

**45th Force Support Squadron
Presents
The Patrick Premiere!**

Feb 8, 2010

YEAR OF THE AIR FORCE FAMILY

STORY TIME: Children from pre-K thru 2nd grade are invited to come to the Patrick AFB Library every Monday at 10 a.m. for Story Time. This week's theme is Valentine's Day on Feb 8. For more information, call 494-6881.

AIRMAN & FAMILY READINESS CENTER: The Airman & Family Readiness Center has a few upcoming classes and events that many will find invaluable: Pre-Separation Briefing, Feb 8, from 9 - 10:30 a.m.; Fundamentals of Resumes Class, Feb 8, from 1 - 3 p.m.; Transition Assistance Program (TAP) 3-Day Workshop, Feb 9 - 11, from 8 a.m. to 4:30 p.m.; Women, Infants & Children (WIC) Program, Feb 10, from 8 a.m. to 12:30 p.m.; 5 Love Languages (at the golf course), Feb 11, from 5 - 9 p.m.; Applying for AF Jobs Class, Feb 12, from 9 - 11 a.m.; and a Key Spouse Meeting, Feb 12, from 4:30 - 9:30 p.m. For more information and to sign up, call 494-5676.

LUNCH, LEARN & MOVE: The Health & Wellness Center is holding a "Lunch, Learn & Move" on Feb, 9, 16 & 23, from noon to 12:45 p.m. This program is designed to assist individuals in achieving goals of improved health, fitness, and weight loss. Each week covers a different health and fitness topic, like healthy eating, stress management, etc. Thirty minutes of each class is in the classroom. The final 15 minutes is spent performing a light fitness activity. For more information and to sign up, call the Patrick AFB Fitness Center at 494-4947.

NEW WEB-BASED HEALTH REFERENCE RESOURCES: The Patrick AFB Library staff invites you to join them on Feb 10 at 5 p.m. to explore the latest online health reference resources. The staff will provide instruction on the various features available in the new products and will provide time for hands-on instruction. Participants are welcome to bring their laptops. Featured resources include the Gale Health & Wellness Resource Center and the EBSCO Consumer Reports Health Database. For more information, call 494-6881.

FATHER & DAUGHTER VALENTINE'S DANCE: Fathers and daughters are invited to the Youth Center on Feb 12, from 7 - 9 p.m. for a night to remember. Dress is semi-formal. Photo opportunities, line dancing lessons and light snacks will be available. Cost is only \$3 per person. Sign up required by COB Feb 11. For more information, call 494-4747.

KID'S NIGHT OUT: Youth in K-6th grade are encouraged to come to the Youth Center for "Friendship Fun" on Feb 12, from 6 - 11 p.m. This event is a lot of fun for all attendees with games, arts & crafts, sports/fitness, dinner and more. Cost is only \$20 for members and \$25 for non-members. Show your AF Services Card and receive a \$5 discount! Sign up by COB Feb 10. For more information, call 494-4747.

ROCKET LANES BOWLING CENTER: The Rocket Lanes Bowling Center is hosting a Sweetheart Doubles Bowling Tournament on Feb 13 at 2 p.m. Cost is only \$20 per couple and reservations are required. For more information, call 494-2958.

VALENTINE'S DAY SOCK HOP: Put on your favorite poodle skirt or leather jacket and take a trip back in time at the Manatee Cove Marina's 3rd Annual Valentine's Day Sock Hop on Feb 14, from 6 - 10 p.m. Members are sure to have a great time rocking and rolling the night away with co-members and friends to the great sounds of the past, provided by *Phoenix Entertainment*. Cost is only \$10 per member and \$15 per guest. The dinner menu for the night features "Mom's Meatloaf and Mashed Potatoes." Contests for the night include "King and Queen of the Hop," a hula hoop contest and dance competitions. For more information, call 494-7455.

PRESIDENT'S DAY GOLF TOURNAMENT: The Manatee Cove Golf Course is holding a President's Day Tournament on Feb 15. Shotgun start is at 8 a.m. Format: 18-hole, two-person, blind draw/partners. You can sign up as a foursome or you will be paired together. Sign up runs thru Feb 13. Cost is \$34 for annual pass/fee players and \$49 for all others. Annual fee holders pay an additional \$5 user fee. Save \$5 if payment is made by Feb 8! No refunds after cutoff date. You must have a USGA handicap or play scratch. Entry includes a breakfast buffet, greens fee, cart, prize fund and closest to the pin. Buffet breakfast tickets are available for guests for \$6.95 per person. For more information, call 494-GOLF.

BREAKFAST BUFFET: You don't have to be a golfer to enjoy the Manatee Cove Café's breakfast buffets on Feb 15 and Mar 13, from 7 - 10:30 a.m. For just \$6.95 per person, the buffets include scrambled eggs, grilled French toast, biscuits & sausage gravy, apple wood smoked bacon, pork sausage links, hash browns and tropical fruit salad. For more information, call 494-GOLF.

NEW CLUB LUNCH MENU COMING SOON: You asked, they listened! The Tides Collocated Club is proud to announce that starting Feb 17, they will offer an a la carte lunch menu from 11 a.m. to 1 p.m. every Monday, Wednesday and Friday. This awesome new menu will consist of sandwiches, wraps, salads, soups, burgers and much more - and at prices you won't be able to pass up! Try some of their lighter healthy meals or stuff your face with an amazing chicken pot pie that is guaranteed to impress. For complete menu and pricing, please visit the 45th Force Support Squadron's website at: www.GoPatrickFL.com, click on The Tides tab, then the a la carte menu tab. This new lunch menu will replace the "All You Can Eat" buffet line, which will still be available every Tuesday and Thursday for the foreseeable future. The staff at The Tides hopes to see you at the club and encourages you to come hungry! For more information, call 2nd Lt. Richard McNell at 494-3514 or The Tides at 494-4012.

MIXED 2-PERSON NO SCOTCH TOURNAMENT: The Manatee Cove Golf Course is holding a Mixed 2-Person No Scotch Tournament on Mar 13. Shotgun start is at 8 a.m. Format for this fun tournament is: 18-hole, 2-person mixed team (one man and one woman). Team members tee off and then switch balls, each playing their second shot from where the balls lie. Beginning with the third shot, the two team members play out the hole as a scramble and record the one low ball as the team score. You can sign up as a team or single - the course will find you a partner. Sign up starts Feb 8 and runs thru Mar 11. Cost is only \$34 for annual pass/fee players and \$49 for all others. Annual fee holders pay an additional \$5 user fee. Players save \$5 if payment is made by Mar 8! No refunds after cutoff date. You must have a USGA handicap or play scratch. Entry includes a breakfast buffet, greens fee, cart, prizes/awards, and closest to the pin. Buffet breakfast tickets are available for guests for only \$6.95 per person. For more information, call 494-GOLF.



For more information, visit our website at
www.GoPatrickFL.com

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