

Missing out on happenings in the community?

Download the *Iwakuni Altitude* app on the App Store or get it on Google Play!

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

Significant Events 21 – 28 February 2025

Fri, 21 Feb	10:00 a.m. – 12:00 p.m., L.I.N.K.S. Kokedama Creation Pop-up Event (see page 7) 4:00 – 6:00 p.m., Break the Silence: TDVAM Bingo (see page 6)
Sat, 22 Feb	8:00 a.m. – 8:30 p.m., Kanmon Tunnel & Moji Trip (see page 10) 9:00 a.m. – 12:00 p.m., SMP English Café (see page 5) 10:00 a.m. – 3:00 p.m., Iwakuni Friendship Flea Market (see page 2)
Mon, 24 Feb	8:00 a.m. – 4:00 p.m., Transition Readiness Seminar (TRS) 3 day course (see page 8) 1:00 – 2:30 p.m., Understanding Your GI Bill Benefits (see page 8)
Tue, 25 Feb	2:30 – 4:30 p.m., Youth Bowling League starts (see page 10) 5:00 – 6:00 p.m., College 101/TA Orientation Brief (see page 8) 5:00 – 9:00 p.m., Progressive Bingo (see page 10)
Wed, 26 Feb	10:00 – 11:30 a.m., Sponsorship Training (see page 8)
Thu, 27 Feb	8:00 a.m.-4:00 p.m., DOL Employment Workshop 2 day course (see page 8) 8:00 a.m. – 4:00 p.m., Managing Your Education 2 day course (see page 8) 9:00 – 11:30 a.m., PCS with Success (see page 9) 10:00 – 11:00 a.m., Nutrition & Weight Management Brief (see page 3) 1:30 – 3:40 p.m., Spouse Transition & Readiness Seminar (STARS) (see page 9)

Sakura Theater Schedule

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

Heart Eyes (R)

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

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

A masked maniac with glowing, red eyes returns every Valentine's Day to slaughter unsuspecting couples. When a cynical ad executive and her hopelessly romantic colleague become the next target, they decide to fight back and end the reign of terror.



Flight Risk (R)

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

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

A U.S. marshal boards a small plane to transfer a government witness to New York. As they cross the Alaskan wilderness, tensions start to rise as not everyone on the flight is who they appear to be.



Captain America: Brave New World (PG-13)

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

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

Sam finds himself in the middle of an international incident after meeting with President Thaddeus Ross. He must soon discover the reason behind a nefarious global plot before the true mastermind has the entire world seeing red.

Paddington in Peru (PG)

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

When Paddington discovers his beloved aunt has gone missing from the Home for Retired Bears, he and the Brown family head to the jungles of Peru to find her. Determined to solve the mystery, they soon stumble across a legendary treasure as they make their way through the rainforests of the Amazon.



Valiant One (R)

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

A U.S. helicopter goes down in North Korea and a group of reserve soldiers must find a way out before starting a war.



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.

Iwakuni Friendship Flea Market



Sun, 23 Feb, 10:00 a.m. – 3:00 p.m., Atago Sports Complex
Registration for Flea Market open until 9 Feb

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 just stop by on the day of the market to purchase many unique or gently used items. Online booth registration is now open through 21 Feb for SOFA personnel who wish to sell items. Event details, guidelines, and restrictions will be emailed to registered parties. For complete details and registration procedures, please visit: <https://iwakuni.usmc-mccs.org/activity/20fa22fd-e8f4-4cfc-b3bd-d5d61230f6bd>.

There will also be an arm wrestling tournament held in conjunction with the flea market! There will be competitions for men, women and teams. For full details, please click on the link above.



For more details, please visit:

<https://iwakuni.usmc-mccs.org/activity/e8bf25a8-3b5b-4a30-ae68-a09a2bb8adf5>

Semper Fit

Health Promotion



Youth Dance Classes – Winter/Spring Session

See link for class availability and schedules

March registration will be available 17 Feb – 17 Mar

Join Semper Fit for their youth dance classes (winter/spring session). These classes are open to children and youth ages 3 – 17. Classes include Creative Dance, Hip-Hop, Jazz and Pre-Ballet. For complete information and schedules and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/fdb60e09-270a-4ecf-bc1e-7584f0b8c4a5> or call Health Promotion at 253-6359 for more information.

Human Performance

The Ultimate Mileage Challenge

Join us for **The Ultimate Mileage Challenge**, an ongoing event designed to motivate individuals to move more and engage in friendly competition. The goal is simple: accumulate as many points as possible through various fitness activities for a chance to win exciting prizes! Open to SOFA members 18+ only, this challenge starts on 1 January and includes quarterly giveaways. Whether you prefer walking, running, swimming, biking, or rowing, there are plenty of ways to earn points and reach your fitness goals. For complete details, please visit <https://iwakuni.usmc-mccs.org/activity/cea7f6d6-fbc6-4697-bbbe-692573afad6d>.



