# MWR PHONE DIRECTORY & HOURS

## BEACH COTTAGE - AFTER HOURS
(Phone number for emergencies only)
BLDG. 1293 • 645-1623
MONDAY – FRIDAY ............................................................................................................. 5 PM - 8:30 AM
SATURDAY, SUNDAY & HOLIDAYS ...................................................................................... 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. 1264 • 335-4379
MONDAY – FRIDAY ..................................................................................................... 5:30 AM - 8:30 PM
SATURDAY, SUNDAY & HOLIDAYS ............................................................................. 9:30 AM - 5 PM

## LIBERTY CENTER
BLDG. 1355-B • 335-4346
DAILY ............................................................................................................................... 24 Hours A Day

## MANA MOTORS AUTO SKILLS CENTER
BLDG. 1276 • PHONE: 335-4439
TUESDAY – FRIDAY ................................................................................................... NOON - 8 PM
SATURDAY ......................................................................................................................... 9 AM - 5 PM

## AQUATICS: MANA SPLASH SWIMMING POOL
BLDG. 1302 • 335-4391
MONDAY, WEDNESDAY & FRIDAY:
LAP SWIM ...................................................................................................................... 11 AM - 1:30 PM
OPEN SWIM ..................................................................................................................... 3:30 PM - 5:30 PM
TUESDAY & THURSDAY:
LAP SWIM ...................................................................................................................... 11 AM - 1:30 PM
SATURDAY, SUNDAY & HOLIDAYS:
OPEN SWIM ..................................................................................................................... 11 AM - 5 PM

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

## COMMUNITY RECREATION CENTER
BLDG. 1293 • 335-4195
MONDAY – FRIDAY ..................................................................................................... 8:30 AM - 5 PM
SATURDAY, SUNDAY & HOLIDAYS ............................................................................. 10 AM - 3 PM

## SHENANIGANS, ALL-HANDS CLUB
BLDG. 1308 • 335-4706
TUESDAY - THURSDAY ............................................................................................... 4 PM - 9 PM
FRIDAY ............................................................................................................................. 4 PM - 1 AM
SATURDAY ....................................................................................................................... 4 PM - 10 PM

## SHENANIGANS - DINING ROOM
BLDG. 1308 • 335-4708
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.
FITNESS CENTER
SEPTEMBER
CHILDHOOD OBESITY MONTH
Childhood obesity is a major health problem. In the U.S. 1 in every 5 children are classified as obese, with certain groups more affected than others. However, there are ways to prevent obesity and support healthy growth in children. For the month of September, the MWR Fitness Team will be providing information and tips on ways to prevent and address this serious health concern.

FITNESS OBSTACLE CHALLENGE
SEP 1-30 • 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.

KIDS FITNESS CHALLENGE
SEP 17-21 • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL, AGES 5 TO 17 YEARS OLD
In support of Childhood Obesity Month, the MWR Fitness team is hosting a Kids Fitness Challenge. There will be 3 different fitness events. For each individual event, the top overall boy and girl will be awarded prizes. Participants will also be rewarded points based on each individual event finish. At the end of all the challenge events, each participant’s total points will be accumulated to determine an overall boy and girl Kid Fitness Challenge Winner:

Event Schedule:
• Fitness Obstacle Race:
  Mon, Sep 17 – 2:30 @ Turf Field
• Sports Skill Challenge:
  Wed, Sep 19 – 2:30 @ Basketball Court
• Splash and Dash Race:
  Fri, Sep 21 – 2:30 @ Mana Splash

BIKE CHALLENGE
OCT 1-31 • 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:
Burn as many calories as possible in 12 minutes.

RACQUETBALL LEAGUE
BEGINNS SEP 10 • RACQUETBALL COURT • FREE 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL
A flex, round robin format will be used. Individuals will be paired each week. Points will be earned by players during competition. Player point totals at the end of the round robin will be used to determine single-elimination championship bracket.

• 1 on 1 Competition
• Mandatory player meeting
  Sep 5 – 11:30AM @ Fitness Center
• Round Robin begins Mon, Sep 10

OCTOBER
WOMEN’S HEALTH MONTH
Women’s Health Month is a campaign that encourages women to be vigilant about their health. The goal is to empower women to make their health a priority. During this month, the PMRF Fitness Team will be providing information to help educate women to better understand the steps they can take to improve their overall health and well-being.

BIKE CHALLENGE
OCT 1-31 • 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:
Burn as many calories as possible in 12 minutes.

