

GREAT *Life* HAWAII

www.greatlifehawaii.com | December 2019

*Celebrating
the Holidays*
with JBPHH

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Our
50th
YEAR
of
lighting up
the tower

MORALE WELFARE RECREATION • CHILD & YOUTH PROGRAMS
MILITARY & FAMILY SUPPORT CENTER • HOUSING/LODGING



50th Annual TOWER LIGHTING Celebration

Sponsored by 

Friday, Dec 13 • 4:30-7:30pm

Freedom Tower • FREE

FESTIVITIES INCLUDE:

4:30-7pm

- LIVE ENTERTAINMENT by USAF Band of the Pacific-Hawaii
- Cardboard "Gingerbread Village", Jolly Giant Lawn Games
- Build & create with the Kid's Clinic sponsored by Home Depot (while supplies last)
- Glow jewelry provided by JBPHH Chapels (while supplies last)
- Holiday drinks sponsored by Meadow Gold Dairies and snacks provided by GEICO

7pm - Ceremony and

LASER LIGHT SHOW

*DELICIOUS FOOD, DRINKS AND SNACKS
sold by on-base private organizations.

*EVENT SHUTTLE SERVICE
provided roundtrip from BX Garden Shop to the
event, starting at 4:15pm until event ends.



FREE
Photo with
Santa!



www.greatlifehawaii.com



No official endorsement intended.

We want to see how you're living your great life in Hawaii!

THIS IS #mygreatlifehawaii

Anymwhere you live has its challenges and Hawaii is no different. However, there's a lot to love about living here, a place that millions of people around the world dream of visiting. We know many of you take the opportunity to get as much as you can from your time here in Hawaii and we want to see how you've done that.

They say a picture is worth a thousand words, so let's see your pictures! Share with us your favorite moments from here in Hawaii. At the beach with the family, trying local cuisine, joining your buddies for a day/night out, maybe even finding your better half. We want to see it all! A little bit of fame could be part of the package. We're going to show the most interesting photos in an upcoming pictorial for our Great Life Hawaii magazine. Here's what you do:

1. **Post a photo on Instagram or Facebook showing how you're living a great life in Hawaii.**
2. **Tag us @greatlifehawaii and use the hashtag #mygreatlifehawaii and #myglhentry so we can find your post.**
3. **Include a brief description so we know the context of your photo.**

A mystery panel of judges will decide which photos are selected for our February issue of Great Life Hawaii magazine. We will then contact the selectees for their photos. The pictorial will show all our readers how YOU are living your great life here. 📸

HAPPY HOLIDAYS FROM MWR!

Here's a quick peek at all the Holiday Hours of Operation

CHRISTMAS EVE (12/24) Open:

- Auto Skills (Hickam): 7am-3pm
- Car Wash (Moanalua): 7am-5pm
- Car Wash (Hickam): 8am-3pm
- Brews & Cues: 11am-11pm
- Barbers Point Golf Course: Pro shop (6:30am-6pm), Range (6:30am-6pm)
- Hickam Memorial Fitness Center: 7am-5pm
- Hickam Training Pool: 5-7am, 11am-1pm (lap swim)
- Mamala Bay Golf Course: Pro shop (6:30am-2pm), Range (7am-1:30pm)
- Navy-Marine Golf Course: Pro shop (6:30am-6pm) and Range (7am-6pm)
- Pier Side Bowling Center: 11am-2pm
- Pier Side Gym: 5am-3pm
- Scott Pool: 5-7am, 11am-1pm, 5-7pm (lap swim), 12-5pm (open swim)
- Sports Office: 7am-3:30pm
- Towers Pool: 11am-1pm (lap swim)
- Wahiawa Annex Gym: 5am-5pm
- Teen Center: 11:30am-9:30pm
- ITT - Fleet Store: 9am-3pm
- ITT - NEX: 9am-3pm
- ITT - Barber's Point: 9am-3pm
- Beeman Liberty Center: 10am-11pm
- Express Liberty Center: 3pm-7pm
- Makai Liberty Center: 3pm-7pm
- Arts & Crafts - Sales Store and Wood Shop: 10am-3pm; Framing, Engraving, Ceramics and Gallery: 9am-3pm
- Hickam Beach: 9am-3pm (beach shack open), 10am-5pm (beach guarded)
- Hickam Harbor Marina: 9am-3pm
- JBPHH Fitness Center: 4am-5pm
- Ke'alahi Golf Course: Pro Shop (7am-3pm), Range (7am-1:30pm)
- Library: 9am-3pm
- Rainbow Bay Marina Office: 9am-1pm
- Rainbow Bay Marina, Sail Loft: 9am-1pm
- Recreation Equipment Rental: 9am-1pm

- White Plains Beach: 10am-4pm (Pavilion rental open till 1pm)

CHRISTMAS DAY (12/25) Open:

- Brews & Cues: 11am-11pm
- Barbers Point Golf Course: Pro shop (6:30am-6pm), Range (6:30am-6pm)
- JBPHH Fitness Center: 7am-5pm
- Ke'alahi Golf Course: Pro Shop (7am-3pm), Range (7am-1:30pm)
- Navy-Marine Golf Course: Pro shop (6:30am-6pm) and Range (7am-6pm)
- Pier Side Bowling Center: 11am-2pm
- Scott Pool: 12-5pm open swim
- Wahiawa Annex Pool: 12-5pm (lap swim)
- Beeman Liberty Center: 10am-11pm
- Hickam Beach: Beach Shack closed, Beach will be guarded: 10am-5pm
- White Plains Beach: 10am-4pm (Pavilion rentals closed)

NEW YEAR'S EVE (12/31) Open:

- Auto Skills (Hickam): 7am-3pm
- Car Wash (Moanalua): 7am-5pm
- Car Wash (Hickam): 8am-3pm
- Brews & Cues: 11am-11pm
- Barbers Point Golf Course: Pro shop (6:30am-6pm), Range (6:30am-6pm)
- Hickam Bowling Center: 12-6pm
- Hickam Memorial Fitness Center: 7am-5pm
- Hickam Training Pool: 5-7am, 11am-1pm (lap swim)
- JBPHH Fitness Center: 4am-5pm
- Ke'alahi Golf Course: Pro Shop (7am-3pm), Range (7am-1:30pm)
- Mamala Bay Golf Course: Pro shop (6:30am-2pm), Range (7am-1:30pm)
- Navy-Marine Golf Course: Pro shop (6:30am-6pm) and Range (7am-6pm)
- Pier Side Gym: 5am-3pm
- Scott Pool: 5-7am, 11am-1pm, 5-7pm (lap swim), 12-5pm (open swim)

- Sports Office: 7am-3:30pm
- Towers Pool: 11am-1pm (lap swim)
- Wahiawa Annex Gym: 5am-5pm
- Teen Center: 11:30am-9:30pm
- ITT - Fleet Store: 9am-3pm
- ITT - NEX: 9am-3pm
- ITT - Barber's Point: 9am-3pm
- Beeman Liberty Center: 10am-11pm
- Express Liberty Center: 3pm-7pm
- Makai Liberty Center: 3pm-7pm
- Arts & Crafts - Sales Store and Wood Shop: 10am-3pm; Framing, Engraving, Ceramics and Gallery: 9am-3pm
- Hickam Beach: 9am-3pm (beach shack open), 10am-5pm (beach guarded)
- Hickam Harbor Marina: 9am-3pm
- Library: 9am-3pm
- Rainbow Bay Marina Office: 9am-1pm
- Rainbow Bay Marina, Sail Loft: 9am-1pm
- Recreation Equipment Rental: 9am-1pm
- White Plains Beach: 10am-4pm (Pavilion rental open till 1pm)

NEW YEAR'S DAY (1/01) Open:

- Brews & Cues: 11am-11pm
- Barbers Point Golf Course: Pro shop (6:30am-6pm), Range (6:30am-6pm)
- Hickam Bowling Center: 12-6pm
- JBPHH Fitness Center: 7am-5pm
- Ke'alahi Golf Course: Pro Shop (7am-3pm), Range (7am-1:30pm)
- Mamala Bay Golf Course: Pro shop (6:30am-6pm), Range (7am-6pm)
- Navy-Marine Golf Course: Pro shop (6:30am-6pm) and Range (7am-6pm)
- Scott Pool: 12-5pm open swim
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Color Key: ■ Auto Skills ■ ITT
■ Dining ■ Liberty
■ Athletics ■ Recreation
■ Family

Celebrate the Holidays

By Victoria D'Andrea-Roy

The holidays can be such a fun and magical time, but sometimes it can feel a little less special if you're far away from your home and family. We want to make the holidays special for you on Joint Base Pearl Harbor-Hickam and hope to bring you all together with events and activities through MWR! Whether you are interested in giving, crafting holiday decorations, staying in a fitness routine, or want to see magical holiday displays; we have something for you. Take a look and see what we have planned all throughout December. Happy Holidays from Great Life Hawaii and MWR!



Toys for Tots Donation

December 1-4 at Scott Pool

Sunday: 10am-5pm

Monday-Wednesday: 5am-5:30pm

Aquatics will have a Toys for Tots donation box for the first few days in December. The box will need to be turned in by December 7, so please be sure to place your gifts in the donation area early this month. Help make a child's holiday special, and share the holiday spirit!



Wreath Decorating Workshop (with Soriana Sanchez)

Wednesday, December 4

Arts & Crafts Center

6-8:30pm

\$35 per person (plus supplies)

Learn how to professionally decorate an artificial wreath! Students will work with ribbons and their own ornaments/décor to make a wreath that will be the envy of the entire neighborhood. Learn how to make a fabulous bow, along with some other useful decorative tips just in time for the holiday season.



Hickam Arts & Crafts Center Holiday Open House

Saturday Dec 7

11am - 2pm

FREE

Come see our great offerings! Enjoy free make-n-takes, hotdogs and sodas. Prize drawings!

Honolulu City Lights Opening Night Shuttle (ITT)

Opening Night Shuttle - December 7

Daily Shuttle to holiday display - December 13 - 24

See AD on page 11 for times and prices

On opening night, take a shuttle from JBPHH to witness the lighting of Oahu's tallest Christmas tree and watch the "electrifying" light parade. Enjoy kiddie carnival rides, live performances and food booths. Later tour and shuttle dates will take you to view the beautiful holiday displays! Make your reservations at any ITT location, tours subject to availability.



with JBPFFH!

2020

Breakfast & Bowl with Santa

Sunday, December 8
Pier Side Bowling Center
9am-10:30am
\$8 per child

Breakfast that includes pancakes, bacon, milk or orange juice. 1 game of bowling (plus shoe rental). Ages 12 years and younger. Limited to the first 30 authorized patrons. Sign up Dec 2 to Dec 6. Call 473-2651 to register.

Ornament Making (glass fusion with Jessica Fitzgerald)

Wednesdays, December 4, 11 & 18
Arts & Crafts Center
5:15-7:15pm
\$20 (plus supplies)

Make your own beautiful glass ornament! Students should bring glass with them to the class or purchase a kit from ceramics. Please wear closed-toe shoes, long pants recommended. Ages 16 years+.

Happy Holidays from MWR

Entire Month of December
Hickam or Pier Side Bowling Centers
Purchase 2 games of bowling and your 3rd game is FREE.

Tower Lighting Celebration

Friday, Dec. 13
4:30-7:30pm at Freedom Tower
FREE

Join us for the 50th anniversary of this family-friendly celebration. Tons of free games and activities, free photo with Santa and live entertainment. Be sure to stake out your space to watch the awesome laser light show commemorating the holidays and the 50th year.

Holiday 5K Fun Run

Saturday, December 14
8am, registration 7:30am
Hickam Memorial Fitness Center
Free to all eligible patrons

Show your Christmas spirit! Keep in shape even though you're enjoying the holiday season. Categories include: adult male/female, youth boy/girl, and stroller male/female.

Lunch & Bowl with Santa

Sunday, December 15
Hickam Bowling Center
11am-12:30pm
\$8 per child

Enjoy 1 game of bowling (plus shoe rental) & Lunch that includes a hot dog, chips and a drink. Ages 12 years and younger. Limited to the first 30 authorized patrons. Sign up from Dec 9 to Dec 13. Call 473-2651 to register.

Sunday Brunch

Sunday, December 22
Hickam Historic Officers' Club
10am-1pm
\$28.95 per person
All ranks and base eligible patrons welcome

Enjoy a delicious brunch at this iconic landmark building on base. Roast beef carving station, made to order omelets, build your own waffle and a great selection of desserts.

New Year's Eve Party

Tuesday, December 31
Club Pearl Country Bar
8:30pm

Celebrate the New Year with a bang! There will be delicious pupus, free party favors, champagne and drink specials at the Country Bar. 🍾





HICKAM ARTS AND CRAFTS CENTER

335 Kuntz Ave., Bldg. 1889 • 808-448-9907

DEC | JAN | FEB

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING

One class per week for 6 weeks:

Wednesdays, 6 – 8:30pm

Jan 1–Feb 5 • Feb 12–Mar 18

Thursdays, 6 – 8:30pm

Jan 2–Feb 6 • Feb 13–Mar 19

Fridays, 9 – 11:30am

Jan 3–Feb 7 • Feb 14–Mar 20

Saturdays, 9 – 11:30am

Jan 4–Feb 8 • Feb 15–Mar 20

Ages 16 and older

\$110 per person (plus supplies)

Creating ceramic forms on the potter's wheel will be the main focus of this class. Functional as well as decorative ceramics will be explored. All of the fundamentals will be covered as well as advanced techniques. The class will progress at each individual's speed.

ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 5 weeks:

Saturdays, 9 – 11:30am

Feb 1–22

Ages 16 and older

\$60 per person (plus supplies)

This class is perfect for those interested in learning basic ceramic techniques: pinch-pots, coil building, etc. Students will also learn about underglaze and glaze technique by learning the entire process and how clay transformed. The last class is held two weeks after the 4th class, so pieces can come back from bisque.

Drawing & Painting

ACRYLIC PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks:

Tuesdays, 3 – 5pm

Jan 7–28 • Feb 4–25

Ages 12 and older

\$80 per person (plus supplies)

Learn to create landscape and seascape scenes using traditional painting techniques with acrylics on canvas. The course includes application, composition, color mixing and techniques.

