

Missing out on happenings in the community?

Download the *Iwakuni Altitude* app on the App Store!

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

Items of Interest, 2 – 8 January 2026

Fri, 2 Jan

5:00 – 11:30 p.m., Hiroshima shuttle bus service (see page 3)

Tue, 6 Jan

8:00 – 11:00 a.m., SMP on-base cleanup (see page 5)

Thu, 8 Jan

8:30 a.m. – 4:30 p.m., L.I.N.K.S. foundation 1-day workshop (see page 8)

1:30 – 2:30 p.m., EFMP service vs. emotional support animals (see page 6)

3:00 – 4:00 p.m., SMP Committee meeting (see page 5)

Sakura Theater Schedule

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

Zootopia 2 (PG)

Fri, 2 Jan, 5:00 p.m.

Detectives Judy Hopps and Nick Wilde find themselves on the twisting trail of a mysterious reptile who turns the mammal metropolis of Zootopia upside down. Testing their growing partnership like never before, they go under cover in new parts of town to crack the case.



Song Sung Blue (PG-13)

Fri, 2 Jan, 8:00 p.m.

Sat, 3 Jan, 6:00 p.m.

A 2025 biographical musical drama starring Hugh Jackman and Kate Hudson as Mike and Claire Sardina, a real-life couple who performed as a Neil Diamond tribute band called "Lightning & Thunder" in Milwaukee. The film follows their journey through love, marriage, and the highs and lows of their musical career, including a devastating car accident that Claire survived and Mike's tragic death in 2006.

The Spongebob Movie:

Search for SquarePants (PG)

Sat, 3 Jan, 2:00 p.m.

Follow SpongeBob as he proves his bravery by following the Flying Dutchman to the deep sea on a seafaring journey to the ocean's depths in this fun installment of the popular show!



Wicked: For Good (PG)

Sun, 4 Jan, 2:00 p.m.

Now demonized as the Wicked Witch of the West, Elphaba lives in exile in the Ozian forest, while Glinda resides at the palace in Emerald City, reveling in the perks of fame and popularity. As an angry mob rises against the Wicked Witch, she'll need to reunite with Glinda to transform herself, and all of Oz, for good.



Mission Impossible (PG-13)

NDVD/NSSM – Free Admission

Mon, 5 Jan, 7:00 p.m.

The first film in the franchise, directed by Brian De Palma and starring Tom Cruise as IMF agent Ethan Hunt, who is framed for the murder of his team and must go rogue to clear his name and uncover the real traitor.



Anaconda (PG-13)

Sun, 4 Jan, 6:00 p.m.

A meta-comedy action film, Anaconda is a reimagining of the 1997 original, about friends (Jack Black, Paul Rudd, Steve Zahn, Thandiwe Newton) trying to remake the classic movie in the Amazon, only to encounter a real giant anaconda.



Avatar: Fire and Ash (PG-13)

Thu, 8 Jan, 700 p.m.

Avatar: Fire and Ash is the third film in the Avatar franchise, picking up after The Way of Water with the Sully family dealing with grief and a new conflict involving an aggressive Na'vi tribe led by the new villainess Varang (Oona Chaplin). The film continues the story with Jake, Neytiri, and their children facing new challenges, including the return of Quaritch, and explores themes of grief, war, and family, while featuring impressive visuals.

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 Altitude app, website or Facebook page for the latest information.

Hiroshima Shuttle Bus Service

Fri, 2 Jan, 5:00 – 11:30 p.m.

Fri, 16 Jan, 5:00 – 11:30 p.m.

Get to Hiroshima and back without the hassle! Every Friday following a military pay day, a bus will shuttle SOFA personnel to and from Hiroshima Peace Park in Hiroshima City. Enjoy the sights, shopping, and food of Hiroshima without the worry! For complete information and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/504bab4e-6bdf-4b4a-8817-4dbcc808a4af>.



