

# On Target

MORALE, WELFARE AND RECREATION PMRF | JUL - AUG 2020



# 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 - 1 AM

SATURDAY .....4 PM - 10 PM

## SHENANIGANS - DINING ROOM

BLDG. 1308 • 335-4706

LUNCH 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 | JUL - AUG 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.

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## COVER

Kilauea Lighthouse

## INSIDE COVER

Taro growing in the Hanalei Valley

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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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## MWR MARKETING

850 Ticonderoga St., Suite 300

Pearl Harbor, HI 96860

E-mail to [cni\\_prhl\\_greatli.fct@navy.mil](mailto:cni_prhl_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**

*All events and activities are subject to change without notice due to COVID.*

### **JULY**

#### **UV SAFETY MONTH**

Summer has arrived and while the sun is shining bright, it's a golden time to highlight July as UV Safety Awareness Month. Stop by the Fitness Center to learn about the risks involved with sun exposure and pick up some useful strategies and tips to meet your skin protection needs.

#### **WORKOUT OF THE MONTH**

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

Every month PMRF Fitness will host a different fitness challenge in which everyone is encouraged to improve his or her fitness levels. The purpose is to encourage self-improvement and provide some friendly competition. For 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.

#### **MORNING YOGA**

**MON, JUL 6 • 7AM • SHENANIGANS • FREE • 335-4379**  
**OPEN TO ALL AUTHORIZED PMRF PERSONNEL**  
**REGISTRATION REQUIRED**

Start your morning with a yoga session outside with amazing ocean views. We will be using 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 ends with poses focusing on breath and stillness. Both working to increase flexibility and circulation. If this sounds like a good morning to you, register by July 2 to participate.

#### **NATIONAL YOUTH SPORTS WEEK**

**JUL 20-24 • 5-6PM • FITNESS CENTER • FREE • 335-4379**  
**OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

National Youth Sports Week is an awareness initiative focusing on P.L.A.Y.S (Physical activity, Living healthy, Access, Youth development, & Safety.) Throughout the week of July 20-24, the PMRF Fitness team will be holding a youth sports challenge, which involves a softball hit & run, basketball obstacle course, and a soccer dribble & score. Children will need a parent to accompany them throughout the course. They will have the week, from 5-6pm each day, to complete each sport challenge as fast as they can. At the end of the week, your 3 times (softball, basketball, and soccer), will be combined, and the top times 3 times will receive a prize.



A lush tropical forest with a rocky path and a person in the distance.

## AUGUST

### IMMUNIZATION AWARENESS MONTH

National Immunization Awareness Month (NIAM) encourages individuals to protect their health by being vaccinated against infectious diseases. All month long, the PMRF Fitness Team will be providing a variety of useful information to raise awareness about vaccines and to help educate you in the value of different immunizations.

### ROWING CHALLENGE

**AUG 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: Row 500M/2000M as fast as possible.*

### SPORT & SPRINT CHALLENGE

**WED, AUG 5 • 5PM • FITNESS CENTER • FREE • 335-4379**  
**OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

Want to test your athleticism? Join the PMRF Fitness team in the first ever multi sport & sprint challenge. It will involve you completing challenges, which will involve a variety of sports, while running approximately a 5K to get to each destination. The top times will receive a prize.

### SUNSET YOGA

**MON, AUG 17 • 6PM • SHENANIGANS • FREE • 335-4379**  
**OPEN TO ALL AUTHORIZED PMRF PERSONNEL**  
**REGISTRATION REQUIRED**

End your day with a yoga session outside with one of the best sunset views in the world! We will be using 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 ends with poses focusing on breath and stillness. Both working to increase flexibility and circulation. If this sounds like a good way to end your day, register by August 13 to participate.

### TENNIS TOURNAMENT

**WED, AUG 19 • 4PM • FREE • TENNIS COURTS**  
**OPEN TO ALL AUTHORIZED PMRF PERSONNEL**

This will be a singles tournament, single elimination. Each match will be best of 3 sets. Deadline to sign-up is Monday, August 17.





