

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, 30 January – 5 February 2026

Fri, 30 Jan	11:00 a.m. – 1:00 p.m., Dry January: Hydration Reset Station (see page 4) 11:30 a.m. – 1:30 p.m., EFMP Free Valentine Cards & Stamps (see page 7)
Sat, 31 Jan	4:30 a.m., Universal Studios Japan/Free Time in Osaka IT&T Trip (see page 10) 7:00 a.m. – 7:30 p.m., Saioto Ski & Snowboard Trip (see page 5)
Mon, 2 Feb	8:00 a.m. – 4:00 p.m., Transition Readiness Seminar 3-Day Course (see page 8) 10:00 a.m. – 5:00 p.m., Valentine's Pre-Order Event (see page 10)
Tue, 3 Feb	8:00 – 11:00 a.m., SMP On-Base Cleanup (see page 6) 1:00 – 3:30 p.m., Lotus Root Digging Experience (see page 8)
Wed, 4 Feb	9:30 – 11:30 a.m., Build a Better Resume (see page 8) 4:30 – 9:00 p.m., Mongolian Night (see page 10)
Thu, 5 Feb	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., Department of Labor Employment 2-Day Workshop (see page 8) 3:00 – 4:00 p.m., SMP Committee Meeting 6)

Sakura Theater Schedule

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



The Wild Robot (PG)

(NDVD/NSSM – Free Admission)

Fri, 30 Jan, 5:00 p.m.

After a shipwreck, an intelligent robot is stranded on an uninhabited island. To survive the harsh surroundings, she bonds with the native animals and cares for an orphaned baby goose. .

Send Help (R)

Navy First Run Movie!

Fri, 30 Jan, 8:00 p.m. (Premiere!)

Sun, 1 Feb, 6:00 p.m.

A woman and her overbearing boss become stranded on a deserted island after a plane crash. They must overcome past grievances and work together to survive, but ultimately, it's a battle of wills and wits to make it out alive.



David (PG)

Sat, 31 Jan, 2:00 p.m.

From the songs of his mother's heart to the whispers of a faithful God, David's story begins in quiet devotion. When the giant Goliath rises to terrorize a nation, a young shepherd armed with only a sling, a few stones and unshakable faith steps forward. Pursued by power and driven by purpose, his journey tests the limits of loyalty, love and courage, culminating in a battle not just for a crown, but for the soul of a kingdom



Marty Supreme (R)

Sat, 31 Jan, 6:00 p.m.

Marty Mauser, a wily hustler with a dream no one respects, goes to hell and back in pursuit of greatness.

Lilo & Stitch (2025) (PG)

NDVD/NSSM – Free Admission

Sun, 1 Feb, 2:00 p.m.

Stitch, an extraterrestrial entity, comes to Earth after escaping prison, where he tries to impersonate a dog. Things take a turn when a lonely Hawaiian girl, Lilo, adopts him from an animal shelter and he helps mend her broken family.



Mission: Impossible – Rogue Nation (PG-13)

NDVD/NSSM – Free Admission

Mon, 2 Feb, 7:00 p.m.

After the closure of the Impossible Missions Force, its agent Ethan Hunt tries to avoid being captured by the CIA as he seeks to prove the existence of the Syndicate, a sophisticated terrorist outfit.

The Housemaid (R)

Thu, 5 Feb, 7:00 p.m.

Hoping for a fresh start, a young woman becomes a live-in maid for a wealthy couple who harbor sinister secrets.



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.



Super Bowl Party 2026

Mon, 9 Feb, 6:30 a.m. – 12:00 p.m.,
Club Iwakuni Ballroom

Join us at the Club for a Super Bowl watch party you won't want to miss! The game will be shown live on multiple screens in the Club Ballroom so you can catch every play. A breakfast buffet and chicken wings will be available for purchase, along with a full bar offering a selection of alcoholic and non-alcoholic beverages. At halftime, enjoy a special appearance by professional NFL cheerleaders, who will be on-site for a meet & greet. Gather your friends, enjoy great food and drinks, and experience the excitement of the Super Bowl in a fun, welcoming atmosphere.



