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# Weekly Newsletter
10 July 2026

## *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, 10 – 16 July 2026*

| | |
|---|---|
| Fri, 10 Jul | 4:00 – 5:30 p.m., STEM Workshop: Herbariums & Terrariums (see page 9) |
| | 4:45 – 7:15 p.m., Sunset Paddle at Nishiki River (see page 6) |
| Sat, 11 Jul | 4:30 a.m., Universal Studios Japan or Free Time in Osaka Trip (see page 11) |
| | 12:30 – 4:0 p.m., SMP PLAT ABC Summer Festival (see page 7) |
| | 6:00 p.m., The Odyssey Free Advanced Screening (see page 2) |
| Mon, 13 Jul | 8:00 a.m. – 4:00 p.m., Boots to Business 2-Day Course (see page 9) |
| | 1:00 – 2:00 p.m., Understanding Your GI Bill Benefits (see page 9) |
| Tue, 14 Jul | 9:00 – 10:00 a.m., Sleep Smarter Tips & Techniques (see page 4) |
| Wed, 15 Jul | 9:00 – 10:00 a.m., Mindful Bites: Managing Stress Eating (see page 4) |
| Thu, 16 Jul | 3:00 – 4:00 p.m., SRP Teen Escape Room (see page 9) |
| | 4:00 p.m., Mt. Fuji Trip #1 (see page 6) |

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

### *Moana (2026) (PG)* *Navy First Run Movie!*
***Fri, 10 Jul, 5:00 p.m. (Premiere!)***
***Sat, 11 Jul, 2:00 p.m.***
Leaving her island for the first time, young Moana embarks on an epic seafaring adventure to restore prosperity to her people.

### *Lucky Strike (R)*
***Fri, 10 Jul, 8:00 p.m.***
Trapped behind enemy lines with only a radio, an American soldier must use his wits to outsmart advancing Nazi troops during the Battle of the Bulge.

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## *The Odyssey (R)*
## *Advance Screening!*
### *Sat, 11 Jul, 6:00 p.m.*
Due to his hubris and offenses against the gods, Odysseus' voyage back to Ithaca following the Trojan War is fraught with danger and treacherous creatures like the Cyclops Polyphemus and the Sirens.

## *Disclosure Day (PG-13)*
### *Sun, 12 Jul, 2:00 p.m.*
A meteorologist and a cybersecurity expert find themselves at the center of a movement to expose the government's cover-up of extraterrestrial secrets.

## *Backrooms (R)*
### *Sun, 12 Jul, 6:00 p.m.*
### *Thu, 19 Jul, 7:00 p.m.*
A strange doorway appears in the basement of a furniture showroom, leading to an endless network of interconnected rooms where time bends and the only thing scarier than getting lost is the sense that something is lying in wait.

## *John Wick: Chapter 2 (R)*
### *NDVD/NSSM – Free Admission*
### *Mon, 13 Jul, 7:00 p.m.*
John Wick, a retired hitman, visits Italy to pay off an inescapable blood debt. However, he soon finds himself cornered by every killer in the business due to an enormous bounty on his head.

## *PAW Patrol: The Mighty Movie (PG)*
### *(NDVD/NSSM – Free Admission)*
### *Wed, 15 Jul, 3:00 p.m.*
The PAW Patrol pups magically gain superpowers after a meteor strikes Adventure City. However, things take a turn for the worse when Humdinger and a mad scientist steal their powers and turn themselves into supervillains. As the team springs into action to save the city, Skye soon learns that even the smallest pup can make the biggest difference.

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## *The Little Mermaid (PG)*
### *(NDVD/NSSM – Free Admission)*
### *Thu, 16 Jul, 3:00 p.m.*

The youngest of King Triton's daughters, Ariel is a beautiful and spirited young mermaid with a thirst for adventure. Longing to find out more about the world beyond the sea, Ariel visits the surface and falls for the dashing Prince Eric. Following her heart, she makes a deal with the evil sea witch, Ursula, to experience life on land.