## Aloha Families,

Choosing child care is one of the most important decisions you make for your family. You have come to the right place for programs that are guided by the highest professional standards and tailored to meet the unique needs of Navy families.

One of the reasons you chose a life of military service is the Navy's deep commitment to supporting families. You will see that commitment in action in Navy CYP in nationally accredited care for infants to teens; in high-quality care even during nontraditional hours to accommodate your working schedule; and in attention to detail, such as implementing practices that promote good nutrition, physical activity, and school preparedness.

To be eligible for care in Navy CYP, your child must have a military or other eligible DoD-affiliated sponsor. Eligible sponsors include active duty military, DoD civilians, reservists on active orders, active duty combat-related Wounded Warriors, and surviving spouses of military members who died in combat-related incidents. All families are required to show proof of eligibility upon enrolling.

Here at PMRF Child and Youth Programs we are able to support all of your childcare needs and provide you with resources. All CYP employees complete extensive training in child and youth development, relationships, and safety. PMRF Child & Youth Programs includes the Child Development Center that serves children 6 weeks to 5 years old, and the Youth Center that serves school-age children ages 5 years to 12 years and youth ages 13 years to 18 years. We also provide resources and information from the School Liaison Program. The School Liaison Representative is a subject matter expert on education issues and resources. We are able to assist military families and provide resources on seven core areas: school transitions/PCS, deployment support, special education system navigation, installation/school/community resources, partnership in education, homeschool linkage, and postsecondary preparation.





## Benefits of the Child Development Center

- Open Monday to Friday, year round
- Accredited by the National Association for the Education of Young Children (NAYEC)
- Fees based on total family income
- Ongoing local and higher headquarters inspections and evaluations
- Learning portfolio for a child's development
- Consistent classroom staff

## Benefits of the Youth Center

- Open Monday to Friday, year round
- Afterschool program during the school year
- Summer and holiday full day weekly camps
- Accredited by the Council of Accreditation (COA)
- Fees based on total family income
- Ongoing local and higher headquarters inspections and evaluations
- Partnerships with BGCA and 4H
- Youth recognition programs

For more information please contact us

Child Development Center: 808-335-4453 or [pmrfcyp@gmail.com](mailto:pmrfcyp@gmail.com)

Youth Center: 808-335-4419 or [rachael.p.jones@navy.mil](mailto:rachael.p.jones@navy.mil)

School Liaison Program: 808-335-4419 or [rachael.p.jones@navy.mil](mailto:rachael.p.jones@navy.mil)

Due to COVID-19, Child and Youth Programs CDC and Youth Center are in operating level CYP-2. In an effort to promote social distancing and align with CNIC guidance all CYP facilities will not be holding events for the months of July and August. To request more information please call the CDC at 808-335-4453.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY						
			1	2	3	4
5	6 FITNESS CENTER MORNING YOGA 7AM SHENANIGANS	7	8 LIBERTY BANANA LUMPIA WORKSHOP 6-8PM VIRTUAL	9	10	11
12	13	14	15 COMMUNITY RECREATION INSTANT POT DEMO 6-7PM VIRTUAL	16	17 SHENANIGANS SHENANIGANS SHRIMP BOIL 5-9PM SHENANIGANS	18 TRIPS TOURS & OUTINGS WAILUA KAYAK & SECRET FALLS HIKE 8AM WAILUA RIVER  AUTO SKILLS BURGER BURN AND OIL SERVICE SEMINAR 11AM-2PM AUTO SKILLS CENTER
19	20 FITNESS CENTER NATIONAL YOUTH SPORTS WEEK 5-6PM FITNESS CENTER	21 FITNESS CENTER NATIONAL YOUTH SPORTS WEEK 5-6PM FITNESS CENTER  LIBERTY BREAKFAST ON THE RUN 7:30-9:30AM LIBERTY CENTER	22 FITNESS CENTER NATIONAL YOUTH SPORTS WEEK 5-6PM FITNESS CENTER  COMMUNITY RECREATION FLOWER LEI MAKING WORKSHOP 4:30PM VIRTUAL	23 FITNESS CENTER NATIONAL YOUTH SPORTS WEEK 5-6PM FITNESS CENTER	24 FITNESS CENTER NATIONAL YOUTH SPORTS WEEK 5-6PM FITNESS CENTER	25
26	27	28	29 COMMUNITY RECREATION GUESS THAT SONG CHALLENGE 5:30PM VIRTUAL	30	31 SHENANIGANS PRIME RIB DINNER SPECIAL 5-9PM SHENANIGANS	