Nutrition & Weight Management Brief

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

Human Performance is offering a brief to Active-Duty service members who would like to learn more about basic nutrition and understand the relationship between nutrition and weight management. The class will discuss the role of macronutrients and micronutrients and their importance to the body. It is held in the IronWorks North Wellness Room. Open to all base personnel. 18 years old or older.



Mindful Bites: Managing Stress Eating

Tue, 4 Mar, 9:00 – 10:00 a.m., IronWorks North

Stop by the IronWorks North Wellness Room on the 1st Tuesday of each month 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.

Human Performance Combine

Sat, 8 Mar, 4:00 – 7:00 p.m., IronWorks North

Are you ready to push your limits? Join us for the **Human Performance Combine Challenge!** Inspired by the NFL Combine, this event offers a unique chance to assess your athletic potential across a series of high-performance tests.

What to Expect:

Participants will be free to attempt as many performance challenges as they like. Guided by our Human Performance Team, this event is designed to provide valuable insights into your athletic abilities.

Performance Tests Include:

- **40-Yard Dash:** Sprint the diagonal length of the sports court, with two chances to achieve your best time.
- **Bench Press for Repetitions:** Choose from preselected weights (185/225 lbs for men, 75/95 lbs for women) and see how many reps you can complete.
- **Vertical Jump:** Test your explosive power with three attempts using the Vertec to measure your highest jump.
- **Broad Jump:** Maximize your distance with three opportunities to showcase your lower body strength.
- **20-Yard Shuttle (Pro Agility):** Sprint 5 yards, pivot to sprint 10 yards, and return to the start in this agility test.
- **3-Cone Drill:** Navigate through three cones, combining lateral and linear agility, with two opportunities to achieve your best performance.



Why Join?

This is more than just a challenge - it's a chance to evaluate your potential, set personal records, and have fun while competing in a supportive and motivating environment.

Intramural Sports

U.S. – Japan Volleyball Tournament

Sat, 1 Mar – Sun, 2 Mar, 9:00 a.m. – 9:00 p.m., Atago Sports Complex

It's too late to register to participate, but you can still enjoy watching the U.S. - Japan volleyball tournament, a single-elimination tournament open to all SOFA, JMSDF and IHA/MLC personnel aged 16 and older.

Outdoor Recreation

Fishing at the MCAS Iwakuni Harbor

Sat, 8 Mar, 5:30 a.m. – 12:00 p.m.

Registration open from 10:00 a.m., 10 Feb – 6:00 p.m., 27 Feb or until full
Whether you're looking for a relaxing day on the pier or trying to break your single-day catch record, Outdoor Recreation is ready to take you on this fishing expedition! Open to all base personnel ages 6 and older. The bus will depart from the IronWorks South gym. Patrons should bring their own food and drinks, and coolers will be provided to store food (coolers will remain on the bus and in the pavilion). No alcohol is permitted. Life jackets, which must be worn, will be provided. To register, visit Outdoor Recreation in the IronWorks South gym.



**In the event there is inclement weather, the event will be canceled. Notification will be sent out at 5:00 a.m. the day of the event.*



Mt. Misen Hiking Trip

Sat, 22 Mar, 8:00 a.m. – 5:00 p.m.

Get out, get moving, and climb Mt. Misen with Outdoor Recreation. Mt. Misen is a beautiful location on Miyajima Island with amazing rock formations, six shrines and a good chance of seeing some monkeys in the wild at the ropeway summit. Take in the beautiful views of the Seto Inland Sea at the Shishiiwa Station Observation hall at the top of the ropeway and the Mt. Misen Observatory at the top of the trail which is 535 meters above sea level. Open to all base personnel ages 6 and above. For complete details, please visit: <https://iwakuni.usmc-mccs.org/activity/12165e2e-d2c1-481c-8887-71189de2db56> or stop by

Outdoor Rec in the IronWorks South, bldg 1010 to register.

Saiki International Archery Trip

Sat, 5 Apr, 9:00 a.m. – 6:00 p.m.

Outdoor Recreation invites you to join us for a great day of archery. Spend the day learning archery techniques and shooting targets. Once you feel comfortable with your new abilities, you can head out to the trails and put your skills to the test. The bus departs IronWorks South, bldg 1010, at 9:00 a.m., and will return around 6:00 p.m. Participants must be aged 6 years and older. Equipment, transportation, and instruction are included in the \$45 participant fee. There is a small restaurant available at the Archery range. Participants must bring their own Yen for food. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/7ed6df4d-cbf5-42fc-9469-cd37488af38c>.



