyon from on top of Waipo'o falls. Bring your lunch to enjoy at the falls and lots of water. Sign up at the Community Recreation Center by Feb 8; limited space.

## LIBERTY PROGRAM

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



## GRAB N GO LUNCH - TERI CHICKEN WRAP

**MON, JAN 7 • 11:30AM-12:30PM • LIBERTY CENTER  
FREE • 335-4346**

January is resolution month. Come to the Liberty Center for a lunch that is flavorful and yet won't mess up your new year resolution. Don't forget to reserve your lunch by emailing liberty.pmrff@yahoo.com, message via Facebook, Instagram or call and leave a voicemail.

## POLARIS DRIVE BBQ

**FRI, JAN 11 • 6PM -8:30PM • LIBERTY CENTER • FREE  
335-4346**

Join MWR at the Liberty Center for an evening of music, games, and BBQ! Come and check us out to learn about our current and future happenings with MWR. This is a good time to share your thoughts and ideas, and help us provide you with leisure skills and outings you all are interested in!

## WAIPO'O FALLS HIKE

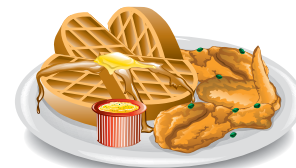
**SAT, JAN 26 • VAN DEPARTS LIBERTY 7AM • KOKE'E  
\$5 • 335-4346**

Join us for a nice hike up Koke'e. Come and enjoy the views of Waimea Canyon from on top of Waipo'o falls. Bring your lunch to enjoy at the falls and lots of water. Sign up at the Community Recreation Center by Jan 14; limited space.

## COOKING WORKSHOP - FAIR FOODS

**MON, JAN 28 • 6PM • LIBERTY CENTER • FREE  
335-4346**

Missing summer time? Come to the Liberty Center to cook up some favorite fair foods like Pronto Pops and funnel cakes. Don't forget to reserve your workshop spot by emailing liberty.pmrff@yahoo.com, message via Facebook, Instagram or call and leave a voicemail.



## GRAB N GO LUNCH - FRIED CHICKEN & WAFFLES

**MON, FEB 4 • 11:30AM-12:30PM • LIBERTY CENTER  
FREE • 335-4346**

Stop by the Liberty Center for fried chicken and waffles. Don't forget to reserve your lunch by emailing liberty.pmrff@yahoo.com, message via Facebook, Instagram or call and leave a voicemail.

## ATV ADVENTURE

**SAT, FEB 16 • VAN DEPARTS LIBERTY CENTER NOON  
KIPU RANCH • FREE • 335-4346**

This is a swimming tour, so be sure to pack your towels and swim gear. Hop into the Huleia River via Indiana Jones rope swing and splash into the tropical spring fed waterfall. Enjoy a delicious deli-style sandwich buffet. Learn about the history of Kipu Ranch, its cattle, abundant wildlife, beautiful views, lush tropical landscape, and various movie locations. Sign up by Feb 2.

## DINNER WORKSHOP - BREAKFAST SKILLET

**MON, FEB 25 • 6PM • LIBERTY CENTER • FREE  
335-4346**

In honor of February's Hot Breakfast Month join us as we guide you as you learn to make a hearty breakfast skillet. Don't forget to reserve your workshop spot by emailing liberty.pmrfl@yahoo.com, message via Facebook, Instagram or call and leave a voicemail.

## MOVIE HOUSE

**OPEN FRIDAYS, SATURDAYS & SUNDAYS; 7:00PM**

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

## WEAR RED FOR VALENTINE'S

**SAT, FEB 16 • 7-8PM • 335-4380**

FREE popcorn for every child that wears RED on this date.

## AQUATICS

### POOL HOURS OF OPERATION

**MONDAY, WEDNESDAY & FRIDAY:**

- **LAP SWIM - 11AM-1:30PM**
- **OPEN SWIM - 3:30PM-5:30PM**

**TUESDAY & THURSDAY:**

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

**SATURDAY, SUNDAY & HOLIDAYS:**

- **OPEN SWIM: 11AM-5PM**

### WINTER POOL HOURS

**(DECEMBER 24 - JANUARY 07)**

**MONDAY, WEDNESDAY & FRIDAY:**

- **LAP SWIM - 11:00AM-1:30PM**
- **OPEN SWIM - 11:30AM-5PM**

**TUESDAY & THURSDAY:**

- **LAP SWIM - 11:00AM-1:30PM**

**SATURDAY, SUNDAY & HOLIDAYS:**

- **OPEN SWIM - 11:00AM-5PM**

## JANUARY

### POOL TIP OF THE MONTH:

#### BACK CRAWL (BACK STROKE) TECHNIQUE

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

## SWIM CHALLENGE: KAUAI TO NIIHAU

**JAN 2-31 • MANA SPLASH POOL • FREE • 335-4379 •  
OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

The Kaulakahi Channel separates the islands of Kauai and Niihau. The distance of this channel is 17 miles. You will have the whole month of January to complete the swim distance of 17 miles (PMRF Swimming Pool = 748 laps). Participants who complete the challenge will receive an awesome prize!