# JULY

**FITNESS CENTER**  
**WORKOUT OF THE MONTH**  
 JULY 01-31 | FITNESS CENTER

# AUGUST

**FITNESS CENTER**  
**ROWING CHALLENGE**  
 AUGUST 01-31 | FITNESS CENTER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST						1
2	3	4	5	6	7	8
			<b>FITNESS CENTER</b> SPORT & SPRINT CHALLENGE 5PM FITNESS CENTER			
9	10	11	12	13	14	15
			<b>COMMUNITY RECREATION</b> INSTANT POT DEMO 6-7PM VIRTUAL	<b>LIBERTY</b> LIBERTY SCAVENGER HUNT 5-8PM VIRTUAL	<b>SHENANIGANS</b> SURF & TURF DINNER SPECIAL 5-9PM SHENANIGANS	
16	17	18	19	20	21	22
<b>FITNESS CENTER</b> SUNSET YOGA 6PM SHENANIGANS			<b>FITNESS CENTER</b> TENNIS TOURNAMENT 4PM TENNIS COURTS			<b>TRIPS TOURS &amp; OUTINGS</b> MAHAULEPU HERITAGE TRAIL 10AM-2PM POIPU
23	24	25	26	27	28	29
			<b>COMMUNITY RECREATION</b> FAMILY FUN BINGO NIGHT 6PM VIRTUAL		<b>SHENANIGANS</b> CREAMY GARLIC ALFREDO DINNER SPECIAL 5-9PM SHENANIGANS  <b>LIBERTY</b> GRILL & CHILL 5-8PM MAJORS BAY PAVILIONS	
30	31					



## **SHENANIGANS**

*All events and activities are subject to change without notice due to COVID.*

### **JULY**

#### **SHENANIGANS SHRIMP BOIL**

**FRI, JUL 17 • 5-9PM • \$35 PER ORDER ; \$18 PER HALF ORDER**

**OPEN TO PMRF AFFILIATED PATRONS**

Featuring Kauai's very own Kauai Shrimp

You get a pound of succulent Kauai shrimp mixed with sausage, potatoes and corn on the cob. Includes cocktail sauce or garlic butter and two 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 Shrimp: 6 for \$12

Modified menu available. Reservations highly recommended.

Please call 808-335-4708 Mon-Fri between 8:30am-4pm,

Tue-Sat 808-335-4706 between 11am-1pm or 5-9pm to make a reservation.

#### **PRIME RIB DINNER SPECIAL**

**FRI, JUL 31 • 5-9PM • \$32 • OPEN TO PMRF AFFILIATED PATRONS**

One of your favorite specialty nights returns! 14 oz prime rib with au jus & horseradish sauce, baked potato with all the fixings and fresh vegetable of the day.

Modified menu available. Reservations highly recommended.

Please call 808-335-4708 Mon-Fri between 8:30am-4pm,

Tue-Sat 808-335-4706 between 11am-1pm or 5-9pm to make a reservation.

### **AUGUST**

#### **SURF & TURF DINNER SPECIAL**

**FRI, AUG 14 • 5-9PM • \$42 • OPEN TO PMRF AFFILIATED PATRONS**

Ready for a little indulgence? How about 8 oz crab legs with garlic butter, 10oz rib eye steak with peppercorn sauce, roasted potatoes and fresh vegetable of the day.

Modified menu available. Reservations highly recommended.

Please call 808-335-4708 Mon-Fri between 8:30am-4pm,

Tue-Sat 808-335-4706 between 11am-1pm or 5-9pm to make a reservation.

