






February



Monday	Tuesday	Wednesday	Thursday	Friday
 <div> Army Community Service Community Information Services Building 5700, Room 177 (334) 255-3161/3670 https://rucker.armymwr.com/us/rucker </div>		<u>Tot Time</u> 0930-1100 <u>Overseas Briefs</u> 1030 & 1400 (Every Wednesday)		1 <u>Family Member</u> <u>Resilience Training:</u> <u>Day 1</u> 0830-1430 <u>ISGT (International</u> <u>Spouses Get Together)</u> 0900-1100
4 <u>Mom & Me:</u> <u>Dad Too</u> 0930 - 1100	5	6 <u>Spouse Survival 101</u> 0830-1430 <u>Tot Time</u> 0930-1100	7 <u>Employment</u> <u>Readiness Workshop</u> 0845-1130 <u>WIND</u> 0900-1000	8 <div> 9 Feb (Saturday) Fort Rucker Fun Run and Resiliency Fair </div>
11 <u>Mom & Me:</u> <u>Dad Too</u> 0930 - 1100	12	13 <u>Tot Time</u> 0930-1100	14 <u>Employment</u> <u>Readiness Workshop</u> 0845-1130 <u>Raising Resilient</u> <u>Children in the</u> <u>Military</u> 1000-1100	15 <u>Newcomers'</u> <u>Welcome</u> 0900 - 1130
	19	20 <u>Tot Time</u> 0930-1100	21	
25 <u>Mom & Me:</u> <u>Dad Too</u> 0930 - 1100	26	27 <u>Tot Time</u> 0930-1100	28 <u>Federal Job</u> <u>Workshop</u> 0800-1215 <u>Relocation</u> <u>Readiness Workshop</u> 0900-1000 <u>Feeding Your Child</u> <u>Workshop</u> 0900-1100	<div> Military Saves Week: February 25- March 2 </div>

1 Feb: International Spouses Get Together (ISGT): 0900-1100: Allen Heights Community Center: Do you need help understanding the American culture and military life? Come join us and meet spouses from other countries at our International Spouses Get Together the first Friday of every month beginning at 9 am at the Bowden Terrace Community Center. Come join us and gain the support and knowledge with finding the resources for obtaining US citizenship, education (ESL), driver's license, and more. Multilingual volunteers available. To sign up or receive more information, please call ACS Relocation Program at (334) 255-3735

1 Feb: Family Member Resilience Training- Day 1: 0830-1430: Building 5700, Room 284: Designed to provide family members and civilians with the tools to better cope and overcome adversity and challenges, as well as perform better in stressful situations. Our goal is for our students to thrive when facing life challenges, not just bounce back. Pre-registration is required and must be done by 29 January. Participants must be able to attend both Day 1 and Day 2 sessions to receive credit. (Day 2 will be held on 1 Mar 2019) To register or receive more information, please call us at (334) 255-3735/3161

4, 11, 18, and 25 Feb: Mom & Me: Dad too! Mondays from 0930-1100: Commons, Building 8950: For families with children ages birth to 16 months old: A copy of the children(s) immunization records is also needed prior to participation: To register or get more information, please call ACS New Parent Support Program at (334) 255-9647/3359/9805

6 Feb: Spouse Survival 101: 0830-1430: The Landing: Want to learn more about life at Fort Rucker? Interested in making new friends? Then come and join AFTB (Army Family Team Building) for a fun, interactive day of learning! Topics will include acronyms, Army customs and courtesies, military rank, community resources, and more! Registration deadline is 4 February and can be done by calling (334) 255-1429 or emailing vernon.b.Johnson.civ@mail.mil For free childcare, please register your children at the Child Development Center by calling (334) 255-3564

6,, 13, 20, and 27 Feb: Tot Time: Wednesdays from 0930-1100: Commons, Building 8950: For children ages 17 months to 36 months and their caregivers: The playgroup provides programs and activities that enhance caregiver-child interactions and stimulate child growth and development. A copy of the children(s) immunization records is also needed prior to participation: For more information, please call ACS New Parent Support Program at (334) 255-9647/3359/9805

