

# On Target

MORALE, WELFARE AND RECREATION PMRF | SEPTEMBER - OCTOBER 2018



# MWR PHONE DIRECTORY & HOURS

## BEACH COTTAGE - AFTER HOURS

(PHONE NUMBER FOR EMERGENCIES ONLY)

BLDG. 1293 • 645-1623

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

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

## BEACH COTTAGE - RESERVATION OFFICE

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

BLDG. 1293 • 335-4752

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

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

## CHILD DEVELOPMENT CENTER (CDC)

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

MONDAY - FRIDAY .....6 AM - 5 PM

## FITNESS CENTER

BLDG. 1264 • 335-4379

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

SATURDAY, SUNDAY & HOLIDAYS .....9:30 AM - 5 PM

## LIBERTY CENTER

BLDG. 1355-B • 335-4346

DAILY .....24 HOURS A DAY

## MANA MOTORS AUTO SKILLS CENTER

BLDG. 1276 • PHONE: 335-4439

TUESDAY - FRIDAY .....NOON - 8 PM

SATURDAY .....9 AM - 5 PM

## AQUATICS: MANA SPLASH SWIMMING POOL

BLDG. 1302 • 335-4391

MONDAY, WEDNESDAY & FRIDAY:

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

OPEN SWIM .....3:30 PM - 5:30 PM

TUESDAY & THURSDAY:

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

SATURDAY, SUNDAY & HOLIDAYS:

OPEN SWIM .....11 AM - 5 PM

## MOVIE HOUSE

BLDG. 1315 • 335-4210

FRIDAY - SUNDAY .....FIRST MOVIE 7:30 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 • 335-4706

TUESDAY - FRIDAY .....11 AM - 1 PM

DINNER TUESDAY - SATURDAY .....5 PM - 9 PM

## SHENANIGANS - CATERING OFFICE

BLDG. 1308 • 335-4708

MONDAY - FRIDAY .....8 AM - 4 PM

## SPECIAL EVENTS

BLDG. 1267 • 335-4380

MONDAY - FRIDAY .....8 AM - 4 PM

## TICKETS & TRAVEL

BLDG. 1293 • 335-4195

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

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

## YOUTH CENTER - SCHOOL AGE CARE

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY, TUESDAY, THURSDAY, FRIDAY .....2 PM - 5 PM

WEDNESDAY .....1:15 PM - 5 PM

## YOUTH CENTER - OPEN RECREATION

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

## YOUTH CENTER - DAY CAMPS

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY - FRIDAY .....7 AM - 5 PM





# On Target

MORALE, WELFARE AND RECREATION PMRF | SEPTEMBER - OCTOBER 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.

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## COVER

Spouting Horn

## INSIDE COVER

Wailua Falls

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## PACIFIC MISSILE RANGE FACILITY

