

Missing out on happenings in the community?

Download the [MCCS Connect](#) App!

Check out the MCCS website at <https://iwakuni.usmc-mccs.org/>

Items of Interest, 21 – 27 August 2026

Fri, 21 Aug	4:00 – 5:30 p.m., Jr. 3D Club (see page 8) 5:00 p.m., Youth Sports Soccer Season registration closes (see page 7) 6:00 – 7:00 p.m., Japanese Author Book Club (see page 8)
Sat, 22 Aug	7:00 a.m.-9:00 p.m., Lalaport Shopping Mall & Marine World Trip Aquarium (see page 11) 7:30 a.m. – 5:30 p.m., SMP Shimonoseki Aquarium Trip
Mon, 24 Aug	8:00 a.m. – 4:00 p.m., TRS Core Curriculum 3-Day Course (see page 8) 3:30 – 5:30 p.m., Tsunami Swim Team season begins (see page 3)
Tue, 25 Aug	8:00 a.m. – 12:00 p.m., LifeSkills: Pre-Marital Workshop (see page 8) 2:00 – 4:00 p.m., Memories in the Making (Junk Journaling) (see page 8)
Wed, 26 Aug	8:00 a.m. – 12:00 p.m., Create a Resume (see page 9) 10:00 – 11:30 a.m., Sponsorship Training (see page 9) 1:00 – 3:00 p.m., Sewing Club (see page 9) 6:45 – 11:00 p.m., Almost Scratch Singles Bowling League begins (see page 11)
Thu, 27 Aug	8:00 a.m. – 4:00 p.m., Managing Your Education 2-Day Course (see page 9) 8:00 a.m. – 4:00 p.m., Employment Workshop 2-Day Course (see page 9) 9:00 – 10:00 a.m., Nutrition & Weight Management Brief (see page 4) 10:00 a.m. – 12:00 p.m., LifeSkills: Say What? (see page 9) 1:30 – 2:30 p.m., Autism Spectrum Disorder Parenting Forum (see page 7)

Sakura Theater Schedule

- **THEATER OPENS 60 MINUTES BEFORE PREMIERES AND 30 MINUTES BEFORE ALL OTHER MOVIES.**
- **MOVIE LINE/TICKET BOOTH 253-4067**

PAW Patrol: The Dino Movie (PG)

Fri, 21 Aug, 5:00 p.m.

When their ship gets caught in a storm, the PAW Patrol pups wash up on a tropical island that's teeming with dinosaurs. They soon befriend Rex, a baby dino who's been stranded on the island for years. When Mayor Humdinger's mining plans cause a huge volcano to erupt, the pups spring into action to save Rex's home before everything becomes extinct.



Motor City (R)

Fri, 21 Aug, 8:00 p.m.

Thu, 27 Aug, 7:00 p.m.

In 1970s Detroit, John Miller falls for a local gangster's girl and lands in prison for a crime he didn't commit. With his life ruined, Miller hatches a plan for revenge.



The Magic Faraway Tree (PG)

Sat, 22 Aug, 2:00 p.m.

A modern family relocates to the countryside where the children discover a magical tree with eccentric residents. They are transported to fantastical lands, rekindling their family bond through adventures.

Spa Weekend (R)

Sat, 22 Aug, 6:00 p.m.

Three friends go on a spa weekend that descends into chaos when their train-wreck friend joins.



Avatar Aang: The Last Airbender (PG)

Sun, 23 Aug, 2:00 p.m.

Avatar Aang, the world's last Airbender, embarks on an epic quest to find an ancient power that could save his culture from extinction.

Spider-Man: Brand New Day (PG-13)

Sun, 23 Aug, 6:00 p.m.

It's a BRAND-NEW DAY for Peter Parker. Fighting crime full-time as Spider-Man in a world that doesn't remember him -- and the pressure of seeing his old friends move on without him -- sparks a change in Peter he may not have the power to control. But that transformation might also be the only thing that can stop a shocking new threat to the city and those he loves -- a powerful villain no one can even see. The world may have forgotten Peter Parker, but he hasn't forgotten them.



Planet of the Apes (2001) (PG-13)

NDVD/NSSM – Free Admission

Mon, 24 Aug, 7:00 p.m.

During a routine space mission, Captain Leo Davidson heads out to look for his missing partner in the middle of an electromagnetic storm. However, he crash-lands into a planet dominated by apes.

Upcoming Events

Note: Dates and times for the listed events are subject to change/cancellation. Registration is required for certain events. Please be sure to check the MCCS Connect app, website or Facebook page for the latest information.

Semper Fit

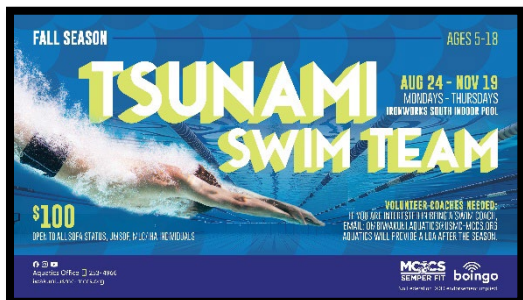
Aquatics

Tsunami Swim Team (Fall '26 Season)

Mon, 24 Aug – Thu, 19 Nov, 3:30 – 5:30 p.m., IronWorks South Indoor Pool

The Aquatics Tsunami Swim Team is available to athletes ages 5 – 18 for the fall season! Join the swim team to enhance your technical skills, foster social development, and embrace an active lifestyle. Athletes are required to pass a swim test and evaluations before joining the team. These include demonstrating a full, proper 50-meter freestyle and a minimum of 25 meters of backstroke. Evaluations will take place from 24 – 27 Aug August, 4:00 – 5:00 p.m.. Swim evaluations are drop-in. Please note that meeting the minimum requirements makes swimmers eligible for the team, but it does not guarantee a spot due to the limited availability of volunteer coaches. Swim meets will be on 14 Oct at Fleet Activities Sasebo and on 14 Nov at MCAS Iwakuni. For additional details, please visit:

<https://iwakuni.usmc-mccs.org/activity/07091c43-5f72-4f25-897b-9643d2b3134e>.