Friendship Flea Market

Sun, 22 Feb, 10:00 a.m. – 3:00 p.m., Atago Sports Complex
Online registration coming soon

The Friendship Flea Market is a great opportunity for the community to buy and sell. Register for a booth to sell homemade or unwanted/unneeded items, or come by on the day of the market to purchase many unique or gently used items. Registration for the 30 U.S. vendor spots available will be open from Feb 1–15 for all SOFA personnel wishing to sell items. Event details, guidelines, and restrictions will be emailed to registered parties. MCCS Special Events

will contact interested parties to complete the registration process and receive payment instructions. Registration fee is \$40 for vendor space only with a table and 2 chairs available for an additional \$10. Online registration will be coming soon at: <https://iwakuni.usmc-mccs.org/activity/ca066a4d-4ed8-4813-a858-14465a033441>.

Semper Fit

Fitness

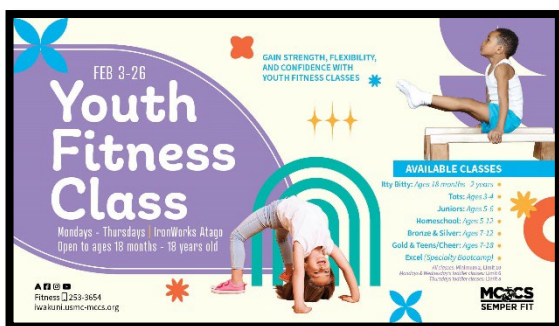
Dry January: Hydration Reset Station

Fri, 30 Jan, 11:00 a.m. – 1:00 p.m., IronWorks North

Dry January is the exercise of abstaining from alcohol for the entire first month of the year. This event is a self-monitored initiative where individuals commit to abstaining from alcohol consumption throughout January. Participants are encouraged to use popular apps to monitor their progress from 1 – 31 January. To acknowledge their achievements, Semper Fit will organize a wellness fair on 30 January in the IronWorks North downstairs lobby. This fair will feature alcohol education, physical activities, games, entertainment, and information. The event is a collaboration with Health Promotion and the Substance Abuse team from Behavioral Health, aiming to promote overall well-being.

Why you should participate in Dry January? Taking a month off from drinking could be helpful when it comes to taking a necessary step back to examine the relationship with alcohol. People might learn that they depend on alcohol to manage stress or to take the edge off in social settings. The best-case scenario is that the participants feel better and think more clearly when not drinking.

Who does this benefit? Everyone! People who feel the need to reevaluate their relationship with alcohol as well as people who do not have an alcohol-use disorder, but who have noticed that their drinking habits have gradually increased over the past year.



Youth Fitness Classes – February

Tue, 3 Feb – Thu, 26 Feb, 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/7a7dd14b-15b2-4c31-b403-e5ad57d5bb3c>.

Youth Dance Classes – Spring 2026

Tue, 3 Feb – Tue, 28 Apr, IronWorks North

Registration begins Tue, 20 Jan for youth dance classes at the IronWorks North gym. Choose from creative, pre-ballet, jazz or Hip-Hop! Classes are open to youth ages 3 – 17. For a complete description of classes available, class attire, dates and times, and registration information, please visit: <https://iwakuni.usmc-mccs.org/activity/48ef2c07-3a0c-4946-8cc9-31a1d4412cb0>.



Human Performance

Mindful Bites: Managing Stress Eating

Wed, 11 Feb, 9:00 – 10:00 a.m., IronWorks North

Stop by the IronWorks North Wellness Room and take control of your eating habits with our Mindful Bite: Managing Stress Eating sessions. This practical and educational program is designed to help you understand the connection between emotions and eating, recognize triggers, and practice mindful eating techniques. Discover healthier ways to cope with stress and build a more balanced relationship with food.

Intramural Sports

6v6 Volleyball Season

Mon, 9 Feb – Wed, 4 Mar, 5:30 – 8:30 p.m., IronWorks North
Registration open until 11:59 p.m., 1 Feb

Join Intramural Sports for the 6v6 volleyball season at the IronWorks North sports courts. The tournament is open to all SOFA eligible patrons and JMSDF and IHA/MLC personnel aged 16 and older. Each team must consist of 6 – 12 players. This event is Commander's Cup point eligible, and each team registering for points will need to be at least 80% active duty from the same unit and must be approved by the unit CO/OIC. A minimum of 6 teams must be registered or the season will be canceled. For more information and registration information, please visit: <https://iwakuni.usmc-mccs.org/activity/7ae52e61-45c9-401c-9433-c5a8ed4e6847>.



