

CELEBRATING *the* MONTH *of the* MILITARY CHILD!

11 FSS NEWSLETTER

11 FORCE SUPPORT SQUADRON | JBABFSS.COM

APRIL 2024



ILLUSIONIST MIKE SUPER

14 APR

EARTH DAY

19 APR

Spring Fest!

26 APR

DIRECTORY

Aerobics Center

- *Closed* -

Aerobic Classes Held at Fitness Center II

Bolling Event Center

BLDG 50 | 202.284.3990

▪ **Bolling Club**

Tuesday - Friday: 8 am - 5 pm

▪ **Community Center**

Tuesday - Friday: 8 am - 5 pm

Capital Cove Marina

BLDG 90 | 202.284.3104

Tuesday - Saturday: 9 am - 6 pm

Child Development Center I

BLDG 4456 | 202.284.4828

Monday - Friday: 6 am - 6 pm

Child Development Center II

BLDG 4455 | 202.284.4208

Monday - Friday: 6 am - 6 pm

Child Development Center III

BLDG 413 | 202.284.4814/4815

Monday - Friday: 6 am - 6 pm

Civilian Personnel Office

BLDG 12

APF | 202.284.4202

NAF | 202.284.4446

Monday - Friday: 9 am - 3 pm

Engraving Shop

BLDG 4472 | 202.404.6997

Tuesday - Wednesday: 10 am - 4 pm

Thursday: 10 am - 5 pm

Fitness Center I

BLDG 15 | 202.284.3034

Monday - Friday: 5 am - 8 pm

Saturday - Sunday: 7 am - 3 pm

| 24/7 Access - Register at Front Desk

Fitness Center II

BLDG 419 | 202.284.3183

Monday - Friday: 5 am - 8 pm

| 24/7 Access - Register at Front Desk

Furnari Restaurant

BLDG 418 | 202.284.3655

Breakfast: Monday - Friday: 6 - 9 am

Lunch: Monday - Friday: 10:30 am - 1 pm

Dinner: Monday - Sunday: 4 - 6 pm

Brunch: Saturday & Sunday: 10 am - 1 pm

Federal Holidays: 10 am - 1 pm & 4 - 6 pm

Information, Tickets & Travel

BLDG 928 | 202.284.3108

Tuesday - Saturday: 9 am - 6 pm

JBAB Pool

BLDG 56 | 202.404.1143

Closed for the season

Joint Recreation & Innovation Center

BLDG 72 | 202.284.3900

Wednesday & Thursday: 12 - 7 pm

Friday & Saturday: 12 - 8 pm

Sunday: 12 - 6 pm

Federal Holidays: Closed

Library

BLDG 4439 | 202.284.4703

Monday - Thursday: 9 am - 6 pm

Friday: 10 am - 7 pm

Saturday: 12 - 5 pm

Magdalene's Custom Framing

BLDG 4472 | 202.767.8560

Tuesday - Friday: 10 am - 5 pm

Saturdays: 10 am - 4 pm

Military & Family Readiness Center

BLDG 13 | 202.284.4473

Monday - Friday: 7:30 am - 4 pm

mfrc-jbab.timetap.com

Military Personnel Flight

BLDG 16 | 202.284.3123

Monday - Friday: 8 - 11 am & 1 - 3:30 pm

Outdoor Recreation

BLDG 928 | 202.284.3104

Tuesday - Saturday: 9 am - 6 pm

Potomac Lanes Bowling Center

BLDG 1310 | 202.284.4115

Monday - Saturday: 11 am - 7 pm

Slip Inn Waterfront Restaurant

BLDG 2482 | 202.767.5840

Tuesday - Friday: 11 am - 3 pm

Season Opening: 2 April

Tiki Bar Opens: 3 May

Stewart Education Center

BLDG 52 | 202.284.4438

Monday - Thursday: 9 am - 2 pm

Friday: 9 am - 12 pm

Wood Shop

BLDG 4472 | 202.284.3108

Tuesday & Thursday: 5 - 8 pm

Saturday: 9 am - 5 pm

