

# On Target

MORALE, WELFARE AND RECREATION PMRF | MAY - JUNE 2021

*Aloha!*

**This is  
the LAST  
ISSUE of  
On Target**



See page 4  
for more info



# 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

## MANA SPLASH SWIMMING POOL - AQUATICS

BLDG. 1302 • 335-4391

MONDAY, WEDNESDAY & FRIDAY:

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

OPEN SWIM .....1:30 PM - 5:30 PM

SATURDAY, SUNDAY & HOLIDAYS:

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

## MOVIE HOUSE

BLDG. 1315 • 335-4210

FRIDAY - SUNDAY .....FIRST MOVIE 7:00 PM

## COMMUNITY RECREATION CENTER

BLDG. 1293 • 335-4195

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

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

## SHENANIGANS - ALL-HANDS CLUB/BAR

BLDG. 1308 • 335-4706

TUESDAY - THURSDAY .....4 PM - 9 PM

FRIDAY .....4 PM - 9 PM

SATURDAY .....4 PM - 9 PM

## SHENANIGANS - DINING ROOM

BLDG. 1308 • 335-4706

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

DINNER TUESDAY - SATURDAY .....4 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

**Times are subject to change  
without notice due to COVID19**





# On Target

MORALE, WELFARE AND RECREATION PMRF | MAR - APR 2021

**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, Kauai. Questions or comments about **ON TARGET** should be directed to Fleet & Family Readiness.

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## COVER

Kalalau Valley at Sunset

## PAGE 3

Palms Trees Silhouetted Against Kauai Sunset

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## PACIFIC MISSILE RANGE FACILITY

**COMMANDING OFFICER** Captain Timothy Young

**EXECUTIVE OFFICER** Commander Richard Schmaeling

**MWR DIRECTOR** Jeffrey Shaw

## 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\\_greatlif.fct@navy.mil](mailto:cni_prlh_greatlif.fct@navy.mil)

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

\*The U.S. Navy or any other Federal Government agency does not officially endorse any sponsor, its products or services in On Target.





# THIS IS OUR LAST ISSUE OF ON TARGET

**But we're  
not going  
anywhere!**

**MWR is still  
offering valuable  
and fun services  
every month.**

**Look for us online and on social media:**

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

** @pmrfmoralewelfare**

** @pmrfmwr**



**Mahalo!**



# Celebrate Mom, Dad & More at Shenanigans

## MAY IS FOR *Mothers*

We have a month-long promo just for Mom! Dine in with your kids and receive 10% off your meal (for Mom only).



Adults **\$32**    10-14 yrs **\$22**  
5-9 yrs **\$13**

### MOTHER'S DAY BRUNCH Sunday, May 9 • 10AM-1PM

Kick off a day dedicated to Mom with a delicious brunch in an ocean view setting! We've rounded up great brunch options to suit any Mom's style, whether she likes seafood, savory meats or breakfast food any time of the day!



**95 cents** per ounce

### MONGOLIAN BBQ Friday, May 28 • 5PM-9PM

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

Modified menu available: Pizzas, appetizers and desserts.

**Reservations highly recommended  
for specialty nights.**

Call 808-335-4708 (between 8:30am-4pm, Mon-Fri),  
808-335-4706 (between 4-8:30pm Tuesday-Saturday)



### SHENANIGANS SIGNATURE SHRIMP BOIL Friday, June 4 • 5PM-9PM

You get a pound of succulent Kauai shrimp mixed with sausage, potatoes and corn on the cob. Accompanied with garlic butter and 2 dinner rolls. Delivered to your table for family style dining.

**Don't forget your \$2 sides!**

Rice, 2 Rolls, Cole Slaw or Side Salad

Modified menu available: Pizzas, appetizers and desserts.

**\$35** per order  
**\$18** per half order



### KAMEHAMEHA DAY HAWAIIAN PLATE DINNER SPECIAL

Friday, June 11 • 5PM-9PM

Hawaiian food? Yes please! Stop at Shenanigans and get local favorites like kalua pork, chicken long rice and more all on one plate!

**\$12.50**



### EARLY FATHER'S DAY BBQ PORK RIBS DINNER SPECIAL

Saturday, June 19 • 5PM-9PM

Bring Dad over and treat him to our Father's Day Special! Comes with: fried potatoes, baked beans, cole slaw, corn on the cob and corn bread.

**\$24**



Price to be announced

### CIGAR AND WHISKEY EVENT

Saturday, June 19 • 6:30PM

Open to all authorized PMRF affiliates 21 and older.



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR





## FITNESS CENTER

### MAY

#### NATIONAL MENTAL HEALTH MONTH

Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives. Stop by the Fitness Center throughout the month to gain more knowledge on National Mental Health Month.

#### MINI SPRINT TRIATHLON

SAT, MAY 8 • 8AM • WAIMEA TO MANA • 335-4379 • AGE 18+  
• OPEN TO ALL AUTHORIZED PMRF AFFILIATES

We are bringing back the Mini Sprint Triathlon at PMRF. The only thing is that we are changing up the scenery. This event will start at the Waimea Pool, where you will swim 500 yards. Then you will bike from Waimea to PMRF, which is 7.1 miles. You will do a 3 mile run on base, then hop back on your bike and bike back to Waimea Pool to finish. Participants must be able to complete course requirements to participate. Space is limited, so grab some friends/family and challenge yourselves at this short distance triathlon.

