

On Target

MORALE, WELFARE AND RECREATION PMRF | MARCH - APRIL 2018



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. 1225 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

AQUATICS: MANA SPLASH SWIMMING POOL

BLDG. 1302 • 335-4391

MONDAY, WEDNESDAY & FRIDAY:

LAP SWIM11 AM - 1:30 PM

OPEN SWIM1:30 PM - 5 PM

TUESDAY & THURSDAY:

LAP SWIM11 AM - 1:30 PM

SATURDAY, SUNDAY & HOLIDAYS:

OPEN SWIM11 AM - 5 PM

MOVIE HOUSE

BLDG. 1315 • 335-4210

FRIDAY - SUNDAYFIRST MOVIE 7:30 PM

COMMUNITY RECREATION CENTER

BLDG. 1293 • 335-4195

MONDAY - FRIDAY8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

SHENANIGANS, ALL-HANDS CLUB

BLDG. 1308 • 335-4706

TUESDAY - THURSDAY4 PM - 9 PM

FRIDAY4 PM - 1 AM

SATURDAY4 PM - 10 PM

SHENANIGANS - DINING ROOM

BLDG. 1308 • 335-4706

TUESDAY - FRIDAY11 AM - 1 PM

DINNER TUESDAY - SATURDAY5 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



On Target

MORALE, WELFARE AND RECREATION PMRF | MARCH - APRIL 2018

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

COVER

Sea caves along the Na Pali Coast

INSIDE COVER

Kauai Coastal Reef

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

DSN (315) 421-6195

FAX (808) 335-4769

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



MWR MARKETING

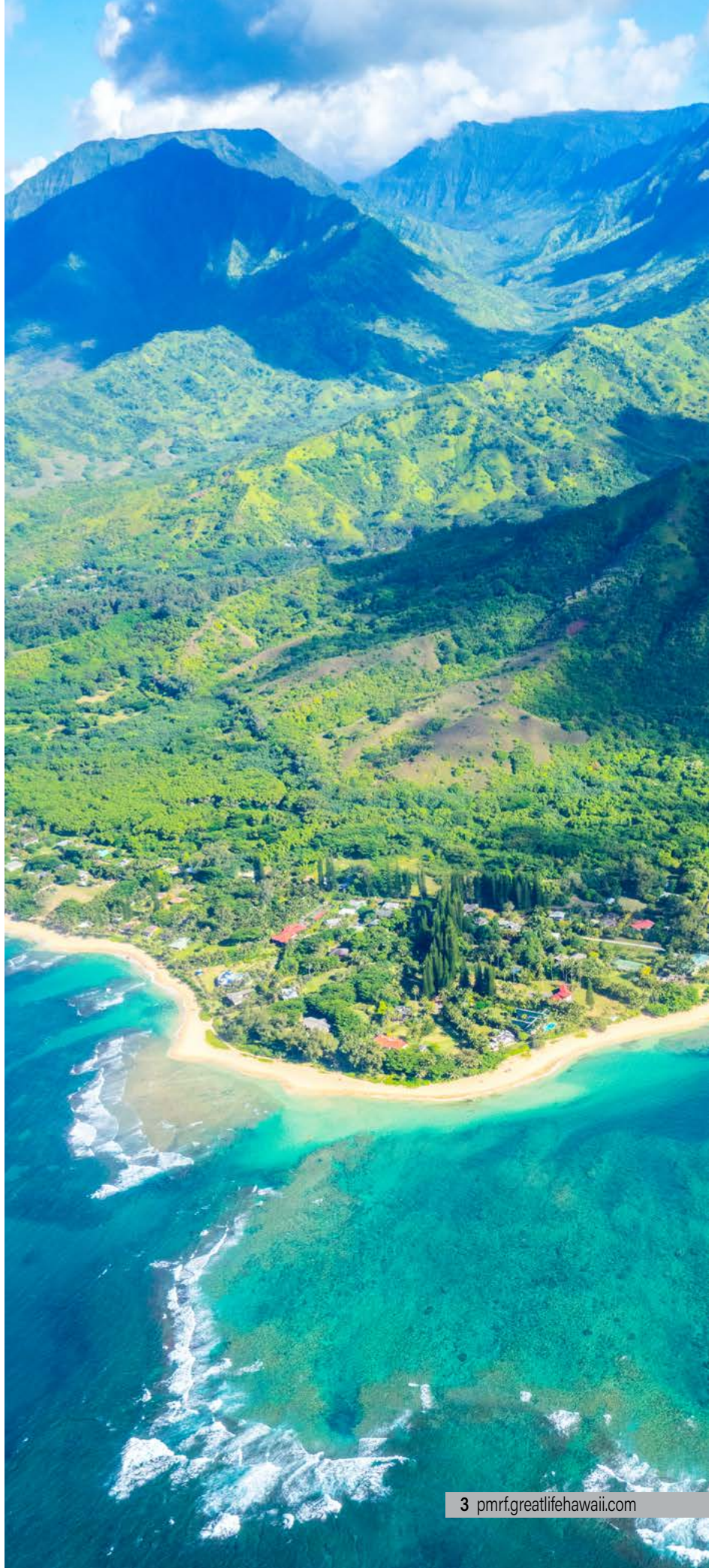
850 Ticonderoga St., Suite 300

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.



FITNESS CENTER

MARCH

NATIONAL NUTRITION MONTH

National Nutrition Month is a campaign that was created to educate communities about the benefits of healthy eating habits as a method to combat chronic illness and obesity. Throughout the month, the PMRF Fitness Team will be providing valuable information that will focus on the importance of making informed food choices and developing sound eating and physical habits.