DISCOVERERS’ RACE
THU, OCT 11 • 5PM • FITNESS CENTER • FREE 335-4379 • OPEN TO ALL AUTHORIZED PMRF PERSONNEL
Ready for a new kind of adventure race that not only tests you physically but mentally? Grab a partner and join us for our second annual Discoverers’ Race. Through the use of a compass, Teams of 2 will navigate through a course filled with challenges and obstacles. All preregistered runners (deadline Monday, Oct 8) will receive a special event T-Shirt.

FAMILY RECREATION DAY
FRI, OCT 12 • 11AM-1PM • FITNESS CENTER
OPEN TO ALL AUTHORIZED PMRF PERSONNEL
Bring the whole family to the Fitness Center for a day of fun and games. The MWR Fitness Team will be offering a variety of recreation activities for the whole family to get out and get active. Snacks and drinks will be provided.
Open to all authorized PMRF personnel, ages 5 to 17 years old.

In support of Childhood Obesity Month, the MWR Fitness team is hosting a Kids Fitness Challenge. There will be 3 different fitness events. For each individual event, the top overall boy and girl will be awarded prizes. Participants will also be rewarded points based on each individual event finish. At the end of all the challenge events, each participant’s total points will be accumulated to determine an overall boy and girl Kid Fitness Challenge Winner.

**EVENT SCHEDULE**

<table>
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<tr>
<th>Event</th>
<th>Date</th>
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<tr>
<td>Fitness Obstacle Race</td>
<td>Monday, September 17</td>
<td>2:30pm</td>
<td>Turf Field</td>
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<tr>
<td>Sports Skill Challenge</td>
<td>Wednesday, September 19</td>
<td>2:30pm</td>
<td>Basketball Court</td>
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<tr>
<td>Splash and Dash Race</td>
<td>Friday, September 21</td>
<td>2:30pm</td>
<td>Mana Splash</td>
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Call 808-335-4379 for more info • pmrf.greatlifehawaii.com

Follow us!  @pmrfmoralewelfare  @PMRFMWR
**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.

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**GROUP EXERCISE SCHEDULE**

<table>
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<tr>
<th>MONDAY</th>
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*SCHEDULE IS SUBJECT TO CHANGE*
YOUTH CENTER

YOUTH CENTER/CDC WILL BE CLOSED ON THE FOLLOWING FEDERAL HOLIDAYS:
- SEPTEMBER 3 - LABOR DAY
- OCTOBER 8 - COLUMBUS DAY

DIAPER DRIVE
SEP 3-29 • 2PM-5PM • YOUTH CENTER • 335-4419 OPEN TO ALL ELIGIBLE PMRF PATRONS

September is Baby Safety Month and youth will be participating in an act of service for families in need. We will be accepting donations; diapers, baby wipes, and baby supplies. Donations will be contributing to families of the Kauai community through Nana’s House.

COOKING CLUB - APPLE PIE
WED, SEP 5 • 3PM-4:30PM • YOUTH CENTER 335-4419 • FREE • OPEN TO ALL ELIGIBLE PMRF PATRONS AGES 5-12

Join us at the Youth Center to learn how to make this delicious fall dessert from scratch!

FALL CAMP REGISTRATION
SEP 10-14 • 2PM-5PM • YOUTH CENTER 335-4419 OPEN TO ALL ELIGIBLE PMRF PATRONS AGES 5-12

Fall break is scheduled for October 9 – 12, 2018. Current household earning statements and weekly fee are required at the time of registration. For more information, call the Youth Center.

STEAM CLUB - HOT ICE
WED, SEP 12 • 3PM-4:30PM • YOUTH CENTER 335-4419 • FREE • OPEN TO ALL ELIGIBLE PMRF PATRONS AGES 5-12

You are invited to participate in a special science activity involving a mystery ingredient – hot ice!

CRAFT CLUB - AMAZING MAZES
WED, SEP 19 • 3PM-4:30PM • YOUTH CENTER 335-4419 • FREE • OPEN TO ALL ELIGIBLE PMRF PATRONS AGES 5-12

Come by the Youth Center to create a fun maze of your own design!

OPEN HOUSE - NAVY BIRTHDAY
THU, OCT 4 • 5PM-6PM • YOUTH CENTER 335-4419 OPEN TO ALL ELIGIBLE PMRF PATRONS

You’re invited to “hang-out” and celebrate with the Child Youth Program staff and learn about our affiliation with Boys & Girls Club of America, 4H clubs, and upcoming special events. Join us for pizza and cake! RSVP by September 21. For more details or to RSVP call the Youth Center at 335-4419.

