

On Target

MORALE, WELFARE AND RECREATION PMRF | MAR - APR 2020



MWR PHONE DIRECTORY & HOURS

BEACH COTTAGE - AFTER HOURS

(PHONE NUMBER FOR EMERGENCIES ONLY)

BLDG. 1293 • 645-1623

MONDAY - FRIDAY5 PM - 8:30 AM

SATURDAY & SUNDAY3 PM - 10 AM

BEACH COTTAGE - RESERVATION OFFICE

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

BLDG. 1293 • 335-4752

MONDAY - FRIDAY8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

CHILD DEVELOPMENT CENTER (CDC)

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

MONDAY - FRIDAY6 AM - 5 PM

FITNESS CENTER

BLDG. 1264 • 335-4379

MONDAY - FRIDAY5:30 AM - 8:30 PM

SATURDAY, SUNDAY & HOLIDAYS9:30 AM - 5 PM

LIBERTY CENTER

BLDG. 1355-B • 335-4346

DAILY24 HOURS A DAY

MANA MOTORS AUTO SKILLS CENTER

BLDG. 1276 • PHONE: 335-4439

TUESDAY - FRIDAYNOON - 8 PM

SATURDAY9 AM - 5 PM

MANA SPLASH SWIMMING POOL - AQUATICS

BLDG. 1302 • 335-4391

MONDAY, WEDNESDAY & FRIDAY:

LAP SWIM11 AM - 1:30 PM

OPEN SWIM1:30 PM - 5:30 PM

SATURDAY, SUNDAY & HOLIDAYS:

OPEN SWIM11 AM - 5 PM

MOVIE HOUSE

BLDG. 1315 • 335-4210

FRIDAY - SUNDAYFIRST MOVIE 7:00 PM

COMMUNITY RECREATION CENTER

BLDG. 1293 • 335-4195

MONDAY - FRIDAY8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

SHENANIGANS - ALL-HANDS CLUB/BAR

BLDG. 1308 • 335-4706

TUESDAY - THURSDAY4 PM - 9 PM

FRIDAY4 PM - 1 AM

SATURDAY4 PM - 10 PM

SHENANIGANS - DINING ROOM

BLDG. 1308 • 335-4706

LUNCH TUESDAY - FRIDAY11 AM - 1 PM

DINNER TUESDAY - SATURDAY5 PM - 9 PM

SHENANIGANS - CATERING OFFICE

BLDG. 1308 • 335-4708

MONDAY - FRIDAY8 AM - 4 PM

SPECIAL EVENTS

BLDG. 1267 • 335-4380

MONDAY - FRIDAY8 AM - 4 PM

TICKETS & TRAVEL

BLDG. 1293 • 335-4195

MONDAY - FRIDAY8:30 AM - 5 PM

SATURDAY, SUNDAY & HOLIDAYS10 AM - 3 PM

YOUTH CENTER - SCHOOL AGE CARE

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY, TUESDAY, THURSDAY, FRIDAY2 PM - 5 PM

WEDNESDAY1:15 PM - 5 PM

YOUTH CENTER - OPEN RECREATION

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

YOUTH CENTER - DAY CAMPS

(AGE 5 - 12) • BLDG. 1318 • 335-4419

MONDAY - FRIDAY7 AM - 5 PM



On Target

MORALE, WELFARE AND RECREATION PMRF | MAR - APR 2020

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.

COVER

Hanakapi'ai Falls

INSIDE COVER

Taro growing in the Hanalei Valley

PACIFIC MISSILE RANGE FACILITY

COMMANDING OFFICER Captain Timothy Young

EXECUTIVE OFFICER Commander Richard Schmaeling

MWR DIRECTOR Jeffrey Shaw

MWR PMRF PHONE DIRECTORY

PHONE (808) 335-4195

DSN (315) 421-6195

FAX (808) 335-4769

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



MWR MARKETING

850 Ticonderoga St., Suite 300

Pearl Harbor, HI 96860

E-mail to 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.

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



FITNESS CENTER

MARCH NATIONAL WORKPLACE EYE WELLNESS MONTH

Before you think that this topic does not apply to you, think again. Each day, over 2,000 Americans suffer an eye injury. This means that almost one million Americans have experienced some vision loss due to eye injury, which has resulted in more than \$300 million in lost work time, medical expenses and workman's compensation. For more information on this topic, the PMRF Fitness team designed an info board that you can refer to throughout the month.

WORKOUT OF THE MONTH

MAR 1-31 • FITNESS CENTER • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Stuck in a fitness rut? Need a push for the last month of the LIT challenge? Let our fitness team help you shake things up and restart your fitness journey. Our MWR Fitness professionals have developed a couple fitness workouts for you to change things up throughout the month. Stop by and try them out!

INSTAGRAM KAUAI CHALLENGE

MAR 2-27 • AROUND KAUAI • FREE • 335-4379
OPEN TO ALL AUTHORIZED PMRF PERSONNEL

What better way to have fun and explore the island of Kauai by participating in MWR's Instagram Discover Kauai Challenge.

