MWR PHONE DIRECTORY & HOURS

BEACH COTTAGE - AFTER HOURS
(PHONE NUMBER FOR EMERGENCIES ONLY)
BLDG. 1293 • 335-1623
MONDAY - FRIDAY ................................................................. 5 PM - 8:30 AM
SATURDAY & SUNDAY .......................................................... 3 PM - 10 AM

BEACH COTTAGE - RESERVATION OFFICE
CHECK-IN: 3 PM / CHECK OUT: .................................................. 11 AM
BLDG. 1293 • 335-4752
MONDAY - FRIDAY ................................................................. 8:30 AM - 5 PM
SATURDAY, SUNDAY & HOLIDAYS .......................................... 10 AM - 3 PM

CHILD DEVELOPMENT CENTER (CDC)
(AGE 6 WEEKS – 5 YEARS) • BLDG. 1283 • 335-4453
MONDAY - FRIDAY ................................................................. 6 AM - 5 PM

FITNESS CENTER
BLDG. 1204 • 335-4379
MONDAY - FRIDAY ................................................................. 5:30 AM - 8:30 PM
SATURDAY, SUNDAY & HOLIDAYS ........................................... 9:30 AM - 5 PM

LIBERTY CENTER
BLDG. 1225 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 ........................................................................... 1:30 PM - 5 PM
TUESDAY & THURSDAY:
LAP SWIM ............................................................................ 11 AM - 1:30 PM
SATURDAY, SUNDAY & HOLIDAYS:
OPEN SWIM ........................................................................... 11 AM - 5 PM

MOVIE HOUSE
BLDG. 1315 • 335-4210
FRIDAY – SUNDAY ................................................................ FIRST MOVIE 7:30 PM

COMMUNITY RECREATION CENTER
BLDG. 1293 • 335-4195
MONDAY - FRIDAY ................................................................ 8 AM - 4:30 PM
SATURDAY, SUNDAY & HOLIDAYS ........................................... 10 AM - 3 PM

SHENANIGANS, ALL-HANDS CLUB
BLDG. 1308 • 335-4706
TUESDAY – THURSDAY ........................................................... 4 PM - 1 AM
FRIDAY .................................................................................. 4 PM - 10 PM
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 ......................................................................... 1:30 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
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.
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 KAUAÍ 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 @pmrf.fitness
- 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.
- 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 @pmrf.fitness
- Participants who complete all challenge tasks will receive a prize

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
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

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<th>MONDAY</th>
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<td>1000-1100 – CDC Fitness</td>
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<td>1530-1630 – YC Kids Fitness</td>
<td>1100-1200 – TRX Training</td>
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<td>1100-1200 – Let’s Get Ripped</td>
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*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.
**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

**CENTRAL MILITARY CHILDREN’S CENTER**

**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 EGGS extravaganza**
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!

**ICE CREAM SOCIAL**
WED, APR 11 • 3:30-4:30PM • YOUTH CENTER FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12
Join us for ice cream, socialize with peers or make new friends. Sign up by March 23.

**CRAFT CLUB - KEYCHAIN BEADS**
WED, APR 11 • 3:15-4:45PM • YOUTH CENTER FREE • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12
Come and learn how to make crafty and cute keychains.

**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.

**BEACH 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.

**MWR EASTER EGGS extravaganza**
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**CHILDREN’S BOOK DAY**
WED, APR 25 • 10AM • CDC • FREE FOR CHILDREN ATTENDING THE PROGRAM
Children are encouraged to bring their favorite book from home to be read at school.

**RED, WHITE, AND BLUE PARADE**
WED, APR 25 • 10 AM • 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.

**GOING 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

**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.

**APRIL DIVE IN MOVIE**
FRI, APR 27 • 7PM • MANA SPLASH • FREE 335-4379 • OPEN TO ALL AUTHORIZED PMRF PATRONS ONLY
Enjoy splashing around in the pool while you watch a movie. Movie choice TBA. Pool gates open at 7pm, Movie begins at 7:30pm.