NAVY BALL CHILD CARE
FRI, OCT 5 • 6PM-12AM • ON SITE OF NAVY BALL 335-4419 • $40/CHILD FLAT RATE • PREREGISTRATION REQUIRED • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Child and Youth Programs will be offering child care on site during the Navy Ball. Preregistration is required, deadline Sep. 5

FALL BREAK BADMINTON CLINIC
OCT 9-12 • 9:30AM-11AM • YOUTH CENTER 335-4419 ACTIVE DUTY FREE • ALL OTHERS $4 • OPEN TO ALL ELIGIBLE PMRF PATRONS AGES 5-18

Register by Sept 14 at the Youth Center or call 335-4419 for more information.

COOKING CLUB - PRETZELS
WED, OCT 10 • 3PM-4:30PM • YOUTH CENTER 335-4419 • FREE • OPEN TO ALL ELIGIBLE PMRF PATRONS AGES 5-18

Come cook with us! This month we will learn how to make our own soft dough pretzels from scratch!

FALL BREAK FIELD TRIP - NONI FARM - LYDGATE BEACH
THU, OCT 11 • 11AM • YOUTH CENTER 335-4419 ACTIVE DUTY FREE • ALL OTHERS $20 • OPEN TO ALL ELIGIBLE PMRF PATRONS AGES 5-18

Youth Center will take a guided tour through the Noni farm in Kapaa with a stop at Lydgate beach on the way home for some fun in the sun. Register by September 14.

STEAM CLUB - BALLOON CARS
WED, OCT 17 • 3PM-4:30PM • YOUTH CENTER 335-4419 • FREE • OPEN TO ALL ELIGIBLE PMRF PATRONS AGES 5-18

Youth will learn to create cars that really move using balloons!

CRAFT CLUB - PUMPKIN ART
WED, OCT 31 • 3PM-4:30PM • YOUTH CENTER 335-4419 • FREE • OPEN TO ALL ELIGIBLE PMRF PATRONS AGES 5-18

Join us to create amazing crafts using pumpkins! We will be painting, carving, and getting creative!

TRUNK OR TREAT/COSTUME CONTEST
WED, OCT 31 • 5PM-6PM • YOUTH CENTER 335-4419 • FREE • OPEN TO ALL ELIGIBLE PMRF PATRONS AGES 5-18

Come celebrate Halloween with us! We will be open for a special trunk or treat event!

HOURLY CARE
DAILY • YOUTH CENTER • $3-335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 6 WEEKS THROUGH 5 YEARS OLD (NOT IN KINDERGARTEN)

The Hourly Care Program is designed as a short term child care option for parents with children in grades K-6. It has been specifically tailored to meet the needs of those who require care for times when they are volunteering, in-processing, assuming respite care duties or having a doctor’s appointment.

The program is also designed to give children the opportunity to socialize and interact with other children in their age group. We are accepting reservations up to 30 days depending on space available. Call for more information.

CDC

TEDDY BEAR DAY BREAKFAST
FRI, SEP 7 • ALL DAY
FREE FOR CHILDREN ATTENDING THE PROGRAM

Children are invited to bring their teddy bear from home. Preschoolers will be doing show and tell.

TUTUS’ DAY BREAKFAST
FRI, SEP 14 • 8AM
FREE FOR ALL CHILDREN ATTENDING THE PROGRAM

Grandparents are invited to have breakfast with their children at the CDC. RSVP at the front desk by September 10.

NATIONAL MILKSHAKE DAY
FRI, SEP 21 • 2PM
FREE FOR ALL CHILDREN ATTENDING THE PROGRAM

Come and join us to prepare milkshakes in the classrooms as a cooking project. Families are invited.

NAVY BALL CHILD CARE
FRI, OCT 5 • 6PM-12AM • ON SITE OF NAVY BALL 335-4419 • $40/CHILD FLAT RATE • PREREGISTRATION REQUIRED • OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12

Child and Youth Programs will be offering child care on site during the Navy Ball. Preregistration is required, deadline Sep. 5.

OPEN HOUSE - NAVY BIRTHDAY CELEBRATION
THU, OCT 11 • 5PM • FREE FOR ALL CHILDREN ATTENDING THE PROGRAM AND THEIR FAMILIES

Come and explore your child’s classroom, meet the teachers, our new CYP Staff, and meet other families that attend our programs. Dinner will be provided. Please RSVP at the front desk by October 5.

