



Town Hall

13 August 2026

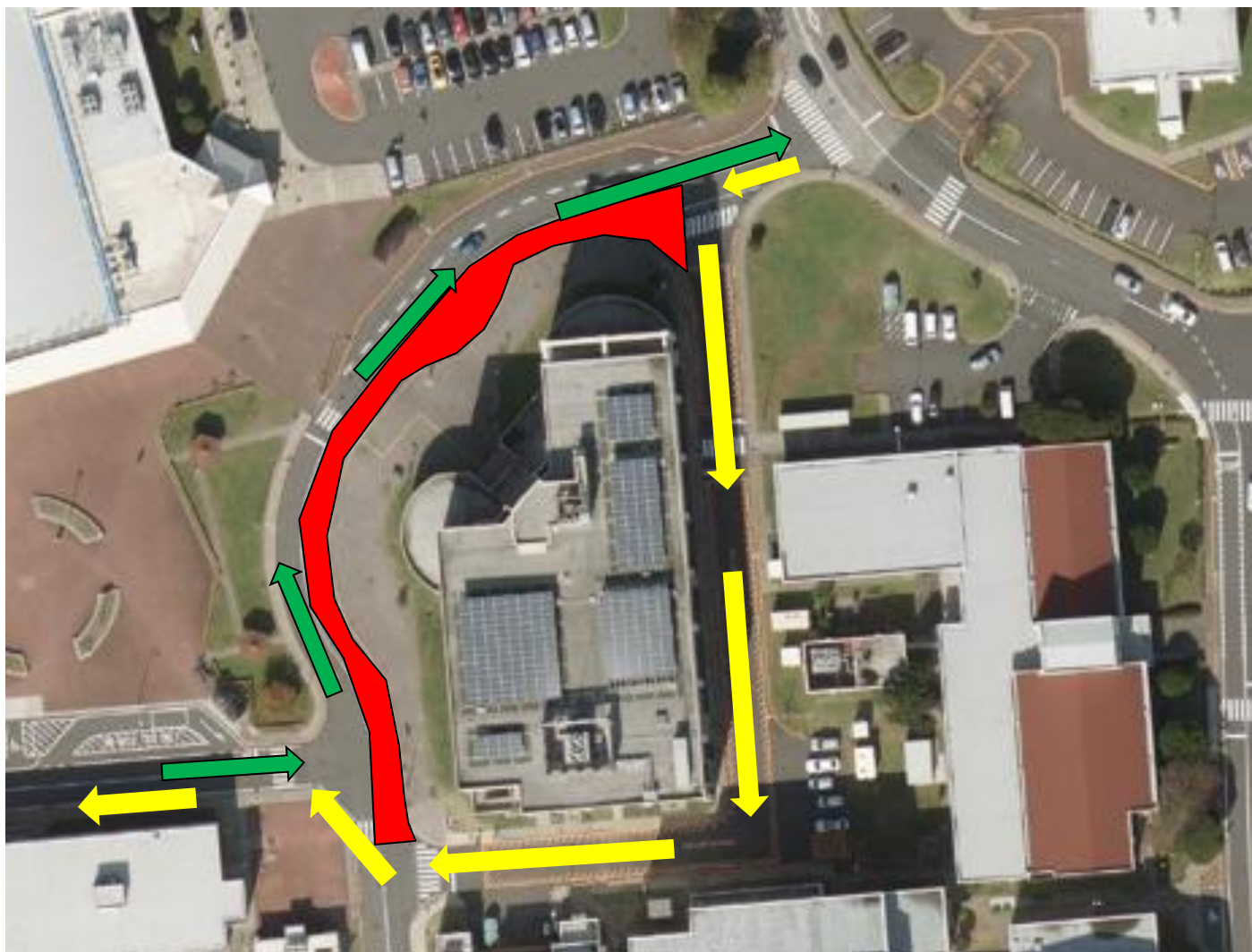


Public Works Department

PWD



C Street Partial Lane Outage



ROAD CLOSURE



- C Street will be reduced to one lane to support maintenance operations from 21 August to 30 September.