#### **CREAMY GARLIC ALFREDO DINNER SPECIAL**

**FRI, AUG 28 • 5-9PM • OPEN TO PMRF AFFILIATED PATRONS**

Everyone loves pasta! Choose from Shrimp \$21, Chicken \$18 or Steak \$21. Served with garlic bread sticks and Caesar salad.

Reservations highly recommended.

Please call 808-335-4708 Mon-Fri between 8:30am-4pm,

Tue-Sat 808-335-4706 between 11am-1pm or 5-9pm to make a reservation.

## **COMMUNITY RECREATION**

*All events and activities are subject to change without notice due to COVID.*

### **FOUR WAYS TO REGISTER:**

**REGISTER AT COMMUNITY RECREATION CENTER**

**EMAIL: [PMRFMWRI@GMAIL.COM](mailto:PMRFMWRI@GMAIL.COM)**

**TEXT: (808)631-9367**

**CALL: (808)335-4346**

### **JULY**

#### **INSTANT POT DEMO**

**WED, JUL 15 • 6-7PM • VIRTUAL • FREE • 808-631-9367**

Whether you're interested in buying an Instant Pot, afraid to take yours out of the box, or just want to learn a few new recipes, come check out this Instant Pot demo! Join us as we demonstrate how easy it is for you to create meals in minutes! Also come and learn about the features of the Instant Pot.

#### **FLOWER LEI MAKING WORKSHOP**

**WED, JUL 22 • 4:30PM • VIRTUAL • 808-631-9367**

**OPEN TO PMRF AFFILIATED PATRONS**

Join us on Facebook or Instagram and learn how to create your very own flower lei. Flower leis are given out on special occasions and celebrations. Leis are a great craft to learn and easy enough to teach others when you leave Kaua'i.

#### **GUESS THAT SONG CHALLENGE**

**WED, JUL 29 • 5:30PM • VIRTUAL • FREE • 808-631-9367**

Know your music and want to test your musical knowledge? Friends & families are WELCOMED! Gather your team and join us on Facebook and Instagram for this event consisting of FUN, prizes, and music of country, hard rock, hip-hop, R&B, Hawaiian and Latin.



## AUGUST

### INSTANT POT DEMO

WED, AUG 12 • 6-7PM • 6-7PM • VIRTUAL • FREE • 808-631-9367

Whether you're interested in buying an Instant Pot, afraid to take yours out of the box, or just want to learn a few new recipes, come check out this Instant Pot demo! Join us as we demonstrate how easy it is for you to create meals in minutes! Also come and learn about the features of the Instant Pot.

### FAMILY FUN BINGO NIGHT

WED, AUG 26 • 6PM • VIRTUAL • 335-4380

TEXT 808 631-9367 or EMAIL [pmrfmwr1@gmail.com](mailto:pmrfmwr1@gmail.com) for your BINGO CARD and join us on Facebook or Instagram for a family fun 75-ball bingo night! Players will win prizes by completing a pre-determined pattern on issued card. Last day for a BINGO card is Aug 24.

## SPECIAL EVENTS

CHECK OUT [PMRF.GREATLIFEHAWAII.COM](http://PMRF.GREATLIFEHAWAII.COM)  
FOR UPDATES

## TRIPS, TOURS AND OUTINGS

*All events and activities are subject to change without notice due to COVID.*

### FOUR 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 FOR FULL REFUND

### WAILUA KAYAK & SECRET FALLS HIKE

SAT, JUL 18 • 8AM • WAILUA RIVER • \$5 ACTIVE DUTY ; \$7 DOD

LIMITED SPACE • 808-631-9367 • OPEN TO ALL MILITARY,  
DOD CIVILIANS • REGISTRATION REQUIRED

Pack your lunch, swimsuit, towels and sunscreen as we head to Wailua River for a kayaking & hiking adventure. SAVE your spot by using the 4 Ways to Register before July 15.

