GREAD GREAD Www.greatlifehawaii.com | November 2019

Handling the Holdebagges Bage 6



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

THE BIG 5-O!



TOWER LIGHTING CELEBRATION

SPONSORED BY USAA

FRIDAY, DEC. 13 -

FOLLOW US ONLINE FOR MORE INFO (INCL. LASERS!)

@GreatLifeHawaii | GreatLifeHawaii.com

STAY CONNECTED AND FOLLOW US ONLINE!



live the great life

- 8 Arts & Crafts
- 12 Outdoor Recreation
- 15 Liberty Centers
- 16 Activities Calendar: Dining Family/Support Athletics ITT Recreation
- 24 Military & Family Support Center
- 28 Phone Directory & Hours
- 29 NAF Jobs

connect with us

Like us on Facebook, and follow us on Twitter and Instagram. You can also download the Great Life Hawaii app at the App Store.



Sync your personal device's calendar with ours to keep up with all our events. It's free and it travels with you. Sign up today at www.greatlifehawaii.com.



Sign up at www.greatlifehawaii.com for emails about MWR and MFSC programs and activities delivered right to your inbox each week.

GREAT LIFE HAWAII: NOVEMBER 2019

| Marketing Director | Jared Nakayama |
|-----------------------|-----------------------|
| Art Director | Theresa Valadez |
| Editor/Publicity Lead | |
| Staff Writers | Justin Hirai |
| | Mikilyn Lau |
| | Victoria D'Andrea-Roy |

| Graphic Designers | Glenn Coloma |
|-------------------|-----------------|
| | Nick Dubovsky |
| | Laurie Nakasato |

Marketing Assistant Teddi Gouveia

Great Life Hawaii magazine is a publication of Navy Region Hawaii's Fleet & Family Readiness program and is produced by FFR's marketing department. No federal government agency officially endorses any sponsor or its products or services mentioned in this issue.

On the cover:

Holidays should bring smiles and cheer to young and old.

At right:

Mom gets some help in prepping for the holidays.

GREATLIFEHAWAII | 2019



Handling the Holidays

pg 6

Get some helpful tips to manage your stress during the holiday season.

MWR spotlight DIY Holiday Decorations

pg 4

Holiday decorations are even more special when you make them yourself!

MWR spotlight

HOLIDAY DECORATIONS

– By Victoria D'Andrea-Roy

A re you ready for the holidays this year? I'm always on a mission to find that perfect decoration to fit into my holiday vision. Sometimes it can be challenging to find specific styles here in Hawaii due to limited stores and inventory – so I suggest some DIY (do-it-yourself) decorations this year!

The JBPHH Arts & Crafts Center offers some awesome activities to help you decorate for the holidays this year with your own individual style:

PICK & PAINT CERAMICS

This is a great activity that can be done on your own schedule since it is not a class. Come to the Arts & Crafts Center anytime from Tuesday-Saturday (9am-5pm) to pick and paint holiday ceramics! There are various signs, plates or figurines that you can add to your collection. This

activity allows patrons of all ages, and the low price include everything needed: chosen ceramic, paint, sponges or tools, and the firing service to finish your piece. (Price is dependent on chosen ceramic item).

WREATH DECORATING WORKSHOP

This is a one-time session coming up on December 4th, just in time for Christmas! In this class, participants will learn how to professionally decorate an artificial wreath. Become the envy of your neighborhood by crafting a wreath masterpiece using ribbons and your own ornaments and décor. Those holiday bows can be so tricky... learn to perfect your technique here! Head to the Arts & Crafts section (page 10) for the pricing and class details. Must be 15 years +.

ORNAMENT MAKING

Ever thought of making your own ornaments? You could use them as holiday party favors, winter wedding decorations, whatever you want! There are 3 one-time sessions in December (4th, 11th or 18th) for only \$20/person. Students can bring their own glass or purchase a kit from the Ceramics Center. Head to the Arts & Crafts section (page 9) for the pricing and class details. Must be 16 years +.

THE HICKAM ARTS & CRAFTS CENTER PRESENTS



SATURDAY, NOVEMBER 2 9:00AM - 3:00PM

Featuring over 120 booths selling original handmade arts and crafts! Fust in time for Holiday gift shopping!

TIID

ENJOY LIVE ENTERTAINMENT, PONY RIDES, GREAT FOOD, PRIZE DRAWINGS, MAKE N TAKES, AND LIVE WOOD AND POTTERY DEMOS.

QUESTIONS? CALL 448-9907 | 335 KUNTZ AVE, BLDG. 1889

STAY CONNECTED AND FOLLOW US ONLINE!



@GreatLifeHawaii GreatLifeHawaii.com



Handling the Holidays

It's no secret that the holidays can be stressful, even more so if you're far away from family and friends, but they don't have to be! Take control of the holidays this year with a few helpful pointers.

Plan ahead - Schedule your activities like shopping, baking and entertaining. Planning out your menus ahead of time will help avoid those last minute shopping trips. Start with learning how to manage holiday stress with a workshop at Military & Family Support Center (MFSC)! (Holidays and Stress & Time Management are great workshops to start, info on page 24)

Budget (and stick to it!) - Before you go shopping, determine how much money you can afford to spend. If you need help with budgeting and personal finance, MFSC offers free classes each month (Managing Personal Finances) and individual financial counseling. Make an appointment by calling 474-1999 and figure out your holiday budget before life gets crazy!

Don't abandon healthy habits - Don't let the stress of the holidays derail your healthy habits! Keeping on top of meal planning and prepping is an excellent way to pre-plan away one more stressor. Staying active is a productive way to keep stress at bay and elevate your mood. Yoga is a fantastic physical activity that relaxes both your mind and body. Weekly classes available at JBPHH Fitness Center, Hickam Fitness Center and Wahiawa Fitness Center. (Schedule on page 20)

Take a break/ make time for yourself - Just like taking care of your body, it's important to take care of your mental health too! Make time for yourself to take a break, de-stress and practice mindfulness! Sometimes all you need is 15 minutes to yourself to feel refreshed. Schedule time for yourself if you have to. For tips and tricks on how to practice self-care, register for MFSC's Tranquil Seas: Mindfulness and Self-Care workshop.

Be realistic - The holidays don't have to be perfect or just like you remembered as a child. You can still make wonderful new memories. As families change, grow, and move traditions can change. Choose the ones that are the most important to you and your family and be flexible on the rest. Maybe you'll find new favorites. Traditional sweet potato pie might be hard to find in Hawaii but have you ever had a purple sweet potato haupia pie? Can't make snow angels this year? What about sand angels?

Reach out - Most importantly, reach out if you're feeling lonely or sad during the holidays. It's hard to be away from family and friends in a new place. There are many community, religious, and social events happening all around base. The holidays are a great opportunity to meet people and host a "friendsgiving" for you and people who may be feeling the same way! Join our hot list for a list of MWR events happening weekly or message us on social media (@GreatLifeHawaii) if you're looking for something specific.

We hope your holidays are full of peace and joy! There are lots of resources available to help you make the best of the holidays.