as of 12 AUG 2026

PWD

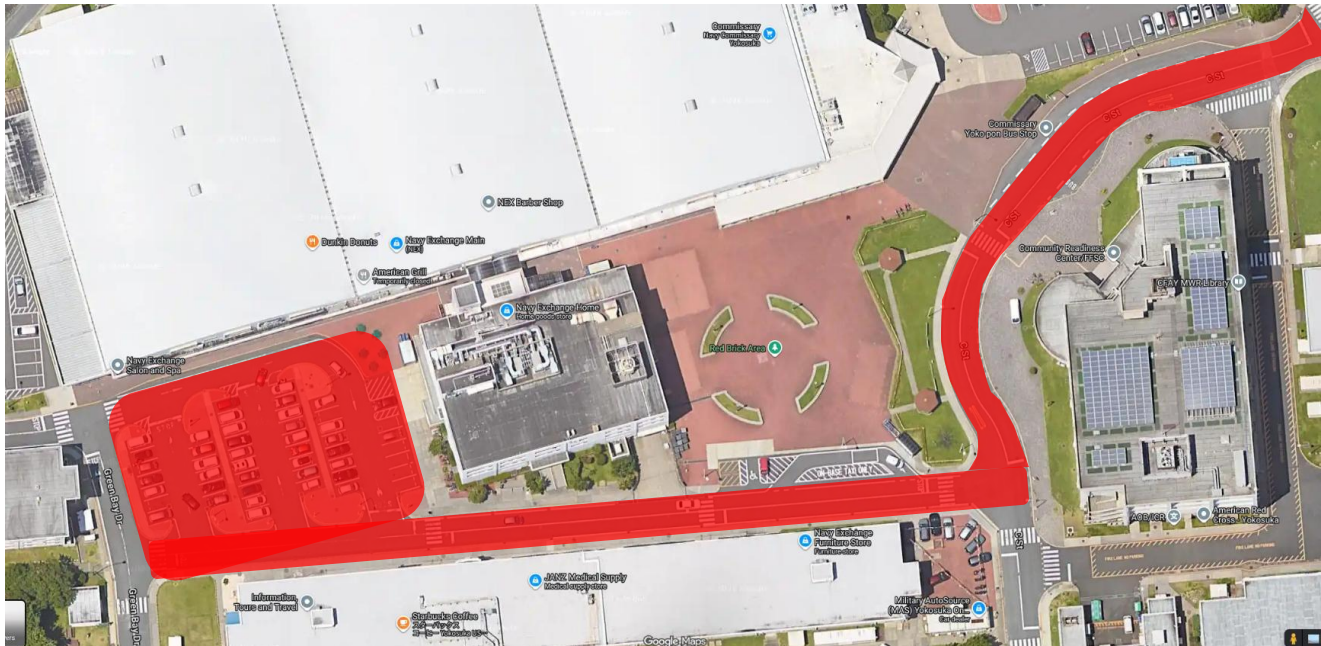


C Street & NEX Parking

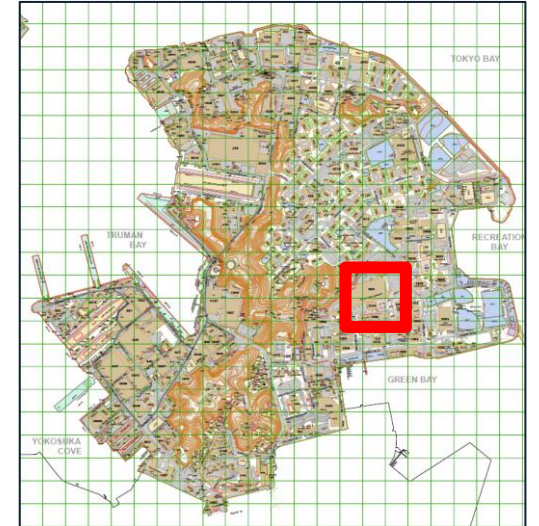
Full Road & Parking Closure Period

2359-2359 for the following days:

14Aug26 – 15Aug26



FULL ROAD CLOSURE



- Full road closure is required for Back To School Bash!

as of 30 Jul 2026

PWD

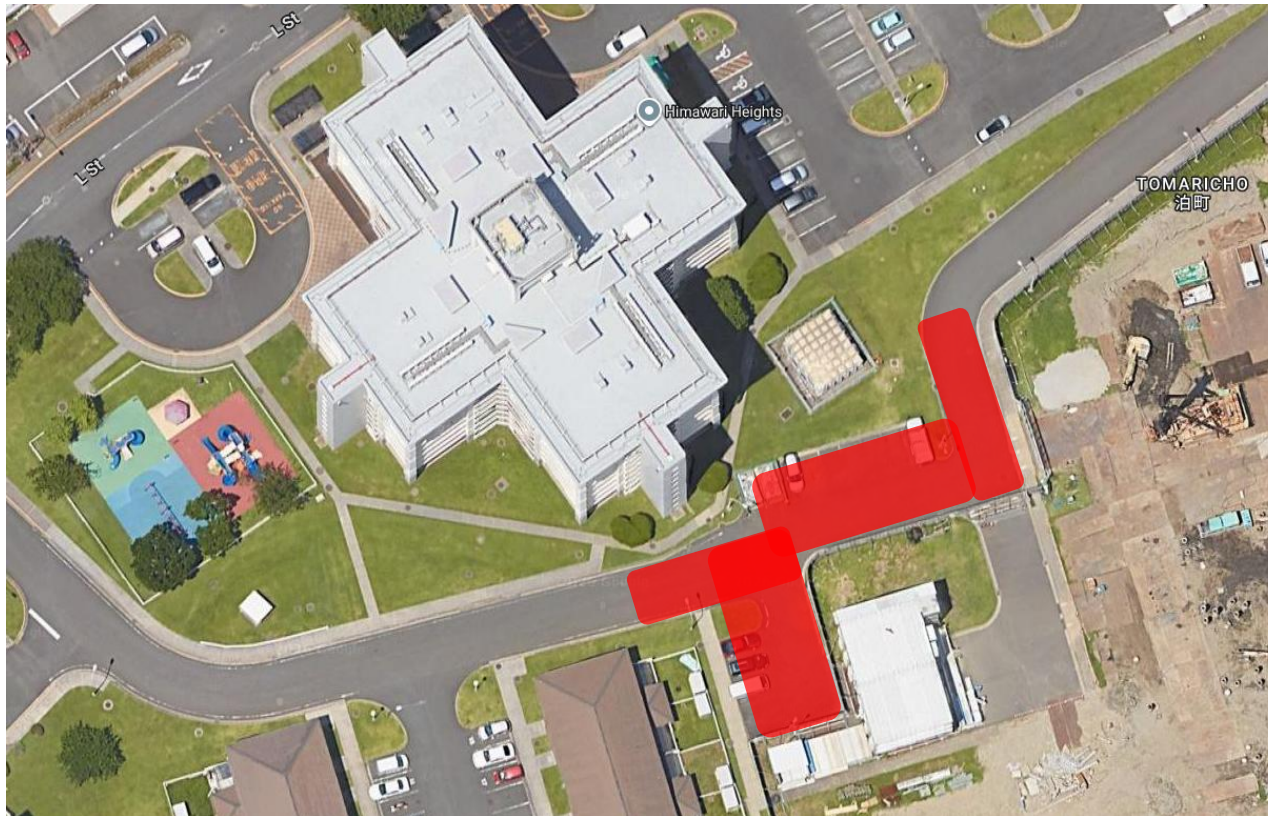


Himawari Heights

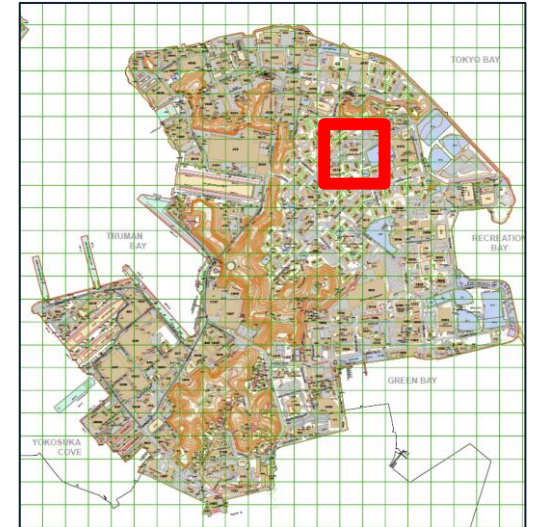
Full Road Closure Period

0800-1700 for the following days:

3Aug26 – 30Sep26



FULL ROAD CLOSURE



- Full road closure is required to perform road, curbs, and gutter repairs as part of new Kinnick High School construction.