# Upcoming Events

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

## *Semper Fit*

**Competitive Events**

Mt. Fuji International Marathon
Sun, 13 Dec, 12:00 a.m. – 11:59 p.m.
Registration is available from 10:00 a.m., 1 Jul – 31 Jul
Join Semper Fit Competitive Events for the annual off-base trip to participate in the Mt. Fuji International Marathon at Fujikawaguchiko in Yamanashi Prefecture on Sunday, December 14th. This will be a 2-night trip to the Mt. Fuji Area. Choose either a Full marathon (42.195km) or one lap around Lake Kawaguchi (Approx 17km), and complete the run as you enjoy the view of Mt. Fuji and the surrounding area. You will receive a finisher's medal and a towel if you complete the run within the timeframe. For complete information, please visit: https://iwakuni.usmc-mccs.org/activity/7db8ec54-b19b-4c6e-af16-a60ebde7b60f.

**Fitness**

*July Group Fitness Schedule*

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Wellness Yoga for Adults, Moms, & Little Ones
Tue, 7 Jul – Thu, 13 Aug
Find balance, build connection, and support every stage of motherhood through yoga and wellness classes designed for adults, expecting moms, new moms, and little ones. For complete information to include fees, schedule and class descriptions, please visit: https://iwakuni.usmc-mccs.org/activity/ca72b386-a705-407f-937c-9fc9d7834358.

Youth Fitness Classes – July
Tue, 7 Jul – Thu, 23 Jul, IronWorks Atago Gym

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/649da783-e11c-4cbd-b76f-718fa6fad9cc.

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

**Health Promotions**

Mindful Bites: Managing Stress Eating
Wed, 15 Jul, 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**

Sleep Smarter Tips & Techniques
Tue, 14 Jul, 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!

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**Intramural Sports**

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

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

U.S. – Japan Volleyball Tournament
Sat, 8 Aug, 10:00 a.m. – 8:00 p.m., Atago Sports Complex
Registration open thru 11:59, 25 Jul
Join Intramural Sports for the U.S.-Japan Volleyball Tournament! This single-elimination tournament is open to active-duty, SOFA, JMSDF, and IHA/MLC personnel aged 16 and older from the air station and its surrounding local areas. For complete tournament information and to register, please visit: https://iwakuni.usmc-mccs.org/activity/8764e97e-6b77-4498-93ae-7d92a90984ef.

Intramural Sports Kickball Tournament
Sat, 15 Aug, 10:00 a.m. – 4:00 p.m., Penny Lake Fields
Registration open 12:00 p.m., 1 Jul – 11:59 p.m., 1 Aug
Get your kicks and show off your skills during the Intramural Sports Kickball Tournament! This tournament is open to all SOFA personnel aged 16 and older, JMSDF, and IHA/MLC employees. Teams must consist of at least 10 players, and team captains will complete the online registration. This event is Commander's Cup points eligible. — each team registered as competing for Commander's Cup points must be at least 80% active duty from the same unit and no more than 20% civilian personnel, and must be approved by the unit CO. To register, please visit: https://iwakuni.usmc-mccs.org/activity/eef4fcf5-cab7-4a09-8ebf-eb282c84ee69 or call Intramural Sports at 253-3067 for more information.