REGISTER AT [www.active.com](http://www.active.com) by May, 5th  
PMRF Active Duty: free  
PMRF Active Duty Dependents: \$10  
All other patrons: \$15+ active.com fees

#### NATIONAL MILITARY APPRECIATION MONTH: BLUE VS KHAKI MAKAHIKI GAMES & AMAZING RACE

WED, MAY 12 • 5PM • SHENANIGANS • 335-4379  
• OPEN TO ALL ELIGIBLE PMRF ACTIVE DUTY

In honor of Military Appreciation Month, the PMRF Fitness team and the Community Recreation team will be holding a series of competitions from the ancient Hawaiian Days, while having a design like the Amazing Race. The Makahiki games were the ancient Hawaiian version of the Olympics and the contestants included trained athletes, Ali'i and commoners. These contests helped warriors stay active, prepare for wartime and also served as training and practice opportunities for commoners in the event they were called on to fight in the future. The event will start at Shenanigans with one event from the Makahiki games, then the winner (blue or khaki), will have a head start to the race. Like the Amazing Race each team will be given clues or instructions to find out where their next location and what Makahiki game task you will have to complete. You'll need skills and muscle to defeat your opponents. Will it be Blue or Khaki that come out on top? Register by using one of our 4 Ways to Register or visit the Fitness Center and register with them by, May 7.

### EVENTS

- **Ulu Maika:** closely resembles American bowling but uses two stakes and a disc-shaped stone instead of pins and a bowling ball. The stakes are set in the ground a few inches apart with the goal of rolling the stone between the stakes.
- **Hukihuki:** is the Hawaiian form of tug of war during which two teams pull on the opposite ends of the rope until the losing team is pulled over to their opponent's side.
- **O'o Ihe:** known as spear throwing, involves throwing spears into targets and showcases accuracy required during battle as well as during food foraging.
- **Uma:** a form of hand wrestling. Uma is played with both players laying on their stomachs with their elbows on the ground.
- **Coconut shotput:** just like in track, you will shotput a coconut as far as possible.

#### MWR SOFTBALL TOURNAMENT & HOMERUN DERBY

MAY 14-15 • TIME TBD • SOFTBALL FIELD • FREE FOR  
ACTIVE DUTY • \$10 FOR ALL OTHERS • 335-4379  
• OPEN TO ALL AUTHORIZED PMRF AFFILIATES  
• REGISTER BY MAY 10

PMRF Fitness will be holding a 2-day double elimination softball tournament. Teams will be placed on the bracket pertaining to the order of registration. If you are the first to register your team, you will be placed 1st on the bracket, meaning you may have a bye for the first round. Gather your team, and let's start the summer with some fun and competitive softball!

- 10 on 10 (15 player team max)
- Start times depend on number of teams participating

### JUNE

#### PTSD AWARENESS MONTH

PTSD is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. It's normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. The good news is that there are effective treatments. Visit the Fitness Center throughout the month as the PMRF Fitness team will be providing educational information on effective treatments and to help those with PTSD.

#### GOLF SKILLS CHALLENGE

WED, JUN 2 • 5PM • DRIVING RANGE • FREE • 335-4379  
• OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Show off your club skills without having to walk the entire course. This is an event which tests golfers' abilities in putting, driving distance, and the short game (i.e. bunker shots and chip shots). A good warm up for our tournament happening a couple weeks later.

#### GOLF TOURNAMENT (BEST BALL)

SAT, JUN 12 • OCEANFRONT HOKUALA LIHUE • PMRF  
ACTIVE DUTY \$50, ALL OTHERS \$65 • 335-4379  
• OPEN TO ALL AUTHORIZED PMRF AFFILIATES

PMRF Fitness will be holding a golf tournament at one of the world's 12 most beautiful courses, named by MSN Travel, which is the Oceanfront Hokuala. This course is the longest stretch of oceanfront golf in Hawaii and the recipient of several awards, making Hokuala the premier golf resort on Kauai. Price includes 18-holes with cart. The price of golf club rentals & bucket of balls to warm up with, before the start of play is still pending. Top finishers will receive awesome prizes. Grab your clubs and sign-up today! Deadline to sign-up is Thursday, Jun 3.

#### STRONG MAN/GLADIATOR COMPETITION

JUN 14-18 • 5-7PM • FITNESS CENTER • FREE • 335-4379  
• OPEN TO ALL AUTHORIZED PMRF AFFILIATES

PMRF Fitness will be putting on the first ever-Strong Man/Woman Competition. Participants will complete one strong event per day between 5 to 7pm. Events will be assigned to certain days in advance, and participants must complete all five events to be considered the overall Strong man/woman.