Competitive Events

Neon Night Run

Fri, 28 Aug, 6:30 – 10:00 p.m., Atago Sports Complex

Registration open until 21 Aug

Light up the night with your LED accessories and complete the Neon Night Run at the Atago Sports Complex! Bring your friends, have fun, and get some miles in! Pick up your accessories at the event, enjoy the nighttime run, and stick around for the **Prize Giveaway** at the end! For complete event details and to register, please visit:

<https://iwakuni.usmc-mccs.org/activity/6d4b3c12-da3f-41d5-8497-424830983cb6>.



Fitness

August Group Fitness Schedule

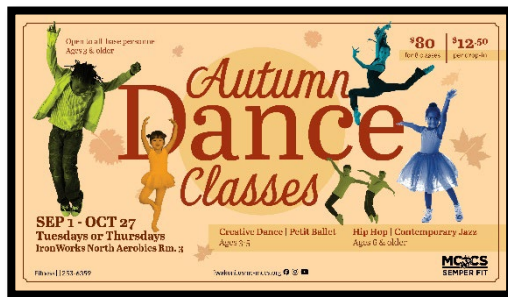
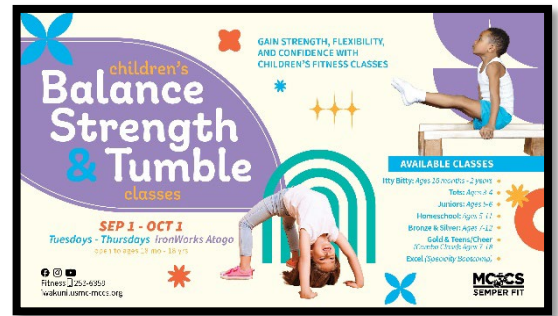
AUGUST					
FITNESS CLASS SCHEDULE					
MON	TUE	WED	THU	FRI	SAT
HATHA YOGA 6-7 AM N1 POWER PUMP 11:30 AM - 12:30 PM N1 JUDO 5-7 PM ND ZUMBA 5:15-6:15 PM N3	SPIN 6-7 AM N1 PRENATAL YOGA 9-10 AM A1 TODDLER YOGA 10:30-11:30 AM A1 YOUTH FITNESS 4-6:45 PM AT MIXKEDFIT 5:30-6:30 PM S	POSTPARTUM RECOVERY YOGA 9:15-10:15 AM ND TODDLER YOGA 10:45-11:45 AM ND GLUTES & ABS 11:30 AM - 12:30 PM N1 YOUTH FITNESS 4-7:30 PM AT JUDO 5-7 PM ND SPIN 5:15-6:15 PM S	SPIN 6-7 AM S VINYASA YOGA 8:30-9:30 AM ND PRENATAL YOGA 9:45-10:45 AM N3 YOUTH FITNESS 9 AM - Noon AT YOUTH FITNESS 4-5 PM AT HATHA YOGA 5:15-6:15 PM N1 MIXKEDFIT 5:30-6:30 PM S	MIXKEDFIT 11:30 AM - 12:30 PM S	MIXKEDFIT 10:30-11:30 AM S
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Fitness ☎ 253-6359 iwakuni.usmc-mccs.org MCCS SEMPER FIT					

Children's Balance, Strength & Tumble Classes - September

Tue, 1 Sep – Thu, 1 Oct, IronWorks Atago Gym

Gain strength, flexibility, and confidence with children's fitness classes! Participants are allowed to sign up for ONE (1) class only to enable more children the opportunity to participate in youth fitness classes. If you have multiple children who want to participate in youth fitness, you are welcome to try registering all of them in the appropriate age and level classes, but only one class per child. All classes will begin with a warm-up and stretching, followed by time to learn and practice new movement patterns, ending with strength work and a cool-down session. All classes are 60 minutes, except for the advanced classes, which are 90 minutes. For complete information and to register, please visit:

<https://iwakuni.usmc-mccs.org/activity/ed279289-aaf1-48d6-ac27-a986ff52be70>.



Youth Dance Classes – Autumn Season

Tue, 1 Sep – Tue, 27 Oct, IronWorks North Aerobics Room

Fitness is offering youth dance classes to give children ages 3 and up a chance to learn and enjoy several dance genres including Creative, Hip-Hop, Petit Ballet and Pre-Ballet. Registration is advised, but drop-ins are available for any available spots remaining. For complete information and to register, please visit:

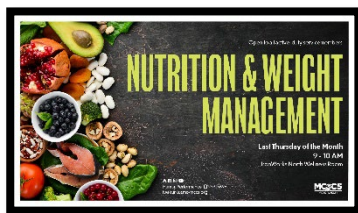
<https://iwakuni.usmc-mccs.org/activity/404f2625-09a9-40e2-97c8-e9d1d732838a>.

Learn to Train: Powerlifting

Fri, 18 Sep, 6:00 – 8:00 p.m., IronWorks South

This hands-on powerlifting aeminar is designed to teach participants the fundamentals and proper technique for the deadlift, back squat, and bench press. Led by qualified Warrior Athlete Readiness & Resilience coaches, the seminar will break each lift down through step-by-step progressions, allowing participants to learn safely while receiving real-time coaching and feedback to improve movement quality, precision, and confidence under the bar. This is a free instructional event open to individuals of all experience levels who are looking to learn or refine their lifting techniques. For more details and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/b14a7710-445c-41e1-ac40-f4470f510ac0>.

Human Performance



Nutrition and Weight Management Brief

Thu, 27 Aug, 9:00 – 10:00 a.m., IronWorks North

Human Performance is offering a brief to active duty servicemembers who would like to learn more about basic nutrition and understand the relationship between nutrition and weight management. The class will discuss the role of macronutrients and micronutrients and their importance to the body. Open to all base personnel. 18 years old or older.

Intramural Sports

6v6 Soccer Season

9 – 30 Sep, 5:30 – 9:00 p.m., Northside Track & Field

Get ready for the Intramural Sports 6v6 soccer season from 9 – 30 Sep. Games will be held on Mondays and Wednesdays from 5:30 – 9:00 p.m. at the Northside Track & Field. The season is open to all SOFA members ages 16 and above, JMSDF, IHA and MLA personnel. The event is Commander's Cup points eligible: Each unit registering must be at least 80% active duty from the same unit and approved by the unit CO/OIC. A minimum of six teams must be registered or the season will be



canceled. For complete details and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/fc477404-221b-4f9f-9668-3a24516ac36a>.

Outdoor Recreation

Yoshino River Rafting Trip

Mon, 7 Sep, 5:30 – 10:00 p.m.