www.thesawoffices.com

Youth Center

BLDG 4485 | 202.284.3193

Monday - Friday: 6 am - 6 pm

11TH FORCE SUPPORT SQUADRON

Commander

Lt Col Veronica Hoskinson

Deputy

Mr. Bobby McCullough

Senior Enlisted Leader

SMSgt Rochell Brown

First Sergeant

MSgt Michael Hooper

Marketing & Commercial Sponsorship

202.284.3043



The Dandelion is the official flower of the Military Child because they can put down roots anywhere and are almost impossible to destroy.

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SLIP INN**

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BOLLING EVENT CENTER**

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CONNECT WITH US!



JBABFSS.COM | 2

11 FSS SPRING 2024 EVENTS

Spring into Fun!



**06
APR**

EASTER WITH EFMP

Bolling Event Center • 1 - 4 PM • Register Online

**12
APR**

5K WALK/RUN

Fitness Center I • 7 AM

**13
APR**

PURPLE UP BOWLING

Potomac Lanes • 11 AM - 4 PM
Wear purple for free game

**14
APR**

MIKE SUPER MAGIC SHOW

Bolling Event Center • 4 PM • RSVP Online
An Armed Forces Entertainment Event

**19
APR**

JBAB EARTH DAY

Slip Inn • 1 - 3 PM • Blessing of the Fleet & Waterfront Cleanup

**22
APR**

LIBRARY EARTH DAY

10 AM - Noon • Plant Flowers • Build & Paint a Bird House

**26
APR**

SPRING FEST

Slip Inn • 4 - 7 PM • Celebrating Military Children!

**03
MAY**

CINCO DE MAYO

Slip Inn Tiki Bar Opening • 4 - 7 PM • Spouse Appreciation • Live Music



Details & Registration for all events at
JBABFSS.COM

**APRIL IS THE
MONTH OF THE
MILITARY CHILD**



FRIED CHICKEN
WINGS • PIZZA
SANDWICHES
AND MORE!

TRY OUR NEW
BASKET OF
CHICKEN LITTLES!



THE CHICKEN IS HERE!

JOIN US FOR THE SEASON OPENING OF THE
SLIP INN WATERFRONT RESTAURANT!

ON APRIL 2, 2024 FROM 11 AM - 3 PM

SLIP INN APRIL HOURS: TUE - FRI, 11 AM - 3 PM
THE TIKI BAR OPENS: 3 MAY • 4 - 7 PM



jbabfss.com



CONNECT WITH US!



JBABFSS.COM

YOUTH CENTER TEEN EVENTS APRIL 2024

APR 5 & 19 **TORCH CLUB** 5 - 6 PM

APR 5 & 26 **KEYSTONE CLUB** 6 - 6:30 PM

APR 26 **TEEN COUNCIL** 6:30 - 7 PM

APR 26 **LOCK-IN** 10 PM
OPERATION MEGAPHONE
PARTNERING WITH JBA!



TO REGISTER & FOR MORE INFORMATION
CALL THE YOUTH CENTER

202.284.3193 • JBABFSS.COM



JBAB YOUTH CENTER DANCE & GYMNASTICS CLASSES

\$75/mo

- Pre-Ballet/Tap: Ages 3-6
- Ballet/Tap: Ages 7-11
- Jazz/Tap: Ages 12+
- Tumbling: Ages 3-5
- Gymnastics I & II: Ages 6+
- Gymnastics II: Ages 10+

Tue/Thur • 5:30 pm • JBAB Youth Center

Register for one, or multiple months! Join any time!
Dance is held every Tuesday. Gymnastics is held every Thursday.
Last class: 12 June 2024 • Last day to register: April 18, 2024

Register Online
@parent.afcyp.com

202.284.3191
202.284.3193

JOIN OUR NEWSLETTER MAIL LIST!