- Participants will be given a challenge each week to complete
- Participant will document completion of each challenge onto Instagram
- Instagram upload must tag @pmrfmwr
- Participants who complete all challenge tasks will receive a prize

5-ON-5 DODGEBALL LEAGUE

BEGINS MAR 9 • OUTDOOR TENNIS COURT • FREE
335-4379 • OPEN TO ALL AUTHORIZED PMRF
PERSONNEL

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

- Mandatory meeting: March 6, 1200 @ Fitness Center
- Round Robin begins Monday, March 9

APRIL

NATIONAL DISTRACTED DRIVING AWARENESS MONTH

Distracted Driving Awareness Month in April is a united effort to recognize the dangers of and eliminate preventable deaths from distracted driving. Every day, at least nine Americans die and 100 are injured in distracted driving crashes. Cell phones, dashboard touchscreens, voice commands, and other in-vehicle technologies pose a threat to our safety. Consequences of those distractions are not worth the convenience they offer. Ignore the distractions and #justdrive

CLIMBING CHALLENGE

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

Each month PMRF Fitness hosts a different fitness challenge in which everyone is encouraged to improve their fitness levels. The purpose is to encourage self-improvement and provide some friendly competition. Each participant can try to improve their score during the entire month in order to make the PMRF Challenge board. This month's challenge: climb the Washington Monument (555 feet) as fast as possible on the Versaclimber and/or climb 1000 feet as fast as you can on the Jacob's Ladder.

5K BUNNY HOP

FRI, APR 10 • SHENANIGANS • 5:30PM • FREE
335-4379 • OPEN TO ALL AUTHORIZED PMRF
PERSONNEL

Join us for a fun run/walk (no hopping required) through an all-terrain course. Deadline to register is Wednesday, April 8.

AMERICA'S MOST WEST WARRIOR (AMWW)

FRI, APR 24 • SHENANIGANS • 5PM • \$\$ • 335-4379
• OPEN TO ALL AUTHORIZED PMRF PERSONNEL

You think you got what it takes to become America's Most West Warrior? Join the Community Recreation & Fitness team in our first "Workout & Replenish" competition. First participants will be doing a beach run towards Major's Bay with some obstacles along the way, and finishing at Shenanigans where the Replenish Party begins with brews and pupus. As if the abundance of replenish isn't enticing enough, all finishers will also receive a custom America's Most West Warrior Medal and Warrior shirt to commemorate the event. Family and friends are welcomed at the Replenish Party, Shenanigans will be open for food and beverage service. Be the first PMRF MWR AMWW and register now! Active-Duty E1-E6: FREE; Active-Duty E7 & Higher, Active-Duty Family Members: \$12; All Others \$25. Fee includes brews and pupus





A M E R I C A ' S

Most West Warrior

FRIDAY, APR 24 | 5PM AT SHENANIGANS

OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

ACTIVE-DUTY E1-E6: FREE | E7 & HIGHER, FAMILY MEMBERS: \$12 | ALL OTHERS \$25

Think you got what it takes to be America's Most West Warrior? Join our first "Workout & Replenish" competition, a beach run towards Major's Bay with obstacles along the way, finishing at Shenanigans for the Replenish Party with brews and pupus. All finishers receive a custom AMWW Medal and Warrior shirt! Be the first PMRF MWR AMWW and register now! Call 335-4379 for more info.

AMERICA'S MOST WEST WARRIOR REPLENISH PARTY

FRIDAY, APR 24 | 7PM AT SHENANIGANS

You flexed those muscles and pushed yourself to limits unknown! After the obstacle course, treat yourself and redeem your ticket for brews and pupus at Shenanigans and enjoy the musical talents of Kalei and Benson! Family and friends welcome, food and beverage service available. Call 631-9367 for more info.



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR





GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITNESS CENTER 0630-0730- PT/FEP 0800-0830- Hardcore 1000-1100- CDC 1100-1200 – Let's Get Ripped	FITNESS CENTER 0630-0730- PT/FEP 1700-1800- Yoga	FITNESS CENTER 0630-0730- PT/FEP 1100-1200 – Let's Get Ripped	FITNESS CENTER 0630-0730- PT/FEP 1530-1630- YC 1700-1800- Yoga	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, Plyometric, 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.

YOUTH CENTER

**APRIL IS MONTH OF THE MILITARY CHILD...
COME JOIN US TO THANK OUR MILITARY YOUTH**

SPRING CAMP REGISTRATION

**MAR 1-12 • 8:30AM - 5PM • YOUTH CENTER • 335-4419
OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12**

Register your youth to participate in Spring Camp March 16-20. Registration will be completed online at Military Child Care. Please contact the Youth Center for more information.

COOKING CLUB: HEALTHY HABITS

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

Do sports drinks improve your athletic ability? Do energy drinks give you more energy? Try this week's cooking club as we explore the nutritional benefits of liquids. Please contact the Youth Center for more information.

STEAM CLUB: LEGO CODING

**WED, MAR 11 • 3:30 - 4:30PM • YOUTH CENTER • \$5
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN
AGES 5-18**

Join the Youth Center as we join two classic activities, Legos and coding! Help the Lego people finish tasks by coding their paths. Please contact the Youth Center for more information.