Registration opens 7 Aug for active duty and family members

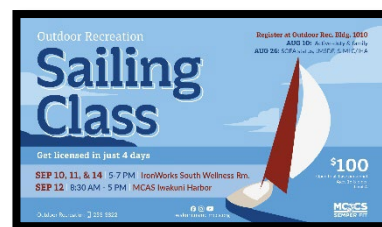
24 Aug for SOFA civilians, JMSDF, and MLA/IHA personnel

Experience the thrill of whitewater rafting on the exhilarating Yoshino River! Known for its dynamic rapids (Level 4), the Yoshino River is one of Japan's premier destinations for adventure seekers. Whether you're an adrenaline junkie or just looking for a memorable outdoor adventure, this trip promises excitement at every turn. Note: Level 4 refers to the difficulty of the rapids, indicating intense, powerful waves and technical passages that require advanced skills. For complete information, please call Outdoor Recreation at 253-3842/3822. For more information about the rafting activity, see here → <https://en.happyraft.com/rafting/kobokelong/>.

Sailing Class

Thu, 10 Sep – Mon, 14 Jun

Ever dreamed about learning how to sail? Outdoor Recreation offers a 4-day course to get licensed. This course is open to all base personnel ages 16 and up (under 18 must be accompanied by an adult). The classroom portion is held at the Ironworks Gym Wellness room, and the sailing portion is at MCAS Iwakuni Harbor. For a schedule of classes, cost and other information, please visit: <https://iwakuni.usmc-mccs.org/activity/b4ff9cc6-f3bd-4022-be70-a18296e753dd>. Only four spots are available.



Shimanami Bike Trip

Sat, 26 Sep, 6:00 a.m. 7:30 p.m.

Registration opens 26 Aug for active duty and family members

11 Sep for SOFA civilians, JMSDF and MLA/IHA

Go on a cycling journey starting at Imabari City and bike a scenic path across seven bridges, arriving in Onomichi City in Hiroshima Prefecture, and enjoy many sightseeing activities along the way. This trips accommodates bicyclists of all skill levels ages 16 and up, in good physical condition. Personal bikes

will be transported (no through axle-shaft bikes), and bike rentals are available at the starting point. The bus stops at a midway point for those who don't want to complete the entire 70km trek. If you plan to rent a bike, please bring 3,100 yen for the rental as credit cards are not accepted. To register, stop by Outdoor Recreation in the IronWorks South, bldg 1010. The \$40 transportation fee is due at sign-up. For more information, please call Outdoor Recreation at 253-3822.

Fishing at the MCAS Iwakuni Harbor

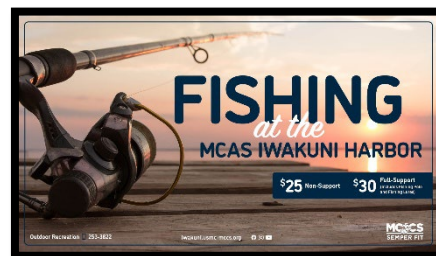
Sat, 10 Oct, 5:30 a.m. – 12:00 p.m.

Registration available from 10 Sep for active-duty/family members

25 Sep for civilians, JMSDF, and MLA/IHA

Whether you're looking for a relaxing day on the pier or trying to break your single-day catch record, Outdoor Recreation is ready to take you on this fishing expedition! Open to all base personnel ages 6 and older. The bus will depart from the IronWorks South gym. Patrons should bring their own food and drinks, and coolers will be provided to store food (coolers will remain on the bus and in the pavilion). No alcohol is permitted. Life jackets, which must be worn, will be provided. To register, call Outdoor Recreation at 253-3822 or visit them in the IronWorks South gym.

For complete details, visit: <https://iwakuni.usmc-mccs.org/activity/8923f005-0544-4522-be30-4f5c6be3bc79> or call Outdoor Recreation.



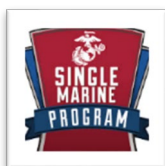
Mt. Daisen Hiking Trip

Sat, 24 Oct, 4:00 a.m. – 10:00 p.m.

Registration open 24 Sep for active-duty/family members

9 Oct for U.S. civilians, JMSDF and MLA/IHA

Mount Daisen, a dormant stratovolcano in Tottori Prefecture, is the highest mountain in the Chugoku region with an elevation of 1,729 meters. The hiking route will take you through one of the largest beech forests in western Japan to the mountain's summit, where magnificent views overlook the Sea of Japan. The bus departs from in front of the Outdoor Recreation office at IronWorks North at 4:00 a.m. and will return around 10:00 p.m. For more information, please call Outdoor Recreation at 253-3822 or stop by their office to register.



Single Marine Program

Visit your SMP at:
Hornet's Nest, bldg 1347
253-5368/3585

The Single Marine Program functions to support single and unaccompanied service members' leisure interests and quality of life concerns, and serves as their voice in identifying concerns, developing initiatives, and providing recommendations through advocacy, recreational activities, special events, and community involvement.

SMP On-Base Cleanup

Tue, 1 Sep, 8:00 – 11:00 a.m.

Registration open 17 – 31 Aug or until full (30 spots available)

Join the SMP for a base-wide cleanup. Pick up trash in designated areas around the base to help our community look better and receive a letter of appreciation. Open to single & unaccompanied servicemembers only. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/660d9329-ad5e-4008-ba87-368b1a945f06>.

SMP Universal Studios Japan Trip

Sat, 5 Sep, 4:00 a.m. – 11:59 p.m.

Registration open 12:00 p.m., 17 Aug – 8:00 a.m., 31 Aug or until full

Join the SMP on a trip to Osaka to enjoy an exciting day at Universal Studios Japan! Experience thrills with rides like Attack on Titan and Demon Slayer and experience the magic of the Wizarding World of Harry Potter! Participants should bring yen for various activities. 36 spots are available. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/d2d123d8-8d01-4d39-9750-222be23e83a8>.



SMP Yuu Beach Cleanup

Tue, 15 Sep, 8:00 – 11:00 a.m.

Registration open from 31 Aug – 14 Sep or until full

Join this community relations event and clean up Yuu Beach in Iwakuni! Participants will receive volunteer hours for their time while helping the air station maintain its relations with the local community and keep the area looking beautiful. 36 spots are available. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/09b9bf0a-4f64-4ebf-94cd-ed36564d21d1>.