ARTS C E N T E R

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

NOV | DEC | JAN

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING

One class per week for 6 weeks: Wednesdays, 6 – 8:30pm Jan 1–Feb 5 Thursdays, 6 – 8:30pm Jan 2–Feb 6 Fridays, 9 – 11:30am Jan 3–Feb 27 Saturdays, 9 – 11:30am Jan 4–Feb 28 Ages 16 and older \$110 per person (plus supplies) Creating ceramic forms on the potter's wheel will be the main

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: Tuesdays, 6 – 8:30pm Nov 5–26 (Dec 10–Finish Glaze Only) Saturdays, 9 – 11:30am Nov 9–30 (Dec 14–Finish Glaze Only) Ages 14 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, 3:30 – 5:15pm **Nov 5–26** Tuesdays, 3 – 5pm **Jan 7–28** 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 – 7:30pm Nov 5–26 • Jan 7–28

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, 1:15 – 3pm **Nov 5–26** Tuesdays, 12:30 – 2:30pm **Jan 7–28** 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** 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

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



TO REGISTER FOR CLASSES, VISIT

jbphh.greatlifehawaii.com/ recreation/arts-crafts-

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) 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**

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, Sundays, 12 – 3:30pm Nov 10 • Dec 8 • Jan 12

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 batiking 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 Nov 7–14 • Dec 5–12 • Dec 19–26 • Jan 9–16 • Jan 23–30

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: Wednesdays, 5:15 – 7:15pm **Nov 6–27** Fridays, 5:15 – 7:15pm **Dec 6–27 • Jan 10–31** 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

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 Nov 6–20 • 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!

ADVANCED JEWELRY MAKING WITH PAULETTE WILLIAMS

One-day class, Fridays, 5 – 8pm or Monday 1 – 4pm.

Nov 15 / Stained Glass Bracelet

Nov 22 / Wire-Wrapped Cuff Bracelet

Nov 25 / Etched Copper Cuff Bracelet*

Ages 16 and older

\$55 per person (plus supplies) ; *\$70 per person (supplies included) This class is perfect for advanced students who have learned basic jewelry making techniques. Students will learn more about wire-wrapping, etching, and advanced beading techniques. Previous experience is recommended.

Crochet/Knitting/Quilting/Sewing

BEGINNING SEWING WITH KYONG ANGUAY

One class per week for 4 weeks: Wednesdays, 6 – 8pm Nov 6–27 • Dec 4–Jan 1 (No class Dec 25) • Jan 8–29 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 **Nov 6–20**

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 stiches. 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 Nov 18–Dec 2 • 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 stiches, 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 Nov 23–Dec 21 / (No Class-Dec 7) Holiday Quilt Dec 28–Jan 18 / Applique Quilt Jan 25–Feb 15/ Free Motion 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.

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 Nov 23–Dec 21 / (No Class-Dec 7) Holiday Quilt Dec 28–Jan 18 / Applique Quilt Jan 25–Feb 15 / Free Motion 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 Nov 1–22 • Dec 6–27 • Jan 5–26 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.

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks: Tuesdays, 6 – 8pm **Nov 5–26 • Jan 7–28** One class per week for 4 weeks: Wednesdays, 10am – 12pm **Nov 6–27 • Jan 8–29** 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 quardian)

\$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

Nov 10

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)

Nov 9, 23, 24

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. Preregistration is necessary to secure a spot for the class.

CUTTING BOARD CLASS

One class per week for 3 consecutive weeks. Fridays, 5 – 9pm: **Nov 29–Dec 13** 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. Offered on select Mondays & Fridays, 5 – 9pm **Nov 1–22 • Nov 18–Dec 9**

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.*

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 just in time 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 quardian)

\$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. Preregistration is necessary.

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH **ROCHELLE LUM**

One class per week for 4 weeks: Thursdays, 3 – 4:30pm Nov 7–Dec 5 (no class on Nov 28) 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 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

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 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 Nov 6-20

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.

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

Ages 11-18

\$125 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. 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

OHANA PAINT NIGHT WITH APRIL DUQUE

One class per month: Fridays, 5:30 - 7:30pm Nov 22 • Dec 19 • Jan 17 **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.

PICK & PAINT CERAMICS

Tuesday – Saturday, 9am – 5pm Arts & Crafts Center

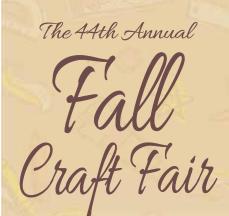
From kid's figurines to large serving platters, we have an extensive selection of pottery ready for you to personalize. We provide glaze, brushes, stencils and sponges. You pick it, you paint it, we fire it, and have it ready for you in 14-21 days. Price varies by piece and includes glaze, firing, supplies 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.

PAINT & SIP

First and third Wednesday of the month, 5:30 - 8:30pm Nov 6 & 20 • 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!

THE HICKAM ARTS & CRAFTS CENTER PRESENTS



SATURDAY, **NOVEMBER 2** 9:00AM - 3:00PM

Featuring over 120 booths selling original handmade arts and crafts! Fust in time for Holiday gift shopping!





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.

Hickam Arts & Crafts Center Holiday Open House

Saturday, December 7 | 11am-2pm | FREE

Come see our great offerings; Also enjoy free make-n-takes, hot dogs and sodas.

Questions? Call 448-9907 | 335 Kuntz Ave, Bldg. 1889

STAY CONNECTED AND FOLLOW US ONLINE: @GreatLifeHawaii | GreatLifeHawaii.com

(f) (O)





NOVEMBER • DECEMBER 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 October activities is currently open. **Registration for December activities begins November 1**.

Signups can be taken as late as two days prior to trip departure. We will only accept late registration on a caseby-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

- November 3 Sign up by November 1
 December 14 Sign up by December 12 Begins: 9 am | Ends: 12 pm
 - Cost: \$40

Located right on site, joint the Hickam Beach staff for an allinclusive 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

- O November 30 Sign up by November 28
- December 22 Sign up by December 20 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

- O November 16 Sign up by November 14
- November 24 Sign up by November 22
- O December 15 Sign up by December 13
- O December 29 Sign up by December 27
- 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!

KAYAKING

 \circ

KAYAKING AT CHINA MAN'S HAT

- November 9 Sign up by November 7
 - November 30 Sign up by November 28
- December 14 Sign up by December 12
 - 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

- November 12 Sign up by November 10
 Sign up by November 10
- O December 12 Sign up by December 10

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.

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- November 2
 Sign up by October 31*
- November 17 Sign up by November 15*
- December 1 Sign up by November 29* Begins: 8:30 am | Ends: 11:30 am
- December 28 Sign up by December 26* 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

- O November 23 Sign up by November 21
- December 21 Sign up by December 19 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

- November 9 & 10 Sign up by November 7*
- December 7 & 8 Sign up by December 5* 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 you 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).

PU'U O' HULU HIKE/WESTSIDE SNORKEL

 November 23 Sign up by November 21 Begins: 8 am | Ends: 2 pm Cost: \$20

A short but steep climb up to a series of pillboxes is rewarded

with amazing views of leeward Oahu. See the whole west side of the island from one of its' highest accessible locations. After trekking back down, get in the water and enjoy marine life at one of the prime snorkeling spots west Oahu has to offer. Snorkel site will be determined day of trip based on water conditions.

Level: Moderate (must be in physical condition and have snorkel experience).

BIKING

NORTH SHORE BIKE RIDE

- November 2 Sign up by October 31
- December 21 Sign up by December 19 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).

WHALE WATCHING & KAENA BIKE

 November 16 Sign up by November 14 Begins: 8 am | Ends: 2 pm Cost: \$35

This bike will take us to the most western point of Oahu. Come explore Oahu in a remote location that serves as a protected reserve. This area is a known nesting site for some of Hawaii's native birds and a primary rest stop for the Hawaiian Monk Seals and Green Sea Turtles. Come out and enjoy your lunch in the sanctuary of a white coral beach and even comb around for shells and sea glass. Bring your suit and take a refreshing dip in one of the three coves that we will stop at along the way home. This five-mile trip is one not to be missed! "Kaena" is known as the place of heat, so bring plenty of water! Trip includes transportation and wild and crazy (fun) quides.

Level: Moderate (must have bike riding experience).

