

*Missing out on happenings in the community?*

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

*Items of Interest, 3 – 9 July 2026*

Sat, 4 Jul	6:00 a.m. – 10:10 p.m., SMP Fukuoka Day Trip (sold out) 5:00 – 5:30 p.m., Meet & Greet with We the Kings, Sakura Theater 6:00 p.m. – We the Kings concert, Sakura Theater 8:00 p.m. – Fireworks Display
Mon, 6 Jul	8:00 a.m. – 4:00 p.m., TRS Core Curriculum 3-Day Course (see page 8)
Tue, 7 Jul	8:00 – 11:00 a.m., SMP On-Base Cleanup (see page 6) 1:00 – 3:30 p.m., UPFRP: Command Team Training (see page 8)
Wed, 8 Jul	10:00 – 11:30 a.m., Sponsorship Training (see page 8) 1:00-3:00 p.m., Command Team Advisor/Family Readiness Assistant Training (see page 8)
Thu, 9 Jul	8:00 a.m. – 4:00 p.m., Managing Your Education 2-Day Course (see page 8) 8:00 a.m. – 4:00 p.m., Employment Workshop 2-Day Course (see page 8) 9:00 – 11:30 a.m., PCS with Success (see page 9) 1:30 – 2:30 p.m., EFMP Training: SSI & Medicaid (see page 8) 3:00 – 4:00 p.m., SMP Committee Meeting, Hornet’s Nest

**Sakura Theater Schedule**

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

***Minions & Monsters (PG-13)***

***Navy First Run Movie!***

***Fri, 3 Jul, 5:00 p.m. (Premiere!)***

***Sun, 5 Jul, 2:00 p.m.***

This is the rambunctious, ridiculous and totally true story of how the Minions conquered Hollywood, became movie stars, lost everything, unleashed monsters onto the world and then banded together to try and save the planet from the mayhem they had just created.



***Scary Movie (R)***

***Fri, 3 Jul, 8:00 p.m. (Premiere!)***

***Thu, 9 Jul, 7:00 p.m.***

Twenty-six years after outrunning a suspiciously familiar masked killer, Shorty, Ray, Cindy and Brenda find themselves targeted by another mad slasher.

***Young Washington (PG-13)***

***Sun, 5 Jul, 6:00 p.m. (Premiere!)***

Before he was the Father of a Nation, he was a soldier fighting to survive. A single misstep thrusts young George Washington into the center of a global conflict, testing his honor, loyalty, and courage. As alliances crumble and the frontier erupts into war, he must confront not only his enemies but the man he's becoming. This is the untold story of Young Washington.



***John Wick (R)***

***Mon, 6 Jul, 7:00 p.m.***

John Wick is a legendary hitman who is reluctantly drawn back into the criminal underworld after retiring.

***Puss in Boots: The Last Wish (PG)***

***(NDVD/NSSM – Free Admission)***

***Wed, 8 Jul, 3:00 p.m.***

Puss in Boots discovers that his passion for adventure has taken its toll when he learns that he has burnt through eight of his nine lives. Puss sets out on an epic journey to find the mythical Last Wish and restore his nine lives.



***Snow White (PG)***

***(NDVD/NSSM – Free Admission)***

***Thu, 9 Jul, 3:00 p.m.***

Fleeing from the Evil Queen, Snow White finds refuge with Dopey, Bashful, Grumpy, Sneezzy, Happy, Doc and Sleepy. When the palace guards embark on a mission to bring her back, a commoner and his group of woodland bandits band together to protect her.

## 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***

#### **Competitive Events**

##### Mt. Fuji International Marathon

Sun, 13 Dec, 12:00 a.m. – 11:59 p.m.

Registration is available from 10:00 a.m., 1 Jul – 31 Jul

Join Semper Fit Competitive Events for the annual off-base trip to participate in the Mt. Fuji International Marathon at Fujikawaguchiko in Yamanashi Prefecture on Sunday, December 14th. This will be a 2-night trip to the Mt. Fuji Area. Choose either a Full marathon (42.195km) or one lap around Lake





Youth Fitness Summer Camp

Mon, 20 Jul – Fri, 31 Jul, IronWorks Atago  
There are still some spaces left for the Youth Fitness Summer Camp in July! Kids will enjoy an action-packed blend of physical activity, skill-building, and classic summer camp excitement. It's more than just a camp – it's a full-body adventure where kids will grow stronger, more confident, and have a blast doing it! For complete class information and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/1ae36306-899b-44de-92e3-9809c108a473>, but don't delay, only a few spaces are left!



**Intramural Sports**

Intramural Sports Softball Season

Mon, 27 Jul – Wed, 19 Aug, Penny Lake Fields 1 and 2  
Registration ends 14 Jul  
Get ready for the Intramural Sports softball season! Games will be held on Mondays and Wednesdays from 5:30 – 8:00 p.m. This tournament is open to all SOFA personnel aged 16 and older, JMSDF, and IHA/MLC employees. Each team must consist of a minimum of 10 players. Team captains will register their team online at: <https://iwakuni.usmc-mccs.org/activity/cadd6d37-d68c-4d6f-9a64-3324853d8913>. Rules and regulations will be distributed prior to the event. For more information, please contact Intramural Sports at 253-3067.



