

# 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

**SHOGUN CAFE (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**  
Welcome Center • 252-3595 252-3588

**HARIO FITNESS CENTER**  
252-8960

## 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

**SHOWBOAT AND VILLAGE THEATER**  
252-6996 • 252-8753

**Bike to Moji Kira-ra**  
with the Outdoor Adventure Center



**Sunday, December 10**  
**All seats: \$15 • Open to SOFA 18+**  
**Depart OAC: 10 a.m. • Return OAC: 3 p.m.**  
We will ride to Mori-Kirara (Kujukushima Zoo & Botanical Gardens) which has 65 species of animals, 1200 types of flowers, and even penguins! Includes bike and guide. Bring Yen for admission, snacks, and drinks.

## LIFEGUARDS NEEDED

CALL AQUATICS AT  
0956-50-2925 OR 252-2925  
FOR DETAILS



## JOIN OUR TEAM AT MWR SASEBO

### JOB OPENINGS INCLUDE:

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](https://www.navymwrsasebo.com/directory-more/job-opportunities)

## STAY CONNECTED!

Follow us on Facebook at  
MWR Sasebo Japan

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



## DECEMBER

# MWR AT-A-GLANCE

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

### HARBOR VIEW CLUB

**Monday**  
Chicken Marsala  
**Tuesday**  
Loco Moco  
**Wednesday**  
Kentucky Hot Brown  
**Thursday**  
Italian Sausage Sandwich  
**Friday**  
Chicken Parmesan

### BRODIE'S

**Monday**  
Honey Mustard  
Chicken Sandwich  
**Tuesday**  
Chili Cheese Hotdogs  
**Wednesday**  
Creamy Cajun Chicken Pasta  
**Thursday**  
Steak Quesadilla  
**Friday**  
Chimichurri Chicken Salad

## LUNCH SPECIALS

## ONGOING EVENTS

### SUNDAY BRUNCH

**Every Sunday**  
Harbor View Club - Sakata Ballroom  
10 a.m. - 2 p.m.

Ages 12 & up: \$15  
Ages 6-11: \$7  
Ages 5 & under: Free

Join Harbor View Club every  
Sunday for Brunch! With buffet  
stations with a variety of your  
favorite brunch foods, it is sure to  
be enjoyable for the whole family!



## MOVIE SCHEDULE

Movie schedule is subject to change without notice.  
Visit <https://www.navywmr.org/programs/motion-pictures/theaters>

**ALL MOVIES ARE FREE ADMISSION  
THROUGH JANUARY 5, 2024**

### SHOWBOAT THEATER



#### THURSDAY DECEMBER 7

Wish (PG) 6:00 p.m.

#### FRIDAY DECEMBER 8

Trolls Band Together (PG) 5:30 p.m.  
The Holdovers (R) 8:00 p.m.

#### SATURDAY DECEMBER 9

Wish (PG) 5:30 p.m.  
Five Nights at Freddy's (PG-13) 8:00 p.m.

#### SUNDAY DECEMBER 10

The Hunger Games: The Ballad of Songbirds and Snakes (PG-13) 6:00 p.m.



### HARIO VILLAGE THEATER

#### SATURDAY DECEMBER 9

Journey to Bethlehem (PG) 5:30 p.m.

#### SUNDAY DECEMBER 10

Priscilla (R) 5:30 p.m.



## UPCOMING . . .

### JCI CLINIC

**At the Auto Hobby Shop**

**Wednesdays• 5:30 - 6 p.m. • Free**

Save hundreds of dollars by preparing for your JCI inspection with the help of your Auto Hobby Shop. Learn what the mechanics look for during the JCI inspection and how to fix basic problems.

### HAMMER MAKING CLASS

**At the Wood Hobby Shop**

**Fridays• 4:30 - 5:30 p.m.**

**Fee: Price of wood or bring wood**

Come and learn how to make a great looking Thor type hammer! A great going away gift for your favorite sailor.