U.S. – Japan Basketball Tournament

Sat, 14 Feb, 9:00 a.m. – 9:00 p.m., Atago Sports Complex
Registration closes 11:59 p.m., 1 Feb

Join Intramural Sports for the U.S.-Japan Basketball Tournament on at the Atago Sports Complex sports courts. This tournament is open to active duty, SOFA, JMSDF, and IHA/MLC personnel aged 16 and older. Each team must consist of a minimum of 5 and a maximum of 10 members. Registration fee is \$75. For more information and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/866c673e-b066-41f1-838f-d4de9947724a> or call Intramural Sports at 253-3067 for more information.

Outdoor Recreation

Saioto Ski & Snowboard Trip

Sat, 31 Jan, 7:00 a.m. – 7:30 p.m.

Sat, 21 Feb, 7:00 a.m. – 7:30 p.m.

Join Outdoor Recreation for a trip to Saioto ski resort in Hiroshima. Register at Outdoor Recreation until all 24 spots are filled. For complete trip information, please visit: <https://iwakuni.usmc-mccs.org/activity/fe7fdaad-b7c1-4260-845d-a80e1ff3e9b9> (31 Jan) or: <https://iwakuni.usmc-mccs.org/activity/ce2deb4d-7d61-4ebb-b914-848c14df7611> (21 Feb).



Yawata 191 Ski & Snowboard Trip

Sat, 7 Feb, 7:00 a.m. – 7:30 p.m.

Yawata 191 ski resort is a family-friendly resort featuring seen varied descent runs. Enjoy this ski town atmosphere with cafes and restaurants! Registration is available at Outdoor Recreation until 23 Jan or until all 24 seats are filled. For complete trip information, please visit: <https://iwakuni.usmc-mccs.org/activity/58f45f0c-d8d8-4504-9ec9-e980e47bcc0b> (7 Feb)



Single Marine Program

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

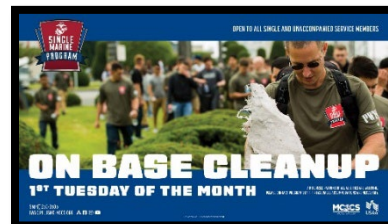
The Single Marine Program functions to support single and unaccompanied service members' leisure interests and quality of life concerns, and serves as their voice in identifying concerns, developing initiatives, and providing recommendations through advocacy, recreational activities, special events,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

SMP On-Base Cleanup

Tue, 3 Feb, 8:00 – 11:00 a.m.

Registration open 19 Jan – 2 Feb or until full (30 spots available)

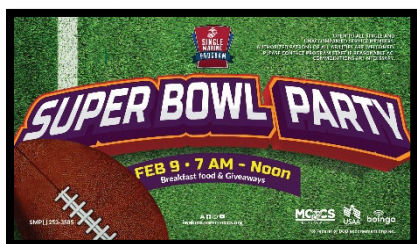
Join the SMP for a base-wide cleanup. Pick up trash in designated areas around the base to help our community look better and receive a letter of appreciation. Open to single & unaccompanied servicemembers only.



SMP Committee Meeting

Thu, 5 Feb, 3:00 – 4:00 p.m., Hornet's Nest

Come over to the Hornet's Nest and participate in our monthly open forum to have your ideas heard. Learn more about what's happening with the SMP, discover volunteer opportunities, and find ways to get involved in your community.



Super Bowl Party!

Mon, 9 Feb, 7:00 a.m. – 12:00 p.m., Hornet's Nest

The SMP is hosting its annual Super Bowl party, so head over to the Hornet's Nest and watch the big game! Breakfast foods and games with prizes will also be provided. Blitz the Hornet's Nest and meet up with the AFE Pro Blitz Tour to meet 3 NFL cheerleaders! Open to single and unaccompanied service members only.

Marine & Family Programs

Behavioral Health

Parent as Teachers

Tue, 3 Feb, 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).

Positive Parenting Program

Thu, 5 Feb, 10:00 – 11:30 a.m., bldg 411

Parenting doesn't come with a manual, but it can come with a plan. Join the Positive Parenting Program (Triple P), a 3-part seminar series that offers practical, research-based strategies to help you become the calm, confident, and connected parent your child needs. Each session focuses on building the mental tools, emotional awareness, and social skills essential for raising happy, resilient kids while strengthening your relationship as a family.

The Power of Positive Parenting

5 Feb, 10:00 – 11:30 a.m. Learn how to encourage healthy behavior and manage misbehavior in a calm, constructive way.

Raising Confident, Competent Children

19 Feb, 10:00 – 11:30 a.m., Explore tools to help children become self-motivated, responsible, and capable decision-makers.

