

# DIRECTORY

## MWR ADMINISTRATION

Administration • 252-3472  
Monday - Friday • 8 a.m. - 5 p.m.  
Human Resources: 252-3328

## FOOD & BEVERAGE

HARBOR VIEW CLUB  
252-3965

CHOPS AMERICAN GRILL  
252-2955

BRODIE'S  
252-2977 / 252-2978

GALAXIES' NIGHTCLUB  
252-2980

HARIO CANTINA  
252-8857

SHOGUN CAFÉ (GALLEY)  
252-3429

## CHILD & YOUTH PROGRAMS

CHILD DEVELOPMENT CENTER  
Main Base • 252-2985  
Hario • 252-8842

SCHOOL AGE CARE CENTER  
Main Base • 252-2989  
Hario • 252-8763

TEEN CENTER  
Main Base • 252-3797  
Hario • 252-8968

YOUTH SPORTS & FITNESS  
252-2989

## FITNESS & AQUATICS

FLEET FITNESS COMPLEX • 252-3588  
Welcome Center • 252-3595

HARIO FITNESS CENTER  
252-8960

## HOSPITALITY

NAVY GATEWAY INNS & SUITES  
252-3794

## COMMUNITY RECREATION

DEPLOYED FORCES SUPPORT  
252-6896

AUTO/WOOD HOBBY SHOPS  
252-3977

LIBERTY CENTER  
252-3756

LIBRARY  
252-3593

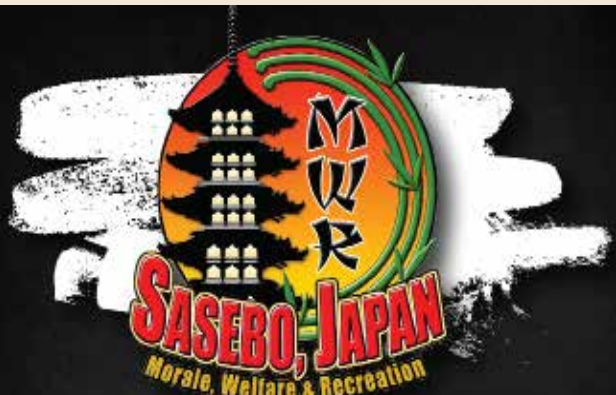
OUTDOOR ADVENTURE CENTER  
252-3500

PAWS & CLAWS  
252-2905

TRAVEL & TOURS  
252-3433/2165



Monday, December 13 - Monday, December 20  
**MWR AT-A-GLANCE**  
[WWW.MWRSASEBOJAPAN.COM](http://WWW.MWRSASEBOJAPAN.COM)



## JOIN OUR TEAM AT MWR SASEBO

### JOB OPENINGS INCLUDE:

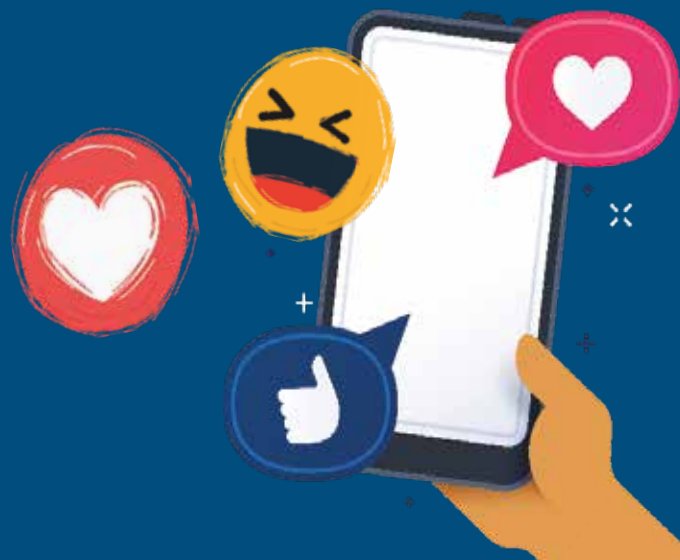
LIFEGUARDS • BARTENDERS •  
CHILD & YOUTH PROGRAMS •  
FOOD SERVICES • RECREATION AID •  
FITNESS • THEATER • LIBERTY  
CENTER • LIBRARY •  
OUTDOOR ADVENTURE CENTER