## FEBRUARY

### POOL TIP OF THE MONTH:

#### HEALTHY HEART SWIM INTERVALS

#### INTERVAL TRAINING: PAYOFF IS IMPROVED CARDIOVASCULAR FITNESS.

Swim one lap as fast as you can. Rest for about the same time as it took you to swim the lap. Repeat.

## ITT AT THE COMMUNITY ADVENTURE CENTER

### ON GOING ISLAND EVENTS

#### ALOHA FRIDAY LEI MAKING WORKSHOP

Free lei-making workshops are held every Friday at the West Kaua'i Technology & Visitors Center from 9:30-11AM. 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 & UKULELE CONCERTS

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

#### TAHITIAN DANCE

Urahutia Productions presents free Tahitian dance performances every Monday and Thursday from 4:30-5:15PM at Po'ipu Shopping Village. Performances are held under the banyon tree. FMI call 742-2831.

#### KILAUEA ART NIGHT

##### LAST SATURDAY OF EVERY MONTH

Enjoy the last Saturday of the month in Kilauea town at Kilauea Art Night. Discover locally made pottery, wood work, original fine art, jewelry, organic skincare, handmade soaps, wish trees, apparel, chocolates and more. There is a wide variety of food vendors from around Kauai. Enjoy dinner listening to live music; 3 musical offerings each month on the grounds of the historic stone building. Don't miss the Keiki Fire & Light performance at 7pm on the back lawn! Join us every last Saturday from 4 to 8pm in Kilauea.

#### KEALIA FARM MARKET & TOURS

##### MON & FRI 3PM-7PM

The farmers at Kealia offer their produce and products under a covered lanai at Kealia Farm. Visitors can take a wagon ride to tour the farm and waterfall during the market.



## **COMMUNITY RECREATION CENTER (CRC)**

**LOCATED IN BLDG 1293**

Come in to get out at our one stop shop. We have all the outdoor gear ready for your island needs. Beach chairs, boogie boards, surfboards, snorkel gear, kayaks, camping equipment and more. Have Fun in the Sun, Kauai style. FMI call 335-4195

## **MANA MOTORS AUTO SKILLS**

### **JANUARY:**

Start off the New Year with a Bang! A bang for your buck that is! This month your MWR Auto Skills Center would like to offer you the use of the vehicle lift or bay at "No Charge" when you come in to perform routine maintenance to your vehicle. We think that vehicle maintenance is critical, and a key element to reduced expense in repairs. So if your vehicle is in need of an oil service, coolant service, or tune-up, we would like to offer you the use of our ASC facility at no charge. We also have oil & filters and other automotive fluids in stock for most vehicle applications through our resale department.

### **FEBRUARY:**

Have your vehicle's tires been balanced and rotated lately? It is recommended that vehicles (cars, SUV, trucks) have their tires balanced and rotated every 7,500 miles. Doing so will greatly increase the life expectancy of almost any brand of tire on the market today. MWR Auto Skills Center would like to welcome you to our 4 for 2 special. Come in for the month of February and perform a tire rotation on your vehicle, and we will balance all 4 tires for the price of 2 plus shop usage fees.

All specials apply to Active Duty Personnel and Spouse. MWR ASC is a self-help program.

Please Contact Mana Motors for any maintenance or repair questions you may have. 335-4439



**FREE**

# **SUPER SHOWDOWN PARTY**

**SUNDAY, FEB 3  
NOON @ SHENANIGANS**

**JOIN MWR FOR THE FOOTBALL PARTY OF THE YEAR!**

**FREE POPCORN, GREAT GAMES, TONS OF PRIZES AND 4 CHANCES TO WIN A "VIP TABLE"!**

**OPEN TO PMRF AFFILIATED PATRONS AND MWR GUEST CARD HOLDERS  
MUST BE 18 YEARS AND UP TO PARTICIPATE IN THE GAMES.**

**CALL 335-4708 OR 335-4380 FOR MORE INFO.**

Stay connected!



@pmrfmoralewelfare



@PMRFMWR

