UPDATE

24/7 Fitness Orientations are held at Fort Shafter & Martinez Physical Fitness Centers for all DoD cardholders 18 years of age or older.

24/7 Fitness Orientation

For more information, call (808) 655-4804.

Fort Shafter Physical Fitness Center &
Martinez Physical Fitness Center

DECEMBER 2022

ORIENTATION SCHEDULE

Orientations are limited to 25 participants on a first-come, first-serve basis.

A Statement of Understanding will be completed and signed to register for access.
E-4 & below will require Commander signature • All dependents of AD Soldiers will require AD signature

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
U.S. ARMY SFA SPORTS • FITNESS • AQUATICS		Scan to download the digital garrison!		Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 1	2	Martinez PFC 9:30 a.m. 3
4	Fort Shafter PFC 11:30 a.m. 5	Martinez PFC 12:00 p.m. 6:00 p.m. 6	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 7	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 8	9	Martinez PFC 9:30 a.m. 10
11	Fort Shafter PFC 11:30 a.m. 12	Martinez PFC 12:00 p.m. 6:00 p.m. 13	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 14	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 15	16	Martinez PFC 9:30 a.m. 17
18	Hanukkah Fort Shafter PFC 11:30 a.m. 19	Martinez PFC 12:00 p.m. 6:00 p.m. 20	Yule Fort Shafter PFC 11:30 a.m. 5:30 p.m. 21	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 22	23	Christmas Eve Martinez PFC 9:30 a.m. 24
Christmas Day 25	Kwanzaa 26	Martinez PFC 12:00 p.m. 6:00 p.m. 27	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 28	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 29	30	Martinez PFC 9:30 a.m. 31

armymwrlibrary
imagine • discover • connect

U.S. ARMY HAWAII LIBRARIES PROGRAM

EVENT CALENDAR

SEPTEMBER 2022-MAY 2023

SGT. Yano Library | **Fort Shafter Library**

Block Party
1st & 3rd Thursdays of the Month • 3 - 4:30 p.m.
Create a masterpiece with Legos and wooden blocks.

Board Game
3rd Saturdays of the Month • 10 a.m. – 2 p.m.
Play board and card games.
We can provide or you can bring your own.

Color & Chill
2nd & 4th Thursdays of the Month • 2 - 4:30 p.m.
1st Saturdays of the Month • 10 a.m. – 2 p.m.
Relax and Color. Supplies will be provided.

Family Morning Meet Up
2nd & 4th Tuesdays of the Month • 10 a.m. – 12 p.m.
Books, blocks, board games, and more.

Movie Afternoon
2nd & 4th Wednesdays of the Month • 3 - 4:30 p.m.
Join us for a family-friendly movie.

S.T.E.A.M. Petting Zoo
1st & 3rd Tuesdays of the Month • 3 - 4:30 p.m.
Come out and try out some fun S.T.E.A.M. activities.

Story Time
1st & 3rd Wednesdays of the month • 10 - 11 a.m.
Themed stories and activities.

Video Game Party
2nd Saturdays of the month • 10 a.m. – 2 p.m.
Come and play video games. We can provide or you can bring your own.

* Subject to change witout notice

Story Time
2nd & 4th Fridays of the Month • 10 -11:30 a.m.
Themed stories and activities.

Family Board Games
4th Thursdays of the Month • 2:30 - 4:30 p.m.
2nd Saturdays of the Month • 10 a.m.- 2:30 p.m.
Spend quality time with your family playing board and card games.

Brick Club
3rd Thursdays of the Month • 2:30 - 4:30 p.m.
1st Saturdays of the Month • 10 a.m. - 2:30 p.m.
Bring your imagination and your creativity.

Color & Chill
3rd Saturdays of the Month • 10 a.m. - 2:30 p.m.
Relax and Color. Supplies will be provided.
All ages are welcome.

Drop-In Craft
1st Thursdays of the Month • 2:30 - 4:30 p.m.
Stop by and get crafty.

Family Morning Meet Up
1st and 3rd Fridays of the month • 10 a.m. – 12 p.m.
Books, blocks, board games, and more.

STEAM Club
2nd Thursdays of the Month • 2:30 - 4:30 p.m.
Activities built around STEAM fun.