Youth Sports

Youth Fitness Classes – August

11 – 31 Aug, IronWorks Atago

Youth fitness classes are available for participants aged 18 months – 18 years old! Classes are limited to 10 participants due to space and instructor availability, and participants may sign up for one class only in order to accommodate as many patrons as possible. Families with multiple children wishing to participate are welcome to try registering all of them in the age and level appropriate class, but only one class per child. All classes begin with warm-up and stretching, followed by a time to learn and practice new movement patterns, and ending with strength work and a cool-down session. All classes are 1 hour in length with the exception of advanced classes, which are 90 minutes long. For complete information including



preferred attire, class schedules, and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/d94dbf37-54a9-4515-8e67-4c85a1d86615>.



Youth Sports Soccer Season

Mon, 24 Aug – Fri, 16 Oct, Penny Lake Fields

Registration open until 5:00 p.m., 21 Aug

The Youth Sports Soccer Season is open to athletes ages 3-15, offering opportunities to build technical skills, enhance social development, and promote an active lifestyle. Teams practice twice weekly for 1 hour. Tickets are going fast, so register today at: <https://iwakuni.usmc-mccs.org/activity/b63758bc-da79-4971-b21b-7095e890b7d1>. If tickets are sold out, contact Youth Sports at ombiwakuni.youthsports@usmc-mccs.org to be put on the waitlist.

Marine & Family Programs

Behavioral Health

Seven Principles Couples Program: Week 1

Fri, 4 Sep, 11:00 a.m. – 12:30 p.m., bldg 411, rm 216

Looking to strengthen your relationship? The Seven Principles Couples Program is an eight-week, evidence-based series designed to help couples build a deeper connection, improve communication, and create lasting trust. Through engaging discussions and practical exercises, you'll gain research-backed tools to strengthen emotional intimacy, navigate conflict with confidence, and work together to overcome everyday relationship challenges. Throughout the program, you'll learn effective communication and problem-solving strategies, recognize and replace destructive relationship patterns, and create shared goals that foster a stronger, healthier partnership. Whether you've been together for a few years or many, each session provides practical skills you can begin using right away to help your relationship grow and thrive. For more information, please contact Behavioral Health at 253-4526 or email them at: behavioral_health_iwakuni@usmc.mil.



Week 1: The Science Behind Healthy Relationships

Kick off the series by exploring what decades of relationship research reveal about lasting, healthy marriages. Discover the habits that strengthen relationships, identify common patterns that can lead to conflict, and begin building a solid foundation for the weeks ahead.

Family Care



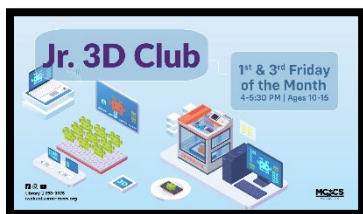
Autism Spectrum Disorder (ASD) Parenting Forum

Thu, 27 Aug, 1:30 – 2:30 p.m., USO, bldg 727 2nd fl

Join us for the monthly parent forum designed to connect SOFA-status residents supporting children and families with ASD and AuDHD. This welcoming space offers an opportunity to share questions, experiences, and insights around the unique challenges and joys of neurodiverse parenting. Parents are invited to help shape the future of this group by establishing a recurring day, time, and location for ongoing meetups. Topics for future sessions will be parent-driven, with an emphasis on acceptance, flexibility, and

education to help families navigate common challenges together. Come connect, be heard, and help build a supportive community.

Personal & Professional Development



Jr. 3D Club

Fri, 21 Aug, 4:00 – 5:30 p.m., Library

Fri, 4 Sep, 4:00 – 5:30 p.m., Library

The Jr. 3D Club allows patrons ages 10 – 15 to enjoy beginner-level 3D modeling, design challenges, slicing data, 3D printing, and freestyle design time. The club meets on the first and third Friday of each month in the Library. Makerspace and internet agreements must be on file before program participation. Participation is limited to five patrons. For terms of participation

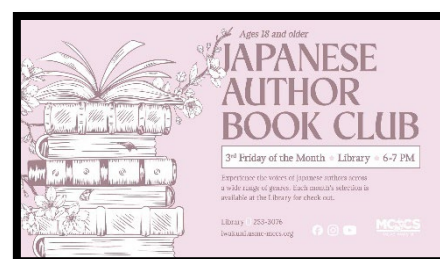
and registration information, please visit: <https://iwakuni.usmc-mccs.org/activity/0a01fb9c-fc5b-4dd5-ac2b-fd78232ed0f1>.

Japanese Author Book Club

Fri, 21 Aug, 6:00 – 7:00 p.m., Library

Fri, 18 Sep, 6:00 – 7:00 p.m., Library

Whether you're a long-time reader of Japanese authors or just beginning your journey, this book club offers a unique opportunity to explore renowned translated works. Step into the world of Japanese literature! Join us each month as we explore books by Japanese authors across a wide range of genres. Each month, we will pick a new book and then come together to discuss it, creating lively conversations in a welcoming space for readers of all backgrounds. Genres will vary, so every meeting brings a fresh literary experience. Please be sure to read the selected book before attending. Books are available at the library. Please stop by to check out your copy today! To register, please visit: <https://iwakuni.usmc-mccs.org/activity/101924bb-aad5-412b-b4fc-130e38c3d2a8>.



Transition Readiness Seminar (TRS) Core Curriculum – 3-Day Course

Mon, 24 Aug – Wed, 26 Aug, 8:00 a.m. – 4:00 p.m. daily, bldg 411, rm110

The TRS Core Curriculum prepares participants for the transition process through three mandatory training days: DoD Transition Day, VA Benefits and Services, and Employment Fundamentals of Career Transition. Each day will provide information and resources to support the transition to civilian life in areas including financial planning, VA Benefits, and navigating civilian employment. Please be aware that classes subject to change or cancellation without notice. Pre-registration is required for all seminars and workshops, so contact the Transition Readiness Program by calling 253-6439, emailing ombiwakuni.transitionreadiness@usmc-mccs.org or visiting them in bldg 411, rm 110.