FITNESS CHALLENGE

**MAR 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. 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 BASKETBALL LEAGUE

**BEGINS MAR 5 • BASKETBALL COURTS • FREE
335-4379 • OPEN TO ALL AUTHORIZED
PMRF PERSONNEL**

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

- 5 on 5, 10 player max
- Mandatory team captain's meeting:
Wednesday, February 28, 11:30am
@ the Fitness Center
- Round Robin begins Monday, March 5

FAMILY SPORTS DAY

**FRI, MAR 23 • 11AM-1PM • SOFTBALL FIELD
FREE • 335-4379 • OPEN TO ALL AUTHORIZED
PMRF PERSONNEL**

Come out and join us for some fun in the sun. There will be a lot of fun sports and recreational activities for the whole family to participate in. All you need to bring is some sun protection and a snack/beverage.

5K BUNNY HOP

**FRI, MAR 30 • 5PM • SOFTBALL FIELD • FREE
335-4379 • OPEN TO ALL AUTHORIZED
PMRF PERSONNEL**

Join us for a fun run/walk (no hopping required) through an all-terrain course. Deadline to register is Wednesday, March 28

APRIL

ALCOHOL AWARENESS MONTH

Excessive drinking of alcohol increases an individual's risk of injuries, violence, drowning, liver disease, and some types of cancer. Through the month, join the PMRF Fitness team in raising awareness about alcohol abuse and how to take action to prevent it. Stop by the Fitness Center for more information.

INSTAGRAM

HEALTHY EATS KAUAI CHALLENGE

**APR 1-30 • FITNESS CENTER • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Kauai offers a wide range of healthy sources of energy and fuel for your body. What better way to explore the nutritional value of Kauai by participating in MWR's Instagram Healthy Eats Kauai Challenge. Each week, participants will be challenged to explore different vendors across the island in order to discover healthy food and beverage options.

- Participant will search for a Kauai vendor of their choice to complete the challenge.
- Participant will document completion of each challenge, along with a brief description of the nutritional value of their dish, onto Instagram
- Instagram upload must tag @pmrffitness
- Participants who complete all challenge tasks will receive a prize

CLIMBING CHALLENGE

(VERSACLIMBER/GAUNTLET)

**APR 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: Climb the Washington Monument (555 feet) as fast as possible on the Versaclimber and/or climb 110 floors as fast as possible on the Gauntlet.

COMMAND FITNESS LEADER COURSE

**APR 9-13 • 7:30AM-4PM • FITNESS CENTER
FREE • 335-4379 • OPEN TO ACTIVE
DUTY MILITARY**

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



PMRF MINI SPRINT TRIATHLON

**SAT, APR 21 • 8AM • MANA SPLASH • 335-4379
OPEN TO THE GENERAL PUBLIC**

A sprint triathlon is a short distance triathlon, ideal for those competitors who are new to the sport. Participants must be able to complete course requirements to participate (see below for details). Spaces are limited so sign up today!

Youth Category:

- Ages 7-9 years (limit 15 participants)
 - 120 yard swim, 3 mile bike, 1 mile run
- Ages 10-13 years (limit 15 participants)
 - 200 yard swim, 3 mile bike, 1 mile run

Teen Category:

- Ages 14-17 years (limit 15 participants)
 - 280 yard swim, 3 mile bike, 1 mile run

Adult Category:

- 18+ years (limit 15 participants)
 - 360 yard swim, 3 mile bike, 1 mile run

Family Fun Category:

- Team (limit 10 teams)
 - 80 yard swim, 3 mile bike, 1 mile run
 - Team must consist of at least 1 adult & 1 child





MWR'S AMAZING **RACE**

**APRIL 9-27 | 6:15PM | FREE
PMRF MWR FACILITIES**

OPEN TO PMRF AFFILIATED PATRONS

In honor of Month of the Military Child, we invite all families or teams of four to participate in MWR's Amazing Race.

The race will have fitness, volunteering, participation, selfies and fun challenges at each MWR facility.

Complete each challenge to receive the next challenge.

First team to finish all challenges by April 27 will claim the winning prize of a \$250 MWR gift certificate good towards dining at Shenanigans or towards gear rental, trips and tours, merchandise purchase or beach cottages at the Community Recreation Center.

Teams must consist of at least one adult and one youth.

Call 335-4380 for more info • pmrf.greatlifehawaii.com

Stay connected!



@pmrfmoralewelfare



@PMRFMWR



GROUP EXERCISE SCHEDULE

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

***SCHEDULE IS SUBJECT TO CHANGE**

HardCore

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

Let's Get Ripped

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

NOFFS Training

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

TRX Training

A total body workout that uses one's own bodyweight to improve overall fitness. Through suspension training, participants will develop strength and endurance and improve body function.

Swim Training

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

Regeneration

Regenerate your muscles from the stresses of training and everyday life. Through the use of foam rollers, trigger point balls, and a flexibility routine, the movements of this session will focus on soft tissue release and help the body restore its balance.

YC Kid Fit/CDC Fitness

A youth fitness class that incorporates having fun and being active. Must be enrolled at PMRF MWR CDC and Youth Center to attend.



AQUATICS

POOL HOURS OF OPERATION
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

MARCH

POOL CHALLENGE OF THE MONTH: Bucking Bronco

Every Sunday tap your inner cowboy /cowgirl. Enjoy our new "Bucking Bronco" pool toy.

APRIL

DIVE IN MOVIE

FRI, APR 27 • 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 gates open at 7pm, Movie begins at 7:30pm.

YOUTH CENTER

COOKING CLUB - FRUIT PANCAKES

WED, MAR 7 • 3:15-4:45PM • YOUTH CENTER
FREE FOR MILITARY CHILDREN • 335-4419 • OPEN
TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Learn how to make this fun, tasty and healthy breakfast. Sign up by Feb 23.