SPRING BREAK

**MAR 16-20 • 7AM - 5PM • YOUTH CENTER • WEEKLY FEE
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN
AGES 5-12**

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

FIELD TRIP

**MARCH TBD • YOUTH CENTER • INCLUDED IN SPRING CAMP
FEES • 335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN
AGES 5-18**

Check with the Youth Center for the most up to date details.

CULTURE CLUB

**WED, MAR 25 • 3:30 - 4:30PM • YOUTH CENTER • \$5
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN
AGES 5-18**

Cultural Club is planned by you! Come learn about your heritage and culture as we explore the different ways of living around the world. Please contact the Youth Center for more information.

NO SCHOOL DAY: KUHIO DAY

**THU, MAR 26 • 7AM - 5PM • YOUTH CENTER • DAILY FEE
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN
AGES 5-12**

Join the action! Youth can participate in crafts, STEAM projects, indoor and outdoor activities, and various adventures. Call the Youth Center for complete registration details.

STEAM CLUB: PINWHEELS

**WED, APR 1 • 3:30-4:30PM • YOUTH CENTER • 335-4419
OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18**

The pinwheel represents the liveliness and free spirit found in children and youth, by displaying pinwheels we show our support of prevention against child abuse. Join us to make our pinwheels to display in the marquee next to the Youth Center. Please contact the Youth Center for more information.

NO SCHOOL DAY: GOOD FRIDAY

**FRI, APR 10 • 7AM - 5PM • YOUTH CENTER • DAILY FEE
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN
AGES 5-12**

Join the action! Youth can participate in crafts, STEAM projects, indoor and outdoor activities, and various adventures. Call the Youth Center for complete registration details.

MILITARY YOUTH CELEBRATION

**FRI, APR 10 • TIME TBA • YOUTH CENTER • 335-4419 • OPEN
TO ALL ELIGIBLE PMRF CHILDREN AGES 5-12**

What better way to show our appreciation for military youth than a party? Please help honor our military youth by joining us in an afternoon filled with games and activities. Please contact the Youth Center for more information.

CRAFT CLUB: STRESS MANAGEMENT

**WED, APR 15 • 3:30-4:30PM • YOUTH CENTER • 335-4419
OPEN TO ALL ELIGIBLE PMRF CHILDREN AGES 5-18**

Military youth face many challenging, stressful times, join our round table discussion on appropriate ways to manage stress and create your very own stress ball. Please contact the Youth Center for more information.

CULTURE CLUB: PURPLE UP

**WED, APR 22 • YOUTH CENTER • 335-4419 • OPEN TO ALL
ELIGIBLE PMRF CHILDREN AGES 5-12**

Wear purple to show your support of the military youth! Please contact the Youth Center for more information.

COOKING CLUB: HEALTHY HABITS

**WED, APR 29 • 3:30 - 4:30PM • YOUTH CENTER • \$5
335-4419 • OPEN TO ALL ELIGIBLE PMRF CHILDREN
AGES 5-18**

Find out why we serve two food groups for snack, what counts as a snack, and make your own healthy snack! Please contact the Youth Center for more information.

CDC

**APRIL IS MONTH OF THE MILITARY CHILD...
COME AND JOIN US TO THANK OUR MILITARY
CHILDREN**

This awareness month was established to underscore the important role children play in the armed forces community.

GIRLS DAY

**TUE, MAR 3 • 9AM • CDC • FREE FOR CHILDREN ATTENDING
THE PROGRAM**

Help us spread aloha as we celebrate the culture tradition of Girl's Day.

DR. SEUSS BIRTHDAY CELEBRATION

**FRI, MAR 6 • 8AM • CDC • FREE FOR CHILDREN ATTENDING
THE PROGRAM**

Let us celebrate our love for reading as we celebrate Dr. Seuss's Birthday! Parents are invited to come and read Dr. Seuss books in the room and have "Green Eggs & Ham" for breakfast.

BUTTERFLY DAY

**FRI, MAR 20 • 9AM • CDC • FREE FOR CHILDREN ATTENDING
THE PROGRAM**

It is the beginning of spring and the butterflies are coming out. The children will be walking on the Major's Bay trail looking for caterpillars to bring them to the classroom and watch them turn into butterflies. Then, children will be releasing the butterflies on the trail.

PINWHEEL DISPLAY AT THE YOUTH CENTER MARQUEE

**FRI, APR 3 • 10AM • CDC • FREE FOR CHILDREN ATTENDING
THE PROGRAM**

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

BOOK DAY

**FRI, APR 10 • 10AM • CDC • FREE FOR CHILDREN ATTENDING
THE PROGRAM**

Active duty personnel are invited to read stories to the children. Children are encouraged to bring their favorite book from home to read at school.

SPRING FESTIVAL

**FRI, APR 17 • 10AM • CDC • FREE FOR CHILDREN ATTENDING
THE PROGRAM**

Let us celebrate the arrival of spring! Parents are invited to join us for fun activities at the program.