**COMMANDING OFFICER** Captain Vincent Johnson

**EXECUTIVE OFFICER** Commander Daniel Kimberly

**MWR DIRECTOR** Don Inman

## MWR PMRF PHONE DIRECTORY

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

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## MWR MARKETING

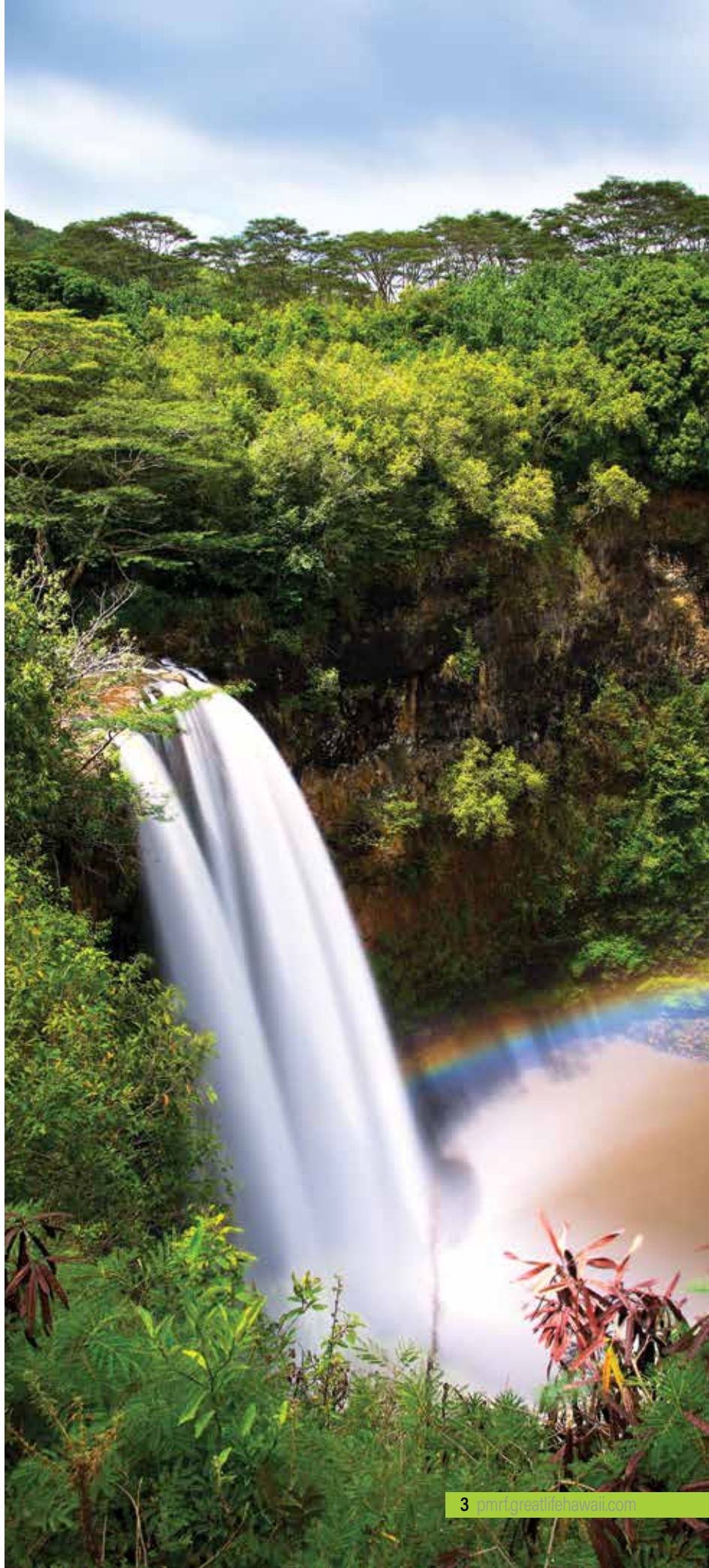
850 Ticonderoga St., Suite 300

Pearl Harbor, HI 96860

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

Every effort has been made to provide the most up-to-date information at the time of publication, however, these events are subject to change. It is recommended that you call the contact numbers for each event or visit our website to verify if the activity will occur as planned.

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## **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

#### **RACQUETBALL LEAGUE**

**BEGINS 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  
335-4379 • 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.





# KIDS

## FITNESS CHALLENGE

*September 17 - 21*

**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.

**FREE**

### EVENT SCHEDULE

Fitness Obstacle Race	Monday, September 17	2:30pm @ Turf Field
Sports Skill Challenge	Wednesday, September 19	2:30pm @ Basketball Court
Splash and Dash Race	Friday, September 21	2:30pm @ Mana Splash

Call **808-335-4379** for more info • [pmrf.greatlifehawaii.com](http://pmrf.greatlifehawaii.com)

Follow us!



@pmrfmoralewelfare



@PMRFMWR





## GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITNESS CENTER 0800-0830 – HardCore 1100-1200 – Let’s Get Ripped	FITNESS CENTER 0630-0730 – NOFFS Training	FITNESS CENTER 0930-1100 – CDC Fitness 1100-1200 – Let’s Get Ripped	FITNESS CENTER 0630-0730 – TRX Training 0700-0800 – Swim Training 1530-1630 – YC Kids Fitness	FITNESS CENTER 0800-0830 – Regeneration

**\*SCHEDULE IS SUBJECT TO CHANGE**

### **HARDCORE**

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

### **LET’S GET RIPPED**

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

### **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.





## **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 -18**

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 -18**

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 - 3PM • 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 • \$\$ •335-4419 • OPEN TO ALL  
ELIGIBLE PMRF CHILDREN GRADES K-6**

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**

**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 • \$\$ • 335-4453 • 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.

# SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FITNESS CENTER</b> <b>FITNESS OBSTACLE CHALLENGE</b> SEPTEMBER 1-30			<b>SHENANIGANS</b> <b>SAUTÉED MUSHROOMS SPECIAL</b> SEPTEMBER 1-30			1
2	<b>LABOR DAY</b>  <b>MWR ON HOLIDAY HOURS</b>	<b>YOUTH CENTER</b> DIAPER DRIVE STARTS <i>2PM-5PM</i>	<b>YOUTH CENTER</b> COOKING CLUB - APPLE PIE <i>3PM - 4:30PM</i> YOUTH CTR  <b>COMMUNITY RECREATION</b> TEXAS HOLD'EM TOURNAMENT <i>6PM</i> SHENANIGANS	<b>LIBERTY</b> DESSERT WORKSHOP- BANANA LUMPIA <i>6PM</i>	<b>SPECIAL EVENTS</b> FRIDAY NIGHT KARAOKE - DISNEY <i>9PM-12AM</i> SHENANIGANS  <b>CDC</b> TEDDY BEAR DAY ALL DAY	8
9	<b>FITNESS CENTER</b> RACQUETBALL LEAGUE STARTS <i>RACQUETBALL COURT</i>  <b>YOUTH CENTER</b> FALL CAMP REGISTRATION <i>2PM - 5PM</i>  <b>LIBERTY</b> GRAB N GO LUNCH - TURKEY SANDWICH <i>11:30AM-12:30PM</i>	<b>YOUTH CENTER</b> FALL CAMP REGISTRATION <i>2PM - 5PM</i>  <b>SPECIAL EVENTS</b> SUNSET TRIVIA <i>6:30PM-8PM</i> SHENANIGANS	<b>YOUTH CENTER</b> FALL CAMP REGISTRATION <i>2PM - 5PM</i> STEAM CLUB - HOT ICE <i>3PM- 4:30PM</i> YOUTH CTR  <b>COMMUNITY RECREATION</b> FAMILY FUN BINGO NIGHT <i>6PM</i> SHENANIGANS	<b>YOUTH CENTER</b> FALL CAMP REGISTRATION <i>2PM - 5PM</i>	<b>YOUTH CENTER</b> FALL CAMP REGISTRATION <i>2PM - 5PM</i>  <b>CDC</b> TUTU'S DAY BREAKFAST <i>8AM</i> CDC	<b>TRIPS, TOURS &amp; OUTINGS</b> KILAUEA LIGHT HOUSE ROAD TRIP <i>VAN DEPARTS 8AM</i>
16	<b>FITNESS CENTER</b> KIDS FITNESS CHALLENGE FITNESS OBSTACLE RACE <i>2:30PM</i> TURF FIELD	<b>COMMUNITY RECREATION</b> A&C WORKSHOP PAPER FLOWER DECO <i>6PM</i> SHENANIGANS	<b>FITNESS CENTER</b> KIDS FITNESS CHALLENGE SPORTS SKILL CHALLENGE <i>2:30PM</i> BASKETBALL COURT  <b>YOUTH CENTER</b> CRAFT CLUB - AMAZING MAZES <i>3PM - 4:30PM</i>  <b>LIBERTY</b> D N D & POKER - PATTY MELT, FRIES & ICE CREAM <i>6PM-8PM</i>	20	<b>FITNESS CENTER</b> KIDS FITNESS CHALLENGE SPLASH & DASH RACE <i>2:30PM</i> MANA SPLASH  <b>COMMUNITY RECREATION</b> CORN HOLE TOURNAMENT <i>6PM</i> SHENANIGANS  <b>CDC</b> NATIONAL MILKSHAKE DAY <i>2PM</i>  <b>SHENANIGANS</b> PRIME RIB BUFFET <i>5PM-9PM</i>  <b>SPECIAL EVENTS</b> KANIKAPILA NIGHTS <i>6:30PM-8:30PM</i> SHENANIGANS	<b>LIBERTY</b> COSMIC BOWLING <i>VAN DEPARTS 5:30PM</i>
<b>TRIPS, TOURS &amp; OUTINGS</b> EZ BEACH DAY & BBQ <i>9AM-3PM</i> POIPU BEACH  30	<b>LIBERTY</b> BUILD YOUR OWN LUNCH - COBB SALAD <i>11:30AM-12:30PM</i>	<b>COMMUNITY RECREATION</b> FAMILY FRIENDLY ARTS & CRAFTS - SLIPPER WREATHS <i>6PM-8PM</i> SHENANIGANS	<b>COMMUNITY RECREATION</b> DARTS TOURNAMENT <i>6PM</i> SHENANIGANS	27	<b>SPECIAL EVENTS</b> DJ NIGHT BEACH PARTY <i>9PM - 12AM</i>	29



# OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>1</b> <b>LIBERTY</b> BUILD YOUR OWN LUNCH - CHICKEN CAESAR WRAP <i>11:30AM-12:30PM</i>	<b>2</b>	<b>3</b> <b>COMMUNITY RECREATION</b> TEXAS HOLD'EM TOURNAMENT <i>6PM</i> SHENANIGANS	<b>4</b> <b>YOUTH CENTER</b> OPEN HOUSE - NAVY BIRTHDAY <i>5PM - 6PM</i>	<b>5</b> <b>YOUTH CENTER/ CDC</b> NAVY BALL CHILD CARE <i>6PM - 12AM</i> ON SITE OF NAVY BALL	<b>6</b>	
<b>7</b>	<b>8</b> <b>COLUMBUS DAY</b>  <b>MWR ON HOLIDAY HOURS</b>	<b>9</b> <b>YOUTH CENTER</b> FALL BREAK BADMINTON CLINIC <i>9:30AM- 11AM</i>  <b>SPECIAL EVENTS</b> SUNSET TRIVIA <i>6:30PM</i> SHENANIGANS	<b>10</b> <b>YOUTH CENTER</b> COOKING CLUB - PRETZELS <i>3PM-4:30PM</i> YOUTH CENTER  <b>COMMUNITY RECREATION</b> FAMILY FUN BINGO NIGHT <i>6PM</i> SHENANIGANS	<b>11</b> <b>FITNESS CENTER</b> DISCOVERERS' RACE <i>5PM</i>  <b>YOUTH CENTER</b> FALL BREAK FIELD TRIP NONI FARM - LYDGATE BEACH <i>11AM - 3PM</i>  <b>CDC</b> OPEN HOUSE - NAVY BIRTHDAY CELEBRATION <i>5PM</i>  <b>LIBERTY</b> COOKING WORKSHOP - ROAST PORK DINNER <i>6PM</i>	<b>12</b> <b>FITNESS CENTER</b> FAMILY RECREATION DAY <i>11AM-1PM</i>  <b>SHENANIGANS</b> BACKYARD BBQ BUFFET <i>5-9PM</i>  <b>SPECIAL EVENTS</b> FRIDAY NIGHT KARAOKE - SOULFUL MOTOWN <i>9PM-12AM</i> SHENANIGANS	<b>13</b> <b>SPECIAL EVENTS</b> PARTY PACKAGE SNEAK PEAK <i>7PM</i> OUTDOOR MOVIE THEATER	
<b>14</b> <b>TRIPS, TOURS &amp; OUTINGS</b> WAILUA RIVER KAYAKING & HIKE <i>VAN DEPARTS 8:30AM</i>	<b>15</b> <b>LIBERTY</b> GRAB N GO LUNCH - TERI MEATLOAF <i>11:30AM-12:30PM</i>	<b>16</b>	<b>17</b> <b>YOUTH CENTER</b> STEAM CLUB - BALLOON CARS <i>3PM - 4:30PM</i>	<b>18</b> <b>LIBERTY</b> CHOOSE YOUR BOOS MOVIE NIGHT <i>6PM</i>	<b>19</b> <b>COMMUNITY RECREATION</b> CORN HOLE TOURNAMENT <i>6PM-7PM</i> SHENANIGANS  <b>SPECIAL EVENTS</b> KANIKAPILA NIGHTS <i>6:30PM-8:30PM</i> SHENANIGANS	<b>20</b> <b>TRIPS, TOURS &amp; OUTINGS</b> EZ BEACH DAY & BBQ <i>9AM-3:00PM</i> SALT POND BEACH	
<b>21</b>	<b>22</b>	<b>23</b> <b>COMMUNITY RECREATION</b> FAMILY FRIENDLY ARTS & CRAFTS - HALLOWEEN HOME DECOR <i>5:30PM-7:30PM</i> SHENANIGANS	<b>24</b>	<b>25</b> <b>LIBERTY</b> DESSERT WORKSHOP - PUMPKIN CRUNCH <i>6PM</i>	<b>26</b> <b>SPECIAL EVENTS</b> DJ NIGHT - FREAK SHOW <i>9PM-12AM</i> SHENANIGANS	<b>27</b>	
<b>28</b> <b>LIBERTY</b> SLEEPING GIANT HIKE <i>VAN DEPARTS 7AM</i>	<b>29</b> <b>LIBERTY</b> GRAB N GO LUNCH - FRIED CHICKEN & MAC N CHEESE <i>11:30AM-12:30PM</i>	<b>30</b> <b>COMMUNITY RECREATION</b> HALLOWEEN DOOR DECORATING CONTEST	<b>31</b> <b>YOUTH CENTER</b> CRAFT CLUB - PUMPKIN ART <i>3PM - 4:30PM</i>  TRUNK OR TREAT/ COSTUME CONTEST <i>5PM - 6PM</i>  <b>CDC</b> FALL FESTIVAL <i>2:30PM - 5PM</i>	<b>COMMUNITY RECREATION</b> <b>HALLOWEEN DOOR DECORATING CONTEST</b> OCTOBER 1-30  <b>FITNESS CENTER</b> <b>BIKE CHALLENGE</b> OCTOBER 1-31  <b>SHENANIGANS</b> <b>APPLE COBBLER ALAMODE SPECIAL</b> OCTOBER 1-31			