Semper Fit

Human Performance

Sleep Smarter Tips & Techniques

Tue, 13 Jan, 9:00 – 10:00 a.m., IronWorks North Wellness Room

Discover the importance of quality sleep and how it affects your brain, body, and overall performance. This quarterly brief provides practical tips and techniques to help you rest better and thrive. Open to all base personnel ages 18 and up. Don't miss this opportunity to enhance your well-being—because better sleep means a better you!

Mindful Bites: Managing Stress Eating

Tue, 14 Jan, 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.

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.

Intramural Sports



3v3 Basketball Tournament

Sat, 10 Jan, 9:00 a.m. – 4:00 p.m., IronWorks North

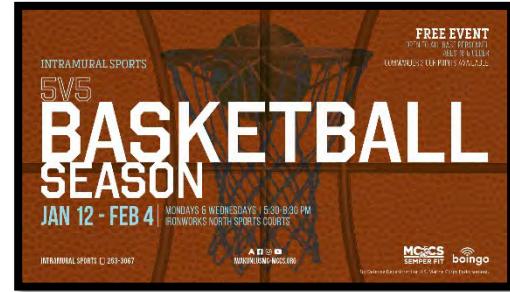
Registration open until 11:59 p.m., 6 Jan

Join Intramural Sports for the Basketball Tournament at the IronWorks North Sports Courts. 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 3 players. This event is Commander's Cup points eligible — each unit that registers must be at least 80% active duty

(same unit) and no more than 20% civilian, DoDEA, spouse, etc., and will need to be approved by the unit CO. For complete information and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/84e7750e-ff47-4b6f-8dbc-71dbc59d86b1>.

5v5 Basketball Season

Mon, 12 Jan – Wed, 4 Feb, 5:30 – 8:30 p.m. (Mon & Wed)
Registration opens 12:00 p.m., 12 Dec ends 11:59 p.m., 2 Jan
Join Intramural Sports for the Basketball Season from 12 Jan – 4 Feb at the Ironworks North Gym Sports Courts. Games are held on Mondays and Wednesdays from 5:30 – 8:30 p.m. This tournament is open to all SOFA personnel aged 16 and older, JMSDF, and IHA/MLC employees. Each team captain will register their team online, and each team must consist of a minimum of 5 players with a maximum of 10. Season will be round-robin style. This event is Commander's Cup points eligible — each unit that registers must be at least 80% active duty (same unit) and no more than 20% civilian, DoDEA, spouse, etc., and will need to be approved by the unit CO. For complete information and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/703b154a-fd9a-4a85-a3ac-a33f755f221b>.



Outdoor Recreation

Saioto Ski & Snowboard Trip

Sat, 10 Jan, 7:00 a.m. – 7:30 p.m.

Registration opens 10 Dec for active duty personnel and family members, and on 26 Dec for U.S. civilians, JMSDF, and MLC/IHA personnel.

Sat, 31 Jan, 7:00 a.m. – 7:30 p.m.

Registration opens 31 Dec for active duty personnel and family members, and on 16 Jan for U.S. civilians, JMSDF, and MLC/IHA personnel.

Join Outdoor Recreation for a trip to Saioto ski resort in Hiroshima. Register at Outdoor Recreation thru 19 Dec or until all 24 spots are filled. For complete trip information, please visit: <https://iwakuni.usmc-mccs.org/activity/193b5367-2b3d-4614-b96d-dc55f0fa19e1> (10 Jan) <https://iwakuni.usmc-mccs.org/activity/fe7fdada-b7c1-4260-845d-a80e1ff3e9b9> (31 Jan)



Yawata 191 Ski & Snowboard Trip

Sat, 24 Jan, 7:00 a.m. – 7:30 p.m.

Registration opens 24 Dec for active duty personnel and family members, and on 9 Jan for U.S. civilians, JMSDF, and MLC/IHA personnel

Sat, 7 Feb, 7:00 a.m. – 7:30 p.m.

Registration opens 7 Jan for active duty personnel and family members, and on 23 Jan for U.S. civilians, JMSDF, and MLC/IHA personnel

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/2da7792c-9dcf-4ed6-8cff-1b2ef643a47b> (24 Jan) <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, 6 Jan, 8:00 – 11:00 a.m.