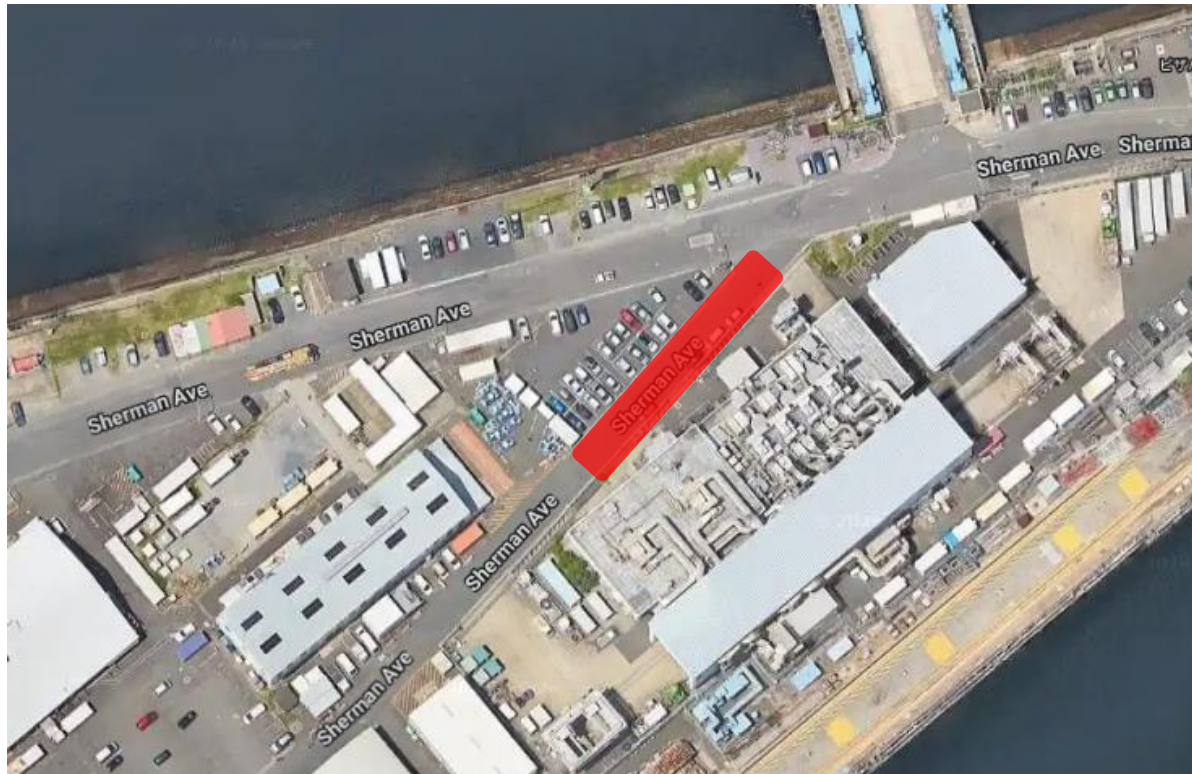
as of 30 Jul 2026

Sherman Ave.

Full Road Closure Period

0830-1630 for the following days:

7Sep26 – 11Sep26



FULL ROAD CLOSURE



- Full road closure is required for crane truck to lift rooftop A/C units.

PWD



Susquehanna Dr.

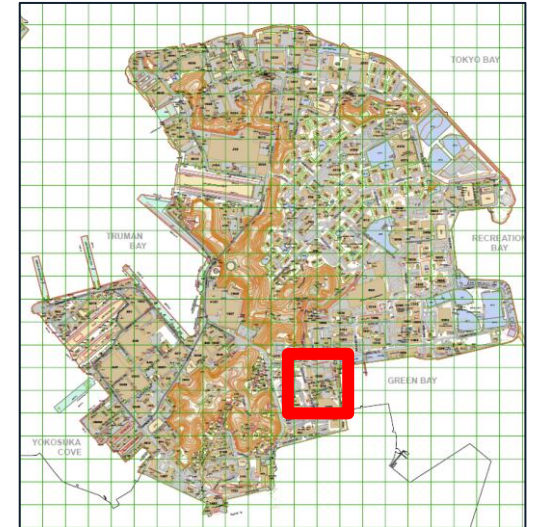
Full Road Closure Period

0500-1730 for the following days:

10Sep26 – 12Sep26



FULL ROAD CLOSURE



- Full road closure is required for crane truck to lift rooftop A/C units.

as of 11 Aug 2026



Safety



Safety

Update to Japanese Bicycle Laws

Motorized Bicycle

- A bicycle with a self-propel function, meaning it can be driven by electric power alone without pedaling.
- Legally classified as a "Motorized Bicycle" in Japan.
- Requirements:
 - A valid driver's license is required.
 - Must be equipped with brakes, lights, turn signals, mirrors, and a horn.
 - A license plate must be attached.

Power-Assist Bicycle

- A bicycle where the electric motor only assists the rider's pedaling. It cannot move by e-power alone.
- Treated as a standard bicycle.
- Must follow the general rules for all bicycles.

Liability and Accident Insurance

- For Motorized Bicycles:
 - Riders must join compulsory automobile liability insurance or a mutual aid association. Riding without this insurance is prohibited (JCI/Liability-like a car).
- For Standard Bicycles (including Power-Assist):
 - In Kanagawa Prefecture, cyclists must enroll in bicycle accident insurance. This is to ensure you can compensate for any damages or injuries caused to another person while riding.



Safety

Bicycle Rules and Liability

Due to increased risk to pedestrians and cyclists alike, police will issue fines without prior warning for offenses that directly compromise safety such as distracted riding or riding without proper brakes. This is known as the "Blue Ticket" system and is targeted for cyclists aged 16 and older. Police will issue immediate, on the spot administrative fines for 113 types of traffic offenses. Below are examples of potential fines.

Violation	Immediate Fine (JPY)
Using a smartphone while riding	12,000円
Ignoring red lights or traffic signals	6,000円
Failing to stop at a stop sign	5,000円
Riding while holding an open umbrella or wearing headphones	5,000円
Riding side-by-side with another cyclist	3,000円



Safety

Back to School Safety

It's that time of year! Traffic will be heavier than it has been this summer. Keep your head on a swivel, both pedestrians, bicyclists, and drivers, and be extra vigilant for children.

Pedestrians – make eye contact with drivers and ensure they are stopping before you proceed.

Stay off your phones in crosswalks!

Remember to look RIGHT-LEFT-RIGHT (backwards from USA).

CFAY Safety and Security will be performing joint monitoring and education in certain high traffic locations.



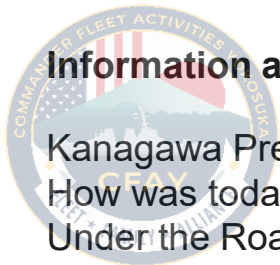
Safety

Back to School Safety (cont'd)

As part of the upcoming MWR Back to School Bash on Saturday, August 15 (16:00–20:00), we will be hosting a special Bicycle Safety Class for the children, instructed by the Yokosuka Police Department. The class will take place right in front of the ITT Office.

This safety class is an excellent, highly educational opportunity for the children to learn crucial traffic rules and safe riding habits from local officers.

Upon completing the class, every participating child will receive a "Chirika Card" (Chiririn Bicycle Safety Certificate) issued by the Kanagawa Prefectural Police (see next slide for details).



Information about CHIRICA

Kanagawa Prefectural Police

How was today's bicycle traffic safety class (Chirin School)?

Under the Road Traffic Act, bicycles are classified as "light vehicles."

To follow the rules and ride with good manners, it is necessary to ride a properly maintained bicycle. Are you inspecting your bicycle? Are the brakes effective? Is the chain rusted? Is the tire pressure correct?

The "Chirin Card" (nickname: CHIRICA) that we have provided is a certificate for completing the bicycle class prescribed by Kanagawa Prefecture.