EARTH DAY

**WED, APR 22 • 10AM • CDC • FREE FOR CHILDREN
ATTENDING THE PROGRAM**

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

RED WHITE AND BLUE PARADE

**WED, APR 30 • 10AM • FREE FOR CHILDREN ATTENDING THE
PROGRAM**

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

HOURLY CARE

**DAILY • CDC • \$FEE • 335-4453 • OPEN TO ALL ELIGIBLE
PMRF CHILDREN 6 WEEKS TO 5 YEARS OLD
(NOT ATTENDING KINDERGARTEN)**

The hourly care program is designed as a short-term childcare option. It has been specially tailored to meet the needs of those who require care for times when they are volunteering, in-processing, assuming respite care duties, or having a doctor's appointment. We are accepting reservations up to 30 days depending on space available. For more information, call the CDC at 808-335-4453.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 CDC GIRLS DAY 9AM CDC	4 YOUTH CENTER COOKING CLUB: HEALTHY HABITS 3:30PM - 4:30PM YOUTH CENTER	5	6 CDC DR. SEUSS BIRTHDAY CELEBRATION 8AM CDC	7 TRIPS, TOURS & OUTINGS EZ BEACH DAY BBQ 10AM-2PM MACARTHUR PARK VAN DEPARTS CRC 9AM
8	9 FITNESS CENTER 5-ON-5 DODGEBALL LEAGUE BEGINS OUTDOOR TENNIS COURT	10 SPECIAL EVENTS TRIVIA NIGHT 6:30PM-8PM SHENANIGANS	11 YOUTH CENTER STEAM CLUB: LEGO CODING 3:30PM - 4:30PM YOUTH CENTER	12	13 LIBERTY MOVIES & HAMURA SAIMIN 5PM LIBERTY CENTER	14 TRIPS, TOURS & OUTINGS CJM STABLES: HORSEBACK RIDING VAN DEPARTS 8AM
15	16	17 SHENANIGANS ST. PATRICK'S DAY DINNER PLATE SPECIAL 5PM-9PM	18 COMMUNITY RECREATION HEADS UP FAMILY GAME NIGHT 5:30PM SHENANIGANS	19	20 CDC BUTTERFLY DAY 9 AM CDC	21 COMMUNITY RECREATION HAKU LEI MAKING WORKSHOP 4:30PM SHENANIGANS
22	23 LIBERTY MAKE YOUR OWN POI BALLS 6PM LIBERTY CENTER	24	25 YOUTH CENTER CULTURE CLUB 3:30PM - 4:30PM YOUTH CENTER	26 YOUTH CENTER NO SCHOOL DAY: KUHIO DAY 7AM - 5PM YOUTH CENTER	27	28 AUTO SKILLS/ SPECIAL EVENTS 4TH ANNUAL CAR SHOW 11AM-4PM SHENANIGANS
29	30	31				

MARCH

AUTO SKILLS

AUTO SKILLS MARCH SPECIAL
MAR 1-31 (SEE PAGE 15 FOR MORE INFO)

FITNESS CENTER

WORKOUT OF THE MONTH
MARCH 01-31 | FITNESS CENTER

INSTAGRAM KAUAI CHALLENGE
MARCH 2-27

YOUTH CENTER

SPRING CAMP REGISTRATION
MARCH 1-12 | 8:30AM - 5PM | YOUTH CENTER

APRIL

APRIL IS MONTH OF THE MILITARY CHILD...

COME AND JOIN US TO THANK OUR MILITARY YOUTH

AUTO SKILLS

AUTO SKILLS APRIL SPECIAL
APR 1-30 (SEE PAGE 15 FOR MORE INFO)