Registration open 22 Dec – 5 Jan 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, 8 Jan, 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.



Snowboarding Trip

Sat, 17 Jan, 6:00 a.m. – 6:40 p.m.

Registration open 12:00 p.m., 5 Jan – 8:00 a.m., 12 Jan or when full

Join the SMP on a trip to Megahira Ski Resort for a day of snowboarding and fun. Transportation is free but be sure to bring yen for food and lift tickets. The safety brief will take place at 3:00 p.m. on 13 and 14 Jan at the Hornet's Nest. Patrons will get an opportunity to rent gear for the trip with Outdoor Rec. before the trip date. To register, please visit:

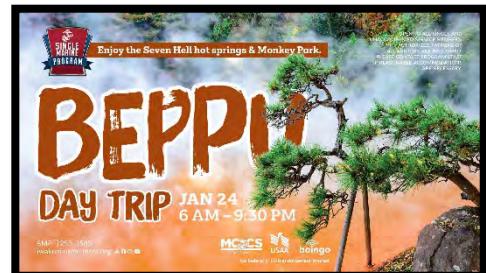
<https://iwakuni.usmc-mccs.org/activity/b83ae23e-ba2a-4dcd-b613-c66f9ddf14a1>.

Beppu Day Trip

Sat, 24 Jan, 6:00 a.m. – 9:30 p.m.

Registration open 12:00 p.m., 5 Jan – 8:00 a.m., 19 Jan or until full

Join the SMP and enjoy the comforts of the natural onsens at the 7 Hells of Beppu and the Japanese Macaques at Takasakiyama Natural Zoological Garden. Please bring extra yen for various admissions fees and attractions. 36 spots are available. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/239b5d0f-781b-439d-a9e4-00849653cb19>.



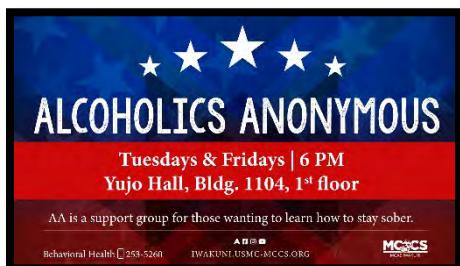
SMP Barracks Cooking Class

Mon, 26 Jan, 5:00 – 6:00 p.m., Hornet's Nest

SMP is collaborating with Health Promotion to present barracks cooking classes for single and unaccompanied service members. Easy and convenient recipes that can be prepared and cooked in the barracks will be demonstrated along with discussions regarding the importance of maintaining a healthy and varied diet.

Marine & Family Programs

Behavioral Health



Alcoholics Anonymous

Tuesdays & Fridays, 6:00 – 8:00 p.m., bldg 1104 (Yujo Hall), 1st floor
Are you seeking support on your journey to sobriety? Join this confidential and welcoming Alcoholics Anonymous (AA) support group designed to help individuals who want to learn how to stay sober. Connect with others who understand your challenges and gain valuable insights, encouragement, and strategies for maintaining a healthy, sober lifestyle. Whether you're just starting your journey or looking for continued support, this group is here to help.

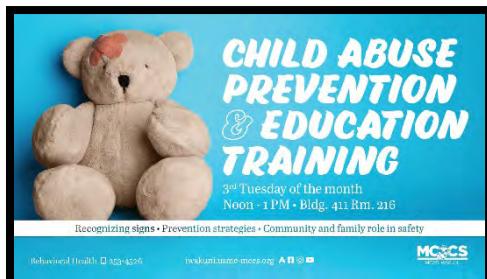
Anger Management

Wed, 7 Jan, 9:00 – 10:30 a.m., bldg 411, rm 216

Struggling to keep your cool? You're not alone, and you don't have to figure it out on your own. Join the Anger Management Workshop, held every Wednesday, and learn how to better understand your thoughts, emotions, and reactions in a supportive and judgment-free environment. Through practical strategies and open discussion, learn how to:

- Identify and reframe negative thought patterns
- Respond to stress with emotional control
- Communicate clearly and confidently without conflict
- Build healthier relationships with empathy and forgiveness
- Differentiate between assertive and aggressive communication

Whether you're looking to strengthen your self-awareness or improve your communication skills, this workshop provides the tools you need to respond, not react. No registration needed and walk-ins are welcome!