As a special benefit, if you present your CHIRICA at a participating bicycle shop associated with the school, you can receive a safety inspection from a certified bicycle safety mechanic. (Valid for one year from the date of issue/receipt).

※ Please note that if maintenance or repairs are performed, you will be charged for the maintenance and parts. There is also a fee if a TS Mark sticker is applied. For information on fees, please inquire at any participating bicycle shop.

What is a TS Mark?

A certified bicycle safety mechanic inspects and maintains a bicycle, and when it is confirmed that the bicycle is a safe "ordinary bicycle" as defined by the Road Traffic Act, a TS Mark sticker is applied. The TS Mark includes personal injury and liability insurance, and is valid for one year.

Back to School Safety (cont'd)

Bicycle Traffic Safety Course

Completion Certificate

(TILICA / "Chirica")

•Name:

•Date of Issue: (Valid for one year from date of issue)

This certifies that you have completed the bicycle traffic safety course, "Chirin School." Please abide by the content you have learned to prevent traffic accidents.

Kanagawa Prefectural Bicycle Safety Education Promotion Committee



Participating bicycle shops are indicated by this mark.

Please see the Kanagawa Prefecture Bicycle Commerce Cooperative Association HP for a list of participating bicycle shops.
<http://www.kanasho.jp>

	Compensation for Personal Injury		Compensation for Liability	Victim's Consolation Money
	Hospitalization of 15 days or more	Death or Severe Disability (Grades 1-4)	Death or Severe Disability (Grades 1-7)	Injury requiring hospitalization of 15 days or more
Type 1 (Blue Mark)	Uniformly ¥10,000	Uniformly ¥300,000	Limit: ¥10,000,000	
Type 2 (Red Mark)	Uniformly ¥100,000	Uniformly ¥1,000,000	Limit: ¥1,000,000,000	Uniformly ¥100,000
Type 3 (Green Mark)	Uniformly ¥50,000	Uniformly ¥1,000,000	Limit: ¥100,000,000	Covered by liability insurance



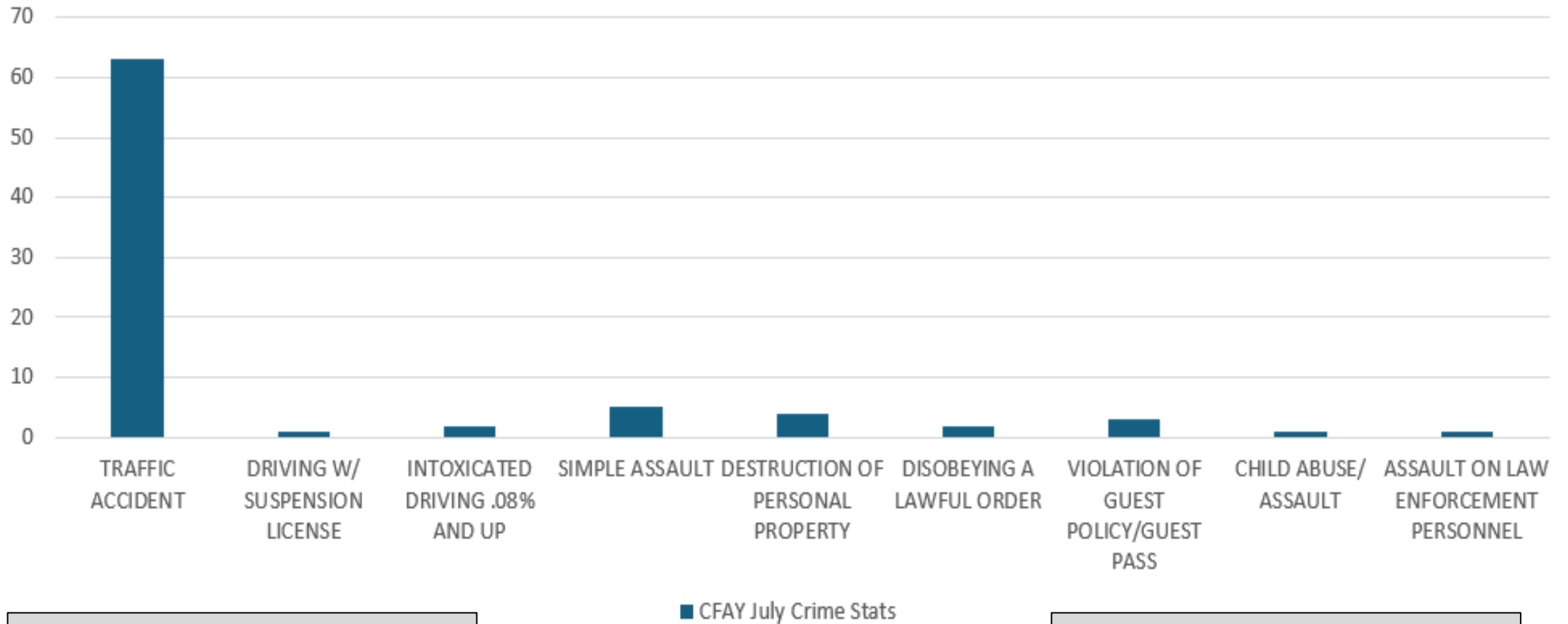


Security



Security

CFAY July Crime Stats



(40) Traffic Accidents off-base.
(32) without injury
(8) with injury

(19) E6 and below Suspects
(13) Family Member Suspects
(36) JN-CIV victims (+50%)



Security

Updated Traffic Code Instruction Released:

- No long-term parking on the installation. Long term parking is only authorized in one's residential parking space(s).
- Point increases for illegal parking on ramps, in fire lanes and vehicles creating excessive noise.
- Repeat offender penalty within 12 months (2x) point increase.

Suspicious Activity:

- Beware of lodging scams. Perpetrators are utilizing fake numbers impersonating official Government lodging numbers to obtain sensitive information (PII, Credit Card info, etc.)
 - Official numbers: 1-800-NAVY-INN and/or 1-877-NAVY-BED
 - Fake number: 1-800-NAVY-BED
 - Ensure personnel use official sites/links
- Please encourage reporting of any suspicious activity (surveillance, elicitation, etc.)
 - Report to CFAY Security or NCIS via FEEVR@ncis.navy.mil



Security

CFAY SECURITY

THINK YOU FOUND AN ABANDONED VEHICLE?

**REPORT IT
HASSLE-FREE
ON OUR FLANKSPEED**

SCAN HERE





N9 Department



Fleet & Family Readiness (N91) Department



Fleet and Family Support Center



BELLS ACROSS AMERICA FOR FALLEN SERVICE MEMBERS

Tolling in Remembrance of Our Nation's Fallen
Join us as we pay tribute to the men and women who died in service to our nation.
As bells toll across the country, we remember their sacrifice and those they left behind.

September 24 at 10 a.m.
Commander Fleet Activities Yokosuka
Kosano Park
Rain Location : C2 Auditorium

Now Available!