6, 13, 20, and 27 Feb: Overseas Briefs: Every Wednesday at 1030 and 1400: By appointment only: To register call (334) 255-3161/3735

7 Feb: W.I.N.D.: 0900-1000: Landing: Worthwhile Information Needing Distribution is a monthly meeting that provides the Senior Spouses, Commanders, FRG Leaders and all who attend, information about the different services, events or programs on the installation. Attendees are informed about improved services or changes that the programs are confronting. The Senior Spouses have the opportunity to share any concerns that our Soldier and/or Families may be facing and to ask specific questions to the program representatives. For more information contact Relocation Readiness Program at (334)255-3735

7 and 14 Feb: Employment Readiness Workshop: 0830-1100: Building 5700, Room 350: Get the essentials about how to conduct a successful job campaign, to include crafting a winning resume, prepping for job interviews and other helpful tips! Advance registration is required For more information, please call the ACS Employment Program at (334) 255-2594 or email michael.d.kozlowski2.civ@mail.mil

9 Feb: Fort Rucker Fun Run & Resiliency Fair 5K Run & 10K Bike Ride: Starts at 9am: Join us at the Fort Rucker Physical Fitness Center on February 9 at 9 a.m. for the Fort Rucker Fun Run & Resiliency Fair. This free event offers a 5K fun run and 10K bike ride along with fun activities for the entire family. Participants can run or walk, or just stop by to visit the numerous Resiliency Fair booths. The event promotes resiliency for our Fort Rucker community and will showcase information to improve physical, mental, spiritual, and social well-being. Open to the public. For additional information contact the Fort Rucker Physical Fitness center at (334) 255-2296. Pre-Register at either Fortenberry-Colton, PFC, or MWR Central

14 Feb: Raising Resilient Children in the Military: 1000-1100: Center Library, Building 212: The ACS New Parent Support Program (NPSP) will be partnering with Parent to Parent to offer "Raising Resilient Children in the Military" workshop on February 14 (Part 1) at the Center Library and March 21 (Part 2) at The Commons from 10 - 11a.m. Free childcare with pre-registration by February 7 is available by calling (334) 255-3564. For more information contact New Parent Support Program, (334) 255-3359/9805/3898

15 Feb: Newcomer Welcome: 0900-1130: The Landing, Building 113: A free light breakfast and Starbucks coffee will be served. For free childcare, register your children at the Child Development Center by calling (334) 255-3564. Reservations must be made 24 hours prior to the Newcomer's Welcome: For more information, please call the Relocation Readiness Program at (334) 255-3735

18 Feb: ACS Closed due to Holiday

28 Feb: Federal Jobs Workshop: 0800-1215: Building 5700, Room 284: This informative and interactive workshop is aimed at getting you the info you need to increase your federal employment possibilities! Participants will receive a FREE copy of Kathryn Troutman's "Jobseeker's Guide" (7th Edition). No U.S. Army or DoD endorsement implied. Registration is required two days prior to the workshop. Space is limited to the first 60 to register. Open to authorized patrons only. To register or receive additional information, please call (334) 255-2594 **(No U.S. Army or DoD endorsement implied)**

28 Feb: Feeding Your Child Healthy Nutrition Workshop: 0900-1100: Commons, Building 8950: Being a parent is full of challenges. Feeding your child the right foods from the start can make things easier in the long term. Come learn what, when, and where to feed your child (Birth to Age 5) to prevent mealtime struggles and promote a lifetime of healthy eating at The Commons (Building 8950) on February 28 from 9 - 11 a.m. Cost is free to attend. Free childcare with pre-registration by February 21 is available by calling (334) 255-3564. For more information contact New Parent Support Program: (334) 255-3359/9805/3898.

29 Feb: Relocation Readiness Workshop: 0900-1000: Building 5700, Room 350: For more information, please call our Relocation Program at (334) 255-3735