U.S. – Japan Softball Tournament

Sat, 1 Aug, 9:00 a.m. – 8:00 p.m., Kizuna Stadium  
Registration open through 11:59 p.m., 27 Jul  
Join Intramural Sports for the U.S.-Japan Softball Tournament. The tournament is open to all SOFA personnel ages 6 and up, JMSDF, and IHA/MLC employees. Teams must consist of at least 8 players with a maximum of 15 players on the roster. Captains will register their team online and submit team rosters to: [OMBIwakuni.IntramuralSports@usmc-mccs.org](mailto:OMBIwakuni.IntramuralSports@usmc-mccs.org). The tournament will be round robin, followed by single elimination, and the champions will win individual prizes. First and second-place teams will receive medals. The first-place team will also receive a trophy. For complete information, please visit: <https://iwakuni.usmc-mccs.org/activity/525d14e2-0a4a-4a52-9bee-7e429bae7249>.

U.S. – Japan Volleyball Tournament

Sat, 8 Aug, 10:00 a.m. – 8:00 p.m., Atago Sports Complex  
Registration open thru 11:59, 25 Jul  
Join Intramural Sports for the U.S.-Japan Volleyball Tournament! This single-elimination tournament is open to active-duty, SOFA, JMSDF, and IHA/MLC personnel aged 16 and older from the air station and its surrounding local areas. For complete tournament information and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/8764e97c-6b77-4498-93ae-7d92a90984ef>.



Intramural Sports Kickball Tournament

Sat, 15 Aug, 10:00 a.m. – 4:00 p.m., Penny Lake Fields  
Registration open 12:00 p.m., 1 Jul – 11:59 p.m., 1 Aug  
Get your kicks and show off your skills during the Intramural Sports Kickball Tournament! This tournament is open to all SOFA personnel aged 16 and older, JMSDF, and IHA/MLC employees. Teams must consist of at least 10

players, and team captains will complete the online registration. This event is Commander's Cup points eligible. — each team registered as competing for Commander's Cup points must be at least 80% active duty from the same unit and no more than 20% civilian personnel, and must be approved by the unit CO. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/cef4fcf5-cab7-4a09-8cbf-cb282c84ee69> or call Intramural Sports at 253-3067 for more information.

### Outdoor Recreation

#### Sunset Paddle at Nishiki River

Fri, 10 Jul, 4:45 – 7:15 p.m.

Registration open:

10 Jun – 9 Jul (active duty and family)

25 Jun-9 Jul (SOFA civilians, JMSDF, and MLC/IHA employees)

Enjoy paddling on the Nishiki River and see the sunset view from the riverside. The trip departs Outdoor Recreation at 4:45 p.m., and the paddling starts at 5:00 p.m. with your chosen paddleboard, canoe, or kayak until sunset. Come to Outdoor Recreation before departure time on the day of the trip so we can prepare your vessel and make it ready to paddle! Open to patrons aged 12 and older.

#### The \$10 fee includes:

- Transportation
- Rental paddleboard, canoe, or kayak\*
- Paddling gear.

\*After registering for this trip, send us an email at [OMBIwakuni.OutdoorRecreation@usmc-mccs.org](mailto:OMBIwakuni.OutdoorRecreation@usmc-mccs.org) to select which vessel you would like to rent. You can choose from:

- **Kayak:** Solo or Tandem
- **Canoe:** Solo or Tandem
- **Paddleboard**

For more information, please call Outdoor Recreation at 253-3822



#### Mt Fuji Trip #1

4:00 p.m., Thu, 16 Jul – 10:00 p.m., Mon, 20 Jul

Registration

Active duty and family 18 May

SOFA, JMSDF & MLC/IHA 1 Jun

Outdoor Recreation is offering three trips to Mt. Fuji. Each 5-day trip features 1 day to climb Mt. Fuji and free time in Tokyo.

- 1st trip: 16 – 20 Jul
- 2nd trip: 30 Jul – 3 Aug
- 3rd trip: 20 – 24 Aug

These trips are open to all base personnel aged 10 years and older and are limited to 35 participants per trip. Cost is \$200 + New Sanno Hotel cost (varies by rank). Trip costs must be paid in full upon registration. For complete trip information to include an itinerary and hotel rates, contact Outdoor Recreation at 253-3482/3822, by email at: [ombiwakuni.outdoorrecreation@usmc-mccs.org](mailto:ombiwakuni.outdoorrecreation@usmc-mccs.org) or visit them in the IronWorks Main Gym.



#### Archery Tag Tournament: Last Team Standing

Sat, 1 Aug, 11:00 a.m. – 3:00 p.m., Penny Lake Fields

Registration open 8:00 a.m., 1 Jul – 4:00 p.m., 29 Jul

Join us for the Archery Tag Tournament: Last Team Standing, a high-energy, team-based competition combining elements of dodgeball and archery using safe, foam-tipped arrows. Teams will compete in a bracket-style tournament where strategy, communication, and accuracy determine who will be the last team standing. Matches will be fast paced, ensuring continuous action throughout the event. For complete tournament details,

please visit: <https://iwakuni.usmc-mccs.org/activity/68510e18-adfc-4e13-ac39-29e40c055d77> or contact Intramural Sports at 253-7332.



### ***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, 7 Jul, 8:00 – 11:00 a.m.

Registration open 22 Jun – 6 Jul 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/42469f92-426a-4545-bbba-407b10cf50fd>.

#### SMP – PLAT ABC Summer Festival

Sat, 11 Jul, 12:30 – 4:00 p.m., Hornet's Nest

Registration available from 6 – 10 Jul or until full

SMP is looking for enthusiastic volunteers to engage with the local PLAT ABC to celebrate their summer festival event. Activities will include board games, food/drink (tea, coffee, nonalcoholic beverages), and conversations with local nationals in English and Japanese. Participants will meet at the Hornet's Nest. This volunteer opportunity does not qualify for volunteer hours. For more information and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/9be3cdcb-3e33-439e-97b9-2e35ece2bf80>.