AUGUST



AOB/ICR

Aug. 4 - 6, 11 - 13, 18 - 20 & 25 - 27

Deployment

Family Reintegration
Aug. 3 at 10 a.m.
Reintegration with Partners
Aug. 10 at 1 p.m.
5 Love Languages
Aug. 17 at 10 a.m.

Exceptional Family Member

EFMP Command POC Training
Aug. 21 at 10 a.m. (Virtual)

Family Employment

DOL Teams: Interview Skills
Aug. 11 at 8 a.m. (Virtual)
DOL Teams: Salary Negotiation
Aug. 11 at 10 a.m. (Virtual)
DOL Teams: LinkedIn Profiles
Aug. 11 at 1 p.m. (Virtual)
Effective Résumé Writing (Federal)
Aug. 25 at 9 a.m. (Virtual)
Getting Started Teaching English
Aug. 25 at 11 a.m. (Virtual)
Modeling in Japan
Aug. 25 at 1 p.m. (Virtual)
Volunteer Orientation
Aug. 18 at 10 a.m.

Family Readiness

Emergency Evacuation Program Overview (EEP)
Aug. 24 at 10 a.m.
Emergency & Disaster Preparedness
Aug. 24 at 11 a.m.

Intercultural Relations

Surviving in Japan
Aug. 5 & 19 at 10 a.m. (Ikego)
Japanese Grocery Shopping Excursion 101
Aug. 7 at 9:30 a.m.
Youth ICR
Aug. 4 (ELEM) at 2:30 p.m.
Aug. 11 (MS/HS) at 2:30 p.m.
Active Japanese Language
Aug. 12 & 26 at 3 p.m.
Make Tomodachi
Aug. 12 & 26 at 5 p.m.
Everyday Japanese
Aug. 10 & 24 at 10 a.m.
Ikego Cultural Connections
Aug. 20 at 10 a.m.
Calligraphy
Aug. 26 at 10 a.m.

Life Skills

Pre-Marriage Seminar
Aug. 5 at 9:30 a.m. (Virtual)
Resiliency Bootcamp
Aug. 6 & 20 at 11:30 a.m.
English as a Second/Foreign Language (ESL/EFL)
Aug. 9 & 23 at 1 p.m.
Building Effective Anger Management Skills (BEAMS)
Aug. 18 and 25 at 11:30 a.m.



Ombudsman

Ombudsman Advanced Training
Aug. 11 at 4 p.m.
Aug. 27 at 10 a.m.

Parenting

Newborn Care
Aug. 18 at 12:30 p.m.

Personal Finance

Private Organization
Aug. 4 at 9 a.m. (Virtual)
Car Buying
Aug. 5 at 9 a.m. (Virtual)

CFS Training

Aug. 11 - 13 at 8 a.m.
Debt Destroyer
Aug. 19 at 9 a.m.
Home Sweet Home
Aug. 19 at 1 p.m.
CFS Forum
Aug. 26 at 9 a.m. (Virtual)
Financial Planning for Transition
Aug. 27 at 1 p.m.

Relocation Assistance

Sponsorship On-Demand
Aug. 6 & 20 at 8 a.m. (Virtual)
Aug. 7 at 9 a.m.
Smooth Move
Aug. 7 at 9 a.m. (Virtual)
Military Spouse 101
Aug. 7 at 1 p.m.
Aug. 28 at 10 a.m. (Japanese; hybrid)
Space A/EML Flights Brief
Aug. 10 at 11 a.m. (Virtual)
Sponsorship Training
Aug. 13 at 1 p.m. (Virtual)
Aug. 20 at 1 p.m.
Aug. 23 at 9 a.m. (Virtual)

SAPR

Initial VA
Aug. 10 - 14 at 7:30 a.m.
Admin VA
Aug. 17 at 9 a.m.
Resident Advisor
Aug. 27 at 1 p.m.

Transition Assistance

TAP Core Curriculum
Aug. 10 - 12 at 8 a.m.
Aug. 24 - 26 at 8 a.m.
Aug. 31 - Sept. 2 at 8 a.m.
My Education Track
Aug. 13 - 14 at 8 a.m.
My Employment Track
Aug. 27 - 28 at 8 a.m.

Registration is required for all classes. For more information about any of our classes or to register, please visit our office on the fourth floor of the Community Readiness Center, Building 884a, or contact us by phone, email, or through our website.

☎ 046-816-3372
✉ FFSCinfo@us.navy.mil
🌐 www.navy.mil/yokosuka



RESILIENCY SUPPORT POCKET GUIDE





Morale, Welfare, & Recreation (N92) Department



Morale, Welfare, and Recreation

August Special



seaside cafe

Your breakfast favorites, now available
Tuesday - Saturday from 7 a.m. - 2 p.m.



UBE PANCAKES
for only \$6.75

Served with:
Assorted fruits
Whipped cream
Ube sauce



Club Alliance
Sharky's Road House (1F)
Open to guests aged 20 and older.
Food & drinks available to purchase.

COUNTRY LINE DANCING
August 13 at 6 p.m.

BACHATA
August 20 at 6 p.m.

SALSA
August 21 at 6 p.m.

DANCE NIGHTS
w/ DJ and Dance Instructor



MCCS QUARTERLY COOKOFF



Celebrity Chef Meet & Greet

CFAY Galley • August 20
11:45 a.m. - 12:30 p.m.
In conjunction with Open Galley Event
(Open to all hands)



CHOP, COOK, CONQUER



Blendz
Fresh. Fast. Smooth



Available at MWR Food Court
3F Fleet Recreation Center
Daily at 6 a.m. - 7 p.m.





Morale, Welfare, and Recreation

BACK TO SCHOOL BASH

Aug. 15 • 4 - 8 p.m.
NEX Parking Lot & Red Brick Area

GAMES ***FASHION SHOW** ***LIP SYNC BATTLE** **ACTIVITIES** **FOOD & BEVERAGES** **GIVEAWAYS**
(card, cash or yen accepted)

*Visit the Navy Exchange for details about the fashion show and lip sync battle.

MWR **NEX**

For more information, visit us on the web.

NIGHT RUN

AUGUST 15 • 7 P.M.
Purdy Fitness Center Pavilion

FREE EVENT

Register at Fleet or Purdy gym by August 14 at 5 p.m.
Event T-shirts available while supplies last.

For more information, please call
046-896-4486

MWR

2026

GREAT NAVY CAMPOUT

Discover Your Adventure

SUPPORTING SPONSORS
T Mobile | **MILITARY STAR** | **DISCOVER NETWORK**

September 5 - 6
Ikego Campgrounds

Come out to Ikego Hills and enjoy an evening full of activities before spending the night under the stars.

MWR **CNIC**

Register at the Outdoor Recreation Center from August 17 - 31.
For more information, please call 046-816-5732.

No ferry endorsement required.

SPOOKTACULAR

Ikego Campground • October 17 • 4 - 7 p.m.
Spooky Storytime • Outdoor Movie "Hotel Transylvania" • Candy • Bonfire
Transportation will be provided between Club Takemiya and the Campgrounds.