HICKAM BIKE & IROQUOIS PADDLE

• December 7 Sign up by December 5 Begins: 8 am | Ends: 2 pm

Cost: \$50

Join us as we travel around JBPHH and discover the hidden stories and facts of historical Hickam Airfield and Pearl Harbor. Our guide will take us on a journey through time, visiting original buildings scarred with bullet holes, which will remind us of a time never to be forgotten. You will gain a new appreciation and understanding of what happened during the attack. We will continue our voyage from Hickam Harbor by paddling over the open ocean to Iroquois Point. While kayaking we will enjoy beautiful views that usually only sailors enjoy on their return home to port. Views will include the Pu'uloa (long hill) and Wai Momi (Pearl Harbor). The journey will end at Iroquois Point with an overwhelming view of Leahi (Diamond Head). Bring money for lunch on the beach at D'lish @ Kapilina!

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!)

(continued on next page)

RECREATIONAL EQUIPMENT RENTALS

Bldg. 1760 Kuntz Ave., Hickam • 449-6870 Mon–Fri: 9am–5pm | Sat: 9am–1pm



PATIOS & PAVILIONS Hickam Harbor • 449-5215 Pearl Harbor & Barbers Point • 784-0167



MARINAS CLASSES & ACTIVITIES

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 | November 2/3 & 9/10
 - 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 | November 4, 6, 13, 18, 20, 25, 27
- 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 | November 4, 6, 13, 18, 20, 25, 27
- 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 | November 5, 7, 12, 14, 19, 21, 26, 28
- 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 | November 1, 6, 8, 13, 15, 20, 22, 27, 29
- Wed/Fri | December 4, 6 11, 13, 18, 20, 27 Cost: \$75 per person 9:30 am - 12 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 | November 1, 6, 8, 13, 15, 20, 22, 27, 29
- O Wed/Fri | December 4, 6, 11, 13, 18, 20, 27 Cost: \$85 per person
 - 3:30 5:30 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 | November 5, 7, 12, 14, 19, 21, 26, 289
- Tues/Thurs | December 3, 5, 10, 12, 17, 19, 24, 26 0 Cost: \$85 per person 3:30 - 5:30 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 November 5, 7, 12, 14, 19, 21, 26, 28
- 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

• Wed/Fri/Sun | 9 am – 1 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

- O Mon/Wed/Fri
- Mon/Wed/Fri
 - 8:30 9:30 am
 - Cost: \$5 per person/per session

*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 Surf Board \$5 hr • \$25 day Beach Lounger \$5 hr • \$15 day Wind Surfing Board \$10 day

Kayak (2 per) \$7 hr • \$25 day Paddle Board \$9 hr • \$25 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

| Paddle Board \$9 hr • \$25 day |
|--------------------------------|
| Fins \$2 hr • \$5 day |
| Horseshoes/Volleyball \$3 day |
| |

PRIVATE LESSONS

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

Liberty Calendar Sponsored by US



November 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.greatlifehawaii.com. Go to Recreation, then Liberty and click on the Event Calendar tab.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|---|
| FOR MORE Beeman Center (Pearl H 808-473-2 | Harbor Sub Base) | SE CALL ONE OF THE Makai Liberty (Hickam) 808-448-0418 | Liberty Expre | Y CENTERS ss (Wahiawa Annex) 653-0220 | 1 BEF STEW FOR LUNCH presented by USAA FREE Beeman 1100-1300 | 2 CATCH & COOK FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 |
| BEG: | | INATION FOR HI | KES: Adv: Ad | vanced | | GERMAINE'S LUAU \$56 Express 1500 Beeman 1600 Instant 1615 Makai 1630 |
| 3 VOLUNTEER OPPORTUNITY: KAYAKING CHINAMANS HAT CLEAN-UP FREE Express 0900 Beeman 0930 Instant 0945 Makai 1000 UH WOMEN'S VOLLEYBALL VS CAL POLY \$10 Express 1515 Beeman 1600 Instant 1615 Makai 1630 | 4 BOWLING & PIZZA FREE Beeman 1800 | 5 PAU HANA SURF SESSION FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515 | 6 THE ARCH PROJECT CLIMBING CENTER \$16 Express 1815 Beeman 1700 Instant 1715 Makai 1730 | 7 8 BALL POOL TOURNAMENT FREE Beeman 1800 WIN PRIZES!!! | 8 MEATBALL SUB FOR LUNCH presented by USAA FREE Beeman 1100-1300 FREE MOVIE © SHARKEY THEATER FREE Beeman 1700 | B HIKE MA'ILI PILLBOX [BEG] FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 NORTH SHORE BEACH HOPPING FREE Express 0930 Instant 0830 Instant 0830 Jonath Shore BEACH HOPPING FREE Supress Express 0930 Instant 0845 Makai 0900 |
| 10 KAYAKING MOKULUA \$10 Express 0815 Beeman 0900 Instant 0915 Makai 0930 WILD DOLPHIN WATCH, BB0 & SNORKEL \$94 Express 0930 Beeman 1015 Instant 1030 Makai 1045 | 11SUNRISE HIKELANIKAI PILLBOXES [BEG]FREEExpress0430Beeman0500Instant1515Makai0530 | 12 FULL MOON HIKE KOKO HEAD [INTER] FREE Express 1500 Beeman 1600 Instant 1615 Makai 1630 | 13 PING PONG TOURNAMENT FREE Beeman 1900 WIN PRIZES!!! | 14 BARRACKS BASH @ PAQUET HALL presented by USAA FREE 1700 - 1900 | 15 SAIMIN FOR LUNCH presented by USAA FREE Beeman 1100-1300 MAKANI CATAMARAN FIREWORKS & SUNSET DINNER CRUISE \$85 Express 1600 Beeman 1630 Instant 1645 Makai 1700 | 16 VOLUNTEER OPPORTUNITY: WHITE PLAINS BEACH FREE Express 0930 Beeman 0830 Instant 0845 Makai 0900 OVERNIGHT BEACH CAMP \$10 Express 1200 Beeman 1300 Instant 1315 Makai 1330 |
| 17 RETURN FROM CAMP 1500 | 18 PAU HANA SURF SESSION FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515 | 19 TEXAS HOLD 'EM TOURNAMENT FREE Beeman 1800 WIN PRIZES!!! | 20 HONOLULU FARMERS MARKET FREE Express 1600 Beeman 1700 Instant 1715 Makai 1730 | 21 SURFBOARD DING REPAIR 101 FREE Express 1645 Beeman 1730 Instant 1745 Makai 1800 | 22 SPAM MUSUBI FOR LUNCH presented by USAA FREE Beeman 1100-1300 | 23HIKE DIAMOND HEAD [BEG]FREEExpress0800Beeman0830Instant0845Makai0900KUALOA ZIPLINE\$126Express1145Beeman1230Instant1245Makai1300 |
| 24 SURF & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900 SUNSET HORSEBACK RIDE | 25 TRIVIA NIGHT @ BRICK OVEN FREE Express 1600 Beeman 1700 Instant 1715 Makai 1730 | 26 NORTH SHORE STAR GAZING FREE Express 1900 Beeman 1800 Instant 1815 Makai 1830 | 27 LEARN TO COOK WITH LIBERTY FREE Express 1830 Beeman 1700 Instant 1715 Makai 1730 | 28 THANKSGIVING DAY LUNCH presented by USAA FREE Beeman 1100-1300 | 29 JOOK FOR LUNCH presented by USAA FREE Beeman 1100-1300 | 30 HIKE KULIOUOU RIDGE [ADV] FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930 UH FOOTBALL VS. ARMY WEST POINT |
| \$105 Express 1600 Beeman 1500 Instant 1515 Makai 1530 | Liberty Centers or the | or single, active-duty Milita Makai Recreation Center at De done Monday-Friday with | the timesshown. Payment, | if needed, is due at the time | of registering online. | \$22 Express 1745 Beeman 1830 Instant 1845 Makai 1900 |

Activities calendar

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 • Phillies Planet Smoothie • Restaurant 604 Tradewinds • Wright Brothers Café & Grille

BREWS & CUES

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

Game Night

Friday, November 1 5:30pm FREE

Ages 18 years and older

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

Pool Tournament

Saturday, November 23 5:30pm Ages 18 years and older

#TGIF 9-Ball Tourney

Friday, November 29 5:30pm

Gridiron Game Days

Thursdays, November 7, 14, 21, 28 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.