GET THIS NEWSLETTER, AND ALL OUR GREAT EVENTS, DELIVERED TO YOUR INBOX!

tinyurl.com/jbabfssnewsletter

CONNECT WITH US!

- Facebook: /jbabfss
- Instagram: @jbabfss
- Website: jbabfss.com

DEPARTMENT OF THE AIR FORCE



CHILD AND YOUTH PROGRAMS

OPERATION MEGAPHONE

AGES
13-18

TEEN LOCK-IN

FOOD,
FUN &
GAMES!

CLUE
MYSTERY



AT THE JBAB YOUTH CENTER

LASER TAG
KARAOKE
DANCING

DROP OFF
10 PM

APRIL
26

PICK UP
7 AM

DINNER
PAINTING
MOVIES

PROUDLY PARTNERING WITH **JOINT BASE ANDREWS**



202.284.3193

REGISTER:
parent.afcyp.com

CONNECT WITH US!



Egg Hunt!

6 April • 1-4 PM
Bolling Event Center
Bldg. 50 | Arnold Room

Easter

with **EFMP**

STORYTIME
with the
EASTER BUNNY!

Linda Clark
EFMP Coordinator

Register online or call
202.284.4473



April at the Library

...in the Children's Room!



Earth Day!

22 Apr, 10 am - Noon. Flower planting and Bird House assembly and painting!

Movie Madness
Every Friday at 5 PM

Patch Club
11 Apr, 4:30 - 5:30 PM

Storytime & Craftivity
Every Tuesday & Thursday at 10 AM

Details for library activities at
jbabfss.com/library
202.284.4703



Save money by subletting your space when you're on vacation or TDY!



1
DOWNLOAD THE APP
Become a verified user.

2
OFFER AND/OR RENT A SPOT
Week-long intervals can be offered and rented by children of the same age.

3
CDC HANDLES THE PAYMENT
Spot Renters pay their rate to the CDC directly, and Spot Holders are credited at their existing rate.



An official United States Department of the Air Force Application

JOINT BASE ANACOSTIA-BOLLING CHILD DEVELOPMENT CENTERS

CDC I
202.284.4828

CDC II
202.284.4208

CDC III
202.284.4814/4815



MFRC IN APRIL

EVENT HIGHLIGHTS

Key Support Liaison Refresher • 1 April

This is a briefing conducted by the Key Support Liaison (formerly the Key Spouse) program manager for those who have served as a Key Support Liaison and have completed Initial Training at another installation. The refresher training is a one-hour overview of the Key Support Liaison program and focuses on JBAB and local resources. Verification of prior volunteer service as a Key Support Liaison must be provided.

Liaisons will receive briefings from various helping agencies and learn how to navigate the unique aspects of the military lifestyle.

VA Education Benefits • 3 April

Whether you want to earn a degree, complete a vocational or technical training program, or get a license or certification, VA education benefits can help you cover the cost of tuition and fees, housing, books and supplies and testing fees. You can also use your benefits for non-college degree programs, on-the-job training and apprenticeships.

VA Life Insurance • 17 April

Life insurance is a critical part of financial planning and security. VA life insurance benefits and services can offer financial security and peace of mind for you and your loved ones. VA helps you explore your options, manage your policy and file claims to get the insurance benefits you've earned.

The Five Love Languages of Children 17 April

The Five Love Languages was developed by Dr. Gary Chapman, a marriage counselor to show five ways people express and receive love. Parents learn what their child(ren) love language is to aid communication and understanding with their child(ren).

Key Support Liaison Connect • 27 April

Key Support Liaison Connect is a quarterly engagement providing an opportunity to connect with one another and a way to discover available resources within the community. Join us for this Saturday connection brief to discuss the rebranding of the Key Spouse program into the Key Support Liaison program.