*Subject to change without notice

For more information, call:

SGT Yano: (808) 655-8002
1566 Kolekole Ave., Bldg. 560
Schofield Barracks, 96857

Fort Shafter: (808) 438-9521
181 Chapplear Rd., Bldg. 650
Fort Shafter, 96858

HiMWR.com
or MWR HAWAII

Open to DoD cardholders 18 years & older.

Tropics Recreation Center presents

HOLIDAY HOOPLA WEEKEND

THURSDAY, DECEMBER 15 • 6-8 P.M.

Wear an Ugly Christmas Sweater • Christmas Carol-oke

FRIDAY, DECEMBER 16 • 7-9 P.M.

Gingerbread House Decorating Contest

(Limited supply. First come, first serve.)

SATURDAY, DECEMBER 17 • 7-9 P.M.

Holiday Cornhole Tournament

(Must register at the facility.)

Scan for Garrison App

Food & drink specials will be available for purchase at the Koa Café & Bar.

For more information, call (808) 655-5698.

1470 Foote Ave., Bldg. 589, Schofield Barracks

Koa Café & BAR

HiMWR.com or MWR HAWAII

U.S.ARMY

SUSTAIN SUPPORT DEFEND

U.S. ARMY MWR

SCHOFIELD BOWLING CENTER PRESENTS

BOWLING WITH SANTA

THURSDAY, DECEMBER 22

10 A.M.~12 P.M.



ONE FREE BOWLING GAME AND SHOE RENTAL
(Children 11 years of age or younger)

ONE FREE APPLE TURNOVER
With the purchase of any sandwich or breakfast item from the snack bar. Available 9-11 a.m.

DON'T FORGET YOUR CAMERA!

PICTURES WITH SANTA!

For more information, call (808) 655-0573.

557 Burr Place • Bldg. 557
Schofield Barracks, HI

We Wish You A Merry Christmas & Happy New Year

Digital Garrison

HIMWR.com or MWR HAWAII

U.S. ARMY GARRISON HAWAII

MARTINEZ, TAMC & HMR PHYSICAL FITNESS CENTERS

1,000 POUND CLUB

Now through December 22.

TO BE A MEMBER OF THIS CLUB, THE TOTAL OF YOUR BEST EFFORTS IN THE SQUAT, DEAD LIFT AND BENCH PRESS ON A SINGLE LIFT NEEDS TO TOTAL OVER 1,000 POUNDS OR MORE.

Basically, you take your ***one rep max*** *in each of the three major lifts (dead, squat and bench) and add them up. If it totals 1,000 pounds, you're in! If not, keeping working at it, you can do it!*

1,000 Club Entry example:
Dead Lift: 450 lbs. + Squat: 365 lbs. + Bench Press: 235 lbs.
= 1,005 lbs. Total

$20 PER PERSON
includes a shirt
(while supplies last)
$5 without Shirt

BY APPOINTMENT

Open to all DoD ID Cardholders 18 years of age & older.

FOR MORE INFORMATION CALL:

Martinez PFC: (808) 655-4804

TAMC: (808) 433-6443

HMR PFC: (808) 653-0719



U.S. ARMY · MWR · U.S. ARMY SPORTS · FITNESS · AQUATICS

HiMWR.com MWR Hawaii

Holiday

Magic Show & Dinner Buffet

Featuring: Mark Mauricio
"The Magic Guy"



Tuesday, December 20

Buffet: 5:30-7 p.m.
Magic Show: 7-8 p.m.

$24.95 per person (ages 11 and up)
$16.95 per child (ages 4-10)
Children ages 3 & under are free

Menu:

Beef Macaroni Casserole
Boneless Fried Chicken
French Bread Pizza
Mashed Potatoes with Gravy
Steamed Mixed Vegetables
Tossed Green Salad with Dressing
Chef's Desserts
Hot Coffee, Hot & Iced Unsweetened Iced Tea
Fruit Punch

Menu is subject to change without notice

Office Hours:
Monday-Friday,
8:30 a.m.-4 p.m.
130 Morton Drive, Bldg. 711,
Fort Shafter, Hawaii, 96858

Limited Seating!
Reservations recommended.
For more information or to make a reservation, call (808) 438-1974 during office hours.