Raising Resilient Children

26 Feb, 10:00 – 11:30 a.m., Discover how to foster emotional strength and resilience to help kids handle life's ups and downs. These sessions offer insights on

- Effective behavior management
- Emotion regulation for both parents and children
- Building strong, respectful, and supportive relationships

Don't miss this opportunity to build your parenting toolkit. Join one or all three and take a positive step forward in your parenting journey.

Child Care: Hourly care is available at the CDC for just \$8 per hour during the seminars to help parents fully engage. Contact the CDC at DSN: 253-5584 (0827795584) to register. Spaces are limited, so register now. Registration ends February 2, 2026



Infant Massage: 4-Week Session

Thu, 5 Feb, 2:00 – 3:00 p.m., bldg 625, rm 309

Learn to calm and soothe your baby through massage and nurturing touch! A secure environment and nurturing touch assist in the healthy growth and development of children. Class starts on the first Thursday of the month and continues for 4 weeks (the first four Thursdays of the month). For more information, please contact the NPSP at 253-5043.

Bracelets for Respect

Tue, 10 Feb, 2:30 – 4:30, Youth & Teen Center, bldg 410

Join Behavioral Health for a creative, meaningful DIY friendship-bracelet activity designed just for MCAS Iwakuni teens. This hands-on event combines creativity, connection, and conversation as participants make bracelets while learning about respect, communication, and healthy relationships. All supplies are provided, so just bring yourself and a friend. Along the way, teens will explore what healthy connections look like and show their support for **Teen Dating Violence Awareness Month (TDVAM)** in a relaxed, supportive environment. Come hang out, get creative, and be part of a positive space where friendships and healthy relationships are celebrated, because healthy relationships matter. Food and Refreshments will be provided by the Youth & Teen Center while supplies last.

Family Care

Free Valentine Cards & Stamps

Fri, 30 Jan, 11:30 a.m. – 1:30 p.m., bldg 625

EFMP has free Valentine cards for you to send to your loved ones! Come have some snacks & grab a few cards. Each participant can also have up to 5 free stamps to send their cards out in time for Valentine's Day on February 14th. You can sit and write your cards or just grab & go - we would love to see you!



EFMP Training – Building Networks of Support

Thu, 12 Feb, 1:30 – 2:30 p.m., bldg 625

Learn how to connect with installation resources while also building personal networks that foster mutual support. Gain awareness of available services and have the opportunity to strengthen relationships that encourage shared knowledge, resilience, and community connection. Join us to expand your support system and feel more confident navigating the resources available to you.

Personal & Professional Development



Winter Reading Program

Sun, 14 Dec – Sun, 31 Jan

Cozy season is here! Join the Library for the Winter Reading Program on Beanstack and embrace the cozy season by diving into your favorite books and logging your reading minutes. Whether you're curled up with a classic or exploring new titles, every minute counts toward your reading challenge. Complete the challenge to earn a prize (available while supplies last). To participate, simply register on Beanstack, log your reading minutes, and enjoy this festive time of year with great stories. Warm up your winter with

books and prizes, happy reading! If you have any questions, please contact the library at 253-3078. Register at iwakuni.beanstack.org.

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

Mon, 2 Feb – Wed, 4 Feb, 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.



Lotus Root Digging Experience

Tue, 3 Feb, 1:00 – 3:30 p.m.

Discover a hands-on taste of local culture with this unique lotus root harvesting experience. Lotus root is a beloved specialty of Iwakuni. During this event, participants will learn how to dig it up directly from the field while enjoying a fun and memorable outdoor activity. Seize the opportunity to harvest your own lotus root to take home. This is a perfect experience for those interested in Japanese cuisine, local traditions, or simply trying

something new. A participation fee is collected at the event location. For more details and registration information, please visit: <https://iwakuni.usmc-mccs.org/activity/0e16f876-8146-4899-9170-d95b3241258e>.

Build a Better Resume

Wed, 4 Feb, 9:30 – 11:30 a.m., bldg 411, rm 117

Join us for a complete look into what information should be included in a resume, including specific information potential employers are looking for when deciding whether to invite applicants in for an interview. Attendees will learn two formulas for composing strong resume statements and talking points. For more information, please contact the Family Member Employment Assistance Program at 253-7188, or by email at: ombiwakunipersonalandprofessionaldevelopment@usmc-mccs.org.