OIL PAINTING TECHNIQUES WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 5:45 – 7:45pm

Jan 7–28 • Feb 4–25

Ages 14 and older

\$90 per person (plus supplies)

This class is designed to demonstrate basic methods of creating oil paintings on canvas. The course includes color mixing, application, and techniques. Knowing how to draw or paint is not required.

COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks:

Tuesdays, 12:30 – 2:30pm

Jan 7–28 • Feb 4–25

Ages 12 and older

\$80 per person (plus supplies)

Explore the expressive artist in you. This exciting class is designed to demonstrate innovative methods of creating and applying acrylics on canvas. The course includes application, composition, basic color theory and techniques. Knowing how to draw or paint is not required.

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 6 – 8pm

Jan 7–Feb 11 • Feb 18–Mar 24

Ages 16 and older

\$70 per person (plus supplies)

Learn how to use basic tools, techniques and procedures of watercolor. Students will apply these practical elements of art to compose and paint pictures.

CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 6 – 8pm

Jan 9–Feb 13 • Feb 20–Mar 26

Ages 16 and older

\$70 per person (plus supplies)

This course is structured as a continuation of the beginning class. The focus is on additional techniques and exercises, pictorial composition, guidance for self-directed projects and providing a place for those who find it difficult to work at home.

WATERCOLOR DESIGN AND COMPOSITION WITH DAVILLA HARDING

One class per week for 5 weeks:

Ages 16 and older

Thursdays, 2 – 4:30pm and 6 – 8:30pm

\$125 per person (plus supplies)

Jan 9–Feb 13 / Hawaiian Birds

Feb 27–Mar 26 / Diamond Head

Through the study of basic art principles of design and composition, participants will learn to interpret their vision of Nature's beauty using watercolors. Students will create unique works of art that "dance" with light and color. Some drawing(s)



TO REGISTER FOR CLASSES, VISIT

[jbphh.greatlifehawaii.com/
recreation/arts-crafts-](http://jbphh.greatlifehawaii.com/recreation/arts-crafts-)

of the subject will be provided, whether you are a beginner or a more experienced painter. ...you can do it!

DRAWING TECHNIQUES WITH APRIL DUQUE

One class per week for 4 weeks: Mondays, 5:30 – 7:30pm

Dec 2–23 • Feb 3–24

Ages 12 and older

\$80 per person (plus supplies)

Fundamental drawing skills are the basis for all artistic endeavors. This course teaches the essential techniques to capture your world and ideas realistically in pencil, charcoal, and chalk pastel. Topics covered include contour line, gestural line, working with light and shadow, composition, depth, proportion, facial anatomy, color theory, and using drawing tools to achieve a variety of effects. Class is suitable for all skill levels.

BATIK PAINTING WITH APRIL DUQUE

One-day class, second Sunday of the month, 12 – 3:30pm

Dec 8 • Jan 12 • Feb 9

Ages 14 and older

\$50 per person (supplies included)

Learn the ancient art of batik fabric painting and take home a beautiful and unique work of art. Students can choose to bring their own design, or trace a teacher provided one. The instructor will guide students through the batik process step by step. No previous art experience necessary.

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

One-day class, on select Mondays or Saturdays, 9am – 1pm

Ages 16 years and older

\$85 per person (supplies included)

In this one-day class you will learn how to measure and cut a double mat for your 5 x 7 art work. We will also teach you how to use a joiner to make a wood frame. The class will finish with complete assembly of glass, foam core, backing and hanger. Upon class completion, you will be given a certificate allowing you to use our facility as a "self-help" customer. Sign up early, space is limited! Please contact the Frame Shop at 448-9907 ext. 108 for more information and to confirm date.

Glassworks & Jewelry

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

One class per week for 2 weeks: Thursdays, 5:15 – 7:15pm

Dec 5–12 • Dec 19–26 • Jan 9–16 • Jan 23–30 • Feb 6–13 •

Feb 20–27

Ages 16 and older

\$40 per person (plus supplies)

Students will learn how to cut, fuse, and slump sheet glass to

create their own functional works of art. In doing so they will learn about the basics of heat and time in relation to glass. By the end of class each student will have at least one plate/platter to take home. Please wear closed-toed shoes. Long pants are recommended.

ADVANCED GLASS WITH JESSICA FITZGERALD

One class per week for 4 weeks:

Fridays, 5:15 – 7:15pm

Dec 6–27 • Jan 10–31 • Feb 7–28

Ages 16 and older

\$80 per person (plus supplies)

This class is for more advanced students who have previously taken Beginning Glass Fusing and would like to learn more about working with glass. Please wear closed-toe shoes. Long pants are recommended. Previous glass experience is required.

ORNAMENT MAKING WITH JESSICA FITZGERALD

Wednesdays (one time sessions), 5:15 – 7:15pm

Dec 4 • Dec 11 • Dec 18

Ages 16 and older

\$20 per person (plus supplies)

Students should bring glass with them to class or purchase a kit from Ceramics. Please wear closed-toe shoes. Long pants are recommended.

GLASS FUSION WITH JOCELYN SASAKI

One class per week for 4 weeks: Fridays, 6:30 – 8:30pm

Dec 6–27 • Jan 10–31 • Feb 7–28

Ages 16 and older

\$80 per person (plus supplies)

This class is perfect for anyone interested in learning the art of glass fusion. Students will learn techniques in glass-cutting, kiln-forming, and basic principles for design. Students will learn to make plates, glass jewelry, and/or Christmas ornaments. Students of all skill levels are welcomed.

BEGINNING JEWELRY MAKING WITH PAULETTE WILLIAMS

One class per week for 3 weeks: Wednesdays, 1 – 3pm

Dec 4–18 • Jan 8–29

Ages 16 and older

\$50 per person (plus supplies)

In this class, students will learn how to use the basic tools, techniques, and procedures for jewelry making. The focus of the classes will be on stringing and beading to create bracelets, earrings, and necklaces. This class is the perfect place to begin your jewelry making journey!

Crochet/Knitting/Quilting/Sewing

BEGINNING SEWING WITH KYONG ANGUAY

One class per week for 4 weeks: Wednesdays, 6 – 8pm

Dec 4–Jan 1 (No class Dec 25) • Jan 8–29 • Feb 5–26

Ages 14 and older

\$70 per person (plus supplies)

As a beginner, you will learn basic sewing machine operation, equipment and their uses, sewing techniques, fabrics, and construct one or two simple projects applying this information. You must have your own sewing machine and supplies.

CROCHET BASICS WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks: Wednesdays, 6:30 – 8:30pm

Feb 5–19

Ages 12 and older

\$35 per person (plus supplies)

In this class, students will learn how to make the different crochet stitches needed for any project and will have a completed scarf displaying these stitches. Students will also learn how to hold the hook properly, read patterns, do a foundation chain, work with two colors at once. Also, students will have the skills to complete beginner and intermediate level projects.

ADVANCED CROCHET WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks: Mondays 6 – 8pm

Jan 27–Feb 10

Ages 12 and older

\$35 per person (plus supplies)

This class will build on what was learned in Crochet basics. Students will learn how to work in the round, increase and decrease stitches, make a granny square, and how to join pieces together to form a larger piece. With these new techniques, students will be able to complete projects such as amigurumi (crochet dolls and animals), hats, and complex piece blankets. Note: students must complete crochet basics class before enrolling in the advanced course. Students must also bring their own supplies.

MACHINE QUILTING (AM) WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 9am – 12pm

Dec 28–Jan 18 / Applique Quilt

Jan 25–Feb 15 / Free Motion Quilt

Feb 2–Mar 14 / Easy Quilt

Ages 16 and older

\$100 per person (plus supplies)

Learn how to cut fabric and assemble the pattern while learning quilting tips and how to complete a quilt from start to finish. Must have your own sewing machine and basic sewing skills. See sample in the Sales Store.

MACHINE QUILTING (PM) WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 1 – 4pm

Dec 28–Jan 18 / Applique Quilt

Jan 25–Feb 15 / Free Motion Quilt

Feb 2–Mar 14 / Easy Quilt

Ages 16 and older

\$100 per person (plus supplies)

Learn how to cut fabric and assemble the pattern while learning quilting tips and how to complete a quilt from start to finish. Must have your own sewing machine and basic sewing skills. See sample in the Sales Store.

SEWING, MENDING, AND ALTERATIONS WITH KYONG ANGUAY

One class per week for 4 weeks: Fridays, 6 – 8pm

Dec 6–27 • Jan 3–24 • Feb 7–28

Ages 16 and older

\$70 per person (plus supplies)

This class is for minor repairs. Students will bring their own broken, worn, torn, or damaged projects and learn how to properly repair them back to their original state.

HAWAIIAN QUILTING WITH KYONG ANGUAY

One class per week for 4 weeks: Tuesdays, 9 – 11am

Feb 4–25

Ages 16 and older

\$80 per person (plus supplies)

Students will learn the traditional Hawaiian quilting method of cutting out a Hawaiian motif and the technique of needle turn appliqué to apply the design to a background fabric. These hand quilting concepts will allow students to complete a beautiful Hawaiian style pillow.

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks: Tuesdays, 6 – 8pm

Jan 7–28 • Feb 4–25

One class per week for 4 weeks: Wednesdays, 10am – 12pm

Jan 8–29 • Feb 5–26

Ages 14 and older

\$75 per person (plus supplies)

Students will learn how to use their cameras to achieve various photographic techniques and understand digital photographic terminology and concepts. Lighting, framing and composition will be discussed to achieve quality images with a wide variety of examples provided. Low light, nature, sports, and leisure photography will no longer be guess work and you will capture pictures like you've always wanted to.

Woodworking

For more information on dates/times, please call (808)-448-9911.

WOOD SHOP SAFETY CLASS

One-day class, offered on select Saturdays, 4:30 – 7:30pm

(arrive 15 minutes prior to class to sign in)

Ages 12 years & older (ages 12 – 15 must be accompanied by a parent or guardian)

\$25 per person (arrive 15 minutes prior to class to sign in)

This 3-hour class will emphasize the proper and safe use of the different equipment in our shop. After completion of the class, you will be issued a woodshop safety certification card enabling use of the shop tools and equipment.

PEN TURNING CLASS

One-day class, offered on select Saturdays & Sundays,

7:30 – 11:30am

Dec 1

Ages 12 years & older (ages 12 – 15 must be accompanied by a parent or guardian)

\$50 per person (supplies included)

Must take the safety class prior to class. This class will emphasize the basic uses of the lathe. Students will learn the steps to turn their own koa pen. This class is required for use of the lathe during shop hours. Pre-registration is necessary to secure a spot for the class.

SAFETY CLASS WITH PEN TURNING

One-day class, offered on select Saturdays & Sundays,

7:30 – 11:30am (arrive 15 minutes prior to class to sign in)

Dec 8

Ages 12 years & older (ages 12 – 15 must be accompanied by a parent or guardian)

\$60 per person (supplies included)

This class will emphasize safety in the shop as well as the specific equipment needed to turn a pen. Once the safety portion is completed, students will make their own pen to take home. Pre-registration is necessary to secure a spot for the class.

CUTTING BOARD CLASS

One class per week for 3 consecutive weeks.

Fridays, 5 – 9pm (Call shop for more info.)

Ages 16 years & older

\$145 per person (deposit of \$85.00 is due at registration)

This is a great beginner class for people who just want to start woodworking but are unsure of where to start! The students will make end-grain cutting board, great for gifts! *Current safety qualification card needed to take the class.*

KEEPSAKE BOX CLASS

One class per week for 4 consecutive weeks.

Mondays & Fridays, 5 – 9pm (Call shop for more info.)

Ages 16 years & older

\$145 per person (\$100 sign-up fee + \$45 supply fee)

This class will emphasize how to make a box with miter joints and splines. Students will learn the steps to make two Keepsake Boxes (Curly Maple/Walnut woods). *Current safety qualification card needed to take the class.*

BOWL TURNING CLASS

A 2-session class.

Offered select Fridays, 5 – 9pm

Dec 6 & 13

Ages 12 years & older (12 – 15 must be accompanied by a parent or guardian)

\$100 per person (supplies included)

Must take Pen Turning prior to class. This class will emphasize basic techniques and proper tool placement to turn a bowl. Students will learn the steps to turn their own bowl. Pre-registration is necessary to secure a spot for the class.

(continued on next page)

Miscellaneous/Workshops

WREATH DECORATING WORKSHOP WITH SORIANA SANCHEZ MOSTAJO

One-time session. Wednesday, 6 – 8:30pm
Dec 4

Ages 15 and older

\$35 per person (plus supplies)

In this class, students will learn how to professionally decorate an artificial wreath. Students will work with ribbons and their own ornaments/decor to make a wreath that will be the envy of the entire neighborhood! Students will learn how to make a fabulous bow along with some other useful decorative tips for the holiday season.

CHILDREN'S CLASSES & CAMPS

YOUTH WOOD WORKING SAFETY CLASS WITH PEN TURNING

One-day class, offered on select days.

Ages 12 – 16 (ages 12 – 15 must be accompanied by a parent or guardian)

\$60 per person (supplies included)

This class will emphasize safety in the shop as well as the specific equipment needed to turn a pen. Once the safety portion is completed, students will make their own pen to take home. Pre-registration is necessary.

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks: Thursdays, 3 – 4:30pm

Feb 6–27

Ages 7 – 13

\$45 per person (plus \$15 fee payable to the Ceramics Dept.)

This class is perfect for the young artist interested in learning basic pottery techniques: pinch-pots, coil building, etc. Students will also learn about underglaze and glaze technique by learning the entire process and how clay is transformed.

ADVENTURES IN ART WITH APRIL DUQUE

One class per week for 4 weeks: Mondays, 5:30 – 7:00pm

Dec 30–Jan 27

Ages 7 – 14

\$70 per person (plus supplies)

Students will create dynamic, open-ended, and fun projects using a variety of art materials and processes, while learning to effectively use the elements and principles of art and design, such as: line, color, form, space, shape, texture, balance... Each session will feature new activities like painting, collage, sculpture, and printmaking. Guidance will be given for following a creative process- from initial idea to showing and discussing the finished artwork to an audience. Class is suitable for all skill levels.