Yokosuka • Berkey Field • October 23 • 5 - 8 p.m.
Live Music • Carnival • Candy • Activities • Trunk or Treat • Nerf Battle

FREE EVENT

MWR

For more information, visit us on the web.



Housing (N93) Department



Housing Self-Help Centers



❖ Free Resource!

- Lawnmowers, Weed-eaters, Rakes, Cords & Goggles
- Borrow tools for free to maintain your yards. Sheds are located throughout the Main Base and Ikego housing areas.

❖ Equipment Usage Rules

- Equipment can only be used between 0800 and 1900.
- Tools must be cleaned and returned to the shed on the same day.
- Residents must supply their own gasoline for lawnmowers.

❖ Contact Information

- Main Base Self-Help Office (Bldg. 4311 DSN 243-7263)
 - Mon, Tue, Thurs, Fri and Sat 0800-1600
- Ikego Self-Help Office (Bldg. 679 DSN 246-8028)
 - Mon-Fri 0800-1600, 1st Wed each month 0800-1200





CHANGES IN YOUR STATUS?



Please notify us of any change in your status:

- **Family Composition (birth, adoption, etc.).**
- **Paygrade, Length of Tour, Change of Duty Station, Release from Active-Duty.**
- **Marital Status (legal or voluntary separation, divorce, etc.).**
- **Early Return of Dependents.**
- **Disciplinary Actions.**

**Please visit our offices or email to
Yokosuka_Housing@navy.mil
with a copy of relevant documents.**



Child & Youth Program (N96) Department



Child & Youth Program

2026 Parent Involvement Board Meetings



Open to all parents with a child in any Child & Youth Program. This is a working lunch and a brown bag lunch will be provided. MS Teams link will be available for families that would like to participate, but cannot attend in person.

The Parent Involvement Board (PIB) strengthens family involvement in a format that brings CYP professionals, other installation leaders and parents together for active listening and expression of ideas and options in a positive, forward looking context. It is a critical component in quality child and youth programming. Family members are encouraged to actively participate in PIB meetings and other activities.

Ikego: August 12 • Noon – 1 p.m. • Ikego Youth Programs Bldg. 871

Yokosuka: November 18 • Noon – 1 p.m. • *MWR Admin Bldg. 1559 Rm. 224



For more information, please call 046-816-4079.

*MWR Admin Bldg Rm. 224 is located directly above the NEX Furniture Store.

GIVE PARENTS A BREAK

Saturday, Sept 5 • 2 - 8 p.m.

Location

Gridley Lane CDC & Ikego CDC

Children ages 6 weeks to 12 years old



For more information call 046-816-3033 or 046-806-8060



Child & Youth Program



Become a Family Child Care (FCC) Provider

Some advantages of being a FCC Provider are:

- Independent work environment; work from your own home
- Great source of income while saving you the expense of childcare
- Free promotion, advertising and referrals
- Free monthly training and CPR / First Aid training
- Low cost liability insurance & on-site assistance and advice
- Assistance with Child Development Associate Credential
- A job that moves with you and certification that is transferable
- Take the next step! Complete an FCC Provider interest form at <https://militarychildcare.csd.disa.mil/sms/registration/register#>



For more information call 241-2978 or 046-896-2978 or
070-1201-7944 or contact MWR_YOKOSUKA_FCC@us.navy.mil



Temple University
Japan Campus

SCHOOL VISIT

College can be exciting and overwhelming. Get a head start by joining us on a Teen Trip to Tokyo for a campus tour, mock lecture and university Q&A.

September 19th, 2026
Leave YTeen Center at 0800/Return 1800
Leave Ikego Teen at 0830/Return 1800

\$10/Register on MYFFR
Bring funds for lunch and snacks

Registration Deadline September 11, 2026

046-896-2098/DSN 241-2098





Religious Ministries



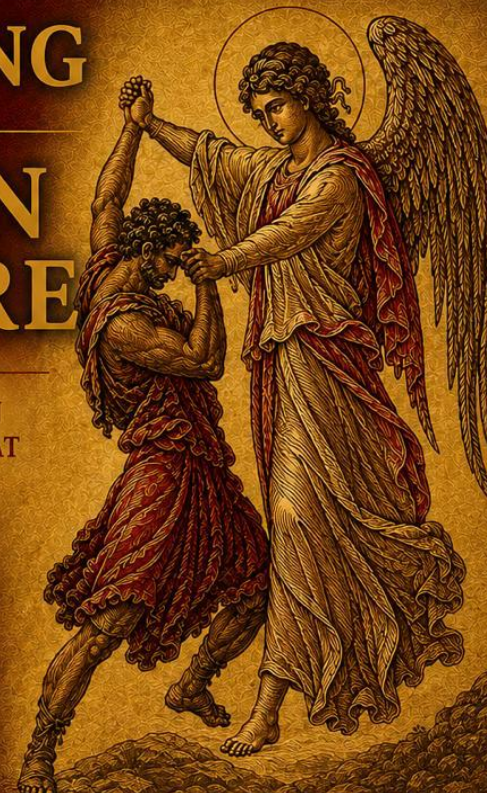
Religious Ministries

CREDO ORTHODOX CHRISTIAN RETREAT

**CREDO** *Japan*
KOREA - GUAM - SINGAPORE - DIEGO GARCIA

PREPARING FOR UNSEEN WARFARE

AN ORTHODOX CHRISTIAN
SPIRITUAL GROWTH RETREAT



WHO
Department of War
Authorized Users
(All branches AD,
AD Dep, & DoW Civ.
Retirees inquire for details.)

WHEN
Thu, Sept 3 noon through
Sat, Sept 5 @1400
Divine Liturgy immediately
following from 1500-1630.

WHERE
Retreat at off-site camp...
Start and finish at the
CFAY Chapel of Hope, Yokosuka

While this retreat is specifically Orthodox
Christian in focus and teaching, all are invited
to attend and learn of the tools of Spiritual
Warfare utilized in Orthodoxy.

Per DOW instruction,
personal leave is not required.
Commands are authorized
to issue 'no-cost TAD' orders,
as this is official training.



STRENGTHEN YOUR FAITH. TRAIN YOUR SOUL. STAND FIRM.
Register and Learn more via QR Code (Trumba)
QUESTIONS CONTACT US NAVY CREDO JAPAN



Religious Ministries

Jewish High Holy Days Schedule

CHAPEL OF HOPE • CFAY YOKOSUKA, JAPAN

SEPTEMBER SERVICES

Service Calendar

Date	Service / Event	Time
Wed, Sep 11	Erev Rosh Hashanah Service	17:30 - 18:30
Thu, Sep 12	Rosh Hashanah 1st Day Morning Service	10:00 - 12:00
Fri, Sep 13	Rosh Hashanah 2nd Day Morning Service	10:00 - 12:00
Fri, Sep 13	Tashlich Service (<i>Off-Site- TBD</i>)	12:30 - 13:00
Wed, Sep 18	Shabbat Services (Shabbat Shuvah)	17:30 - 19:00
Sun, Sep 20	Kol Nidre Yom Kippur Service	17:30 - 19:00
Mon, Sep 21	Yom Kippur Morning Service	10:00 - 12:00
Mon, Sep 21	Yom Kippur Concluding Service & Break Fast	16:00 - 18:00

All services are hosted at the Chapel of Hope main sanctuary (except Tashlich, which takes place off-site near the water).