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 English Café

Sat, 22 Feb, 9:00 a.m. – 12:30 p.m., Hornet's Nest

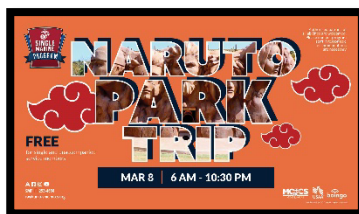
SMP is looking for enthusiastic volunteers to converse in English with local Japanese citizens. 13 spots are available, and registration will be available from 17 – 21 Feb or until full.

SMP On-Base Cleanup

Tue, 4 Mar, 8:00 – 11:00 a.m.

Registration open 17 Feb – 3 mar 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.



Naruto Park Trip

Sat, 8 Mar, 6:00 – 10:30 p.m.

Registration open from 17 Feb – 3 Mar (or until full)

Visit Naruto Park, also called Nijigen no Mori, and participate in various events within the park, including Dragon Quest Island, Naruto/Boruto Shinobi-zato, Godzilla interception Operation/Zipline, and Crayon Shin-Chan Adventure Park. This trip is for single or unaccompanied active duty members only. 30 spots available. For more information or to register, please visit:

<https://iwakuni.usmc-mccs.org/activity/b37d226d-cdcf-4897-a884-4bff078515ed>.

Iwatan Oyako Festa

Sun, 9 Mar, 8:30 a.m. – 1:30 p.m.

Registration open from 12:00 p.m., 17 Feb thru 8:00 a.m., 3 Mar or until full

Join the SMP and volunteer with local parents and children at the Iwakuni Junior College's Oyako Festa. This event is for single and unaccompanied service members only. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/17c10646-636e-466b-bd4d-848bb1aa66af>.



SMP PLAT ABC Anniversary

Sun, 16 Mar, 12:30 – 4:30 p.m.

Registration open from 10 – 14 Mar

SMP is looking for enthusiastic volunteers to converse in English with local Japanese citizens. Volunteers will receive a letter of appreciation for their time. 13 spots are available, and registration will begin on 10 Mar and continue until 14 Mar or until full. For more information and to sign up, please visit: <https://iwakuni.usmc-mccs.org/activity/81d0df78-57e5-44be-9304-46de2309f93c>.

SMP Yuu Beach Cleanup

Tue, 18 Mar, 8:00 – 11:00 a.m.

Registration open 3 – 17 Mar or until full

Help keep the communities surrounding the air station clean and volunteer for the Yuu Beach cleanup! Open to all single and unaccompanied servicemembers. There are 36 spots available, and volunteers will receive a letter of appreciation for their time and effort. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/6224590e-828a-4cef-bf37-93cbd761a2da>.



Universal Studios Japan Trip

Sat, 5 Apr, 4:00 a.m. – 11:59 p.m.

Registration open 17 – 31 Mar or until full

Join the SMP on a trip to Osaka and enjoy an exciting day at Universal Studios Japan! Experience thrills with rides like Attack on Titan, Demon Slayer, and experience the magic of the Wizarding World of Harry Potter. Participants should bring yen for various activities. 36 spots will be available. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/40470fab-4101-4495-9201-51452432d847>.

Marine & Family Programs

Behavioral Health

Break the Silence: TDVAM Bingo

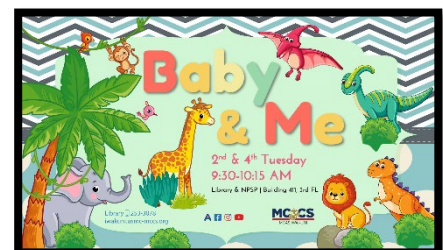
Fri, 21 Feb, 4:00 – 6:00 p.m., Teen Center, bldg 410

Get ready to have some fun, play bingo, and learn about healthy relationships. Join Behavioral Health and Family Care for the "Break the Silence: TDVAM Bingo" event to recognize Teen Dating Violence Awareness Month! It's going to be a fun, educational game of bingo and with discussions about signs of dating abuse, healthy relationship habits, and the resources available for support. Don't miss out on prizes, light refreshments, important discussions, and a chance to learn how to make every relationship healthier and safer!

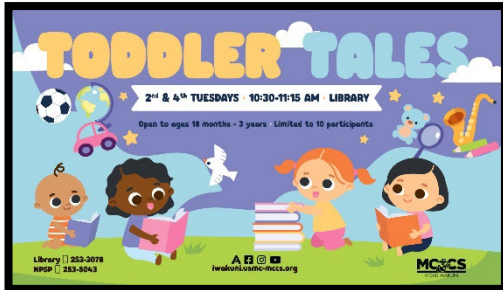
Baby & Me

Tue, 25 Feb, 9:30 – 10:15 a.m., Library

Baby & Me is a lap-sit story time for newborns up through early walkers. The focus is on rhymes, songs, sensory play, and exploring short books together to develop language and early literacy skills, encourage interaction between caregivers and babies, and allow parents to connect and discuss various parenting topics and concerns. Held on the 2nd and 4th Tuesday of each month in the Library for all infants 0-18 months and their parent or caregiver. Children must be supervised at all times by a parent or caregiver who should be willing to participate in the activity with their children. If,



after registering, you can no longer attend, please contact the Library to cancel your reservation. For more information or to register, please visit: <https://iwakuni.usmc-mccs.org/activity/6ef7c37a-12c8-4c0a-a4b4-659d420b7f41> or call 253-5043 (NPSP) or 253-3078 (Library) for more information.