CRAFT CLUB - TISSUE PAPER ART

WED, MAR 14 • 3:15-4:45PM • YOUTH CENTER
FREE FOR MILITARY CHILDREN • 335-4419 • OPEN
TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Come and join us to create an art piece inspired by Eric Carle's art. Sign up by March 2.

SPRING CAMP

MAR 19 -23 • 7AM-5PM • YOUTH CENTER
WEEKLY FEE • 335-4419 • OPEN TO ALL ELIGIBLE
PMRF CHILDREN AGES 5-12

Join us for Spring Camp where the fun includes crafts, STEAM, indoor and outdoor activities, or simply having fun in the sun on our spectacular field trips. Call the Youth Center/ CDC for complete registration details.

STEAM CLUB - MARSHMALLOWS CATAPULT

WED, MAR 28 • 3:30-4:30PM • YOUTH CENTER
FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF
CHILDREN AGES 5-18

Come and build some scientific skills building a sticky catapult. Sign up by March 16.

MWR EASTER EGGSTRAVAGANZA

FRI, MAR 30 • BALL FIELD • 4-6PM • FREE
335-4380 • OPEN TO PMRF AFFILIATED
PATRONS ONLY

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, towel for the water slide, running shoes for the Fitness Center's Bunny run, and to stop by Shenanigans for the Pizza Buffet!

PURPLE UP -

BRACELETS FOR OUR MILITARY FRIENDS

TUE, APR 3 • 3:30-4:30PM • YOUTH CENTER
FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF
CHILDREN AGES 5-18

Join us to make purple bracelets, and celebrate the Month of the Military Child.

COOKING CLUB - DEVILS EGGS

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

Join us and learn how to make delicious eggs.

CRAFT CLUB - KEYCHAIN BEADS

WED, APR 11 • 3:15-4:45PM • YOUTH CENTER
FREE FOR MILITARY CHILDREN • 335-4419 • OPEN
TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Come and learn how to make crafty and cute keychains.

ICE CREAM SOCIAL

WED, APR 18 • 3:30-4:30PM • YOUTH CENTER
FREE FOR MILITARY CHILDREN • 335-4419 • OPEN
TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18

Come join us for ice cream, socialize with peers or make new friends. Sign up by April 6.

STEAM CLUB - SENSE OF BALANCE

WED, APR 25 • 3:30-4:30PM • YOUTH CENTER
FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF
CHILDREN AGES 5-18

Explore your sense of balancing with this amazing experiment. Sign up by April 18.

BUTTERFLY DAY

MON, MAR 19 • 9AM • CDC • FREE FOR CHILDREN
ATTENDING THE PROGRAM

It is the beginning of spring and the butterflies are coming out. The children will be walking on the trail looking for butterflies. Then they will make art work in their classrooms.

MWR EASTER EGGSTRAVAGANZA

FRI, MAR 30 • BALL FIELD • 4-6PM • FREE
335-4380 • OPEN TO PMRF AFFILIATED
PATRONS ONLY

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, towel for the water slide, running shoes for the Fitness Center's Bunny run, and to stop by Shenanigans for the Pizza Buffet!

PINWHEEL DISPLAY AT THE YOUTH CENTER MARQUEE

TUE, APR 3 • 10AM • FREE FOR CHILDREN
ATTENDING THE PROGRAM

CDC children will display pinwheels around the marquee to celebrate this special month.

CHILDREN'S BOOK DAY

WED, APR 11 • 9AM • CDC • FREE FOR CHILDREN
ATTENDING THE PROGRAM

Children are encouraged to bring their favorite book from home to be read at school.

EGG'S DAY

TUE, APR 17 • 9AM • CDC • FREE FOR CHILDREN
ATTENDING THE PROGRAM

The children will be making art with eggs shapes, and cooking projects in their classrooms.

EARTH DAY

MON, APR 23 • 9AM • CDC • FREE FOR CHILDREN
ATTENDING THE PROGRAM

Preschool children will be walking to the beach and picking up trash. Toddlers will be making art projects using recycle materials.

RED, WHITE, AND BLUE PARADE

WED, APR 25 • 10AM • CDC • FREE FOR CHILDREN
ATTENDING THE PROGRAM

Children will be wearing red, white, and blue, and marching in a parade to celebrate the military child.

HOURLY CARE

DAILY • CDC • \$FEE • OPEN TO ALL ELIGIBLE
PMRF CHILDREN 6 WEEKS 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.

APRIL IS THE MONTH OF THE MILITARY CHILD

**COME & JOIN US TO THANK
OUR MILITARY CHILDREN.**

This awareness month was established to underscore the important role children play in the Armed Forces community.

CDC

DR. SEUSS BIRTHDAY

FRI, MAR 2 • 3:30PM • CDC • FREE FOR CHILDREN
ATTENDING THE PROGRAM

Let's Celebrate Dr. Seuss Birthday by reading about the Cat in the Hat, the people of Woodville, and Don't forget about Horton the Elephant.