EVENTS: Squat, Bench Press, Tire Flip, Farmer's Walk & Truck/Car Pull

### GROUP EXERCISE SCHEDULE

#### MONDAY:

Fitness Center  
1700-1800 **Yoga**

#### TUESDAY:

Fitness Center  
0630-0730 **PT/FEP**  
1100-1200 **HIIT**

#### WEDNESDAY:

Fitness Center  
0700-0800 **Yoga**

#### THURSDAY:

Fitness Center  
0630-0730 **PT/FEP**  
1100-1200 **HIIT**

#### FRIDAY:

Fitness Center  
0700-0800

**TRX Training**  
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.

#### 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.

#### REGENERATION

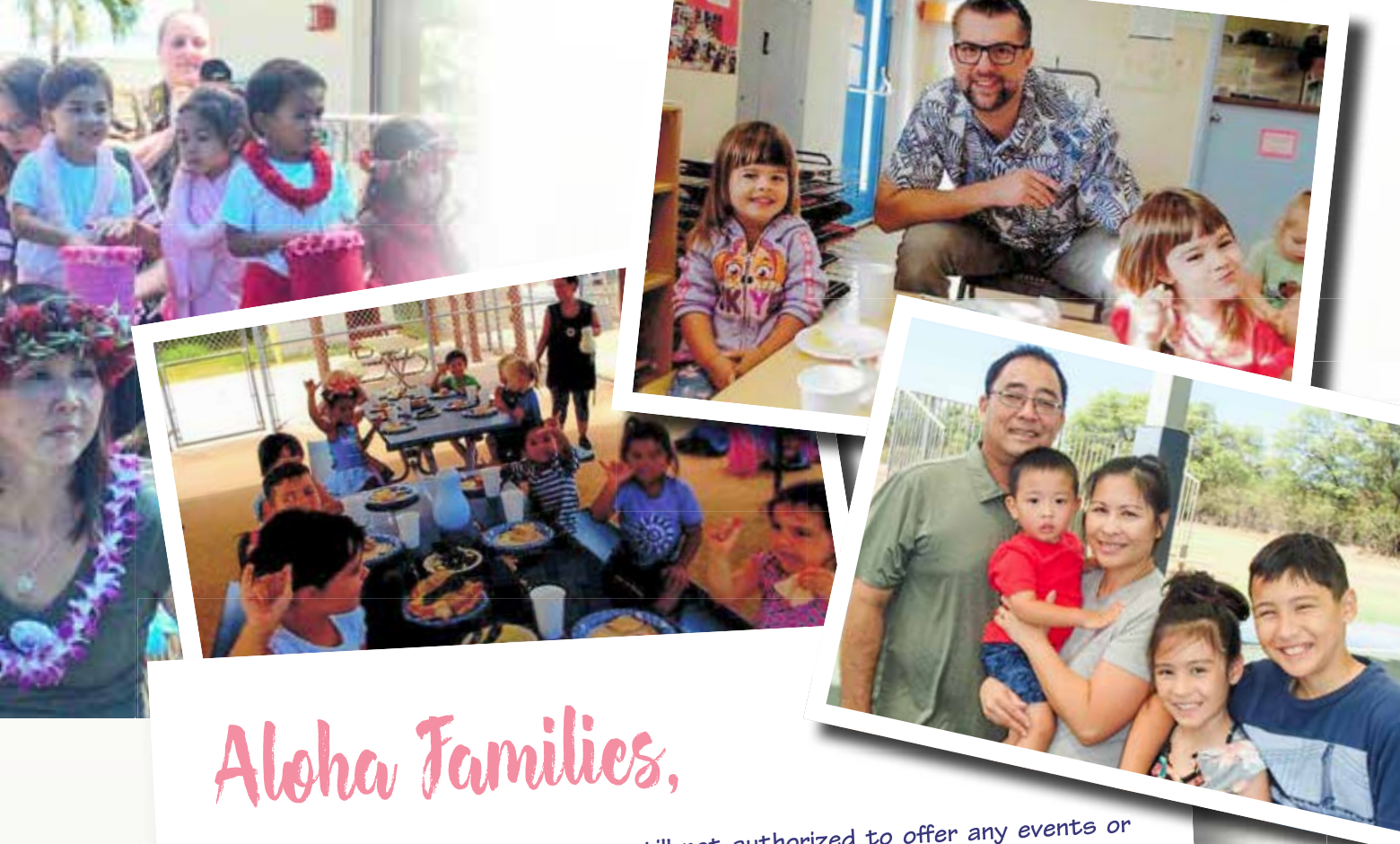
Regenerate your muscles from the stresses of training and everyday life. Through the use of foam rollers, trigger point balls, and a flexibility routine, the movements of this session will focus on soft tissue release and help the body restore its balance.

#### 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.

#### YOGA

A combination of Vinyasa flow (continuous movement) and Yin Yoga (deep stretches held for 2-3 min). This perfect duo starts with breath to movement postures and end with poses focusing on breath and stillness. Both working to increase flexibility and circulation.



# Aloha Families,

Navy Child & Youth Programs are still not authorized to offer any events or gatherings to comply with social distance guidelines. We hope you all stay safe, and we can get together again soon.

While we still need to be safe and avoid crowds, we want to invite you to continue spending quality time with your children and try these activities at home and around our community:

- Make a fruit salad and smoothies with your child.
- Check availability for swimming lessons in our community.
- Check the following virtual resources to encourage your child to practice reading during the summer:
  - o DOD Summer Reading Program: During the summer months, DoD-MWR Libraries around the world will host a range of free activities for children, teens, and adults that encourage and support a love of reading. Participants also can earn incentives by reaching their reading and activity goals.
    - <https://www.beanstack.com/dod>
  - o DoDEA Summer Learning Program: The DoDEA Summer Learning website provides grades K-8 students and parents educational resources to bridge learning between the current and upcoming school years.
    - <https://www.dodea.edu/summerLearning/>

Remember we are here to help you.

For more information please contact us:

**808-335-4453** or [Alejandra.sanchez1@navy.mil](mailto:Alejandra.sanchez1@navy.mil)

| SUNDAY  | MONDAY | TUESDAY   | WEDNESDAY  | THURSDAY | FRIDAY   | SATURDAY  |   |
|---|--------|---|--|----------|--|---|---|
| <b>AUTO SKILLS</b><br>ROUTINE MAINTENANCE SPECIAL - MAY 1-31                        |        |   |  |          |  | <b>MANA SPLASH</b><br>INDIVIDUAL/TEAM MEDLEY - MAY 3-31   | <b>TRIPS, TOURS &amp; OUTINGS</b><br>EZ BEACH DAY<br>9AM-3PM<br>POIPU BEACH |
| 2   | 3      | 4   | <b>SPECIAL EVENTS</b><br>CINCO DE MAYO<br>SALSA DANCE LESSONS<br>6:30PM<br>SHENANIGANS   | 6        | <b>SPECIAL EVENTS</b><br>KANIKAPILA & LET THE<br>SHENANIGANS BEGIN<br>KARAOKE<br>KANIKAPILA 7PM<br>KARAOKE 9PM<br>SHENANIGANS  | <b>8</b><br><b>FITNESS CENTER</b><br>MINI SPRINT TRIATHLON<br>WAIMEA TO MANA<br>8AM<br><b>LIBERTY</b><br>MAHAULEPU'U<br>HERITAGE TRAIL<br>7AM<br><b>COMMUNITY RECREATION</b><br>MOMMY & ME BOWLING<br>6:30PM<br>LIHUE BOWLING CENTER                    |   |
| <b>9</b><br><b>SHENANIGANS</b><br>MOTHER'S DAY<br>BRUNCH<br>10AM-1PM<br>SHENANIGANS | 10     | 11  | <b>12</b><br><b>FITNESS CENTER &amp; COMMUNITY RECREATION</b><br>NATIONAL MILITARY<br>APPRECIATION MONTH:<br>BLUE VS KHAKI<br>MAKAHIKI GAMES<br>5PM<br>SHENANIGANS | 13       | <b>14</b><br><b>COMMUNITY RECREATION</b><br>KIDS SAY THE<br>DARINDEST THINGS<br>6PM<br>SHENANIGANS<br><b>FITNESS CENTER</b><br>MWR SOFTBALL<br>TOURNAMENT<br>& HOMERUN DERBY<br>TIME TBD<br>SOFTBALL FIELD             | <b>15</b><br><b>FITNESS CENTER</b><br>MWR SOFTBALL<br>TOURNAMENT<br>& HOMERUN DERBY<br>TIME TBD<br>SOFTBALL FIELD<br><b>MANA SPLASH</b><br>SPLASH PAD/DIVE IN<br>MOVIE<br>7PM<br>MANA SPLASH<br><b>LIBERTY</b><br>FISHING CHARTER<br>12PM<br>PORT ALLEN |   |
| 16  | 17     | <b>18</b><br><b>LIBERTY</b><br>FLYING SAUCER<br>WORKSHOP<br>6:30PM<br>SHENANIGANS | <b>19</b><br><b>COMMUNITY RECREATION</b><br>SIMPLE LEI MAKING<br>5:30PM<br>SHENANIGANS   | 20       | <b>21</b><br><b>COMMUNITY RECREATION</b><br>DINNER & A MOVIE<br>7:30PM<br>SHENANIGANS  | <b>22</b><br><b>TRIPS, TOURS &amp; OUTINGS</b><br>SNORKELING LAWAI BEACH<br>9AM-3PM   |   |
| 23  | 24     | 25  | <b>26</b><br><b>COMMUNITY RECREATION</b><br>FAMILY FUN BINGO NIGHT<br>5:30PM<br>SHENANIGANS  | 27       | <b>28</b><br><b>SHENANIGANS</b><br>MONGOLIAN BBQ<br>5PM-9PM<br>SHENANIGANS<br><b>COMMUNITY RECREATION</b><br>CORNHOLE TOURNAMENT<br>6:30PM<br>SHENANIGANS<br><b>SPECIAL EVENTS</b><br>KANIKAPILA<br>7PM<br>SHENANIGANS | <b>29</b><br><b>LIBERTY</b><br>ZIPLINE ADRENALINE<br>7:45AM DEPARTURE   |   |
| 30  | 31     |   |  |          |  |   |   |




20

MAY



| SUNDAY  | MONDAY | TUESDAY | WEDNESDAY   | THURSDAY | FRIDAY | SATURDAY |
|---|--------|---------|---|----------|--------|----------|
| <b>AUTO SKILLS</b><br>ROUTINE MAINTENANCE SPECIAL - JUNE 1-30 |        |         | <b>MANA SPLASH</b><br>MWR SWIM LESSONS - SESSION 1: JUNE 8-24 |          |        |          |

|   |   |   |   |   |   |  |
|---|---|---|---|---|---|--|
|   |   | 1   | 2   | 3   | 4   | 5  |
|   |   |   | <b>FITNESS CENTER</b><br>GOLF SKILLS CHALLENGE<br>5PM<br>DRIVING RANGE                        |   | <b>SHENANIGANS</b><br>SHENANIGANS<br>SIGNATURE SHRIMP BOIL<br>5PM-9PM<br>SHENANIGANS<br><br><b>SPECIAL EVENTS</b><br>KANIKAPILA & LET THE<br>SHENANIGANS BEGIN<br>KARAOKE<br>KANIKAPILA 7PM<br>KARAOKE 9PM<br>SHENANIGANS | <b>TRIPS, TOURS &amp; OUTINGS</b><br>STAND UP<br>PADDLE BOARD<br>INSTRUCTIONAL CLASS<br>7:30AM<br>WAILUA RIVER<br><br><b>LIBERTY</b><br>FIRST SATURDAYS<br>AT OLD KAPA'A TOWN<br>4:30PM<br>KAPA'A  |
| 6   | 7   | 8   | 9   | 10  | 11  | 12   |
|   |   |   | <b>COMMUNITY RECREATION</b><br>MACRAME WORKSHOP<br>6:30PM<br>SHENANIGANS                      | <b>OUTDOOR MOVIE THEATER</b><br>TWILIGHT MOVIE<br>MARATHON<br>7:30PM  | <b>SHENANIGANS</b><br>KAMEHAMEHA DAY<br>HAWAIIAN PLATE<br>DINNER SPECIAL<br>5PM-9PM<br>SHENANIGANS<br><br><b>OUTDOOR MOVIE THEATER</b><br>TWILIGHT MOVIE<br>MARATHON<br>7:30PM  | <b>FITNESS CENTER</b><br>GOLF TOURNAMENT<br>(BEST BALL)<br>OCEANFRONT HOKUALA<br>LIHUE<br><br><b>OUTDOOR MOVIE THEATER</b><br>TWILIGHT MOVIE<br>MARATHON<br>7:30PM<br><br><b>LIBERTY</b><br>HO'OP'I FALLS HIKE<br>5:30-8PM<br>SHENANIGANS              |
| 13  | 14  | 15  | 16  | 17  | 18  | 19   |
| <b>OUTDOOR MOVIE THEATER</b><br>TWILIGHT MOVIE<br>MARATHON<br>7:30PM                                    | <b>FITNESS CENTER</b><br>STRONG MAN/<br>GLADIATOR<br>COMPETITION<br>5PM-7PM<br>FITNESS CENTER | <b>FITNESS CENTER</b><br>STRONG MAN/<br>GLADIATOR<br>COMPETITION<br>5PM-7PM<br>FITNESS CENTER | <b>FITNESS CENTER</b><br>STRONG MAN/<br>GLADIATOR<br>COMPETITION<br>5PM-7PM<br>FITNESS CENTER | <b>COMMUNITY RECREATION</b><br>MACRAME WORKSHOP<br>6:30PM<br>SHENANIGANS<br><br><b>FITNESS CENTER</b><br>STRONG MAN/<br>GLADIATOR<br>COMPETITION<br>5PM-7PM<br>FITNESS CENTER | <b>FITNESS CENTER</b><br>STRONG MAN/<br>GLADIATOR<br>COMPETITION<br>5PM-7PM<br>FITNESS CENTER<br><br><b>SPECIAL EVENTS</b><br>WELCOME TO THE 90'S<br>DJ NIGHT<br>9PM-12AM<br>SHENANIGANS                                  | <b>LIBERTY</b><br>FISHING CHARTER<br>TIME TBA<br>PORT ALLEN<br><br><b>SHENANIGANS</b><br>EARLY FATHER'S DAY<br>BBQ PORK RIBS<br>DINNER SPECIAL<br>5PM-9PM<br>SHENANIGANS<br><br><b>COMMUNITY RECREATION</b><br>DADDY DAUGHTER DAY<br>1PM<br>PORT ALLEN |
| 20  | 21  | 22  | 23  | 24  | 25  | 26   |
| FATHER'S DAY<br><br> |   |   |   |   | <b>COMMUNITY RECREATION</b><br>PORTUGUESE HORSESHOE<br>TOURNAMENT<br>6:30PM<br>SHENANIGANS<br><br><b>SPECIAL EVENTS</b><br>KANIKAPILA<br>7PM<br>SHENANIGANS   | <b>TRIPS, TOURS &amp; OUTINGS</b><br>KOLOA RUM TASTING<br>SAFARI<br>TIME TBA<br>KILOHANA   |
| 27  | 28  | 29  | 30  |   |   |  |
|   |   |   | <b>COMMUNITY RECREATION</b><br>FAMILY FUN<br>BINGO NIGHT<br>5:30PM<br>SHENANIGANS             |   |   |  |