HISTORIC HICKAM OFFICERS' CLUB

Office next to Wright Bros. Café......448-4608

Thanksgiving Buffet

Thursday, November 28 11:00am (First Seating); 2:00pm (Last Seating) \$35.95 Adults (Members \$31.95) Children 7-12 (\$18.95) Children 4-6 (\$12.50)

Children 3 and under (Free)

Enjoy all of your Thanksgiving favorites without any of prep and clean up!. Prepaid Reservations 448-4608 Ext. 14.

Mongolian BBQ

Every Monday & Thursday 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

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

Weekend Brunch

Saturdays and Sundays, November 2, 3, 9, 10, 16, 17, 23, 24, 30 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



Trivia Night Tuesdays, November 5, 12, 19, 26 7pm FREE

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

Paint & Sip

Wednesdays, November 6 & 20 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: Friendsgiving!

Friday, November 8 6 – 8:30pm

Come hang out at the teen center for this Charlie Brown Themed Friendsgiving! Keystone will have some fun games planned, we will be serving a very Charlie Brown Thanksgiving meal, and watching the Charlie Brown Thanksgiving!

Family Night: Thanksgiving Center Pieces

Tuesday, November 19 5:30 – 7pm

Enjoy a night with your teens making center pieces for your thanksgiving feasts! Learn about upcoming teen center events, meet the staff, and enjoy some light snacks!

Hail and Farewell: Mario Kart Tournament! Friday, November 29

5:30 – 7pm

Join the teen center as we welcome those new to our teen center family and say "see yah later" to those moving on to a new adventure! We will be hosting a friendly Mario Kart tournament and enjoying light refreshments!

Teen Center Goes Skating!

Saturday, November 30

3:30 – 8:30pm

Get in on the fun as the Teen Center goes roller skating at Kapolei Inline Skate Arena!

athletics

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

AQUATICS

| Arizona Pool (Ford Island) |
|----------------------------|
| Hickam Training Pool |
| Hickam Family Pool |
| Scott Pool (Pearl Harbor) |
| Towers Pool (Makalapa) |

TURKEY SHOOT BASKETBALL TOURNAMENT

NOVEMBER 16-17 2019



Participation is open to JBPHH intramural level teams. All other teams will be determined on space availability. Minimum 6 teams needed.

ENTRY DEADLINE NOV 8

TO SIGN UP, CALL 473-1921 OR 473-2437

STAY CONNECTED AND FOLLOW US ONLINE!

MORALE WEIARE AND RESEATION JOINT BASE PEARL HARBOR-HICKAM

@GreatLifeHawaii GreatLifeHawaii.com

athletics (cont.)

Ka'iwi Swim Challenge

The entire month of November (all JBPHH pools) FREE

Swim the distance of the Ka'iwi Channel – from Moloka'i to Oahu (28mi/45km). A map will be placed at Scott Pool, while participants will be responsible for marking their daily distance with a progress card. The first 5 participants to complete the challenge will receive a prize! Sign-up sheets are at Scott Pool.

Lifeguard Course

Sun/Sat, November 3 & 9 8am – 12pm Mon/Wed/Fri, November 4, 6, 8 4 – 8pm \$175/registrant

Want to become a lifeguard? JBPHH Aquatics is offering a lifeguard course just for you! You must have completed the course pre-requisite before 10/27/19 to qualify for this class (300-yard swim, 2-minute tread and timed brick retrieval). Please call the Hickam Family Pool for more information.

BOWLING

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

VETERANS DAY HOURS

Monday, November 11 Hickam Bowling Center: 12 – 6pm Pier Side Bowling Center: Closed

THANKSGIVING DAY

Thursday, November 28 Hickam Bowling Center: Closed Pier Side Bowling Center: Closed

Lunch and Bowl Tuesdays

November 5, 12, 19, 26 11am – 1pm Hickam 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.

Color Pin Wednesday

Wednesdays, November 6, 13, 20, 27 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.

Cosmic Bowling

Fridays, November 1, 8, 15, 22, 29 9:30pm – 12am Saturdays, November 2, 9, 16, 23, 30 6 – 11:30pm Hickam Bowling Center Active Duty Military ID card holder \$2.50 per game, DOD card holder \$3.25 per game.

Active Duty Bowl FREE

Thursdays, November 7, 14, 21 11am – 1pm Hickam Bowling Center 1 free game of bowling, shoe rental not included.

Color Pin Monday

Mondays, November 4, 11, 18, 25 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.

Single Sailor Bowling Night Monday, November 4

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.

Lunch and Bowl Tuesdays

Tuesdays, November 5, 12, 19, 26 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.

Cosmic Bowling

Saturdays, November 2, 9, 16, 23, 30 8:30 – 10:30pm Sundays, November 3, 10, 17, 24 3 – 6pm Pier Side Bowling Center

Active Duty Military ID card holder \$2.75 per game, DOD card holder \$3.50 per game.

Active Duty Bowl FREE

Thursdays, November 7, 14, 21 11am – 1pm Pier Side Bowling Center 1 free game of bowling, shoe rental not included.

Power Game Day Saturday

November 2, 9, 16, 23, 30 12 – 2pm \$10/per hour/per lane The Escape Bowling Center Play the newest games in Bowling. Check it out, you don't have to be a good bowl

FITNESS PROGRAMS & CENTERS

Open 24 hours/day, 7 days/week (unstaffed): Ford Island Bldg. 55, Kunia Bldg. 446 Makalapa Bldg. 388, West Loch Bldg. 621

Wounded Warrior 5K

Saturday, November 2 8:00am (Registration 7:30am) Hickam Memorial Fitness Center FREE to all eligible patrons

Support our warriors! Show you're your dedication to honoring our military by participating in this 5k run.

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

TRX Suspension Training Class

Monday, November 4 11:30am – 12:30pm Hickam Memorial Fitness Center FREE to all eligible patrons

Learn to use your body weight as resistance for a wellrounded 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.

Foam Roll and Stretching Class

Wednesdays, November 13 & 27 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.

Turkey Trot 5K

Tuesday, November 19 7am

Wahiawa Annex Fitness Center

FREE to all eligible patrons

There will be a prize for the top 3 male and female finishers of the race! For more information, please call 808-653-5542.

8th Annual Turn & Burn Ride

Thursday, November 28

8:30 – 9:30am

JBPHH Fitness Center

FREE to all eligible patrons (Canned goods donations accepted)

Let's ride and burn your calories before your big Thanksgiving feast! Event is free, canned goods are encouraged to be donated, but not required. Happy Turkey Day!

GOLF

\$2 Tuesdays

November 5, 12, 19, 26 3:30 – 5:30pm Mamala Bay Golf Course Driving Range FREE

Grip it and rip it! \$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.