Child Abuse Prevention & Education Training

Tue, 20 Jan, 12:00 – 1:00 p.m., bldg 411

Every child deserves a safe and supportive environment. Join this vital training designed to raise awareness, promote prevention, and empower individuals and families to be proactive in protecting our most vulnerable population. Through a combination of education, discussion, and real-world strategies, this training will help participants:

- Recognize the signs and indicators of abuse
- Understand prevention strategies that create safer environments
- Build emotionally responsive, morally aware support systems
- Emphasize the shared responsibility of families and communities in keeping children safe

By enhancing mental awareness, emotional sensitivity, and social responsibility, we can work together to create a community where every child feels protected, valued, and heard. Join us and learn how to be the change that makes a difference. Join us in building a safer, stronger community.

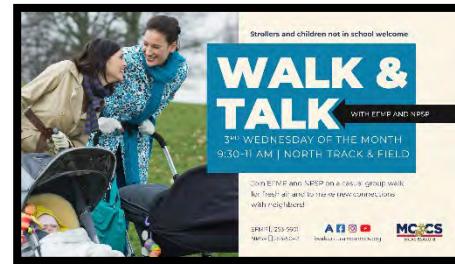
Family Care



EFMP Service vs. Emotional Support Animals

Thu, 8 Jan, 1:30 – 2:30 p.m., bldg 625, rm 211

This informative class breaks down key definitions, clears up common misconceptions, and offers practical tips on Service Animal regulations, especially for those serving in the military. Don't miss this chance to get informed and ask questions. Come and learn the facts!



Walk & Talk with EFMP & NPSP

Wed, 21 Jan, 9:30 – 11:00 a.m., Northside Track & Field

Calling all Stroller Warriors and all SOFA-status personnel looking to get out of the house or TLF! Please join EFMP & NPSP for a casual group walk to visit with your neighbors and make new connections. Join in and add some fresh air & movement to your day!

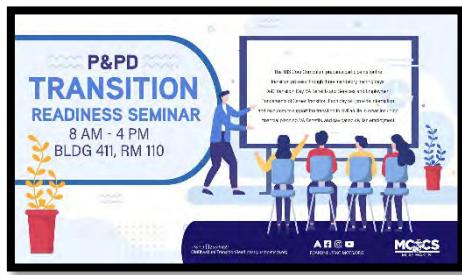
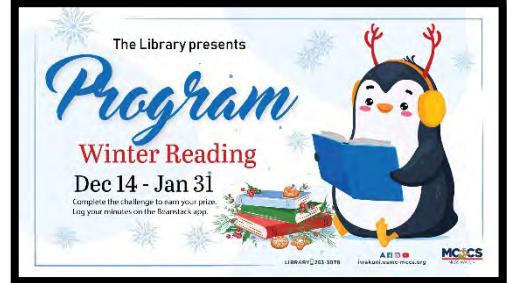


Personal & Professional Development

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

Mon, 5 Jan – Wed, 7 Jan, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

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. Pre-registration is required, so call 253-6439 or visit bldg 411, rm 110 to register.

Passport to Volunteering

Tue, 6 Jan, 4:00 – 6:00 p.m., bldg 411

Ready to make a difference? The Passport to Volunteering workshop equips volunteers with the tools, resources, and confidence to create a successful and rewarding volunteer journey. Learn how to maximize your impact, connect with opportunities, and gain skills that support both your community and your personal growth. Hosted by the Installation Volunteer Coordinator, this session is designed to help you make the most out of your volunteer experience. To register, please call 253-6439, email OMBIwakuni.BaseVolunteerCoordinator@usmc-mccs.org, or stop by to visit their office in bldg 411.