#### SMP Nagato Whale Festival

Sun, 19 Jul, 5:30 a.m. – 5:00 p.m.

Registration available 22 Jun – 6 Jul or until full.

Join the SMP for the Whale Festival in Nagato City, where volunteers will participate in a boat race and observe a whale hunting demonstration with local Japanese participants. 24 spots are available. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/e889b9ac-dd84-4c33-846d-e1dd39ae8c22>.



#### SMP Hiroshima Aeon Mall Trip

Sat, 1 Aug, 9:30 a.m. – 5:30 p.m.

Registration opens at 12:00 p.m., 20 Jul thru 8:00 a.m., 27 Jul or until full

30 spots available

Join the SMP on a trip to the Hiroshima Aeon Mall. While you shop, enjoy a delicious meal at one of the many restaurants, and play fun games at the arcade. Participants should bring additional yen for food and shopping. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/117cacdb-45f8-4894-a0d3-479047003589>.

### **Youth Sports**

#### Youth Sports Summer Soccer Camp

21 – 25 July, 9:00 a.m. – 12:00 p.m., Atago Sports Complex Gogo Fields

Registration open thru 12:00 p.m., 10 Jul

Youth Sports Summer Soccer Camp is available for athletes ages 7-18 to build technical skills, enhance social development, and promote an active lifestyle. Participants will receive 3 hours of age-appropriate soccer instruction from the So.Cal Eagles for 5 days from 21 - 25 Jul at the Atago Sports Complex Gogo Fields. For more information and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/c8b07134-0406-4e5b-bf6c-90b09b4e8b4f>



### Youth Sports Summer Basketball Camp

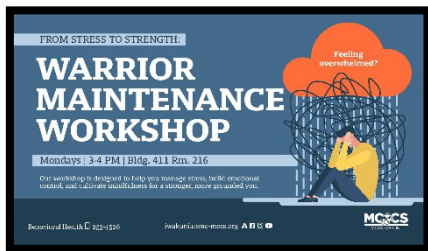
Mon, 10 Aug – Fri, 14 Aug

Registration available from 13 – 22 Jul

The Youth Sports Summer Basketball Camp is available for athletes aged 7-18 to develop technical skills, foster social development, and promote an active lifestyle. Participants will receive 3 hours of age-appropriate instruction from Basketball Japan Academy for 5 days from 10 – 14 Aug at the Atago Sports Complex in the Lotus Cultural Center's Sports Court. Tickets will be on sale online from July 13 to July 22. Please fill in accurate information when registering. If tickets are sold out, contact Youth Sports to be placed on the waitlist—no refunds after registration. Registration will be available at: <https://iwakuni.usmc-mccs.org/activity/b97569b5-4b53-4207-902a-89a509e56440>.

## *Marine & Family Programs*

### Behavioral Health



#### From Stress to Strength: Warrior Maintenance Workshop

Every Monday, 3:00 – 4:00 p.m., bldg 411, rm 216

Life doesn't slow down, but you can take control of how you manage it. Check out the Stress Management Workshop, available every Monday, and seize your opportunity to build inner strength, emotional resilience, and a calmer, more grounded mindset. Through guided techniques and real-world strategies, you'll learn how to:

- Stay mentally agile and effectively manage daily stressors
- Build emotional control and bounce back from challenges
- Strengthen communication and relationships under pressure
- Foster a deeper sense of internal balance and purpose

Skills covered include mindfulness, deep breathing, progressive muscle relaxation, and practical grounding techniques you can use anytime, anywhere. No registration needed, and walk-ins are welcome.

#### Parent as Teachers

Tue, 7 Jul, 3:00 – 4:00 p.m., bldg 625, rm 309

Whether you are going through stress, adjusting to parenting, feeling overwhelmed, or dealing with pregnancy or postpartum depression/anxiety, we are here to help you connect with other parents, talk about your experiences, and learn helpful tools using the Parent as Teachers curriculum. Join this support group for parents, expecting parents, and their children (ages 0-5 years).

### Family Care

#### SAC Summer Camp

Mon, 15 Jun – Fri, 14 Aug, School Age Care, bldg 9540

Registration open now!

Get your kids ready for a summer full of adventure! Designed for children ages 5–12 (5-year-olds must have completed Kindergarten), this 10-week program offers a safe, engaging environment filled with field trips, hands-on activities, creative exploration, and daily fun. This year's theme, Imagination Nexus, invites participants to explore a new world each week, from mythical creatures and candy-themed adventures to robotics, underwater discoveries, movie magic, and superhero missions. Each themed experience encourages creativity, teamwork, and discovery, leading up to an exciting grand finale where all worlds come together in one unforgettable celebration. Join us for a summer of learning, laughter, and imagination. Register your child through [MilitaryChildCare.com](https://militarychildcare.com) to reserve a spot and start the adventure! Registration is open, so act fast. We understand that summer schedules can be busy, so families are welcome to choose the weeks that suit them best. Please note that registration will close each week prior to the upcoming week of camp. To register, visit <https://public.militarychildcare.csd.disa.mil>.