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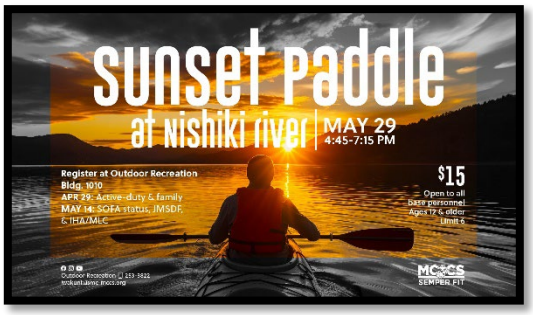
**Outdoor Recreation**




Sunset Paddle at Nishiki River
Fri, 10 Jul, 4:45 – 7:15 p.m.
Registration open:
10 Jun – 9 Jul (active duty and family)
25 Jun-9 Jul (SOFA civilians, JMSDF, and MLC/IHA employees
Enjoy paddling on the Nishiki River and see the sunset view from the riverside. The trip departs Outdoor Recreation at 4:45 p.m., and the paddling starts at 5:00 p.m. with your chosen paddleboard, canoe, or kayak until sunset. Come to Outdoor Recreation before departure time on the day of the trip so we can prepare your vessel and make it ready to paddle! Open to patrons aged 12 and older.

**The $10 fee includes:**

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

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

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

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

Mt Fuji Trip #1
4:00 p.m., Thu, 16 Jul – 10:00 p.m., Mon, 20 Jul
Registration
Active duty and family 18 May
SOFA, JMSDF & MLC/IHA 1 Jun
Outdoor Recreation is offering three trips to Mt. Fuji. Each 5-day trip features 1 day to climb Mt. Fuji and free time in Tokyo.

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

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

Archery Tag Tournament: Last Team Standing
Sat, 1 Aug, 11:00 a.m. – 3:00 p.m., Penny Lake Fields
Registration open 8:00 a.m., 1 Jul – 4:00 p.m., 29 Jul
Join us for the Archery Tag Tournament: Last Team Standing, a high-energy, team-based competition combining elements of dodgeball and archery using safe, foam -tipped arrows. Teams will compete in a bracket-style tournament where strategy, communication, and accuracy determine who will be the last team standing. Matches will be fast paced, ensuring continuous action throughout the event. For complete tournament details, please visit: https://iwakuni.usmc-mccs.org/activity/68510e18-adfc-4e13-ae39-29e40c055d77 or contact Intramural Sports at 253-7332.

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## *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 – PLAT ABC Summer Festival
Sat, 11 Jul, 12:30 – 4:00 p.m., Hornet's Nest
Registration available from 6 – 10 Jul or until full
SMP is looking for enthusiastic volunteers to engage with the local PLAT ABC to celebrate their summer festival event. Activities will include board games, food/drink (tea, coffee, nonalcoholic beverages), and conversations with local nationals in English and Japanese. Participants will meet at the Hornet's Nest. This volunteer opportunity does not qualify for volunteer hours. For more information and to register, please visit: https://iwakuni.usmc-mccs.org/activity/9be3cdcb-3e33-439e-97b9-2e35ece2bf80.

SMP Nagato Whale Festival
Sun, 19 Jul, 5:30 a.m. – 5:00 p.m.
Registration available 22 Jun – 6 Jul or until full.
Join the SMP for the Whale Festival in Nagato City, where volunteers will participate in a boat race and observe a whale hunting demonstration with local Japanese participants. 24 spots are available. To register, please visit: https://iwakuni.usmc-mccs.org/activity/e889b9ac-dd84-4c33-846d-e1dd39ae8c22.

SMP Hiroshima Aeon Mall Trip
Sat, 1 Aug, 9:30 a.m. – 5:30 p.m.
Registration opens at 12:00 p.m., 20 Jul thru 8:00 a.m., 27 Jul or until full
30 spots available
Join the SMP on a trip to the Hiroshima Aeon Mall. While you shop, enjoy a delicious meal at one of the many restaurants, and play fun games at the arcade. Participants should bring additional yen for food and shopping. To register, please visit: https://iwakuni.usmc-mccs.org/activity/117cacdb-45f8-4894-a0d3-479047003589.