LifeSkills: Pre-Marital Workshop

Tue, 25 Aug, 8:00 a.m. – 12:00 p.m., bldg 625

If you are planning on getting married in the near future, join this one-stop shop to learn how to complete the necessary military requirements for marriage and to gain the tools for a healthy, successful marriage. To signup, please call 253-3542, email: ombiwakunji.mcftb@usmc-mccs.org, or visit Marine & Family Programs in rm 101, bldg 411. Registration is open until 12:00 p.m., 24 Aug.



Memories in the Making (Junk Journaling)

Tue, 25 Aug, 2:00 – 4:00 p.m., bldg 625

Gather up those ticket stubs, souvenirs, and little mementos from your time in Japan (we all have them), they deserve more than a pile on the counter! Join EFMP for a relaxed, creative session where you can turn those memories into a personalized journal or scrapbook while clearing out a bit of clutter. Free scrapbooks, adhesives, and all necessary art supplies will be provided to help you create a keepsake album to treasure. Light snacks will also be available while supplies last. Participants are encouraged to bring any photos or mementos they'd like to include, as long as they fit into a scrapbook. Open to all ages. No registration required. Children are welcome but must be accompanied by a parent or responsible adult.

Create a Resume

Wed, 26 Aug, 8:00 a.m. – 12:00 p.m., bldg 411, rm 121

Take the next step toward your career goals by learning how to create a strong, professional resume. This hands-on workshop will provide the guidance, resources, and dedicated time to help you develop both a master resume and a targeted resume tailored to specific job opportunities. Whether you're entering the workforce, changing careers, or simply updating your resume, you'll leave with practical tools and a solid foundation for future job applications. Registration is recommended, but walk-ins are welcome. To register, please [send an email](#) with your name, email address, phone number and the desired class date & title.



Sewing Club

Wed, 26 Aug, 1:00 – 3:00 p.m., Library

Join us to learn beginner basics, including an introduction to sewing machines, basic stitches, practicing sewing straight lines, and seam allowances. Interested patrons can bring their own projects to work on. No registration is required. Please contact the Library at 253-3078 for more information.



Sponsorship Training

Wed, 26 Aug, 10:00 – 11:30 a.m., bldg 411, rm 104

Wed, 16 Sep, 10:00 – 11:30 a.m., bldg 411, rm 104

A good sponsor can be the difference between a smooth or disastrous PCS move. Combine the tools and resources you gain in this seminar with your own experiences moving overseas and be an effective sponsor for active-duty service members or incoming civilian personnel. This class is mandatory for all uniformed sponsors.

Employment Track: Department of Labor Employment Workshop

Thu, 27 Aug – Fri, 28 Aug, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

Join the Department of Labor Employment Workshop and get a comprehensive view covering best practices in career employment, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment. Classes subject to change or cancellation without notice. Pre-registration is required for all appointments, seminars and workshops, Please call 253-6439 or visit bldg 411, rm 110 to register.

Education Track: Managing Your Education 2-Day Course

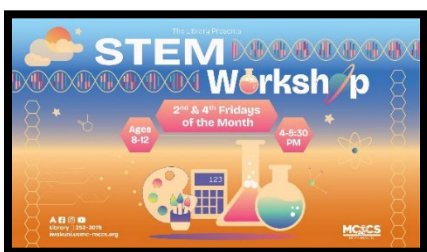
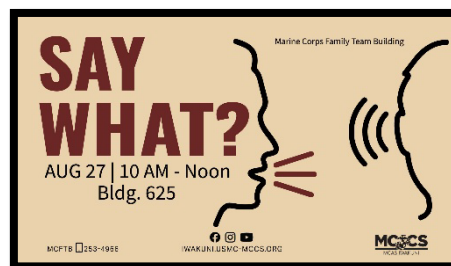
Thu, 27 Aug – Fri, 28 Aug, 8:00 a.m. – 4:00 p.m., bldg 410, rm 110

Come and learn about choosing a field of study, selecting an institution, gaining admission, and funding your education. This two-day workshop is part of the Transition Readiness Program (TRP) and is designed for anyone pursuing an undergraduate or graduate degree. Classes subject to change or cancellation without notice. Pre-registration is required for all appointments, seminars and workshops, Please call 253-6439 or visit bldg 411, rm 110 to register.

LifeSkills: Say What?

Thu, 27 Aug, 10:00 a.m. – 12:00 p.m., bldg 625

The purpose of this class is to educate individuals on how to more effectively communicate in their personal and professional lives. Instruction will address the power and benefits of listening, active listening techniques, having more effective conversations, and etiquette for communicating via email and telephone. To signup, please call 253-3542, email: ombiwakuni.mcftb@usmc-mccs.org, or visit MCFTB in bldg 411, rm 101.



STEM Workshop

Fri, 28 Aug, 4:30 – 5:30 p.m., Library

Fri, 11 Sep, 4:30 – 5:30 p.m., Library

The STEM Workshop is a program where library patrons can gather to create, invent, tinker, explore, and discover new things using various Makerspace equipment and craft materials. The program mainly focuses on STEM/STEAM activities, often with crafty elements. What is STEM/STEAM? Science, Technology, Engineering, Arts, and

Mathematics! This program is for patrons aged 8 – 12 and is limited to 15 participants. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/b299ef78-fffc-4260-9db9-678c9fbd7efd>.

Understanding Your GI Bill Benefits

Mon, 31 Aug, 1:00 – 2:30 p.m., bldg 411, rm 117

The GI Bill-focused brief will help explain the differences between the Montgomery GI Bill (Ch 30) and the Post 9/11 GI Bill (Ch 33). Explore the VA website and GI Bill comparison tool to understand how to use these benefits and to get the most out of them. Bring your questions and get answers from our Education Advisor! Registration not required but is preferred. To register, please call 253-3855, email OMBiwakuni.educationoffice@umc-mccs.org, or visit the Education Office in bldg 411.

Personal Readiness Seminar

Tue, 1 Sep, 8:00 a.m. – 4:00 p.m., bldg 411

Tue, 15 Sep, 8:00 a.m. – 4:00 p.m., bldg 411

Build the knowledge and skills you need to navigate key milestones throughout your Marine Corps journey. The Personal Readiness Seminar provides practical tools and resources to help you strengthen your financial readiness, make informed decisions, and prepare for the challenges and opportunities ahead. Learn how financial readiness connects to overall wellness, discover resources you can use throughout the Marine Life Cycle, and gain the confidence to make choices that support your personal and professional goals. Come prepared for what's next and leave with tools you can use throughout your Marine Corps journey. For more information, please contact Marine & Family Programs at 253-3855 or email them at: ombiwakuni.personalfinancialmanagement@usmc-mccs.org.



