

CLICK ON THE EVENT TO RSVP!

CENTCOM Family Center Calendar for May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Thanks to our Pakistani Coalition partners for providing this month's cultural display. Come check it out!</p> <div style="text-align: center;">  </div>	<p>2</p> <p>Storytime for Pre-Schoolers 10:30-11:15</p>	<p>3</p> <p>Navigating the College Application Process 9:45-12:00</p>	<p>4</p> <p>Yoga Foundations 10:30-11:30</p>	<p>5 BASE ACTIVITY \\Deadline to apply for Teen Aviation Camp sponsored by AF Services\\ Info here: https://www.macdillfs.com/images/AllImages/pdfs/ChildrenandYouth/Youth-Specialty-Camps_2017.pdf</p>	<p>6</p> <p>EVENTS IN BLUE SQUARES ARE NOT HELD AT, OR SPONSORED BY, THE CENTCOM FAMILY CENTER. THEY ARE SPONSORED BY THE 6TH FORCE SUPPORT SQUADRON AND OPEN TO ALL MEMBERS OF THE MACDILL COMMUNITY.</p>
<p>7</p> <p>Open Tuesday-Thursday 10:00 am – 2:00 pm</p> <p style="color: red;">Please see reverse for event descriptions.</p>	<p>8</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>9</p> <p>Olive Oil Taste Testing 10:30-12:00</p>	<p>10</p> <p>Hurricane & Emergency Preparedness Briefing 9:45-12:00</p>	<p>11</p> <p>Information & Sign Up Session: Special Olympics Young Athletes 10:30-11:30 After School Crafting for Kids with Marcia 3:30-4:15</p>	<p>12</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>13</p> <p>BASE ACTIVITY \\Deadline to apply for AF Space Camp is May 18th\\ Info here: https://www.macdillfs.com/images/AllImages/pdfs/ChildrenandYouth/Youth-Specialty-Camps_2017.pdf</p>
<p>14</p> <p>WHAT'S HAPPENING ON MACDILL? Sign up for FSS text to keep up with everything happening on Macdill AFB. Get real time event reminders! Info here: https://www.macdillfss.com/images/AllImages/pdfs/BaseWideEvents/FSS_Texts_2017b.pdf</p>	<p>15</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>16</p> <p>Creating A College Portfolio 9:45-12:00</p>	<p>17</p> <p>Center Activity Room Reserved 9:00-12:00</p>	<p>18</p> <p>Let's Get Together - Crafting with Ali 10:00-12:00</p> <div style="text-align: center;">  </div>	<p>19</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>20</p> <p>NEED CHILDCARE? Check out this website fully paid for by the Department of Defense for military members!! https://www.sittercity.com/</p>
<p>21</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>22</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>23</p> <p>Early Literacy Activity 11:30-12:00</p> <div style="text-align: center;">  </div>	<p>24</p> <p>Lunchtime Guest Speaker Series: Education & Career Counseling (GI Benefits) 11:30-12:30</p>	<p>25</p> <p>Home Décor with Kelly & Robbie 10:30-12:00</p>	<p>26</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>27</p> <div style="text-align: center;">  </div> <p>Your School Liaison Officer is Nelly Richards, 813-828-0146 or email: nelly.richards@us.af.mil</p>
<p>28</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>29</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>30</p> <p>Coffee Talk 10:00-12:00</p>	<p>31</p> <p>Kid's Movie Day "Sing" (rated PG) 10:30-12:30</p>	<p>1</p>	<p>2</p>	<p>3</p>

FOR MORE INFORMATION, CONTACT THE CENTCOM FAMILY CENTER AT 813-529-0365 OR EMAIL US AT FRGCENTCOM@GMAIL.COM. You may also join us on Facebook at <https://www.facebook.com/US-Central-Command-Family-Readiness-176869997886>



EVENTS

Storytime for Pre-Schoolers (May 2nd)

-Join Carol as she reads, "Come Along Daisy", a story about a darling duck. Daisy's mother warns her to stay close, but there are so many distractions in the pond! After all, there are fireflies to chase and lily pads to jump on. A sudden, scary noise teaches Daisy to heed her mother's words. After the story, Shelly will guide children through an activity.

Yoga Foundations (May 4th)

-A class designed to create a comfortable experience for those new to yoga. The class will focus on the basic postures of yoga and introduce breath work and meditation. An overview of the benefits of yoga postures is combined with detailed instruction on the standard postures that students will experience in a vinyasa (flow style) yoga class. Explore increased flexibility, balance, alignment, and coordination of breath with movement. If you are new to yoga, or have limited experience, this foundations class is a great place to begin your yoga practice. Bring your own yoga mat. (Towel and bottled water are optional).

Hurricane & Emergency Preparedness Briefing (May 10th)

-This briefing, presented by the CENTCOM Emergency Manager, will educate you about what to expect during the upcoming hurricane season as well as available community resources in the event of an evacuation.

Information & Sign Up Session for Special Olympics Young Athletes Camp (May 11th)

Special Olympics Young Athletes is a sport and play program for children with and without intellectual disabilities ages 2-7 years old. Young Athletes introduces basic sport skills, like running, kicking and throwing. The program promotes motor, social, and cognitive development. This informational session is for parents and their children to learn about and sign up for, this year's summer camp. Sessions are held at "The Prep of South Tampa" on Manhattan Avenue. Dates and times will be determined through a collaborative effort between the coach and parents after sign up. Come learn about this free, developmental program. A short informational session will be held, followed by a demonstration of activities along with a question & answer period. Sign up information will be available on site.

After School Crafting for Kids with Marcia (May 11th)

-Join Marcia as she guides you through the process of making a Surprise Mother's Day Gift. This craft is appropriate for children aged 3 and up. All materials are provided.

Olive Oil Taste Testing (May 17th)

-Come sample a variety of olive oils and vote on which is your favorite, then learn how to identify pure olive oil. Take home recipes using olive oil. Participants should allow approximately 20 minutes for taste testing. All samples are provided, but you may bring your favorite bottle of olive oil to enter into the Taste test if you like.

Let's Get Together - Crafting with Ali (May 18th)

-Join Ali Thetford at the CENTCOM Family Center, to make fun and easy refrigerator magnets. No crafting experience necessary and all materials are provided (unless you want to bring personal photos, 1" diameter or smaller).

Early Literacy Activity (May 23rd)

- We will read "Giraffes Can't Dance", a touching tale of Gerald the giraffe, who wants nothing more than to dance. With crooked knees and thin legs, it's harder for a giraffe than you would think. Gerald is finally able to dance to his own tune when he gets some encouraging words from an unlikely friend". After the book, we will have a dance party where children can move around and have fun. We will have a snack afterwards.

Lunchtime Guest Speaker Series (Education & Career Counseling) (May 24th)

-Pending class description (purpose is to educate spouses on the educational benefits available through the VA)

Home Décor With Kelly & Robbie (May 25th)

-Create your own memento of your time in Tampa featuring a current trend in home décor. Time required: Approximately 30 minutes. All materials are provided.

Coffee Talk: Topic-Simplify and Practice Healthy Habits to Become a Better Version of Yourself (May 30th)

-We will have a Certified Health Coach available who will break down some of the key areas of health-nutrition, weight loss, sleep, energy, exercise, stress reduction and relationships –and share how we can simplify and practice healthy habits in the midst of a life in fast motion.

Kid's Movie Day (May 31st)

-Celebrate school being out for the summer! The feature movie is "Sing." In a city humanoid animals, a hustling theater impresario's attempt to save his theater with a singing competition becomes a grander than he anticipates even as its finalists find that their lives will never be the same. This movie is rated PG.