



This Week at Vandenberg

Sunday 7 November

- Rod & Gun -Open Shoot, 10am
- PCC -NFL Sunday Ticket, 10am
- Bowling Ctr -Sunday Bowl, 12pm to 9pm

Monday 8 November

- Group Fit -Indoor Cycling, M-F, 6am
-Hard Core, M-F, 12pm
- Fitness Ctr -Ultimate Frisbee Tourney, 11am
- Youth Ctr -Photography, 3pm
-Fine Arts, 4pm

Tuesday 9 November

- AFRC -Heartlink Workshop, 8:30am
-Family Law Assistance, By appt only
-Fed. Resume/KSA Workshop
8:30am-10:30am, 381st Auditorium
- Group Fit -Total Body Conditioning, 9am
- PCC -Italiano Lunch Buffet, 11am
- Youth Ctr -Top Chef Cooking Challenge,
3:30pm

Wednesday 10 November

- AFRC -10 Steps to Fed. Employment
8:30am
-Financial Basics-Budgeting, 11am
- HAWC -Weight Loss & Healthy Eating, 9am
- Group Fit -Restorative Yoga, 12pm
-Total Body Conditioning, 4:45pm

Thursday 11 November Veteran's Day

- Fitness Ctr -Holiday Hours, 8am to 6pm
- Golf Course -Holiday Hours, 6am to Dusk
- Breakers -Brunch 6am to 1pm
-Dinner 4pm to 6pm

Friday 12 November

- PCC -Surf & Turf lunch buffet only
- Youth Ctr -Ping Pong Tournament, 4pm

Saturday 13 November

- Rod & Gun -Bowling Pin Shoot, 8:30am
-Sporting Clays, 9am
- Group Fit -Total Body Conditioning, 9am
-Salsa Sizzle, 10am
- Bowling Ctr -Thunder Alley, 7pm-10pm

VETERAN'S DAY

In observance of Veteran's Day the following facilities will be closed:

- Family Child Care • Child Care Center
- Youth Center • Library
- Pacific Coast Club
- Bowling Center • Aquatics Center
- Auto Hobby Shop • Arts & Crafts Shop
- Human Resources Office
- Airman & Family Readiness Center
- Outdoor Recreation
- Info, Tickets & Travel



A Special Night at the PCC



Dining with Dignitaries
 A Special Event hosted by Ms.
 Margaret Bonner,
 Protocol & Etiquette, AFSVA

Friday 19 November
 6:30pm

Pacific Coast Club

Limited Seating (35 couples only)
 Purchase tickets at Cashier's Cage

Members:

\$60 per Couple

Non-Members

\$75 per Couple

For more

info call

734-4375