FALL FESTIVAL
WED, OCT 31 • 2:30PM-5PM • CDC- 335-4453 • FREE FOR ALL CHILDREN ATTENDING THE PROGRAM

Come celebrate with us. Halloween parade around MWR offices, games, and healthy snacks.

HOURLY CARE
DAILY • CDC • $3-335-4463 • 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 child care option for parents with children in grades K-6. It has been specifically tailored to meet the needs of those who require care for times when they are volunteering, in-processing, assuming respite care duties or having a doctor’s appointment. The program is also designed to give children the opportunity to socialize and interact with other children in their age group. We are accepting reservations up to 30 days depending on space available. Call for more information.
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<th>SUNDAY</th>
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| **FITNESS CENTER**
FITNESS OBSTACLE CHALLENGE
SEPTEMBER 1-30 |
| **SPECIAL EVENTS**
FALL CAMP REGISTRATION
2PM -5PM |
YOUTH CENTER
DIAPER DRIVE STARTS
2PM-5PM |
YOUTH CENTER
COOKING CLUB - APPLE PIE
3PM -4:30PM
YOUTH CTR |
LIBERTY
DESSERT WORKSHOP-
BANANA LUMPIA
6PM |
SPECIAL EVENTS
FRIDAY NIGHT KARAOKE - DISNEY
9PM-12AM
SHENANIGANS |
| **TRIPS, TOURS & OUTINGS**
KILAUEA LIGHT HOUSE ROAD TRIP
VAN DEPARTS 8AM |
| **FITNESS CENTER**
KIDS FITNESS CHALLENGE
FITNESS OBSTACLE RACE
2:30PM
TURF FIELD |
| **COMMUNITY RECREATION**
A&C WORKSHOP
PAPER FLOWER DECORATION
6PM SHENANIGANS |
**FITNESS CENTER**
KIDS FITNESS CHALLENGE
SPORTS SKILL CHALLENGE
2:30PM
BASKETBALL COURT |
**FITNESS CENTER**
KIDS FITNESS CHALLENGE
SPORTS SKILL CHALLENGE
2:30PM
MAMA SPLASH |
**COMMUNITY RECREATION**
CORN HOLE TOURNAMENT
6PM SHENANIGANS |
**COMMUNITY RECREATION**
CORNERSTONE DAY
TOURNAMENT
6PM SHENANIGANS |
| **COMMUNITY RECREATION**
FAMILY FRIENDLY ARTS & CRAFTS - SLIPPER WREATHS
6PM-8PM SHENANIGANS |
| **COMMUNITY RECREATION**
Darts Tournament
6PM SHENANIGANS |
**SPECIAL EVENTS**
DINNER BEACH PARTY
9PM -12AM |
| **TRIPS, TOURS & OUTINGS**
EZ BEACH DAY & BBQ
9AM-3PM
POIPU BEACH |
| **TRIPS, TOURS & OUTINGS**
BUILD YOUR OWN LUNCH - COBB SALAD
11:30AM-12:30PM |
YOUTH CENTER
CRAFT CLUB - AMAZING MAZES
3PM -4:30PM |
LIBERTY
DINNER & POKER - PATTY MELT, FRIES & ICE CREAM
6PM-8PM |
COMMUNITY RECREATION
FAMILY FRIENDLY ARTS & CRAFTS - SLIPPER WREATHS
6PM-8PM SHENANIGANS |
**SPECIAL EVENTS**
DIAMOND SHORES BEACH PARTY
9PM -12AM |
| **FITNESS CENTER**
FITNESS OBSTACLE CHALLENGE
SEPTEMBER 1-30 |
| **SPECIAL EVENTS**
SAUTÉED MUSHROOMS SPECIAL
SEPTEMBER 1-30 |
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<th>Date</th>
<th>Sunday</th>
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<tr>
<td>1</td>
<td>LIBERTY BUILD YOUR OWN LUNCH - CHICKEN CAESAR WRAP 11:30AM-12:30PM</td>
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<td>COMMUNITY RECREATION TEXAS HOLD’EM TOURNAMENT 6PM SHENANIGANS</td>
<td>YOUTH CENTER OPEN HOUSE - NAVY BIRTHDAY 5PM - 6PM</td>
<td>YOUTH CENTER/ CDC NAVY BALL CHILD CARE 6PM - 12AM ON SITE OF NAVY BALL</td>
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<td>YOUTH CENTER DISCOVERERS’ RACE 5PM</td>
<td>YOUTH CENTER FALL BREAK BADMINTON CLINIC 9:30AM-11AM</td>
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<td>YOUTH CENTER COOKING CLUB - PRETZELS 3PM-4:30PM YOUTH CENTER</td>
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<td>COLUMBUS DAY MWR ON HOLIDAY HOURS</td>
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<td>SPECIAL EVENTS SUNSET TRIVIA 6:30PM SHENANIGANS</td>
<td>FITS CENTER EXPERIENCE DISCOVERERS’ RACE 5PM</td>
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<td>YOUTH CENTER COOKING CLUB - PRETZELS 3PM-4:30PM YOUTH CENTER</td>
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<td>TRIPS, TOURS &amp; OUTINGS WAILUA RIVER KAYAKING &amp; HIKE VAN DEPARTS 8:30AM</td>
<td>LIBERTY GRAB N GO LUNCH - TERI MEATLOAF 11:30AM-12:30PM</td>
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**COMMUNITY RECREATION**