Education Track: Managing Your Education 2-Day Course

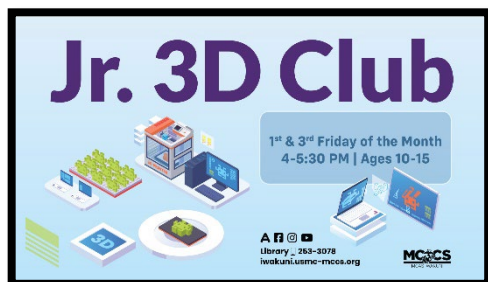
Thu, 5 Feb – Fri, 6 Feb, 8:00 a.m. – 4:00 p.m., bldg 410, rm 110

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, email ombiwakuni.transitionreadiness@usmc-mccs.org, or visit bldg 411, rm 110 to register.

Employment Track: Department of Labor Employment Workshop

Thu, 5 Feb – Fri, 6 Feb, 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, email ombiwakuni.transitionreadiness@usmc-mccs.org or visit bldg 411, rm 110 to register.



Jr. 3d Club

Fri, 6 Feb, 4:00 – 5:30 p.m., Library

Fri, 20 Feb, 4:00 – 5:30 p.m., Library

The 3D Printer & Modeling Club allows patrons ages 10 – 15 to enjoy beginner-level 3D printing demonstrations, collaborative projects, design challenges, 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/1b2c4393-7e42-4213-8da1-db9c8492cc43>.

Sponsorship Training

Wed, 11 Feb, 10:00 – 11:30 a.m., bldg 411

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.



PCS with Success

Thu, 12 Feb, 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/ebcebb46-961e-4f36-8b50-328a996902de>.



Winter Acrylic Painting

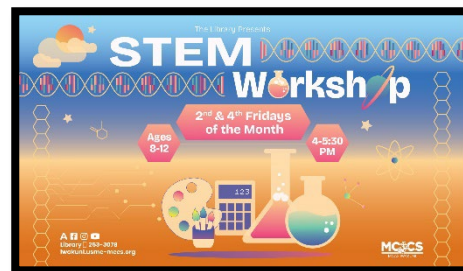
Fri, 13 Feb, 9:00 – 11:00 a.m., bldg 625

Come and paint away the winter doldrums with an easy winter night scene. It's fine for beginners and uses only four colors! It's a simple, relaxing scene, but the contrasting colors make for a stunning final product. Note: acrylic paints are washable but wear easy-care clothes. Class size is limited to 10 people, and registration is required. To register, call 253-3542, email: ombiwakuni.mcftb@usmc-mccs.org, or stop by bldg 411, rm 101. Registration is open until 12:00 p.m., 13 Feb.

STEM Workshop

Fri, 13 Feb, 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/92661165-ded8-4d62-b7be-6a3040818711>.



L.I.N.K.S. Foundation 1-Day Workshop

Thu, 19 Feb, 8:30 a.m. – 4:30 p.m., Bldg 625

Looking for ways to connect, learn something new, volunteer, or meet with others and have some fun? Join the L.I.N.K.S. Foundation Workshop! The L.I.N.K.S. workshop provides an interactive way to learn more about the military lifestyle, the air station, and life in Japan. L.I.N.K.S. focuses on resources and services, such as finance, education, career, moving, networking, and volunteering. Mentors will share their experiences and provide helpful tips on meeting the unique challenges faced in the mobile military lifestyle. Let's connect and support each other! 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., 12 Feb.

Looking to get involved? Join the L.I.N.K.S. Volunteer Team! Check out the [L.I.N.K.S. Video](#) to see what we offer.

Japanese Author Book Club

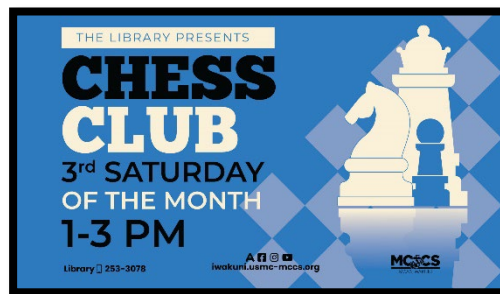
Fri, 20 Feb, 6:00 – 7:00 p.m., Library

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!