This is an opportunity to work with other liaisons to align your program in accordance with General Allvin's vision of strengthening the sense of family readiness and resiliency across the force.

Registration Required.

For more events and to register,
please visit mfrc-jbab.timetap.com

202.284.4473

**JBAB MFRC
PRESENTS**

Join us for
"Finding Nemo"
& family games!

SATURDAY CINEMA

**13 APR
1 - 4 PM
BLDG 13**

Save your seats!
Register online
by 11 April.



JBAB MFRC

Personal & Worklife

**APRIL
2024**

WORKSHOP CALENDAR

Mondays 1-on-1 Consult: Stress Management
Tuesdays 1-on-1 Consult: Resources

- 10 Anger Management**
11 AM - NOON
- 11 How to Communicate Assertively**
2 - 3:30 PM
- 12 Mindfulness Practice & Discussion**
11 AM - NOON
- 17 The Five Love Languages of Children**
5:30 - 6:30 PM
- 18 Four Lenses**
9 AM - NOON
- 27 Key Support Liaison Connect**
6 - 8 PM



REGISTER AT
JBAB-PWL.TIMETAP.COM
OR CALL 202.284.4473



CONNECT WITH US!



JBABFSS.COM

| 8

Join us for the

2024

National Capital Region
CCAF Graduation


May 3rd at 1300
Capital Ballroom, Bolling Event Center



Celebrate CCAF's
Latest Graduates!

Live-Streaming Available

JBAB Education & Training Center



Joint Base Anacostia-Bolling
EDUCATION & COMMUNITY EXPO 2024

Tuesday, May 14
1000 to 1500
Bolling Event Center

Open to All Military & Civilians with base access

For more information, contact:
JBAB Education & Training Center
11fss.jbab.fsde@us.af.mil | 202.284.4438

Participants

30+ Colleges & Universities

JBAB Community Partners:

- Military & Family Readiness Center
- School Liaison Officer (K-12)
- Development Advisor
- VA Benefits Advisor
- Military OneSource

SkillBridge Providers

Live Commissioning Panel

JOINT BASE ANACOSTIA-BOLLING
FORCE
SUPPORT SQUADRON



NATIONAL GRILLED CHEESE DAY!

12 APRIL
11 AM - 2 PM

\$8

GRILLED CHEESE • FRIES & DRINK

POTOMAC LANES
202.284.4115

JOINT BASE ANACOSTIA-BOLLING
FORCE
SUPPORT SQUADRON

AIR FORCE

BOWLING

POTOMAC LANES
PURPLE UP BOWLING

13 APRIL
11 AM - 4 PM

Wear Purple!

KIDS WEARING PURPLE
GET 1 FREE GAME
WITH \$3 SHOE RENTAL

202.284.4115
WE DO BIRTHDAY PARTIES!

AIR FORCE BOWLING

JOINT BASE ANACOSTIA-BOLLING
FORCE
SUPPORT SQUADRON

DONNA ITALIA
taste the experience

STONE BAKED PIZZA

Stone Baked 7" Cheese Pizza - \$12.00
 Stone Baked 12" Cheese Pizza - \$13.50
 Classic 16" Cheese Pizza - \$15.50

AIR FORCE BOWLING

JOINT BASE ANACOSTIA-BOLLING
FORCE
SUPPORT SQUADRON

Now serving at
POTOMAC LANES

Cure your hunger - fast!

Grab & Go Meals
 at Potomac Lanes

- \$11.50 **ROAST TURKEY SANDWICH***
- \$10 **CHICKEN CAESAR SALAD**
- \$10 **GREEK SALAD**
- \$12 **GREEK SALAD W/ CHICKEN**
- \$12 **COBB SALAD**

*Sandwiches served with chips & soda

JOINT BASE ANACOSTIA-BOLLING
FORCE
SUPPORT SQUADRON

202.284.4115

AIR FORCE BOWLING

MIKE SUPER

MAGIC & ILLUSION

★★★★★★★★
FINALIST

★★★★★★★★
ON AMERICA'S
GOT TALENT!

