

# 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

## 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)



# THANKSGIVING

## Buffet

**THURSDAY,  
NOVEMBER 28**

11 a.m. - 5 p.m.  
Harbor View Club  
Sakata Ballroom



November 2024

## MWR AT-A-GLANCE

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

### CHOPS

**Monday**  
Hawaiian BBQ Pulled Pork  
**Tuesday**  
Meatloaf  
**Wednesday**  
Pork Adobo  
**Thursday**  
Quesadilla  
**Friday**  
Fish Taco

### BRODIE'S

**Monday**  
Teriyaki Rice Bowl  
**Tuesday**  
Taco Tuesday  
**Wednesday**  
Italian Calzone  
**Thursday**  
Brodie's Club Sandwich  
**Friday**  
Rotisserie 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

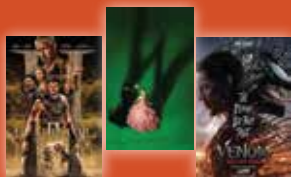


## MOVIE SCHEDULE

Movie schedule is subject to change without notice.



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



### SHOWBOAT THEATER

#### THURSDAY, NOVEMBER 21

Venom: The Last Dance (PG-13) 6 p.m.

#### FRIDAY, NOVEMBER 22

Wicked (PG) 5:30 p.m.  
Conclave (PG) 9 p.m.

#### SATURDAY, NOVEMBER 23

Gladiator II (R) 5:30 p.m.  
Venom: The Last Dance (PG-13) 9 p.m.

#### SUNDAY, NOVEMBER 24

Gladiator II (R) 6 p.m.

### HARIO VILLAGE THEATER

#### SATURDAY, NOVEMBER 22

Moana (PG)\* 6 p.m.

#### SUNDAY, NOVEMBER 23

Wicked (PG) 5:30 p.m.

*\*Free Admission Event!*



## ALL MONTH:

### CHOPSTICK MAKING CLASS

at the Wood Hobby Shop

**Wednesdays • 4:30 - 5:30 p.m. • Free**

This is a fun class where you take a regular piece of wood, and turn it into a set of chopsticks for your home or bento!

### CAR SUSPENSION AND BRAKE CLASS

at the Auto Hobby Shop

**Thursdays • 5:30 - 6:30 p.m. • Free**

This is a great skills class that will teach you how to change your car's worn out suspension, as well as make it safe on the roads with new brake pads.

### SELF BETTERMENT CLASSES

at the Liberty Center with FFSC

**Every Thursday at 2 p.m. • Free**

Join the Fleet and Family Service Center to learn about resume building, investing, and more! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

### CAR WASH AND DETAILING CLASS

at the Auto Hobby Shop

**Wednesdays • 4:30 - 5:30 p.m. • Free**

This is a great skill class that will teach you how to clean your car effectively and keep it spotless!

### SMALL BOWL MAKING CLASS

at the Wood Hobby Shop

**Every Friday at 4 p.m. • \$4**

Come by and make a traditional style small bowl in this challenging and fun class!

### OPEN SHOP

at the Wood Hobby Shop

**Saturdays • 1 - 6 p.m. • \$4 per hour**

This is an open day where you can come in and bring some new ideas or projects. Please come by and build something beautiful with our staff's help!

### AUTUMN AQUATHON CHALLENGE

at the Fleet Fitness Complex

**September 4 - November 30**

Meters must be swam and logged at the indoor pool. First 50 patrons to log 30k meters wins a prize!

## THIS WEEK:

### TURKEY BLITZ FLAG FOOTBALL

at the Fleet Fitness Complex (FFC)

**Saturday, November 23**

**10 a.m. - 12 p.m. • Free!**

Thanksgiving weekend is for football. Let's get ready to carve up some touchdowns! Register your team at the FFC front desk by November 20<sup>th</sup>. Please call 252-6891 for more information. *Captains Cup Event.*

