

Airman & Family Readiness Center	494-5675
Base Library	494-6881
Chapel	494-4073
Child Development Center	494-7028
Education & Training	494-2071/3764
Family Advocacy	494-8171
Health and Wellness Center	494-2660
PAFB Fitness Center	494-4947
CCAFS Fitness Center	853-3966
Mental Health	494-8234
Professional Development Center	494-4547
The Landings at Patrick	777-8282
Youth Center	494-4747

# 45th Space Wing

## Year of the Air Force Family



### Monthly Events

February 2010

The  
**Air Force**  
 Family  
 is **YOU**



Year of the Air Force Family



YoAFF POC for PAFB  
 Lil Cassidy

Live

Work

Play

# PILLARS OF EXCELLENCE

## Health and Wellness

OPR: Capt. Callender

- 2, 9, 16, 23 Feb Lunch, Learn & Move**  
HAWC Bldg 545, 1200-1245
- 2 Feb 1st Term Amn Financial Mgmt**  
Amn & Family Readiness Bldg 722B  
1000-1630
- 4 Feb Cooking Class**  
Amn & Family Readiness Bldg 722B  
1130-1300
- 5 Feb Coping with Separation & Return**  
HAWC Bldg 545  
1500-1600
- 9 Feb Frontline Supervisor Training**  
Mental Health Bldg 530, 1330-1630
- 10, 24 Feb Women, Infants & Children**  
Amn & Family Readiness  
Bldg 722B, 0800-1230
- 12 Feb 5K Run, 2 Mile Walk**  
PAFB Fitness Center Bldg 545, 0700  
CCAFS Fitness Center Bldg 49915, 0730
- 16 Feb Running Incentive Program**  
HAWC Bldg 545, 0700-0800
- 16 Feb Creating Healthy Marriages**  
Amn & Family Readiness, Bldg 722B  
1730-1900
- 19 Feb Training Day Fitness-Circuit Training**  
PAFB Fitness Center Bldg 545, 0900-1100
- 19 Feb Duathlon: Run/Bike**  
CCAFS Fitness Center Bldg 49915  
0700-0900
- 19 Feb Duathlon: Swim/Run**  
PAFB Fitness Center Bldg 545  
0700-0900
- 22 Feb Financial Readiness**  
Amn & Family Readiness Bldg 722B  
1100-1230
- 23 Feb Thrift Savings Plan**  
Amn & Family Readiness Bldg 722B  
1700-1830
- 24 Feb Credit Reports**  
Amn & Family Readiness Bldg 722B  
1100-1239
- 25 Feb Identity Theft**  
Amn & Family Readiness Bldg 722B  
1100-1230

## Airman and Family Support

OPR: Ms. Clark

- 1-22 Feb Thematic Story Time at**  
Library Bldg 722  
Every Monday @ 1000
- 4 Feb Viewing of Unchained Memories:  
Readings from the Slave Narrative**  
Library Bldg 722, 1700-1830
- 5 Feb Deployed Kids Craft Project**  
Amn & Family Readiness Bldg 722B  
1630-2130
- 11 Feb Newborn Care Class**  
Family Advocacy Bldg 722B  
1730-1930
- 11 Feb Five Love Languages**  
PAFB Golf Course  
1700-2100
- 12 Feb Kids' Night Out**  
Youth Center Bldg 3956, 1800-2300
- 12 Feb Give Parents a Break**  
CDC Bldg 1000/Youth Center Bldg 3956  
1800-2300
- 12 Feb Father/Daughter Valentines' Dance**  
Youth Center Bldg 3956, 1900-2100
- 12 Feb Key Spouse Program**  
Amn & Family Readiness Bldg 722B  
1630-2130
- 12 Feb Home Improvement-  
Tool Time For Couples**  
Family Advocacy Bldg 1370, Conf. Room  
1300-1500
- 15 Feb Presidents' Day Golf Tournament**  
Golf Course Bldg 1500, 0800-1400
- 18 Feb Survivor Benefits Program**  
Amn & Family Readiness  
Bldg 722B, 0900-1030
- 18 Feb Pajama Story Time**  
Library Bldg 722, 1815-1915
- 18 Feb Parent Education Workshop:  
Effective Discipline for Young Children**  
CDC Bldg 1000, 1500-1600
- 25 Feb Black History Month Festival**  
Youth Center Bldg 3956, 1700-1830
- 26 Feb Deployed Family Dinner**  
Shark Center Bldg 3655, 1800-1900
- 27 Feb Wounded Warrior Luncheon**  
Amn & Family Readiness Bldg 722B  
1100-1300
- Ongoing Parent/Child Reading Program RED**  
CDC Bldg 1000

## Education, Development and Employment

OPR: Ms. Farris

- 2 Feb Marketing Yourself for a Second Career**  
Amn & Family Readiness Bldg 722B  
0830-1100
- 3, 24 Feb College 101 Briefing**  
Ed & Training Center Bldg 998, 0900-1000
- 2-11 Feb First Term Amn Center Seminar**  
FTAC Bldg 530, 0730-1630
- 3, 17 Feb New Employee Orientation**  
PDC Bldg 530, (3 Feb) 0900-1200  
Ed & Training Bldg 998 (17 Feb) 0900-1200
- 8 Feb Pre-Separation Briefing**  
Amn & Family Readiness Bldg 722B  
0900-1030
- 8 Feb Fundamentals of Resumes**  
Amn & Family Readiness Bldg 722B  
1300-1500
- 9, 23 Feb Story Time at the CDC**  
CDC Bldg 1000, 0900-1100
- 9-11 Feb TAP**  
Amn & Family Readiness Bldg 722B  
0800-1630
- 10 Feb Airman Leadership Graduation**  
Tides Club Bldg 967, 1800
- 10 Feb Health Reference Sources Workshop**  
Library Bldg 722, 1700
- 12 Feb Applying for Air Force Jobs**  
Amn & Family Readiness Bldg 722B  
1000-1200
- 17 Feb Library Orientation Tour**  
Library Bldg 722, 1000
- 17 Feb Spouse Orientation**  
Amn & Family Readiness Bldg 722B  
1300-1500
- Ongoing HAP Arnold Scholarships**  
Apply through 12 Mar 2010  
[www.afas.org/education/arnoldedgrant.cfm](http://www.afas.org/education/arnoldedgrant.cfm)
- Ongoing MyCAA Military OneSource**  
Ed & Training Center  
Bldg 998  
[www.militaryonesource.com](http://www.militaryonesource.com)

## Airman and Family Housing

OPR: Ms. Ahlin

- 8 Feb Neighborhood Watch Meeting**  
The Landings at Patrick  
5448 Stormy Lane  
1730
- 9 Feb Valentines Day Drawing**  
Romantic Dinner for Two  
The Landings at Patrick  
5448 Stormy Lane  
1200
- 11 Feb Valentines' Cookies & Punch**  
The Landings at Patrick  
5448 Stormy Lane  
0900
- 16 Feb Newcomers' Orientation**  
Amn & Family Readiness  
Bldg 722B, 0900
- 18 Feb Smooth Move**  
Amn & Family Readiness  
Bldg 722B, 0900
- 26 Feb Foreclosure Avoidance**  
Amn & Family Readiness  
Bldg 722B, 1100-1230



**Year of the  
Air Force  
Family**