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS CHALLENGE MARCH 1-31 FITNESS CENTER SHENANIGANS DINNER SPECIAL: COLOSSAL TOWER OF ONION RINGS AND DIPPING SAUCES MARCH 1-31 AQUATICS POOL CHALLENGE OF THE MONTH: BUCKING BRONCO EVERY SUNDAY IN MARCH MANA SPLASH				1 COMMUNITY RECREATION FIND THE LEPRECHAUN 1ST CLUE FACEBOOK @ PMRFMORALEWELFARE	2 CDC DR. SEUSS BIRTHDAY 3:30PM SHENANIGANS MONGOLIAN BBQ 5PM SPECIAL EVENTS FRIDAY NIGHT KARAOKE - BEST OF 80'S 9PM-12AM SHENANIGANS	3
4	5 FITNESS CENTER MWR BASKETBALL LEAGUE BASKETBALL COURTS	6 COMMUNITY RECREATION UKULELE JAM SESSION 6-7:30PM SHENANIGANS	7 YOUTH CENTER COOKING CLUB - FRUIT PANCAKES 3:15-4:45PM COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT 6PM SHENANIGANS	8 SPECIAL EVENTS TRUCKSTOP THURSDAYS VAN DEPARTS CRC 4:30PM	9 LIBERTY GRAB N GO LUNCH - BENTO 11:30-12:30PM LIBERTY CENTER	10 TRIPS, TOURS & OUTINGS EZ BEACH DAY & BBQ 9AM-3:30PM KALAPAKI BEACH
11	12	13 LIBERTY DINNER WORKSHOP - FRIED RICE 6PM LIBERTY CENTER	14 YOUTH CENTER CRAFT CLUB - TISSUE PAPER ART 3:15-4:45PM	15	16 TRIPS, TOURS & OUTINGS BLUE DOLPHIN WHALE WATCHING VAN DEPARTS CRC 3:30PM	17 SHENANIGANS ST. PATRICK'S DAY DINNER PLATE SPECIAL 5PM SPECIAL EVENTS ST. PATRICK'S GREEN PARTY 9PM-12:30AM SHENANIGANS
18	19 YOUTH CENTER SPRING CAMP MARCH 19 -23 7AM-5PM CDC BUTTERFLY DAY 9AM	20 SPECIAL EVENTS TRIVIA NIGHTS 6-7:30PM SHENANIGANS	21 COMMUNITY RECREATION BLACK JACK TOURNAMENT 6PM SHENANIGANS	22 SPECIAL EVENTS KANIKAPILA THURSDAYS 6-8PM SHENANIGANS	23 FITNESS CTR FAMILY SPORTS DAY 11AM-1PM SOFTBALL FIELD LIBERTY BUILD YOUR OWN LUNCH - SANDWICH BAR 11:30AM-12:30PM LIBERTY CENTER MOVIE HOUSE FREE POPCORN	24 LIBERTY LEARN TO SURF 7:30AM HANA LEI
25	26	27 COMMUNITY RECREATION HAKU LEI MAKING WORKSHOP 5-7PM SHENANIGANS	28 YOUTH CENTER STEAM CLUB - MARSHMALLOWS CATAPULT 3:30-4:30PM LIBERTY GRAB N GO DINNER & DESSERT 6-8PM LIBERTY CENTER	29 LIBERTY WAIMEA MOVIE NIGHT 6PM	30 FITNESS CENTER 5K BUNNY HOP 5PM SOFTBALL FIELD SPECIAL EVENTS MWR EASTER EGGSTRAVAGANZA 4-6PM BALL FIELD SHENANIGANS PIZZA & PASTA BUFFET 5PM	31 LIBERTY PRINCEVILLE RANCH ADVENTURES - ZIP EXPRESS 8 AM

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 MOVIE HOUSE \$1 CONCESSION SUNDAY	2	3 YOUTH CENTER PURPLE UP - BRACELETS FOR OUR MILITARY FRIENDS 3:30-4:30PM CDC PINWHEEL DISPLAY 10AM YOUTH CENTER MARQUEE COMMUNITY RECREATION UKULELE JAM SESSION 6-7:30PM SHENANIGANS	4 YOUTH CENTER COOKING CLUB - DEVILS EGGS 3:30-4:30PM COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT 6PM SHENANIGANS	5 SPECIAL EVENTS TRUCKSTOP THURSDAYS VAN DEPARTS CRC 4:30PM	6 SPECIAL EVENTS FRIDAY NIGHT KARAOKE - COUNTRY JAM 9PM-MIDNIGHT SHENANIGANS LIBERTY GRAB N GO LUNCH - BENTO 11:30AM-12:30PM LIBERTY CENTER	7 TRIPS, TOURS & OUTINGS EZ BEACH DAY & BBQ 9AM-3:30PM KALAPAKI BEACH
8 MOVIE HOUSE \$1 CONCESSION SUNDAY	9 FITNESS CENTER COMMAND FITNESS LEADER COURSE APRIL 09-13 7:30AM-4PM COMMUNITY RECREATION MWR'S AMAZING RACE STARTS TODAY 6:15PM PMRF MWR FACILITIES	10 LIBERTY DINNER WORKSHOP - STIR FRY 6PM LIBERTY CENTER	11 YOUTH CENTER CRAFT CLUB - KEYCHAIN BEADS 3:15-4:45PM CDC CHILDREN'S BOOK DAY	12	13 SHENANIGANS PRIME RIB BUFFET 5-9PM	14 TRIPS, TOURS & OUTINGS SILVERFALLS HORSEBACK RIDE VAN DEPARTS CRC 8AM
15 MOVIE HOUSE \$1 CONCESSION SUNDAY	16	17 CDC EGG'S DAY 9AM SPECIAL EVENTS TRIVIA NIGHTS 6-7:30PM SHENANIGANS	18 YOUTH CENTER ICE CREAM SOCIAL 3:30-4:30PM COMMUNITY RECREATION SPOONS CARD GAME TOURNAMENT 6PM SHENANIGANS	19 SPECIAL EVENTS KANIKAPILA THURSDAYS 6-8PM SHENANIGANS	20 SPECIAL EVENTS BEER TASTING 5:30-7:30PM SHENANIGANS LIBERTY BUILD YOUR OWN LUNCH - POKE BOWL 11:30AM-12:30PM LIBERTY CENTER	21 FITNESS CENTER PMRF MINI SPRINT TRIATHLON 8AM MANA SPLASH TRIPS, TOURS & OUTINGS LEARN TO SURF 10:00AM & 12:30PM HANA'LEI
22 MOVIE HOUSE \$1 CONCESSION SUNDAY	23 CDC EARTH DAY 9AM	24	25 YOUTH CENTER STEAM CLUB - SENSE OF BALANCE 3:30-4:30PM CDC RED, WHITE & BLUE PARADE 10AM LIBERTY GRAB N GO DINNER & DESSERT 6-8PM LIBERTY CENTER	26 LIBERTY MOVIE TRIP 6PM	27 MANA SPLASH DIVE IN MOVIE 7PM, MOVIE TBA SPECIAL EVENTS LADIES NIGHT 9PM-12:30AM SHENANIGANS	28 LIBERTY ESCAPE ROOM TIME TBA
29 MOVIE HOUSE \$1 CONCESSION SUNDAY	30	FITNESS CENTER INSTAGRAM HEALTHY EATS KAUAI CHALLENGE CLIMBING CHALLENGE (VERSACLIMBER/GAUNTLET)		SHENANIGANS WILD WINGS HAPPY HOUR 5-6PM APRIL 1-30 PURPLE PEOPLE EATER FLOAT SPECIAL 5-9PM APRIL 1-30		