FITNESS CENTER

NATIONAL DISTRACTED DRIVING AWARENESS MONTH

FITNESS CENTER CLIMBING CHALLENGE
APRIL 1-30 | FITNESS CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 YOUTH CENTER STEAM CLUB: PINWHEELS 3:30-4:30PM YOUTH CENTER COMMUNITY RECREATION LIFE SIZE JENGA TOURNAMENT 6PM SHENANIGANS	2	3 CDC PINWHEEL DISPLAY AT THE YOUTH CENTER MARQUEE 10AM CDC COMMUNITY RECREATION KAUAI BREWERY NIGHT 6PM SHENANIGANS SPECIAL EVENTS LET THE SHENANIGANS BEGIN KARAOKE 9PM-12AM SHENANIGANS	4 TRIPS, TOURS & OUTINGS EZ BEACH DAY BBQ 10AM-2PM SALT POND PARK VAN DEPARTS CRC 9AM
5	6	7 SPECIAL EVENTS TRIVIA NIGHT 6:30PM-8PM SHENANIGANS	8 COMMUNITY RECREATION TEXAS HOLD'EM TOURNAMENT 6PM SHENANIGANS	9	10 YOUTH CENTER NO SCHOOL DAY: GOOD FRIDAY 7AM - 5PM YOUTH CENTER MILITARY YOUTH CELEBRATION TIME TBA YOUTH CENTER SPECIAL EVENTS EGGSTRAVAGANZA 4:30PM SHENANIGANS FITNESS CENTER 5K BUNNY HOP 5:30PM SHENANIGANS CDC BOOK DAY 10AM CDC	11 LIBERTY SLEEPING GIANT HIKE & KAUAI BREWERY 7AM LIBERTY CENTER
12 SHENANIGANS EASTER BRUNCH 10AM-1:30PM	13	14	15 YOUTH CENTER CRAFT CLUB: STRESS MANAGEMENT 3:30PM-4:30PM YOUTH CENTER	16	17 CDC SPRING FESTIVAL 10AM CDC LIBERTY LIBERTY NIGHT ON THE TOWN VAN DEPARTS 5PM	18 TRIPS, TOURS & OUTINGS MOUNTAIN TUBING VAN DEPARTS CRC 8:30AM
19	20	21	22 YOUTH CENTER CULTURE CLUB: PURPLE UP YOUTH CENTER CDC EARTH DAY 10AM CDC COMMUNITY RECREATION FAMILY FUN BINGO NIGHT 6PM SHENANIGANS	23	24 FITNESS CENTER AMERICA'S MOST WEST WARRIOR 5PM SHENANIGANS SPECIAL EVENTS AMERICA'S MOST WEST WARRIOR AFTER PARTY 7PM SHENANIGANS	25 COMMUNITY RECREATION FLOWER LEI MAKING WORKSHOP 4:30PM SHENANIGANS
26 LIBERTY KILAUEA MINI GOLF VAN DEPARTS 8AM	27	28	29 YOUTH CENTER COOKING CLUB: HEALTHY HABITS 3:30PM - 4:30PM YOUTH CENTER	30 CDC RED WHITE AND BLUE PARADE 10AM CDC		

SPRINGTIME AT
Shenanigans

PRIME RIB BUFFET

FRIDAY, MARCH 6 | 5PM-9PM

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

It's Prime Rib with all the fixings! Need we say more?

GRILLED KALBI CHICKEN • SEAFOOD PASTA • SEASONED VEGETABLES

STEAMED RICE • SALAD BAR & DINNER ROLLS • SOUP OF THE DAY

MODIFIED MENU AVAILABLE: PIZZAS AND DESSERTS

**ST. PATRICK'S DAY
DINNER PLATE SPECIAL**

TUESDAY, MARCH 17 | 5PM-9PM | \$13.75

For one night it's Erin Go Bragh! Indulge in a New England boiled dinner

SLICED FRESH CORNED BEEF, CABBAGE, POTATO & CARROTS WITH SAVORY SAUCE,
STEAMED RICE

ALSO AVAILABLE SEPARATELY: "IRISH BEERS" & GREEN BEER

Shenanigans' Easter Brunch

SUNDAY, APRIL 12 | 10AM-1:30PM

ADULTS: \$32 | CHILD 10-14 YRS: \$22 | CHILD 5-9 YRS: \$13

Join us for Easter Brunch!

PANCAKES & FRENCH TOAST (W/ASSORTED TOPPINGS AND SYRUPS) • SCRAMBLED EGGS

PORTUGUESE SAUSAGE • CRISPY BACON • LINK SAUSAGE • FLATBREAD PIZZAS

BREAKFAST POTATOES • STEAMED WHITE RICE • PRIME RIB (W/ AU JUS CARVING STATION WITH FIXINGS)

BASKET SHRIMP WITH DIPPING SAUCES • SOUP OF THE DAY • SALADS & FRESH FRUIT

ASSORTED PASTRIES • ICED TEA, FRUIT PUNCH AND LEMONADE • COFFEE AND HOT TEA

RESERVATIONS HIGHLY RECOMMENDED

808-335-4708 (between 8:30AM-4PM, Mon-Fri) | 808-335-4706 (between 4PM-8:30PM, Tue-Sat)

SHENANIGANS

MARCH

PRIME RIB BUFFET

FRI, MAR 6 • 5-9PM • ADULTS \$37 • CHILD 10-14 YRS \$25 • CHILD 5-9 YRS \$16

MENU:

Prime Rib with all the fixings

Grilled Kalbi Chicken

Seafood Pasta

Seasoned Vegetables

Steamed Rice

Salad Bar & Dinner Rolls

Soup of the day

Modified menu available: Pizzas and desserts

Reservations highly recommended.

Please call 808-335-4708 M-F (8:30am-4pm) or 808-335-

4706 between 4pm-8:30pm to make a reservation.

ST. PATRICK'S DAY DINNER PLATE SPECIAL

TUE, MAR 17 • 5-9PM • \$13.75

For one night it's Erin Go Bragh! Indulge in a New England

Boiled Dinner

MENU:

Sliced Fresh Corned Beef, Cabbage, Potato & Carrots with

Savory Sauce, Steamed Rice

Also available separately: "Irish Beers" & Green Beer

***CHIEFS EVENT IN MARCH. MORE INFO COMING

APRIL

SHENANIGANS EASTER BRUNCH

SUN, APR 12 • 10AM-1:30PM • ADULTS \$32 • CHILD 10-14 YRS \$22 • CHILD 5-9 YRS \$13

Join us for Easter Brunch!