Toddler Tales

Tue, 25 Feb, 10:30 – 11:15 a.m., Library
Bring your little one to Toddler Tales, a collaborative event presented by the New Parent Support Program and the Library. This program aims to encourage early literacy skills and support new parents in guiding their child's development process. Children will participate in story time, songs, and play activities while also learning critical developmental skills like communication and emotional management. Held on the 2nd and 4th Tuesday of each month for children ages 18 – 36 months and parent or caregiver. Children must be supervised at all times by a parent or caregiver

who should be willing to participate in the activity with their children. If, after registering, you can no longer attend, please contact the Library to cancel your reservation. For more information or to register, please visit: <https://iwakuni.usmc-mccs.org/activity/f61b5a1b-1616-45d4-84e9-a347be56b04e> or call 253-5043 (NPSP) or 253-3078 (Library) for more information.

Family Care

EFMP Semiannual SPED Forum

Thu, 13 Mar, 11:00 a.m. – 12:30 p.m.

Join Marine and Family Programs and EFMP for the semiannual SPED Forum presenting EFMP attorney Derek Brow who will discuss challenges faced by families, legal strategies for student advocacy, and EFMP legal support, especially during transitions or changes in need levels. [Join the forum via Microsoft Teams](#)

Meeting ID: 993 446 178 711

Passcode: a4Nu2XA7

Personal & Professional Development

Book Bingo

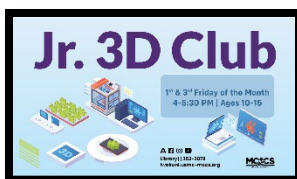
Begins Sat, 1 Feb

The 2024 Book Bingo Reading Challenge highlights the Year of the Snake! In Japanese culture, the Year of the Snake symbolizes financial fortune, regeneration, and transformation. This year, explore new genres using bingo prompts as a starting point. The challenge is open to patrons aged 18 years and older, with one title per square. Click on each square to view the prompt and complete the activity. All books must be read in 2025. There will be four quarterly drawings. Patrons may only win one quarterly drawing, but all completed bingo cards will be included in the grand prize drawing at the end of the calendar year. To get started, please visit: <https://iwakuni.beanstack.org/reader365>.

L.I.N.K.S. Kokedama Creational Pop-up Event

Fri, 21 Feb, 10:00 a.m. – 12:00 p.m., USO

Unleash your creativity and join the L.I.N.K.S. program in our Kokedama creation pop-up. Kokedama is a traditional Japanese gardening technique that can transform your home or office space into a green oasis. We hope to see you there. Kids ages 5-12 are welcome to join! 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., 20 Feb.



Jr. 3D Modeling & Printing Club

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

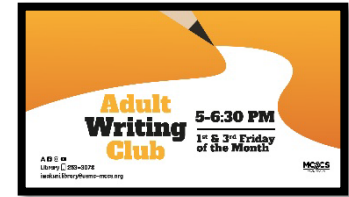
The 3D Printer & Modeling Club allows patrons ages 10 – 15 to enjoy beginner-level 3D printing demonstrations, collaborative projects, design challenges, and freestyle design time. The club meets on the first and third Friday of each month in the Library. Makerspace and internet agreements must be on 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/f6755e63-69d5-442b-8a75-d2ca3dcabfec>.

Adult Writing Club

Fri, 21 Feb, 5:00 – 6:30 p.m., Library

The Adult Writing Club is the place for writers of all genres and skill levels to get together to share works, get feedback, and discuss topics related to writing and publishing. Some months may include special events such as National Poetry Month, National Novel Writing Month, and more. Open to patrons aged 18 years and older. Participation is limited to 15 participants, and no registration required.



Transition Readiness Seminar (TRS) Core Curriculum

Mon, 24 Feb – Wed, 26 Feb, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

Mon, 10 Mar – Wed, 12 Mar, 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.

Understanding Your GI Bill Benefits

Mon, 24 Feb, 1:00 – 2:30 p.m., bldg 411, rm 117

The GI Bill-focused brief will help explain the differences between the Montgomery GI Bill (Ch 30) and the Post 9/11 GI Bill (Ch 33). Explore the VA website and GI Bill comparison tool to understand how to use these benefits and to get the most out of them. Bring your questions and get answers from our Education Advisor! Registration not required.