SHENANIGANS

March & April Specials



COLOSSAL TOWER OF ONION RINGS & DIPPING SAUCES

\$5 ALL MARCH LONG

7" tower of crispy golden rings.

Choice of 4 sauces:

Ranch, Copycat Blooming Sauce, Honey Mustard & Ketchup

MONGOLIAN BBQ

Fri, Mar 2 | 5 - 9PM

\$0.95 PER OUNCE

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

ST. PATRICK'S DAY DINNER PLATE SPECIAL

Sat, Mar 17 | 5-9PM

\$12.50

Enjoy a New England Boiled Dinner Slices of Fresh Corned Beef, Cabbage, Potato & Carrots with Savory Sauce Steamed Rice

Also available separately:

"Irish Beers" & Green Beer

PIZZA & PASTA BUFFET

Fri, Mar 30 | 5 - 9PM

Adults: \$17 | 10-14 yrs: \$12

5-9 yrs: \$9

It's 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.



WILD WINGS HAPPY HOUR

AVAILABLE ALL APRIL LONG

5-6PM ONLY | \$0.85 wings!

Choice of:

Buffalo hot wings or Sweet hot wings | Ranch or Bleu Cheese Dressing

PURPLE PEOPLE EATER FLOATS

\$3.50 ALL APRIL 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!

PRIME RIB BUFFET

Fri, Apr 13 | 5-9PM

Adults: \$35 | 10-14 yrs: \$23 | 5-9 yrs: \$14

MENU:

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

Modified menu available: Pizzas and desserts

RESERVATIONS HIGHLY RECOMMENDED

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

808-335-4706 (between 4PM-8:30PM daily)

pmrf.greatlifehawaii.com

SHENANIGANS

MARCH 2018

ENTIRE MONTH OF MARCH

**COLOSSAL TOWER OF ONION RINGS AND
DIPPING SAUCES \$5**

7" tower of crispy golden rings.

Choose any of the 4 sauces or all upon request:

Ranch, Copycat Blooming Sauce (Outback),

Honey Mustard & Ketchup

MONGOLIAN BBQ

FRI, MAR 2 • 5 - 9PM • \$0.95 PER OUNCE

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

Modified menu available: Pizzas and desserts

Reservations highly recommended.

For reservations please call 808-335-4706 between

4pm-9pm or 808-335-4708 between 8:30am-4pm



ST. PATRICK'S DAY DINNER PLATE SPECIAL

SAT, MAR 17 • 5-9PM • \$12.50

Enjoy a New England Boiled Dinner

Slices of Fresh Corned Beef, Cabbage, Potato & Carrots with Savory Sauce, and Steamed Rice

Also available separately: "Irish Beers" & Green Beer

PIZZA AND PASTA BUFFET

FRI, MAR 30 • 5 - 9PM

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

It's 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: Pizzas and desserts

Reservations highly recommended.

For reservations please call 808-335-4706 between

4pm-9pm or 808-335-4708 between 8:30am-4pm

APRIL 2018

ENTIRE MONTH OF APRIL

WILD WINGS HAPPY HOUR

5-6PM ONLY • \$0.85 WINGS!

Choice of: Buffalo hot wings or Sweet hot wings

Ranch or Bleu Cheese Dressing

PURPLE PEOPLE EATER FLOATS

\$3.50

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!

PRIME RIB BUFFET

FRI, APRIL 13 • 5-9PM

ADULTS: \$35 • 10-14 YRS: \$23 • 5-9 YRS: \$14

MENU:

Prime Rib with all the fixings | Teriyaki Chicken

Seafood Pasta | Seasoned Vegetables

Steamed Rice | Salad Bar & Dinner Rolls

Soup of the day

Modified menu available: Pizzas and desserts

For reservations please call 808-335-4706 between

4pm-9pm or 808-335-4708 between 8:30am-4pm

SPECIAL EVENTS



FRIDAY NIGHT KARAOKE - BEST OF 80'S

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

Show off your vocal skills by entering the Best of 80's 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.

TRUCKSTOP THURSDAYS

**THU, MAR 8 • SHENANIGANS • VAN DEPARTS
4:30PM • ACTIVE DUTY & FAMILY MEMBERS
FREE, ALL OTHERS \$5 • 335-4380 • OPEN TO
PMRF AFFILIATED PATRONS ONLY**

Join us for a road trip to Kauai Beer Company for specialty craft beers and a taste of local food trucks. Meet at the Community Recreation Center or arrange pick up in town! Van departs at 4:30pm, limited seats, bring dinner \$\$\$. Sign up at the CRC by Monday, March 5.