AFTER SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 3:45 – 5:15pm

Jan 7–Feb 11 • Feb 18–Mar 24

Ages 7 – 18

\$70 per person (plus supplies)

In this class, youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

HOME SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 1:30 – 3pm

Jan 9–Feb 13 • Feb 20–Mar 26

Ages 7 – 18

\$70 per person (plus supplies)

In this class, youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 3:45 – 5:15pm

Jan 9–Feb 13 • Feb 20–Mar 26

Ages 7 – 18

\$70 per person (plus supplies)

This course is structured as a continuation of the beginning class. The focus is on additional techniques and exercises, pictorial composition, guidance for self-directed projects and providing a place for those who find it difficult to work at home.

PARENT AND ME BASIC CROCHET WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks:

Wednesdays, 3:30 – 5:30pm

Feb 5–19

Ages 7 – 12 (with an accompanying, paying adult/guardian)

\$35 per participant (\$70 total; plus supplies)

In basic crochet, parents and children will learn how to make different crochet stitches needed for any project and will have a completed scarf displaying these stitches. Students will also learn how to hold the hook properly read patterns, do a foundation change, change colors. Both parent and child need to register and pay for class. Ages 7-12 (with an accompanying, paying adult).

WATERCOLOR DESIGN AND COMPOSITION-REALM OF FANTASY WITH DAVILLA HARDING

One class per week for 5 weeks: Saturdays, 12 – 2pm

Jan 4–Feb 8 / Unicorn

Feb 22–Mar 28 / Mermaid

Ages 13 – 17

\$125 per person (plus \$15 fee payable to the Ceramics Dept.)

Through the study of basic art principles of design and composition, participants will learn to interpret their vision of Nature's beauty using vibrant, translucent watercolors. With an emphasis on Hawaiian and tropical themes, students will create unique works of art that "dance" with light and color. Some drawing(s) of the subject will be provided, so...whether you are a beginner or a more experienced painter...you can do it!

EVENTS & ACTIVITIES



PICK & PAINT CERAMICS

Tuesday – Saturday, 9am – 5pm

Arts & Crafts Center

From kid's figurines to large serving platters, we have an extensive selection of pottery ready for you to personalize. We provide glaze, brushes, stencils and sponges. You pick it, you paint it, we fire it, and have it ready for you in 14-21 days. Price varies by piece and includes glaze, firing, supplies and studio time. All ages welcome. A perfect place for friends and family to get creative together. Have a little one? Put your child's handprint or footprint on a plate or tray for a lasting memory.

OHANA PAINT NIGHT WITH APRIL DUQUE

One class per month: Fridays, 5:30 – 7:30pm

Dec 19 • Jan 17 • Feb 21

Arts & Crafts Center

Ages 7 and older

\$30 per person (supplies included)

Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. All art supplies are included. Varied refreshments will be provided at no additional cost. Online registration can be completed at: greatlifehawaii.com/recreation/arts-crafts/ac-online-registration.

PAINT & SIP

First and third Wednesday of the month, 5:30 – 8:30pm

Dec 4 & 18 • Jan 1 & 15

Tradewinds

\$40 per person (\$20 non-refundable deposit online, \$20 at the door)

A two-hour painting party! Our experienced instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting on canvas. All supplies are included. No experience necessary!

HICKAM ARTS & CRAFTS CENTER

JOIN OUR EMAIL LIST



Our monthly email will include:

- UPDATED DOWNLOADABLE CLASS SCHEDULE
- UPCOMING SPECIAL EVENTS
- DEPARTMENT SPECIALS

To join, just visit:

[jbphh.greatlifehawaii.com/Recreation/
Arts & Crafts/Email List Subscription](http://jbphh.greatlifehawaii.com/Recreation/Arts%20&%20Crafts/Email%20List%20Subscription)



SYNC ARTS/CRAFTS CALENDAR

A Calendar that's always current.

Download our e-calendar!

For an up-to-date live calendar of our latest events, sync your personal devices (mobile phone, iOS, Android device, personal computer) by signing up at www.greatlifehawaii.com.

Honolulu City Lights Holiday Tour

Opening Night Shuttle

Saturday, December 7 • 4:30PM-9PM • \$20/person

Witness the lighting of Oahu's tallest Christmas tree and watch the "electrifying" light parade.
Enjoy kiddie carnival rides; live performances & food booths.

Holiday Display Trolley Shuttle

Friday, December 13 – Saturday, December 14 & Friday, December 20 – Tuesday, December 24

6:00PM-8:00PM • \$15/person | 8:30PM-10:30pm • \$10/person

Sunday, December 15 – Thursday, December 19

6:00PM-8:00PM • \$15 per person

Children 4 & under Free, but must be in adult lap (1 child per adult)
Tours departs from Bloch Arena Parking Lot. *Tours subject to availability.

Make your reservations at any ITT location.

Fleet Store: 473-0792 • NEX: 422-2757 • Barbers Pt: 682-2019 • Wahiawa Annex: 564-4445/4446

STAY CONNECTED AND FOLLOW US ONLINE!



@GreatLifeHawaii

GreatLifeHawaii.com





DECEMBER • JANUARY OUTDOOR RECREATION

SIGN UP INFORMATION

To sign up for any of Outdoor Recreation's wonderful trips and tours, you must sign up in person at the appointed facility (see facilities and color code below), unless otherwise specified. Registration for December activities is currently open. **Registration for January activities begins December 1.**

Signups can be taken as late as two days prior to trip departure. We will only accept late registration on a case-by-case basis. Signups for our trips are on a first-come, first-served basis and must be paid in advance.

Most trips run by Outdoor Recreation are for ages six and up, but some trips may have other age requirements. Check with our knowledgeable staff to find out age restrictions or other requirements. *For all water activities, participants must know how to swim without a lifejacket.*

All tour activities and locations are subject to change without notice due to weather and other considerations.

OUTDOOR RECREATION
HICKAM HARBOR • 449-5215

RAINBOW BAY MARINA • 784-0167

For activities that require online registration, visit www.greatlifehawaii.com and search: ODR Registration.

Online registration will require an ID check, in person at Hickam Harbor within 5 days of receipt of payment.



SYNC ODR CALENDAR

A Calendar that's always current.
Download our e-calendar!

For an up-to-date live calendar of our latest events, sync your personal devices (mobile phone, iOS, Android device, personal computer) by signing up at www.greatlifehawaii.com.

SURFING

LEARN TO SURF AT HICKAM HARBOR

- December 14 Sign up by December 12
- January 11 Sign up by January 9
Begins: 9 am | Ends: 12 pm
Cost: \$40

Located right on site, join the Hickam Beach staff for an all-inclusive group surf lesson! The instructors here will familiarize you with technique, gear, etiquette and methods on how to surf. Our class starts out on land, and then transitions to the water (near shore). Once you are comfortable and ready, we will take the surf taxi out to the breaks for some awesome surf and memories that will last a lifetime. Our energized and experienced instructors will provide everything you need to have a good experience learning to shred some water here in the surf capitol of the world. For more info feel free to give us a call or visit the Hickam Harbor office. Participants must be proficient at swimming and can do so without a lifejacket.

WOMEN'S SURFING

- December 22 Sign up by December 20
- January 26 Sign up by January 24
Begins: 9 am | Ends: 12 pm
Cost: \$40

In a class all their own, we are getting you out to enjoy the breaks! Come out and get professional instructions from our own Outdoor Recreation staff and learn to surf in the surfing capital of the world. Let the trained staff at the Hickam Harbor make your surfing experience a pleasant, enjoyable and successful one. We will school you in the history, wave science, etiquette, and technique. We will also get you on the right board, provide a short boat ride to "the lineup" and give you personal instruction in excellent un-crowded waves. Participants must be able to swim without a lifejacket. Don't miss out on this righteous opportunity!

STAND-UP PADDLE BOARDING

LEARN TO STAND-UP PADDLE BOARD AT HICKAM HARBOR

- December 15 Sign up by December 13
- December 29 Sign up by December 27
- January 19 Sign up by January 17
Begins: 9:30 am | Ends: 10:30 am
Cost: \$30

This is the perfect class to get your feet wet and discover stand up paddle boarding. This class is an introductory class giving you the ability to learn the basics in a stress free environment. Paddle boarding is a great way to provide a good work out, and enjoy the ocean. Come join the group and experience something new!

STAND-UP HALEIWA/NORTH SHORE

- January 18 Sign up by January 16
Begins: 8 am | Ends: 2 pm
Cost: \$30

Join us as we head to historic Hale'iwa town to tour the beautiful Anahulu Stream. Experience Hawaii's beauty as you weave your way down a mile of streambed to the Pacific Ocean and let the Outdoor Adventure staff provide the transportation, instruction, and equipment. If the surf looks good, we might even drop in on a wave or two. Do not let this awesome opportunity drift away!

Level: Easy (must have open ocean swimming experience).

KAYAKING

KAYAKING AT CHINA MAN'S HAT

- December 14 Sign up by December 12
- January 4 Sign up by January 2
Begins: 8 am | Ends: 1 pm
Cost: \$25

This trip offers a variety of opportunities for you! It's a short paddle out to one of Hawaii landmark locations. Come with us and explore around the small island and possibly catch a wave

or two. Pull your kayaks on the shore and enjoy swimming or tide pool viewing. If the weather is nice we can even take a short hike around the island. This trip is considered moderate to strenuous in level of difficulty; you're encouraged to bring lunch or snacks and plenty of water.

Level: Easy (must have open ocean swimming experience).

MOONLIGHT PADDLE AT HICKAM HARBOR

- December 12 Sign up by December 10
 - January 10 Sign up by January 8
- Begins: 6:30 pm | Ends: 8:30 pm
Cost: \$25

What better way to melt the day to day stress than to join us for an evening paddle. As the moon lights our way across the water, enjoy the company of the group, and let our guides lead the way. Trip includes all required gear. Prior kayaking experience is recommended. Bring water and dry clothes to change into after the activity.

KAYAKING THE MOKULUA ISLANDS

- January 25 Sign up by January 23
- Begins: 7 am | Ends: 2 pm
Cost: \$40

Located on the windward side of the Island, off Kailua and Lanikai are the Moku Islands; a protected bird sanctuary. Join us for the day as we have some fun kayaking in the area and enjoy the great weather that the island has to offer. This activity requires paddlers to have kayaking experience. Intermediate to advance skill set required due to the level of difficulty depending on winds and ocean conditions. Bring your swimsuit, sun block, lunch, water and snorkeling gear if so inclined. Trip includes transportation, paddling gear and guides.

Level: Advanced (We do require an ocean test the Wednesday before the trip or upon the day you sign up. This will include a self-rescue, simple kayak route and to show us your overall capability to handle a kayak on your own. Please note you will get wet!).

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- December 1 Sign up by November 29*
 - Begins: 8:30 am | Ends: 11:30 am
 - December 28 Sign up by December 26*
 - January 12 Sign up by January 10*
 - January 25 Sign up by January 23*
- Begins: 2:30 pm | Ends: 5:30 pm
Cost: \$30

**Registration available online only.*

Enjoy a relaxing morning or afternoon taking part at your luck to land that big one. Join our staff as we help you cast your line out and provide pointers if you need to help bring in the oceans bounty. You never know what you might catch. A wide variety of reef fish and a token shark or two will put you to the test. This is a great trip for experts and beginners alike. Trip includes gear, bait, guides and the boat. Bring a snack and some drinks to help complete your relaxing afternoon on the water.

SPEARFISHING EXCURSION

- December 21 Sign up by December 19
 - January 18 Sign up by January 16
- Begins: 9 am | Ends: 12 pm
Cost: \$20

Come and sharpen your skills with our instructors, and try your luck at capturing what the ocean has to offer. Enjoy three hours

of open water, good company and a wide array of fish. *Must have taken our "Learn to Spearfish" course to participate, as the skills needed for this activity can be moderate to difficult.*

LEARN TO SPEARFISH

- December 7 & 8 Sign up by December 5*
 - January 4 & 5 Sign up by January 2*
- Begins: 9 am | Ends: 12 pm
Cost: \$60
**Registration available online only.*

Spear fishing is as exciting and challenging as it sounds! The Outdoor Recreation staff will show the basics so you can enjoy Hawaii's undersea world, become an accomplished free diver and acquire the skills needed to catch your dinner. The first half of the class is held at Hickam Pool and lasts about 3 hours. We'll go over rules and regulations set by the state, where you can and cannot go, and what you can and cannot eat. Physiology, techniques, training, equipment, knowledge, and safety are topics we cover, and you will hit the water for some target practice as well. The second part, depending on the skill level, we usually do the first dive in shallow water, 6 to 12 feet deep on then meet back at our boat to discuss the dive. The second dive is in water about 10 to 20 feet deep depending on the group's ability. Even if you are unable to spear any fish, you'll have a blast just being out there! You'll need your own mask, fins, snorkel, and transportation is on us. You're welcome to bring your own gear if you want. *Participants must know how to swim and prior snorkel experience is required.*

HIKING

HIKE EHUKAI PILLBOX

- December 28 Sign up by December 26
- Begins: 8 am | Ends: 1 pm
Cost: \$20 per person

Join us on a journey to the North Shore where this hike leads to some amazing views. Climb to the top for a panoramic scene of Oahu's famous North Shore. Views will include Sunset Beach and the Banzai Pipeline. Bring some extra cash with you for a stop for some local grindz (lunch).

BIKING

NORTH SHORE BIKE RIDE

- December 21 Sign up by December 19
 - January 11 Sign up by January 9
- Begins: 8 am | Ends: 1 pm
Cost: \$25 per person w/bike, \$20 without

Experience North Shore on a bike! Start at Pupukea and travel just beyond Sunset Beach. This trip is about eight miles round trip on level terrain and is an easy ride for beginners. Stop at world class surf spots for great photo opportunities. Ted's Bakery is on the way back, so if you don't want to bring your lunch you can pick up some goodies there. A towel and bathing suit will come in handy if you need a refreshing plunge in the ocean. With any luck, you might spot some turtles! Trip includes gear, transportation and happy, courageous guides. Inform us if a bicycle is needed.

Level: Easy (must have bike riding experience).

RECREATIONAL EQUIPMENT RENTALS



Bldg. 1760 Kuntz Ave., Hickam
449-6870

Mon–Fri: 9am–5pm | Sat: 9am–1pm

MWR Recreational Equipment Rental is your one stop shop for all your party and outdoor recreation equipment!

