

CENTCOM Family Center Calendar for NOVEMBER 2017

Base Activities	Mon	Tue	Wed	Thu	Fri	Base Activities
 <p>Open Tuesday-Friday 10:00 am – 3:00 pm Please see reverse for event descriptions.</p>	<p>Thanks to our Coalition Partners from France for hosting this month's cultural exploration. Come check out the Cultural Armoire here at the CFC.</p> 		<p>1</p> <p>Center Open 10:00-3:00</p>	<p>2</p> <p>CENTCOM New Spouse Orientation 9:45-10:30</p> 	<p>3</p> <p>Home Décor/Gift Family Name Boards 11:30-1:00</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>6</p> <p>CENTER CLOSED</p>	<p>7</p> <p>Center Open 10:00-3:00</p>	<p>8</p> <p>Cultural Exploration France 12:00-1:30</p> 	<p>9</p> <p>CENTER CLOSED</p> <p>Training Holiday</p>	<p>10</p> <p>CENTER CLOSED</p> <p>Veterans Day Federal Holiday</p>	<p>LinkedIn Class 9 November 9:00-4:00 @ Military & Family Readiness Center</p>
<p>WHAT'S HAPPENING ON MACDILL? Sign up for FSS texts 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>13</p> <p>CENTER CLOSED</p>	<p>14</p> <p>"Flow" Yoga With Brooke 11:00-12:00</p> 	<p>15</p> <p>Single Parent Support Group 12:30-1:30</p>	<p>16</p> <p>Dealing with the Holiday Blues 11:30-12:30</p> 	<p>17</p> <p>Food Discovery Brioche 11:00-12:30</p> 	
	<p>20</p> <p>Story Time With Shelly 10:00-11:15</p> 	<p>21</p> <p>Kids Holiday Tree Decorations With Jen 10:00-11:30</p> 	<p>22</p> <p>Center Open 10:00-3:00</p>	<p>23</p> <p>CENTER CLOSED</p> <p>Thanksgiving</p>	<p>24</p> <p>CENTER CLOSED</p> <p>Training Holiday</p>	<p>School Fall Break Schedules</p> <p>Hillsborough 20-24 November Pinellas 20-24 November Pasco 20-24 November</p>
	<p>27</p> <p>Center Closed</p>	<p>28</p> <p>Tree Decorations With Robbie 10:00-1:00</p> 	<p>29</p> <p>Center Open 10:00-3:00</p>	<p>30</p> <p>Adult Exercise 11:00-12:00</p> 	<p>1</p> <p>Center Open 10:00-3:00</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>



CENTCOM New Spouse Orientation (November 2nd, 9:45-10:30)

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

Home Décor/Gift (November 3rd, 11:30-1:00)

Make a family name sign from pallet wood for yourself or to give as a gift. Sign up to reserve your spot, and provide your last name, and year of marriage (if you want to include the year established). All supplies provided. There is a \$1 charge per board.

Cultural Exploration: France (November 8th, 12:00-1:30)

Please take advantage of this opportunity for US and partner nations to discover the "first tourist destination in the world" through a short presentation, to enjoy some delicacies, and more importantly, to make new friends.

"Flow" Yoga with Brooke (November 14th, 11:00-12:00)

This class is 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).

Single Parent Support Group (November 15th, 12:30-1:30)

This group meets monthly to discuss challenges and solutions for issues facing single parents in the military.

Dealing with the Holiday Blues (November 16th, 11:30-12:30)

Although the holidays are a time of joy for many, this season can also trigger symptoms of anxiety and depression to different degrees, referred to as "Holiday Blues." Come learn from this informative briefing.

Food Discovery (November 17th, 11:00 -12:30)

We had such fun learning to make bread in October that we asked Peter to come back. Join us this month as he shows us how to make brioche - just in time for Thanksgiving.

Story Time with Shelly (November 20th, 10:00-11:15)

Join Shelly as she reads two books about Thanksgiving, followed by activities children are sure to love!

Thanks for Thanksgiving by Julia Markes. Everyone knows that Thanksgiving is a time to give thanks—the question is, where to begin? From the turkey on the table to warm, cozy cuddles, life is full of small things and bigger pleasures.

The Story of Thanksgiving by Nancy Skarneas. Here is the story of Thanksgiving told in only about 200 words that are simple enough for a toddler to understand. From pilgrims' voyage to the first feast with the Native Americans, the Thanksgiving story is presented in its most traditional form.

Kids Tree Decorations with Jen (November 21st, 10:00-11:30)

Kids will make ornaments. Jenn will guide participants through making ornaments for the Family Center tree. This is a great activity while kids are out of school, and we will all get to enjoy their ornaments through the month of December. This activity is perfect for the youngest children (with the help of parents), or older children who can do it all themselves! All supplies provided.

Holiday Decorations for the Family Center (November 28th, 10:00-1:00)

Join us as we make decorations for the Family Center. We will have tasks for all skill levels. Come for 30 minutes or for the entire time. No help turned away! All supplies provided.

Adult Exercise "Pound" (November 30, 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 will work up a sweat! It's a fast and fun total body workout!