FREE Golf Demo Days

Mamala Bay Golf Course (Anytime during normal business hours.) and Navy-Marine Golf Course Wednesday, November 6 3:30 – 6:30pm

SWIM CHALLENGE MONTH OF NOVEMBER - ALL AVAILABLE JEPHH POOLS

12

This is the final stretch of the Swim Series, the Ka'iwi channel. Starting on the west coast of Moloka'i swimmers will have to travel 28 miles or 45 km, to Sandy Beach on the eastern side of Oahu. Ka'iwi is the official name of the coastline on eastern Oahu, from Mapaku'u lighthouse all the way around Hanauma Bay Nature Preserve. Named Ka'iwi for the conditions of the waters, which are rough, with long stretches of surf. This channel is part of the "Ocean 7"; a series of swim crossings around the world, one in each ocean.

You will have the whole month of November to complete the challenge. The first 5 to complete will receive prizes. Sign ups and progress cards to track your distance are located at Scott Pool.

Call 808-473-0394 for more information



STAY CONNECTED AND FOLLOW US ONLINE!



@GreatLifeHawaii GreatLifeHawaii.com



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 | | | | | | Р90Х ™ |
| 11:30am – 12:30pm | CYCLE FIT* | TOTAL BODY | CYCLE FIT* | TOTAL BODY | WARRIOR ZONE CIRCUIT* | |
| 11.30am - 12.30pm | CILLE FII | CONDITIONING* | YOGA | CONDITIONING*/ TRX* | 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.)

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

FREE Golf Clinic

Thursday, November 14

12 – 1pm

Navy-Marine Golf Course

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

Glow Golf

Saturday, November 30 7:30 – 11pm \$10/person Mamala Bay Golf Course

Watch Mamala Bay glow into the night! This is sure to be a fun-filled night with your family and friends. Glow golf begins at 7:30pm, is \$10/person (purchase LED golf ball to keep) and includes a free glow necklace. Golf is for ages 6 years+, children must be supervised and don't forget your flashlights. The MBGC snack bar will be closed for this event.

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'alohi 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.

Merchandise Sale/Special

Month of November Barbers Point Golf Course 10% off sale!

A sales special of 10% off all shirts, golf bags, wedges, shorts, slacks and shoes will be available. The following brands are part of the sale: Nike, Travis Mathews, Ping, Titleist, Cleveland, TaylorMade and Footjoy.

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.

INTRAMURALS

Pearl Harbor Bldg. 667 473-1921 or 473-2437

Kickball Tournament November 16 & 17 FREE Open to Joint Base Pearl Harbor Hickam Teams. Call to sign up. Entry deadline is Thursday, November 8.

Turkey Shoot Basketball Tournament November 16 & 17 \$200 per team

Open to Joint Base Pearl Harbor Hickam Teams. Call to sign up. Entry deadline is Thursday, November 8.



Barbers Point • Fleet Store • NEX Mall Wahiawa • Travel Connections-Fleet Store Travel Connections-NEX Mall

Hickam Historical Tour

Fridays, November 1, 8, 15, 22, 29 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, November 6, 13, 20, 27 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 Limourno, rich in Howaiian and LLS, military

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, November 6 & 20 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-onlineregistration- (\$20 non-refundable deposit on line, \$20 at the door) A two-hour painting party! Our experienced irnstuctor 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 44th Annual Fall Craft Fair

Saturday, November 2 9am – 3pm

Calling all crafters, registration begins Friday, August 2 at 9am in the Ceramics Shop. All items sold at our craft fairs must be handmade by you. Please bring items or photos of items you will be selling for screening at time of registration. Call 448-9907 for further info.

LIBRARY

| Hickam Bldg. 595 | . 449-8299 |
|------------------|----------------|
| Dial-A-Story | . 449-8297 |

Library Know-How

Saturday, November 2 10am – 12pm Learn to get the most out of your library.

STEM Wednesday – Cubelets Robotics

Wednesday, November 6 2 – 3:30pm Ages 7 and up. Call 449-8296 to register.

Tween Book Club

Wednesday, November 6 4 – 5pm We will discuss "The Hitchhiker's Guide to the Galaxy."

Adult Book Club

Tuesday, November 5 | 10am Thursday, November 7 | 6pm We will discuss "The Library Book."

Preschool Story Time

Wednesdays, November 13 & 27 9 – 10am

Story times are great for children of all ages! Our theme on November 13 will be "Farm Animals." On November 27 the theme will be "Thanksgiving."

4th and 5th Grade Book Club

Wednesday, November 13 2pm (Group 1) We will discuss "Because of Mr. Terupt." Wednesday, November 20 2pm (Group 2) We will discuss "Gathering Blue."

Young Adult Book Club

Wednesday, November 13 4 – 5pm We will discuss "If You Come Softly."

LEGO Time

Saturday, November 30 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.

recreation (cont.)

Ballet 1 (Ballet Beginner)

Tuesdays (one class per week for four weeks) Nov 5 – 26 or Dec 3 – 14 (5:15 – 6:10pm) \$45 per month (plus cost of required uniform) Ages 7 – 12.

Tap Dancing

Tuesdays (one class per week for four weeks) Nov 5 – 26 or Dec 3 – 14 (3 – 3:25pm) \$25 per month (plus cost of required items) Ages 7 – 17.

Blue (Ballet & Tap)

Thursdays (one class per week for four weeks) Nov 7 – 29 or Dec 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 (one class per week for four weeks) Nov 5 – 26 or Dec 3 – 14 (10 – 10:40am) 35 per month (plus cost of required uniform) Ages 3.5 - 4.5.

Pink 1-B (Pre-Ballet & Tap)

Thursdays (one class per week for four weeks) Nov 7 – 29 or Dec 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 (one class per week for four weeks) Nov 7 – 29 or Dec 3 – 14 (4 – 4:25pm) 25 per month (plus cost of required uniform) Ages 3.5 - 5.

Pink 2 (Ballet & Tap)

Tuesdays (one class per week for four weeks) Nov 5 – 26 or Dec 3 – 14 (4:30 – 5:10pm) \$35 per month (plus cost of required uniform) Ages 4.5 – 6.

Mommy & Me Dance Class

Tuesdays (one class per week for four weeks) Nov 5 - 26 or Dec 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 (one class per week for four weeks) Nov 5 – 26 or Dec 3 – 14 (3:30 – 4:25pm) \$45 per month (plus cost of required uniform) Ages 7 – 17.

Ballet 2

Tuesdays & Thursdays (one class per week for eight weeks) Nov 5 – 26 or Dec 3 – 13 (6:15 – 7:10pm) \$90 per month (plus cost of required uniform) Ages 7 – 17.

ADULT DANCE CLASSES:

Adult Tap Dancing

Tuesdays (one class per week for four weeks) Nov 5 – 26 or Dec 5 – 14 (7:45 – 8:15pm) \$25 per month (plus cost of required items) Ages 18 and up.

Adult Jazz/Hip Hop

Thursdays (one class per week for four weeks) Nov 7 – Dec 5 (no class 11/28), 8 – 8:30pm \$25 per month (plus cost of required items) Ages 18 and up.

Adult Ballet & Contemporary

Tuesdays (one class per week for four weeks) Nov 5 – 26, 7:15 – 7:45pm \$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 Nov 5 – 26, Dec 3 – 26 Ages 5 – 9.

2.) Victory Martial Arts

Tuesdays & Thursdays, 6 – 7pm Nov 5 – 26, Dec 3 – 26 Ages 10 and up and families.

3.) Adult Victory Martial Arts

Tuesdays & Thursdays, 7 – 8pm Nov 5 – 26, Dec 3 – 26

MARTIAL ARTS:

Victory Martial Arts Fit 4 Victory Boot Camp

Mondays, Wednesdays, Fridays, 10 – 11am Nov 1 – 29, Dec 2 – 30, Jan 3 – 31 **\$40 per person/per month** Ages 18 and up.