Sponsorship Training

Wed, 7 Jan, 10:00 – 11:30 a.m., bldg 411, rm 104

Wed, 28 Jan, 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.

Pre-K Time

Wednesdays, 3:30 – 4:15 p.m., Library

Joint the Library for a playful and engaging session designed to spark a love of reading. Through books, songs, and hands-on activities, children will build language and pre-literacy skills while having fun and making new friends. Open to children ages 3 – 5. For more information, please contact the Library at 253-3078 or iwakuni.library@usmc-mccs.org or visit them on the 3d floor of bldg 411.





Employment Track: Department of Labor Employment Workshop

Thu, 8 Jan – Fri, 9 Jan, 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, 8 Jan – Fri, 9 Jan, 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.

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

Thu, 8 Jan, 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., 7 Jan.



Kintaikyo Bridge Workshop

Sat, 10 Jan, 1:00 – 4:00 p.m., IronWorks South

Join the Library for a special workshop in collaboration with Iwakuni City's Kintaikyo Bridge World Heritage Registration Promotion Council. Learn about the history and construction of Iwakuni's own Kintaikyo Bridge in a hands-on workshop to build a 7-meter (22-foot) long scale model. Once construction of the model is completed, participants will have a chance to stand on the completed bridge. This special program is to promote Iwakuni City's campaign for the Kintaikyo Bridge to be registered as a World Cultural Heritage landmark. Registration is required; contact

the library at 253-3078 for details. Open to adults 18 and older. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/6c0cce14-e556-4615-9c43-f43504b3758b>.

Understanding Your GI Bill Benefits

Mon, 12 Jan, 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 preferred. To register, please call 253-3855, email OMBiwakuni.educationoffice@usmc-mccs.org.



Survival Japanese Class

Tue, 13 Jan – Fri, 16 Jan, 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/403f0e58-b631-47c6-86ea-26fa50604395>.

Command Team Advisor/Family Readiness Assistant Training

Wed, 14 Jan, 1:00 – 3:00 p.m., bldg 625

Understand the roles, responsibilities, and operating components within the 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, or visit Marine & Family Programs in bldg 411, rm 101. Registration is open until 12:00 p.m., 13 Jan.

PCS with Success

Thu, 15 Jan, 9:00 – 11:30 a.m., Sakura Theater

Thu, 29 Jan, 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>.



Home School Support Group

Thu, 15 Jan, 9:00 – 10:00 a.m., USO, bldg 727 (Air Terminal), 2nd fl

Want to learn more about homeschooling? Need information on educational services and resources? The Home School Support Group is here to bridge the communication and education gap between our home school community, DoDEA schools, and other available service providers on board the air station in a town hall setting that includes a Q&A session. The purpose of the group is to provide home school families and guests with the opportunity to share their educational concerns and interests. The

School Liaison Officer will clarify DoDEA's Home School policy and the benefits and advantages of part-time & full-time enrollment, and the available auxiliary services available to those families which have declared home schooling as their preferred method of teaching and learning. Attendees will have the opportunity to attain first-hand information on how the Commanding Officer and MCCS programs can best support home school students.

Disaster Preparedness Workshop

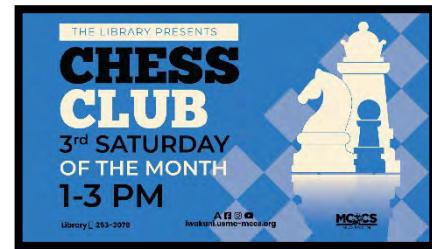
Sat, 17 Jan, 8:30 a.m. – 12:30 p.m.

Join Cultural Adaptation on a visit to the Iwakuni Fire and Disaster Preparedness Center and learn what to expect from and how to act during a natural disaster presented by the Iwakuni City crisis management section. There will be activities such as an earthquake simulation, fire extinguisher operation, and evacuation from a smoke-filled room. For more information and instructions on registration, please visit: <https://iwakuni.usmc-mccs.org/activity/32baa331-f779-4592-ab3d-8873e4fa76a3>.

