

Oct 1–31 **Registration opens for Start Smart Flag Football.** Session runs Nov 7–Dec 12, every Friday on Ward Field at 5 p.m. In this parent and child participation program, parents learn basic football skills and drills that they will then teach their child! Fee is \$25 and is open to ages 3–5 years. Call 808-473-0789 for more information.

Oct 3 For a more chill time on Friday, go up on the roof of **Wright Brothers Cafe and Grille** for their more relaxing version of **Pau Hana**. Enjoy a special food and drink menu as you watch the sun sink into the sea over Hickam Channel. It's the perfect way to ease into the weekend.

#greatlifehawaii

A quick guide to what's going on with MWR, CYP and MFSC.

Oct 4 Introducing **Sensory Swim Saturday**. Offered the first Saturday of every month from 12–5 p.m. at Hickam Family Pool. Join us for a sensory-friendly swim. This session offers a calm environment with minimal background noise, creating a welcoming space for those with sensory sensitivities. Call 808-473-0394 for more information.

Oct 10 Last month's **Mongolian BBQ** sold out! Make reservations early so you don't miss out on this one! With succulent meats, fresh vegetables, delicious noodles and plenty of rice, we're already dreaming of the best BBQ around. \$1.55/ounce. Rice and noodles included. Call Tradewinds at 808-449-7144 to make your reservation!

Oct 11 Join us for **Zumbaween!** Two hours of boo-tiful dancing at the JBPHH Fitness Center starting at 9 a.m. Come wearing your best costume. FREE and open to ages 12 and up. Call 808-471-2019 for more information.

OCT 18 **JBPHH POWERLIFTING COMPETITION**
8 a.m. at the JBPHH Fitness Center, open to all DoD ID cardholders 18+. See where you are in your strength training journey with your fellow lifters. Registration fee is \$20 and is due by Oct 15. Visit the JBPHH Fitness Center or call 808-471-2019 for more information.

SHARKEY THEATER'S HALLOWEEN BASH

Join us for a night of spooky fun! Tickets are only \$5 and include preshow activities, a costume parade and contest, and screening of the holiday favorite "Hocus Pocus". The fun begins at 6 p.m.



OCT 24 **PAU HANA CONCERT IN THE PARK**
Last month's concert at Hickam Harbor was an awesome night of local music. For October, we're going to rock the park! Get pumped for Unwritten Law to bring the house down. Bring your blankets and chairs and claim your spot before the music kicks off at 6:30 p.m. Please remember, no glass bottles, pets, umbrellas or tents.

GOBLIN GLOW GOLF

One of the most popular night golf outings is back at Ke'alahi Golf Course! The par 3 course will be lit up with glow sticks while you play with a glow-in-the-dark golf ball. First tee is at 6 p.m. and fee is \$20 for adults and \$16 for ages 17 and under. Visit the pro shop or call 808-448-2318 for more information.



More to see on the other side! ▶

PHOTO OF THE MONTH

The Green at Pau Hana Concert in the Park

Hickam Marina was packed with fans as The Green rocked the house. Everyone was feeling irie as the sunset turned the day into night.



OCTOBER 2025

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Scan our QR codes!



Arts & Crafts Center
See the full calendar of classes.

Liberty Program

See this month's Liberty activities calendar.



Outdoor Recreation

Need some gear for your next adventure? Check out our rentals here!

Makai Recreation Center

See our full list of classes here.



Military & Family Support Center

See our full list of classes here.

WATCH NFL FOOTBALL GAMES LIVE!
AT THE SANDBAR & TRADEWINDS



THIS MONTH'S EXTRA:

**Oct 30, 1938:
War of the Worlds radio broadcast panics millions.**

Using simulated radio bulletins, Orson Welles and the Mercury Players dramatized the H.G. Wells novel. Listeners thought the world was really being invaded. Thank goodness we are all much more media-savvy now.



Arts & Crafts

Pick-n-Paint

Customers of all ages can explore their creative side in a low stress environment. You pick the piece you want, then you paint it with brushes and paints supplied by us! When you're done – take your time – our staff fires it in the kiln and lets you know when it's ready to be picked up.

Liberty Program

Make the most of your time stationed in Hawaii.

Liberty will take you on a tour of northern and eastern parts of the island on Oct 18. The tour is free, but bring money for food and shopping. Don't forget your swimsuit!

Makai Recreation Center

Family Taekwondo

A fun activity for the entire family! Learning self-defense and building confidence means the family can bond as they get in shape both physically and mentally.

Everything Food & Drink

Don't stay in your room watching the NFL games. Come to Tradewinds or The Sandbar on Sundays and Mondays and see the games in a fun atmosphere with your fellow football fans.

Outdoor Recreation

Recreation Equipment Rental is your stop for creating your own fun.

You may know about the ocean sports gear and party equipment like coolers. Did you know you can also rent gear for camping, other sports, even bikes and cotton candy/popcorn machines? Call 808-449-6870 or visit the shop to find out more.

MFSC

The MFSC is your one-stop-shop for support services. Whether you need EFMP resources, personal finance assistance, or help with TAP sign-ups, they're the place for you. Stop by their office on Bougainville or visit our website for more information.



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All information is subject to change. Scan the QR code to see a list of upcoming events.