# JUNE

# SHENANIGANS

## MAY

### **MAY IS FOR MOTHERS!!**

We have a month-long promo just for Mom! Dine in with your kids at Shenanigans and receive 10% off your meal (for Mom only). Call 808-335-4708 or 808-335-4706 for more information.

### **MOTHER'S DAY BRUNCH**

**SUN, MAY 9 • 10AM-1PM • ADULTS \$32 • 10-14 YRS \$22 • 5-9 YRS \$13**

What better way to kick off a day dedicated to Mom than with a delicious brunch with an ocean view setting? We've rounded up some great Mother's Day brunch options to suit any Mom's style, whether she likes seafood, savory meats or breakfast food any time of the day!

#### **MENU:**

Scrambled Eggs  
Portuguese Sausage  
Crispy Bacon  
Link Sausage  
Pancake & French Toast (assorted toppings and syrups)  
Assorted Flatbread Pizza  
Breakfast Potatoes  
Steamed White Rice  
Prime Rib w/ au jus Carving Station with fixings  
Crab Laced Ono  
Soup of the day  
Salads & Fresh Fruit  
Assorted Desserts  
Coffee, Tea & Juices

#### **RESERVATIONS HIGHLY RECOMMENDED**

808-335-4708 (between 8:30am-4pm, Mon-Fri), 808-335-4706 (between 4-8:30pm Tuesday-Saturday)

### **MONGOLIAN BBQ**

**FRI, MAY 28 • 5PM-9PM • 95¢ PER OUNCE**

Create your own stir-fry from a variety of meats, vegetables and savory sauces and our staff will stir fry your creation right in front of you. If you haven't experienced our Mongolian BBQ this is the time. You will come back every time!

**Modified menu available: Pizzas, appetizers and desserts**

#### **RESERVATIONS HIGHLY RECOMMENDED**

808-335-4708 (between 8:30am-4pm, Mon-Fri), 808-335-4706 (between 4-8:30pm Tuesday-Saturday)

## JUNE

### **SHENANIGANS SIGNATURE SHRIMP BOIL**

**FRI, JUN 4 • 5PM-9PM • \$35 PER ORDER • \$18 PER HALF ORDER**

Featuring the island's very own Kauai shrimp

You get a pound of succulent Kauai shrimp mixed with sausage, potatoes and corn on the cob. Accompanied with garlic butter and 2 dinner rolls. We'll deliver it to your table for family style dining.

Don't forget your sides!

\$2 Sides: Rice, 2 Rolls, Cole Slaw or Side Salad

Ala carte 6 pieces Shrimp: \$11

**Modified menu available: Pizzas, appetizers and desserts**

#### **RESERVATIONS HIGHLY RECOMMENDED**

808-335-4708 (between 8:30am-4pm, Mon-Fri), 808-335-4706 (between 4-8:30pm Tuesday-Saturday)

### **KAMEHAMEHA DAY HAWAIIAN PLATE DINNER SPECIAL**

**FRI, JUN 11 • 5PM-9PM • \$12.50**

Hawaiian food? Yes please! Stop at Shenanigans and get many local favorites all on one plate! Includes:

Kalua Pork  
Chicken Long Rice  
Potato Mac Salad  
Lomi Lomi Salmon  
Steamed Rice

### **EARLY FATHER'S DAY BBQ PORK RIBS DINNER SPECIAL**

**SAT, JUN 19 • 5PM-9PM • \$24**

Bring Dad over and treat him to our Father's Day Special

Special includes:

Succulent BBQ Baby Back Pork Ribs  
Fried Potatoes or Steamed White Rice  
Baked Beans  
Cole Slaw  
Corn on the Cobb  
Corn Bread

### **CIGAR AND WHISKEY EVENT**

**SAT, JUN 19 • 6:30PM • \$\$ • OPEN TO ALL AUTHORIZED PMRF AFFILIATES 21 AND OLDER**

Tentative: Will send more info soon.