Preschool Storytime

Tue, 25 Feb, 3:30 – 4:30 p.m., Library

Preschool Storytime is a fun opportunity for your preschooler (3 – 5 years old) to listen to stories, participate in crafts and activities, and engage with other children. Limited to 15 participants, not including parent/caregiver. Register in person at the Library, email them at Iwakuni.library@usmc-mccs.org, or call 253-3078

College 101/TA Orientation Brief

Tue, 25 Feb, 5:00 – 6:00 p.m., bldg 411, rm117

Come to the College 101 class and get an overview of how to search for and decide on the right academic program, understand the structure of postsecondary education and financial aid, and learn what Tuition Assistance can cover and how to apply. Attendance in this class satisfies the initial counseling pre-requisite to use Marine Corps Tuition Assistance for the first time. No registration required.

Sponsorship Training

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

Wed, 12 Mar, 10:00 – 11:30 a.m., bldg 411, rm 104

Arm yourself with the tools and resources to be an effective sponsor for active duty servicemembers or incoming civilian personnel. This class is mandatory for all uniformed sponsors. To register, please visit:

<https://iwakuni.usmc-mccs.org/activity/dd2821b0-5abd-4495-ab1f-04b401f97e3b>. (26 Feb)

<https://iwakuni.usmc-mccs.org/activity/044cd334-2e55-495d-8812-668d625e7535> (12 Mar)

Employment Track: Department of Labor Employment Workshop

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

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

Education Track: Managing Your Education 2-Day Course

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

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.

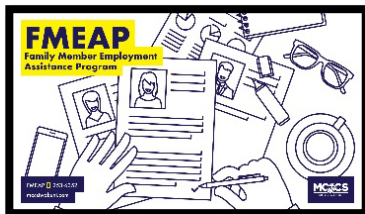
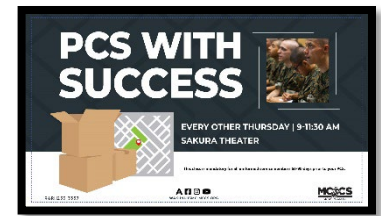
PCS with Success

Thu, 27 Feb, 9:00 – 11:30 a.m., Sakura Theater

Thu, 13 Mar, 9:00 – 11:30 a.m., Sakura Theater

PCS with Success is designated for service members who have PCS orders to any military station across the world. This is a mandatory class (MCO 1754.10B) that transferring service members must attend 60-90 days prior to their departure from MCAS Iwakuni. Receipt of orders isn't necessary to attend the class, and in many cases waiting until then will affect the check-out process. Attendance of this class is the only way IPAC will give service members their plane tickets. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/8390118d-6b95-4721-879e-9419c9fbc207> (27 Feb)

<https://iwakuni.usmc-mccs.org/activity/b5411727-221c-47db-8f0d-a0af1b1ee22b> (13 Mar)



Spouse Transition & Readiness Seminar (STARS)

Thu, 27 Feb, 1:30 – 3:40 p.m., bldg 411, rm 17

The Spouse Transition and Readiness Seminar (STARS) is an informational workshop for transitioning military spouses. Subject matter experts will cover employment, relocation, education, and other resources available to promote a successful military-to-civilian transition. For more information, please call the Family Member Employment Assistance Program at 253-6352.

Maker Workshop

Fri, 28 Feb, 4:00 – 5:30 p.m., Library

The Maker Workshop offers a place for patrons to meet, create and invent, tinker and explore, and discover new things using a variety of Makerspace equipment and craft materials. The program mainly focuses on Science, Technology, Engineering, Arts, and Mathematics! (STEM/STEAM) activities, often with crafty elements. All patrons ages 8 and older are welcome to attend with workshops being limited to 15 participants. Register in person at the Library, email them at iwakuni.library@usmc-mccs.org, or call 253-3078.



FAFSA, Scholarships, and Financial Aid for College

Mon, 3 Mar, 1:00 – 2:30 p.m., bldg 411, rm 117

Join Personal & Professional Development for the FAFSA, Scholarships, and Financial Aid for College class and learn some helpful tips on how to search for scholarships, apply for FAFSA, and financial aid basics to help you pay for college.

Command Team Training

Tue, 11 Mar, 1:00 – 3:30 p.m., bldg 625

Understand the roles, responsibilities, and operating components within the Unit, Personal and Family Readiness Program (UPFRP). This is mandatory training for all UPFRP command team members per MCO 1754.9B. To register, please call 253-3542, send an email to ombiwakuni.mcftb@usmc-mccs.org, or visit Marine & Family Programs in bldg 411, rm 101. Registration is open until 12:00 p.m., 10 Mar.