**HALLOWEEN DOOR DECORATING CONTEST OCTOBER 1-30**

**FITNESS CENTER**

**BIKE CHALLENGE OCTOBER 1-31**

**SHENANIGANS**

**APPLE COBBLER ALAMODE SPECIAL OCTOBER 1-31**
SEPTEMBER SPECIAL

SAUTEED MUSHROOMS

SEPTEMBER 1 - 30 | $8.00

In observance of National Mushroom Month, enjoy this tasty, savory dish, a favorite side for any meal.

PRIME RIB BUFFET

FRIDAY, SEPTEMBER 21 | 5:00PM - 9:00PM

ADULTS: $37 | CHILD 10-14YRS: $25 | CHILD 5-9YRS: $16

MENU:
Prime Rib and all the fixings | Kalbi Grilled Chicken and much more

OCTOBER SPECIAL

APPLE COBBLER ALA MODE

OCTOBER 1 - 31 | $7.50

In observance of Apple month, try our Apple Cobbler Ala mode.
Warm apple filling topped with a crispy crumble with a scoop of vanilla ice cream.

BACKYARD BBQ BUFFET

FRIDAY, OCTOBER 14 | 5:00PM - 9:00PM

ADULTS: $32 | CHILD 10-14YRS: $22 | CHILD 5-9YRS: $12

Get ready for a BBQ buffet with southern-style favorites. BBQ Pork Ribs, Fried Chicken and the fixin's!

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
SAUTEED MUSHROOMS SPECIAL
SEPTEMBER 1-30 • $8.00
In observance of National Mushroom Month, enjoy this tasty, savory dish, a favorite side for any meal. Mushrooms are a great source of vitamin D and other nutrients.

PRIME RIB BUFFET
FRI, SEPTEMBER 21 • 5PM-9PM
ADULTS $37 • 10-14YRS $25 • 5-9YRS $16
MENU:
Prime Rib and all the fixings | Kalbi Grilled Chicken
Seasoned Vegetables | Steamed Rice
Garlic Herb Mashed Potatoes | Salad Bar
Breadsticks | Soup of the day
Modified menu available: Pizzas and desserts.
Reservations highly recommended
Please call 808-335-4706 between 4pm-9pm or 808-335-4708 between 8:30am-4pm

APPLE COBBLER ALA MODE
OCTOBER 1-31 • $750
In observance of Apple month, try our Apple Cobbler Ala mode. Warm apple filling topped with a crispy crumble with a scoop of vanilla ice cream.

BACKYARD BBQ BUFFET
FRI, OCT 12 • 5PM-9PM
ADULTS $32 • 10-14YRS $22. • 5-9YRS $12
MENU:
BBQ Pork Ribs | Fried Chicken | Baked Beans
Corn on the Cob | Mashed Potatoes with Gravy
Mac and Cheese | Corn Bread | Salad Bar
Soup of the day
Modified menu available: Pizzas and desserts.
Reservations highly recommended
Please call 808-335-4706 between 4pm-9pm or 808-335-4708 between 8:30am-4pm

SUNSET TRIVIA
TUE, SEP 11 • 6:30PM-8PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains! No registration required, drop in event.

KANIKAPILA NIGHTS & CORN HOLE TOURNAMENT
FRI, SEP 21 • 6:30PM-8:30PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for “Kanikapila Night” as we feature two hours of live island music by Call It Joy, featuring a friendly Corn Hole tournament, while overlooking Kauai’s breathtaking sunset.

DI NIGHT BEACH PARTY
FRI, SEP 28 • 9PM • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for a Beach Party themed dance party. Come dressed in your best beach wear attire! Featuring DJ Jah boy, FREE games and prizes!