# COMMUNITY RECREATION

## 4 WAYS TO REGISTER:

Register at Shenanigans

Email: [pmrfmwrl@gmail.com](mailto:pmrfmwrl@gmail.com)

Text: (808)631-9367

Call: (808)335-4346

## MAY

### MOMMY & ME BOWLING

SAT, MAY 8 • 6:30PM • \$15 ACTIVE DUTY, \$25 ALL OTHERS • LIHUE BOWLING CENTER • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

This Mother's Day spend time with your child by enjoying a night of bowling! Mommy be sure to register you and your child by using one of our 4 Ways to Register by May 5.

### BLUE VS KHAKI MAKAHIKI GAMES

WED, MAY 12 • 5PM • SHENANIGANS • 808-335-4346 • OPEN TO ALL ACTIVE DUTY PERSONNEL

In honor of Military Appreciation Month, the PMRF Fitness and Community Recreation teams will be holding a series of competitions from the ancient Hawaiian Days. Like the Amazing Race each team will be given clues or instructions to find out where their next location and what their task will be. You'll need skills and muscle to defeat your opponents. Will it be Blue or Khaki that comes out on top? Sign up using one of our 4 Ways to Register or visit the Fitness Center by May 7.

### KIDS SAY THE DARNDDEST THINGS

FRI, MAY 14 • 6PM • SHENANIGANS • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • REGISTRATION REQUIRED

Does your child always have something to say? Is what comes out of their mouth jaw dropping funny? Or does it make you think, "Where does my child get it from?" If you've answered YES to any of these questions register your child for the MWR PMRF Kids Say the Darndest Things Show. We are looking for kids ages 3 to 13. They'll sit on stage and will be asked a series of questions and even do taste tests and give us their opinion. It'll be a heck of a show. Register your child by using one of our 4 Ways to register, by May 10. Limited space available.

### SIMPLE LEI MAKING

WED, MAY 19 • 5:30PM • SHENANIGANS • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • AGES 18 AND OLDER WELCOME • DROP IN EVENT

Come on down to Shenanigans to learn how to create your very own simple flower lei. We will be making plumeria and crown flower leis for you to bring home and enjoy.

### DINNER & A MOVIE

FRI, MAY 21 • 7:30PM • SHENANIGANS • FREE • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT

Bring your family out to enjoy an evening together, with dinner and a movie at Shenanigans. Bring your blankets, your chairs and your appetite!

### FAMILY FUN BINGO NIGHT

WED, MAY 26 • 5:30PM • SHENANIGANS • FREE • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

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.

### CORNHOLE TOURNAMENT

FRI, MAY 28 • 6:30PM • SHENANIGANS • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT • AGES 18 AND OLDER WELCOME

Join us for "Kanikapila Night" as we feature two hours of live music and a friendly Corn Hole tournament while overlooking Kauai's breathtaking sunset. Show up by 5pm on the day of the event to secure your team spot! To secure your spot in advance please use one of our 4 Ways to Register.

## JUNE

### MACRAME WORKSHOP

WED, JUN 9 • 6:30PM • SHENANIGANS • \$TBA • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Come and learn how to create your own macramé wall hanging by an experienced macramé creator! You don't want to miss this workshop! Register by June 2, by using one of our 4 Ways to Register.



## **DADDY DAUGHTER DAY**

**SAT, JUN 19 • 1PM • \$15 ACTIVE DUY, \$25 ALL OTHERS • PORT ALLEN • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

We know its Father's Day weekend but what better way to celebrate being a dad by learning how to turn your daughter into a princess! Enjoy a day learning how to curl, braid, or style your daughter's hair. So dad, don't forget to register you and your daughter by using one of our 4 Ways to Register, by June 16.

## **PORTUGUESE HORSESHOE TOURNAMENT**

**FRI, JUN 25 • 6:30PM • SHENANIGANS • 808-335-4346 • 18 AND OLDER WELCOME • OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

Head to Shenanigans for some ono dinner and a Portuguese Horseshoe Tournament! Show up by 5pm on the day of the event to secure your team spot.

## **FAMILY FUN BINGO NIGHT**

**WED, JUN 30 • 5:30PM • SHENANIGANS • FREE • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

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.

# **SPECIAL EVENTS**

## **MAY**

### **CINCO DE MAYO SALSA DANCE LESSONS**

**WED, MAY 5 • 6:30PM • SHENANIGANS • \$15 • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT • AGES 18 AND OLDER WELCOME**

Cinco de Mayo is coming and what better way to celebrate this fun and exciting celebration than with some Salsa Dancing! Head on down to Shenanigans, put on your dancing shoes and let's get moving! Register by using one of our 4 Ways to Register by Monday, March 3.

### **KANIKAPILA & LET THE SHENANIGANS BEGIN KARAOKE**

**FRI, MAY 7 • KANIKAPILA-7PM/KARAOKE-9PM • SHENANIGANS • FREE • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • DROP IN EVENT • AGES 18 AND OLDER WELCOME**

Head on down to Shenanigans and enjoy a night full of music. First sit back and listen to live island music. Then you become the star with some fun filled karaoke singing. Whatever your taste in music we have the song for you! See you at Shenanigans!

### **KANIKAPILA**

**FRI, MAY 28 • 7PM • SHENANIGANS • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

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

## **JUNE**

### **KANIKAPILA & LET THE SHENANIGANS BEGIN KARAOKE**

**FRI, JUN 4 • KANIKAPILA-7PM/KARAOKE-9PM • SHENANIGANS • FREE • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • 18 AND OLDER WELCOME**

Head on down to Shenanigans and enjoy a night full of music. First sit back and listen to live island music. Then you become the star with some fun filled karaoke singing. Whatever your taste in music we have the song for you! See you at Shenanigans!

### **WELCOME TO THE 90'S DJ NIGHT**

**FRI, JUN 18 • 9PM-12AM • SHENANIGANS • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • 18 AND OLDER WELCOME**

We're going to party like its 1999! Come on down to Shenanigans for an evening of fun and competition. Enter our costume contest by dressing up in your best 90's costume, there can only be one costume contest winner so make it a good one! Play some games and win a prize. See you at DJ Night!