Interview Skills

Wed, 2 Sep, 9:30 – 11:30 a.m., bldg 411, rm 117

Prepare for your next job interview with confidence! This workshop will help you understand what to expect during the interview process, develop effective strategies for answering common interview questions, and learn professional follow-up techniques that leave a lasting impression. Whether you're interviewing for your first job or looking to sharpen your skills, you'll gain practical tips and confidence to help you put your best foot forward.

Registration is recommended, but walk-ins are welcome. To register, please [send an email](#) with your name, email address, phone number and desired class title and date.

Survival Japanese Class

Tue, 9 Sep – Fri, 11 Sep, 5:00 – 6:00 p.m., bldg 411

Receive a 4-day crash course on Japanese and learn how to communicate in simple Japanese phrases. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/bca63b45-2fd4-4b8d-8ed3-fb2e4784ae26>.



Job Fair Strategies

Wed, 9 Sep, 9:30 – 11:30 a.m., bldg 411

Make your next job fair count! Join this 2-hour workshop and learn how to confidently connect with employers, make a strong first impression, and take advantage of the opportunities available at a job fair. Through practical information and interactive activities, you'll learn how to prepare before the event, communicate effectively with employers, and make meaningful connections that can advance your job search. For more information, please contact Personal & Professional Development at 253-7106 or email at: ombiwakunipersonalandprofessionaldevelopment@usmc-mccs.org.



Command Team Advisor/Family Readiness Assistant Training

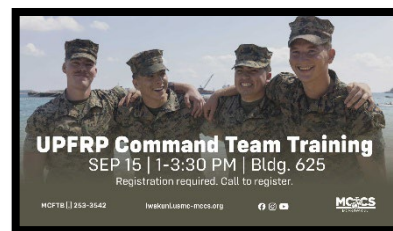
Wed, 9 Sep, 1:00 – 3:00 p.m., bldg 625

Understand the roles, responsibilities, and operating components within the UPRP. This is mandatory training for all command team advisors and family readiness assistants per MCO 1754.9B. To register, please call 253-3542, send an email to: ombiwakuni.mcfbtb@usmc-mccs.org, or visit Marine & Family Programs in bldg 411, rm 101. Registration is open until 12:00 p.m., 10 Sep.

UPFRP Command Team Training

Tue, 15 Sep, 1:00 – 3:30 p.m., bldg 625

Understand the roles, responsibilities, and operating components within the Unit, Personal and Family Readiness Program (UPFRP). This is mandatory training for all UPFRP command team members per MCO 1754.9B. To register, please call 253-3542, send an email to ombiwakuni.mcftb@usmc-mccs.org, or visit Marine & Family Programs in bldg 411, rm 101. Registration is open until 12:00 p.m., 15 Sep.



L.I.N.K.S. Foundations Workshop – 2 Half-Day Workshop

8:30 a.m. – 12:30 p.m., 17 – 18 Sep, bldg 625

This 2-half-day workshop is a fun and interactive way to learn more about the military lifestyle, the base, and life in Japan. Experienced L.I.N.K.S. Mentors will share their experiences and provide helpful tips on meeting the unique challenges military spouses face as a result of the mobile military lifestyle. To register, please call MCFTB at 253-3542, visit them in bldg 411, rm 101, or email them at: OMBiwakuni.mcftb@usmc-mccs.org. Registration is open until 12:00 p.m., 16 Sep.

Business/Retail & Services/Special Events

Lalaport Shopping Mall & Marine World Aquarium Trip

Sat, 22 Aug, 7:00 a.m. – 9:00 p.m.

Take a trip to LaLaport Shopping Mall in Fukuoka Prefecture and enjoy lunch and shopping! Explore the LEGO Store, Jump Shop anime store, MUJI, ABC Mart, Starbucks Coffee, McDonald's, KFC, Gundam Park and much more among the many shops and attractions in the area. After that, head to the Marine World Aquarium in Fukuoka where you can enjoy the largest aquarium in the Kyushu area, exhibiting about 350 kinds of creatures that live in the waters around Kyushu. You can even see a breathtaking show in the pool overlooking Hakata Bay. For a complete itinerary, please visit: <https://iwakuni.usmc-mccs.org/activity/01baa83f-7190-4e0c-82ce-d166fee2badd> or stop by the IT&T Office in bldg 410 (Crossroads) to sign up!



Almost Scratch Singles League

Wed, 26 Aug, 6:45 – 11:00 p.m., Strike Zone Bowling Center

Take your game to the next level in the Almost Scratch Singles League. Designed for bowlers looking to challenge their skills, this 8-week league offers exciting weekly competition in a fun and welcoming environment. Bowl three games each week on a rotating challenge or sport oil pattern that keeps every session fresh and tests your abilities. The league features a handicap format, making it competitive for a variety of skill levels, with prizes awarded at the conclusion of the season. For more information on the league, please visit: <https://iwakuni.usmc-mccs.org/activity/0cf143ac-9259-4ed8-95e3-ef049450d8ba> or call the Strike Zone Bowling Center at 253-3495.



MCX End of Summer Clearance Sale

Fri, 28 Aug – Sat, 29 Aug, 11:00 a.m. – 6:00 p.m., Between MCX and Crossroads Food Court

The MCX is having an End-of-Summer Clearance Sale! For two days only, the MCX will have clearance items just outside of the MCX, between the MCX and Crossroads Food Court. Don't miss out on these hot deals!

Manager's Specials

- Save an Extra 40% Off All Clearance Merchandise

Additional Promotion

- 10% Off Small Appliances & Electronics

All Clearance Items Ending in .94 Have Been Reduced To One of Our Dollar Racks!

- \$1 Rack

- \$2 Rack
- \$3 Rack

An Evening with Dassai

Fri, 28 Aug, 5:30 – 8:00 p.m., Club Iwakuni, Talbot's

Experience the tradition and craftsmanship of one of Japan's most celebrated sake brands at An Evening with Dassai. Enjoy a guided tasting of five premium Dassai sake selections, expertly paired with food as you discover the unique flavors and story behind this renowned Japanese sake. Whether you're a longtime sake enthusiast or simply curious to learn more, this special evening offers an opportunity to explore Dassai through guided tasting, food pairings, and an appreciation of Japanese craftsmanship. **Limited tickets available. Tickets are first-come, first-served and must be purchased at the Club Iwakuni Cash Cage. Dassai bottles will also be available for purchase at the event.**



Japanese Pear Picking & Tsuwano Sightseeing Trip

Sat, 29 Aug, 8:30 a.m. – 7:00 p.m.

