

OCTOBER 2019

WEEKLY ACTIVITIES

MON	HULA FOR HEALTH AGES 17 & OLDER	10:15 am • \$20
TUE	BEACHSIDE YOGA AGES 17 & OLDER	8:30 am • \$15
WED	HULA FOR HEALTH AGES 17 & OLDER	10:15 am • \$20
	MOVIES & POPCORN <i>Turtle Cove Lanai</i> Popcorn served 3 – 3:30 pm only	3 pm • FREE
	10/2 Dark Phoenix	PG-13
	10/9 Avengers: Endgame	PG-13
	10/16 Godzilla: King of the Monsters	PG-13
	10/23 Bumblebee	PG-13
	10/30 A Dog's Journey	PG
THU	BEACHSIDE YOGA AGES 17 & OLDER	8:30 am • \$15
FRI	UKULELE LESSONS	9 am • \$15
SAT	BEACHSIDE YOGA AGES 17 & OLDER	8:30 am • \$15
	HULA FOR HEALTH AGES 17 & OLDER *NO CLASS ON OCT 12 & 19	3 pm • \$20
	TAI CHI FOR HEALTH AGES 17 & OLDER *NO CLASS ON OCT 12 & 19	5 pm • \$20
SUN	GUIDED MEDITATION FOR CORE STRENGTH AGES 17 & OLDER	9 am • \$15

Registration required 24 hours in advance. Age requirements apply. Subject to change or cancellation due to weather conditions. For availability and details, please call Turtle Cove (808) 259-4136/4137.

GENERAL INFORMATION

SECURITY FORCES (808) 448-4916/259-4200

TURTLE COVE (808) 259-4136/4137

Open daily, 8 am – 6 pm

• Information, Tickets, and Tours (ITT)

• Gear Issue/Party and Sports Equipment Rentals

• Outdoor Recreation Adventures

• Hale Nalu Massage

• Pavilion Rentals

• Retail Store

AHIKI MINI GOLF Visit Turtle Cove for rentals and times.

BRADDAH'S BREWHOUSE Coffee: Fri – Sun, 8 am – 2:30 pm **Oct 19 Coffee open 3 – 9 pm**
Pub: Sat, 2 – 7 pm

For **HALE NALU MASSAGE** specials and **BEACHSIDE YOGA**, call **Turtle Cove!**

• WWW.BELLOWSAFS.COM •

• **NOTICE: GIANT VOICE TESTING • EVERY WED AT 1200 •**

20th Annual BooFest
Fantastic Magic!
Sat, Oct 19
3 – 9 pm
FREE ADMISSION

- **FORBIDDEN FOREST!**
- **KIDS ACTIVITIES**
- **CARNIVAL GAMES**
- **COSTUME CONTEST**
- **PETTING ZOO**
- **MOVIE UNDER THE STARS: HARRY POTTER & THE SORCERER'S STONE**
- **FOOD TRUCKS**

\$8 PRE-SALE WRISTBANDS: INCLUDES UNLIMITED KIDS RIDES, BOUNCE ACTIVITIES, & MORE! \$10 AT EVENT.
Prepurchase wristbands at
Turtle Cove (808) 259-4136/4137.

Bellows Air Force Station special events are open to all Bellows AFS guests and eligible patrons – active duty military, military retirees, reservists, National Guard, current/retired DoD civilian employees with an authorized ID card, and their dependents and guests. Those without base access will not be permitted on Bellows AFS. EVENTS AND INFO SUBJECT TO CHANGE. No outside food or beverages.

BELLOWS AIR FORCE STATION For more info, call (808) 864-0144 or visit facebook.com/bellowsafs.

BELLOWS
AIR FORCE STATION

New Programs!

- **HULA FOR HEALTH**
- **TAI CHI FOR HEALTH**
- **GUIDED MEDITATION FOR CORE STRENGTH**

Ages 17 & older. See WEEKLY ACTIVITIES above for schedule. Call Turtle Cove to sign up (808) 259-4136/4137!