MENU:

Pancakes & French Toast (assorted toppings and syrups)

Scrambled Eggs

Portuguese Sausage

Crispy Bacon

Link Sausage

Flatbread Pizzas

Breakfast Potatoes

Steamed White Rice

Prime Rib w/ au jus Carving Station with fixings

Basket Shrimp with dipping sauces

Soup of the day

Salads & Fresh Fruit

Assorted Pastries

Iced Tea, Fruit Punch and Lemonade

Coffee and Hot Tea

COMMUNITY RECREATION

FOUR WAYS TO REGISTER:

REGISTER AT SHENANIGANS

EMAIL: pmrfmwr1@gmail.com

TEXT: 808-631-9367

CALL: 808-335-4346

MARCH

CONNECT 4

WED, MAR 4 • 6PM • SHENANIGANS • FREE • 631-9367

OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • ALL AGES WELCOME

The objective of the game is to be the first to form a horizontal, vertical, or diagonal line of four of one's own discs. Connect Four is a solved game. The first player can always win by playing the right moves. This elimination tournament consists of set house rules. Claim your spot by 6PM the day of the tournament. Any unclaimed spots fills on a first come, first served basis. Don't miss out on this fun event!

HEADS UP FAMILY GAME NIGHT

WED, MAR 18 • 5:30PM • SHENANIGANS • FREE • 631-9367

OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • DROP IN EVENT

Come and play Heads Up, a game made famous by Ellen, with us at Shenanigans! This family-friendly game comes with set house rules. From naming celebrities, to singing, to silly accents, guess the word on the screen that you are holding above your head before the timer runs out. Play one of many categories! The player that makes the most correct guesses wins!

HAKU LEI MAKING WORKSHOP

SAT, MAR 21 • 4:30PM • SHENANIGANS • FREE • 631-9367

OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED DROP IN EVENT AGES 15 AND OLDER ARE WELCOME!

May Day is only a couple of months away and haku leis can be costly, so why buy when you can learn for FREE! Come and learn how to create a haku lei po'o, it's a creation you will surely be proud of!

APRIL

LIFE SIZE JENGA TOURNAMENT

WED, APR 1 • 6PM • SHENANIGANS • FREE • 631-9367

OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED DROP IN EVENT

Join MWR Community Recreation for a Life Size Jenga tournament. Players will take turns removing one block at a time from a tower constructed of 54 blocks. Each block removed is placed on top of the tower, creating a progressively taller and more unstable structure. The person or team to topple the tower over is out. Winning team of two will be recognized on MWR's tournament plaque and come back to defend their team name in another LIFE SIZE GAME TOURNAMENT!

KAUAI BREWERY NIGHT

FRI, APR 3 • 6PM • SHENANIGANS • 631-9367

OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • PRE-REGISTER \$20 / AT THE DOOR \$25

Get ready to take on the light to dark beer challenge in this craft beer tasting event hosted by Kauai Brewery and learn about the styles, flavors, brewing processes and more. Fee includes beer, food pairings and trivia for beer swag. Pre-register by Wednesday, April 1, limited seats.

TEXAS HOLD'EM TOURNAMENT

WED, APR 8 • 6PM • SHENANIGANS • FREE • 631-9367

OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • AGES 18 AND OVER WELCOME

This tournament consists of set house rules, prizes and free pupus for all participants. Register by 5pm the day of the event. 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, APR 22 • 6PM • SHENANIGANS • 631-9367

OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED DROP IN EVENT

Join us for family fun 75-ball bingo night! Players win by completing a pre-determined pattern on a 5x5 bingo card.

FLOWER LEI MAKING WORKSHOP

SAT, APR 25 • 4:30PM • SHENANIGANS • 631-9367

OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED DROP IN EVENT

Come learn how to create your very own flower lei! While May Day is next month, don't be left without a lei for your child! Come and learn this skill that our Hawaiian culture takes so much pride in!

SPECIAL EVENTS

MARCH

LET THE SHENANIGANS BEGIN KARAOKE

FRI, MAR 6 • 9PM-12AM • SHENANIGANS • FREE • 631-9367

OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED, DROP IN EVENT

Show off your vocal skills at our monthly Karaoke Night. Best singer of the night, will be featured on our monthly Karaoke Hall of Fame placard!

TRIVIA NIGHT

TUE, MAR 10 • 6:30-8PM • SHENANIGANS • FREE • 631-9367

OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED, DROP IN EVENT

Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains!

KANIKAPILA NIGHTS

FRI, MAR 20 • 6-8PM • SHENANIGANS • FREE • 631-9367

OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS

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

APRIL

LET THE SHENANIGANS BEGIN KARAOKE

FRI, APR 3 • 9PM-12AM • SHENANIGANS • FREE • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED, DROP IN EVENT
Come on down to Shenanigans and show us your vocal talents! Best singer of the night, will be featured on our monthly Karaoke Hall of Fame!