**Youth Sports**

Youth Sports Summer Basketball Camp
Mon, 10 Aug – Fri, 14 Aug
Registration available 6 Jul – 7 Aug
The Youth Sports Summer Basketball Camp is available for athletes aged 7-18 to develop technical skills, foster social development, and promote an active lifestyle. Participants will receive 3 hours of age-appropriate instruction from Basketball Japan Academy for 5 days from 10 – 14 Aug at the Atago Sports Complex in the Lotus Cultural Center's Sports Court. Tickets will be on sale online from July 13 to July 22. Please fill in accurate information when registering. If tickets are sold out, contact Youth Sports to be placed on the waitlist—no refunds after registration. Online registration available at: https://iwakuni.usmc-mccs.org/activity/b97569b5-4b53-4207-902a-89a509e56440.

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Youth Sports Soccer Season
Mon, 24 Aug – Fri, 16 Oct, Penny Lake Fields
Registration open until 5:00 p.m., 20 Jul
The Youth Sports Soccer Season is open to athletes ages 3-15, offering opportunities to build technical skills, enhance social development, and promote an active lifestyle. Teams practice twice weekly for 1 hour. Tickets are going fast, so register today at: https://iwakuni.usmc-mccs.org/activity/b63758bc-da79-4971-b21b-7095e890b7d1. If tickets are sold out, contact Youth Sports at ombiwakuni.youthsports@usmc-mccs.org to be put on the waitlist.

## *Marine & Family Programs*

**Family Care**

SAC Summer Camp
Mon, 15 Jun – Fri, 14 Aug, School Age Care, bldg 9540
Registration open now!
Get your kids ready for a summer full of adventure! Designed for children ages 5–12 (5-year-olds must have completed Kindergarten), this 10-week program offers a safe, engaging environment filled with field trips, hands-on activities, creative exploration, and daily fun. This year's theme, Imagination Nexus, invites participants to explore a new world each week, from mythical creatures and candy-themed adventures to robotics, underwater discoveries, movie magic, and superhero missions. Each themed experience encourages creativity, teamwork, and discovery, leading up to an exciting grand finale where all worlds come together in one unforgettable celebration. Join us for a summer of learning, laughter, and imagination. Register your child through MilitaryChildCare.com to reserve a spot and start the adventure! Registration is open, so act fast. We understand that summer schedules can be busy, so families are welcome to choose the weeks that suit them best. Please note that registration will close each week prior to the upcoming week of camp. To register, visit https://public.militarychildcare.csd.disa.mil.

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

| | | |
|---|---|---|
| | | challenge themselves and make incredible summer memories. |

**Personal & Professional Development**

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

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

Entrepreneurship Track: Boots to Business
Mon, 13 Jul – Tue, 14 Jul, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110
Join Transition Readiness and explore business ownership or other self-employment opportunities. Learn about evaluating business concepts, developing a business plan, resources available to access technical assistance, start-up capital, and contracting opportunities. 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.

Understanding Your GI Bill Benefits
Mon, 13 Jul, 1:00 – 2:00 p.m., bldg 411, rm 117
The GI Bill-focused brief will help explain the differences between the Montgomery GI Bill (Ch 30) and the Post 9/11 GI Bill (Ch 33). Explore the VA website and GI Bill comparison tool to understand how to use these benefits and to get the most out of them. Bring your questions and get answers from our Education Advisor! Registration not required but is preferred. To register, please call 253-3855, email OMBiwakuni.educationoffice@umc-mccs.org, or visit the Education Office in bldg 411.

RDST: Mid-Deployment Self-Care
Tue, 21 Jul, 9:00 – 11:00 a.m., bldg 625
Designed to promote deployment success through self-care for the spouse or significant other at home during mid-deployment, this workshop includes suggestions for fun things to do, care packages, goal setting, and available resources. To register, please call 253-3542, email: ombiwakuni.mcftb@usmc-mccs.org, or visit bldg 411, rm 101. Registration is open until 12:00 p.m., 20 Jul.