### MAHAULEPU HERITAGE TRAIL

SAT, AUG 22 • 10AM-2PM • POIPU • \$5 ACTIVE DUTY; \$7 DOD

808-631-9367 • OPEN TO ALL MILITARY, DOD CIVILIANS

Pack your lunch, sunscreen and hiking gear as we head to Mahaulepu Heritage Trail, a scenic coastal hike. SAVE your spot by using the 4 Ways to Register before Aug 19.



## **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.

***All events and activities are subject to change without notice due to COVID.***

### **FOUR WAYS TO REGISTER:**

**REGISTER AT THE COMMUNITY RECREATION CENTER**

**EMAIL: [PMRFMWRI@GMAIL.COM](mailto:PMRFMWRI@GMAIL.COM)**

**TEXT: (808)631-9367**

**CALL: (808)335-4346**

## **JULY**

### **BANANA LUMPIA WORKSHOP**

**WED, JUL 8 • 6-8PM • VIRTUAL • FREE • 808-631-9367**

Learn how to make an island favorite treat and turn it into a tasty sundae!

### **BREAKFAST ON THE RUN**

**TUE, JUL 21 • 7:30-9:30AM • LIBERTY CENTER FREE • 808-631-9367**

**PRE-REGISTRATION REQUIRED**

Whether you're headed to work or just getting off, stop by the Liberty center for a grab & go style breakfast. We need to know who's hungry, so don't forget to use our 4 Ways to Register to secure your breakfast! Pre-register by using the 4 Ways to Register by JULY 17.

## **AUGUST**

### **LIBERTY SCAVENGER HUNT**

**THU, AUG 13 • 5-8PM • VIRTUAL • FREE • 808-631-9367**

Come out and play this interactive scavenger hunt! Meet us on the PMRF LIBERTY Facebook Page. Let's get together and have some fun! Let's get out and explore!

### **GRILL & CHILL**

**FRI, AUG 28 • 5-8PM • MAJORS BAY PAVILIONS • FREE  
REGISTRATION REQUIRED • 808-631-9367**

We will be at Major's Bay grilling and chilling. Let's play some games and win prizes and bragging rights! Challenge your shipmates in the JUMBO Game Series. SAVE your spot for some delicious BBQ by using the 4 Ways to Register before August 19.



## AQUATICS

*All events and activities are subject to change without notice due to COVID.*

### POOL HOURS OF OPERATION

MONDAY- FRIDAY: LAP SWIM: 11AM-1:30PM & 4-5:30PM

SATURDAY, SUNDAY & HOLIDAYS: OPEN SWIM: TBA

TIMES ARE SUBJECT TO CHANGE.

PLEASE CALL 335-4379 TO CONFIRM HOURS.

## JULY

### POOL TIP OF THE MONTH: THINK SO YOU DON'T SINK

Ask a lifeguard for a handout with some tips to make our splash at the pool fun and safe.

### WORKOUT OF THE MONTH (WOW) CHALLENGE

BEGINS JUL 1 • MANA SPLASH • FREE • 335-4379

OPEN TO ALL AUTHORIZED PMRF PERSONNEL

Need some help with staying motivated this summer? Let our PMRF Fitness team & Aquatics team assist you! We will help to eliminate the guesswork and motivate you to push through your fitness goals throughout the month. Each week, our professional trainers will create a workout for you to complete. Stop by the Mana Splash to join the challenge today!

- Participants will receive a workout challenge each week to complete.
- Participants who complete all challenge tasks will receive a prize.

### MWR SWIM LESSONS

JUL DATES TBA • MANA SPLASH • \$40 • 335-4379

OPEN TO ALL AUTHORIZED PMRF PERSONNEL

PMRF Active Duty sign-ups begin Monday, June 22. All other eligible patrons may sign up beginning Monday, June 29. All lessons are individual lessons, so there is very limited space available, first come first serve. Must submit full payment to secure class spot.

Classes held on Tuesday, Wednesday and Thursday: 11am-4:30pm on the half hour. (ex: 11am, 11:30am, 12pm, etc.)