ST PATRICKS GREEN PARTY

**SAT, MAR 17 • SHENANIGANS • 9PM-12:30AM
FREE • 335-4380 • OPEN TO PMRF AFFILIATED
PATRONS & MWR GUEST CARD HOLDERS**

Join us for a GREEN party featuring DJ Jah boy and Shenanigans Irish and Green Beers! Wear your best green outfit for all access pass to FREE pupus and the Green Party Costume Contest. Games for gold will be provided.

TRIVIA NIGHTS

**TUE, MAR 20 • SHENANIGANS • 6-7:30PM
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 THURSDAYS

**THU, MAR 22 • SHENANIGANS • 6-8PM • FREE
335-4380 • OPEN TO PMRF AFFILIATED
PATRONS & MWR GUEST CARD HOLDERS**

Join us for "Kanikapila Thursdays" as we feature two hours of great live music and Shenanigans 85 cent Wild Wings, while overlooking Kauai's breathtaking sunset.



MWR EASTER EGGSTRAVAGANZA

**FRI, MAR 30 • BALL FIELD • 4-6PM • FREE
335-4380 • OPEN TO PMRF AFFILIATED
PATRONS ONLY**

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, towel for the water slide, running shoes for the Fitness Center's Bunny run, and to stop by Shenanigans for the Pizza Buffet!

TRUCKSTOP THURSDAYS

**THU, APR 5 • SHENANIGANS • 4:30PM
ACTIVE DUTY & FAMILY MEMBERS FREE,
ALL OTHERS \$5 • 335-4380 • OPEN TO PMRF
AFFILIATED PATRONS ONLY**

Join us for a road trip to Kauai Beer Company for specialty craft beers and a taste of local food trucks. Meet at the Community Recreation Center or arrange pick up in town! Van departs at 4:30pm, limited seats, bring dinner \$\$\$. Sign up at the CRC by Monday, April 2.

FRIDAY NIGHT KARAOKE - COUNTRY JAM

**FRI, APR 6 • SHENANIGANS • 9PM-MIDNIGHT
FREE • 335-4380 • OPEN TO PMRF AFFILIATED
PATRONS & MWR GUEST CARD HOLDERS**

Show off your vocal skills by entering the Country Jam 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, APR 17 • SHENANIGANS • 6-7:30PM
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 THURSDAYS

**THU, APR 19 • SHENANIGANS • 6-8PM • FREE
335-4380 • OPEN TO PMRF AFFILIATED
PATRONS & MWR GUEST CARD HOLDERS**

Join us for "Kanikapila Thursdays" as we feature two hours of great live music and Shenanigans 85 cent Wild Wings, while overlooking Kauai's breathtaking sunset.

BEER TASTING

**FRI, APR 20 • SHENANIGANS • 5:30-7:30PM
ACTIVE DUTY & FAMILY MEMBERS \$20,
ALL OTHERS \$30 • 335-4380 • OPEN TO PMRF
AFFILIATED PATRONS & MWR GUEST
CARD HOLDERS, 21 YRS AND OLDER**

Get ready to take on the light to dark beer challenge in this craft beer tasting event hosted by Kauai Beer Company and learn about the styles, flavors, brewing processes, and more. Fee includes beer, food pairings and raffle tickets to beer swag. Sign up at the Community Recreation Center by Thursday, April 12, limited seats.

LADIES NIGHT

**FRI, APR 27 • SHENANIGANS • 9PM-12:30AM
FREE • 335-4380 • OPEN TO PMRF AFFILIATED
PATRONS & MWR GUEST CARD HOLDERS**

Join us for a Ladies dance party; drink specials, dance games and FREE pupus. Featuring DJ Jah boy spinning all your dance tracks from yesterday to today!

COMMUNITY RECREATION

FIND THE LEPRECHAUN

**MAR 1-29 • FREE • 335-4380 • OPEN TO MILITARY
& FAMILY MEMBERS & DOD CIVILIANS**

Leprechauns are known to love GOLD, find him and turn him in for the golden prize worth \$300. MWR will reveal clues that will lead you to him on Facebook @pmrfmoralewelfare starting on March 1. Clues will be posted every Tuesday and Thursday.



UKULELE JAM SESSION

**TUE, MAR 6 • SHENANIGANS • 6-7:30PM • 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, MAR 7 • SHENANIGANS • 6PM • 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 March 6. 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.

BLACK JACK TOURNAMENT

**WED, MAR 21 • SHENANIGANS • 6PM • 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 March 20. Claim your seat at the tournament by 6PM; unclaimed spots will be filled on a first come, first served basis.

NEW EVENT

HAKU LEI MAKING WORKSHOP

**TUE, MAR 27 • SHENANIGANS • 5-7PM • ACTIVE
DUTY & FAMILY MEMBERS \$15, ALL OTHERS \$25
335-4380 • OPEN TO PMRF AFFILIATED PATRONS
& MWR GUEST CARD HOLDERS**

MWR presents Hawaiian Art: Haku 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 March 19, limited seats available. Minimum age 10 years

UKULELE JAM SESSION

**TUE, APR 3 • SHENANIGANS • 6-7:30PM • 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, APR 4 • SHENANIGANS • 6PM • 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 April 3. Claim your seat at the tournament by 6PM; unclaimed spots will be filled on a first come, first served basis. No one is permitted to join once the tournament has begun.