FOR WEEKLY JOB LISTINGS, VISIT:  
[HTTPS://WWW.NAVYWMWRSASEBO.COM/  
DIRECTORY-MORE/JOB-OPPORTUNITIES](https://www.navywmwrsasebo.com/directory-more/job-opportunities)

## STAY CONNECTED!

Follow us on Facebook  
& Instagram

Visit our official webpage at  
[www.navywmwrsasebo.com](http://www.navywmwrsasebo.com)



## LUNCH SPECIALS

MONDAY-FRIDAY • 11 A.M.-2 P.M.

### HARBOR VIEW CLUB

**Monday**  
Honey-Garlic Glazed Pork Chop  
**Tuesday**  
Spaghetti  
**Wednesday**  
Big Beef Burrito  
**Thursday**  
Chicken Fried Steak  
**Friday**  
Hunan Beef

### BRODIE'S

**Monday**  
Spicy Cheese, Beef & Potato Wrap  
**Tuesday**  
Brick-Oven 8" Cheese Pizza  
**Wednesday**  
Southwest Beef Bowl  
**Thursday**  
Grilled Chicken Wrap  
**Friday**  
BBQ Pork Plate

## UPCOMING EVENTS

**SUNDAY BRUNCH**  
Every Sunday (except Jan. 2, 2022)  
Harbor View Club - Sakata Ballroom  
10 a.m.-2 p.m.  
Ages 12 & up: \$15  
Ages 6-11: \$7  
Ages 5 & under: Free

**CHRISTMAS DAY BUFFET**  
Saturday, December 25  
11 a.m. - 5 p.m.  
Harbor View Club - Sakata Ballroom  
11 years & older: \$24  
Ages 6-11: \$10  
Ages 5 & under: Free

**CHRISTMAS DINNERS  
TO GO**  
Reserve By Friday, Dec. 17th  
Boneless Ham Package \$110.  
Turkey Package \$135.  
A La Carte also available!  
Call the Harbor View Club at 252-2946  
for more information!



# MOVIES SCHEDULE

Movie schedule is subject to change without notice.

Visit <https://www.navywmr.org/programs/motion-pictures/theaters>

\* = Free Admission

## SHOWBOAT

The Showboat Theater is open Thursdays, Fridays, Saturdays and Sundays until further notice.

### THURSDAY, DECEMBER 16

\*The Matrix Reloaded (R) 6:30 p.m.

### FRIDAY, DECEMBER 17

Spider-Man: No Way Home (PG-13) 6:30 p.m.

Spider-Man: No Way Home (PG-13) 9:45 p.m.

### SATURDAY, DECEMBER 18

Ghostbusters: Afterlife (PG-13) 6:30 p.m.

Spider-Man: No Way Home (PG-13) 9:30 p.m.

### SUNDAY, DECEMBER 19

Spider-Man: No Way Home (PG-13) 6:30 p.m.

## HARIO VILLAGE

### SATURDAY, DECEMBER 18

\*A Christmas Carol (PG) 3 p.m.

### SUNDAY, DECEMBER 19

Spider-Man: No Way Home (PG-13) 3 p.m.

## NEW MOVIES!



# UPCOMING . . .

## Matrix Reboot Movie Marathon at the Showboat Theater

Thursdays in December

Free Admission • 6:30 p.m.

Catch all the previous MATRIX movies on the big screen! “Matrix 4 Resurrection” will premiere in December at the regular admission price.

December 9 - The Matrix (R)

December 16 - The Matrix Reloaded (R)

December 23 - The Matrix Revolutions (R)

## Free Christmas Movies at the Hario Village Theater

Saturdays in December

3 p.m. • Open to all SOFA personnel

All ages welcome

December 4 - Home Alone (PG)

December 11 - The Polar Express (G)

December 18 - A Christmas Carol (PG)

## Holiday Season Scavenger Hunt Kayak Trip

with the Outdoor Adventure Center

Saturday, December 18

\$40 per person • 10 a.m.-2 p.m.