Need to rent some camping equipment for your campout next weekend? Don't own a surfboard and want to rent one for lessons? Or gearing yourself up for a bike trail but don't have the bike? Items available for rent from MWR include camping gear, water sports equipment, bikes and sports gear.

Are you celebrating a birthday or other special occasion soon? MWR has all of the party equipment you'll need to throw a party they won't forget.

Among the items MWR offers are bounce houses, patio chairs and umbrellas, coolers, grills, cotton candy and popcorn machines, and more! Items are rented on a first-come, first-served basis. Full payment is required at time of rental. Replacement and labor cost per item will be charged for lost and damaged items. Late fees will apply. Available to all military affiliated personnel 18 years or older with a valid ID.

Check www.greatlifehawaii.com for price lists.



PATIOS & PAVILIONS

Hickam Harbor • 449-5215

Pearl Harbor & Barbers Point • 784-0167

Plan your next party at one of MWR's patios and pavilions. A variety of sizes accommodates parties from 10 to 200+. Many party patios can accommodate bounce houses, tents, bands, etc.

Facilities and areas at Hickam Beach:

Foster Point Gazebo, Honeymoon Beach, Hickam Beach Cabanas, Outdoor Rec Villa, Hickam Harbor Waterfront

Facilities and areas at Pearl Harbor and Barbers Point:

Rainbow Point Pavilion, Rainbow Bay Pavilion, Rainbow Bay Cabanas, Tea House, Makalapa Rec Complex, Richardson Fields, White Plains Beach Cabanas, Nimitz Cove Beach Cabanas

(continued on next page)

MARINAS CLASSES & ACTIVITIES

ALL INFORMATION SUBJECT TO CHANGE

SAILING CLASSES

Adult and Youth sailing classes are taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction.

START SAILING RIGHT AT HICKAM HARBOR MARINA

- Tues/Sat | December 3, 7, 14, 21, 28
Cost: \$85 per person
9 am – 12 pm or 1 – 4 pm
Ages 18 & up

Adult sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Maximum of 8 students per session.

START SAILING RIGHT AT RAINBOW BAY MARINA

- Sat/Sun | January 4/5 & 11/12
Cost: \$95 per person
1 – 5 pm
Ages 18 & up

Adult sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Maximum of 8 students per session. *Online registration available.

ADULT LEARN TO SAIL CLASS AT RAINBOW BAY MARINA

- Mon/Wed | December 2, 4, 9, 11, 16, 18, 23, 30
Cost: \$90 per person
9:30 – 11:30 am (excludes holidays)
Ages 18 & up

*Registration is done by the month and available online only. Adult sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Maximum of 8 students per session, minimum of 4.

YOUTH BEGINNERS SAILING AT RAINBOW BAY MARINA

- Mon/Wed | December 2, 4, 9, 11, 16, 18, 23, 30
Cost: \$85 per person
12 – 2 pm or 3:30 – 5:30 pm (excludes holidays)
Ages 10 – 17 years

*Registration is done by the month and available online only. Beginners sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Maximum of 8 students per session, minimum of 5.

YOUTH LEVEL 2 SAILING AT RAINBOW BAY MARINA

- Tues/Thurs | December 3, 5, 10, 12, 17, 19, 24, 26
Cost: \$85 per person
12 – 2 pm or 3:30 – 5:30 pm (excludes holidays)
Ages 10 – 17 years

*Registration is done by the month and available online only. Level 2 sailing class taught by one of our certified instructors. Class consists of theory and on-the-water group instruction. Maximum of 20 students per session, minimum of 5.

ADULT SMALL BOAT SAILING COURSE AT HICKAM HARBOR

- Wed/Fri | December 4, 6, 11, 13, 18, 20, 27
Cost: \$75 per person
9:30 am – 12:30 pm
Ages 18 & up

*Registration is done by the month and available online only. Come sail at Hickam Harbor! Learn to rig and sail small sailboats.

No experience required! Open to new and salty sailors 18 and over. Maximum of 8 students per session, minimum of 2.

YOUTH BEGINNERS SAILING AT HICKAM HARBOR

- Wed/Fri | December 4, 6, 11, 13, 18, 20, 27
Cost: \$85 per person
3 – 5 pm
Ages 10 years & up

*Registration is done by the month and available online only. This course is taught by our certified sailing instructors. Class consists of classroom theory and on-the-water group instruction. This class can accommodate all levels of ability. Space is limited to 5 students per class.

YOUTH INTERMEDIATE SAILING AT HICKAM HARBOR

- Tues/Thurs | December 3, 5, 10, 12, 17, 19, 24, 26
Cost: \$85 per person
3 – 5 pm (excludes holidays)
Ages 10 years & up

*Registration is done by the month and available online only. Prerequisite: Students registering must have permission from instructors to register for this class. Ages 10 years & up. Class consists of classroom theory and on-the-water group instruction. This class accommodates intermediate and advanced sailors. Space is limited to 5 students per class.

INTERMEDIATE SAILING AT RAINBOW BAY MARINA

- Sat/Sun | December 7/8 & 14/15
Cost: \$75 per person
3 – 5 pm

Ages 18 years & up
*Registration is done by the month and available online only. This course is designed as a continued education course on sailing. Enter into further understanding of theory and begin the basics of competitive sailing.

ADULT INTERMEDIATE SAILING AT RAINBOW BAY MARINA

- Tues/Thurs | December 3, 5, 10, 12, 17, 19, 24, 26
Cost: \$90 per person
9:30 – 11:30 am (excludes holidays)
Ages 18 years & up

*Registration is done by the month and available online only. Adult sailing class taught by one of our certified instructors. This course is taught by our certified sailing instructors in an El Toro. This course is designed as a continued education course on sailing. Enter into further understanding of theory and begin the basics of competitive sailing. Minimum 4- Maximum of 8 students per session.

BOAT CHECKOUT CLASS AT HICKAM HARBOR

- Tues/Thurs | 9 am – 12 pm (only one class day required)
Cost: \$35 per person

(Must sign up at Hickam Harbor 4 days prior to check out day. Maximum 4 participants. First come, first served.) Already an experienced Sailor but want to rent our boats? Sailing card expired? This course is a three-hour refresher showing the operation of our Rhodes 19 sailboat. Sailing experience is required. Once successfully demonstrating your ability to sail our boats and can navigate our harbor, you will be granted a sailing card to rent our boats. Sign up at Hickam Harbor Marina.

OUTRIGGER CANOE PADDLING

P.T. PADDLING PADDLING AT HICKAM BEACH (HONEY MOON BEACH LOCATION) AND RAINBOW BAY MARINA

- Mon – Fri | 6:30 am, 7:30 am, 9:30 am, 10:30 am, 11:30 am
- Mon – Fri | 6:30 am, 7:30 am, 9:30 am, 10:30 am, 11:30 am
Cost: \$5 per person/per session

Have a private group or command looking for an alternative PT workout? Come over to the Rainbow Bay Marina for more info on how we are set up private groups for Outrigger Canoeing.

RECREATIONAL PADDLING AT HICKAM BEACH (HONEY MOON BEACH LOCATION) AND RAINBOW BAY MARINA

- Mon/Wed/Fri
● Mon/Wed/Fri
8:30 – 9:30 am
Cost: \$5 per person/ 1 hour

*Signups held at Hickam Harbor, must sign up 1 week prior to date requested. Come get an early workout before the day starts! What better way to end your week than to have an exhilarating workout and get the sweat going. All ability levels welcome!

BEACHES



HICKAM BEACH • 3455 Mamala Bay Dr. SURF SHACK • 449-5215

Hours: Friday – Sunday, 10 am – 4 pm

BEACH EQUIPMENT RENTAL

*Subject to cancellation due to weather

Kayak (1 per)	\$5 hr • \$20 day	Kayak (2 per)	\$7 hr • \$25 day
Surf Board	\$5 hr • \$25 day	Paddle Board	\$9 hr • \$25 day
Beach Lounger	\$5 hr • \$15 day	Wind Surfing Board	\$10 day

PRIVATE LESSONS

Surfing: \$35 for a 2-hour lesson
Wind Surfing: \$40 for a 2-hour lesson
Standup Paddle Boarding Beginner (1 hour): \$25
Standup Paddle Boarding Intermediate (2 hour): \$35

WHITE PLAINS BEACH

Kalaeloa

SURF SHACK • 682-4925

Hours: Daily, 9 am – 4:30 pm (last turn-in)

BEACH EQUIPMENT RENTALS

Body Board	\$1 hr • \$5 day	Paddle Board	\$9 hr • \$25 day
Body Board w/Fins	\$3 hr • \$10 day	Fins	\$2 hr • \$5 day
Surf Board	\$5 hr • \$25 day	Horseshoes/Volleyball	\$3 day

PRIVATE LESSONS

Surfing: \$35 for a 2 hour lesson
Call to schedule an appointment (Mon – Fri only).



Liberty Calendar



December 2019

FREE & LOW-COST ACTIVITIES FOR SINGLE ACTIVE-DUTY MILITARY E1-E6

For a mobile friendly site please visit www.facebook.com/LibertyHawaii and click on the top, pinned post. Register now online at www.greatlifeahawaii.com. Go to Recreation, then Liberty and click on the Event Calendar tab.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 HIKE MAKAPUU POINT & SNORKEL [INTER] \$5 Express 0815 Beeman 0900 Instant 0915 Makai 0930 ALOHA STADIUM SWAP MEET FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930	2 BOWLING & PIZZA FREE Beeman 1800	3 PAU HANA SURF SESSION FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	4 SHUFFLE BOARD TOURNAMENT FREE Beeman 1800 WIN PRIZES!!!	5 CHRISTMAS WREATH DECORATING FREE Beeman 1800	6 BEEF TOMATO MACARONI FOR LUNCH presented by USAA FREE Beeman 1100-1300 FREE MOVIE @ SHARKEY THEATER FREE Beeman 1700	7 HIKE WAIMANO POOLS [INTER] FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 HONOLULU CITY LIGHTS FREE Express 1800 Beeman 1845 Instant 1900 Makai 1915	
8 VOLUNTEER OPPORTUNITY: KAYAKING CHINAMANS HAT CLEAN-UP FREE Express 0900 Beeman 0930 Instant 0945 Makai 1000 ICE SKATING \$10 Express 1800 Beeman 1830 Instant 1845 Makai 1900	9 MAKE YOUR OWN GINGERBREAD HOUSE FREE Beeman 1700	10 PING PONG TOURNAMENT FREE Beeman 1900 WIN PRIZES!!!	11 LEARN TO COOK WITH LIBERTY FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730	12 FULL MOON HIKE KOKO HEAD [INTER] FREE Express 1530 Beeman 1600 Instant 1615 Makai 1630	13 CHICKEN CESAR SALAD FOR LUNCH presented by USAA FREE Beeman 1100-1300	14 OVERNIGHT HIKE/CAMP [INTER] \$10 Express 1100 Beeman 1200 Instant 1215 Makai 1230 VOLUNTEER OPPORTUNITY: BOY SCOUT CAMP CLEANUP FREE Express 0930 Beeman 0830 Instant 0845 Makai 0900	
15 RETURN FROM CAMP THE NUTCRACKER @ BLAISDELL CONCERT HALL \$40 Express 1800 Beeman 1830 Instant 1845 Makai 1900	16 SURFBOARD DING REPAIR 101 FREE Express 1645 Beeman 1730 Instant 1745 Makai 1800 SEND A CHRISTMAS CARD HOME FREE Beeman 1030-2100	17 PAU HANA SURF SESSION FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515	18 8 BALL POOL TOURNAMENT FREE Beeman 1800 WIN PRIZES!!!	19 BARRACKS BASH @ SEAWOLF TOWER presented by USAA FREE 1700 - 1900	20 CHICKEN & WAFFLES FOR LUNCH presented by USAA FREE Beeman 1100-1300	21 CATCH & COOK FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 THE ARCH PROJECT CLIMBING CENTER \$16 Express 1815 Beeman 1700 Instant 1715 Makai 1730	
22 SURF & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900 HALE KOA SUNDAY BRUNCH \$35 Express 1730 Beeman 1815 Instant 1830 Makai 1845	23 VOLUNTEER OPPORTUNITY: TRADEWINDS REFURBISH PROJECT FREE Express 1500 Beeman 1530 Instant 1545 Makai 1600	24 2019 SOFI HAWAII BOWL \$20 Express 1315 Beeman 1400 Instant 1415 Makai 1430	25 CHRISTMAS DAY FEAST FREE Beeman 1100 - 1300 Pickup Times: Express 1030 Beeman 1100 Instant Closed Makai Closed 	26 NORTH SHORE STAR GAZING FREE Express 1900 Beeman 1800 Instant 1815 Makai 1830 VOLUNTEER OPPORTUNITY: TRADEWINDS REFURBISH PROJECT FREE Express 1500 Beeman 1530 Instant 1545 Makai 1600	27 GRILLED CHEESE & TOMATO SOUP FOR LUNCH presented by USAA FREE Beeman 1100-1300 VOLUNTEER OPPORTUNITY: TRADEWINDS REFURBISH PROJECT FREE Express 1500 Beeman 1530 Instant 1545 Makai 1600	28 HIKE MAKAPUU TIDEPOOLS [ADV] FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 WAIKIKI BEACH OUTRIGGER CANOE SURFING \$20 Express 0815 Beeman 0900 Instant 0915 Makai 0930	
29 BELLOWS PAINTBALL \$50 Express 0815 Beeman 0900 Instant 0915 Makai 0930 KAYAKING MOKULUA \$10 Express 1045 Beeman 1130 Instant 1145 Makai 1200	30 TEXAS HOLD 'EM TOURNAMENT FREE Beeman 1800 WIN PRIZES!!! VOLUNTEER OPPORTUNITY: TRADEWINDS REFURBISH PROJECT FREE Express 1500 Beeman 1530 Instant 1545 Makai 1600	31 NEW YEAR'S EVE FIREWORKS DINNER CRUISE TBA Express 1930 Beeman 2000 Instant 2015 Makai 2030 	DESIGNATION FOR HIKE: BEG: Beginner INTER: Intermediate ADV: Advanced Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund.			FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS Beeman Center (Pearl Harbor Sub Base) 808-473-2583 Makai Liberty (Hickam) 808-448-0418 Liberty Express (Wahiawa Annex) 808-653-0220	

dining

10th Puka Lounge • Brews & Cues
Club Pearl • The Country Bar
Historic Hickam Officers' Club • Koa Lounge
La Familia Mexican Restaurant
The Lanai at Mamala Bay • Mangiamo • Phillies
Planet Smoothie • Restaurant 604
Tradewinds • Wright Brothers Café & Grille

BREWS & CUES

Bldg. 1314, North Rd (Club Pearl Complex) . 473-1743

Game Night

Friday, December 6

5:30pm

FREE

Ages 18 years and older

Cornhole Tournaments & Texas Hold 'Em, every first Friday of the month.