<b>Youth &amp; Teen Center Summer Trips!</b>		
Field trips are open for registered Youth and Teen Center members. Permission slips are emailed to members prior to the trip. Parents can also visit the center to sign up their children. For information, please contact the Youth and Teen Center at 253-5368 or email them at <a href="mailto:OMBWakuni.youthandteencenter@usmc-mccs.org">OMBWakuni.youthandteencenter@usmc-mccs.org</a> .		
Fri, 17 Jul, 9:00 a.m.-3:00 p.m.	Oshima Beach Day	Spend the day soaking up the sun and enjoying the beautiful shores of Katazoe Beach on Oshima Island! Relax, play beach games, and make lasting summer memories with friends while enjoying one of the area's scenic coastal destinations.
Fri, 24 Jul, 6:00 a.m.-10:00 p.m.	Himeji Amusement Park Adventure	Get ready for an action-packed day of thrills and excitement! Travel to Himeji Amusement Park to experience a variety of rides and attractions while spending the day with friends. Whether you're seeking adventure or just looking to have fun, this trip promises something for everyone.
Fri, 31 Jul, 9:00 a.m.-2:00 p.m.	Kudamatsu Kenko Pool Day	Beat the summer heat with a day of fun at Kudamatsu Kenko Pool! Enjoy swimming, water activities, and time with friends at this popular indoor pool. It's the perfect way to stay active and cool off during the summer.
Fri, 7 Aug, 7:00 a.m.-4:30 p.m.	Saioto Zipline Adventure	Take your summer to new heights with an exhilarating zipline adventure through the forests of Hiroshima! Soar through the treetops while enjoying breathtaking views and an unforgettable outdoor experience. This exciting trip is perfect for youth and teens looking to challenge themselves and make incredible summer memories.

EFMP Training: SSI & Medicaid

Thu, 9 Jul, 1:30 – 2:30 p.m., bldg 625, rm 211B

EFMP hosts monthly training with a variety of topics. Open to all SOFA personnel. The topic for this month is SSI & Medicaid, and this presentation will provide general guidance as each state may differ. EFMP staff will assist families in understanding what Medicaid and SSI are, along with identifying eligibility, reviewing coverage, and recognizing resources available to them. These resources will help low-income families, those 65+, families with dependents who are disabled at any age, and blind at any age. This is specifically for families who are enrolled in EFMP and transitioning back to CONUS.

**Personal & Professional Development**

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

Mon, 6 Jul – Wed, 8 Jul, 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](mailto:ombiwakuni.transitionreadiness@usmc-mccs.org) or visiting them in bldg 411, rm 110.

**Summer Reading Program Calendar of Events for July**

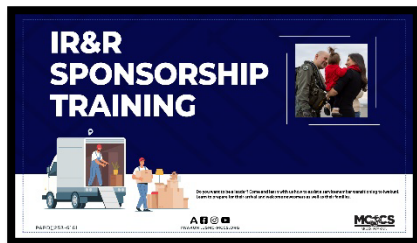
<b>Date</b>	<b>Time</b>	<b>Name</b>	<b>Registration</b>	<b>Link</b>
Jul 7	10-11 a.m.	Build a Bouquet (Sunflower)	Yes	<a href="#">More Info</a>
Jul 8	10-11 a.m.	Seed Bombs	No	<a href="#">More Info</a>
Jul 9	4:45-5:45 p.m.	Build a Bouquet (Sunflower)	Yes	<a href="#">More Info</a>
Jul 10	4-5:30 p.m.	SRP STEM Workshop: Herbariums & Terrariums	Limited to 15 participants	<a href="#">More Info</a>

<u>Date</u>	<u>Time</u>	<u>Name</u>	<u>Registration</u>	<u>Link</u>
Jul 16	3-4 p.m.	Teen Escape Room	Yes	<a href="#">More Info</a>
Jul 17	4-5:30 p.m.	3D Printing Club SRP Special: Mini Planter	Limited to 15 participants	<a href="#">More Info</a>
Jul 21	3:45-4:30 p.m.	Sprout Discovery Co.	No	<a href="#">More Info</a>
Jul 23	10-11 a.m.	Kids Bingo	No	<a href="#">More Info</a>
Jul 24	4-5:30 p.m.	SRP STEM Workshop: Herbariums & Terrariums	Limited to 15 participants	<a href="#">More Info</a>
Jul 28	10-11 a.m.	SRP Special Adult & Me: Sensory Farm Art	No	<a href="#">More Info</a>
Jul 30	10-11 a.m.	Bamboo Pokkuri: Ninja Training School	No	<a href="#">More Info</a>
Jul 31	4-5 a.m.	Stuffed Animal Library Sleepover	No	<a href="#">More Info</a>

UPFRP: Command Team Training

Tue, 7 Jul, 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](mailto:ombiwakuni.mcftb@usmc-mccs.org), or visit Marine & Family Programs in bldg 411, rm 101. Registration is open until 12:00 p.m., 6 Jul.



Sponsorship Training

Wed, 8 Jul, 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.

UPFRP: Command Team Advisor/Family Readiness Assistant Training

Wed, 8 Jul, 1:00 – 3:00 p.m., bldg 625

Understand the roles, responsibilities, and operating components within the Unit and Personal and Family Readiness Program (UPFRP). 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.mcftb@usmc-mccs.org](mailto:ombiwakuni.mcftb@usmc-mccs.org), or visit Marine & Family Programs in bldg 411, rm 101. Registration is open until 12:00 p.m., 7 Jul.



Managing Your Education 2-Day Course

Thu, 9 Jul – Fri, 10 Jul, 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 2-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.

Department of Labor Employment Workshop

Thu, 9 Jul – Fri, 10 Jul, 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.



PCS with Success

Thu, 9 Jul, 9:00 – 11:30 a.m., Sakura Theater

PCS with Success is designed for service members in receipt of PCS orders and is mandatory for transferring service members to attend 60-90 days prior to their departure from their current duty station. Service members need not wait to receive their orders to attend the class, and in many cases waiting will affect the check-out process. Attending this class is the only way IPAC will give service

members their plane tickets. For more information and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/fff3429c-7e90-45c5-a232-4a94e2c51903>.