Religious Ministries

PROTESTANT RELIGIOUS EDUCATION PROGRAMS 6th – 12th GRADE

ROOTS YOUTH GROUP



6th-12th
grade



Thursdays 1600-
1800 starting
Sept. 3rd



Chapel of Hope
Fellowship Hall

JOIN US FOR FAITH, FUN AND FRIENDSHIP!

Scan to
join or
connect



ROOTSYOUTHCOH@GMAIL.COM



Religious Ministries

PROTESTANT RELIGIOUS EDUCATION PROGRAMS 6th – 12th GRADE



**Roots
Kick
Off!**



CALLING ALL 6TH-12TH GRADERS!

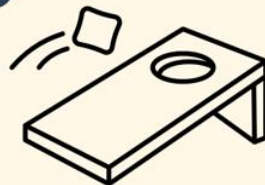
Join us for the Roots kick-off party
with food, games, friendship and faith!

August 27th

4:00-6:00

Gazebo 11

*Across from football field by sand volleyball court





Protestant Religious Ministries

Ikego Community Church

Branch of the Chapel of Hope

FaceBook Page:

0930 SUNDAY



IKEGO COMMUNITY CHURCH
REACH • CONNECT • GROW • SERVE



⌞
SCAN ME

Reach us at:

ikegocommunitychurch@gmail.com



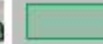


DoWEA

KINNICK DROP OFF



Legend

-  - Vehicle route
-  - Student route
-  - Student pick up & drop off (COA 1)
-  - Traffic Controller

Notes

- No drop offs in other Purdy Gym parking lot areas.

SULLIVANS / YPS DROP OFF



YMS DROP OFF



Legend

- Road closed to
- No drop off
- Drop off area
- Vehicle Traffic flow

Notes

- Utilize drop off area or YMS parking garage.
- Townhome cul-de-sacs are not an authorized drop off area.
- First Ave south bound secured to vehicle traffic.

IKEGO ELEMENTARY DROP OFF



Legend

- No drop off
- Drop off area

Notes

- Drop off area open until 0730.
- Housing area is not an authorized drop off area.

IKEGO ELEMENTARY / CYP ADDITIONAL DROP OFF



Legend

-  - Additional student and CYP Pick- up / Drop-off
-  - Vehicle traffic flow
-  - Student path

Notes

- Drop off will be streetside of tower ramp exit.
- SAC/CYP participants (10yrs old and younger) must be checked in.
 - Parents/Guardians can utilize facility or additional parking spaces for child check-in.



U.S. Naval Hospital Yokosuka

Have a question or concern related to
USNH Yokosuka? Join us at our next

Patient and Family Partnership Council

**Tuesday Sept. 1st, 2026 -1145-1245 in the Command
Auditorium, 3rd Floor, USNH Yokosuka**

Tentative Schedule for the Remainder of the Year



Date	Time	Location
Tuesday, Oct. 6th	1600-1700	USNH Yokosuka's Command Auditorium on the 3rd Floor
Tuesday, Nov. 3rd	1145-1245	USNH Yokosuka's Command Auditorium on the 3rd Floor
Tuesday, Dec. 1st	1145-1245	USNH Yokosuka's Command Auditorium on the 3rd Floor

To our community members- if there is a specialty or any medical personnel you are hoping to meet, please let us know so we can try our best to ensure attendance. You can also send in questions beforehand to our distro email: dha.yokosuka.yokosuka-nh.list.pfpc@health.mil

USNH YOKOSUKA OB/GYN CLINIC WOMEN'S HEALTH DAY

USNH Yokosuka OB/GYN Clinic will be hosting a walk-in Women's Health Day clinic on 15 Sept. from 0800-1100 and 1300-1500.

We will be offering:

- **Full Contraception Services
(IUD/Nexplanon Placement/Removal,
OCPs, Depo Shots)**
- **PAP Smears**
- **STI Screenings**
- **HPV Vaccines**

Available to all TRICARE beneficiaries & Space A personnel



ShipShape 2026

8-Week Weight Management Program

ShipShape is a **Healthy Lifestyle Change Program** managed by USNH Yokosuka's Wellness Center

HIGHLIGHTS:

- Body composition scans
- Nutrition & fitness coaching
- Expert-led group classes
- SMART goal setting
- Supportive group environment

**NEW
UPDATE**

Session Schedule:
Session 3: July 22 – Sept. 9
Session 4: Sept. 30 – Nov. 25

Classes are held Wednesdays 1100–1200 or 1630–1730

 **Fleet Rec Center Room 323**

 **DSN 315-243-9776 | JP 046-816-9776**



VIPRR Service

Are you in a CFAY shore-based tenant command and need to do your PHA?

The DHA Virtual Integrated Patient Readiness and Remote Referral (VIPRR) program will be available again for a temporary 90-day period. CFAY tenant commands may use VIPRR to assist with **Periodic Health Assessments (PHA)**.

Step 1

Complete your online PHA first:

<https://eha.health.mil/EHA/>

Step 2

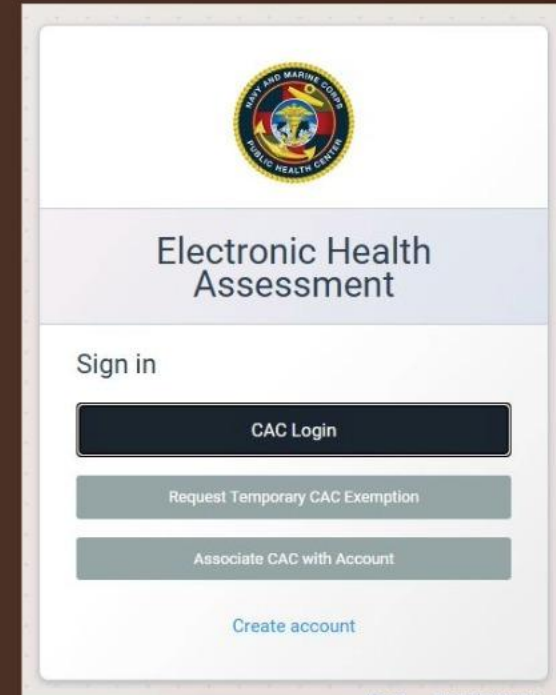
Call VIPRR to schedule your appointment. **VIPRR Appointment Line**

1-844-863-3236

Hours of Operation Mon - Fri 0600 - 1800 (CST)

Already Have a PHA Appointment? You may contact VIPRR to check for an earlier appointment.