L.I.N.K.S. Foundations Workshop – Full-Day Workshop
Fri, 24 Jul, 8:30 a.m. – 4:30 p.m., bldg 411, rm 117
This full-day workshop is a fun and interactive way to learn more about the military lifestyle, the base, and life in Japan. Experienced L.I.N.K.S. Mentors will share their experiences and provide helpful tips on meeting the unique challenges military spouses face as a result of the mobile military lifestyle. To register, please call MCFTB at 253-3542, visit them in bldg 411, rm 101, or email them at: OMBiwakuni.mcftb@usmc-mccs.org. Registration is open until 12:00 p.m., 23 Jul.

LifeSkills: Pre-Marital Workshop
Tue, 28 Jul, 8:00 a.m. – 12:00 p.m., bldg 625
If you are planning on getting married in the near future, join this one-stop shop to learn how to complete the necessary military requirements for marriage and to gain the tools for a healthy, successful marriage. To signup, please call 253-3542, email: ombiwakunji.mcftb@usmc-mccs.org, or visit Marine & Family Programs in rm 101, bldg 411. Registration is open until 12:00 p.m., 27 Jul.

LifeSkills: Real Relationships
Thu, 30 Jul, 10:00 a.m. – 12:00 p.m., bldg 411
The challenges of a military lifestyle can place many demands on service members and their families. This workshop provides practical information and tools to enhance healthy relationships and educate couples on how to successfully nurture and maintain a more positive union. To signup, please call 253-3542, email: ombiwakunji.mcftb@usmc-mccs.org, or visit Marine & Family Programs in rm 101, bldg 411. Registration is open until 12:00 p.m., 29 Jul.

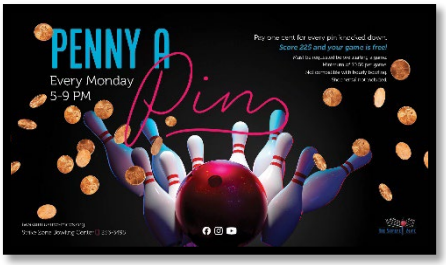
RDST: Kids' Readiness
Tue, 4 Aug, 10:00 – 12:00 p.m., bldg 625
Join us for an interactive and engaging workshop designed for children and teens with a military parent preparing for deployment. Through age-appropriate discussions and hands-on activities, participants will build understanding, express their feelings, and gain tools to navigate this important transition with confidence. To signup, please call 253-3542, email: ombiwakuni.mcftb@usmc-mccs.org, or visit bldg 411, rm 101. Registration is open until 12:00 p.m., 3 Aug.

## *Business/Retail & Services/Special Events*

Summer Matinee Movie!
Wed, 10 Jun – Thu, 13 Aug, 3:00 p.m., Sakura Theater
The Sakura Theater is proud to present the Summer Matinee, running from June 10 – August 13! Every Wednesday and Thursday features a free movie from 3–5 PM. Bring your friends, grab some popcorn, and enjoy the show because admission is free!

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

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



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Universal Studios Japan or Free Time in Osaka Trip

4:30 a.m., Sat, 11 Jul – 2:30 a.m., Sun, 12 Jul

Experience the exciting attractions at Universal Studios Japan including The Wizarding World of Harry Potter area, Wonderland for the little ones, Hollywood Dream – The Ride, or the Flying Dinosaur attraction to name just a few. And, during the summer season, don't miss the special "NO LIMIT! Cool Summer" event where you can enjoy refreshing water splashes and cool down in mist-filled areas throughout the part! Alternatively, explore the wonderful city of Osaka that offers the beautiful Osaka castle, kaiyukan aquarium, Dontonbori Street and much more! For complete information, please visit: https://iwakuni.usmc-mccs.org/activity/6933947b-5cfe-4d9c-bb4f-0247fd987783 or stop by the IT&T office in the Crossroads, bldg 410.

Towel Museum & Imabari Castle Trip

Sat, 18 Jul, 8:00 a.m. – 7:30 p.m.