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### MARCH

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<th>SUNDAY</th>
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**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**

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</table>
| **FITNESS CENTER**
| MWR BASKETBALL LEAGUE
| BASKETBALL COURTS
| **COMMUNITY RECREATION**
| UKULELE JAM SESSION
| 6:30-7:30PM
| **COMMUNITY RECREATION**
| COOKING CLUB - FRUIT PANCAKES
| 3:15-4:45PM
| **COMMUNITY RECREATION**
| TEXAS HOLD’EM TOURNAMENT
| 6PM
| **SPECIAL EVENTS**
| TRUCKSTOP THURSDAYS
| VAN DEPARTS CRC
| 4:30PM
| **LIBERTY**
| DINNER WORKSHOP - FRIED RICE
| 6PM
| **LIBERTY CENTER**
| CRAFT CLUB - TISSUE PAPER ART
| 3:15-4:45PM
| **TRIPS, TOURS & OUTINGS**
| TRIPSTOP
| KANIKAPILA THURSDAYS
| 6-8PM
| **FITNESS CENTER**
| LEARN TO SURF
| 7:30AM
| **LIBERTY CENTER**
| **DINNER SPECIAL:** COLOSSAL TOWER OF ONION RINGS AND DIPPING SAUCES
| **MARCH 1-31**

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</table>
| **LIBERTY**
| DINNER WORKSHOP - FRIED RICE
| 6PM
| **LIBERTY CENTER**
| CRAFT CLUB - TISSUE PAPER ART
| 3:15-4:45PM
| **SHENANIGANS**
| ST. PATRICK’S DAY DINNEN PLATE SPECIAL
| 5PM
| **LIBERTY CENTER**
| LEARN TO SURF
| 7:30AM
| **HANALEI**

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| **YOUTH CENTER**
| SPRING CAMP
| MARCH 19-23
| 7AM-9PM
| **CDC**
| BUTTERFLY DAY
| 9AM
| **COMMUNITY RECREATION**
| TRIVIA NIGHTS
| 6:30-7:30PM
| **SHENANIGANS**
| BLACK JACK TOURNAMENT
| 6PM
| **SPECIAL EVENTS**
| KANIKAPILA THURSDAYS
| VAN DEPARTS CRC
| 6-8PM
| **FITNESS CENTER**
| FAMILY SPORTS DAY
| 11AM-3PM
| **SOFTBALL FIELD**
| **LIBERTY CENTER**
| **LIBERTY**
| LEARN TO SURF
| 7:30AM
| **HANALEI**

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| **COMMUNITY RECREATION**
| HAKU LEI MAKING WORKSHOP
| 5-7PM
| **SHENANIGANS**
| **YOUTH CENTER**
| STEAM CLUB - MARSHMALLOWS CATAPULT
| 3:30-4:30PM
| **LIBERTY**
| GRAB N GO DINNER & DESSERT
| 6-8PM
| **LIBERTY CENTER**
| **FITNESS CENTER**
| 5K BUNNY HOP
| 5PM
| **SOFTBALL FIELD**
| **SPECIAL EVENTS**
| MWR EASTER EGGSTRAVAGANZA
| 4-6PM
| **BALL FIELD**
| **SHENANIGANS**
| PIZZA & PASTA BUFFET
| 5PM
| **LIBERTY CENTER**
| **PRINCEVILLE RANCH ADVENTURES - ZIP EXPRESS**
| 8 AM
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<th>SUNDAY</th>
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<tr>
<td>MOVIE HOUSE $1 CONCESSION SUNDAY</td>
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<tr>
<td>FITNESS CENTER COMMAND FITNESS LEADER COURSE APRIL 09-13 7:30AM-6PM</td>
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<td>COMMUNITY RECREATION MWR'S AMAZING RACE STARTS TODAY 6:15PM PMRF MWR FACILITIES</td>
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<td>CDC EGG'S DAY 9AM</td>
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<td>SPECIAL EVENTS TRIVIA NIGHTS 6:30PM-7:30PM SHENANIGANS</td>
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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)
pmrfgreatlifehawaii.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 - 9 PM · $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

Reserved highly recommended.