Enjoy pear picking! All you can eat while you are at the farm. After that, IT&T will take you to Tsuwano town. In the town center, old samurai mansions with white earthen walls, dark red roof tiles, and wooden grating windows line the streets, portraying scenes reminiscent of past centuries. Tsuwano is also home to the Taikodani Inari Shrine, one of the five greatest Inari Shrines. For complete trip details, please visit:

<https://iwakuni.usmc-mccs.org/activity/bb4b33b1-a39c-47d4-812e-5b6492d75791>

or stop by the IT&T office in the Crossroads, bldg 410 to sign up.

Disney on Ice & Free Time in Hiroshima

Sat, 5 Sep, 7:30 a.m. – 6:00 p.m.

This year's production, "Let's Party!" features world-class skaters bringing classic Disney tales to life. Mickey Mouse DJs, remixing Disney hits, while beloved characters bring the arena to life. This year is Japan Tour 40th anniversary! Don't miss special performances such as The Little Mermaid, The Lion King, and Frozen II, plus an appearance by Stitch. The show starts at 10 AM at Hiroshima Green Arena and is performed only in Japanese. Photos and video recording are allowed during the show; however, no outside food or drinks are allowed (small snack vendors are located in the arena). All of our seats are "S" section reserved seats. After the show, please enjoy some free time in downtown Hiroshima! For complete trip details, please visit:

<https://iwakuni.usmc-mccs.org/activity/1b5bfe0-3f9a-4341-844f-aca27d601e17> or stop by the IT&T office in the Crossroads, bldg 410 to sign up.



Fukuoka Baseball Game

Sat, 12 Sep, 7:00 a.m. – 10:30 p.m.

Take me out to the ball game with IT&T! Watch a professional baseball game as the Chiba Lotte Marines visit the Fukuoka Softbank Hawks at the Mizuho PayPay Dome Fukuoka. This tour price includes a bus seat and an infield reserved seat, "A" third base side ticket. The game will start at 2:00 p.m. Enjoy your free time until the game starts. There are numerous amusement facilities near the ballpark, including a huge shopping mall, "MARK IS," teamLab☆Forest, an MLB café, Superb Attraction, and more! For

complete trip details, please visit: <https://iwakuni.usmc-mccs.org/activity/840bde3c-1025-4b1f-86fe-88c3ced72766> or stop by the IT&T Office in the Crossroads (bldg 410) to sign up for this trip.

Dassai Brewery Tour

Sat, 12 Sep, 11:45 a.m. – 4:00 p.m.

Enjoy a guided tour with a Dassai artisan and see the sake making process up close. The brewery tour takes 1 hour, after which you can enjoy an optional sake tasting for ¥500 per shot and shopping in the store at the location. The cost for the tour is \$20 plus a tour fee of 1,000 yen which is paid in cash upon arrival. To sign up, please visit the IT&T Office in bldg 410 (Crossroads).



Apple Picking & Hofu Tenmangu Shrine Trip

Sat, 19 Sep, 7:00 a.m. – 5:00 p.m.

Join IT&T as they visit an apple farm in Yamaguchi and enjoy all you can eat apple picking. There is an extra charge for taking apples home, so please bring Yen. After picking apples, the group will visit Hofu Tenmangu Shrine. For complete trip details, please visit: <https://iwakuni.usmc-mccs.org/activity/25fab5c9-7380-456a-b317-ad3aaef1439e> or stop by the IT&T office in the Crossroads (bldg 410) to sign up.

IKEA Shopping in Fukuoka

Sat, 26 Sep, 7:00 a.m. – 7:30 p.m.

Enjoy shopping at the world-famous furniture store IKEA! You will find tons of good quality products with tasteful designs and reasonable prices! Also, there are a lot of stores nearby including Starbucks Coffee, CoCo Curry, UNIQLO, and more. We will prepare a 2-ton truck from IKEA to bldg 410 to supplement the tour bus trunk room. It is the customer's responsibility to take their purchases home after arriving at bldg 410. Storage room is NOT available at the IT&T office. For complete information, please visit: <https://iwakuni.usmc-mccs.org/activity/15351f9e-1485-4496-a1c0-677a3800a7ec> or stop by the IT&T office in bldg 410 to sign up.