Command Team Advisor/Family Readiness Assistant Training

Wed, 12 Mar, 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., 11 Mar.

Kids' Readiness Workshop

Sat, 15 Mar, 10:00 a.m. – 12:00 p.m., bldg 625

Join this interactive and informative workshop designed to discuss and help prepare children and teens for the deployment of a military parent. It is focused on activities to engage the kids and teens. To sign up, call 253-3542, email ombiwakuni.mcftb@usmc-mccs.org, or visit Marine Corps Family Team Building in bldg 411, rm 101 before 12:00 p.m., Fri, 14 Mar.

Business/Retail & Services/Special Events

Kanmon Tunnel in Shimonoseki & Moji Trip

Sat, 22 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 to Fukuoka in just 15 minutes via the Kanmon Pedestrian Undersea Tunnel and will visit the opposite shore of Shimonoseki, Mojiiko Retro District. For complete details, please visit: <https://iwakuni.usmc-mccs.org/activity/232ce6ec-c601-442f-b242-99407a83d5aa> or stop by the IT&T office in bldg 410 to signup.



9-Pin Tournament

Sun, 23 Feb, 5:00 p.m., Strike Zone Bowling Center

Enter the 9-Pin tournament for your chance to win a cash prize. Join us at the Strike Zone Bowling Center on the last Sunday of each month for this fun competition. Registration is limited to 40 participants, so sign up at the Strike Zone now! For more information, please visit:

<https://iwakuni.usmc-mccs.org/activity/6e2879a9-4d6b-4bd7-bb59-a40964c4980a>.

Youth Bowling League

Tue, 25 Feb – Tue, 15 Apr, 2:30 – 4:30 p.m., Strike Zone Bowling Center
Registration open through 22 Feb

After school is the perfect time to bowl a perfect game! Children aged 5-16 years old can join this Youth Bowling League. Every Tuesday kids can play and compete in age-appropriate brackets. Register at the Strike Zone and get ready to bowl! For complete details, please visit:

<https://iwakuni.usmc-mccs.org/activity/76fb69e3-687e-4ccf-9d5a-330bbfbf97e3> or stop by the Strike Zone to register!



Progressive Bingo

Tue, 25 Feb, 5:00 – 9:00 p.m., Club Iwakuni

Come one, come all, to Bingo Night at Club Iwakuni with a Progressive Jackpot! Up to \$5,000 in cash is up for grabs. Card sales start at 5:00 p.m., first game starts at 6:00 p.m. If it’s your birthday month, you’ll receive a free progressive bingo game card. Open to patrons aged 18 years and older only.

Strawberry Picking Trip Parts 1 & 2

Sat, 1 Mar, 8:30 a.m. – 4:30 p.m. (Part 1)

Sat, 8 Mar, 8:30 a.m. – 4:30 p.m. (Part 2)

It’s time to pick strawberries! Get some fresh air and pick all-you-can-eat strawberries at a farm located in Hiroshima Prefecture. Following the visit to the strawberry farm, visit the Outlets Hiroshima where you can enjoy a meal and shopping. For complete trip details, visit: <https://iwakuni.usmc-mccs.org/activity/41793b85-5559-478e-81e7-416c1946d974> or stop by the IT&T office in bldg 410 to signup.



IKEA Shopping in Fukuoka

Sat, 15 Mar, 7:00 a.m. – 7:30 p.m.

Enjoy shopping at the world-famous furniture store IKEA! You will find tons of good quality products with tasteful designs and reasonable prices! Also, there are a lot of stores nearby such as Starbucks Coffee, CoCo Curry, UNIQLO, and more. A 2-ton truck will be on hand to carry large purchases from the store back to bldg 410 where patrons must provide transportation for their purchases. For complete trip details, please visit:

<https://iwakuni.usmc-mccs.org/activity/74c239ce-c249-492f-823a-551938623278> or stop by IT&T in bldg 410 to signup.

Huis Ten Bosch Tulip Festival & Spring Illumination Trip

Sat, 22 Mar, 9:30 a.m. – 2:30 a.m. Sun, Mar 23

Visit the Huis Ten Bosch theme park in Sasebo, Nagasaki, which recreates the Netherlands by displaying life-sized copies of old Dutch buildings such as hotels, villas, theatres, museums, shops, and restaurants, along with canals, windmills, amusement rides, and a park planted in seasonal flowers. The Huis Ten Bosch Tulip Festival is one of the most popular floral festivals in Japan. You feel like spring is here! Also, you can enjoy the spring Illumination at night. For complete trip details, please visit: <https://iwakuni.usmc-mccs.org/activity/04b9c86a-b5bf-4dea-ae18-d878446ef011> or stop by IT&T in bldg 410 to signup. Visit the Huis Ten Bosch website at: <https://english.huistenbosch.co.jp/>.