VIPRR access will be authorized for 90 days while DHA evaluates continuation of the program.



SCAN ME!



<https://eha.health.mil/EHA/>

Q-Anywhere with USNH Yokosuka's Pharmacy

Skip the line.
Wait anywhere.
With **Q-Anywhere**.

Manage your new prescriptions with the Q-Anywhere Pharmacy App

Skip the wait. Submit your new prescription request before you arrive and receive a notification when it's ready for pickup.

CHECK PRESCRIPTION STATUS

- Know when your medication is being processed and when it's ready for pickup.

SAVE TIME AT THE PHARMACY

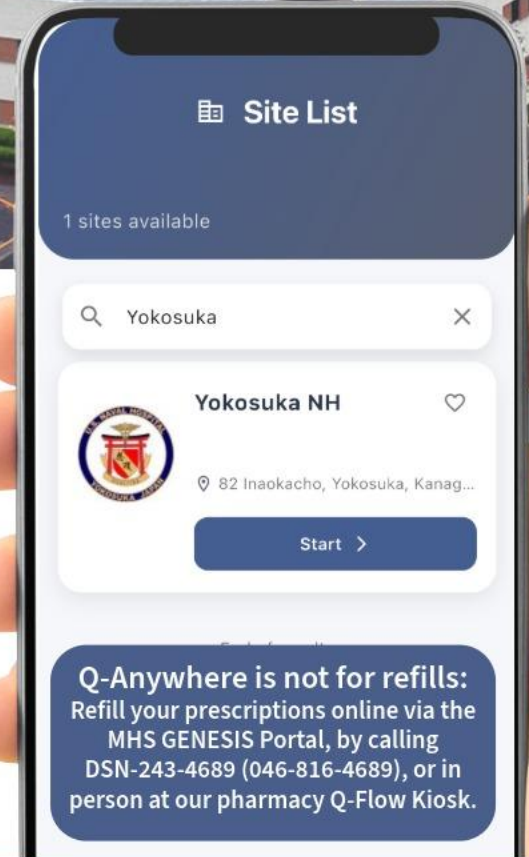
- Use Q-Anywhere before you arrive to reduce your time waiting in line.

SECURE & EASY TO USE

- Safely manage your prescriptions with a simple, user-friendly experience.

Please allow at least 2 hours for your prescription to be ready for pickup.

Q-Anywhere submissions: Monday-Friday, **8 a.m.-3 p.m.** Pharmacy hours: Monday-Friday, **8 a.m.-5 p.m.**



Download **Q-Anywhere** Today
Search "Q-Anywhere" in the App Store or Google Play





FOR THE PEOPLE WHO SERVE.™

USO Yokosuka



USO Yokosuka

Hours of Operation

Monday - Sunday from 10 AM to 10 PM

*Hours based on volunteer availability

USO Yokosuka Amenities



Food & Beverages

Water, Soda, Coffee & Tea, Snacks



Multimedia & Gaming

Board & Table Games, Streaming Services,
Nintendo Switches, PS4, PS5 & XBOX Consoles



Services & Information

Information Desk, Local Information



Connectivity

CAC Reading Enabled Computers, Outlets for Charging,
DSN Phone, OOMA Phone, Free Wi-Fi



Rest & Relaxation

Air Conditioning, Bathrooms, Theater Room, Sofas & Comfy Chairs



Interested in our
center's programs?
Would you like to
volunteer?
Check out our LinkTree!





Yokosuka

USO YOUTH PROGRAMS

TOT TIME IKEGO
NIKKO TOWER



SEPT
10
1000-1100



FOR MILITARY SPOUSES

SHORELINE SOCIAL
SPOOKY FOODS DEMO
REGISTRATION REQUIRED 18+



SEPT
29
2026
0930-1130



USO YOKOSUKA

PAINT NIGHT, 18+
FRIDAY, SEPTEMBER 25
1700-2000



[USO.org/CENTERS](https://www.uso.org/CENTERS)



**American
Red Cross**

American Red Cross



**American
Red Cross**

Service to the Armed Forces

VolunTEEN

- 26 Graduates!

Red Cross Youth Club

- 1st and 3rd Tuesday @ 1330
- Starts 18 August
- Visit us at Kinnick Sneak Peek & Back to School Bash

Mindful Movement

- 45 minute Class on mindful relaxation and stress reduction techniques
- Available to units, organizations, and community groups

Contact Information

CRC - Room 331B

CFAY Naval Hospital – Family Medicine

Office Hours: M-F 08:00-16:00

Phone: 315-243-7490

Commercial: 046-816-7490

Email: Yokosuka@RedCross.org



**American
Red Cross**

Red Cross Youth Club



Ages 13-18* (No Pre-registration
required) - Red Cross Yokosuka
*must be in High School

ARC YOKOSUKA

Join us and serve the
community with friends!

1st and 3rd Tuesdays @ 1330



Room 331, Community
Resource Center, 3rd Floor, ARC
Training Room.



**American
Red Cross**

Service to the Armed Forces



**American
Red Cross**



Navy Marine Corp Relief Society



Navy Marine Corps Relief Society

How We Help

- Interest-free loans and grants
- Emergency travel
- Budget and financial counseling
- Budget for Baby® Workshops
- Education scholarships and interest-free loans
- Visiting nurses (including new parent support)
- Thrift shop and Uniform Locker – G59 Building, Open for Sales on Wednesdays, Donations 2 times per month on Thursdays
- Disaster relief

Volunteer to Make a Difference

- Open to Active Duty, Dependents, Civilians and anyone with base access. Help others in need, Keep professional/job skills current, Gain new skills, Networking, Monetary allowance for child care and mileage, Flexible schedules.
- Teens age 13-15 may volunteer with a parent/guardian, Teens age 16 and up may volunteer independently

Yokosuka Office
CRC Building 3365 3rd Floor Room 313 (0800 – 1600 M-F)
315-243-7905 | Yokosuka@nmcrs.org
Facebook Page: NMCRS Yokosuka | [nmcrs.yokosuka](https://www.facebook.com/nmcrs.yokosuka)

Navy Marine Corps Relief Society

NMCRS Yokosuka Thrift Shop and Uniform Locker

- Proceeds reinvested in Relief Society programs and services
- Volunteer run
- Meaningful donations fuel our mission
 - We gladly accept items in **clean and working order**, complete sets
 - In season clothing, shoe and accessories
 - Housewares and kitchen items
 - Toys and sporting goods
 - Electronics, computers and small appliances
 - Books, media and miscellaneous goods
 - Military uniforms
 - Furniture no larger than a dining chair
 - Please do not donate hazardous waste, used personal or hygiene items (bathing suits, socks, undergarments, open cosmetics, medical supplies, food), safety-regulated items (including car seats), risque or inappropriate items, mattresses, pillows, religious articles or books.





Yokosuka Commissary



QUESTIONS?