Alphabetical list of events for period 21 – 27 August 2026

Event	Date	Link
Almost Scratch Singles League	26 Aug	https://iwakuni.usmc-mccs.org/activity/0cf143ac-9259-4ed8-95e3-ef049450d8ba
Anger Got You Down? Cool Down With Us	Thu, 27 Aug	https://iwakuni.usmc-mccs.org/activity/1abef525-40b3-4f15-8934-4cc53093d331
Autism Spectrum Disorder (ASD) Parenting Forum	Thu, 27 Aug	https://iwakuni.usmc-mccs.org/activity/6493127d-7f89-4721-bfcb-cdf12e18dc3c
Baby Lapsit	Mondays	https://iwakuni.usmc-mccs.org/activity/c6ae4fba-fab9-4abc-b1ba-8ca74c8ffd88
Book Bingo	1 Mar – 31 Dec	https://iwakuni.usmc-mccs.org/activity/0baef327-8f6a-42e1-9b1e-3efb1a6d1665
Catfish Platter Friday	Fridays	https://iwakuni.usmc-mccs.org/activity/6ff2d7b8-e3b8-433c-8911-ecb1b2361b50
College 101/TA Orientation Brief	Tue, 25 Aug	https://iwakuni.usmc-mccs.org/activity/5b7e40d7-758b-4673-b645-bd65c88ab4a2
	Wed, 26 Aug	https://iwakuni.usmc-mccs.org/activity/e43ac52a-ef7d-4e87-b168-643431cbd3d2
Create a Resume	Wed, 26 Aug	https://iwakuni.usmc-mccs.org/activity/e2483706-a75c-4d75-af05-c64e087ab493
Employment Workshop 2-Day Course	27-28 Aug	https://iwakuni.usmc-mccs.org/activity/66e20359-6743-4474-99f9-5053b314d822
Food Trucks	Various	https://iwakuni.usmc-mccs.org/activity/6de35082-9814-461f-a734-9adcf69bcb9e
Free Movie Mondays – Planet of the Apes (2001)	Mon, 24 Aug	https://iwakuni.usmc-mccs.org/activity/12b5de15-6743-4312-b553-5af62365c41a
From Stress to Strength: Warrior Maintenance	Mondays	https://iwakuni.usmc-mccs.org/activity/5ace3392-e79d-43fe-a10a-e5ae49b1c6eb
Glutes & Abs – August	Wednesdays	https://iwakuni.usmc-mccs.org/activity/d35c60c6-075f-4aa5-b9b9-68447a8de622
Hatha Yoga	Mon & Thu	https://iwakuni.usmc-mccs.org/activity/b5215d1b-b149-40e3-b1ce-cc5155033e6d
Japanese Author Book Club	Fri, 21 Aug	https://iwakuni.usmc-mccs.org/activity/101924bb-aad5-412b-b4fc-130e38c3d2a8
Jr. 3D Club	Fri, 21 Aug	https://iwakuni.usmc-mccs.org/activity/0a01fb9c-fc5b-4dd5-ac2b-fd78232ed0f1
Judo – August	Mon & Wed	https://iwakuni.usmc-mccs.org/activity/2a493915-d793-4e0b-8d2b-3c60a69195ab
Lalaport Shopping Mall & Marine World Trip	Sat, 22 Aug	https://iwakuni.usmc-mccs.org/activity/01baa83f-7190-4e0c-82ee-d166fee2badd
Managing Your Education 2-Day Course	27 – 28 Aug	https://iwakuni.usmc-mccs.org/activity/0e0615a4-aa02-4ea8-9320-90044caf9f57
Memories in the Making (Junk Journaling)	Tue, 25 Aug	https://iwakuni.usmc-mccs.org/activity/c91c994d-1e6b-4a22-bf09-eebce2234173
Military Readers are Leaders	1 – 31 Aug	https://iwakuni.usmc-mccs.org/activity/aa55a56d-e75c-4666-bfba-5842e7eabfdc
Mixxedfit	Various	https://iwakuni.usmc-mccs.org/activity/251d73fb-d12f-4f64-b6cb-973e0fa54558
Mongolian Night	Wednesdays	https://iwakuni.usmc-mccs.org/activity/8225fb42-98ba-4059-ac6d-40c31b0cae3f
Nutrition & Weight Management Brief	Thu, 27 Aug	https://iwakuni.usmc-mccs.org/activity/5c326614-3834-4eb8-b1ee-1fa5a584657
Penny a Pin	Mondays	https://iwakuni.usmc-mccs.org/activity/1fb02bc6-84ed-421a-8df9-f33708defd30
Postpartum Recovery Yoga	Wednesdays	https://iwakuni.usmc-mccs.org/activity/ec5dce22-d969-41c1-a192-8697629422a8



Weekly Newsletter

21 August 2026

Power Pump	Mondays	https://iwakuni.usmc-mccs.org/activity/6e13ca67-433f-4e22-a308-f5bf4d66d40a
Pre-K Time	Wednesdays	https://iwakuni.usmc-mccs.org/activity/fa224e03-cf76-4b76-8f87-ed12a7e47bf8
Pre-Marital Workshop	Tue, 25 Aug	https://iwakuni.usmc-mccs.org/activity/471d7d24-43a8-4937-ab57-3a5f4debe17c
Prenatal/Yoga for Adults, Moms, and Little Ones	Tue & Thu	https://iwakuni.usmc-mccs.org/activity/f0bc501c-dcb1-4f21-a93b-229718845400
Prime Rib Special at Tun Alley	Thursdays	https://iwakuni.usmc-mccs.org/activity/4dbd9279-0c3d-411a-a988-6d86d946f902
Say What?	Thu, 27 Aug	https://iwakuni.usmc-mccs.org/activity/9b2a729e-f2d3-4ecd-84f0-a1dd6bc2bd88
Sewing Club	Wed, 26 Aug	https://iwakuni.usmc-mccs.org/activity/d23f7935-9672-4bfb-a0c1-dafe51d7b481
SMP Shimonoseki Aquarium Trip	Sat, 22 Aug	https://iwakuni.usmc-mccs.org/activity/a9c6f66b-fb67-496c-a8d8-db4447a7436c
Spin	Various	https://iwakuni.usmc-mccs.org/activity/da737ce3-24cb-408c-9f4d-8c49453ebdff
Sponsorship Training	Wed, 26 Aug	https://iwakuni.usmc-mccs.org/activity/46928e56-5125-4477-9e46-ef7e46b65be2
Teen Readers are Leaders	1 – 31 Aug	https://iwakuni.usmc-mccs.org/activity/5e9b8a7e-02a3-4c39-a24f-d9442548aace
Toddler Tuesdays	Tuesdays	https://iwakuni.usmc-mccs.org/activity/5b9d90dd-4a2d-4e45-9399-be895788e77c
Toddler/Wellness Yoga for Adults, Moms & Little Ones	Tuesdays	https://iwakuni.usmc-mccs.org/activity/f6bab5f-79e0-4a0f-9338-a4c1b0f3ef12
TRS Core Curriculum 3-Day Course	24 – 26 Aug	https://iwakuni.usmc-mccs.org/activity/6ab05226-cfb1-47c6-bb73-35e10d24b27b
Tsunami Swim Team (Fall '26 Season)	24 Aug-19 Nov	https://iwakuni.usmc-mccs.org/activity/07091c43-5f72-4f25-897b-9643d2b3134e
Welcome Aboard Brief	Mon, 24 Aug	https://iwakuni.usmc-mccs.org/activity/7908db1b-df54-4d66-9748-fcc0381d70fe
Youth Fitness Classes – August	11 – 31 Aug	https://iwakuni.usmc-mccs.org/activity/d94dbf37-54a9-4515-8e67-4c85a1d86615
Youth Sports Soccer Season	24 Aug-16 Oct	https://iwakuni.usmc-mccs.org/activity/b63758bc-da79-4971-b21b-7095e890b7d1
Zumba	Mondays	https://iwakuni.usmc-mccs.org/activity/f9d4757c-b7f1-472b-be7d-3582d9919960