

MAY 2024

INFORMATION/EVENTS/PRICES SUBJECT TO CHANGE. Programs and special events open to active duty military, military retirees, reservists, National Guard, current/retired DoD civilian employees with an authorized ID card, and their dependents and guests. Patrons not on a guest list or without base access will not be permitted on Bellows AFS. No federal endorsement intended.



GENERAL INFORMATION

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

TURTLE COVE (808) 259-4135: Daily, 8 am – 6 pm

- Information, Tickets, and Tours (ITT)
- Pavilion Rentals
- Retail Store
- Outdoor Recreation & Ocean Sports
- Fitness & Wellness Programs
- Gear Issue
- Party and Sports Equipment Rentals
- Arts & Crafts Classes
- Massage

BELLOWS MINI GOLF: Visit Turtle Cove for rentals and times.

BRADDAH'S CAFE: Fri – Mon, 7 am – 2 pm

PAU HANA PUB: Thu – Sat, 3 – 9 pm • Sun, 12 – 6 pm

AAFES SHOPPETTE: Daily, 8 am – 8 pm

TEAPRESSO BAR: Thu – Sun: 10 am – 4 pm

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

• **WWW.BELLOWSAFS.COM** •

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

WEEKLY ACTIVITIES

SUN	HARMONY SOUND HEALING	7 am • \$25
	SUNSET YIN YOGA (relaxation)	6 pm • \$20
TUE	SUNRISE YOGA	6:30 am • \$20
FRI	SUNRISE YOGA	6:30 am • \$20
SAT	HARMONY SOUND HEALING	7 am • \$25
	*No class May 18	

NEW CLASS!

HARMONY SOUND HEALING

A Certified Sound Bath Practitioner plays chimes, tingsha cymbal bell, nut shaker, crystal singing bowls, & other instruments to guide you to be more present, to connect with your body and nature, & to quiet your mind and reduce stress. Bring a yoga mat or towel, eye mask, & water. Dress comfortably.

Registration required 24 hours in advance for paid activities.

Age requirements apply. Subject to change or cancellation due to weather conditions. For availability and details, please call Turtle Cove (808) 259-4135.

LUNCH Specials

Served 10:30 am to 1 pm
while supplies last.
Menu subject to change.

May 3 – 6: \$11 Reg

Meatball Sub w/ Provolone, served w/ choice of potato chips or pasta salad

May 10 – 13: \$12 Reg/\$8 Mini

Shoyu Chicken w/ white rice & potato mac salad

May 17 – 20: \$12 Reg/\$8 Mini

Penne Pasta w/ Italian sausage, served w/ garlic bread & mixed green salad

May 24 – 27: \$12 Reg

Loco Moco w/ white rice & potato mac salad

May 31 – Jun 3: \$11

BBQ Pulled Pork Sandwich w/ pineapple coleslaw



SPECIAL EVENTS & PROGRAMS

VISIT OUR WEBSITE OR FACEBOOK @BELLOWSAFS FOR MORE DETAILS ABOUT OUR MAY EVENTS! TO REGISTER FOR PROGRAMS, CALL TURTLE COVE (808) 259-4135.



MAY 3 - 5! FREE! Grand Re-Opening Party!

• Equipment Rentals! • Mini Golf! • Bouncers! • Entertainment! •

FIRST FRIDAY

May 3 • 5 - 9 pm

Kimo Opi'ana!

Music on the Deck

May 4 • 2 - 5 pm

Oneula Beach Band

MOVIE NIGHT

May 4 • 6 - 9:30 pm

Star Wars IV: A New Hope



SAT, MAY 4 & 11

10 am - 12 pm

2 - 4 pm

\$30 per person

Ages 8 & older.

\$20 pp • Turtle Cove Deck
Sat, May 4 • 11 am

Hula Lessons!



Painting @
THE COVE

SAT, MAY 11 • 2 - 4 pm

\$30 PER PERSON

FLOWER POTS!

FREE ADMISSION! Turtle Cove Deck

May 11 • 5 - 9 pm

Live out your rock star dreams backed by a LIVE BAND!



FREE ADMISSION! TURTLE COVE LAWN

SAT, MAY 11

5 - 9 pm



Mother's Day
at The Pub

Sun, May 12 • 12 - 6 pm

Mothers receive a free non-alcoholic drink! (while supplies last)



FREE ADMISSION! Turtle Cove Deck

May 17 • 5 - 8 pm

MARFORPAC Band

May 24 • 5 - 9 pm

Oneula Beach Band

May 31 • 5 - 9 pm

Ravi Reddy

LEI MAKING

\$35 pp • Turtle Cove Deck

Sat, May 18 • 11 am