★★★★★★★★
WINNER

★★★★★★★★
OF NBC'S
PHENOMENON!

LIVE STAGE
AN AIR FORCE ENTERTAINMENT PRODUCTION

FREE!
Family Friendly

2024 ALL NEW SHOW!

WWW.MIKESUPER.COM



Please RSVP
at JBABFSS.COM



SUNDAY, 14 APRIL • 4 PM
Bolling Event Center

BOLLING EVENT CENTER

HAIR BRAIDING

6 APRIL • 12 - 3 PM
WASP LOUNGE



Learn various techniques including cornrows, french, single, overhand, underhand, adding tinsel, and more!

- 1 Bring your own hair model - your kid or a friend.**
- 2 Use a provided hair mannequin - 10 available.**

\$15 MEMBERS • \$20 NON-MEMBERS

REGISTER ONLINE

JBABFSS.COM
202.284.3990



CONNECT WITH US!



| 12

JOINT BASE ANACOSTIA-BOLLING

PONY RIDES!
ROCK CLIMBING! FOOD!
PETTING ZOO! GAMES!
FACE PAINTING!

CELEBRATING MILITARY CHILDREN

SPRING FEST 2024



26 APRIL
4 - 7 PM • SLIP INN



NO FEDERAL ENDORSEMENT IMPLIED

APRIL IS THE MONTH OF THE MILITARY CHILD!

**LIVE MUSIC
& ENTERTAINMENT!**

**SKATE PARK!
BRING YOUR OWN BOARD
- SAFETY GEAR PROVIDED**

**RACE THE
WASHINGTON NATIONAL'S PRESIDENTS!
(5:45 - 6:45 PM)**



**HAMBURGER OR HOTDOG
MEAL COMBOS \$6**

Includes chips & a drink

DEPARTMENT OF THE AIR FORCE



**CHILD AND YOUTH
PROGRAMS**

CONNECT WITH US!



BOLLING EVENT CENTER

FIRST FRIDAY

FIRST FRIDAY MENU
LIVE DJ
DANCING



inside
GOOSE'S LANDING

5 APR | 7 - 11 PM

Trivia Night

at **FIRST FRIDAY**
3 - 5:30 PM



BLDG 50 | 202.284.3990



17 APRIL

**FREE
BREAKFAST
FOR CLUB MEMBERS**



NOT A CLUB MEMBER? JOIN TODAY!

BREAKFAST
SERVED 6 - 9 AM

MYAIRFORCELIFE.COM/CLUB-MEMBERSHIP



202.284.3655



BEATS & EATS

2024 SOUNDS OF SUMMER

LIVE MUSIC 5 PM SLIP INN

LIVE ACOUSTIC PERFORMANCES
 3 MAY • 17 MAY • 21 JUNE • 12 JULY • 9 AUG • 13 SEP

LIVE DJ
 7 JUNE • 26 JULY • 16 AUG • 27 SEP

FREE ADMISSION!
 JBABFSS.COM

FORCE SUPPORT SQUADRON **AIR FORCE FOOD & BEVERAGE**



BOSS & BUDDY

GOOSE'S LANDING

THURS 3-6 PM

Deluxe HOTDOG Special

BOLLING EVENT CENTER

FORCE SUPPORT SQUADRON **AIR FORCE SERVICES CLUBS**

2-FOR-1 STEAK NIGHT

APRIL 18 • 5 - 8 PM
GOOSE'S LANDING

Club Members \$44.95 for 2
Non-Members \$44.95 for 1



Steak Selection
 10-12 oz New York Strip or Rib Eye Steak
 8 oz Salmon Filet
 8 oz Breast of Chicken