Understanding Your GI Bill Benefits

Mon, 13 Jul, 1:00 – 2:00 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](mailto:OMBiwakuni.educationoffice@umc-mccs.org), or visit the Education Office in bldg 411.

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

8:30 a.m. – 12:30 p.m., 16 – 17 Jul, 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](mailto:OMBiwakuni.mcftb@usmc-mccs.org). Registration is open until 12:00 p.m., 15 Jul.



RDST: Mid-Deployment Self-Care

Tue, 21 Jul, 9:00 – 11:00 a.m., bldg 625

Designed to promote deployment success through self-care for the spouse or significant other at home during mid-deployment, this workshop includes suggestions for fun things to do, care packages, goal setting, and available resources. To register, please call 253-3542, email: [ombiwakuni.mcftb@usmc-mccs.org](mailto:ombiwakuni.mcftb@usmc-mccs.org), or visit bldg 411, rm 101. Registration is open until 12:00 p.m., 20 Jul.

*Business/Retail & Services/Special Events*

Bowling Pin Decorating Contest – Play on Words & Puns

Mon, 1 Jun – Sat, 11 Jul, Strike Zone Bowling Center

Decorate a pin and vote to win at the Strike Zone Pin Decorating Contest! This contest's theme is "Play on Words & Puns!" Paint, decorate, or modify bowling pins into a creative play on words or a pun (e.g. "Pinguin" might be a bowling pin that looks like a penguin). For complete rules and information, please visit: <https://iwakuni.usmc-mccs.org/activity/a8859056-731b-4a02-9b0f-6f144b8e26bd>.



Summer Matinee Movie!

Wed, 10 Jun – Thu, 13 Aug, 3:00 p.m., Sakura Theater

The Sakura Theater is proud to present the Summer Matinee, running from June 10 – August 13! Every Wednesday and Thursday features a free movie from 3–5 PM. Bring your friends, grab some popcorn, and enjoy the show because admission is free!



Summer Wednesday Doubles League

Wed, 24 Jun – Wed, 12 Aug, 6:45 p.m., Strike Zone Bowling Center  
Bring a friend to the Strike Zone for the Summer Wednesday Doubles League! Up to 18 teams of 2 bowlers each can compete every Wednesday night for 3 games each week. The league is handicap-based, which is uncapped. This league will be played on the Challenge Pattern. Cash prizes are available on the last day of the league! Weekly price is \$25 per person (\$50 per team). For additional rules and information, please see the Strike Zone Front Desk

Penny a Pin Bowling

Every Monday, 5:00 – 9:00 p.m., Strike Zone  
Have some free time to bowl? Then bowl for a chance for a free game! Every pin knocked down will be one cent added to the total cost (score = cost). If you score 225, then that game is free! Penny a Pin takes place every Monday from 5:00 – 9:00 p.m. Must be requested before bowling and is not compatible with hourly bowling. Minimum charge is \$0.50 per game. Shoes not included.



Universal Studios Japan or Free Time in Osaka Trip

4:30 a.m., Sat, 11 Jul – 2:30 a.m., Sun, 12 Jul  
Experience the exciting attractions at Universal Studios Japan including The Wizarding World of Harry Potter area, Wonderland for the little ones, Hollywood Dream – The Ride, or the Flying Dinosaur attraction to name just a few. And, during the summer season, don't miss the special "NO LIMIT! Cool Summer" event where you can enjoy refreshing water splashes and cool down in mist-filled areas throughout the part! Alternatively, explore the wonderful city of Osaka that offers the beautiful Osaka castle, kaiyukan aquarium, Dontonbori

Street and much more! For complete information, please visit: <https://iwakuni.usmc-mccs.org/activity/6933947b-5cfe-4d9c-bb4f-0247fd987783> or stop by the IT&T office in the Crossroads, bldg 410.

Towel Museum & Imabari Castle Trip

Sat, 18 Jul, 8:00 a.m. – 7:30 p.m.

Visit the world's first museum dedicated to the art of towel manufacturing! This unique museum offers much to see, including intricate traditional towels, works of art made from towels, and an exhibition on the towel-making process. Next, explore Imabari Castle, once Japan's largest sea castle, surrounded by triple moats and featuring a strong boat entrance (harbor). The castle interior now houses a museum, and from the observation deck atop the castle tower, you can enjoy spectacular views of the Seto Inland Sea. Another highlight is the massive moat, where seawater flows in and out, allowing fish to migrate freely. For more information, please visit: <https://iwakuni.usmc-mccs.org/activity/941da63d-f0ac-40bc-942b-e84b20ef841a> or to register, stop in at the IT&T office in bldg 410.



UNESCO Intangible Cultural Heritage Tobata Gion Pyramid Lantern Festival Trip

1:00 p.m., Sat, 25 Jul – 1:00 a.m., Sun, 26 Jul



Join IT&T for a festival which has its roots dating back to the Edo period (approximately 200 years ago) when the capital was attacked by an epidemic and the people prayed to Sunanoo-no-Mikoto (one of the two major deities involved in the creation of Japan) for help. After successfully ridding the land of the disease, the people in turn created a "Yamakasa" to celebrate and show their gratitude. During the festival in the daytime, the 8 official floats with 12 great flags hoisted on the 4 large ones are carried for a parade, followed by some small floats for children. But in the nighttime, the floats are completely transformed into pyramids of light—huge lantern Yamakasa floats,

their decorations with the flags removed. Each with 12 layers of 309 lanterns, 10 meters high, and 1.5 tons in weight, is shouldered by about 100 carriers. For a full itinerary of this trip, please visit: <https://iwakuni.usmc-mccs.org/activity/61760b04-4dd3-4e74-a4b8-f843c9b2070a>, or stop by the IT&T Office in bldg 410 (Crossroads).