Victory Martial Arts Home School Taekwondo

Mondays, Wednesdays, Fridays, 1:30 – 3pm Nov 1 – 29, Dec 2 – 30, Jan 3 – 31 **\$45 per person/per month** Ages 15 – 18.

Victory Martial Arts Fit & Flex-ology

Mondays & Wednesdays, 4:30 – 5:30pm Nov 4 – 27, Dec 2 – 30, Jan 6 – 29 \$35 per person/per month Ages 18 and up.

Victory Martial Arts Krav Maga Self-Defense

Mondays, Wednesdays, Fridays, Saturdays, 6 – 7pm Nov 1 – 30, Dec 2 – 30, Jan 3 – 31 \$55 per person/per month Ages 18 and up.

Victory Martial Arts Weapons and Tactics

Mondays, Wednesdays, Fridays, 7:30 – 8:30pm Nov 1 – 30, Dec 2 – 30, Jan 3 – 31 \$55 per person/per month Ages 13 and up.

Victory Martial Arts Mommy, Daddy, & Me Taekwondo

Tuesdays & Thursdays, 10 – 11am Nov 5 – 26, Dec 3 – 26, Jan 2 – 30 \$35 per person/per month Ages 13 – 14 (Parent must be with child under 10).

Victory Martial Arts Stretch and Flex

Tuesdays & Thursdays 10 – 11am Nov 5 – 26, Dec 3 – 26, Jan 2 – 30 \$35 per person/per month Ages 18 and up.

Victory Martial Arts Olympic Style Sparring

Saturdays, 4:30 – 5:30pm Nov 2 – 30, Dec 7 – 28, Jan 4 – 25 \$45 per person/per month Ages 9 and up.

Victory Martial Arts

Self-Defense and Self-Protection Workshop Fridays, 4:30 – 5:30pm Nov 1– 29, Dec 6 – 27, Jan 3 – 31 \$45 per person/per month Ages 13 and up.

Victory Martial Arts

Urban Martial Arts & Self-Protection Tuesdays & Thursdays, 7:30 – 8:30pm Nov 5 – 26, Dec 3 – 26, Jan 2 – 30 \$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, November 8

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.





Experience the thrill of navigating the beautiful waters of Hawaii!

- Youth & Adult Group Classes Taught by certified instructors
- Private Lessons
- Boat Check-Out Class (For experienced sailors)

VIEW A LIST OF CLASSES IN THE ODR MARINAS CLASSES & ACTIVITIES ON PG. 14. QUESTIONS? CALL HICKAM HARBOR: 449-5215 OR RAINBOW BAY: 784-0167.



STAY CONNECTED AND FOLLOW US ONLINE! @GreatLifeHawaii GreatLifeHawaii.com





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 JBPHH community, including active-duty, reserve, retired personnel, family members and DoD employees.

NOVEMBER CLASSES

INFORMATION SUBJECT TO CHANGE

employment assistance

CIVILIAN RESUME WRITING

Nov 6 • 2:00 – 4:00pm | 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

Nov 5 • 9:00 – 11:00am | Pearl Harbor

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

BOOT CAMP FOR NEW DADS

Nov 16 • 9:00am – 12:00pm | Pearl Harbor

Join veteran dads (and their babies), to learn how they made it through the first months of parenthood and resurfaced as confident, on-the-job fathers. Learn how to handle a baby, find out about issues you didn't know were important and get tips on those that are. In this men-only environment, no question is stupid and no topic off limits. Dads and dads-to-be will discuss issues including: Changes in new mom, handling a newborn, finding work/home balance, introducing pets to baby, safety issues, working and being a dad, your relationship with mom, feeding and changing, how to calm a crying baby, handling parents and in-laws, breastfeeding, and anything else on your mind!

HIGH-TECH PARENTING

Nov 7 • 1:00 – 3:00pm | 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

Nov 20 • 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

Nov 5, 12, 19, 26 • 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

Nov 26 • 10:00am - 12:00pm | 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.

STOP BULLYING

Nov 20 • 10:00am - 12:00pm | Hickam

Has your child been a victim of bullying? Has your child been the bully? This workshop looks at the dynamics of bullying and ways to defend against it. Building our children up today will help end bullying for tomorrow!

STORY TIME

Nov 21 • 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.

family readiness

KEY SPOUSE INITIAL TRAINING

Nov 5 • 8:00 am – 2:00pm | Hickam

Open to all appointed USAF Key Spouses, Commanders, and First Sergeants. Network with other Key Spouses/Mentors and discover community resources for disaster preparedness, relocation, and much more.

KEY SPOUSE SAPR AND SUICIDE AWARENESS TRAINING

Nov 5 • 2:00 – 3:00pm | Hickam

This Key Spouse training opportunity was created to combine SAPR Training and Suicide Awareness Training into one session.

OMBUDSMAN ASSEMBLY MEETINGS

COMSUBPAC • Nov 19 • 6:00 – 8:00pm | Lockwood Hall COMNAVREG HAWAII • Nov 21 • 6:30 – 8:30pm | Lockwood Hall

All officially appointed ombudsmen are required to represent the command at the local Ombudsman Assembly meetings. Local ombudsman assemblies frequently serve as venues for ongoing training of ombudsmen. Assemblies serve as liaison for policy discussion and clarification by appropriate local agencies regarding issues of interest to ombudsmen and command family members.

information and referral

EFMP COFFEE TALK

Nov 14 • 9:00 – 10:00am | Pearl Harbor

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

FAMILY ADVOCACY PROGRAM (FAP) LEADERSHIP SEMINAR

Nov 7 • 8:00 - 11:00am | Pearl Harbor

Are you a new Air Force Spouse, about to become one, or have been one for a while but still have questions about the Air Force way of life? Are you interested in getting to know your community and all it has to offer; networking with others? If so, Heart Link is just for you! Join us for this fun program that will introduce you to all aspects of Air Force life, provide you with an opportunity to establish a peer network with other spouses who have been in your shoes, and help you learn valuable tools to adapt to the military way of life. Bring your appetite for a complimentary lunch!

GREEN CARD / IMMIGRATION AND NATURALIZATION

Nov 19 • 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

Nov 26 • 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

Nov 19 • 10:00am - 12:00pm | Hickam

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

Nov 5 • 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

Nov 19 • 1:00 – 3:00pm | Hickam

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.

DEVELOPING AND STRENGTHENING COMMUNICATION SKILLS

Nov 18, 25 & Dec 2 • 10:00am – 12:00pm | Pearl Harbor

This class outlines characteristics of a healthy relationship, how self-esteem affects our choices, effective communication, and conflict resolution. We'll give you the tools to build and maintain a solid foundation for a quality relationship. Great for any personal relationship, whether working, family, or romantic.

HOLIDAYS AND STRESS

Nov 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

Nov 13 • 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

Nov 6, 13, 20, 27 • 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

Nov 5 • 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.

TRANQUIL SEAS: MINDFULNESS AND SELF CARE

Nov 14 • 10:00am - 12:00pm | Pearl Harbor

Self-care is a critical element in managing stress, preventing burnout and achieving a sense of fulfillment. Evaluate ways you can build self-care into your daily routine, be mindful through your activities and reach your fullest potential.

WOMEN EMPOWERED GROUP

Nov 4, 18, 25 • 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

Nov 6 • 1:00 – 3:00pm | 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.

(continued on next page)

COMMAND FINANCIAL SPECIALIST (CFS) REFRESHER TRAINING

Nov 6 • 8:00am - 3:00pm | Pearl Harbor

This one-day training is required every three years for trained Command Financial Specialists to review and sharpen skills learned in Command Financial Specialist (CFS) training which include the financial planning worksheet, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques as well as discuss current financial topics. Open to all trained Command Financial Specialists.