APPLE COBBLER ALA MODE
SEPTEMBER 1-30 • $7.50
In observance of Apple month, try our Apple Cobbler Ala mode. Warm apple filling topped with a crispy crumble with a scoop of vanilla ice cream.

COMMUNITY RECREATION
TEXAS HOLD’EM TOURNAMENT
WED, SEP 5 • 6PM • SHENANIGANS • FREE
335-4346 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
By popular demand, this MONTHLY tournament consists of set house rules, prizes and free pupus for all participants. Sign up at Shenanigans or call 335-4346 by September 4. 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.

FAMILY FUN BINGO NIGHT
WED, SEP 12 • 6PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5 bingo card. No registration required, drop in event.

ARTS & CRAFTS WORKSHOP – PAPER FLOWER WALL DECOR
TUE, SEP 18 • 6PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • ACTIVE DUTY & FAMILY MEMBERS
$10 • ALL OTHERS $15
Sign-ups are being held at the Community Recreation Center until August 31. Join us as we show you how to create large paper flower wall décor, it’s the latest craze in the world of arts and crafts. We hope you can make it! Reserve your spot today!

DI NIGHT – FREAK SHOW
FRI, OCT 26 • 9PM-12AM • FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Come out to our Halloween FreaK Show! Let’s see how creative everyone can get and show up in your Freakiest Halloween costume and enter to win our FreaK Show Costume Contest! Featuring DJ Jah boy, FREE games and prizes!

FRIDAY NIGHT KARAOKE – SOULFUL MOTOWN
FRI, OCT 12 • 9PM-12AM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Show off your vocal skills by choosing any “Motown” song and show us your best soulful & vocal talents. The contest winner will be featured on our monthly Karaoke Hall of Fame! No registration required, drop in event.

PARTY PACKAGE SNEAK PEAK
SAT, OCT 13 • 7PM • OUTDOOR MOVIE THEATER
FREE • 335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Come and join MWR for a sneak peak of party packages available at the Outdoor Movie Theater.

CORN HOLE TOURNAMENT
FRI, SEP 21 • 6PM-7PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for “Kanikapila Night” as we feature two hours of live island music by Cruz Control, featuring a friendly Corn Hole tournament, while overlooking Kauai’s breathtaking sunset.

FAMILY FUN BINGO NIGHT
WED, SEP 12 • 6PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5 bingo card. No registration required, drop in event.

FAMILY FUN BINGO NIGHT
WED, SEP 12 • 6PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5 bingo card. No registration required, drop in event.

ARTS & CRAFTS WORKSHOP – PAPER FLOWER WALL DECOR
TUE, SEP 18 • 6PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • ACTIVE DUTY & FAMILY MEMBERS
$10 • ALL OTHERS $15
Sign-ups are being held at the Community Recreation Center until August 31. Join us as we show you how to create large paper flower wall décor, it’s the latest craze in the world of arts and crafts. We hope you can make it! Reserve your spot today!

CORN HOLE TOURNAMENT
FRI, SEP 21 • 6PM-7PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for “Kanikapila Night” as we feature two hours of live island music by Cruz Control, featuring a friendly Corn Hole tournament, while overlooking Kauai’s breathtaking sunset.
**FAMILY FRIENDLY ARTS & CRAFTS - SLIPPER WREATHS**
TUE, SEP 25 • 6PM-6PM • SHENANIGANS • 335-4380
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • ACTIVE DUTY & FAMILY MEMBERS $10 • ALL OTHERS $15
Sign-ups held at the Community Recreation Center until September 14. Join us to learn how to create a wreath made with rubber slippers! Come on down and learn how to get creative with us!

**DARTS TOURNAMENT**
WED, SEP 26 • 6PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS AGES 18 AND OVER
This elimination tournament consists of set house rules, prizes and free pupus for all participants. Sign up at Shenanigans or call 335-4346 to register by September 25. Claim your seat at the tournament by 6PM; unclaimed spots will be filled on a first come, first served basis.

**HALLOWEEN DOOR DECORATING CONTEST**
OCT 1-30 • OPEN TO ALL ACTIVE DUTY • HOUSING AND POLARIS DRIVE • FREE • 335-4380
Let’s get ready for Halloween! Enter our Halloween Door Decorating Contest. Door will be judged on October 30, winners will be announced on our Instagram and Facebook pages. Categories to enter are Spookiest, Creative, and Most Festive. We love to see everyone’s creations! Post your masterpiece on IG @pmrfrmr and on Facebook @PmrfMoraleWelfare tag us and use hashtag #pmrfrmrswwhy

**TEXAS HOLD’EM TOURNAMENT**
WED, OCT 3 • 6PM • SHENANIGANS • FREE
335-4346 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS 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 or call 335-4346 by October 2. 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.

