

# AIRMAN & FAMILY Readiness Center



Bldg. 769, 784-5440  
Monday-Friday,  
0800-1700

## ✓ Check it Out

### Sleepless in Osan

**Wednesday, 16 May, 1700-1800**

Understand factors leading to sleep deprivation and learn some relaxation remedies that promote a good night's sleep.

### Teaching Parents How to Support Their Children through Divorce

**Wednesday, 23 May, 1700-1800**

Divorce doesn't just affect a husband and wife – the lives of children are greatly impacted by the decision. This presentation and workbook activity guide is designed to help parents help children – address the many changes and issues that can arise.

### When a Relationship Ends

**Wednesday, 30 May, 1700-1900**

Learn how to work through grief and loss and start enjoying your life again.

## KOREAN LANGUAGE CLASSES

### Survival Korean

**Wednesday, 16 May, 1500-1700**

Learn simple phrases and survival skills for effective Korean communication as well as the Korean alphabet.

### Let's Talk Korean

**Wednesday, 30 May, 1100-1200**

Learn common expressions and phrases, using simple sentences & scenarios.

## CULTURAL EVENTS

### Buraksan Hike

**Saturday, 12 May, 0700-1200**

Recommend bringing approximately 10,000 won for your meal and drinks.  
Departs from 7 Eleven, outside main gate 0700  
Returns to 7 Eleven, outside main gate at 1200  
This is a 12 mile round trip to the local mountain behind Songtan Branch Office. Must be 6 years and older.

### Pyeongtaek City Tour

**Saturday, 12 May, 0930-1600**

Provided FREE transportation and lunch.  
No additional cost.  
Departs from 7 Eleven, outside main gate 0930  
Returns to 7 Eleven, outside main gate at 1600  
This is a Pyeongtaek City sponsored cultural tour. Bus transportation and lunch are provided by the City. Visit the local cultural sites, museum, green house as well as being introduced to local traditional Korean farmers' music and dance.

### Temple Experience Tour

**Saturday, 19 May, 0900-1700**

Provided FREE transportation and lunch.  
No additional cost.  
Departs from 7 Eleven, outside main gate 0900  
Returns to 7 Eleven, outside main gate at 1700  
This is a Pyeongtaek City sponsored cultural tour. Bus transportation and lunch are provided by the City. Visit Sudo Temple and enjoy lotus lantern making, preparing tufu (bean curd) and other temple dishes!  
Experience monk life for a day!

### Adventure Dining

**Friday, 25 May, 1800-2100**

Recommend bringing approximately 30,000 won for your meal and drinks.  
Departs from 7 Eleven, outside main gate at 1800  
Returns to 7 Eleven, outside main gate at 2100  
We will introduce you to an off-base restaurant frequently visited by locals. This month's theme will be "Duck" Restaurant.

### Korean Folk Village

**Saturday, 26 May, 0900-1700**

Recommend bringing approximately 30,000 won for your transportation, entrance, and lunch.  
Departs from 7 Eleven, outside main gate 0900  
Returns to 7 Eleven, outside main gate at 1700  
This village was established to preserve the nation's cultural assets and introduce traditional Koreans to foreigners.

## CULTURAL COOKING CLASSES

### Italian Cooking

**Tuesday, 8 May, 1730-2000**

### French Cooking

**Tuesday, 15 May, 1730-2000**

### Filipino Cooking

**Tuesday, 22 May, 1730-2000**

### Korean Cooking

**Thursday, 29 May, 1300-1500**

## **Financial Readiness for First Duty Station Officers**

### **Individual Appointment**

Mandatory class for all first duty station officers and recommended for all other junior officers.

## **First-term Airman Center (FTAC)**

### **A&FRC Seminar**

**Mondays, 0900-1200 and Tuesdays, 1330-1530**

**Professional Development Center, Bldg 788**

First-term Airmen are given the A&FRC program overview, personal financial readiness, and the Korean Culture adaptation.

## **Pre-Separation Counseling**

**Wednesdays, 0900-1030**

Mandatory for all military personnel who are separating or retiring from the military. Counseling should be completed at least six months prior to separation or retirement. Provides attendees with resources and references for a successful transition from military.

## **Newcomers Orientation Briefing**

**Fridays, 0800-1530**

**Base Theater**

This is a mandatory briefing for all newcomers to Osan.

## **Dine for a Dime**

**Wednesday, 9 & 23 May, 1730-1930**

**USO, bldg 884**

Come out to Osan USO and relax, socialize and enjoy a free dinner. Open to all U.S. ID card holders. Donations are welcome.

## **TAP Benefits Seminar**

**Monday, 7 May, 1000-1630**

**A&FRC, bldg 769**

This seminar focuses on those individuals transitioning out of the military. Come learn about the benefits and services available to you as a veteran. Briefings will be given from various base agencies.

## **Three-Day Transition Assistance Program (TAP)**

**Tue-Thurs, 8 - 10 May, 0830-1630**

**A&FRC, bldg 769**

This program prepares retiring or separating military members and their families for transition to military retirement or civilian employment. This course is open to all branches of service. Dress is civilian attire.

## **Veteran Affairs / Disabled Transition Assistance Program (DTAP)**

**Friday, 11 May, 0830-1500**

Learn about your Health Benefits, Home Loans, Education Benefits and much more. Whether you have served one or 20 years in the military, here is a chance to learn about your VA benefits!

## **Annual Volunteer Appreciation Social**

**Friday, 11 May, 1530-1700**

**Officer's Club, Bldg 910**

Ice Cream Social at the Officer's Club. Volunteers will be recognized. Open to all Volunteers.

## **Spouse Orientation**

**Tuesday, 15 May, 0800-1430**

**Officer's Club, Bldg 910**

This is a Mandatory Orientation for new spouses to Osan and a great opportunity to meet key base representatives. In addition you will learn about NEO, EFAC, benefits and availability of services, SOFA driver's license, Korean Culture and how to get around.

## **Bundles for Babies**

**Thursday, 17 May, 0900-1300**

A workshop for expectant parents designed to provide basic childhood development education and to enhance awareness of community services.

## **Sponsorship Training**

**Tuesday, 22 May, 1000-1100**

First-time sponsors and those have not been trained as a sponsor during the past year must receive this training.

## **Résumé Basics**

**Tuesday, 22 May, 1500-1700**

This is a basic résumé writing skills course. It provides the tools to prepare for and write an effective résumé.

## **Home Buying Workshop**

**Wednesday, 23 May, 1500-1700**

Buying a home is one of the largest purchases you'll make. Learn the key elements you'll need to know to select the right home for you. Mortgage financing, home inspections, and dealing with real estate agents, lenders, and sellers are discussed.

## **Operation Smooth Move**

**Thursday, 31 May, 0830-1100**

Getting ready to PCS? Let us help you have as smooth a PCS as possible! Presentation on Reunion/Returning Home provided. Spouses are highly encouraged to attend.