Okayama Peach Picking Trip

Sat, 1 Aug, 6:00 a.m. – 6:30 p.m.

Enjoy all-you-can-eat peach picking! Okayama peaches are known for their exceptional sweetness, large size, and delicate aroma, making them some of the most sought-after in Japan. (You cannot take home the peaches you picked, but you can purchase them at the farm store.) After that, please enjoy your free time at Mitsui Outlet Park Kurashiki and Ario Kurashiki shopping mall just next door. For complete trip information, please visit: <https://iwakuni.usmc-mccs.org/activity/c8013dd6-5fcb-4cbe-ae61-e2ac00801249>, or stop by the IT&T Office in bldg 410 (Crossroads).



Sasebo Sightseeing Trip

Sat, 8 Aug, 6:30 a.m. – 10:00 p.m.

Explore downtown Sasebo on your own and discover many restaurants and shops at the shopping arcade. Or spend some time by the water at Kujukushima Pearl Sea Resort where you can enjoy a Sea Cruise, Yacht Sailing, and more. For complete trip details, please visit: <https://iwakuni.usmc-mccs.org/activity/873a2659-01d5-4dfc-88f8-95e4a3f1348a> or stop by the IT&T Office in bldg 410 (Crossroads) to sign up!

Yanai Goldfish Festival

Thu, 13 Aug, 4:00 – 10:30 p.m.

Enjoy the largest summer festival in Yanai City during which "Goldfish Lanterns," the regional folk craft of Yanai City, are used to decorate and light up the town, wrapping it in a magical atmosphere. This year's main attraction will feature an authentic Neputa float from Aomori Prefecture. The float will parade through the festival grounds, offering visitors a rare opportunity to experience one of Japan's most iconic summer traditions. For complete trip details and to register, please stop by the IT&T Office in bldg 410.



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-82ee-d166fee2badd> or stop by the IT&T Office in bldg 410 (Crossroads) to sign up!

[7190-4e0c-82ee-d166fee2badd](https://iwakuni.usmc-mccs.org/activity/01baa83f-7190-4e0c-82ee-d166fee2badd) or stop by the IT&T Office in bldg 410 (Crossroads) to sign up!