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Alphabetical list of events for period 21 – 28 February 2025

Event	Date	Link
30/30 – February	Various	https://iwakuni.usmc-mccs.org/activity/723c4ce7-0114-4998-aa27-fd6623ffc100
9-Pin Tournament	Sun, 23 Feb	https://iwakuni.usmc-mccs.org/activity/6e2879a9-4d6b-4bd7-bb59-a40964c4980a
Active Duty Swim Program (S3T)	Various	https://iwakuni.usmc-mccs.org/activity/a29e54f9-7f5d-4036-b5cd-5d7bd8689175
Adult Writing Club	Fri, 21 Feb	https://iwakuni.usmc-mccs.org/activity/58faa313-6142-44c7-90d8-b89bd5ebc2c8
Aikodo – February	Tue & Thu	https://iwakuni.usmc-mccs.org/activity/c7fb60af-d83e-450e-9698-ee8c5f1fa5a7
Baby & Me	Tue, 25 Feb	https://iwakuni.usmc-mccs.org/activity/6ef7c37a-12c8-4c0a-a4b4-659d420b7f41
Body Sculpt Class – January	Various	https://iwakuni.usmc-mccs.org/activity/fc8e16c7-7093-412d-a016-3a140eef8b0d
Book Bingo	Continuous	https://iwakuni.usmc-mccs.org/activity/319b652b-8d15-49e9-b43e-173b12b70861
Break the Silence: TDVAM Bingo	Fri, 21 Feb	https://iwakuni.usmc-mccs.org/activity/9588774a-f065-4f0f-b059-10cac3fed833
Cardio Kickboxing Mini Bootcamp – February	Various	https://iwakuni.usmc-mccs.org/activity/00377b5e-7aa4-4413-be13-9960d4c41122
College 101/TA Orientation Brief	Tue, 25 Feb	https://iwakuni.usmc-mccs.org/activity/434b4d7f-7742-4033-9048-28f856d19196
Dept of Labor Employment 2-Day Workshop	27 – 28 Feb	https://iwakuni.usmc-mccs.org/activity/814cd282-df99-4273-bcf3-58d9c3b6cd02
Early Literacy Storytime	Tuesdays	https://iwakuni.usmc-mccs.org/activity/67131bc2-15f6-4e3b-ba57-d16b9c8ec43b
EFMP Semiannual Training	Thu, 20 Feb	https://iwakuni.usmc-mccs.org/activity/53fb2135-5ffd-48c8-95bc-973819fefbe9
Entrepreneurship Track: Boots to Business	20 – 21 Feb	https://iwakuni.usmc-mccs.org/activity/7b05ac36-e20c-4f76-ac37-f69be4aa338d
Food Trucks – February	Various	https://iwakuni.usmc-mccs.org/activity/0dc79570-5d18-4648-a288-7d35130efc80
Homeschool Swim Lessons – February	Various	https://iwakuni.usmc-mccs.org/activity/37445192-8b62-40f0-abb5-30018ac642f9
Intramural Sports Kickball Season	Various	https://iwakuni.usmc-mccs.org/activity/f033696b-e667-4c18-98ad-7e5f3330a542
Iwakuni Friendship Flea Market	Sun, 23 Feb	https://iwakuni.usmc-mccs.org/activity/20fa22fd-e8f4-4cfc-b3bd-d5d61230f6bd
Jr. 3D Club	Fri, 21 Feb	https://iwakuni.usmc-mccs.org/activity/f6755e63-69d5-442b-8a75-d2ca3dcabfec
Judo – February	Various	https://iwakuni.usmc-mccs.org/activity/ccfb4294-ac67-45bd-814d-52efd5ad4897
Kanmon Tunnel & Moji Trip	Sat, 22 Feb	https://iwakuni.usmc-mccs.org/activity/232ce6ec-c601-442f-b242-99407a83d5aa
L.I.N.K.S. Kokedama Creation Pop-up Event	Fri, 21 Feb	https://iwakuni.usmc-mccs.org/activity/3c61f7a2-3e6c-4802-ac1d-1f631f40640c
Managing Your Education	27 – 28 Feb	https://iwakuni.usmc-mccs.org/activity/bc479f0a-463c-4724-aac3-6e9a92b39767
Mixedfit	Various	https://iwakuni.usmc-mccs.org/activity/11c80ec3-b475-4866-b3d7-f8657548c3fb
Nutrition & Weight Management Brief	Thu, 27 Feb	https://iwakuni.usmc-mccs.org/activity/3415420e-34d4-4a7b-b7ae-5b5bc2ae82e7