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

UNESCO Intangible Cultural Heritage Tobata Gion Pyramid Lantern Festival Trip

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

Join IT&T for a festival which has its roots dating back to the Edo period (approximately 200 years ago) when the capital was attacked by an epidemic and the people prayed to Sunanoo-no-Mikoto (one of the two major deities involved in the creation of Japan) for help. After successfully ridding the land of the disease, the people in turn created a "Yamakasa" to celebrate and show their gratitude. During the festival in the daytime, the 8 official floats with 12 great flags hoisted on the 4 large ones are carried for a parade, followed by some small floats for children. But in the nighttime, the floats are completely transformed into pyramids of light—huge lantern Yamakasa floats, their decorations with the flags removed. Each with 12 layers of 309 lanterns, 10 meters high, and 1.5 tons in weight, is shouldered by about 100 carriers. For a full itinerary of this trip, please visit: https://iwakuni.usmc-mccs.org/activity/61760b04-4dd3-4e74-a4b8-f843c9b2070a, or stop by the IT&T Office in bldg 410 (Crossroads).

Okayama Peach Picking Trip

Sat, 1 Aug, 6:00 a.m. – 6:30 p.m.

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

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Sasebo Sightseeing Trip
Sat, 8 Aug, 6:30 a.m. – 10:00 p.m.
Explore downtown Sasebo on your own and discover many restaurants and shops at the shopping arcade. Or spend some time by the water at Kujukushima Pearl Sea Resort where you can enjoy a Sea Cruise, Yacht Sailing, and more. For complete trip details, please visit: https://iwakuni.usmc-mccs.org/activity/873a2659-01d5-4dfc-88f8-95e4a3f1348a or stop by the IT&T Office in bldg 410 (Crossroads) to sign up!

Yanai Goldfish Festival
Thu, 13 Aug, 4:00 – 10:30 p.m.
Enjoy the largest summer festival in Yanai City during which "Goldfish Lanterns," the regional folk craft of Yanai City, are used to decorate and light up the town, wrapping it in a magical atmosphere. This year's main attraction will feature an authentic Neputa float from Aomori Prefecture. The float will parade through the festival grounds, offering visitors a rare opportunity to experience one of Japan's most iconic summer traditions. For complete trip details and to register, please stop by the IT&T Office in bldg 410.

Lalaport Shopping Mall & Marine World Aquarium Trip
Sat, 22 Aug, 7:00 a.m. – 9:00 p.m.
Take a trip to LaLaport Shopping Mall in Fukuoka Prefecture and enjoy lunch and shopping! Explore the LEGO Store, Jump Shop anime store, MUJI, ABC Mart, Starbucks Coffee, McDonald's, KFC, Gundam Park and much more among the many shops and attractions in the area. After that, head to the Marine World Aquarium in Fukuoka where you can enjoy the largest aquarium in the Kyushu area, exhibiting about 350 kinds of creatures that live in the waters around Kyushu. You can even see a breathtaking show in the pool overlooking Hakata Bay. For a complete itinerary, please visit: https://iwakuni.usmc-mccs.org/activity/01baa83f-7190-4e0c-82ee-d166fee2badd or stop by the IT&T Office in bldg 410 (Crossroads) to signup!

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### Alphabetical list of events for period 10 – 16 July 2026