For reservations please call 808-335-4706 between 4pm-9pm or 808-335-4708 between 8:30am-4pm

**Special Events**

**Mongolian BBQ**

Fri, Mar 2 · 5 - 9 PM

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

Reserved 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 - 9 PM · $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 - 9 PM

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

Reserved 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 goggly eyed Purple People Eater cup!

**Prime Rib Buffet**

Fri, April 13 · 5-9 PM

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

**St. Patrick’s Day Dinner Plate Special**

Sat, Mar 17 · 5 - 9 PM · $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

**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.

**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, 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.
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, 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 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.

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 drawing 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 Marriott 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.

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.

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

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

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

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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 Marriott 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.
A traditional bento holds rice and/or noodles, meat and vegetables.

**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 Marriott 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 Kaliihiwai's lush interior valley, tropical gardens, peaceful streams and Makaleha mountain range. Pack your sunscreen, wear pants; Bring $3 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 • HANALEI • 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 Liberty Center at 7:30AM. Sign up at the Community Recreation Center by March 16; two groups scheduled; limited space.

**FREE • 335-4346**
FRI, MAR 23 • LIBERTY CENTER • 11:30AM-12:30PM FREE • 335-4346
Stop by the Liberty Center for BVO Lunch. We will have a sandwich bar filled with deli meats, cheeses, veggies, bread for a quick & easy lunch.

**BUILD YOUR OWN LUNCH – SANDWICH BAR**
SAT, MAR 24 • HANALEI • VAN DEPARTS LIBERTY 7:30AM • 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.

**LEARN TO SURF**
SAT, MAR 24 • HANALEI • VAN DEPARTS LIBERTY 7:30AM-12:30PM FREE • 335-4346
Stop by the Liberty Center for BVO Lunch. We will have a sandwich bar filled with deli meats, cheeses, veggies, bread for a quick & easy lunch.

**BUILD YOUR OWN LUNCH – POKE BOWL**
FRI, MAR 23 • LIBERTY CENTER • 11:30AM-12:30PM FREE • 335-4346
Stop by the Liberty Center for BVO Lunch. We will have a sandwich bar filled with deli meats, cheeses, veggies, bread for a quick & easy lunch.

**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.

**GRAB N GO LUNCH - POKE BOWL**
FRI, MAR 23 • LIBERTY CENTER • 11:30AM-12:30PM FREE • 335-4346
Stop by the Liberty Center for BVO Lunch. We will have a sandwich bar filled with deli meats, cheeses, veggies, bread for a quick & easy lunch.

**POKE BOWL**
FRI, MAR 9 • 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 – 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.

**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.

**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!

**SJ 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.

**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 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 $3 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.

**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 $3 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.

**FREE • CONCESSIONS AVAILABLE FOR PURCHASE**
NEW ITEMS: Cheeseburger, Corned beef Sandwiches, Mini Pizza, add Arare & Butter to your popcorn!

**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!

**FREE POPCORN**
FRI MARCH 23 • 7-10PM • 335-4380
Join us for free popcorn!

**SJ 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.

Kaua‘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.

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.

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 Puhi, Mondays, 6AM-9PM. FMI 245-2733.

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 332-7627.

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.

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.

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, woodwork, 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.

Old Waimea Sugar Plantation Walking Tour
Tour Waimea Plantation Cottages and the neighboring Waimea Sugar Company “camp” houses, which date from the turn of the century. Tours are held every Tuesday, Thursday and Saturday at 9:10:30AM. FMI and reservations, call 337-1005.

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

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

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!

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

Stay connected!  @pmrfmoralewelfare  @PMRFMWR