MWR'S AMAZING RACE

**APR 9-27 • PMRF MWR FACILITIES
6:15PM • FREE • 335-4380 • OPEN TO PMRF
AFFILIATED PATRONS**

In honor of the Month of the Military Child, we invite all families or teams of four consisting of at least one adult and one youth to participate in MWR's Amazing Race. The race will consist of fitness, volunteering, participation, selfies, and fun challenges at each MWR facility. Each participant will receive a drawstring backpack filled with race supplies and the first game card. Complete each challenge with MWR employee initials to receive the next challenge. First team to finish all challenges by April 27 will claim the winning prize of a \$250 MWR gift certificate good towards dining at Shenanigans or towards gear rental, trips and tours, merchandise purchase or beach cottages at the Community Recreation Center.

SPOONS CARD GAME TOURNAMENT - FAMILY FRIENDLY

**WED, APR 18 • SHENANIGANS • 6PM • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS
& MWR GUEST CARD HOLDERS OF ALL AGES.**

In honor of the Month of the Military Child, we invite all families or teams of four consisting of at least one adult and one youth to play a card game tournament of "spoons". This elimination tournament consists of set house rules, a prize for the winning team and family friendly pupus. Minimum of four teams required for this tournament. 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.

TRIPS, TOURS & OUTINGS

EZ BEACH DAY & BBQ

**SAT, MAR 10 • KALAPAKI BAY • 9AM-3PM, BBQ
11AM-1:30PM • 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.



BLUE DOLPHIN WHALE WATCHING

**FRI, MAR 16 • VAN DEPARTS CRC 3:30PM
ACTIVE DUTY & FAMILY MEMBERS \$30,
ALL OTHERS \$65 • 335- 4195 • OPEN TO ALL
MILITARY, DOD CIVILIANS, CONTRACTORS
& FAMILIES**

Tour the beauty of Kauai's south shore which is shared with the world's largest and most peaceful creatures. The spacious 65' catamaran will take you on a 2 hour cruise, while enjoying the magnificent sight of whales and other marine life. Enjoy delicious pupus completed with beverages. Transportation provided; van departs Community Recreation Center at 3:30PM. Sign up at the CRC by March 8; Limited seats.

EZ BEACH DAY & BBQ

SAT, APR 7 • KALAPAKI BAY • 9AM-3PM, BBQ 11AM-1:30PM • 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.

SILVERFALLS HORSEBACK RIDE

SAT, APR 14 • PRINCEVILLE • VAN DEPARTS CRC 8AM • ACTIVE DUTY & FAMILY MEMBERS \$55, ALL OTHERS \$109 • 335-4195 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES AGES 7 AND OVER • MAX 300LBS.

This 2 hour ride begins with a riding orientation and safety briefing, and then explores 300 acres of Kalihiwai's lush interior valley, tropical gardens, peaceful streams and Makaleha mountain range. Pack your sunscreen, wear pants; Bring \$\$ for pit stop for lunch at Kauai's North Shore local eateries. Van leaves Community Recreation Center at 8AM. Sign up at the CRC by April 6; limited seats.

LEARN TO SURF

SAT, APR 21 • HANAIEI • VAN DEPARTS CRC 7:30AM • ACTIVE DUTY & FAMILY MEMBERS \$30, ALL OTHERS \$65 • 335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS & FAMILIES

Learn to surf Kauai's famous waves with this 90 minute surf lesson (10AM & 12:30PM) on the shores of beautiful Hanalei Bay. A local surfing expert will teach you fundamentals of paddling, reading the waves and standing up. It's a great introduction to surfing for beginners and a day at Hanalei Bay. Pack your lunch (or we can pit stop) rash guard, towel, and sunscreen. Water, Gatorade and transportation provided; van leaves Community Recreation Center at 7:30AM. Sign up at the CRC by April 13; two groups scheduled; 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 - BENTO

FRI, MAR 9 • LIBERTY CENTER • 11:30AM-12:30PM FREE • 335-4346

Stop by the Liberty Center for a "Family Grinds" Bento. A traditional bento holds rice and/or noodles, meat and vegetables.

DINNER WORKSHOP - FRIED RICE

TUE, MAR 13 • LIBERTY CENTER • 6PM • FREE 335-4346

Cooking fried rice isn't a science; you don't need exact ingredients or measurements, but getting it right takes a little know-how. Learn to make this local favorite and easy dish.

BUILD YOUR OWN LUNCH - SANDWICH BAR

FRI, MAR 23 • LIBERTY CENTER • 11:30AM-12:30PM FREE • 335-4346

Stop by the Liberty Center for BYO Lunch. We will have a sandwich bar filled with deli meats, cheeses, veggies, bread for a quick & easy lunch.

LEARN TO SURF

SAT, MAR 24 • HANAIEI • VAN DEPARTS LIBERTY 7:30AM • FREE • 335-4346

Learn to surf Kauai's famous waves with this 90-minute surf lesson (10AM & 12:30PM) on the shores of beautiful Hanalei Bay. A local surfing expert will teach you fundamentals of paddling, reading the waves and standing up. It's a great introduction to surfing for beginners and a day at Hanalei Bay. Pack your lunch (or we can pit stop) rash guard, towel, and sunscreen. Water, Gatorade and transportation provided; van leaves Liberty Center at 7:30AM. Sign up at the Community Recreation Center by March 16; two groups scheduled; limited space.

GRAB N GO DINNER & DESSERT

WED, MAR 28 • LIBERTY CENTER • 6-8PM • 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.

WAIMEA MOVIE NIGHT

THU, MAR 29 • WAIMEA THEATER • VAN DEPARTS LC 6PM • FREE • 335-4346

Group trip to Waimea Theater for a movie is on us. Bring \$\$ for concessions, Thursdays are \$1 hot dog nights. Van leaves Liberty Center at 6PM. Sign up at the Community Recreation Center by March 26; limited space.

