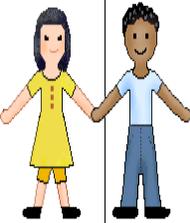


January 2010 Vance IDS Connections Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
3 	4	5 BCIP 1 0930-1130	6 OB Orientation 0800-1230	7 BCIP 2 0800-0900 Newcomers 0800-1200 Family Bingo Night 1800-2000	8	9 
10 NFL Ticket Playoff Games 1200-1800	11 Biggest Loser Begins- Initial Weigh In 0800-1600 TAP 0830-1430	12  BCIP 1 0930-1130 New Year's Resolutions Town Hall 1800-2000 TAP 0830-1430	13 TAP 0830-1430	14 BCIP 2 0800-0900	15 Healthy Living Program (HLP) 0900-1100	16 
17 NFL Ticket Playoff Games 1200-1800	18 Martin Luther King Day 	19 BCIP 1 0930-1130 Family Movie Night 1800-2000	20	21 BCIP 2 0800-0900	22 Healthy Living Program (HLP) 0900-1100	23
24 NFL Ticket Playoff Games 1200-1800	25 SIGMO 1645-1900 Smooth Move 0900-1100	26 BCIP 1 0930-1130 	27 Breakfast with the Staff 0700-0900	28 BCIP 2 0800-0900 National Prayer Breakfast 0730	29 Healthy Living Program (HLP) 0900-1100 Newcomers 0800-1200	30
31 NFL Ticket Playoff Games 1200-1800						



Agency Descriptions and Locations

A & FRC-Airmen and Family Readiness Center-located near the library, **building 314**

Chaplains- located in the Chapel, **building 505, CCAC building 528**

FAP-Family Advocacy Program-located in Mental Health, **building 816 behind the clinic**

HAWC-Health and Wellness Center, **located in the gym, building 316**

SAPRO-Sexual Assault Prevention and Response Office, **located in building 312, near the pool**

Other locations may be listed in the class description

Biggest Loser begins-Initial Weigh In, Monday, January 11, 0800-1600, The Biggest Loser is a team weight loss competition that runs through April 9. Prizes are awarded to the top three teams, men and women. To sign up, contact Kellie Jensen at kellie.jensen.ctr@vance.af.mil

Body Composition Improvement Program (BCIP) Class 1, January 5, 12, 19 & 26, 0930-1130, Learn to lose weight in healthy ways; calories count; read food labels, use food records; exercise and set goals. Please contact MSgt Goetz at 213-7968.

Body Composition Improvement Program (BCIP) Class 2, January 7, 14, 21 & 28, 0800-0900, Learn to analyze food records, to deal with everyday food challenges, how to plan healthy meals, how to make healthy choices and communicate your needs in social situations and how to get support from family, friends and co-workers while you are making lifestyle changes. Please contact MSgt Goetz at 213-7968.

Breakfast with the Staff, January 27, 0700-0900, @ the Landings At Vance Welcome Center, 4405 Lehr Street Join us at the office for a nice, hot free breakfast. Call 580-234-0498 for further questions.

Family Bingo Night, January 7, 1800-2000, @ the Landings At Vance Welcome Center, 4405 Lehr Street Join us in the office for Family Game Night. Refreshments will be provided. Call 580-234-0498 for further questions.

Family Movie Night, January 19, 1800-2000, @ the Landings At Vance Welcome Center, 4405 Lehr Street Join us in the office for Family Movie Night. Refreshments will be provided. Call 580-234-0498 for further questions.

Healthy Living Program (HLP), January 15, 22 & 29, 0900-1100, Required for all members receiving initial composite fitness score <75 on USAF Fitness Test; members must attend within 10 duty days of fitness score notification. 213-7968.



National Prayer Breakfast, January 28 @ 0730, CACC, Bldg 528. Free breakfast. Call 213-7211 for more information.



Newcomers, January 7 & 29, 0800-1200, A “Welcome Event” to provide face to face contact with military support and installation leadership to learn base and community resources. 213-6330

New Year's Resolutions Town Hall, January 12, 1800-2000, @ the Landings At Vance Welcome Center, 4405 Lehr Street Open forum for residents concerns/issues/questions. Refreshments will be provided. Call 580-234-0498 for further questions.

NFL Ticket Playoff Games, January 10, 17, 24, 31 @ 1200-1800, at CCAC, National Football League Sunday Ticket is a satellite feed of all the professional football games played on Sunday. It is available free at the Chapel Community Activity Center, Bldg. 528, every Sunday from noon until 6 p.m., and everyone, (especially dorm airmen and officers awaiting pilot training) are welcome to attend. Groups and private organization wanting to provide snacks should contact Chaplain (Capt.) Randy Sellers, 213-7211. Volunteers are needed to help put the room back together after the games. For more information, call Chaplain Sellers.

Obstetrics Orientation for Expecting Mothers, January 6, 0800-1230 in the Fitness Center conference room (Bldg. # 316). All active duty, reservists and dependants as well as spouses/significant others are invited to attend. Speakers include representatives from St. Mary's Hospital and Integris Bass Health Center, as well base personnel who will address fitness, dental, finances, nutrition, TRICARE benefits and caring for your newborn. For additional information or to attend, please call Kathy LeCrone, Flight Medicine Nurse, at 213-7416.

SIGMO, International Gourmet Meal Opportunity. January 25 @ 1645-1900 All single personnel, unaccompanied personnel, families of deployed or TDY personnel and SIGMO volunteers.” Come join us for a “home, away from home” atmosphere. 213-7211.

Smooth Move, January 25, 0900-1100, Organize your move: moving checklists, PCS childcare, how to file a damage claim, how to make money on your move, receive a mentor for overseas adaption, and how to find a place to live at your next assignment. 213-6330

Transition Assistance Program (TAP), 11-13 January, 0830-1430, bldg 314. The Transition Assistance Program offers separating or retiring personnel an individual transition plan to ease reentry into civilian life. 213-6330