Christmas

SATURDAY, DECEMBER 24

DINNER TO-GO

Sliced Rosemary Crusted Prime Rib with Au Jus
Roasted Garlic Red Mashed Potatoes
Steamed Green Beans in Salted Sweet Cream Butter
Hawaiian Sweet Rolls
Apple Pie

Extra order of Sliced Prime Rib with Au Jus (serves 4-6).
Must be ordered alongside a complete meal • $49.50

To Order:

Call (808) 438-1974 or visit the
Hale Ikena Catering/Administrative Office
130 Morton Drive, Bldg. 711, Fort Shafter, HI 96858
Monday - Friday, 8:30 a.m.-4 p.m.

Payment due at time of order placement.
All sales final.

ORDER DEADLINE:
Friday, December 16, 4 p.m.

Pick Up:

Pick-up time will be determined by the customer when placing the order.

Saturday, December 24
from 9 a.m.-12 p.m.

U.S.ARMY

HiMWR.com

Open to all DoD ID cardholders
18 years of age & older

The Hangar Entertainment Center presents

NEW YEAR'S EVE CELEBRATION!



Saturday, December 31

7 p.m.-1 a.m.

Ring in the New Year at the Hangar Entertainment Center's New Year's Eve Party!

$15 Cover charge at the door

Free Slider Buffet!

For more information, call (808) 656-1745.

1735 Wright Ave., Bldg. 835, Wheeler Army Air Field, HI96857

U.S.ARMY

MILITARY FAMILY SUPPORT NETWORK

U.S. ARMY MWR



7 Week
Mini Sports Camp
EVERY THURSDAY
Practices will provide fundamentals of Basketball, Soccer, Baseball, Flag Football, and Functional Fitness.

Locations:
AMR Field
154 Kauhini Road,
Honolulu, HI 96818
Bennett Field
2251 McMahon Rd,
Schofield Barracks, HI 96857

KEIKI F.I.T.

FUN • INTEGRATED • TRAINING

UNITED STATES ARMY
CHILD & YOUTH SERVICES

Thursday, January 5 – Thursday, February 16, 2023

REGISTRATION DATES: DECEMBER 1 - 31, 2022

Register at the Schofield Barracks Parent Central Services or online: webtrac.mwr.army.mil

$25 per child

Parent Meeting: TBD

For more information on registration, call (808) 655-8380/4090

YOB eligibility: 2019-2020
(Child must be 3 years old by January 5, 2023) must be CYS registered

Youth Sports Hawaii Wellness Check-In
Please complete check-in prior to coming to any Youth Sports practice or game.
(Scan QR Code for url)
CYS and Safety Protocols: Subject to change

For more information on this program, call Schofield Barracks:
(808) 655-6465
AMR:
(808) 836-1923

KEIKI F.I.T.

program offers a comprehensive approach to sports performance training in a FUN way! This program will focus on core development, balance, and proper running mechanics through drills and games. Come learn to improve acceleration, linear speed, and develop character, sportsmanship, and integrity, too!



Pre-Register to guarantee your spot at the table

The Action is Back at Tropics Recreation Center!

Spades

SPADES
September 10
November 12
January 14, 2023
6-9:30 P.M.

TEXAS HOLD'EM
October 8
December 10
February 11, 2023
6-9:30 P.M.

TEXAS HOLD'EM

Drink and food specials will be available for purchase at the Koa Cafe & BAR

For more information, call
the Tropics Front Desk at (808) 655-5698.
1470 Foote Ave
Schofield Barracks, HI 96857

HiMWR.com or MWR HAWAII

SCHOFIELD BARRACKS HEALTH AND FITNESS CENTER'S

MISSION: SLIMPOSSIBLE 4

ENTRY DEADLINE: FRIDAY, FEBRUARY 3

6-WEEK WEIGHT LOSS COMPETITION

Male & Female Division

ENTRY FEE:

Early Entry: $30; T-shirt guaranteed
Must register by Friday, January 13

Late Entry: $40; T-shirt not guaranteed
January 14 - February 3

MANDATORY WEIGH IN:

*Initial Weigh In: January 30- February 3
*Final Weigh In: March 13-17
Wear light exercise attire & no shoes.

Winner will be determined by the highest percentage of body weight loss on Friday, March 17.

AWARDS WILL GO TO THE TOP 3 MEN AND TOP 3 WOMEN

REGISTRATION FORMS ARE AVAILABLE AT ALL PHYSICAL FITNESS CENTERS

For more information, call (808) 655-8007

Digital Garrison

HiMWR.com or MWR HAWAII