**FAMILY FUN BINGO NIGHT**
WED, OCT 10 • 6PM • SHENANIGANS • 335-4380
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5 bingo card. No registration required, drop in event.

**CORN HOLE TOURNAMENT**
FRI, OCT 18 • 6PM-7PM • SHENANIGANS • FREE
335-4380 • OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
Join us for “Kanikapila Night” as we feature two hours of live island music by Cruz Control, featuring a friendly Corn Hole tournament, while overlooking Kauai’s breathtaking sunset.

**TRIPS, TOURS & OUTINGS**

**KILAUEA LIGHT HOUSE ROAD TRIP**
SAT, SEP 15 • VAN DEPARTS CRC 8AM • $5 ACTIVE DUTY • $10 ALL OTHERS • OPEN TO ALL MILITARY, DOD CIVILIANS, CONTRACTORS, & FAMILIES
Join us as we take a short road trip to Kilauea Light House. We will make a pit stop in Kapa’a on our way to the light house for lunch.

**WAILEUA RIVER KAYAKING & HIKE**
SUN, OCT 14 • VAN DEPARTS CRC 8:30AM • $10 ALL MILITARY, DOD CIVILIANS, AND CONTRACTORS & FAMILIES
Come and take this tour with us as we hike in search of Secret Waterfall. Please pack your own lunch and drinks for this hike.

**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.

**DESSERT WORKSHOP – BANANA LUMPIA**
THU, SEP 6 • 6PM • LIBERTY CENTER • FREE
335-4346
Join us as we teach you how to create a local favorite and turn it into a delicious banana lumpia sundae! We look forward to seeing you at our first Dessert Workshop!

**GRAB N GO LUNCH – TURKEY SANDWICH**
MON, SEP 10 • 11:30AM-12:30PM • LIBERTY CENTER FREE • 335-4346
Stop by the Liberty Center for a quick turkey sandwich lunch to go.

**D N D & POKER – PATTY MELT, FRIES & ICE CREAM**
MON, SEP 10 • 6PM-8PM • LIBERTY CENTER • FREE
335-4346
Stop by the Liberty Center for Dinner & Dessert. Show off your poker skills, talk stories and learn about our upcoming event or have your dinner & dessert to go.
COOKING WORKSHOP – ROAST PORK DINNER
THU, OCT 11 • 6PM • LIBERTY CENTER • FREE
335-4346
With the holidays approaching, learn to cook a dinner that you can show off at your next gathering. Join the Liberty Center as we guide and teach you how to make this hearty dinner.

GRAB N GO LUNCH – TERI MEATLOAF
MON, OCT 15 • 11:30AM-12:30PM • LIBERTY CENTER
FREE • 335-4346
Stop by the Liberty Center for teriyaki meatloaf for a quick lunch.

CHOOSE YOUR BOOS MOVIE NIGHT
THU, OCT 18 • 6PM • LIBERTY CENTER • FREE
335-4346
We dare you to join us for a spooktacular movie night with sailor’s movie choice, popcorn & pop!

DESSERT WORKSHOP – PUMPKIN CRUNCH
THU, OCT 25 • 6PM • LIBERTY CENTER • FREE
335-4346
With the holidays approaching, learn to bake a dessert that you can show off at your next gathering. Join the Liberty Center as we guide and teach you how to make this scrumptious dessert!

SLEEPING GIANT HIKE
SUN, OCT 28 • VAN DEPARTS LIBERTY CENTER 7AM
$10 • 335-4346
Beginning at the east side of the mountain commonly referred to as “Sleeping Giant” the Nounou trail climbs to a peak and sheltered picnic area. This vantage offers views of the ocean, Wailua River and Mt. Waialeale. Pack your lunch, water, sunscreen and hiking gear as we head to the Sleeping Giant for a hiking adventure. Transportation provided. Sign up at the CRC by Oct 24; limited space.

GRAB N GO LUNCH – FRIED CHICKEN & MAC N CHEESE
MON, OCT 29 • 11:30AM-12:30PM • LIBERTY CENTER
FREE • 335-4346
Stop by the Liberty Center for a quick fried chicken & mac and cheese lunch to go.