COMMAND FINANCIAL SPECIALIST (CFS) TRAINING

Nov 18 - 22 • 7:30am - 4:00pm | Pearl Harbor

A five-day workshop offered to Navy command-sponsored service members who will be assigned this collateral duty. In accordance with OPNAVINST 1740.5D members attending class must be E6 and above with a minimum of one year left on their PRD. To register, call 474-1999.

FROM BASE TO PLACE

Nov 7 • 3:00 – 4:30pm | Pearl Harbor

Nov 21 • 1:00 – 2:30pm | Hickam

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.

MANAGING PERSONAL FINANCES

Nov 7 • 1:00 - 2:30pm | Pearl Harbor

Money management becomes more important and complicated as you go through life. Let us help you make your money work for you. From the basics of debt reduction, budgeting, saving, and investing basics to advanced strategies and guidance for improving your credit score, planning savings goals and gaining awareness about loans. This class will help you on your journey to become your own smart financial manager.

SAVING AND INVESTING BASICS

Nov 19 • 4:00 – 5:30pm | Pearl Harbor

If you have been able to put away extra money on a month-to-month basis, it's always a good idea to think about ways that you can build on what you already have. If you haven't been able to put away as much as you'd like, here's your chance to learn how. This workshop will teach you the basic skills and techniques of managing and budgeting your money; how to shop for investments; the difference between stocks, bonds, Roth and traditional IRAs, CDs, money market accounts, and more.Make your money work for you.

relocation assistance

COMMAND SPONSOR COORDINATOR (CSC) AND INDIVIDUALIZED NEWCOMER TREATMENT AND ORIENTATION (INTRO) MANAGER TRAINING Nov 27 • 8:00 – 11:00am | 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.

SMOOTH MOVE

Nov 14 • 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

Nov 5 • 1:00 – 3:00pm | Wahiawa Conference Center Nov 20 • 1:00 – 3:00pm | Pearl Harbor

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.

sexual assault prevention & response (SAPR)

SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)

Nov 18 – 22 • 8:00am – 4:00pm | Pearl Harbor

The VAIT is a 40 hour in-depth SAPR course that is designed to prepare an individual for the role and responsibilities of a US Navy SAPR Unit Victim Advocate. This is a highly interactive class that provides a comprehensive overview on the SAPR program/procedures, dynamics of sexual assault and victimization, response by the command, medical, legal, investigative, counseling, and advocacy personnel, as well as SAPR intervention and prevention strategies. Interested personnel should contact their respective SAPR POC or command leadership to express their interest in attending the class and becoming a Unit Victim Advocate. The command will in turn coordinate course registration with the SAPR office.

SAPR VICTIM ADVOCATE REFRESHER TRAINING

Nov 19 • 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

Nov 6, 13, 20, 27 • 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

ACCESSING HIGHER EDUCATION

Nov 12 & 13 • 8:00am – 3:00pm | Pearl Harbor

The course is designed to guide participants through the complicated decisions involved in choosing a degree program, college institution, and funding, as well as completing the admissions process. Academic acculturation and connection to veteran student organizations is also a key part of service members' academic success and is integrated into this learning course.

CAPSTONE EVENT

Nov 6, 7, 20, 21 • 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.

ONWARD TO OPPORTUNITY (020)

Nov 12 – 15 • 8:00am – 4:30pm | Pearl Harbor

Transitioning service member or military spouse interested in obtaining a professional certification for FREE? Check out onward2opportunity-vctp.org to register for a cohort hosted by your JBPHH MFSC!

TRANSITION ASSISTANCE PROGRAM) (TAP) FOR RETIREES

Nov 18 – 22 • 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.

MILITARY **ON** SOURCE

Online Health Library

& **Health and Wellness Coaching**



Online Health Library

If you're considering a medical procedure or have questions about your health, you may find what you need in this vast online library developed by the Mayo Clinic.

Health and Wellness Coaching

You can be more successful in reaching your maximum potential when you have a coach cheering you on. Military OneSource health and wellness coaches stand ready to be your personal cheerleader.

> Discover more of what Military OneSource has to offer by visiting www.militaryonesource.mil or calling 800-342-9647.

TRANSITION ASSISTANCE PROGRAM) (TAP) FOR SEPARATEES Nov 4 – 8 • 7:30am – 4:00pm | Pearl Harbor

Oct 28 - Nov 1 • 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

TRANSITION HOT TOPICS

Nov 26 • 7:45am – 3:00pm | Pearl Harbor

Transitioning from military to civilian involves learning a lot of new information. This workshop incorporates some of the most commonly asked about topics during transition, including Survivor Benefit Plan, VA Bene its, VA Claim Filing, Tricare, SkillBridge, LinkedIn and Salary Negotiation.

MFSC-Pearl Harbor 4827 Bougainville Dr. • 474-1999 Mon-Thu: 7am - 4:30pm | Fri: 7am - 4pm

phone directory & hours

food&drink

JOINT BASE CATERING

| Office next to Wright Brothers Café • 448-4608 Ext. 16 |
|--|
| Mon, Sat |
| Tue-Fri |
| SunClosed |

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

Hale Aina DFAC • Hickam Bldg. 1860 • 449-1666

Sat, Sun, Holidays0630–0830, 1100–1300, 1700–1830 Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948

| Chiver Delprint Diotro Calloy | Diag. 000 | 110 2010 | |
|-------------------------------|-------------|------------|-----------|
| Mon–Fri | .0615-0730, | 1100-1230, | 1615–1730 |
| Sat, Sun, Holidays | 0615–0730, | 1030–1230, | 1615–1730 |
| | | | |

RESTAURANTS & CASUAL DINING

LA FAMILIA MEXICAN RESTAURANT

| At Ke'alohi Par 3 Golf Course • 422-9987 | |
|--|-----------|
| Mon | Closed |
| Tue–Sat | 1000-2100 |
| Sun | 1000–2000 |
| | |

THE LANAI AT MAMALA BAY

MANGIAMO - COMING SOON!

At Navy Marine Golf Course • 471-0142

RESTAURANT 604 5

| 7 Arizona Memorial Drive, Rainbow Bay • 888-7616 | |
|--|-----------|
| Mon–Thu | 1030–2200 |
| Fri | 1030–2300 |

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 |
| Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384 Open Swim: |
| Mon, Tue |
| 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 |
| Towers Pool (Makalapa) • 471-9723 Lap Swim: |
| Mon-Fri |
| Sat, Sun |
| Wahiawa Annex Pool, 500 Center St • 653-5306 Lap Swim: |
| Tue, Thu |
| Sat, Sun, Holidays |
| ARTS & CRAFTS CENTER Hickam Bldg. 1889 • 448-9907 Ceramics & Frame Shop |
| Mon, Sun |
| Engraving Shop Mon, Sat, SunClosed Tue-Fri |
| Gallery/Office Tue-Fri |

| Sat | |
|------------|-----------|
| Aloha Hour | |
| Mon–Fri | 1500–1700 |

WRIGHT BROTHERS CAFÉ & GRILLE 901 Worthington Avenue • 448-4608 Ext. 39

| Mon–Thu | . 0630–1000, 1030–1330 |
|---------|------------------------|
| Fri | , 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 | |
| Sun | |

KAU KAU KORNER

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

MAMALA BAY SNACK BAR At Mamala Bay Golf

| l Mariala Day Guil Course | |
|---------------------------|-------------|
| Tue-Sun | . 0630–1400 |

PHILLIES

Pier Side Bldg. 1736 • 473-2574

711 Pierce St. Beeman Liberty Center • 387-8080

| TI FIELCE SL DEEIHAIT LIDELLY CETTER • 307-0000 | |
|---|-----------|
| Mon–Fri | 1000–1400 |
| (Hours subject to change when ships are in port.) | |
| Sat | 1000–1500 |

PLANET SMOOTHIE

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

Area code for JBPHH phone numbers is 808.