# Weekly Newsletter

3 July 2026

## Alphabetical list of events for period 3 – 9 July 2026

Event	Date	Link
Aikido – July	Tue & Thu	<a href="https://iwakuni.usmc-mccs.org/activity/4f5e6470-4e81-4bad-a384-941ea84d2f0a">https://iwakuni.usmc-mccs.org/activity/4f5e6470-4e81-4bad-a384-941ea84d2f0a</a>
Anger Got You Hot? Cool Down With Us	Thursdays	<a href="https://iwakuni.usmc-mccs.org/activity/5d954879-3b0a-4805-afb0-7fcd016e779e">https://iwakuni.usmc-mccs.org/activity/5d954879-3b0a-4805-afb0-7fcd016e779e</a>
Baby Lapsit	Mondays	<a href="https://iwakuni.usmc-mccs.org/activity/36a8543f-e7ea-4d0c-8418-872ea44b3685">https://iwakuni.usmc-mccs.org/activity/36a8543f-e7ea-4d0c-8418-872ea44b3685</a>
Baby & Me Yoga	Tue & Wed	<a href="https://iwakuni.usmc-mccs.org/activity/944b6342-ffaa-4ed6-8f89-d06867b69fef">https://iwakuni.usmc-mccs.org/activity/944b6342-ffaa-4ed6-8f89-d06867b69fef</a>
Body Sculpt – July	Wednesdays	<a href="https://iwakuni.usmc-mccs.org/activity/1272bb5b-520e-42a4-ba7b-a9a038377601">https://iwakuni.usmc-mccs.org/activity/1272bb5b-520e-42a4-ba7b-a9a038377601</a>
Book Bingo	1 Mar – 31 Dec	<a href="https://iwakuni.usmc-mccs.org/activity/960fc230-c87f-465c-852a-d966e1764751">https://iwakuni.usmc-mccs.org/activity/960fc230-c87f-465c-852a-d966e1764751</a>
Bowling Pin Decorating Contest	1 Jun – 11 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/d5e3cadd-9c1d-4322-85be-7c6719e6bbd4">https://iwakuni.usmc-mccs.org/activity/d5e3cadd-9c1d-4322-85be-7c6719e6bbd4</a>
Build a Bouquet Workshop	Tue, 7 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/a0b9083e-8650-47f0-891c-85f125cbcafe">https://iwakuni.usmc-mccs.org/activity/a0b9083e-8650-47f0-891c-85f125cbcafe</a>
Cardio Kickboxing Mini-Bootcamp – July	Tuesdays	<a href="https://iwakuni.usmc-mccs.org/activity/aac5f949-2824-4148-8e09-5effc2503ca7">https://iwakuni.usmc-mccs.org/activity/aac5f949-2824-4148-8e09-5effc2503ca7</a>
College 101/TA Orientation Brief	Wed, 8 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/64ffed82-cfe5-4be2-9ea0-5d8bd0592abb">https://iwakuni.usmc-mccs.org/activity/64ffed82-cfe5-4be2-9ea0-5d8bd0592abb</a>
Command Team Advisor/Family Readiness Asst Trng	Wed, 8 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/e8dfc9bf-050e-4e05-a44f-b8c3b3103afa">https://iwakuni.usmc-mccs.org/activity/e8dfc9bf-050e-4e05-a44f-b8c3b3103afa</a>
EFMP Training: SSI & Medicaid	Thu, 9 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/16dfce5b-c507-4f4f-a2f0-3a836944e2f3">https://iwakuni.usmc-mccs.org/activity/16dfce5b-c507-4f4f-a2f0-3a836944e2f3</a>
Employment Workshop 2-Day Course	9 – 10 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/816d7040-8639-483b-8bcd-1e1443488c1c">https://iwakuni.usmc-mccs.org/activity/816d7040-8639-483b-8bcd-1e1443488c1c</a>
Food Truck	Various	<a href="https://iwakuni.usmc-mccs.org/activity/d5ab9771-bc4d-4ec6-86c1-992d399cee07">https://iwakuni.usmc-mccs.org/activity/d5ab9771-bc4d-4ec6-86c1-992d399cee07</a>
Free Movie Mondays – John Wick	Mon, 6 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/865e9aaa-d933-4f28-8965-792024ebffd6">https://iwakuni.usmc-mccs.org/activity/865e9aaa-d933-4f28-8965-792024ebffd6</a>
From Stress to Strength: Warrior Maintenance	Mondays	<a href="https://iwakuni.usmc-mccs.org/activity/a24706cc-4209-48b1-837b-6d9a88744d52">https://iwakuni.usmc-mccs.org/activity/a24706cc-4209-48b1-837b-6d9a88744d52</a>
Glutes & Abs – July	Wednesdays	<a href="https://iwakuni.usmc-mccs.org/activity/081d9049-aa19-4d59-bf8b-a18bd6ac6d59">https://iwakuni.usmc-mccs.org/activity/081d9049-aa19-4d59-bf8b-a18bd6ac6d59</a>
Hatha Yoga	Mon & Thu	<a href="https://iwakuni.usmc-mccs.org/activity/9fceb0b9-51d6-4ddd-908e-cff6da1f22e6">https://iwakuni.usmc-mccs.org/activity/9fceb0b9-51d6-4ddd-908e-cff6da1f22e6</a>
Judo – July	Mon & Wed	<a href="https://iwakuni.usmc-mccs.org/activity/f5982ac6-f8be-496b-b7ae-f3f94d1f610d">https://iwakuni.usmc-mccs.org/activity/f5982ac6-f8be-496b-b7ae-f3f94d1f610d</a>
Managing Your Education 2-Day Course	9 – 10 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/7efe7832-483d-48d1-a2cf-e25a75cde9ea">https://iwakuni.usmc-mccs.org/activity/7efe7832-483d-48d1-a2cf-e25a75cde9ea</a>
Military Readers are Leaders	1 – 30 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/8533bed5-bf29-430c-b96b-277d3018025d">https://iwakuni.usmc-mccs.org/activity/8533bed5-bf29-430c-b96b-277d3018025d</a>
Mixedfit	Various	<a href="https://iwakuni.usmc-mccs.org/activity/e5c4fb1a-13c1-4505-8f4d-19e215050300">https://iwakuni.usmc-mccs.org/activity/e5c4fb1a-13c1-4505-8f4d-19e215050300</a>
Mongolian Night	Wednesdays	<a href="https://iwakuni.usmc-mccs.org/activity/ab673a49-4eef-4859-a56c-9bb035df50db">https://iwakuni.usmc-mccs.org/activity/ab673a49-4eef-4859-a56c-9bb035df50db</a>
Parent as Teachers	Tue, 7 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/dd830d25-6c0f-465d-a3b4-4107d6d59dfa">https://iwakuni.usmc-mccs.org/activity/dd830d25-6c0f-465d-a3b4-4107d6d59dfa</a>
PCS with Success	Thu, 9 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/fff3429c-7e90-45c5-a232-4a94e2c51903">https://iwakuni.usmc-mccs.org/activity/fff3429c-7e90-45c5-a232-4a94e2c51903</a>
Penny a Pin	Mondays	<a href="https://iwakuni.usmc-mccs.org/activity/b038b034-f015-4ec0-888b-4ec6c9aeb829">https://iwakuni.usmc-mccs.org/activity/b038b034-f015-4ec0-888b-4ec6c9aeb829</a>
Postpartum Recovery Yoga	Wednesdays	<a href="https://iwakuni.usmc-mccs.org/activity/ca72b386-a705-407f-937c-9fc9d7834358">https://iwakuni.usmc-mccs.org/activity/ca72b386-a705-407f-937c-9fc9d7834358</a>