AQUATICS
POOL HOURS OF OPERATION
MONDAY, WEDNESDAY & FRIDAY:
• LAP SWIM: 11AM-1:30PM
• OPEN SWIM: 3:30-5:30PM
TUESDAY & THURSDAY:
• LAP SWIM: 11AM-1:30PM
SATURDAY, SUNDAY & HOLIDAYS:
• OPEN SWIM: 11AM-5PM

SEPTEMBER
POOL TIP OF THE MONTH: For a great aerobic and total body strengthening workout, SWIM! Swimming keeps you cool, even as your heart gets a great workout. It’s gentle on your joints and muscles, while making you more flexible. An added benefit is it will help you burn those unwanted holiday calories.

OCTOBER
POOL TIP OF THE MONTH: Tread & Survival Strokes Treading water is a basic survival swimming skill, as well as a useful method of staying afloat in the water. Build your stamina and increase strength throughout your body while treading water.

MOVIE HOUSE
OPEN THURS (SUMMER HOURS), FRI, SAT & SUN
7PM • FREE • CONCESSIONS AVAILABLE FOR PURCHASE
NEW ITEMS: Cheeseburger, Corned beef Sandwiches, Mini Pizza, Add Arare & Butter to your popcorn! For a pre-recorded message of current movies, call 335-4210.

FREE CANDY BAR
THU, SEP 6 • 7PM-10PM • 335-4380
Join us at the movies and receive a free candy bar.

KIDS WEAR A HAT – RECEIVE A FREE POPCORN
SAT, SEP 22 • 7PM-9PM • 335-4380
Kids who come to the movie wearing a hat will receive one FREE popcorn.

$1 CONCESSION SUNDAY
SUN, OCT 7 • 7PM-9PM • 335-4380
Every item on the concession menu is $1, limited one item per person
ITT AT THE COMMUNITY ADVENTURE CENTER

ON GOING ISLAND EVENTS

ALOHA FRIDAY LEI MAKING WORKSHOP
Free lei-making workshops are held every Friday at the West Kaua’i Technology & Visitors Center from 9:30-11AM. Come learn how to create the Hawaiian symbol of aloha. For reservations and more info call 338-1332.

COCONUT MARKETPLACE ENTERTAINMENT
The Coconut Marketplace is an open-air market, which houses 70 different shops and restaurants. Every Wednesday evening the marketplace offers free entertainment at 5PM and includes local hula dancers. FMI call 822-3641.

E KANIKA'ILA KAKOU PROGRAM
Composers, songwriters and kumu hula share their compositions, knowledge and love of Hawaiian music. Learn songs on the ‘ukelele and sing with the presenters in a backyard-style jam held at Island School auditorium in Puhi, Mondays, 6AM-9PM. FMI call 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. FMI and reservations, 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 9:10/10:30AM. FMI and reservations, call 337-1005.

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

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

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

KEALIA FARM MARKET & TOURS
MON & FRI 3PM-7PM
The farmers at Kealia offer their produce and products under a covered lanai at Kealia Farm. Visitors can take a wagon ride to tour the farm and waterfall during the market.
COMMUNITY RECREATION CENTER (CRC)
LOCATED IN BLDG 1293

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

MANA MOTORS AUTO SKILLS

The automotive braking system is the heart of vehicle safety. Brake pads and shoes wear as mileage increases. On the average, most brake pads wear to marginal wear limits within 40-50 thousand miles for the daily driver. For extreme driving condition (steep grades, stop and go traffic), brake pads can wear as low as 30 thousand miles or less. Another important part of the brake system is brake drums & rotors. They too can wear and warp from extreme heat temperatures generated by excessive braking. When performing any form of brake pad or brake shoe replacement, it is recommended to have the drums and rotors resurfaced while installing new pads or shoes.

SEPTEMBER AND OCTOBER SPECIAL
Stop by Mana Motors to perform a brake service pad and or shoe replacement and we can resurface your brake rotors/drums at ½ off from standard resurfacing fees. If you purchase any set of brake shoes or brake pads through Mana Motors, receive a 10% discount on any brand of brake pads or shoes or any brake related products

***This special applies to ALL Active Duty Military only***

For more information, please contact MWR Auto Skills Center at 808-335-4439.
Halloween Freak Show
at Shenanigans
Featuring DJ Jah Boy
Friday, October 26 | 9pm-12am
FREE (Open to PMRF affiliated and MWR Guest Card Holders)

Come out to our Halloween Freak Show! Let’s see how creative everyone can get and show up in your Freakiest Halloween Costume and enter to win our Freak Show Costume Contest! Free games & prizes!

Questions? Call (808) 335-4380

Stay connected! @pmrfmoralewelfare @PMRFMWR