Chess Club

Sat, 17 Jan, 1:00 – 3:00 p.m., Library

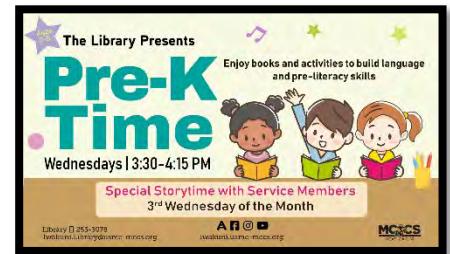
The Library's Chess Club is intended for beginner and intermediate participants interested in learning chess rules, tactics, and strategies. The first 30 minutes may focus on instruction and the rest of the program will allow for free play time. The Library provides all materials for the program, but 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 8 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.



Pre-K Time: Special Story Time with Service Members

Wed, 21 Jan, 3:30 – 4:15 p.m., Library

Join the Library on the 3rd Wednesday of each month for a special story time with service members. Children ages 3-5 and their guardians are invited to enjoy engaging stories read aloud by service members from our community. This program encourages early literacy, builds confidence, and fosters meaningful connections between young learners and the service members who support our community. Come and share stories, smiles, and a day of imagination together!



LifeSkills: Pre-Marital Workshop

Tue, 27 Jan, 8:00 a.m. – 12:00 p.m., bldg 625

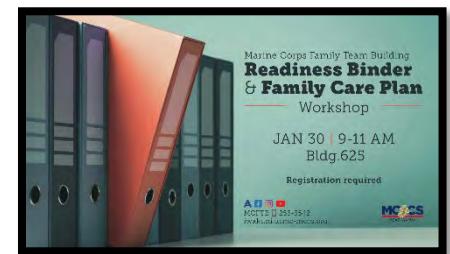
If you are planning on getting married in the near future, join this one-stop shop to learn how to complete the necessary military requirements for marriage and to gain the tools for a healthy, successful marriage. To sign up, please call 253-3542, email: ombiwakunji.mcftb@usmc-mccs.org, or visit Marine & Family Programs in rm 101, bldg 411. Registration is open until 12:00 p.m., 26 Jan.

RDST: Readiness Binder & Family Care Plan Workshop

Fri, 30 Jan, 9:00 – 11:00 a.m., bldg 625

Registration closes 12:00 p.m., 29 Jan

Join this interactive and informative workshop designed to organize and prepare military family to be ready for anything, especially during a deployment. Participants will receive a free binder with organizational tabs. To register, please call 253-3542, email ombiwakunji.mcftb@usmc-mccs.org, or visit Marine & Family Programs in bldg 411, rm 101.



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!

Prime Rib Special at Tun Alley

Thu, 8 Jan, 5:00 – 9:00 p.m., Tun Alley, Club Iwakuni

Try our juicy prime rib, seasoned to perfection, cooked to your liking, and served with hearty vegetables, baked potato, and garden salad at Tun Alley every Thursday night, starting at 5:00 p.m. Get a 10 oz. for \$21.95, a 12 oz. for \$24.95, or try a 16 oz. for \$30.95.



LaLaport Shopping Mall & Dazaifu Shrine Trip

Sat, 10 Jan, 7:00 a.m. – 10:00 p.m.

Enjoy shopping at LaLaport Fukuoka and Canal City Hakata in Fukuoka Prefecture! At LaLaport Fukuoka, you'll find a variety of stores and attractions such as the LEGO® Store, JUMP SHOP, MUJI, ABC-MART, Starbucks Coffee, McDonald's, KFC, GUNDAM SIDE-F, Moff Animal Café, KidZania, and more. After that, we will visit Dazaifu Tenman-gū Shrine, a Shinto shrine located in Dazaifu, Fukuoka Prefecture which is built over the grave of Sugawara no Michizane (845–903 AD), and is one of the main shrines dedicated to Tenjin, the deified form of Michizane.

For a detailed schedule and other information, please visit: <https://iwakuni.usmc-mccs.org/activity/cb3d680b-6516-4e8d-8ba5-cb2fd23538f0> or stop by the IT&T Office in the Crossroads, bldg 410.