Pool Tournament

Friday, December 27

5:30pm

Ages 18 years and older

Gridiron Game Days

Mondays & Thursdays

December 2, 5, 9, 12, 16, 23

FREE

Ages 18 years and older

Watch the games here and enjoy complimentary pupus and drink specials.

Sunday Ticket

FREE

Ages 18 years and older

Watch all the Sunday football games here! Open at 7am until after the final game.

THE COUNTRY BAR

Bldg. 1314, North Rd (Club Pearl Complex) . 473-1743

Line Dancing Lessons

Every Friday & Saturday

8:30 – 9:30pm

FREE

Let us show you how to line dance, then enjoy some liquid courage and practice your two-step. Dancing and drink specials available all night long. \$2.00 Bud and Bud Light Draft.

New Year's Eve Party

Tuesday, December 31

8:30pm

FREE

Ages 18 years and older

Celebrate the New Year with a bang! There will be delicious pupus, free party favors, champagne and drink specials at the Country Bar.

HISTORIC HICKAM OFFICERS' CLUB

Office next to Wright Bros. Café. 448-4608

Sunday Brunch

Sundays, December 1, 8, 15, 22, 29

10:00am–1:00pm

Enjoy a delicious brunch at this iconic landmark building on base. Roast beef carving station, made to order omelets, build your own waffle and a great selection of desserts.

Mongolian BBQ

Thursdays, December 5, 12, 19, 26

5 – 8pm (excluding Federal Holidays)

The Grand Lanai

\$2 Club Member Discount

Choose from 20 different fresh veggies, five different meats and a variety of sauces. Rice, noodles, soup, rolls, beverages, and fortune cookies also included. All ranks welcome!

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive. 422-3002

Aloha Friday Buffet

Every Friday

11am – 2pm

It's Aloha Friday, end the work week right with a delicious lunch buffet. Perfect for a quick meal, lunch meeting or other excuse to spend the midday sitting "this close" to the ocean.

RESTAURANT 604

At Rainbow Bay Marina 888-7616

Weekend Brunch

Saturdays and Sundays,

December 7, 8, 14, 15, 21, 22, 28, 29

9:30am – 3pm

FREE

Come and see how the same creativity we put into our lunch and dinner is used for our special brunch menu on the weekends. Experience our twists on breakfast fare, like guava pancakes, rib eye hash, assorted Benedict's and more.

TRADEWINDS

Hickam Bldg. 1804 448-4608

Every Wednesday, Homemade Pork Rinds \$3.



Trivia Night

Tuesdays, December 3, 10, 17, 24, 31

7pm

FREE

Get a team together and test your trivia knowledge in variety of subjects! Win great prizes weekly!

Paint & Sip

Wednesdays, December 4 & 18

5:30 – 8:30pm

\$40

An instructor will lead you step by step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting. All art supplies are included. No experience necessary. Cocktails and food available for purchase. Register online at jbphh.greatlifehawaii.com, search: "Arts and Crafts Registration."

family/support

Child Development Centers

Child Development Homes

Military & Family Support Center

School-Age Care • School Liaison Office

Teen Center

TEEN CENTER

Teen Center, 234 Melick Ave. Bldg. 1330. . 448-1068



#weownfriday - Gingerbread Houses!

Friday, December 6

5:30 – 8pm

Ages 13 – 18 years

Come build some gingerbread houses with Keystone and enjoy some prizes and snacks!

Holiday Shopping and Movies!

Saturday, December 14

9:30am – 4pm

Fee \$10

Ages 13 – 18 years

Join the Teen Center for a shopping trip away from your parents and siblings! Make sure to bring enough money for your shopping needs and lunch!

Family Night - Holiday Ornaments

Tuesday, December 17

5:30 – 7pm

Come hangout at the Teen Center and make some Christmas Ornaments with your teen! Enjoy some light snacks and refreshments on us!

Hail and Farewell - Ugly Holiday Sweater Party!

Friday, December 20

6 – 9pm

Ages 13 – 18 years

Come in your Ugliest Holiday Sweater for a night of fun, games, food, prizes, and more! We will be holding a



— **NOW OPEN** —

AT NAVY MARINE GOLF COURSE



Monday – Friday (10:30am – 10pm)

Saturday – Sunday (10:30am – 11pm)



STAY CONNECTED AND FOLLOW US ONLINE!

@GreatLifeHawaii

| GreatLifeHawaii.com



family/support (cont.)

White Elephant gift exchange (value \$5 and under) and if you want to participate, bring a gift to put in a pile!

athletics

Aquatics • Bowling
Fitness Programs & Centers • Golf
Intramurals • Youth Sports

AQUATICS

Arizona Pool (Ford Island)472-7582
Hickam Training Pool449-8274
Hickam Family Pool448-2384
Scott Pool (Pearl Harbor)473-0394
Towers Pool (Makalapa)471-9723

Toys for Tots Donation (Scott Pool)

**Sunday, December 1 (10am – 5pm) and
Monday – Wednesday,
December 2 – 4 (5am – 5:30pm)**

Aquatics will have a Toys for Tots donation box for the first few days in December. The box will need to be turned in by December 7, so please be sure to place your gifts in the donation area early this month. Help make a child's holiday special, and share the holiday spirit!

BOWLING

Hickam Bldg. 1891448-9959
Pier Side Bldg. 1736473-2574
The Escape (Wahiawa Annex) Bldg. 410 . .473-2651

Hickam and Pier Side Bowling Centers:

Lunch Specials every weekday at our snack bars!

The Escape (Wahiawa Annex):

Party Rentals on Saturday
(2:30pm – 5:30pm or 6:30pm – 9:30pm)
& on Sundays any 3 hours from 12 – 6pm

CHRISTMAS EVE & CHRISTMAS DAY HOURS

Tuesday & Wednesday, December 24 & 25

Hickam Bowling Center: Closed

Pier Side Bowling Center: 8am – 2pm (Snack Bar),
11am – 2pm (Bowling Center)

NEW YEAR'S EVE & NEW YEAR'S DAY HOURS

Tuesday & Wednesday, December 31 & January 1

Hickam Bowling Center: 12 – 6pm

Pier Side Bowling Center: Closed



Holiday Bowl with Santa

Sunday, December 15

11am – 12:30pm

Hickam Bowling Center

Lunch and bowl with Santa! Enjoy 1 game of bowling (plus

shoe rental) & lunch that includes a hot dog, chips and a drink. \$8.00 per child. Ages 12 years and younger. Limited to the first 30 Authorized Patrons. Sign up from Dec 9 to Dec 13. Call 473-2651 to register.

Happy Holidays from MWR

Entire month of December

Hickam Bowling Center

Purchase 2 games of bowling and your 3rd game is FREE.

Active Duty Bowl FREE

Thursdays, December 5, 12, 19, 26

11am – 1pm

Hickam Bowling Center

Receive one free game of bowling during lunchtime.

Shoe rental extra. Military ID card required, offer not valid on Holidays.

Lunch and Bowl Tuesdays

December 3, 10, 17, 31

11am – 1pm

Hickam Bowling Center

Purchase a lunch at our Snack Bar for \$9.00 or more and receive up to 2 FREE games of bowling. Shoe rental not included.

Color Pin Wednesday

Wednesdays, December 4, 11, 18

5 – 9pm

Hickam Bowling Center

Color pin in the head pin position, bowl a strike and receive a free game coupon, which is good for your next visit.

Holiday Bowl with Santa

Sunday, December 8

9 – 10:30am

Pier Side Bowling Center

Breakfast and bowl with Santa! Breakfast includes pancakes, bacon, milk or orange juice. 1 game of bowling plus, shoe rental \$8.00 per child. Ages 12 years and younger. Limited to the first 30 authorized patrons. Sign up Dec 2 to Dec 6. Call 473-2651 to register.

Happy Holidays from MWR

Entire month of December

Pier Side Bowling Center

Purchase 2 games of bowling and your 3rd game is FREE.

Lunch and Bowl Tuesdays

December 3, 10, 17, 24

11am – 1pm

Pier Side Bowling Center

Purchase a lunch at our Snack Bar for \$9.00 or more and receive a FREE game of bowling. Shoe rental not included.

Single Sailor Bowling Night

Monday, December 2

Pier Side Bowling Center

Every First Monday Single Sailors bowl FREE along with FREE pizza and a fountain drink. Sign up at the Beeman Liberty Center.

Active Duty Bowl FREE

Thursdays, December 5, 12, 19, 26

11am – 1pm

Pier Side Bowling Center

1 free game of bowling, shoe rental not included.

Color Pin Monday

Mondays, December 2, 9, 16, 23, 30

5 – 9pm

Pier Side Bowling Center

Color pin in the head pin position, bowl a strike and receive a free game coupon, which is good for your next visit.

FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120448-2214
JBPHH-Pearl Harbor Bldg. 1338471-2019
Naval Station Gym Bldg. 667473-2436
Wahiawa Annex Bldg. 446653-5542

Open 24 hours/day, 7 days/week (unstaffed):

Ford Island Bldg. 55, Kunia Bldg. 446

Makalapa Bldg. 388, West Loch Bldg. 621

TRX Suspension Training Class

Monday, December 2

11:30am – 12:30pm

Hickam Memorial Fitness Center

FREE to all eligible patrons

Learn to use your body weight as resistance for a well-rounded workout. TRX integrates strength and balance into a dynamic movement using body weight exercises. This class will incorporate many different movements using the TRX and other types of workout equipment.



Holiday 5K Fun Run

Saturday, December 14

8am (registration at 7:30am)

Hickam Memorial Fitness Center

FREE to all eligible patrons

Show your Christmas spirit! Keep in shape even though you're enjoying the holiday season. Categories include: adult male/female, youth boy/girl, and stroller male/female.

Foam Roll and Stretching Class

Wednesday, December 11

11:30am – 12:30pm

Hickam Memorial Fitness Center

FREE to all eligible patrons

Learn how to stretch properly after a workout! Myofascial release therapy incorporating static stretching, and CARS (Controlled Articular Rotations). You will simultaneously build flexibility by using full range of motion, while inhibiting overactive muscles.

GOLF

Barbers Point682-1911
Ke'alahi Par 3448-2318
Mamala Bay449-2304
Navy-Marine471-0142

\$2 Tuesdays

December, 3, 10, 17

3:30 – 5:30pm

Mamala Bay Golf Course Driving Range

FREE

\$2 gets you two buckets of balls, plus \$2 hot dogs, \$2 select beers and \$1 soda and bottled water. Plus, our golf pros will be on hand to offer tips. Open to ages 6 and up.

Holiday 5K Run



December 14

Hickam Memorial Fitness Center

Time - 8am

Registration - 7:30am

FREE to all eligible patrons!

**Categories include: adult male/female, youth boy/girl
and stroller male/female.**

For more information, call 808-448-2214



STAY CONNECTED AND FOLLOW US ONLINE!

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GROUP EXERCISE SCHEDULE

FITNESS CENTER LOCATIONS

Hickam Memorial Fitness Center
1120 Vickers Ave (Bldg 1120) • 448-2214

Pearl Harbor Fitness Center
1071 North Rd (Bldg 1338) • 471-2019

Wahiawa Annex Fitness Center
500 Center St (Bldg 446) • 653-5542



JBPHH FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 – 7am	NOFFS*	CYCLE FIT*	STRONG TRAINING*	CYCLE FIT*	WILD CARD FITNESS*	
7 – 8am			CYCLE FIT*			
8 – 9am						YOGA
8 – 8:45am						TRADITIONAL HULA MOVEMENTS SC
8:30 – 9:30am	P90X™	ZUMBA	POWER SCULPT*	ZUMBA	YOGA	
8:45 – 9:30am		CYCLE EXPRESS*		CYCLE EXPRESS*		
9 – 10am						CYCLE FIT
9:15 – 10:15am						ZUMBA
9:45 – 10:45am	YOGA	PIYO®		PIYO®	ZUMBA	
10:30 – 11:30am						P90X™
11:30am – 12:30pm	CYCLE FIT*	TOTAL BODY CONDITIONING*	CYCLE FIT*	TOTAL BODY CONDITIONING*/ TRX*	WARRIOR ZONE CIRCUIT*	
			YOGA		CIRCUIT TRAINING*	
4:30 – 5:30pm	ZUMBA® STEP	ZUMBA	ZUMBA	TURBO KICK™		
5:30 – 6:30pm	CYCLE FIT*		CYCLE FIT*			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA® TONING	ZUMBA	STRONG BY ZUMBA®*	
6 – 7pm		KARATE SC				

HICKAM MEMORIAL FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 – 6:30am	CYCLE FIT*		CYCLE FIT*		CYCLE FIT*	
6 – 7am	HIIT*	CIRCUIT TRAINING*	HIIT*	CIRCUIT TRAINING*	HIIT*	
8:30 – 9:30am	ZUMBA	POWER PUMP	KICKBOXING	POWER PUMP	TABATA	
10 – 11am		STRONG BY ZUMBA®	TAHULA FITNESS	STRONG BY ZUMBA®		ZUMBA
11:30am – 12:30pm		YOGA		YOGA	SPINNING*	
3:30 – 4:30pm		CIRCUIT TRAINING*	HIIT*	CIRCUIT TRAINING*		
5:15 – 6:15pm	YOGA	HIIT*	YOGA	BODY BLAST		
5:30 – 6:30pm					ZUMBA	
6:30 – 7:30pm	MIXXEDFIT		ZUMBA			

WAHIAWA ANNEX FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am – noon		YOGA		TOTAL BODY CONDITIONING		
5 – 6pm		ZUMBA		ZUMBA		

* There is a fee for all classes, but the starred classes are free for active-duty personnel. Classes at Wahiawa Annex Fitness Center are free for all. For more information on classes, please visit greatlifehawaii.com.