TRIVIA NIGHT

TUE, APR 7 • 6:30PM-8PM • SHENANIGANS • FREE • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS • NO REGISTRATION REQUIRED, DROP IN EVENT
Four rounds of trivia to hold the title of Trivia Champion of the month. An entertaining evening of a friendly battle of the brains!

EGGSTRAVAGANZA

FRI, APR 10 • 4:30PM • SHENANIGANS • FREE
808-631-9367 • OPEN TO PMRF AFFILIATED PATRONS
NO REGISTRATION REQUIRED, DROP IN EVENT
Egg hunt and prizes for ALL ages; 0-2, 3-4, 5-7, 8-12, & 13-99.
Join the MWR ohana and the Easter Bunny for a fun family friendly event! Don't forget your Easter basket, running shoes for the Fitness Center's 5K Bunny Hop!

AMERICA'S MOST WEST WARRIOR REPLENISH PARTY

FRI, APR 24 • 7PM • SHENANIGANS • 631-9367
OPEN TO PMRF AFFILIATED PATRONS & MWR GUEST CARD HOLDERS
You flexed those muscles and pushed yourself to limits unknown! You deserve to treat yourself! After the obstacle course, redeem your brews and pupus at Shenanigans and enjoy the musical talents of Kalei and Benson! Family and friends welcomed, Shenanigans will be open for food and beverage service. For more information about the America's Most West Warrior see event info on Fitness Center page.

TRIPS, TOURS AND OUTINGS

FOUR WAYS TO REGISTER: REGISTER AT COMMUNITY

RECREATION CENTER
EMAIL: pmrfmwr1@gmail.com
TEXT: 808-631-9367
CALL: 808-335-4346

CANCELLATIONS MUST BE AT LEAST 48 HOURS
IN ADVANCE FOR A FULL REFUND.

MARCH

EZ BEACH DAY BBQ - MACARTHUR PARK

SAT, MAR 7 • 10AM-2PM • VAN DEPARTS 9AM • KEKAHA BEACH MACARTHUR PARK • REGISTRATION REQUIRED FOR TRANSPORTATION ONLY BY MAR 6, ACTIVE DUTY \$5; ALL OTHERS \$7 • 631-9367 • OPEN TO ALL MILITARY, DOD, CIVILIANS, CONTRACTORS & FAMILIES

Join us for a relaxing day at the beach and enjoy a BBQ lunch with us. No registration required, drop in event.

CJM STABLES - HORSEBACK RIDING

SAT, MAR 14 • VAN DEPARTS 8AM • \$\$ • 631-9367
LIMITED SPACE AVAILABLE • REGISTER BY MARCH 6
Join MWR and CJM Country Stables for a horseback ride on Kauai's magnificent south shore. Be our guest for a guided horseback tour into the beautiful and legendary Maha'ulepu wilderness area. Discover the panoramic beauty of hidden valleys and secluded beaches on a horseback ride. The weather is always great here in sunny south Kauai...lets go riding!

APRIL

EZ BEACH DAY SALT POND

SAT, APR 4 • 10AM-2PM • HANAPEPE SALT POND
REGISTRATION REQUIRED FOR TRANSPORTATION ONLY BY APR 3, ACTIVE DUTY \$5; ALL OTHERS \$7 • 631-9367
OPEN TO ALL MILITARY, DOD, CIVILIANS, CONTRACTORS & FAMILIES
Join us for a relaxing day at the beach with water activities. No registration required, drop in event.

MOUNTAIN TUBING W/KAUAI BACK COUNTRY ADVENTURES

SAT, APR 18 • VAN DEPARTS 8:30AM • \$\$ • REGISTER FOR TUBING AND TRANSPORTATION BY APR 13
TRANSPORTATION FEE \$5 ACTIVE DUTY; \$7 ALL OTHERS
631-9367 • OPEN TO ALL MILITARY, DOD, CIVILIANS, CONTRACTORS & FAMILIES
Join us for another Kauai adventure! Enjoy tubing down an old sugar plantation irrigation system, through open canals, and through several tunnels hand-dug in 1870. Through it all, learn about our island's history, culture, and natural environment. Join us and take home memories for a lifetime!

LIBERTY PROGRAM

FOUR WAYS TO REGISTER: REGISTER AT THE COMMUNITY RECREATION CENTER

EMAIL: pmrfmwr1@gmail.com
TEXT: 808-631-9367
CALL: 808-335-4346

CANCELLATIONS MUST BE AT LEAST 48 HOURS
IN ADVANCE FOR A FULL REFUND.

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.

MARCH

MOVIES & HAMURA SAIMIN

FRI, MAR 13 • LIHUE • VAN LEAVES LIBERTY CENTER AT 5PM
\$10 • REGISTER BY MAR 11 • 631-9367

Heading to Kukui Grove Cinema for a movie and one of Kauai's staples; Hamura Saimin. MWR bus will be leaving the Liberty Center at 5pm and will pick up at various local neighborhood centers.

MAKE YOUR OWN POI BALLS

MON, MAR 23 • 6PM • LIBERTY CENTER • FREE • 631-9367
Hawaiian taro is more versatile today than just being made into traditional poi. Learn how to make your own Hawaiian poi balls. A Hawaiian take on the Portuguese malasada, which is made of yeast dough, deep-fried in oil, and coated with granulated sugar.