Open to ages 18 & older

Registration Deadline: Thursday, December 16

Pack a lunch and bring yen for snacks and drinks.

registration closing soon

## Unzen Adventure Tour with Travel & Tours

Saturday, December 18

Adult: \$55

Junior: \$49

Child/Infant: \$40

Depart MB 7:45 a.m. • Hario 8:30 a.m.

Return Hario 7 p.m. • MB 7:30 p.m.

Registration Deadline: Thursday, December 16

Enjoy a stroll through the sulfur pits, and take in the natural beauty of Unzen.

registration closing soon

## Hot Chocolate Walk with the Outdoor Adventure Center

Sunday, December 19

10 a.m.-3 p.m. • Open to all ages • Free

Join us as we search for the best hot chocolate in Sasebo!

## Winter Origami at the Library

Monday, December 20

11 a.m.-12 p.m. • Open to all ages

Join Eriko-san from FFSC and learn how to make special seasonal creations!

## Harmonyland 30th Anniversary Celebration with Travel & Tours

Saturday, December 25

Adult/Junior/Child: \$50

Infant: \$30

Depart MB 11:15 a.m. • Hario 12 p.m.

Return Hario 12 a.m. • MB 12:30 p.m.

Registration Deadline: Thursday, December 23

Located in Oita, Harmonyland is an outdoor theme park where you can meet Sanrio characters such as Hello Kitty, Cinnamon, My Melody and more!

## Reindeer Family Stroll with the Outdoor Adventure Center

Sunday, December 26

10 a.m.-2 p.m. • Open to all ages

Adults: 830 Yen

Children: 210 Yen

Registration Deadline: Thursday, December 23

Join us in our search for a reindeer at the Kujushima Zoological and Botanical Garden.

## Bench & Burritos at the Fleet Fitness Complex

Saturday, January 8

9 a.m.-2p.m.

SOFA Sponsored Personnel:

\$10 without shirt • \$30 with shirt

Non-SOFA Sponsored Personnel:

\$40 with or without t-shirt

Join us for our annual bench press competition!

Competitors will be given burritos after completing a 1-rep max.

## Nutrition Counseling at the Fleet Fitness Complex

The gym is your one-stop shop for nutrition resources! They have a variety of programs that will jump start your nutrition journey. Group and personal settings are available.

Visit the Fleet Fitness Complex for more information!

# FITNESS CLASSES SCHEDULE

Be sure to get your 24 hour access card from the FFC front desk.

## MAIN BASE

### MONDAY

Nutrition	1-2 p.m.
Jui-Jitsu (4-5 y/o) \$	4-4:45 p.m.
Jui-Jitsu (6-9 y/o) \$	5-5:45 p.m.
Jui-Jitsu (10+ y/o) \$	6-6:45 p.m.

### TUESDAY

Yoga	10-11 a.m.
Total Body Stretching	4:20-5 p.m.
Total Body Stretching	5:20-6 p.m.
Jui-Jitsu \$	6-7:45 p.m.

### WENEDSDAY

PRT Improvement (FEP)	7-8 a.m.
Fight Shape L1 (bodyweight)	9-10:15 a.m.
Zumba	10:30-11:30 a.m.
Nutrition	1-2 p.m.

### THURSDAY

PRT Improvement (FEP)	7-8 a.m.
Yoga	11 a.m.-12 p.m.
TRX	11 a.m.-12 p.m.
Beginners Judo \$	4-5 p.m.
Total Body Stretching	4:20-5 p.m.
Total Body Stretching	5:20-6 p.m.
Advanced Judo \$	5-6 p.m.

### FRIDAY

PRT Improvement (FEP)	7-8 a.m.
Fight Shape L2 (kettlebell & sandbag)	9-10:15 a.m.
Adult Judo \$	11:30 a.m.-12:30 p.m.
Hip Hop dance \$	5-6 p.m.
Adult Hip Hop Dance	6-7 p.m.

## HARIO

### MONDAY

TRX	10:30 a.m.-11:30 a.m.
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### THURSDAY

Zumba	6-7 p.m.
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