| Event | Date | Link |
|---|---|---|
| Anger Got You Hot? Cool Down With Us | Thursdays | https://iwakuni.usmc-mccs.org/activity/9382fb4f-e12f-4b34-8b6b-630d211d594e |
| Baby Lapsit | Mondays | https://iwakuni.usmc-mccs.org/activity/27f999ff-f4a5-4bc0-9c30-b2d17ca95b89 |
| Baby & Me Yoga | Tue & Wed | https://iwakuni.usmc-mccs.org/activity/eacf1d7d-f679-4e73-9590-3170b099ee43 |
| Body Sculpt – July | Wednesdays | https://iwakuni.usmc-mccs.org/activity/df1185b9-facd-42f4-a261-6fe153707605 |
| Book Bingo | 1 Mar – 31 Dec | https://iwakuni.usmc-mccs.org/activity/960fc230-c87f-465c-852a-d966e1764751 |
| Boots to Business 2-Day Course | 13 – 14 Jul | https://iwakuni.usmc-mccs.org/activity/99b03afb-f8e0-476e-b8e9-45ffe5c8e6de |
| Cardio Kickboxing Mini-Bootcamp – July | Tuesdays | https://iwakuni.usmc-mccs.org/activity/42ccde0f-c1e8-4393-8c51-eb08e9cc6466 |
| Catfish Platter Friday | Fri, 10 Jul | https://iwakuni.usmc-mccs.org/activity/8c1df03e-a9ca-4af1-8d25-4a86314bad65 |
| College 101/TA Orientation Brief | Wed, 15 Jul | https://iwakuni.usmc-mccs.org/activity/7e7e4162-fd64-4dd0-983c-329dbeea4e31 |
| Food Trucks | Various | https://iwakuni.usmc-mccs.org/activity/d5ab9771-bc4d-4ec6-86c1-992d399cee07 |
| Free Movie Mondays – John Wick: Chapter 2 | Mon, 13 Jul | https://iwakuni.usmc-mccs.org/activity/5483df82-2493-4c52-bcdd-00b992c5d868 |
| From Stress to Strength: Warrior Maintenance | Mondays | https://iwakuni.usmc-mccs.org/activity/f6d7edd6-4916-4e52-bf24-f8b10462d5a9 |
| Glutes & Abs – July | Wednesdays | https://iwakuni.usmc-mccs.org/activity/ce2fa97f-a534-4f7e-9c60-dd9bef270e5f |
| Hatha Yoga | Mon & Thu | https://iwakuni.usmc-mccs.org/activity/5121f31a-81f2-4247-b0b9-8436971d575b |
| Judo – July | Mon & Wed | https://iwakuni.usmc-mccs.org/activity/4843a7ab-7833-4613-a78d-8a725a0ec422 |
| Military Readers are Leaders | 1 – 30 Jul | https://iwakuni.usmc-mccs.org/activity/8533bed5-bf29-430c-b96b-277d3018025d |
| Mindful Bites: Managing Stress Eating | Wed, 15 Jul | https://iwakuni.usmc-mccs.org/activity/1f0d1816-fdeb-4fea-8643-23678eabfbf2 |
| Mixxedfit | Various | https://iwakuni.usmc-mccs.org/activity/e5c4fb1a-13c1-4505-8f4d-19e215050300 |
| Mongolian Night | Wednesdays | https://iwakuni.usmc-mccs.org/activity/d3e33ea4-ead9-4417-ab9f-f79eafdcd5ac |
| Mt. Fuji Trip #1 | 16 – 20 Jul | https://iwakuni.usmc-mccs.org/activity/726d8d31-b561-4c7d-b84b-58be1e0e44a6 |
| Penny a Pin | Mondays | https://iwakuni.usmc-mccs.org/activity/f4468cdf-d525-4704-bc4f-1c792af57915 |
| Postpartum Recovery Yoga | Wednesdays | https://iwakuni.usmc-mccs.org/activity/547d340d-aa8b-4c38-ac7d-7002349a3ba8 |
| Power Pump | Mondays | https://iwakuni.usmc-mccs.org/activity/43a24498-e61b-49bb-80a1-264035423d5a |
| Pre-K Time | Wednesdays | https://iwakuni.usmc-mccs.org/activity/6d6ab8a8-a5e6-4f6f-aa95-cf9075f5e618 |
| Prenatal/Yoga for Adults, Moms, and Little Ones | Tue & Thu | https://iwakuni.usmc-mccs.org/activity/ed5dcb17-436f-4427-8a58-cf8ebe427462 |
| Prime Rib Special at Tun Alley | Thursdays | https://iwakuni.usmc-mccs.org/activity/c72361bc-d5f7-48dc-bd97-ca45d9830b3f |
| SAC Summer Camp | Mondays | https://iwakuni.usmc-mccs.org/activity/abed1b44-efb3-4249-9e92-bf36ee0029cb |