### WALK TO KUJUKUSHIMA ZOO AND

**BOTANICAL GARDENS**

at the Outdoor Recreation Center

**Saturday, November 23**

**10 a.m. - 3 p.m. • Free!**

Enjoy a walk to the local zoo that overlooks Sasebo Harbor and 99 Islands. Guide is included. Please bring yen for snacks and drinks. Register at the Outdoor Adventure Center by Thursday the 21<sup>st</sup> to attend. *Open to all SOFA sponsored personnel aged 13+.*

### THANKSGIVING MEALS TO-GO

at Harbor View Club

**Registration Deadline: Friday, November 22**

**Pick-Up Date: Thursday, November 28**

Enjoy a complete Thanksgiving meal TO-GO from Harbor View Club! For menu details, and to reserve your meal please call Harbor View at 252-3965.

### GIVE THANKS AT BRODIE'S

at Brodie's

**Thursday, November 26 • 11 a.m. - 2 p.m.**

**\$12/plate**

Enjoy the classics for Thanksgiving at Brodie's. For menu details please call Brodie's at 252-2980. *If you are a single or unaccompanied service member you will be eligible for a FREE meal with the Liberty Center. Sign in with a staff member to receive your meal ticket.*

### THANKSGIVING BUFFET

at Harbor View Club

**Thursday, November 28 • 11 a.m. - 5 p.m.**

Reservations encouraged for this buffet! Maximum party of 8. Please call 252-2946 to reserve a table for your family and friends.  
Ages 12+: \$25  
Ages 11-6: \$13  
Ages 5 and younger: Free

## FITNESS SCHEDULE

### MAIN BASE

#### MONDAY

|                          |                   |
|--------------------------|-------------------|
| 2'S Day on Monday Spin   | 9:30 - 10:15 a.m. |
| Jiu-Jitsu (7-9 y/o) - \$ | 4 - 4:45 p.m.     |
| K-Pop & Hip Hop Cardio   | 4 - 5 p.m.        |
| Jiu-Jitsu (4-6 y/o) - \$ | 5 - 5:45 p.m.     |
| Core Strength            |                   |
| & Static Stretching      | 5:10 - 5:55 p.m.  |
| Jiu-Jitsu - \$           | 6 - 7:45 p.m.     |

#### TUESDAY

|                |                    |
|----------------|--------------------|
| Yoga           | 10:30 - 11:30 a.m. |
| Cycle          | 4:30 - 5:15 p.m.   |
| Swim Squad*    | 5:30 - 6:30 p.m.   |
| Cycle          | 5:45 - 6:30 p.m.   |
| Jiu-Jitsu - \$ | 6 - 7:45 p.m.      |

#### WEDNESDAY

|                  |                    |
|------------------|--------------------|
| Zumba            | 9 - 10 a.m.        |
| Cycle            | 10:15 - 11:00 a.m. |
| Cheer Dance - \$ | 3:30 - 4:30 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.     |
| Swim Squad*         | 5:30 - 6:30 p.m.  |
| Jiu-Jitsu - \$      | 6 - 7:45 p.m.     |

#### FRIDAY

|                             |                    |
|-----------------------------|--------------------|
| Adult Judo & Jiu-Jitsu - \$ | 6 - 7 a.m.         |
| Spin & Sculpt               | 9:30 - 10 a.m.     |
| Adult Hip Hop Dance         | 10:30 - 11:15 p.m. |
| Spin & Sculpt               | 4:30 - 5 p.m.      |
| Hip Hop dance - \$          | 5 - 6 p.m.         |

#### SATURDAY

|                     |                   |
|---------------------|-------------------|
| Beginner Power Yoga | 9:30 - 10:30 a.m. |
|---------------------|-------------------|

*\*(Peer Led & Registration Required)*

### HARIO

#### MONDAY

|       |                  |
|-------|------------------|
| Cycle | 4:30 - 5:15 p.m. |
|-------|------------------|

#### WEDNESDAY

|                     |             |
|---------------------|-------------|
| Wild Card Wednesday | 9 - 10 a.m. |
|---------------------|-------------|

#### THURSDAY

|       |                    |
|-------|--------------------|
| Cycle | 10:15 - 11:00 a.m. |
|-------|--------------------|

#### FRIDAY

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