APRIL

SLEEPING GIANT HIKE & KAUAI BREWERY

FRI, APR 11 • 7AM • WAILUA/LIHUE • VAN LEAVES LIBERTY CENTER AT 7AM • \$10 • 631-9367 • REGISTER BY APR 8, LIMITED SPACE AVAILABLE
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 and to Kauai Brewery for a social tour. Fee includes a menu item and two drinks. Transportation provided or pick up at various local neighborhood centers.

LIBERTY NIGHT ON THE TOWN

FRI, APR 17 • VAN DEPARTS LIBERTY CENTER AT 5PM • \$20
631-9367 • REGISTER BY APR 15, LIMITED SPACE AVAILABLE
Heading to Poipu for a night out to Kiawe Roots who offers the flavors of local style barbeque and visit The Shops at Kukuiula. Fee includes a menu item and one drink. Transportation provided or pick up at various local neighborhood centers.

KILAUEA MINI GOLF

SUN, APR 26 • VAN LEAVES 8AM • 631-9367 • FREE • REGISTER BY APR 22 • LIMITED SPACE AVAILABLE
This beautifully newly landscaped course offers many challenging holes and hazards amongst a beautiful and fun Polynesian theme! 18-holes of miniature golf fun awaits you. Transportation provided or pick up at various local neighborhood centers. Van leaves Liberty Center at 8AM.

AQUATICS

POOL HOURS OF OPERATION

Monday, Wednesday & Friday:

-Lap Swim: 11AM-1:30PM

-Open Swim: 3:30-5:30PM

Tuesday & Thursday:

-Closed

Saturday, Sunday & Holidays:

-Open Swim: 11AM-5PM

MARCH

POOL TIP OF THE MONTH:

BE COOL FOLLOW THE RULES

Come out and join our Aquatics team for some refreshing fun in the sun with the whole family. There will be lots of fun water games for everyone to participate in. All you need to bring is some sun protection, your swimsuit and a snack/ beverage

LIFEGUARD CERTIFICATION CLASS

MAR 16-19 • MANA SPLASH • 335-4379 • OPEN TO ALL

AUTHORIZED PMRF PERSONNEL

Want to be a lifeguard or just learn how to save lives and be more comfortable in the water? We will be holding a lifeguard certification class here at our own Mana Splash. For more information & to sign up, come into the fitness center.

APRIL

POOL TIP OF THE MONTH: SIDE STROKE

The main purpose of the side stroke is for rescuing victims when they're drowning. Also, it's a much more relaxed stroke that can be used for long-distance swimming. It can be an alternative to the usual four competitive strokes to keep your swimming sessions interesting.

MOVIE HOUSE

OPEN FRIDAYS, SATURDAYS & SUNDAYS @ 7PM

Movies are FREE. For movie schedule, go to pmrf.greatlifehawaii.com and stay connected on Instagram @pmrfmwr and on Facebook @pmrfmoralewelfare

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 our Party Package brochure for more information.

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 AND UKULELE CONCERTS

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

TAHITIAN DANCE

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



KILAUEA ART NIGHT

LAST SATURDAY OF EVERY MONTH

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

KEALIA FARM MARKET & TOURS

MON & FRI 3-7PM

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

COMMUNITY RECREATION CENTER (CRC)

LOCATED IN BLDG 1293

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

MANA MOTORS AUTO SKILLS

PMRF / MWR 4TH ANNUAL CAR SHOW

SATURDAY MARCH 28 • 11AM-4PM

SHENANIGANS PARKING LOT • FREE • 335-4439

OPEN TO THE PUBLIC

Join PMRF / MWR for a day full of fun and excitement of viewing some of Kauai's most incredible custom cars, classic cars, bikes, trucks, hot rods, race cars and more. This year's MWR 4th Annual Car Show is being held at the Shenanigans parking lot and will be a general public "Open Base" event. Automotive products vendors, Food vendors, great sounding music, and the Kauai Community will get together for a day of fun and entertainment for all to enjoy.

MARCH MWR ASC SPECIAL

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

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

APRIL MWR ASC SPECIAL

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

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

(All specials apply to Active Duty Personnel and Spouse)
(MWR ASC is a self-help program)

Contact Mana Motors for your automotive repair or maintenance needs.

Certified state vehicle safety inspections available.

PMRF AUTO SKILLS CENTER



4TH ANNUAL CAR SHOW

SHENANIGANS | SATURDAY, MARCH 28 | 11AM-4PM

OPEN BASE EVENT | NO EVENT COVER CHARGE

LIVE ENTERTAINMENT • FOOD VENDORS • PRODUCT VENDORS

CARS, MOTORCYCLES, TRUCKS & SUVS WELCOME!
REGISTER TODAY!

REGISTER TODAY! SEE BACK FOR ENTRY FORM, CATEGORIES & DETAILS!
FOR MORE INFORMATION, CALL 335-4439



GreatLifeHawaii.com



@pmrfmoralewelfare



@PMRFMWR