PRINCEVILLE RANCH ADVENTURES - ZIP EXPRESS

SAT, MAR 31 • LIBERTY CENTER • VAN DEPARTS LC 8AM • \$25 • 335-4346

This Kauai zip line tour is all about zipping. Get the thrill of NINE fast and fun zip lines and a swinging suspension bridge on our Zip Express tour. Bring \$\$ for pit stop for lunch at Kauai's North shore local eateries. Water, Gatorade and transportation provided; van leaves Community Recreation Center at 8AM. Sign up at the CRC by March 23; limited space.

GRAB N GO LUNCH - BENTO

FRI, APR 6 • LIBERTY CENTER • 11:30AM-12:30PM FREE • 335-4346

Stop by the Liberty Center for a "Ishihara Market" Bento. A traditional bento holds rice and/or noodles, meat and vegetables.



DINNER WORKSHOP - STIR FRY

TUE, APR 10 • LIBERTY CENTER • 6PM • FREE 335-4346

Join us as we guide you to stir-frying, a simple cooking formula that will allow you to get creative and make a variety of stir-fries in your own kitchen.

BUILD YOUR OWN LUNCH - POKE BOWL

FRI, APR 20 • LIBERTY CENTER • 11:30AM-12:30PM FREE • 335-4346

Stop by the Liberty Center for BYO Lunch. Learn the steps of creating one of the biggest trends and local favorites POKE BOWL. We will have a poke bowl bar filled with all the ingredients needed for a quick and easy lunch.

GRAB N GO DINNER & DESSERT

WED, APR 25 • LIBERTY CENTER • 6-8PM • 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.

WAIMEA MOVIE NIGHT

THU, APR 26 • WAIMEA THEATER • VAN DEPARTS LC 6PM • FREE • 335-4346

Group trip to Waimea Theater for a movie is on us. Bring \$\$ for concessions, Thursdays are \$1 hot dog nights. Van leaves Liberty Center at 6PM. Sign up at the CRC by April 23; limited space.

ESCAPE ROOM

SAT, APR 28 • TBA • FREE • 335-4346

Round up your teammates as we head to Kauai Escape Room for live action escape games and puzzle rooms. Van leaves Liberty Center at TBA. Sign up at the Community Recreation Center by April 20; limited space.

MOVIE HOUSE

OPEN FRIDAYS, SATURDAYS & SUNDAYS • 7:30PM 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 POPCORN

FRI MARCH 23 • 7-10PM • 335-4380

Join us for free popcorn!

\$1 CONCESSION SUNDAY

MONTH OF APRIL • 7-9PM • 335-4380

In Honor of the Month of the Military Child, every item on the concession menu is \$1 on Sundays for the month of April.

ITT AT THE COMMUNITY RECREATION CENTER

On Going Island Events

Aloha Friday Lei Making Workshop

Free lei-making workshops are held every Friday at the West Kaua'i Technology & Visitors Center from 9:30-11AM. 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 `ukulele and sing with the presenters in a backyard-style jam held at Island School auditorium in Puhii, 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 banyan tree. FMI call 742-2831.

Kilauea Art Night

LAST SATURDAY OF EVERY MONTH

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

Kealia Farm Market & Tours

Mon & Fri 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.

MANA MOTORS AUTO SKILLS

TUESDAY-FRIDAY 12-8PM • SATURDAY 9AM-5PM
335-4439

What you should know about accessory drive belts & preventive maintenance.

Even with today's advanced technology in serpentine & "V" drive belts, like engine oil, they will eventually wear or even fail beyond normal usage. About 95% of today's vehicle use serpentine drive belts to run accessories like the engine's alternator, power steering, A/C, and even the water pump. Excessive engine heat takes place under the vehicle's hood. When that happens along with environmental surroundings (road dirt, sand, salt water mist, and other foreign matters), drive belts take extreme punishment and begin to dry out. This will then lead to drive belt fatigue causing the belt to develop cracks right down to the fiberglass web then belt failure will occur.

For the month of March, if you are in need of changing your accessory drive belts on your vehicle, receive a 10% discount on your purchase of belts through Mana Motors and also receive the 1st hour of shop usage time at "no charge"

Is your vehicle in need of repair?

Are you trying to get parts for your vehicle but just don't have the time? Not to worry. Your MWR Auto Skills Center can acquire almost any part your vehicle may be in need of. Whether you are looking for tune-up parts, shocks, steering components, electrical components, radiator, hoses, oil filter, vehicle fluids, or even brake rotors & pads, we can get the parts you need.

For the month of April, purchase any repair parts you may need, and receive a 10% discount off of resale. Also receive 1 hour of lift use at no charge when required for repairs.

(All specials apply to Navy Active Duty Only)

CONTACT MANA MOTORS FOR YOUR AUTOMOTIVE REPAIR OR MAINTENANCE NEEDS

CERTIFIED STATE VEHICLE SAFETY INSPECTIONS AVAILABLE

Holiday Fun with MWR!

FIND THE LEPRECHAUN

March 1-29 | FREE



Open to military & family members,
and DoD civilians

Find MWR's Leprechaun and turn him in
for the golden prize worth \$300.

We will reveal clues every Tuesday
and Thursday on Facebook
@pmrfmoralewelfare starting
March 1 that will lead you to him.



Open to PMRF affiliated patrons only

Join the MWR Ohana and the Easter Bunny for a fun,
family-friendly event!

Egg Hunt and prizes for ALL ages:
Age categories: 0-2, 3-4, 5-7, 8-12 & 13-99.

Don't forget your Easter basket, towel for the water
slide, running shoes for the Fitness Center's Bunny run!



MWR

Easter Eggstravaganza

Fri, Mar 30 | Ball Field | 4-6PM

Call 335-4380 for more info • pmrf.greatlifehawaii.com

Stay connected!



@pmrfmoralewelfare



@PMRFMWR