## AUGUST

### POOL TIP OF THE MONTH: LOOK BEFORE YOU LEAP

### MWR SWIM LESSONS

AUG DATES TBA • MANA SPLASH • \$40 • 335-4379

OPEN TO ALL AUTHORIZED PMRF PERSONNEL

PMRF Active Duty sign-ups begin Monday, July 20. All other eligible patrons may sign up beginning Monday, July 27. All lessons are individual lessons, so there is very limited space available, first come first serve. Must submit full payment to secure class spot.

Classes will be held on Tuesday, Wednesday and Thursday: 11am-4:30pm on the half hour. (ex: 11am, 11:30am, 12pm, etc.)

## MOVIE HOUSE

JULY & AUGUST- OPEN THURSDAYS, FRIDAYS,  
SATURDAYS & SUNDAYS; 7:30PM

Movies are FREE. Concessions available for purchase.

For current movie listing, visit [pmrf.greatlifehawaii.com](http://pmrf.greatlifehawaii.com) or stay connected on Instagram @pmrfmwr or 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**

**ISLAND EVENTS MAY NOT BE BACK IN  
OPERATION. PLEASE CALL NUMBERS  
LISTED TO CONFIRM.**

### **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 Puhi, 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 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**

***All events and activities are subject to change without notice due to COVID.***

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**

**JULY / AUGUST**

**BURGER BURN & OIL SERVICE SEMINAR**

**SAT, JUL 18 • 11AM - 2PM • FREE • MWR AUTO SKILLS CENTER**

All Liberty Single Sailors, Active Duty, don't miss out on this great opportunity to learn a new skill for FREE! Come on over to the Auto Skills Center where the staff will be grilling up burgers and dogs. The staff at the ASC will introduce you to the art of vehicle oil and filter service and maintenance. For our event, two volunteer service members will get at no charge, engine oil (up to five quarts) and one oil filter during this hands-on training events. All other Active Duty participants are welcome to experience the seminar and enjoy the festivities.

**Deadline for signup:** Wednesday, July 15 to volunteer your vehicle. One car and one truck, first call gets the spot!! Don't miss out!

For further information on this special seminar, please contact Mana Motors Auto Skills Center.

Steven Swacker @ 335-4439

Genevieve Silva @ 335-4380





**TIME FOR SOME SUMMERTIME**

# Shenanigans

## SHENANIGANS SHRIMP BOIL

**FRIDAY, JULY 17 | 5PM-9PM | \$35 PER ORDER ; \$18 PER HALF ORDER**

**OPEN TO PMRF AFFILIATED PATRONS**

*A pound of succulent Kauai shrimp mixed with sausage, potatoes and corn on the cob.*

*Includes cocktail sauce or garlic butter and two dinner rolls. Delivered to your table for family style dining.*

*Don't forget your \$2 sides: Rice, 2 Rolls, Cole Slaw or Side Salad, Ala carte Shrimp: 6 for \$12*

## PRIME RIB DINNER SPECIAL

**FRIDAY, JULY 31 | 5PM-9PM**

**\$32 | OPEN TO PMRF AFFILIATED PATRONS**

*14 oz prime rib with au jus & horseradish sauce, baked potato with all the fixings and fresh vegetable of the day.*

## SURF & TURF DINNER SPECIAL

**FRIDAY, AUGUST 14 | 5PM-9PM**

**\$42 | OPEN TO PMRF AFFILIATED PATRONS**

*8 oz crab legs with garlic butter, 10 oz rib eye steak with peppercorn sauce, roasted potatoes and fresh vegetable of the day.*

## Creamy Garlic Alfredo Dinner Special

**FRIDAY, AUGUST 28 | 5PM-9PM | OPEN TO PMRF AFFILIATED PATRONS**

*Everyone loves pasta! Choose from Shrimp \$21, Chicken \$18 or Steak \$21. Served with garlic bread sticks and Caesar salad.*

**MODIFIED MENU AVAILABLE ON SPECIALTY NIGHTS. RESERVATIONS HIGHLY RECOMMENDED.**

**PLEASE CALL 808-335-4708 MON-FRI BETWEEN 8:30AM-4PM, TUE-SAT 808-335-4706 BETWEEN 11AM-1PM  
OR 5-9PM TO MAKE A RESERVATION.**



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