

# DIRECTORY

## MWR ADMINISTRATION

Monday - Friday • 8 a.m. - 5 p.m.

Administration

252-3472

Human Resources

252-3328

## FOOD & BEVERAGE

Harbor View Club Administration

252-2929

Harbor View Club Cash Cage

252-3965

Chops

252-2955

Brodie's

252-2977 / 252-2978

Galaxies Nightclub

252-2980

Shogun Cafe (Galley)

252-3429

## CHILD & YOUTH PROGRAMS

Child Development Center (CDC)

Main Base: 252-2985

Hario: 252-8842

School Age Care Center (SAC)

Main Base: 252-2989

Hario: 252-8763

Teen Center

Main Base: 252-2901

Hario: 252-8968

Youth Sports and Fitness

252-2989

## FITNESS & AQUATICS

Fleet Fitness Complex (FFC)

252-3595 / 3588

Aquatics

252-2925

Hario Fitness Center

252-8960

## COMMUNITY RECREATION

Deployed Forces Support (DFS)

252-6896

Auto/Wood Hobby Shops

252-3977

Liberty Center

252-3756

Library

252-3593

Outdoor Adventure Center (OAC)

252-3500

Paws & Claws

252-2905

Travel & Tours

252-3433 / 2165

Showboat Theater

252-6996

Hario Village Theater

252-8753

*Morale, Welfare and Recreation*

# STAY CONNECTED

Visit our official MWR Website  
for events and information:  
[www.navymwrsasebo.com](http://www.navymwrsasebo.com)

Follow us on Facebook  
and Instagram  
at MWR Sasebo Japan



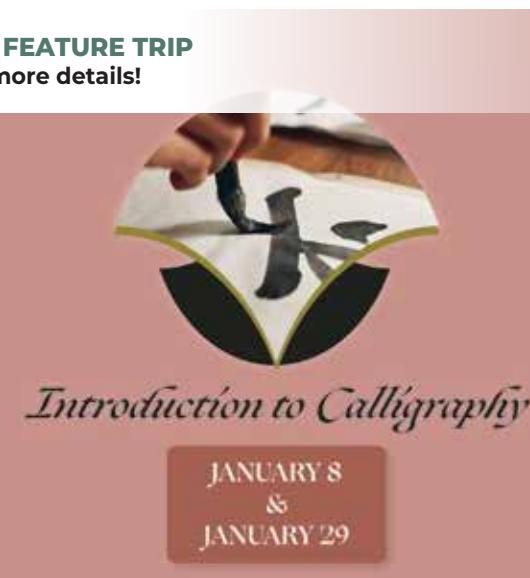
## JOIN OUR TEAM

LIFEGUARDS • BARTENDERS  
CHILD & YOUTH PROGRAMS  
FOOD SERVICES • RECREATION AID  
FITNESS • THEATER • LIBRARY  
LIBERTY CENTER  
OUTDOOR ADVENTURE CENTER

FOR WEEKLY JOB LISTINGS, VISIT:  
[HTTPS://WWW.NAVYMWRSASEBO.COM/DIRECTORY-MORE/JOB-OPPORTUNITIES](http://HTTPS://WWW.NAVYMWRSASEBO.COM/DIRECTORY-MORE/JOB-OPPORTUNITIES)

## THIS WEEK'S FEATURE TRIP

See inside for more details!



January 6<sup>th</sup> - 13<sup>th</sup>

# MWR "At a Glance"

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

## LUNCH SPECIALS

### CHOPS

Monday

Tonkatsu (Japanese Pork Cutlet)

Tuesday

Gryos

Wednesday

Spaghetti & Meatballs

Thursday

California Burrito

Friday

Shrimp Alfredo Pasta

### BRODIE'S

Monday

Chicken Torta

Tuesday

Beef Tacos

Wednesday

BBQ Pork Sandwich

Thursday

Pepperoni Flatbread

Friday

Fried Chicken Rice Bowl

## ONGOING EVENTS

### SUNDAY BRUNCH

Every Sunday • 10 a.m. - 2 p.m.

Harbor View Club • Sakata Ballroom

Adults and Kids 12+: \$17

Ages 6 - 11: \$8 • Ages 5 and under: Free

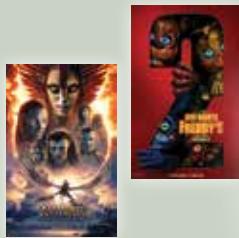


## MOVIE SCHEDULE

Movie schedule is subject to change without notice.



**TICKET PRICES:** ADULT \$3 • CHILD \$2  
**3D MOVIES:** ADULT \$5 • CHILD \$3



### SHOWBOAT THEATER

#### THURSDAY, JANUARY 8

Avatar: Fire and Ash (PG-13) 6 p.m.

#### FRIDAY, JANUARY 9

Zootopia 2 (PG) 5:30 p.m.

Song Sung Blue (PG-13) 8 p.m.

#### SATURDAY, JANUARY 10

Anaconda (PG-13) 5:30 p.m.

Five Nights at Freddy's 2 (PG-13) 8 p.m.

#### SUNDAY, JANUARY 11

Avatar: Fire and Ash (PG-13) 6 p.m.

### HARIO VILLAGE THEATER

#### SATURDAY, JANUARY 10

Avatar: Fire and Ash (PG-13) 5:30 p.m.

