

FRG Meeting Program Ideas 2006

January 12	Financial Fitness Class (Budgeting and Saving Money)
February 9	Valentine's Day video grams and photos with digital cameras (and self defense class)
March 9th	Prepare Easter Care Package for deployed soldiers (& mail by March 12th)
April 13	Take Care of Yourself Class from hospital (to get free meds)
May 11	Outdoor Recreation and MWR summer info, summer camps, renting equip, ITR
June 8	Prepare Summer Care Package to send to our troops
July 13	ACS and Volunteer info (Or take month off)
August 10	Company Level Volunteer Recognition, AFTB info
September 14	Time Management, Job training tips, education opportunities
October 12	Welcome Home Party Planning and Prep
November 9	Special Potluck for Thanksgiving Dinner, make Welcome Home banners
December 14	Reunion Preparations, reduce stress, what to expect

Time to Fix, 2006
Alpha, 57th Signal FRG, Ft. Hood, TX
FRG Leader: Danielle Hamilton

January-- Fix our Debt! After Christmas credit card problems! Find ways to save money, pay off some debt and start the year off right!

February-- Fix our love life! Tips from chaplain on happy marriages, talking with your partner, rekindle love. Bring potluck chocolate desserts!

March-- Fix our eating habits! Cooking skills, freezing food in advance, meal planning on a budget. Demonstrate cooking, provide sample meal planning sheets. 30DayGourmet.com

April-- Fix ourselves! Health, exercise, nutrition! Ways to improve our health.

May-- Fix our family time! Learn how to spend time with your family, where to go, what you can do together, family board games or movie nights. Get info from BLORA, summer trips, ITR.

June and July-- off, or just a company BBQ/ picnic

August-- Fix our routines! Back to school, how to get in GOOD habits for your family, study and work time, FLY lady (flylady.net)! Print out calendar sheets (hours of the day, days of week, monthly) for them to keep track of new routines, and routines they will add.

September-- Fix our homes! Simple ways to fix up our homes, clear garbage disposal, small repairs you can make. Ask DPW or someone from Lowe's/ Home Depot to come talk.

October-- Fix our community! Make a Difference Day, ways you can make a difference in the world and here at home. Families in Crisis, food pantry, animal shelter.

November-- Fix our holidays! Simple holiday celebrations for Thanksgiving, Christmas and New Year! Plan a budget for gifts, write down family traditions.

December-- Fix ourselves a plate! Company Christmas party!

Alternate titles:

Year We Fix, 2006

Year of the Fix, 2006

**More Program Ideas:
For use in between deployment cycles**

January	Welcome Home party, FRG brochure and contact info given out to everyone
February	Block Leave, no meeting
March	Financial Fitness Class (Budgeting and Saving Money)
April	Take Care of Yourself Class from hospital (with Charlie Company)
May	Outdoor Recreation and MWR summer info, camps, renting equip, ITR
June	ACS and Volunteer info
July	Company Picnic at lake (no official meeting)
August	AFTB info & Company Level Volunteer Recognition
September	Time Management, Job training tips, education opportunities
October	Breast Cancer Awareness, Domestic Violence Prevention Purple, Pink and Pie Month (pumpkin and apple pies served)
November	Deployment Preparation, answer questions, gather ALL contact info for married and single soldiers
December	Christmas/ Holiday Party (last minute deployment prep)