### **KANIKAPILA**

**FRI, JUN 25 • 7PM • SHENANIGANS • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

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

## **TRIPS, TOURS & OUTINGS**

### **4 WAYS TO REGISTER:**

*Register at Community Recreation Center*

*Email: [pmrfmwr1@gmail.com](mailto:pmrfmwr1@gmail.com)*

*Text: (808)631-9367*

*Call: (808)335-4346*

*CANCEL at least 48 hours prior to event for full refund*

## **MAY**

### **EZ BEACH DAY**

**SAT, MAY 1 • 9AM-3PM • POIPU BEACH • TRANSPORTATION AVAILABLE • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES**

Join us for a relaxing day on the beach. Snorkel gear and boards will be available. A hydration station and snacks provided. Do not forget to pack your lunch. Transportation available; Register for transportation by Friday, April 30. Active Duty and dependents, \$7. All others, \$10. Look for the MWR Tents! See you at EZ Beach Day!



## SNORKELING LAWAI BEACH

SAT, MAY 22 • 9AM-3PM • LAWAI BEACH • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Join us for a relaxing day of snorkeling at one of the best spots for the beginner snorkeler. Do not forget to pack your lunch. Register by Wednesday, May 19 using one of our 4 Ways to Register. Transportation available. Active Duty and dependents, \$7. All others, \$10.

## JUNE

### STAND UP PADDLE BOARD INSTRUCTIONAL CLASS

SAT, JUN 5 • 9AM • WAILUA RIVER • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Interested in stand up paddle boarding? Join us for a fun day on the river learning to maneuver a stand up paddle board like a seasoned professional! Registration required by June 3, by using one of our 4 Ways to Register.

### RUM TASTING SAFARI

SAT, JUN 26 • KILOHANA • TIME TBA, \$\$TBA • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES • 21 AND OLDER WELCOME

Join us as we taste the flavor of Hawaii on the Rum Safari! Registration is required by June 23 by using one of our 4 Ways to Register. Active Duty and Dependents may start registering for this event on June 5. All others may start beginning June 12.

## 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.

### 4 WAYS TO REGISTER:

Register at Community Recreation Center

Email: [pmrfmwr1@gmail.com](mailto:pmrfmwr1@gmail.com)

Text: (808)631-9367

Call: (808)335-4346

**CANCEL at least 48 hours prior to event for full refund**

## MAY

### MAHAULEPU'U HERITAGE TRAIL

SAT, MAY 8 • 7AM • MAHAULEPU'U • 808-335-4346 • OPEN TO ALL ELIGIBLE LIBERTY PATRONS

Kauai's southern coastline, stretching from Keoneloa Bay to Kawailoa Bay, features a fascinating hike along the Mahaulepu Heritage Trail, with a treasure-trove of geological and cultural sites. Discover significant points of interest, along with notable plants and wildlife in the area. Ready to go? Register for Mahaulepu'u Heritage Trail by May 6, by using one of our 4 Ways to Register.

## FISHING CHARTER

SAT, MAY 15 • 12PM • \$\$TBA • PORT ALLEN • 808-335-4346 • OPEN TO ALL ELIGIBLE LIBERTY PATRONS

Deep sea fishing anyone? We've got a charter for you! Be sure to register by May 11, using one of our 4 ways to Register to secure your spot. Limited Space Available.

## FLYING SAUCER WORKSHOP

TUE, MAY 18 • 6:30PM • SHENANIGANS • 808-335-4346 • DROP IN EVENT • OPEN TO ALL ELIGIBLE LIBERTY PATRONS

Learn how to create a local favorite found only on Kaua'i, the Flying Saucer. Take 2 slices of bread, sloppy joe and a slice of cheese toasted to create a pocket of yummy goodness! This is a drop in event and supplies are limited so come on down for a sneak peek at the Flying Saucer!

## ZIPLINE ADRENALINE

SAT, MAY 29 • 7:45AM DEPARTURE • 808-335-4346 • OPEN TO ALL ELIGIBLE LIBERTY PATRONS

Ready for pure adrenaline? Warm up on an 800 foot single line, then move on to the 1800 foot side-by-side tandem lines. Cool off by dropping into Bamboo Pool from the WaterZip before changing into your Superman-style harness for the monster 4000 foot FlyLine Zipline. Bring swimwear, towel, windbreaker, sunscreen, shoes or sports sandals with heel straps, bug spray and camera. Register by May 18.

## JUNE

### FIRST SATURDAYS AT OLD KAPA'A TOWN

SAT, JUN 5 • 4:30PM • KAPA'A • 808-335-4346 • OPEN TO ALL ELIGIBLE LIBERTY PATRONS

Old Kapa'a Town is in the midst of a cultural revival. Hipster cafes, local boutiques and fresh vibrations are pulsating through the streets of this East Shore town. And the very best way to experience the apex of aliveness is during the First Saturday Kapa'a Art Walk. Stores stay open late, restaurants fill every seat and sidewalks brim with activity. Along the entire stretch of downtown, local vendors set up shop, putting their unique expressions of Aloha on display. Street corners and alleyways feature all genres of music, including traditional Tahitian drumming, rock and indie. You can even catch a fire dancing performance if you're lucky! Sign up using one of our 4 Ways to Register, by June 3.

## HO'OPI'I FALLS HIKE

SAT, JUN 12 • 6:45AM • KAPA'A • 808-335-4346 • OPEN TO ALL ELIGIBLE LIBERTY PATRONS

Ho'opi'i Falls Trail is a 2 mile heavily trafficked out and back trail located near Kapa'a, features a waterfall and is rated as moderate. Be sure to sign up by June 9, using one of our 4 ways to Register to secure your spot. Limited Space Available.