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Power Pump	Mondays	<a href="https://iwakuni.usmc-mccs.org/activity/999e7839-300f-4a9a-9722-46d5ed888fe2">https://iwakuni.usmc-mccs.org/activity/999e7839-300f-4a9a-9722-46d5ed888fe2</a>
Pre-K Time	Wednesdays	<a href="https://iwakuni.usmc-mccs.org/activity/7de9c319-27d5-4ae3-ae8-9b7042ced1bf">https://iwakuni.usmc-mccs.org/activity/7de9c319-27d5-4ae3-ae8-9b7042ced1bf</a>
Prenatal/Yoga for Adults, Moms, and Little Ones	Tue & Thu	<a href="https://iwakuni.usmc-mccs.org/activity/4363543d-0219-4819-a638-773bf4968d13">https://iwakuni.usmc-mccs.org/activity/4363543d-0219-4819-a638-773bf4968d13</a>
Prime Rib Special at Tun Alley	Thursdays	<a href="https://iwakuni.usmc-mccs.org/activity/d2a69232-e65e-4196-b2b5-bb9bf8919537">https://iwakuni.usmc-mccs.org/activity/d2a69232-e65e-4196-b2b5-bb9bf8919537</a>
Progressive Bingo	Tue, 7 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/419cf08f-462e-4e75-bb1a-48290c20e914">https://iwakuni.usmc-mccs.org/activity/419cf08f-462e-4e75-bb1a-48290c20e914</a>
SAC Summer Camp	Mondays	<a href="https://iwakuni.usmc-mccs.org/activity/9a7429c7-c4e7-4bd7-9b19-60d31c962053">https://iwakuni.usmc-mccs.org/activity/9a7429c7-c4e7-4bd7-9b19-60d31c962053</a>
SMP Fukuoka Day Trip	Sat, 4 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/c752b702-cd32-4370-b960-0c51453175a5">https://iwakuni.usmc-mccs.org/activity/c752b702-cd32-4370-b960-0c51453175a5</a>
SMP On-Base Cleanup	Tue, 7 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/42469f92-426a-4545-bbba-407b10cf50fd">https://iwakuni.usmc-mccs.org/activity/42469f92-426a-4545-bbba-407b10cf50fd</a>
Spin	Various	<a href="https://iwakuni.usmc-mccs.org/activity/501f5e9c-a709-41db-a31d-3c2335397b02">https://iwakuni.usmc-mccs.org/activity/501f5e9c-a709-41db-a31d-3c2335397b02</a>
Sponsorship Training	Wed, 8 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/4f912b66-662b-4b27-80cb-19f99313acb6">https://iwakuni.usmc-mccs.org/activity/4f912b66-662b-4b27-80cb-19f99313acb6</a>
SRP-Build a Bouquet Workshop (Sunflower Edition)	7 & 9 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/a0b9083e-8650-47f0-891c-85f125cbcafe">https://iwakuni.usmc-mccs.org/activity/a0b9083e-8650-47f0-891c-85f125cbcafe</a>
SRP-Seed Bombs Workshop	Wed, 8 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/6a6fa489-e8e8-4098-be33-8b21cc902c77">https://iwakuni.usmc-mccs.org/activity/6a6fa489-e8e8-4098-be33-8b21cc902c77</a>
Summer Matinee Movie	Wed & Thu	<a href="https://iwakuni.usmc-mccs.org/activity/4cab052b-f756-426f-a4f0-0a0711274914">https://iwakuni.usmc-mccs.org/activity/4cab052b-f756-426f-a4f0-0a0711274914</a>
Summer Reading Program	Mon & Thu	<a href="https://iwakuni.usmc-mccs.org/activity/22e6b122-4f6b-4043-878f-97e4dd64a27a">https://iwakuni.usmc-mccs.org/activity/22e6b122-4f6b-4043-878f-97e4dd64a27a</a>
Summer Group Swim Lessons - July (Sold Out)	Mon – Thu	<a href="https://iwakuni.usmc-mccs.org/activity/c5f976ab-c780-4e5b-ba52-db26badd58e2">https://iwakuni.usmc-mccs.org/activity/c5f976ab-c780-4e5b-ba52-db26badd58e2</a>
Summer Wednesday Doubles League	24 Jun-12 Aug	<a href="https://iwakuni.usmc-mccs.org/activity/6a3fc920-7eec-47a5-be4a-6ff5abf4a40b">https://iwakuni.usmc-mccs.org/activity/6a3fc920-7eec-47a5-be4a-6ff5abf4a40b</a>
Teen Readers are Leaders	1 – 30 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/2c3f9585-e55c-416a-85c7-e0f4917c3323">https://iwakuni.usmc-mccs.org/activity/2c3f9585-e55c-416a-85c7-e0f4917c3323</a>
Toddler Tuesdays	Tuesdays	<a href="https://iwakuni.usmc-mccs.org/activity/43225a63-9cb1-4d64-9779-7b223c99073c">https://iwakuni.usmc-mccs.org/activity/43225a63-9cb1-4d64-9779-7b223c99073c</a>
Transition Readiness Seminar 3 Day Course	6 – 8 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/83fc6d02-9eee-4c5a-be16-c91e67154372">https://iwakuni.usmc-mccs.org/activity/83fc6d02-9eee-4c5a-be16-c91e67154372</a>
Ultimate Frisbee Season	29 Jun-22 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/8a904f55-ca8d-489d-bef1-66830d3d5282">https://iwakuni.usmc-mccs.org/activity/8a904f55-ca8d-489d-bef1-66830d3d5282</a>
UPFRP: Command Team Training	Tue, 7 Jul	<a href="https://iwakuni.usmc-mccs.org/activity/777f26db-7377-4b05-8111-83f4733d37fa">https://iwakuni.usmc-mccs.org/activity/777f26db-7377-4b05-8111-83f4733d37fa</a>
Vinyasa/Wellness Yoga for Adults, Moms & Little Ones	Thursdays	<a href="https://iwakuni.usmc-mccs.org/activity/6fcbdebc-a464-44be-b115-06b4af81621c">https://iwakuni.usmc-mccs.org/activity/6fcbdebc-a464-44be-b115-06b4af81621c</a>
Youth Fitness Classes – July	Various	<a href="https://iwakuni.usmc-mccs.org/activity/649da783-e11c-4cbd-b76f-718fa6fad9cc">https://iwakuni.usmc-mccs.org/activity/649da783-e11c-4cbd-b76f-718fa6fad9cc</a>