Takasakiyama Monkey Park & Beppu Hot Spring Trip

Sat, 17 Jan, 7:00 a.m. – 11:00 p.m.

Join IT&T and visit Takasakiyama Monkey Park, located on the western end of the city of Oita, on the steep slopes of the mountain. This popular park is home to more than 1500 wild Japanese monkeys who spend most of their days roaming the mountain's steep, forested grounds. Afterwards, enjoy the Hyotan hot springs in Beppu. This tattoo-friendly onsen is a unique hot spring facility where you can enjoy the hot spring in various ways, such as a sand bath or inhaling the steam. For more details, please visit: <https://iwakuni.usmc-mccs.org/activity/16f499ac-5cad-40d8-8a3f-ac3631023022> or stop by the IT&T Office in the Crossroads, bldg 410.



Martin Luther King, Jr., Remembrance Brunch

Sun, 18 Jan, 9:00 a.m. – 2:00 p.m., Club Iwakuni Ballroom

Celebrate the legacy of Martin Luther King, Jr. with Club Iwakuni. Featuring Martin Luther King, Jr.'s favorite foods like Southern Fried Chicken, Candied Sweet Potatoes, Collard Greens, Macaroni and Cheese, Black-eyed-peas, Corn Bread, and much more. Plus all your favorite Sunday Brunch breakfast items and carving stations. Ticket cost is \$28.95 for adults and \$14.95 for kids.

Saijo Sake Brewery Tour

Mon, 19 Jan, 8:30 a.m. – 6:30 p.m.

The "Sake Capital" Saijo City is a well-known brewing region. Join IT&T and visit one of the most famous breweries with an English-speaking local guide to learn about the brewing process. Please don't forget to try tasting sake! For more information, please visit: <https://iwakuni.usmc-mccs.org/activity/872f96e9-a49d-4b04-bc5d-8e8566d43404> or stop by the IT&T Office in the Crossroads, bldg 410.



Akiyoshido Cave, Safari Land & Feeding Bus Special Trip

Sat, 24 Jan, 7:00 a.m. – 6:00 p.m.

Akiyoshido Cave is one of the largest in Japan, and a popular tourist destination in Yamaguchi Prefecture. After visiting the cave, go on a cruise in the wildlife zone on the "feeding bus" at Safari Land. There will also be free time in the petting zoo area and the kid's safari area. For more information, please visit: <https://iwakuni.usmc-mccs.org/activity/3344c364-91b1-48f7-8763-1075345682a8> or stop by the IT&T office in the Crossroads, bldg 410, to sign up.

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.