### FREE THROW SHOOTOUT

**With MWR Fitness**

**Register by December 6 at the Fleet Fitness Center**

**Saturday, December 9 • 10 a.m.**

Come out and see how many free throws you can make! Captain's Cup points awarded.

### MATSUBARA FORGE

**With Travel and tours**

**Saturday, December 9**

**All seats: \$25**

**Depart MB: 1 p.m. • Depart Hario: 1:45 p.m.**

**Return Hario: 5:45 p.m. • Return MB: 6:15 p.m.**

Witness this 4th generation Master Blacksmith as he demonstrates the skills and techniques involved with forging the kitchen knife going back hundreds of years.

### NIGHT PIER FISHING TRIP

**With the Outdoor Adventure Center**

**Saturday, December 9**

**\$25 per person • Open to SOFA 18+**

**Depart OAC: 5 p.m. • Return OAC: 10 p.m.**

Join us for seasonal pier fishing on Sasebo Bay. Includes rod, reel, cooler, and ice. Bring drinks and snacks. **Difficulty level: 3**

### KOREAN COOKING CLASS

**With Travel and Tours**

**Sunday, December 10**

**All seats: \$40**

**Depart Hario: 9:15 a.m. • Depart MB: 10 a.m.**

**Return MB: 3:15 p.m. • Return Hario: 3:40 p.m.**

Learn how to cook signature Korean dishes with Dream Bentom a local business owner with native roots to Busan, South Korea.

### BIKE TO MORI-KIRARA

**With the Outdoor Adventure Center**

**Sunday, December 10**

**All seats: \$15 • Open to SOFA 18+**

**Depart OAC: 10 a.m. • Return OAC: 3 p.m.**

We will ride to Mori-Kirara which has 65 species of animals, 1200 types of flowers, and even penguins! Includes bike and guide. Bring Yen for admission, snacks, and drinks.

### LITTLE LLAMA'S CHRISTMAS EARLY READER STORYTIME

**With the MWR Library**

**Monday, December 11 • 10:30 a.m.**

**Open to ages 0-5**

Come and experience the joyfulness of Christmas as we dance and song with Little Llama and friends.

### MINI MONSTER BINGO

**At the Harbor View Club**

**Wednesday, December 13 • Ages 18+**

**Advance tickets: \$30 • Day of tickets: \$35**

Mini Monster Bingo is back, just in time for some extra holiday cash! Harbor View Club has \$3,000 in prizes ready to win! Stop by the Harbor View Club to buy your tickets.

\*No visitors or children, bingo players only.

## FITNESS CLASSES SCHEDULE

Be sure to get your after hour access card from the FFC front desk. Schedule is subject to change without notice.

### MAIN BASE

#### MONDAY

2'S Day on Monday Spin	9:30-10:15 a.m.
Jiu-Jitsu (4-6 y/o) - \$	4-4:45 p.m.
K-Pop & Hip Hop Cardio	4:30-5:30 p.m.
Jiu-Jitsu (7-9 y/o) - \$	5-5:45 p.m.
Stretch & Recovery	5:40-6:20 p.m.
Jiu-Jitsu - \$	6-7:45 p.m.

#### TUESDAY

Yoga	10:30-11:30 a.m.
Power Yoga	4:45-5:45 p.m.
Jiu-Jitsu - \$	6-7:45 p.m.

#### WEDNESDAY

Cycle	9:30-10:15 a.m.
Power Yoga	4:45-5:45 p.m.

#### THURSDAY

Yoga	11 a.m.-12 p.m.
Zumba Toning	4:20-5 p.m.
Beginners Judo - \$	4-5 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.
cStrong Nation	4-4:40 p.m.
Hip Hop dance - \$	5-6 p.m.

#### FRIDAY

Beginner Power Yoga	9:30-10:30 a.m.
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#### MAIN BASE INDOOR POOL

Mon - Fri: 5 a.m. - 7 p.m.

Saturday: 9 a.m. - 4:30 p.m.

Sunday and Holidays: 11 a.m. - 4:30 p.m.

### HARIO

#### WEDNESDAY

Karate - \$	5-6 p.m.
Karate - \$	6-7 p.m.