INFORMATION SUBJECT TO CHANGE

For fitness training, mobile fitness training, CFL, NOFFS, TRX and so much more, contact:
mark.mcfarland@navy.mil or phone: 808-471-2021

athletics (cont.)

FREE Golf Demo Days

Mamala Bay Golf Course
(Anytime during normal business hours.)
and

Navy-Marine Golf Course

Wednesday, December 4
3:30 – 6:30pm

Try out some of the latest equipment at the driving range. For more info, call the respective golf course.

FREE Golf Clinic

Thursday, December 19
12 – 1pm

Navy-Marine Golf Course

Enjoy this introduction to the great game of golf. For more information, call 808-471-0142.

9 Before 9

Monday – Friday (except holidays)
Before 9am

Mamala Bay Golf Course

Tee off before 9am & play nine holes for a discounted price.

\$30 Coupon Special

Mondays & Tuesdays (except holidays)

Barbers Point Golf Course &

Mamala Bay Golf Course

Invite a civilian guest and take advantage of this special. Call 808-682-1911 for additional information.

BOGO Special

Monday – Friday (except holidays)

Ke'alahi Golf Course

Pay and play for nine holes on our Par 3 course and get a second nine holes at half-price. Must play the second nine on the same day. Call 808-448-2318 for info.

Twilight/Play Until Dusk Golf Specials

Monday – Friday (after 2:30pm)

Saturday & Sunday (after 3:30pm)

(except during holidays or tournaments)

Mamala Bay Golf Course

Come and enjoy our special twilight golf prices and play until dusk! For more information or to check for availability, please call 449-2304.

itt

Barbers Point • Fleet Store • NEX Mall

Wahiawa • Travel Connections-Fleet Store

Travel Connections-NEX Mall

Hickam Historical Tour

Fridays, December 6, 13, 20, 27

9:30am – 1:30pm

\$45 for adult, \$40 for children (ages 3 – 11) / Lap child free

An exclusive tour to relive history and to understand the important role Hickam Field played in World War II. See the original buildings where the Army Air Forces' airmen, nurses and officers & enlisted families lived and hear their personal stories of this "Day of Infamy." Highlights: Fort Kamehameha, Hickam Hotel, Freedom Tower, Pearl Harbor Hospital Point and more! *Tour will depart from Bldg. 1760 Kuntz Ave. (Hickam side of base).*

Ford Island Historical Tour

Wednesdays, December 4, 11, 18

9:30am – Noon

(Check in 9:15am)

\$25 for adults

\$20 for children (ages 3 – 11)

Nestled in Pearl Harbor lies an isolated island called Moku Umeume, rich in Hawaiian and U.S. military history. Travel back in time and honor the families who experienced the horrors of "The Day of Infamy". Points of Interest: USS Utah & Oklahoma Memorial, the USS Arizona Memorial Rock, Historic Nob Hill officer homes, bombing & bullet strafing reminders. *Tour will depart from Bldg. 1760 Kuntz Ave. (Hickam side of base). Additional pick up at Royal Alakai & Rainbow Marina, call for times.*

recreation

Arts & Crafts • Auto Skills • Liberty Centers
Library • Makai Recreation Center • Marinas
Outdoor Recreation • Sharkey Theater

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

Paint & Sip

Wednesdays, December 4 & 18

5:30 – 8:30pm

\$40 per person

New location at Tradewinds (150 McClelland St, Hickam. Bldg. 1804)! Reserve your spot today! <http://www.greatlifehawaii.com/recreation/arts-crafts/ac-online-registration-> (\$20 non-refundable deposit on line, \$20 at the door) A two-hour painting party! Our experienced instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting on canvas. All supplies are included. No experience necessary!

LIBRARY

Hickam Bldg. 595 449-8299

Dial-A-Story 449-8297

Library Know-How

Saturday, December 7

10am – 12pm

Learn to get the most out of your library.

STEM Wednesday – Cubelets Robotics

Wednesday, December 4

2 – 3:30pm

Ages 7 and up. Call 449-8296 to register.

Tween Book Club

Wednesday, December 4

4 – 5pm

We will discuss "The Boy of the Wooden Box."

Adult Book Club

Tuesday, December 3 | 10am

Thursday, December 5 | 10am

We will discuss "The House of Broken Angels."

Preschool Story Time

Wednesday, December 11

9 – 10am

Story times are great for children of all ages! Our theme on December 11 will be "Holiday Happenings."

4th and 5th Grade Book Club

Wednesday, December 11

2pm (Group 1)

We will discuss "The Indian in the Cupboard."

Wednesday, December 18

2pm (Group 2)

We will discuss "Charlotte's Web."

Young Adult Book Club

Wednesday, December 11

4 – 5pm

We will discuss "And Then There Were None."

LEGO Time

Saturday, December 28

10am

MAKAI RECREATION CENTER

100 McChord Street, Bldg 1859 449-3354

Dance, Martial Arts, Karate, and Music classes. For more information visit greatlifehawaii.com or call 808-449-3354.

YOUTH DANCE CLASSES:

All dance rehearsals and shows will have TBD special dates and times.

Ballet 1 (Ballet Beginner)

Tuesdays

December 3 – 14 (5:15 – 6:10pm)

\$45 per month (plus cost of required uniform)

Ages 7 – 12.

Tap Dancing

Tuesdays

December 3 – 14 (3 – 3:25pm)

\$25 per month (plus cost of required items)

Ages 7 – 17.

Blue (Ballet & Tap)

Thursdays

December 5 – 14 (5:15 – 6:10pm)

\$45 per month (plus cost of required uniform)

Ages 6.5 – 9.

Pink 1-A (Pre-Ballet & Tap)

Tuesdays

December 3 – 14 (10 – 10:40am)

\$35 per month (plus cost of required uniform)

Ages 3.5 – 4.5.



recreation (cont.)

Pink 1-B (Pre-Ballet & Tap)

Thursdays

December 5 – 14 (4:30 – 5:10pm)

\$35 per month (plus cost of required uniform)

Ages 3.5 – 4.5.

Pink (Pre-Ballet, no Tap)

Thursdays

December 3 – 14 (4 – 4:25pm)

\$25 per month (plus cost of required uniform)

Ages 3.5 – 5.

Pink 2 (Ballet & Tap)

Tuesdays

December 3 – 14 (4:30 – 5:10pm)

\$35 per month (plus cost of required uniform)

Ages 4.5 – 6.

Mommy & Me Dance Class

Tuesdays

December 3 – 14 (10:45 – 11:10am)

\$50 per month (plus cost of required uniform)

Ages 2.5 – 5.

"The Mix": Acro-Jazz Hip Hop

Tuesdays

December 3 – 14 (3:30 – 4:25pm)

\$45 per month (plus cost of required uniform)

Ages 7 – 17.

Ballet 2

Tuesdays & Thursdays

December 3 – 13 (6:15 – 7:10pm)

\$90 per month (plus cost of required uniform)

Ages 7 – 17.

ADULT DANCE CLASSES:

Adult Tap Dancing

Tuesdays

December 5 – 14 (7:45 – 8:15pm)

\$25 per month (plus cost of required items)

Ages 18 and up.



MIXED MARTIAL ARTS & TRADITIONAL TAEKWONDO:

\$45 per person/per month (\$80 for two students in the same family per month; \$95 for 3 students in the same family per month):

1.) Youth Victory Martial Arts

Tuesdays & Thursdays, 4:30 – 5:30pm

December 3 – 26

Ages 5 – 9.

2.) Victory Martial Arts

Tuesdays & Thursdays, 6 – 7pm

December 3 – 26

Ages 10 and up and families.

3.) Adult Victory Martial Arts

Tuesdays & Thursdays, 7 – 8pm

December 3 – 26

Ages 18 and up.

MARTIAL ARTS:

Victory Martial Arts Youth Development Taekwondo

Tuesdays & Thursdays, 4:30 – 5:30pm

January 2 – 30, February 4 – 27

\$45 per person/per month

Ages 5 – 9.

Victory Martial Arts Individual & Family Taekwondo

Tuesdays & Thursdays, 6 – 7pm

January 2 – 30, February 4 – 27

\$45 per person/per month

Ages 10 and up.

Victory Martial Arts Fit 4 Victory Boot Camp

Mondays, Wednesdays, Fridays, 10 – 11am

December 2 – 30, January 3 – 31, February 3 – 28

\$40 per person/per month

Ages 18 and up.

Victory Martial Arts Home School Taekwondo

Mondays, Wednesdays, Fridays, 1:30 – 3pm

December 2 – 30, January 3 – 31, February 3 – 28

\$45 per person/per month

Ages 15 – 18.

Victory Martial Arts Fit & Flex-ology

Mondays & Wednesdays, 4:30 – 5:30pm

December 2 – 30, January 6 – 29, February 3 – 28

\$35 per person/per month

Ages 18 and up.

Victory Martial Arts Krav Maga Self-Defense

Mondays, Wednesdays, Fridays, Saturdays, 6 – 7pm

December 2 – 30, January 3 – 31, February 1 – 29

\$55 per person/per month

Ages 18 and up.

Victory Martial Arts Weapons and Tactics

Mondays, Wednesdays, Fridays, 7:30 – 8:30pm

December 2 – 30, January 3 – 31, February 1 – 29

\$55 per person/per month

Ages 13 and up.

Victory Martial Arts Mommy, Daddy, & Me Taekwondo

Tuesdays & Thursdays, 10 – 11am

December 3 – 26, January 2 – 30, February 4 – 27

\$35 per person/per month

Ages 3 – 14 (Parent must be with child under 10).

Victory Martial Arts Stretch and Flex

Tuesdays & Thursdays 10 – 11am

December 3 – 26, January 2 – 30, February 4 – 27

\$35 per person/per month

Ages 18 and up.

Victory Martial Arts Olympic Style Sparring

Saturdays, 4:30 – 5:30pm

December 7 – 28, January 4 – 25, February 1 – 29

\$45 per person/per month

Ages 9 and up.

Victory Martial Arts

Self-Defense and Self-Protection Workshop

Fridays, 4:30 – 5:30pm

December 6 – 27, January 3 – 31, February 7 – 28

\$45 per person/per month

Ages 13 and up.

Victory Martial Arts

Urban Martial Arts & Self-Protection

Tuesdays & Thursdays, 7:30 – 8:30pm

December 3 – 26, January 2 – 30, February 4 – 27

\$55 per person/per month

Ages 18 and up.

MUSIC CLASSES:

Music – Piano, Voice, Drums, Ukulele, and Guitar

Mondays – Thursdays

(one class per week for four weeks)

\$152 per mo. (4 half hour private sessions)

Ages 4 and up. For class information and availability, please call (808)-449-3354 or (808)-250-1683.

SHARKEY THEATER

Hickam Bldg. 628, Movie Hotline. 473-0726

Ticket Prices

- Active Duty, Adults, Children (12 years and up), \$5 or \$7 (3-D)

- Children (6 – 11 years of age), \$3 or \$5 (3-D)

- Children (5 years and under), Free or \$2 (3-D)

Movies shown Thursday – Sunday. Watch for our FREE Advanced Screening!



Single Sailor/Airmen Movie Night

Friday, December 13

Every 2nd Friday of the month is Single Sailor/Airmen Movie Night. Sign up for a Free Movie Pass, and refreshments from the Snack Bar. Sign ups are at the Beeman Liberty Center. Must be an Active Duty Single Sailor or Airmen to participate.

Christmas Meal



DECEMBER 25, 2019 • 11 A.M. - 1 P.M.



HALE AINA DINING FACILITY **Price TBD**

Andrews Street, Bldg. 1860 | 448-0680

- APPETIZER:** Shrimp Ceviche
- SALADS:** Spinach Salad, Turkey Waldorf Salad, Salad Bar
- SOUP:** Minestrone Soup
- ENTREES:** Roast Turkey, Baked Ham, Roast Rib of Beef
- STARCHES, GRAVIES & DRESSINGS:** Turkey Gravy, Mashed Potatoes, Cornbread Dressing, Glazed Sweet Potatoes, Baked Macaroni and Cheese
- VEGETABLES:** Braised Carrots, Corn on the Cob, Peas with Onions, Garlic Sautéed Spinach
- BREADS & ROLLS:** Dinner Rolls, Corn Bread
- DESSERTS:** Assorted Pies & Cake, Hot Chocolate Bar

Cash only. No charge to RIK/ESM.

Cash & Major Credit Cards accepted. No Charge to RIK/ESM.

Christmas Meal specials are open to all active duty personnel, escorted family members of active duty personnel, retirees, and DOD employees with valid ID cards.





MILITARY & FAMILY SUPPORT CENTER

The Military and Family Support Center (MFSC) combines the former Pearl Harbor Fleet & Family Support Center and the Hickam Airman & Family Readiness Center into one organized center. We provide unified, customer-focused programs, classes and services to support our JBPBH community, including active-duty, reserve, retired personnel, family members and DoD employees.

DECEMBER CLASSES

INFORMATION SUBJECT TO CHANGE



employment assistance

ACING THE INTERVIEW

Dec 11 • 1:00 – 3:00pm | Pearl Harbor

Preparation and determination is the key to a successful interview. This class will provide you with the tools to be able to answer different types of interview questions and prepare you for the many interview styles that are popular today. In this interactive class, participants will be provided information and resources on how to experience mock interviews.

CIVILIAN RESUME WRITING

Dec 3 • 1:30 – 3:30pm | Hickam

This class will cover the different resume formats and the advantages and disadvantages of each. Learn how to write powerful accomplishments that help you stand out from the competition, proper formatting, common mistakes to avoid, and so much more. Note: this class targets private sector resumes only.