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'alohi Par 3 Golf Course • 448-9890

| Mon, Tue, Sun | 1100–2230 |
|---------------|-----------|
| Wed-Sat | 1100–2300 |

.

BREWS & CUES

| Bidg. 1314, 915 North Road (Club Pearl Complex) • 4/3-1/43 |
|--|
| Mon–Thu |
| Fri |
| Sat 1400–0100 |
| Sun1400–2200* |
| *Football season0700-2200 |
| |

THE COUNTRY BAR

| Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743 |
|--|
| Mon-ThuClosed |
| Fri–Sat |
| Sun |

KOA LOUNGE

| ROA 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-Sat1 | 1530–2400 |

| Sat–MonClosed | |
|---|----------|
| Sales Store | |
| Mon, Sun | |
| Tue-Thu | |
| Fri, Sat | |
| Wood Hobby Shop • 448-9911 | Th |
| Mon, Fri | |
| Tue-Thu | CI |
| Sat, Sun 1000–1700 | Ce |
| AUTO SKILLS CENTERS | Fo |
| Flight Crew Motorcycle | Hi |
| Hickam ASC, Bldg. 4002 • 449-2554 | Hi |
| Mon, Sun | Hi |
| Tue–Fri | Ki |
| Sat | Na Pe |
| (Last vehicle entry: 1 hour prior to closing) | Pe W |
| Hickam Car Wash • 449-2554 | |
| Daily | CI |
| (Last vehicle entry: 19:15) | 53 |
| Moanalua ASC (off-base) • 471-9072 | |
| Mon, Thu, Fri 1200–2000 | |
| Sat, Sun | Fľ |
| Tue, Wed | Fa |
| (Last vehicle entry: 1 hour prior to closing) | |
| Car Wash at Moanalua ASC • 471-9072 | Hi |
| Daily | |
| (Last vehicle entry: 19:15) | |
| Towing Service • 449-2554 | |
| BOWLING CENTERS | JE |
| Hickam Bldg. 1891 • 448-9959 | JE |
| Mon, Tue, Thu | |
| Wed | Na |
| Fri | INC |
| Sat | |
| Sun | |

Holidays..... 1200–1800

| Fri. |
|--|
| 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) |
| Hickam Bldg. 1120 • 448-2214 Mon-Fri |
| JBPHH-Pearl Harbor Bldg. 1338 • 471-2019 |
| Mon-Fri |
| Naval Station Gym Bldg. 667 • 473-2436 |
| Mon, Wed, Fri |
| Tue, Thu |
| Sat, Sun, Holidays Closed |
| Wahiawa Annex Bldg. 446 • 653-5542 |

Email us at cni_prlh_greatli.fct@navy.mil if any numbers are incorrect/out-of-service.

| Sat, Sun 1200–1700 Holidays 1000–1500 Open 24 hours a day, 7 days a week (unstaffed): Ford Island Bldg. 55 |
|--|
| Kunia Bidg. 446 Makalapa Bidg. 388 West Loch Bidg. 621 |
| GOLF COURSES Barbers Point Golf Course, Essex Rd., Bldg. 2249 • 682-1911 |
| Daily Tee Times & Pro Shop Mon–Sun |
| Mon |
| Thu–Sun |
| Mon, Wed–Sun |
| Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304 Mon–Fri |
| Pro Shop Mon-Fri |
| Navy-Marine Golf Course Valkenburgh at Radford Drive • 471-0142 |
| Daily Tee Times |
| Mon–Sun |
| Thu |
| 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 |
| ITT-Fleet Store, Pearl Harbor • 473-0792 Mon–Fri |
| ITT-NEX Mall • 422-2757 Mon–Sat |
| ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446 Wed 1000–1600 |
| Thu–Tue, HolidaysClosed ITT Recreation Ticket Vehicle • 630–3080 |
| TRAVEL CONNECTIONS OFFICES Travel Connections Fleet Store, Pearl Harbor • 422-0139 Mon–Fri |
| Sat, Sun, Holidays Closed Travel Connections NEX Mall • 422-4067 |
| Mon–Fri |
| INTRAMURAL SPORTS OFFICE Pearl Harbor Bldg. 161 • 473-1921 or 473-2437 Mon–Fri |
| Sat, Sun Closed LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1–E6 ONLY) |
| Beeman Center (Naval Station) • 473-2583 Sun-Thu |
| Fri–Sat |
| Mon–Sat |
| Mon–Sat |
| LIBRARY Hickam Bldg. 595 • 449-8299 |
| Mon, Wed, Fri, Sat |
| MARINAS |
| Hickam Harbor Marina, Bldg. 3455 • 449-5215 MonClosed Tue–Sun0900–1700 |

Rainbow Bay Marina, Bldg. 103 • 784-0167 www.greatlifehawaii.com

| MonClosed Tue-Sun0900–1700 |
|--|
| MILITARY & FAMILY SUPPORT CENTER Hickam, 655 Vickers Ave. • 474-1999 Tue-Thu |
| Mon, Fri-SunClosed Pearl Harbor, 4827 Bougainville Dr. • 474-1999 Mon-Thu |
| Fri |
| Mon, Fri–Sun Closed Tue–Thu |
| 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 |
| 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 Mon, Holidays Closed Tue–Sun 0900–1700 |
| Skateboard Hangar • 448-4422 Wentworth Tennis Center • 473-0610 White Plains Beach/Surf Shack • 682-4925 Daily |
| RENTALS Barbers Point Beach Cottages • 682-3085 Conference Centers • 472-0342 Foster Point Pavilion • 449-5215 Hickam Beach Cabanas • 449-5215 Makai Recreation Center • 449-3354 |
| 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 |
| Teen Center (ages 13–18) • 448-1068 School year: Mon-Thu |
| Fri |
| Woll-Fill 1200-2000 Weekends: 1330-2130 Sat 1330-2130 Sun Closed |
| Youth Sports & Fitness Office, Bloch Arena • 473-0789 Mon–Fri1100–1730 |
| Sat, SunClosed Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223 |

WOUNDED WARRIOR

| Navy Wounded Warrior-Sate 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

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)

Bowling with Santa *

Eoming in December

At Hickam and Pier Side Bowling Centers

Sign ups begin November 29 • Ages 12 and under

Call 473-2651 to register



*



STAY CONNECTED AND FOLLOW US ONLINE! @GreatLifeHawaii | GreatLifeHawaii.com

Honolulu City Lights Holiday Tour

Take a fun trolley ride down to see the displays at Honolulu Hale.

RETURNING NEXT MONTH! MORE DETAILS COMING SOON!

STAY CONNECTED AND FOLLOW US ONLINE! @GreatLifeHawaii | GreatLifeHawaii.com





Craft Coffee. 8 ISLAND Home made bakery. Fresh cut deli.

You know it has to be fresh!

That's why we roast our coffees on site, fill our bakery case from scratch, and fresh slice your sandwich to order. Come see what everyone is talking about!

NOW OPEN!

M-F 5:30am – 9:00pm Deli 10:00am – 8:00pm Hickam AMC Passenger Terminal 355 Mamiya Ave Bldg 2028 JBPHH

Follow us on: 🗗 🔘 808-389-6701 8islandcoffee.com



Joint Base Pearl Harbor-Hickam

Kuntz Ave

HICKAM FIELD