# SIENANIGANS

## September & October Happenings



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

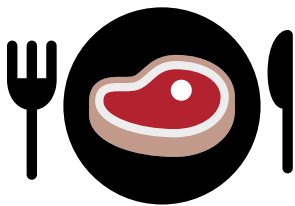


## **SHENANIGANS**

### **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 • \$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**

**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

## **SPECIAL EVENT**

### **FRIDAY NIGHT KARAOKE - DISNEY SOUNDTRACK**

**FRI, SEP 7 • 9PM-12AM • SHENANIGANS • FREE**

**335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**

Show off your vocal skills by choosing any "Disney Soundtrack" and show us your vocal talents. The contest winner will be featured on our monthly Karaoke Hall of Fame! No registration required, drop in event.

### **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.

### **DJ 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!

### **SUNSET TRIVIA**

**TUE, OCT 9 • 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.



### **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.

### **KANIKAPILA NIGHTS & CORN HOLE TOURNAMENT**

**FRI, OCT 19 • 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 Cruz Control, featuring a friendly Corn Hole tournament, while overlooking Kauai's breathtaking sunset.

### **DJ 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!

## **COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT**

**WED, SEP 5 • 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 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 • 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 DECO**

**TUE, SEP 18 • 6PM-8PM • SHENANIGANS • 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 Call It Joy, featuring a friendly Corn Hole tournament, while overlooking Kauai's breathtaking sunset.

## **FAMILY FRIENDLY ARTS & CRAFTS - SLIPPER WREATHS**

**TUE, SEP 25 • 6PM-8PM • 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 @pmrfmwr and on Facebook @PmrfMoraleWelfare tag us and use hashtag #pmrfmwrwhy

## **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 19 • 6PM-7PM • SHENANIGANS • FREE  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS &  
MWR GUEST CARD HOLDERS**

Join us for "Kaniikapila 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 - HALLOWEEN HOME DÉCOR**

**TUE, OCT 23 • 5:30PM-7:30PM • SHENANIGANS  
335-4380 • OPEN TO PMRF AFFILIATED PATRONS  
& MWR GUEST CARD HOLDERS • ACTIVE DUTY &  
FAMILY MEMBERS \$10 • ALL OTHERS \$15**

Sign-ups are at the Community Recreation Center until October 12. Join us to learn how to create Halloween home décor and a candy favor holder! We hope you can make it! Reserve your spot today!

## **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.

### **EZ BEACH DAY & BBQ - POIPU BEACH**

**SUN, SEP 23 • 9AM-3PM • POIPU BEACH • FREE  
335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS,  
CONTRACTORS & FAMILIES**

Join us for a relaxing day on the beach; gear and equipment provided. FREE snacks. Sign up for transportation; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR Tents! See you at EZ Beach Day!

### **WAILUA RIVER KAYAKING & HIKE**

**SUN, OCT 14 • VAN DEPARTS CRC 8:30AM • \$5 ALL  
ACTIVE DUTY • \$10 ALL OTHERS • 335-4380  
OPEN TO 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.