FEDERAL EMPLOYMENT 101

Dec 19 • 1:30 – 3:30pm | Hickam

The application process for federal jobs can feel confusing and overwhelming. This course will help you navigate the USAJobs website, understand the application process, and teach the fundamentals of a federal resume to give you a competitive edge. An overview of hiring preferences and programs for veterans and military spouses in the federal sector will also be covered.

family life skills

HIGH-TECH PARENTING

Dec 5 • 10:00am – 12:00pm | Pearl Harbor

Social media - not an anonymous world! It is very easy to get caught up in the "feeling" of anonymity behind the click of a mouse. Unfortunately, the lessons learned can lead to threatened safety, humiliation or the cost of a friendship. Help your children understand the value of safety, modesty and care while posting on the internet!

NEW MOMS AND DADS

Dec 18 • 5:00 – 8:00pm | Hickam

New and soon-to-be parents (or those who are thinking about becoming parents) will learn about the roles, responsibilities, demands and joys of being parents. The session will also include early childhood social, emotional and physical development, crying and consoling, basic care information, and what to expect in the first year.

PARENTING GROUP

Dec 3, 10, 17, 24, 31 • 10:00am – 12:00pm | Pearl Harbor

This eight-week interactive parenting group assists parents to better nurture their children, allowing their children to grow into responsible adults and loving parents to their own children. For more information and to register, call MFSC-Pearl Harbor and ask to speak to the group facilitator!

POSITIVE PARENTING

Dec 10 • 1:00 – 3:00pm | Pearl Harbor

Parenting skills are something learned; not something we are born with. This class will enhance your parenting skills and make your parenting goals attainable. Topics include: establishing positive relationships, disciplining assertively, creating realistic expectations and more.

STORY TIME

Dec 19 • 10:00 – 11:00am | Hickam

Bring your kids to MFSC for story time! Books focus on the AMAZING people kids are, and relate life skills in age-appropriate ways. Following the end of the reading, kids will participate in an empowering activity.

information and referral

EFMP COFFEE TALK

Dec 12 • 9:00 – 10:00am | Pearl Harbor

Learn, share and connect with other Exceptional Family Member Program (EFMP) families!

GREEN CARD / IMMIGRATION AND NATURALIZATION

Dec 10 • 9:30 – 11:30am | Pearl Harbor

Green Card/Immigration 0930-1030 / Naturalization 1030-1130. Want to apply for your American citizenship? The Military and Family Support Center in partnership with U. S. Citizenship and Immigration Services presents an Immigration Information Workshop to assist you. This class will provide step-by-step instructions and help you understand and navigate the U. S. Citizen immigration application process.

personal development

ANGER MANAGEMENT

Dec 19 • 9:00am – 12:00pm | Pearl Harbor

We all know what anger is, and we have all felt it: whether as a fleeting annoyance or as a full-fledged rage. Feeling anger is not unusual; it is a completely normal and healthy human emotion. It's how we channel that anger and emotion that's important. Join us for this class that is designed to help you better understand, channel, and control your anger. grow, missions to succeed and families to strengthen.

CONFLICT RESOLUTION

Dec 17 • 10:00am – 12:00pm | Pearl Harbor

This workshop helps people to manage conflict by examining their attitudes and behaviors when faced with conflicting situations. Learn how to prevent conflict from escalating and how to work with others to solve problems; this allows people to grow, missions to succeed and families to strengthen.

DATING WITH A PURPOSE

Dec 3 • 1:00 – 3:00pm | Pearl Harbor

Finding quality relationships can be challenging. When we look at the challenges presented with internet options, baggage from broken relationships, work demands, emotional and physical safety; an instruction manual would be helpful! Participants will take a moment to evaluate the qualities they want to bring to, and receive from a relationship; using improved communication skills and remain mindful to ensure you're not settling!

DEALING WITH DIFFICULT BEHAVIORS

Dec 17 • 1:00 – 3:00pm | Pearl Harbor

Do you ever encounter difficult behavior at work? How well do you work with people that handle situations differently than you do? Attend our workshop and learn about different behavior types that we encounter in the workplace. We can teach you some tips on how to identify difficult behavior patterns, and the best way to deal with each specific one.

HOLIDAYS AND STRESS

Dec 12 • 9:00am – 12:00pm | Pearl Harbor

Stress is a normal psychological and physical reaction to the ever increasing demands of life. Over time, high levels of stress can lead to serious health problems. Stress levels increase with holiday pressures. Learn how to interrupt the stress cycle, decrease stress levels and enjoy the holidays more!

INTERPERSONAL SKILLS

Dec 11 • 10:00am – 12:00pm | Pearl Harbor

Would you like to master the art of people skills and maximize the impact of your first impressions? Having strong interpersonal skills can open many avenues in work and in life. This class will teach you about communication, conversation, and the value of soft skills in the workplace.

SKILLS DEVELOPMENT GROUP

Dec 4, 11, 18 • 10:00am – 12:00pm | Pearl Harbor

This eight-week group is designed to increase participants' conflict resolution skills in relationships. Topics include anger management, stress management, assertiveness training and common relationship issues. For more information, contact MFSC-Pearl Harbor and ask to speak to the group facilitator.

TIME MANAGEMENT

Dec 3 • 10:00am – 12:00pm | Pearl Harbor

Acquire skills to make better choices about time management and achieve your goals. Gain the personal understanding and practical skills to implement a customized framework for successful time management.

UNPLUG YOUR RELATIONSHIP

Dec 5 • 1:00 – 3:00pm | Pearl Harbor

Learn about yourself and your partner by spending a few hours together,

technology-free. "Unplug Your Relationship" by having fun and creating art without interruptions.

WOMEN EMPOWERED GROUP

Dec 2, 9, 16, 23, 30 • 10:00am – 12:00pm | Pearl Harbor

This self-development group aims to help women harness their own voices and strengths, learn to build healthy relationship, take actions towards personal growth. This group is held in a supportive and confidential atmosphere with opportunities to meet and share with others. For more information and to register, contact MFSC and ask to speak to the group facilitator.

WORK AND PERSONAL LIFE BALANCE

Dec 4 • 10:00am – 12:00pm | Pearl Harbor

Learn to manage everyday stressors to create a healthy work and personal life balance. This class will focus on strategies to create realistic expectations and challenge negative thinking patterns, while expanding your toolkit for maximum balance and well-being.

personal financial management

COMMAND FINANCIAL SPECIALIST (CFS) FORUM

Dec 4 • 1:00 – 2:30pm | Pearl Harbor

Quarterly forum in accordance with OPNAVINST 1740.5D. Command Financial Specialists meet and share ideas about their respective programs. Guest speakers provide up-to-date information on financial issues and trends. Command Master Chiefs/ Career Counselors are encouraged to attend.

FROM BASE TO PLACE

Dec 6 • 8:00 – 9:30am | Pearl Harbor

Dec 19 • 2:00 – 3:30pm | Pearl Harbor

Are you moving out of government barracks or dorms soon? Moving out requires adequate planning. This course will prepare service members for moving off base while establishing effective financial goals and saving strategies.

HOME BUYING

Dec 11 • 1:00 – 2:30pm | Pearl Harbor

Plan on buying a home? This is a great opportunity to gain a strong foundation for home purchase decisions and how to avoid unexpected expenses and stumbling blocks. Workshop focuses on the purchase decision process, steps to take before investing in a home, details of the purchase, and mortgage options.

THRIFT SAVINGS PLAN

Dec 17 • 1:00 – 2:30pm | Pearl Harbor

The TSP is a retirement savings and investment plan for Federal employees and members of the uniformed services. Please join us for this class that will explain the benefits of the Thrift Savings Program, the different funds that are available to invest in, TSP withdrawals and much more.

relocation assistance

SMOOTH MOVE

Dec 12 • 8:00 – 11:30am | Pearl Harbor

This workshop features speakers from other agencies to provide you with a better understanding of the Permanent Change of Station (PCS) process. Topics include: Financial Planning, TRICARE, Basic Entitlements and Allowances, Shipment of Household Goods, Shipping Your Vehicle, and Researching New Base and Location.

SPONSOR TRAINING

Dec 3 • 1:00 – 3:00pm | Wahiawa Conference Center

Gives the new sponsor information, resources, and tools needed to assist incoming personnel and families, in order to ease their transition to a new environment. Spouses are encouraged to attend.

(continued on next page)

sexual assault prevention & response (SAPR)

SAPR VICTIM ADVOCATE REFRESHER TRAINING

Dec 10 • 1:30 – 3:30pm | Pearl Harbor

Refresher training is required to provide continuous education for current D-SAACP Certified US Navy SAPR Victim Advocates. Contact the Sexual Assault Response Coordinator for more information.

SEX ASSAULT SURVIVORS GROUP

Dec 4, 11, 18 • 4:00 – 5:30pm | Pearl Harbor

If you were sexually abused or assaulted, this on-going weekly support group for women survivors of any type of sexual harassment or assault can help. The group offers a safe place to learn, deal with the feelings, talk with other survivors, get validation, and heal in your adult life. For information and to register, call MFSC and ask to speak with the group facilitator.

transition assistance

CAPSTONE EVENT

Dec 4, 5, 18, 19 • 8:00 – 10:00am | Pearl Harbor

Dec 4, 5, 18, 19 • 10:00am – 12:00pm | Pearl Harbor

Capstone is the final mandatory step in the transition process. This class incorporates an individualized appointment with a transition counselor to answer questions and validate transition readiness from military to civilian life. Referrals to additional resources/agencies that offer targeted assistance is available. Capstone must be completed NLT 90 days prior to separating/retiring. TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP IS A PRE-REQUISITE.

BOOTS TO BUSINESS

Dec 10 & 11 • 9:00am – 4:00pm | Pearl Harbor

This two-day seminar, provided by the U.S. Small Business Administration, will assist participants in understanding the steps, stages, and activities related to launching and growing a business as a post-military career and provide training and orientation to the fundamental tools and strategies associated with executing plans to launch a new business.

CAREER EXPLORATION AND PLANNING

Dec 12 & 13 • 7:30am – 3:30pm | Pearl Harbor

Career Exploration and Planning Track workshop offers a unique opportunity to identify and frame your existing skills, increase awareness of relevant training and credentialing programs, and develop a targeted action plan to achieve your career goals.

TRANSITION ASSISTANCE PROGRAM (TAP) FOR RETIREES

Dec 9 – 13 • 7:30am – 4:00pm | Pearl Harbor

This mandatory 5-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment Workshop. Plan to attend within two years of retirement. Spouses are encouraged to attend. Navy members must register through their CCC. Air Force members may register through a transition counselor at the MFSC.

TRANSITION ASSISTANCE PROGRAM (TAP) FOR SEPARATEES

Dec 2 – 6 • 7:30am – 4:00pm | Pearl Harbor

Dec 16 – 20 • 7:30am – 4:00pm | Pearl Harbor

This mandatory 5-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment Workshop. Plan to attend within one year of separation. Spouses are encouraged to attend. Navy members must register through their CCC. Air Force members may register through a transition counselor at the MFSC.

Military & Family Support Center Locations

MFSC-Hickam 655 Vickers Avenue, Bldg. 1105 • 474-1999

Tue–Thu: 8am – 3:30pm | Closed daily from 11am – 12pm

MFSC-Pearl Harbor 4827 Bougainville Dr. • 474-1999

Mon–Thu: 7am – 4:30pm | Fri: 7am – 4pm

THRIFT SAVINGS PLAN

**DEC. 17 • 1:00–2:30PM
AT MFSC – PEARL HARBOR**

**LEARN ABOUT FUNDS AVAILABLE FOR INVESTING IN,
TSP WITHDRAWALS AND MUCH MORE!**

Holidays and Stress

DECEMBER 12
9AM – 12PM • PEARL HARBOR

Learn how to interrupt the stress cycle, decrease
stress levels and enjoy the holidays more!



MILITARY & FAMILY SUPPORT CENTER
4827 Bougainville Drive, Honolulu, HI 96818 | 474-1999

 @JBPHH.MFSC  @JBPHH_MFSC
GREATLIFEHAWAII.COM

food&drink

JOINT BASE CATERING

Office next to Wright Brothers Café • 448-4608 Ext. 16
 Mon, Sat Appointment only
 Tue–Fri 0900–1600
 Sun Closed

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

Hale Aina DFAC • Hickam Bldg. 1860 • 449-1666
 Mon–Fri 0600–0830, 1100–1300, 1700–1830
 Sat, Sun, Holidays 0630–0830, 1100–1300, 1700–1830
 Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948
 * Closed for renovations.

RESTAURANTS & CASUAL DINING

LA FAMILIA MEXICAN RESTAURANT

At Ke‘alahi Par 3 Golf Course • 422-9987
 Mon Closed
 Tue–Sat 1000–2100
 Sun 1000–2000

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive, Hickam Harbor • 422-3002
 Mon–Thu, Sun 1100–1400, 1700–2100
 Fri, Sat 1100–1400, 1700–2100
 Hapa Bar
 Mon–Thu, Sun 1100–2000
 Fri, Sat 1100–2100

MANGIAMO – COMING SOON!

At Navy Marine Golf Course • 471-0142

RESTAURANT 604

57 Arizona Memorial Drive, Rainbow Bay • 888-7616
 Mon–Thu 1030–2200
 Fri 1030–2300

Sat 0930–2300
 Sun 0930–2200
 Aloha Hour
 Mon–Fri 1500–1700

WRIGHT BROTHERS CAFÉ & GRILLE

901 Worthington Avenue • 448-4608 Ext. 39
 Mon–Thu 0630–1000, 1030–1330
 Fri 0630–1000, 1030–1330, 1700–2000
 Sat 0700–1330, 1700–2000
 Sun 0700–1030

SNACK BARS

HARBOR GRILL

Inside Naval Station Bowling Center • 473-2574
 Mon 0700–1330, 1700–2100
 Tue–Thu 0700–2100
 Fri 0700–2200
 Sat 0800–2200
 Sun 0830–1730

KAU KAU KORNER

Inside Hickam Bowling Center • 448-9959
 Mon–Thu 1000–2030
 Fri 1000–2200
 Sat 0900–2200
 Sun 0900–2030

MAMALA BAY SNACK BAR

At Mamala Bay Golf Course
 Tue–Sun 0630–1400

PHILLIES

711 Pierce St. Beeman Liberty Center • 387-8080
 Mon–Fri 1000–1400
 (Hours subject to change when ships are in port.)
 Sat 1000–1500

PLANET SMOOTHIE

At the Hickam Fitness Center • 422-1145
 Mon–Fri 0700–1900
 Sat 0800–1400

FAST FOOD

PIZZA HUT

At the Club Pearl Complex • 423-2222

TACO BELL

At the Club Pearl Complex • 422-2274

BARS

10th PUKA LOUNGE

At Ke‘alahi Par 3 Golf Course • 448-9890
 Mon, Tue, Sun 1100–2230
 Wed–Sat 1100–2300

BREWS & CUES

Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743
 Mon–Thu 1500–2200
 Fri 1300–0100
 Sat 1400–0100
 Sun 1400–2200*
 *Football season 0700–2200

THE COUNTRY BAR

Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743
 Mon–Thu Closed
 Fri–Sat 2030–0200
 Sun Closed

KOA LOUNGE

At the Historic Hickam Officers' Club • 448-4608
 Wed 1600–2100
 Thu 1600–2200
 Fri 1600–2300

TRADEWINDS

150 McClelland Street, Hickam Bldg. 1804 • 448-4608
 Tue–Thu 1530–2200
 Fri–Sat 1530–2400

programs&services

AQUATICS

Arizona Pool (Ford Island)* • 472-7582
 * Closed for the Fall 2019 season.