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PCS with Success	Thu, 27 Feb	https://iwakuni.usmc-mccs.org/activity/8390118d-6b95-4721-879e-9419c9fbe207
Power Pump – February	Mondays	https://iwakuni.usmc-mccs.org/activity/1d6783f5-fa0c-472c-9408-09a6b0dbc213
Preschool Storytime	Tue, 25 Feb	https://iwakuni.usmc-mccs.org/activity/ac3f945f-18b6-42c5-868f-3e6c6f56543d
Progressive Bingo	Tue, 25 Feb	https://iwakuni.usmc-mccs.org/activity/cbebf117-2147-4af4-8c7b-4c96f7fc30fc
Progressive Hatha Yoga – February	Wed & Thu	https://iwakuni.usmc-mccs.org/activity/344ecd31-e058-4655-83b8-6ee7cdeed31b
Real Relationships	Thu, 20 Feb	https://iwakuni.usmc-mccs.org/activity/8a8b7d96-8700-4e30-a9ff-64c11021b76a
Seven Principles Couples’ Program	Fri, 21 Feb	https://iwakuni.usmc-mccs.org/activity/39a73e09-cbf4-48ec-a1d4-e2d271b69bd7
SMP English Café	Sat, 22 Feb	https://iwakuni.usmc-mccs.org/activity/42ed34fc-1bce-4259-aba1-59b3c8dc3574
Spouse Transition & Readiness Seminar (STARS)	Thu, 27 Feb	https://iwakuni.usmc-mccs.org/activity/a7ddd910-afcb-41a5-a902-e4a200f0ad70
Spin – February	Various	https://iwakuni.usmc-mccs.org/activity/65acc6dc-ef1d-40e5-8460-aa3e03e593cc
Spin Express – February	Wednesdays	https://iwakuni.usmc-mccs.org/activity/697078b6-a20b-49b6-beb6-b0953c4edcf6
Sponsorship Training	Wed, 26 Feb	https://iwakuni.usmc-mccs.org/activity/dd2821b0-5abd-4495-ab1f-04b401f97e3b
Swim Lessons (Group) – February	Various	https://iwakuni.usmc-mccs.org/activity/4d469037-58f8-4a3a-bbba-ad3dfed8517d
Swim Lessons (Private) – February	Various	https://iwakuni.usmc-mccs.org/activity/257c3c86-c8a7-4141-a1e5-051e9dfda397
Tabata & Stretch – February	Mondays	https://iwakuni.usmc-mccs.org/activity/326d5e05-a460-4ba7-90db-0fd2c47300d0
Toddler Tales	Tue, 25 Feb	https://iwakuni.usmc-mccs.org/activity/f61b5a1b-1616-45d4-84e9-a347be56b04e
Transition Readiness Seminar 3-Day Course	24- 26 Feb	https://iwakuni.usmc-mccs.org/activity/0ee8e750-188c-42de-b9b7-dea4535de86b
Triple Threat Showdown	Fri, 21 Feb	https://iwakuni.usmc-mccs.org/activity/e198cc8f-0245-4043-b6d4-ee1dd1f9a23d
Tsunami Swim Team	Various	https://iwakuni.usmc-mccs.org/activity/45faf0cd-f442-4e9f-a56f-78eeaca64533
Ultimate Mileage Challenge	Continuous	https://iwakuni.usmc-mccs.org/activity/ba38f197-aabb-4054-97ba-a7ff3e476afe
Understanding Your GI Bill Benefits	Mon, 24 Feb	https://iwakuni.usmc-mccs.org/activity/cc4c5075-7fdb-4094-9024-e92576b328c2
W.A.R.R. Strength & Conditioning Sessions	Continuous	https://iwakuni.usmc-mccs.org/activity/296986a0-9bb5-45d4-a653-6e8a24ff3d07
Welcome Aboard Bus Tour	Wednesdays	https://iwakuni.usmc-mccs.org/activity/3ae07fd6-7536-4dd4-a380-46055df044f3
Winter Reading Program	Continuous	https://iwakuni.usmc-mccs.org/activity/808f33a2-5240-4f66-8904-46a195fe3be2
Yin Yoga	Various	https://iwakuni.usmc-mccs.org/activity/71116d9d-0940-4b7b-8081-b1303eb7b974
Youth Bowling League	Tuesdays	https://iwakuni.usmc-mccs.org/activity/4805a90c-c5b9-4fa0-9162-61cc251f92c7
Youth Dance Classes – Winter/Spring Session	Various	https://iwakuni.usmc-mccs.org/activity/fdb60e09-270a-4ecf-bc1e-7584f0b8c4a5
Youth Fitness Classes – February	Various	https://iwakuni.usmc-mccs.org/activity/1869bc5b-5756-45a7-b917-0089ffe735c1
Zumba – February	Various	https://iwakuni.usmc-mccs.org/activity/27aa9e01-9824-4961-ac0f-6ba3767327f7



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