#### SUNDAY, JANUARY 11

Zootopia 2 (PG) 5:30 p.m.



Keep up with the lastest movie schedule on  
[www.NavyMWRsasebo.com](http://www.NavyMWRsasebo.com)!

## UPCOMING EVENTS:

### ADULT BOOK CLUB • 18+ at the Library

**Tuesday, January 6 • 4 - 5 p.m. • Free!**

Join your library staff as we read and discuss a new book every month! This month's book is "Butter: A Novel of Food and Murder" by Asako Yuzuki.

### COOKING IN MUGS with the Liberty Center

**Wednesday, January 7 • 4 a.m. • Free!**

Our Cooking in Mugs series continues! Come in and learn how to make an egg scramble in a mug! Starts at 4 p.m. while supplies last! *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders. \*Requires a refundable \$15 deposit.*

### COUNTRY NIGHT with the Hario Cantina

**Friday, January 9 • 6 - 9 p.m. • Free!**

Loaded nacho menu available for purchase while supplies last!

### FISHING LURE MAKING • 13+ with the Outdoor Adventure Center

**Saturday, January 10 • Free!**

**11 a.m. - 4 p.m.**

Come and learn how to make fishing lures with us! *Difficulty Level: 1-2*

### YUTOKU INARI SHRINE & SAKE MILL with Travel and Tours

**Saturday, January 10 • All Seats: \$110**

**Depart: Main Base - 9 a.m. • Hario - 9:45 a.m.**

**Return: Hario - 4 p.m. - Main Base - 4:30 p.m.**

Yutoku Inari-jinja, located in Saga Prefecture, is one of the largest Inari-jinja (shrines sacred to the god of business prosperity) in all of Japan! We'll also tour a Sake Mill and see how this traditional drink is made, as well as taste several types and grades.

### SALTWATER BOAT FISHING with the Outdoor Adventure Center

**Sunday, January 11 • \$15 + Fee • 5 a.m. - 4 p.m.**

Enjoy a day out on the water. This chartered trip includes a guide, bait, rod and reel. *Difficulty Level: 3* The ¥13,000 charter fee must be brought with you when making your reservation. Bring snacks and drinks.

### HIRADO CITY DAY TOUR with Travel and Tours

**Sunday, January 11 • Adult: \$55, 17-6: \$45**

**5 & younger: \$35**

**Depart: Hario - 8:15 a.m. • Main Base - 9 a.m.**

**Return: Main Base - 4:30 p.m. - Hario - 5 p.m.**

Step back in time and discover this centuries-old historic port that was once a major point of contact with Holland and Portugal. Then view the island, as the samurai once did, from the top of Hirado Castle.



### HIGHLIGHT EVENT OF THE WEEK!

#### JAPANESE CULTURE CLASSES: INTRODUCTION TO CALLIGRAPHY brought to you by MWR

**Thursday, January 8 • 2:30 - 3:30 p.m. Free!**

**In the Community Education Center**

All the supplies will be provided. Please register by emailing "atobe12@gmail.com" at least 48 hours prior to the class. Limit of 15 people.

## FITNESS SCHEDULE

### MAIN BASE

#### MONDAY

Adult Cardio Hip Hop (13+)	10 - 10:45 a.m.
Vinyasa Yoga	1 - 2 p.m.
Strong Nation	4:45 - 5:15 p.m.
Jiu-Jitsu (4-6 y/o) - \$	5 - 5:45 p.m.
Stretch & Flow	5:30 - 6 p.m.
Jiu-Jitsu - \$	6 - 7:45 p.m.

#### TUESDAY

Yoga	10:30 - 11:30 a.m.
Jiu-Jitsu - \$	6 - 7:45 p.m.

#### WEDNESDAY

Vinyasa Yoga	7 - 8 a.m.
Zumba	9 - 10 a.m.
Vinyasa Yoga	1 - 2 p.m.
Power Yoga	4:45 - 5:45 p.m.

#### THURSDAY

Yoga	11 a.m. - 12 p.m.
Beginners Judo - \$	4 - 5 p.m.
Zumba Toning	4:20 - 5 p.m.
Advanced Judo - \$	5 - 6 p.m.
Zumba	5:10 - 6 p.m.
Jiu-Jitsu - \$	6 - 7:45 p.m.

#### FRIDAY

Adult Judo & Jiu-Jitsu - \$	6 - 7 a.m.
Vinyasa Yoga	9 - 10 a.m.
Adult Hip Hop Dance	10:30 - 11:15 a.m.
Spin Strength	12 - 1 p.m.
Vinyasa Yoga	4 - 5 p.m.

#### SATURDAY

Beginner Power Yoga	9:30 - 10:30 a.m.
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*\$(Registration Required)*

### HARIO

#### MONDAY

Vinyasa Yoga	9 - 10 a.m.
Kids Hip Hop (4-7 y/o)	2:45 - 3:30 p.m.

#### TUESDAY

Body Burn	8:30 - 9:30 a.m.
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#### WEDNESDAY

Total Strength	8:30 - 9:30 a.m.
Rest & Recovery	9:30 - 10:30 a.m.

#### THURSDAY

Body Burn	8:30 - 9:30 a.m.
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#### FRIDAY

Spin	8:30 - 9:30 a.m.
Total Strength	9:30 - 10:30 a.m.
Karate (5-8) - \$	5-6 p.m.
Karate (9+) - \$	6-7 p.m.