

CENTCOM Family Center Calendar for SEPTEMBER 2017

Base Activities	Mon	Tue	Wed	Thu	Fri	Base Activities
 Open Tuesday-Friday 10:00 am – 3:00 pm	Thanks to our Singapore Coalition Partners for hosting this month's cultural exploration. Come check it out 				1 CENTER CLOSED Training Holiday	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.
Please see reverse for event descriptions.	4 CENTER CLOSED Labor Day	5 <u>Crafting with Ali</u> 10:00-11:30 	6 <u>Preschoolers Movie</u> <u>Curious George</u> 10:30-12:00 	7 <u>CENTCOM New Spouse Orientation</u> 9:45-10:30 	8 Center Open 10:00-3:00	<u>@MacDill AFB</u> <u>Airman and Family Readiness Center</u> <u>Financial Workshop: Saving & Investing</u> <u>Sept 14 12:30-1:30</u>
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: http://afb.messaginqchannel.com/onlineSignup/macdillfss/fsstexts	11 CENTER CLOSED	12 Center Open 10:00-3:00 Reserved Directorate Event 9:00-12:00	13 Center Open 10:00-3:00 Single Parent Support Group 12:30-1:30	14 <u>Food Discovery</u> 11:00-12:00 	15 <u>Story Time With Shelly</u> 10:30-11:15 	
	18 CENTER CLOSED	19 <u>Cultural Exploration (Singapore)</u> 11:30-1:00 	20 Center Open 10:00-3:00	21 <u>Empowering Parents Lunch & Learn</u> 12:15-1:00 	22 <u>Home Décor with Jenn</u> 11:30-1:00 	
	25 CENTER CLOSED	26 <u>Adult Exercise</u> 11:00-12:00 	27 <u>Dealing with Difficult People</u> 11:30-12:30 Lunch Time Guest Speaker Series	28 Center Open 10:00-3:00	29 <u>Thriving in America</u> 11:00-12:00 	

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>



SEPTEMBER EVENTS

Crafting with Ali (September 5th, 10:00-11:30)

Have you started decorating for fall? Want to create your own décor for low cost? Join Ali as she guides you through the creation of this fun wreath, perfect for indoor or outdoor decoration. Bring a 9.8" - 12" foam wreath form, package of raffia, and a straw type hat (all available at the Dollar Tree - \$3 total cost). All other supplies provided.

Preschool Movie Day (September 6th, 10:30-12:00)

Launch into the adventure of a lifetime with everyone's favorite monkey Curious George 3: Back to the Jungle! When Curious George is asked to take part in a very important space mission, a little monkeying around forces him to crash-land in Africa. While a worried Man with the Yellow Hat searches for him, Curious George bravely explores the jungle and makes new animal friends along the way. Reunited at last, the two best pals have an unforgettable adventure shared with their new friends! (81 minutes)

CENTCOM New Spouse Orientation (September 7th, 9:45-10:30)

Our CENTCOM New Spouse Orientation is for those new to MacDill AFB and would like to learn about the CENTCOM Structure, Family Readiness and CENTCOM Family Center. Following the New Spouse Orientation, we encourage you to attend with us the "Base Newcomers Information Fair" which is held at Surf's Edge Club and runs from 11:00-12:00.

Single Parents Support Group (September 13th, 12:30-1:30)

Food Discovery (September 14th, 11:00-12:00)

Discover desserts this month! Join Issy as she shares 2 desserts (British style). Watch as she makes the dessert, then sample the delicious treats afterwards. Take the recipes home to try them yourself!

Story Time (September 15th, 10:30-11:15) Join Shelly as she reads: *The Apple Pie Tree* by Zoe Hall. "There's a special tree in the yard--an apple pie tree! Colorful collage illustrations follow each season as an apple tree grows leaves, fragrant blossoms, and tiny green apples. Soon the fruit is big, red, and ready to be picked. It's time to make an apple pie! This book is a celebration of apples and how things grow." After the story, Shelly will guide children through activities about apples.

Cultural Exploration (September 19th, 11:30-1:00)

Singapore: Come take an exciting journey of discovery! The Singapore Senior National Representative at USCENTCOM will introduce you to Singapore through a multimedia presentation. You will learn more about Singapore's history, facts, climate and location, and culture. We hope this presentation will help you know more about this exciting island city.

Empowering Parents Workshop (September 21st, 12:15-1:00)

This workshop will help parents understand the importance of raising resilient children. Participants will identify opportunities to build and strengthen resiliency skills in children during times of transition such as moving to a new place and starting a new school.

Home Décor with Jenn (September 22nd, 11:30-1:00)

Join Jenn to make a string art mason jar, perfect for any Caution-home. All supplies provided. Bring a small hammer if you have one, especially if you have limited time to complete this project.

Adult Exercise "Pound" (September 26, 11:00-12:00)

Join Carmen as she leads this exercise class using Ripstix (drumsticks) set to fast paced music. Beginners welcome. "Ripstix" are provided. We suggest you bring a towel and a bottle of water as you may sweat a lot! It's a fast and fun total body workout!

Lunch Time Guest Speaker Series Dealing with Difficult People (September 27th, 11:30-12:30)

Description: Are there people in your life that have a negative impact on you? Do you have trouble dealing with difficult people? What is the best approach when it comes to your boss, your significant other, or family members when interacting with them stresses you out? Come learn from this informative Dealing with Difficult People briefing.

Thriving in America (September 29th, 11:00-12:00)

Explore the American observance of Halloween. Learn about the custom, costumes and candy!