Hickam Training Pool, Hickam Bldg. 1122 • 449-8274
 Mon–Fri 0500–0700; 1100–1300
 Sat, Sun, Holidays Closed

Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384
 Open Swim:
 Mon, Tue Closed
 Wed–Fri 1430–1800
 Sat, Sun 1200–1700

Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394
 Lap Swim:
 Mon–Fri 0500–0700, 1100–1300
 Mon–Thu 1700–1900
 Sat, Sun 1000–1200

Open Swim:
 Mon–Fri 1430–1700
 Sat, Sun, Holidays 1200–1700

Towers Pool (Makalapa) • 471-9723
 Lap Swim:
 Mon–Fri 1100–1300
 Open Swim:
 Sat, Sun 1200–1700

Wahiawa Annex Pool, 500 Center St • 653-5306
 Lap Swim:
 Tue, Thu 1100–1300
 Open Swim:
 Sat, Sun, Holidays 1200–1700

ARTS & CRAFTS CENTER

Hickam Bldg. 1889 • 448-9907
 Ceramics & Frame Shop
 Mon, Sun Closed
 Tue–Sat 0900–1700
 Engraving Shop
 Mon, Sat, Sun Closed
 Tue–Fri 0900–1700
 Gallery/Office
 Tue–Fri 0900–1700

Sat–Mon Closed
 Sales Store
 Mon, Sun Closed
 Tue–Thu 1000–1800
 Fri, Sat 0900–1700

Wood Hobby Shop • 448-9911
 Mon, Fri Closed
 Tue–Thu 1300–2000
 Sat, Sun 1000–1700

AUTO SKILLS CENTERS

Flight Crew Motorcycle 422-6202, 548-8813
 Hickam ASC, Bldg. 4002 • 449-2554
 Mon, Sun Closed
 Tue–Fri 0700–1700
 Sat 0900–1700
 (Last vehicle entry: 1 hour prior to closing)

Hickam Car Wash • 449-2554
 Daily 0800–2000
 (Last vehicle entry: 19:15)

Moanalua ASC (off-base) • 471-9072
 Mon, Thu, Fri 1200–2000
 Sat, Sun 0900–1700
 Tue, Wed Closed
 (Last vehicle entry: 1 hour prior to closing)

Car Wash at Moanalua ASC • 471-9072
 Daily 0700–2000
 (Last vehicle entry: 19:15)

Towing Service • 449-2554

BOWLING CENTERS

Hickam Bldg. 1891 • 448-9959
 Mon, Tue, Thu 1100–2100
 Wed 1000–2100
 Fri 1000–2400
 Sat 0900–2400
 Sun 0900–2100
 Holidays 1200–1800
 Pier Side Bldg. 1736 • 473-2574
 Mon 1100–1330, 1700–2100

Tue–Thu 1100–1300, 1700–2100
 Fri 1100–1300, 1700–2230
 Sat 0900–2230
 Sun 1100–1800
 Holidays Closed

The Escape at Wahiawa Annex • 473-2651
 Fri 1800–2200

CHILD DEVELOPMENT CENTERS

Center Drive CDC • 471-1978
 Ford Island CDC • 472-0262
 Hickam/Harbor CDC • 448-0183
 Hickam/Main CDC • 449-9880
 Hickam/West CDC • 449-5230
 Kids Cove • 421-0989
 Naval Station CDC • 473-2669
 Peltier CDC • 471-9336
 Wahiawa CDC • 653-5305

CHILD DEVELOPMENT HOMES PROGRAM OFFICE

530 Peltier, Bldg. 1925 • 471-8445
 Mon–Fri 0800–1700
 Sat, Sun Closed

FITNESS & SPORTS CENTERS

Family Fitness Center Bldg. 1681 • 471-2019
 Mon–Fri (unstaffed) 1000–1700
 Hickam Bldg. 1120 • 448-2214
 Mon–Fri 0430–2130
 Sat, Sun 0700–1700
 After-hours access available
 Holidays Closed
 JBPHH-Pearl Harbor Bldg. 1338 • 471-2019
 Mon–Fri 0400–2130
 Sat, Sun, Holidays 0700–1700
 Pier Side Fitness Center Bldg. 667 • 473-2436
 Mon, Wed, Fri 0500–1730
 Tue, Thu 0500–1500
 Sat, Sun, Holidays Closed
 Wahiawa Annex Bldg. 446 • 653-5542
 Mon–Fri 0500–2100

Sat, Sun 1200–1700
Holidays 1000–1500

Open 24 hours a day, 7 days a week (unstaffed):

Ford Island Bldg. 55
Kunia Bldg. 446
Makalapa Bldg. 388
West Loch Bldg. 621

GOLF COURSES

Barbers Point Golf Course, Essex Rd., Bldg. 2249 • 682-1911
Daily Tee Times & Pro Shop
Mon–Sun 0630–1830
Driving Range
Mon 0630–1500
Tue 0930–1800
Thu–Sun 0630–1800
Ke‘alahi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318
Mon, Wed–Sun 0630–2200
Tue 0630–2100
Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304
Mon–Fri 0630–1800
Sat, Sun (Holidays) 0615–1800
Pro Shop
Mon–Fri 0630–1800
Sat, Sun (Holidays) 0615–1800
Navy-Marine Golf Course
Valkenburgh at Radford Drive • 471-0142
Daily Tee Times 0700–1830
Pro Shop
Mon–Sun 0630–1830
Driving Range
Mon–Wed, Fri–Sun 0630–2100
Thu 1030–2100

HOUSING

Ohana Military Communities Family Housing • 474-1820, 839-8690
Hickam Communities Family Housing • 448-0856, 423-7788
Unaccompanied Housing • 473-5995

INFORMATION, TICKETS & TRAVEL

ITT-Barbers Point, White Plains Beach • 682-2019
Mon–Sat 0900–1800
Sun, Holidays 0900–1500
ITT-Fleet Store, Pearl Harbor • 473-0792
Mon–Fri 0900–1700
Sat, Sun, Holidays Closed
ITT-NEX Mall • 422-2757
Mon–Sat 0900–1700
Sun, Holidays Closed
ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446
Wed 1000–1600
Thu–Tue, Holidays Closed
ITT Recreation Ticket Vehicle • 630–3080

TRAVEL CONNECTIONS OFFICES

Travel Connections Fleet Store, Pearl Harbor • 422-0139
Mon–Fri 0900–1800
Sat, Sun, Holidays Closed
Travel Connections NEX Mall • 422-4067
Mon–Fri 0900–1700
Sat, Sun, Holidays Closed

INTRAMURAL SPORTS OFFICE

Pearl Harbor Bldg. 161 • 473-1921 or 473-2437
Mon–Fri 0700–1530
Sat, Sun Closed

LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1–E6 ONLY)

Beeman Center (Naval Station) • 473-2583
Sun–Thu 1030–2100
Fri–Sat 1030–2300
Makai Center (Hickam) • 448-0418
Mon–Sat 1530–2100
Sun 1530–2000
Liberty Express (Wahiawa Annex) • 653-0220
Mon–Sat 1530–2100
Sun 1530–2000

LIBRARY

Hickam Bldg. 595 • 449-8299
Mon, Wed, Fri, Sat 1000–1800
Tue, Thu 1100–2000
Sun, Holidays Closed

MARINAS

Hickam Harbor Marina, Bldg. 3455 • 449-5215
Mon Closed
Tue–Sun 0900–1700
Rainbow Bay Marina, Bldg. 103 • 784-0167

Mon Closed
Tue–Sun 0900–1700

MILITARY & FAMILY SUPPORT CENTER

Hickam, 655 Vickers Ave. • 474-1999
Tue–Thu 0800–1530 / Closed daily from 1100–1200
Mon, Fri–Sun Closed
Pearl Harbor, 4827 Bougainville Dr. • 474-1999
Mon–Thu 0700–1630
Fri 0700–1600
Sat, Sun Closed
Wahiawa Annex, Bldg. 392 • 474-1999
Mon, Fri–Sun Closed
Tue–Thu 0730–1600

MORALE, WELFARE & RECREATION (MWR) ADMIN

Bloch Arena • 473-0787
Mon–Fri 0800–1630
Sat, Sun Closed

MOVIES

Sharkey Theater, Pearl Harbor • 473-0726
Mon–Wed Closed
Thu, Fri 1900 showtime
Sat 1430 first showtimes
Sun 1330 first showtimes

Memorial Theater, Hickam • 448-2297

NAVY GATEWAY INNS & SUITES

(Open 24 hours a day, 7 days a week)
Pearl Harbor Side of JBPHH • 808-800-2337
Arizona Hall (Bldg. 1623)
Hale Ali'i (Bldg. 1315)
Lockwood Hall (Bldg. 662)
Makalapa (Bldg. 372)
Hickam Side of JBPHH • 808-800-2330
Royal Alaka'i (Bldg. 1153)

OUTDOOR RECREATION

Aikane Sport Fishing • 423-1113
Dive Oahu, Pool 1 • 922-3483
Hickam Beach (lifeguards on duty)/Surf Shack
Fri–Sun 1000–1700
Outdoor Recreation-Hickam Harbor • 449-5215
Mon, Holidays Closed
Tue–Sun 0900–1700
Skateboard Hangar • 448-4422
Wentworth Tennis Center • 473-0610
White Plains Beach/Surf Shack • 682-4925
Daily 1000–1700

RENTALS

Barbers Point Beach Cottages • 682-3085
Conference Centers • 472-0342
Foster Point Pavilion • 449-5215
Hickam Beach Cabanas • 449-5215
Outdoor Recreation Equipment Rentals:
Hickam Beach • 449-5215
White Plains Beach • 682-4925
Recreational Equipment Rental:
Kuntz Ave, Bldg. 1760 • 449-6870
Mon–Fri 0900–1700
Sat 0900–1300
Sun Closed

YOUTH PROGRAMS

School-Age Care
Catlin • 421-1556
Hickam • 448-4396
School Liaison Officer (K–12)
4827 Bougainville Drive • 471-3662, 471-3673
Mon–Fri 0800–1700
Sat, Sun Closed
Teen Center (ages 13–18) • 448-1068
School year:
Mon–Thu 1400–2000
Fri 1400–2100
School vacations:
Mon–Fri 1200–2000
Weekends:
Sat 1330–2130
Sun Closed
Youth Sports & Fitness
Office, Bloch Arena • 473-0789
Mon–Fri 1100–1730
Sat, Sun Closed
Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

WOUNDED WARRIOR

Navy Wounded Warrior-Safe Harbor Program
480 Central Avenue, Bldg. 1514 • 808-473-2444 Opt. 9, Ext. 4515
Air Force Wounded Warrior Program
800 Scott Circle Bldg 1113 • 808-448-0126
Mon–Fri 0830–1230 / 1300–1700
Sat, Sun Closed

naf jobs

NAF Human Resources 422-3784
600 Main St., Bldg. 3456

Job Opportunities

Join our team and start working with the military in Hawaii. Search for civilian positions with our Fleet and Family Readiness organization. Our team includes great individuals who work in recreation and sports, child care, hotel and food service, and business positions.

Continuous Recruitment:

Child & Youth Program (CYP) Assistant
CYP Cook
CYP Food Service Worker

Cashier/Checker
Club Operations Assistant
Cook
Food Service Worker
Waiter/Waitress

Community Recreation Assistant
Library Aide
Motor Vehicle Operator (Tour Escort)
Recreation Aide/Wood Shop
Recreation Assistant/Auto Skills
Recreation Assistant/Liberty Program
Recreation Assistant/Lifeguard
Recreation Assistant/Sailing

Automotive Worker
Hotel Housekeeping
Laundry Worker

How to Apply:

Obtain posted NAF job application at www.greatlifehawaii.com. Application and any required documents should be submitted to:

CNRH FFR

Attn: NAF Human Resources
600 Main Street, Bldg. 3456
Honolulu, HI 96818

or email to: CNI_PRLH_N9HR.FCT@NAVY.MIL

or fax to: 808-422-3782

Commander Navy Region Hawaii (CNRH) is an Equal Employment Opportunity Employer (EEOE)



RING IN THE ROARING 2020'S
NEW YEAR'S EVE PARTY!
AT CLUB PEARL

TUESDAY, DECEMBER 31 | DOORS OPEN AT 8:30PM

DRESS AS A SILENT SCREEN STAR OR COME AS YOU ARE.
FREE PUPUS, PARTY FAVORS, CHAMPAGNE AND COCKTAIL SPECIALS.

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Don't miss the USO/Bellator 2019 MMA Tour
coming to JBPHH on Dec 17.

More information coming soon at www.greatlifehawaii.com



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JOINT BASE PEARL HARBOR-HICKAM TRIATHLON

FEBRUARY 29, 2020 | 6:30AM | 18 YEARS+

REGISTRATION FEES

Dec 1 - Feb 5	\$65	Feb 27 - Feb 28	\$85
Feb 6 - Feb 26	\$75	Feb 29	\$90

COMPETE IN THE FIRST JBPHH SPRINT TRIATHLON!

COMPLETE 3 CHALLENGES

500M SWIM, 20K BIKE ROUTE, AND A 5K RUN



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