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| Sleep Smarter Tips & Techniques | Tue, 14 Jul | https://iwakuni.usmc-mccs.org/activity/26239eff-2bff-4899-bcb8-c09610df5fea |
| SMP PLAT ABC Summer Festival | Sat, 11 Jul | https://iwakuni.usmc-mccs.org/activity/9be3cdcb-3e33-439e-97b9-2e35ece2bf80 |
| SMP Trading Card Night | Fri, 10 Jul | https://iwakuni.usmc-mccs.org/activity/c35b96a7-0d98-418b-9583-839031c247c7 |
| Spin | Various | https://iwakuni.usmc-mccs.org/activity/1f510766-7291-4750-b2cd-7de98a2129dd |
| SRP- Teen Escape Room | Thu, 16 Jul | https://iwakuni.usmc-mccs.org/activity/20b6d87e-302a-4d35-a079-deeb880fc312 |
| STEM Workshop: Herbariums & Terrariums | Fri, 10 Jul | https://iwakuni.usmc-mccs.org/activity/16d66693-c893-4c58-a0e0-e32654dbdb13 |
| Summer Matinee Movie | Wed & Thu | https://iwakuni.usmc-mccs.org/activity/380d5c04-7b91-401e-b75b-e1828e6fcdb2 |
| Summer Reading Program | Mon & Thu | https://iwakuni.usmc-mccs.org/activity/bbfcf3ca-5f45-4ceb-b4b3-9a01dec3d6b7 |
| Summer Wednesday Doubles League | 24 Jun-12 Aug | https://iwakuni.usmc-mccs.org/activity/6faba062-fa90-4083-9e20-f48f22b8934d |
| Sunset Paddle at Nishiki River | Fri, 10 Jul | https://iwakuni.usmc-mccs.org/activity/283a685f-12e3-49fd-947b-c77d0da6366d |
| Teen Readers are Leaders | 1 – 30 Jul | https://iwakuni.usmc-mccs.org/activity/2c3f9585-e55c-416a-85c7-e0f4917c3323 |
| The Odyssey – Free Advanced Screening | Sat, 11 Jul | https://iwakuni.usmc-mccs.org/activity/71991e09-8cc3-423d-a791-4c91d6b04f90 |
| Toddler Tuesdays | Tuesdays | https://iwakuni.usmc-mccs.org/activity/90bacd3a-9b93-42ea-802d-91f19138295e |
| Ultimate Frisbee Season | 29 Jun-22 Jul | https://iwakuni.usmc-mccs.org/activity/8a904f55-ca8d-489d-bef1-66830d3d5282 |
| Understanding Your GI Bill Benefits | Mon, 13 Jul | https://iwakuni.usmc-mccs.org/activity/6335d32f-b36e-4c56-ab73-76936ee5e7ba |
| Universal Studios Japan IT&T Trip | 11 – 12 Jul | https://iwakuni.usmc-mccs.org/activity/6933947b-5cfe-4d9c-bb4f-0247fd987783 |
| Vinyasa/Wellness Yoga for Adults, Moms & Little Ones | Thursdays | https://iwakuni.usmc-mccs.org/activity/f5531c35-fd67-4c64-8992-d00d93bf9346 |
| Welcome Aboard Brief | Mon, 13 Jul | https://iwakuni.usmc-mccs.org/activity/b212a501-9a40-4a82-9e3c-d37cc42138c7 |
| Youth Fitness Classes – July | Various | https://iwakuni.usmc-mccs.org/activity/649da783-e11c-4cbd-b76f-718fa6fad9cc |