Chess Club

Sat, 21 Feb, 1:00 – 3:00 p.m., Library

The Library's Chess Club is intended for beginner and intermediate participants interested in learning chess rules, tactics, and strategies. The first 30 minutes may focus on instruction and the rest of the program will allow for free play time. The Library provides all materials for the program, but participants are welcome to bring their own chess equipment. Registration opens the first day of each month and closes the Thursday before the 3rd Friday. If you can no longer attend Chess Club after you have registered, please contact the Library to cancel your reservation. Sessions are limited to 20 participants, ages 10 and older. Participants must be willing to partner with players of different ages, genders, and skill levels. Unaccompanied minors must have a dependent ID. To register, please visit the Library or email them at iwakuni.library@usmc-mccs.org. For more information, please contact the Library at 253-3078.



Business/Retail & Services/Special Events

Catfish Platter Friday

Fridays, 11:00 a.m. – 2:00 p.m., Tun Alley, Club Iwakuni

Fridays are Fry Days at Tun Alley! Enjoy a platter of delicious catfish, either southern-style or bursting with Cajun flavor with some fried sides. It's so good you'll want another filet for only \$4.50. You can only catch this deal between 11:00 a.m. and 2:00 p.m., so hurry on down to Tun Alley today! Dine-in or take out!

Mongolian Night

Wednesdays, 4:30 – 9:00 p.m., Hangar Club

Mongolian BBQ Night is back every Wednesday at the Hangar! Build your own bowl with fresh ingredients and bold sauces. Open to all active duty, family members, and civilians. Don't miss the flavor-filled comeback.

Universal Studios Japan or Free Time in Osaka Trip

Sat, 31 Jan, 4:30 a.m. – 1:30 a.m.

Experience the exciting attractions at Universal Studios Japan or explore the wonderful city of Osaka on this trip with IT&T. Enjoy the Wizarding World of Harry Potter, Wonderland, Hollywood Dream – the Ride, the Flying Dinosaur, Despicable Me Minion Mayhem and much more and USJ or explore Osaka. For more information, please visit: <https://iwakuni.usmc-mccs.org/activity/a43bd316-9d3c-4694-9071-582f8b062d9a> or stop by the IT&T Office in the Crossroads, bldg 410.



Valentine's Pre-Order Event

Mon, 2 Feb, - Wed, 11 Feb, 10:00 a.m. – 5:00 p.m., Marine Corps Exchange

Make Valentine's Day easy by pre-ordering or picking up flowers, balloons, and more for the perfect Valentine's Day! Pre-order balloons and flowers in advance in the MCX at Customer Service between 2 and 11 Feb from 10:00 a.m. – 5:00 p.m. Delivery dates available from 13 – 14 Feb. Don't forget the chocolates – the perfect finishing touch! See any of our sales associates for details.



Nagasaki Lantern Festival Overnight Trip

7:00 a.m., Sat, 7 Feb, - 9:30 p.m., Sun, 8 Feb

Enjoy the Nagasaki Lantern Festival on this overnight trip to Nagasaki with IT&T. The Nagasaki Lantern Festival is held over the first 15 days of the Chinese New Year, and Nagasaki comes alive with an energetic burst of lanterns, parades, and performances. For complete trip details, please visit: <https://iwakuni.usmc-mccs.org/activity/38570c6e-6a46-44ba-8036-d11552fed25c>.

Kanmon Tunnel in Shimonoseki & Moji Trip

Sat, 14 Feb, 8:00 a.m. – 8:30 p.m.

Enjoy some free time in Shimonoseki! Visit the Akama Shrine, small amusement park “Haikara’t Yokochō” and more. Don’t forget to sample local fresh seafood and sushi at the famous Karato Fish Market! Also, we will walk from Yamaguchi Prefecture to Fukuoka Prefecture in just 15 min via the Kanmon Pedestrian Undersea Tunnel, and will visit the opposite shore of Shimonoseki, Mojiko Retro District. To sign up, please visit the IT&T office in the Crossroads, bldg 410. For more information, please visit: <https://iwakuni.usmc-mccs.org/activity/d6b146c7-ce08-4127-b0eb-872f78180e6f>.

Wine, Dine & Be Mine

Sat, 14 Feb, 6:00 p.m., Talbot’s, Club Iwakuni

Club Iwakuni will host a formal Valentine’s Day dinner at Talbot’s, with each of the six courses being paired with a carefully selected glass of wine. Let Club Iwakuni spoil you and the one you love with Wine, Dine & Be Mine! For more information and a copy of the menu, please visit: <https://iwakuni.usmc-mccs.org/activity/35e6fbc5-cad9-4d34-a853-cecac67eadbd>.