## FISHING CHARTER

SAT, JUN 19 • TIME TBA • \$\$TBA • PORT ALLEN • 808-335-4346 • OPEN TO ALL ELIGIBLE LIBERTY PATRONS

Deep sea fishing anyone? We've got a charter for you! Be sure to sign up by June 15, using one of our 4 ways to Register to secure your spot. Limited Space Available.

## AQUATICS

### POOL HOURS OF OPERATION

MONDAY, WEDNESDAY & FRIDAY- Lap Swim: 6-7:30AM

11AM-1:30PM

3:30-5:30PM

TUESDAY & THURSDAY- Lap Swim: 11AM-1:30PM

3:30-5:30PM

• POOL HOURS SUBJECT TO CHANGE

## MAY

### POOL TIP OF THE MONTH: SWIM IN A PAIR NEAR A LIFEGUARD CHAIR

#### INDIVIDUAL/TEAM MEDLEY

MAY 3-31 • MANA SPLASH • FREE • 335-4391 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

This month, the Aquatics team challenges patrons to do 4 medley strokes for time. You can do this challenge in a team (4 member team/one stroke each, 2 member team/2 strokes each) or individually (doing all 4 strokes). The top times will receive a prize.

#### SPLASH PAD/DIVE IN MOVIE

SAT, MAY 15 • MANA SPLASH • 7PM • FREE • 335-4379 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Enjoy splashing around in the pool while you watch a movie. Movie title TBA. Pool opens at 7pm, Movie begins at 7:30pm.

## JUNE

### POOL TIP OF THE MONTH: TOO MUCH SUN IS NO FUN

#### MWR SWIM LESSONS

SESSION 1: JUNE 8-24 • MANA SPLASH • \$60 • 335-4379 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

PMRF Active Duty sign-ups begin Tuesday, May 25. All other eligible patrons may sign up beginning Tuesday, June 1. Limited space available, first come first serve. Must submit full payment to secure class spot.

Learn to Swim for ages 4 and up. Classes will be held on Tuesday, Wednesday and Thursday:

- Levels 1 & 2 (Ages 4-10): 4PM-4:30PM
- Levels 3 & 4 (Ages 7-17): 5PM-5:30PM
- Adults: 6PM-6:30PM

## OUTDOOR MOVIE THEATER

Open Fridays, Saturdays & Sundays; 7:30PM

Movies are FREE. For a pre-recorded message of current movies, call 808-335-4210.

### TWILIGHT MOVIE MARATHON

THU-SUN, JUN 10-13 • 7:30PM • OUTDOOR MOVIE THEATER • FREE • 808-335-4346 • OPEN TO ALL AUTHORIZED PMRF AFFILIATES

Alright all of you Twilight fans, pack your chairs and your blankets and head on down to the Outdoor Movie Theater for the Twilight Saga Movie Marathon! Movies start at 7:30pm. Concession available for purchase.

### OUTDOOR MOVIE THEATER PARTY PACKAGE

Plan your next party at the Outdoor Movie Theater. Custom packages may include; a movie of your choice, tables/chairs, tents, catering, balloons, decorations and more. Check out Party Package brochure for more information.

## ITT AT THE COMMUNITY RECREATION CENTER

Information, Tickets & Tours can book your Na Pali Coast tours, zip line, kayak trips, horseback rides, luaus, just to name a few island activities, answer your questions and save you \$\$ at the same time. Always happy to assist you in planning your most memorable vacation here on Kauai.

## 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

### MAY & JUNE ACTIVE DUTY SPECIAL

For the months of May & June, MWR ASC would like to encourage our active duty vehicle owners to perform routine maintenance to their POV here at the Auto Skills Center.

Active duty patrons will receive the following:

- FREE usage of the vehicle lift for up to 1 hour.
- Purchase any oil filter in stock and receive a 10% discount.
- Purchase any 5W-20, 5W-30 Motor oil and receive a 10% discount.
- Receive professional guidance in service of your vehicle.

**\*\*Special applies to ALL PMRF active duty and/or spouse**

Call 335-4439 for more information.



# Mom + DAD DAYS

## w/ MWR

Looking for a way for the kids to spend fun time with mom or dad? We've got you covered!

Open to all authorized PMRF affiliates.



### MOMMY & ME BOWLING

**Saturday, May 8 - 6:30PM**

@ Lihue Bowling Center

\$15 Active Duty & family members  
 \$25 All others  
 Fee includes: bowling, shoes, pizza & soft drinks.

*This Mother's Day spend time with your child by enjoying a night of bowling! Mommy, be sure to register you and your child by May 5.*



### DADDY DAUGHTER DAY

**Saturday, June 19 - 1PM**

Da Shop @ Port Allen

\$15 Active Duty & family members  
 \$25 All others  
 Fee includes: hair lessons, hair kits and ice cream.

*It's Father's Day weekend and what better way to celebrate being a dad than learning how to turn your daughter into a princess! Enjoy a day learning how to curl, braid, or style your daughter's hair. So dad, don't forget to register you and your daughter by June 16.*

Sign up  
 using  
 our

# 4 WAYS TO REGISTER

- Register at Shenanigans
- Email: [pmrfmwr1@gmail.com](mailto:pmrfmwr1@gmail.com)
- Text: 808-631-9367 • Call: 335-4346
- \* Cancellations must be done at least 48 hours prior to receive a refund



STAY CONNECTED AND FOLLOW US ONLINE!

@GreatLifeHawaii

GreatLifeHawaii.com





National Military Appreciation Month

# BLUE vs KHAKI MAKAHIKI GAMES & AMAZING RACE

Wednesday, May 12 • 5PM

at *Shenanigans*

Sailors! Pair up with your shipmates to compete in this combination of the Amazing Race and Makahiki Games, sort of a Hawaiian version of the Olympics. You'll need brains and brawn to win this one!

Call **808-335-4379** for more information.

Sign up  
using one  
of our

**4 WAYS TO  
REGISTER**

- Register at the Fitness Center
- Email: [pmrfmwr1@gmail.com](mailto:pmrfmwr1@gmail.com)
- Text: 808-631-9367 • Call: 335-4379



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