

## KADENA A&FRC CLASS CALENDAR - MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	0900 Post Deployment 0930 Grammar & Writing	0900 Bundles for Babies 0930 Japanese Spouse Workshop 1100 Understanding Spouse Employment 1645 Sanshin Club	0730 Newcomer's Orientation – (Schilling) 0900 Post Deployment 1700 Japanese Conversation Group	
7	8	9	10	11
0900 Pre-Deployment	0900 Post Deployment 0930 Grammar & Writing 1730 Key Spouse Quarterly Training	0900 Beginner English Class 0900 Resume Writing 101	0730 Newcomer's Orientation – (Schilling) 0900 Post Deployment 1100 Single Parent Information Network (SPIN) 1700 Japanese Conversation Group	0900 HAP/EFMP NEO Park Okinawa
7-11 Mar @ 0830 Transition Assistance Workshop				
8-10 Mar @ 1200 Japanese for Busy People				
14	15	16	17	18
0900 Pre-Deployment	0900 Post Deployment 0930 Grammar & Writing	0830 IC/Pre-Sep In-Class/Virtual 0900 Beginner English Class 1645 Sanshin Club	0730 Newcomer's Orientation – (Schilling) 0900 Post Deployment 1000 EFMP/HAP Adult Bingata 1700 Japanese Conversation Group	
21	22	23	24	25
0900 Pre-Deployment	0900 Post Deployment 0930 Grammar & Writing 1500 ZUMBA Kids – (USO)	0830 IC/Pre-Sep In-Class/Virtual 0900 Beginner English Class	0730 Newcomer's Orientation – (O Club) 0900 Post Deployment 1000 EFMP/HAP Okinawa Grocery Tour 1700 Japanese Conversation Group	
21– 23 @ 0830 Mar Senior Transition Assistance Workshop				
28	29	30	31	
0900 Pre-Deployment 1000 Facebook Live Virtual Cooking Show	0900 Post Deployment 0930 Grammar & Writing	0830 IC/Pre-Sep In-Class/Virtual 0900 Beginner English Class 1645 Sanshin Club	0730 Newcomer's Orientation – (Schilling) 0900 Post Deployment 1700 Japanese Conversation Group	

### RELOCATION

**\*LOAN LOCKER:** Available to those who live and/or work on Kadena AB. Please provide a copy of PCS orders within 60 days of arrival. Loan Locker Hours: M-F 0800-1630 (closed for lunch 1130-1300)

**\*NEWCOMER'S ORIENTATION:** Registration is required for all attendees to include spouses if they wish to attend. To sign up, go to: [www.tockify.com/kadenaafc/pinboard](http://www.tockify.com/kadenaafc/pinboard). Check with your CSS and/or note location upon sign-up. Mandatory for all in-bound military and DOD civilians IAW AFI 36-3009.

**\*POCs:** Mr. Dean Daniel and Ms. Sajae Kinard

### ADAPTING TO LIFE IN JAPAN

**\*JAPANESE & ENGLISH CONVERSATION:** A one-hour conversation group fostering language and cultural exchange between American and Japanese participants. Held every Thursday at 1700. Call our front desk to sign-up.

**\*JAPANESE FOR BUSY PEOPLE:** Learn the basics of the Japanese language. This class offers useful phrases and pronunciation that can help you communicate more effectively!

**\*GRAMMAR & WRITING:** This class provides instruction on basic English language writing and grammar for adults.

**\*BEGINNER ENGLISH CLASS:** This class is geared toward learning beginner English and conversation for military foreign born spouses.

**\*SANSHIN CLUB:** Sanshin is a three-stringed instrument common in Okinawa music. Learning to play is a great way to experience the Okinawa culture!

**\*POC:** Ms. Kaori Kinjo

### FINANCIAL MANGEMENT

**\*BUNDLES FOR BABIES:** Budgeting for baby, reducing stress in a growing family, A&FRC and Air Force Aid Society overview.

**\*POC:** Ms. Camille Watkins

### PERSONAL WORK LIFE

**\*SINGLE PARENT INFORMATION NETWORK:** A forum design to provide single parents with an avenue to network with each other, to gain information relevant to single parents and to up channel concerns for leadership consideration and resolution.

**\*POC:** Ms. Karma Simmons

### EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) & HEARTS APART

**\*OKINAWA GROCERY TOUR:** Need help shopping at your local off-base grocery store? Join us to learn about layout, pricing, and where to find popular food items.

**\*NEO PARK OKINAWA:** "See, Touch, & Explore" at NEO Park Okinawa as part of our "Explore Okinawa" series. Spend time with your family and enjoy nature.

**\*ADULT BINGATA:** Those who are identified as EFMP-FS or deployed affected will learn and create a coaster in the traditional Okinawan art called Bingata.

**\*ZUMBA KIDS:** Zumba® Kids features kid- friendly dance routines as a chance to get active and jam out to their favorite music. Zumba® Kids helps develop a healthy lifestyle and incorporates fitness by making fitness classes fun again. Classes incorporates elements such as creativity, coordination, and cultural awareness.

**\*POCs:** Ms. CJ Olson and Ms. Joannemay Estoesta

### READINESS

**\*PRE-DEPLOYMENT/REMOTE TOUR:** All personnel leaving for a deployment or a remote tour must attend. Spouses are highly encouraged. Please be sure to bring your checklist with you.

**\*POST DEPLOYMENT:** All personnel returning from a deployment must attend. Spouses are highly encouraged.

**\*POC:** MSgt Randy Bailes

### EMPLOYMENT

**\*RESUME WRITING 101:** Introductory class on creating a basic resume. Discussion will include formatting, verbiage, and understanding various resume types.

**\*UNDERSTANDING SPOUSE EMPLOYMENT:** Learn the various opportunities on Kadena. Distinguish between the differing agencies and establish your goal for employment, education, or volunteer experience!

**\*POC:** Mr. Timothy Hogan

### TRANSITION ASSISTANCE PROGRAM (TAP)

**\*INITIAL COUNSELING (IC)/ PRE-SEPARATION:** Attendance is mandatory for every military member before the Transition GPS registration (separating or retiring). Learn about your benefits and entitlements.

**\*TAP GPS WORKSHOP:** Learn about all aspects of job search and your benefits after separating from the military. Spouses are encouraged.

**\*POCs:** Ms. Annalisa Horan, Ms. Evan Khinsavath, and Ms. Madeleine Avila