Weekly Newsletter

2 January 2026

Alphabetical list of events for period 2 – 8 January 2026

Event	Date	Link
Aikido	Tue & Thu	https://iwakuni.usmc-mccs.org/activity/271dee2a-2129-440c-88c7-da51c5f32d50
Alcoholics Anonymous	Tue & Fri	https://iwakuni.usmc-mccs.org/activity/cdf34307-53aa-446a-841c-4d1cd862c10c
Anger Management	Wednesdays	https://iwakuni.usmc-mccs.org/activity/504a68bd-ab63-4357-b82c-edb6d6f91c3d
Body Sculpt – January	Wed & Sat	https://iwakuni.usmc-mccs.org/activity/12c79282-3bad-4b05-8583-9e18dba82777
Cardio Kickboxing Mini-Bootcamp – January	Tuesdays	https://iwakuni.usmc-mccs.org/activity/f85f448a-5fd-4fd7-b0cd-a6c57b7e9672
Catfish Platter Friday	Fridays	https://iwakuni.usmc-mccs.org/activity/92112580-aa2f-440d-8d21-ad0586e4cb5e
Dept of Labor Employment Workshop	8 -9 Jan	https://iwakuni.usmc-mccs.org/activity/100d7929-14ef-4944-91b3-72870b458079
EFMP Service vs. Emotional Support Animals	Thu, 8 Jan	https://iwakuni.usmc-mccs.org/activity/16e60946-352b-4b15-9368-159d7c54cff3
Food Truck – Pizza	Tue, 6 Jan	https://iwakuni.usmc-mccs.org/activity/8d323792-a37f-4d7c-b0a6-c6bc4d3612c2
Fresh Start Wellness Chalenge: 6 Pillars in 6 Weeks	28 Dec- 1 Feb	https://iwakuni.usmc-mccs.org/activity/b36da06b-7220-45b8-bfe1-90e84b469d7a
Friday Night Friendship League	Fridays	https://iwakuni.usmc-mccs.org/activity/4e24da67-9db7-4d93-b831-33ba5cbef7a1
Hiroshima Shuttle Bus Service	Fri, 2 Jan	https://iwakuni.usmc-mccs.org/activity/504bab4e-6bdf-4b4a-8817-4dbcc808a4af
Judo – January	Various	https://iwakuni.usmc-mccs.org/activity/2ce79c4f-dd0d-4191-980f-28f5dc46de1d
L.I.N.K.S. Foundation 1-Day Workshop	Thu, 8 Jan	https://iwakuni.usmc-mccs.org/activity/7677a670-e955-4dc1-820d-2e6d77d4aa07
Managing Your Education 2-Day Course	8 – 9 Jan	https://iwakuni.usmc-mccs.org/activity/3117140b-45de-4ffd-be81-6131f1ed9875
Mixeddfit – January	Various	https://iwakuni.usmc-mccs.org/activity/5b11e7f5-4856-4580-ac4a-18ea62cfb221
Passport to Volunteering	Tue, 6 Jan	https://iwakuni.usmc-mccs.org/activity/67b01018-4806-4719-8869-447be68532cf
Peer 2 Peer Support Group	Mondays	https://iwakuni.usmc-mccs.org/activity/42843f03-fe81-4292-8c92-e225ae9333c1
Pre-K Time	Wednesdays	https://iwakuni.usmc-mccs.org/activity/df84eb9f-0baa-4157-851d-49d952ea29f9
Prime Rib Special at Tun Alley	Thu, 8 Jan	https://iwakuni.usmc-mccs.org/activity/d602555e-4ac9-427c-92d6-ddfd6facfbbe
Progressive Hatha Yoga – January	Mondays	https://iwakuni.usmc-mccs.org/activity/284450e4-8d72-4be0-b094-0b95a72089d9
SAC Winter Wonder Weeks	22 Dec – 2 Jan	https://iwakuni.usmc-mccs.org/activity/096b0e6b-4305-4d11-862e-cbb881deb658
SMP Committee Meeting	Thu, 8 Jan	https://iwakuni.usmc-mccs.org/activity/36f153fa-2f28-4c8d-b3a2-e0016f503158
SMP On-Base Cleanup	Tue, 6 Jan	https://iwakuni.usmc-mccs.org/activity/9986ce19-c780-4d2c-80d8-3cd55c0399de
Spin – January	Various	https://iwakuni.usmc-mccs.org/activity/6184b228-50b8-4c6c-a742-c7ae98634dac
Sponsorship Training	Wed, 7 Jan	https://iwakuni.usmc-mccs.org/activity/222833ca-71df-4395-8d9f-eb4a8f89c480



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Transition Readiness Seminar 3-day course	5 – 7 Jan	https://iwakuni.usmc-mccs.org/activity/5f969a7a-89ef-41f1-98fb-b744bf877f21
Welcome Aboard Brief	Mondays	https://iwakuni.usmc-mccs.org/activity/010acc3f-1856-4aac-8c9e-7bf693247882
Welcome Aboard Bus Tour	Wed, 7 Jan	https://iwakuni.usmc-mccs.org/activity/5798d0d8-6f8d-40c7-bd45-10bf8d3bf94f
Winter Reading Program	14 Dec-31 Jan	https://iwakuni.usmc-mccs.org/activity/2627da65-0302-4a02-83ae-50322cab2215
Zumba – January	Various	https://iwakuni.usmc-mccs.org/activity/cf38ab20-76ea-4144-99ac-0358068717a6