### **EZ BEACH DAY & BBQ - SALT POND BEACH**

**SAT, OCT 20 • 9AM-3PM • SALT POND BEACH • FREE  
335-4380 • OPEN TO ALL MILITARY, DOD CIVILIANS,  
CONTRACTORS & FAMILIES**

Join us for a relaxing day on the beach; gear and equipment provided. FREE snacks. No registration required, drop in event. Sign up for transportation; \$5 Active Duty & Family Members, \$7 ALL others. Look for the MWR Tents! See you at EZ Beach Day!

## **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 19 • 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.



### **LIBERTY COSMIC BOWLING**

**SAT, SEP 22 • VAN DEPARTS LIBERTY 5:30PM  
LIHUE BOWLING ALLEY • \$10 • 335-4346**

Get your roll on at Lihue Lanes! Shoe rental and a round of bowling on us. Bring \$\$ for food/snacks. Sign up at the Community Recreation Center by Friday, September 16 NLT noon.

### **BUILD YOUR OWN LUNCH - COBB SALAD**

**MON, SEP 24 • 11:30AM-12:30PM • LIBERTY CENTER  
FREE • 335-4346**

Stop by the Liberty Center for BYO Lunch. We will have all the fixings you need for an awesome Cobb salad for lunch.

### **BUILD YOUR OWN LUNCH - CHICKEN CAESAR WRAP**

**MON, OCT 1 • 11:30AM-12:30PM • LIBERTY CENTER  
FREE • 335-4346**

Stop by the Liberty Center for BYO Lunch. We will have tortillas, roasted chicken, veggies and Caesar dressing to make your favorite wrap!



### **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, Waialua 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 KANIKAPILA KAKOU PROGRAM**

Composers, songwriters and kumu hula share their compositions, knowledge and love of Hawaiian music. Learn songs on the 'ukelele and sing with the presenters in a backyard-style jam held at Island School auditorium in Puhī, Mondays, 6AM-9PM. FMI 245-2733.

#### **HANAPEPE ART NIGHT**

Every Friday, Hanapepe Town's nine galleries open their doors for an evening of artistic adventure. Stroll through Main Street and enjoy fine art and live entertainment. You can also purchase local goodies and crafts as you make your way through the galleries. You'll find the perfect souvenir from your visit to Kaua'i Friday nights, 6PM. Admission is free. FMI call 246-2111.

#### **HISTORIC WAIMEA WALKING TOUR**

Tour historic Waimea, the place where Captain Cook first landed in Hawai'i. This town was once a major population center and the home to ruling chiefs. Missionaries established schools, and rice and sugar growers changed the landscape. Every Monday, the free 90-minute tour begins at the West Kaua'i Technology and Visitor Center @ 9:30AM. For reservations and more info call 338-1332.

#### **KAPA'A HISTORY TOUR**

Interpretive guides from the Kaua'i Historical Society give 90-minute walking tours on the history and architecture of Kapa'a Town. Tours are held every Tuesday, Thursday, and Saturday at 10AM. Tickets are \$15 for adults and \$5 for keiki under 12. The minimum tour size required is 2 adults. Reservations required. FMI call 245-3373.

#### **KAUAI MUSEUM TOUR**

From Monday through Friday, docents provide interpretation of Kaua'i and Ni'ihau culture as they lead tours through the museum's galleries. Free tour with admission. The tour occurs every Monday at 2PM, and every Tuesday through Friday at 10:30AM. FMI call 245-6931.

#### **MONTHLY STARWATCH**

Kaua'i is an ideal location for astronomical observation. The Kaua'i Educational Association for Science & Astronomy conducts a monthly starwatch in Kaumakani at the softball field at sunset. FMI on dates and times, call 332-7827.

#### **'OHANA DAY**

Families and visitors are invited to join Kaua'i Museum for a day of demonstrations, exhibits and fun. View native Hawaiian art and artifacts preserved in the main exhibit. Held on the first Saturday of every month. Admission is free. FMI call 245-6931.

#### **OLD WAIMEA SUGAR PLANTATION WALKING TOUR**

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

#### **SLACK KEY GUITAR & UKULELE CONCERTS**

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

#### **TAHITIAN DANCE**

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

#### **KILAUEA ART NIGHT**

##### **LAST SATURDAY OF EVERY MONTH**

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

#### **KEALIA FARM MARKET & TOURS**

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

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





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

**LOCATED IN BLDG 1293**

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

## **MANA MOTORS AUTO SKILLS**

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