Strawberry Picking Trip Part 1

Sat, 21 Feb, 8:30 a.m. – 4:30 p.m.

It’s time for Strawberry Picking! Get some fresh air and pick all-you-can-eat strawberries at the farm. After that, we will go to the Outlets Hiroshima where you can enjoy lunch and shopping! For complete trip itinerary and more information, please visit: <https://iwakuni.usmc-mccs.org/activity/4967a9c4-9c2f-425a-983f-44576ceb209f> or stop by the IT&T Office in the Crossroads, bldg 410, to sign up.



Alphabetical list of events for period 30 January – 5 February 2026

Event	Date	Link
Aikido – February	Tue & Thu	https://iwakuni.usmc-mccs.org/activity/ede89cfb-839d-4372-9fb4-6439e1d5bbc3
Alcoholics Anonymous	Tue & Fri	https://iwakuni.usmc-mccs.org/activity/cdf34307-53aa-446a-841c-4d1cd862e10c
Anger Got You Hot? Cool Down With Us	Wednesdays	https://iwakuni.usmc-mccs.org/activity/c42f6dc5-9544-4494-9e08-c3b493f2740f
Baby Lapsit	Mondays	https://iwakuni.usmc-mccs.org/activity/c80dfe0f-77f2-4af9-b181-3a576032db5b
Body Sculpt – January	Wed & Sat	https://iwakuni.usmc-mccs.org/activity/12c79282-3bad-4b05-8583-9e18dba82777
Build a Better Resume	Wed, 4 Feb	https://iwakuni.usmc-mccs.org/activity/5985ec00-14e2-47b6-a2cd-0428325a69e1
Cardio Kickboxing Mini-Bootcamp – January	Tuesdays	https://iwakuni.usmc-mccs.org/activity/f85f448a-5fcd-4fd7-b0cd-a6c57b7e9672
Catfish Platter Friday	Fridays	https://iwakuni.usmc-mccs.org/activity/a110604c-407d-42b7-9fd3-4c96d8fbb7b8
College 101/TA Orientation Brief	Wed, 4 Feb	https://iwakuni.usmc-mccs.org/activity/09b657bf-b5d5-4c26-a9db-de96c28f4efb
Cosmic Youth Bowling League	3 Feb – 24 Mar	https://iwakuni.usmc-mccs.org/activity/e2821d41-d83b-406a-88f1-a34c7aab0062
DOL Employment Workshop 2-Day Course	5 – 6 Feb	https://iwakuni.usmc-mccs.org/activity/85b2b083-3d5f-4576-b4d3-669e5df2fd6d
Dry January: Hydration Reset Station	Fri, 30 Jan	https://iwakuni.usmc-mccs.org/activity/512b87d0-b905-40f4-8090-d42e13a3b15c
EFMP Free Valentine Cards & Stamps	Fri, 30 Jan	https://iwakuni.usmc-mccs.org/activity/66a98ce8-2303-4046-aaac-0f685e4ecc5b
Fresh Start Wellness Challenge: 6 Pillars in 6 Weeks	28 Dec- 1 Feb	https://iwakuni.usmc-mccs.org/activity/b36da06b-7220-45b8-bfe1-90e84b469d7a
Functional Flexibility Training	Tuesdays	https://iwakuni.usmc-mccs.org/activity/535a6043-fb4e-4b00-a663-d70a47a7e694
Glutes & Abs – February	Wednesdays	https://iwakuni.usmc-mccs.org/activity/3e49acf5-610f-455d-bf3f-ccf3ff409c5e
Hatha Yoga - February	Various	https://iwakuni.usmc-mccs.org/activity/df826eda-4aa0-419f-8f84-32e94ac88586
Infant Massage: 4-Week Session	Thursdays	https://iwakuni.usmc-mccs.org/activity/9342aabd-7e3f-4172-91b7-4949dae90abc
Intramural Sports 5v5 Basketball Season	12 Jan – 4 Feb	https://iwakuni.usmc-mccs.org/activity/703b154a-fd9a-4a85-a3ac-a33f755f221b
Judo – February	Various	https://iwakuni.usmc-mccs.org/activity/bc25812b-fac5-4dff-a73c-797a1051503c
Lotus Root Digging Experience	Tue, 3 Feb	https://iwakuni.usmc-mccs.org/activity/0e16f876-8146-4899-9170-d95b3241258e
Managing Your Education	5 – 6 Feb	https://iwakuni.usmc-mccs.org/activity/59098447-e691-4cc4-9240-c99faea3c0d6
Mixedfit – February	Various	https://iwakuni.usmc-mccs.org/activity/7e8fbcda-e7d9-493c-b861-bb143b0a14a3
Mongolian Night	Wednesdays	https://iwakuni.usmc-mccs.org/activity/6df3565b-9fb2-4a8a-acbd-054f56955d3a
Parent as Teachers	Tue, 3 Feb	https://iwakuni.usmc-mccs.org/activity/7e5943a6-9222-418c-b368-1a61852f5630
Peer 2 Peer Support Group	Mondays	https://iwakuni.usmc-mccs.org/activity/42843f03-fe81-4292-8c92-e225ae9333c1



Weekly Newsletter

30 January 2026

Positive Parenting Program	Thu, 5 Feb	https://iwakuni.usmc-mccs.org/activity/cddcf92-6a8f-4a7e-9f36-79be00b4033a
Pre-K Time	Wednesdays	https://iwakuni.usmc-mccs.org/activity/df84eb9f-0baa-4157-851d-49d952ea29f9
Prime Rib Special at Tun Alley	Thursdays	https://iwakuni.usmc-mccs.org/activity/4901a252-5786-4f5d-ae6a-eca1a9077e14
Progressive Hatha Yoga – January	Mondays	https://iwakuni.usmc-mccs.org/activity/284450e4-8d72-4be0-b094-0b95a72089d9
Saioto Ski & Snowboard Trip	Sat, 31 Jan	https://iwakuni.usmc-mccs.org/activity/fe7fdaad-b7c1-4260-845d-a80e1ff3e9b9
SMP On-Base Cleanup	Tue, 3 Feb	https://iwakuni.usmc-mccs.org/activity/88625764-a28b-4543-90d2-52e8eb4bec9d
SMP Committee Meeting	Thu, 5 Feb	https://iwakuni.usmc-mccs.org/activity/a0e82297-241c-42a3-abf0-7ee0edd201f1
Spin – February	Various	https://iwakuni.usmc-mccs.org/activity/4b1980cf-06fa-4aec-88fd-79c6c5c3a179
Toddler Tuesday	Tue, 3 Feb	https://iwakuni.usmc-mccs.org/activity/e5d0f36a-0e6e-46e1-8352-a848d80e2f5b
Universal Studios Japan/Free Time in Osaka	Sat, 31 Jan	https://iwakuni.usmc-mccs.org/activity/a43bd316-9d3c-4694-9071-582f8b062d9a
Valentine's Pre-Order Event	2 – 11 Feb	https://iwakuni.usmc-mccs.org/activity/927b5bee-755b-4dd4-ab37-86685b0f29d1
Wednesday Trios Rec League	21 Jan-20 May	https://iwakuni.usmc-mccs.org/activity/e40e44bd-7bf1-4228-8393-ef643740e42e
Welcome Aboard Brief	Mondays	https://iwakuni.usmc-mccs.org/activity/9a24802e-f690-42a0-be82-c2dbc549f6e9
Welcome Aboard Bus Tour	Wed, 4 Feb	https://iwakuni.usmc-mccs.org/activity/8f92c583-dde0-4c02-8e2e-ad00cff199bc
Winter Reading Program	14 Dec-31 Jan	https://iwakuni.usmc-mccs.org/activity/2627da65-0302-4a02-83ae-50322cab2215
Youth Dance Classes – Spring	3 Feb – 28 Apr	https://iwakuni.usmc-mccs.org/activity/48ef2c07-3a0c-4946-8cc9-31a1d4412cb0
Youth Fitness Classes – February	Various	https://iwakuni.usmc-mccs.org/activity/7a7dd14b-15b2-4c31-b403-e5ad57d5bb3c
Youth Sports Basketball Season	21 Jan – 6 Mar	https://iwakuni.usmc-mccs.org/activity/77bdaa3a-1b49-43fc-9118-96274a9c3b83
Youth Sports Cheerleading Season	21 Jan-13 Mar	https://iwakuni.usmc-mccs.org/activity/8e15a698-4e50-4882-b60e-cc944e0f23d1
Zumba – February	Various	https://iwakuni.usmc-mccs.org/activity/da19433c-e728-4310-92be-fe3818ddbcc7