Sides
 Vegetable Medley
 Baked Potato
 Baked Sweet Potato
 Rice Pilaf
 French Fries

Salad
 Mixed Green Salad

Beverages
 Iced Tea/Coffee/or Water

\$5 Kids Meal
 Hot Dog or Chicken Nuggets
 French Fries & a Drink

202.284.3990

FORCE SUPPORT SQUADRON **AIR FORCE SERVICES CLUBS**

BOLLING EVENT CENTER



Mother's Day

Brunch

12 May • 11 AM - 1:30 PM

\$45 Members • \$50 Non-Members

Reservations Required

jbabfss.com

202.284.3990



3 Cards • 5 Games • Great Prizes!

Save
the
Date!

Handbag BINGO!

@ the Slip Inn

\$40

\$50

Club Members

Non-Members

Sign up before 10 May and receive
1 FREE additional card for each of the 5 games!

Register at jbabfss.com



31 May | 5 pm



JOIN THE BOLLING CLUB

BECOME A MEMBER AND SAVE!

These deals, and many more, are yours when you become an Air Force Club Member!

FURNARI RESTAURANT



SAVE 10%
\$2 Off on Wed!

CAPITAL COVE MARINA



SAVE 5% ON
STORAGE

SLIP INN RESTAURANT



FREE DRINK W/ 6
PIECE CHICKEN WINGS
ORDER
LIMIT ONE PER DAY

POTOMAC LANES



FREE SHOE RENTAL
W/REGULAR PRICED
GAME
LIMIT ONE PER DAY

Scan here or navigate to
myairforcelif.com/club-membership/

*Annual payments can be made at the Bolling Club



CONNECT WITH US!



JBABFSS.COM | 18

capitol cove marina
SEADOO PONTOON RENTALS



OUR FLEET YOUR
FUN!!

SS-CHARTERS.COM/JBAB



202.540.8215



THE JBAB WOODSHOP IS NOW



SERVICES

Specialty Plaques • Repair Services
 Shadow & Flag Boxes
 Coin Holders • Resurfacing
 Refinishing • Beginner's Classes • and More!

HOURS

Tuesday & Thursday: 5 - 8 PM
 Saturday: 9 AM - 5 PM



THESAWOFFICES.COM

RESERVE YOUR PLOT AT OUTDOOR RECREATION!

1 APR - 31 OCT

\$40
 per plot

JBAB
COMMUNITY
GARDEN @ Giesboro
Park

Grow your own
veggies & flowers!

Limited Availability.
 6' x 12' Plots

Call or come in!

202.284.3104



**THE EARTH NEEDS YOU!
JOIN US AS WE CLEAN THE WATERFRONT**

**JBAB
EARTH
DAY**



**BLESSING OF
THE FLEET**

**WATERFRONT
CLEAN UP**

**19 APR
1 - 3 PM
SLIP INN**

**VOLUNTEER @
JBABFSS.COM**




CONNECT WITH US!



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JOINT RECREATION & INNOVATION CENTER

APR 05 **KARAOKE**
5 - 7 PM



APR 13 **SCRABBLE**
1 - 7 PM



APR 19 **POOL TOURNEY**
4 - 6 PM



APR 24 **DORM DINNER**
5 PM - FREE

FREE SHUTTLE: BLDG 3619: 4:35pm & 4:55pm
Honor Guard Barracks: 4:45pm & 5:05pm




NO FEDERAL ENDORSEMENT IMPLIED

APR 26 **GAME NIGHT!**
5 - 8 PM
SNACK & DRINKS!
HOSTED BY
JBAB FIRST FOUR



APR 27 **Mission Impossible MOVIE-A-THON**
12 - 8 PM



APR 28 **SUPERHERO DAY**
12 - 6 PM



The J.R.I.C. is open to all Single & Unaccompanied Military, E1 - E6


APRIL 2024

QUESTIONS? CALL THE JRIC: 202.284.3900



JBAB INFORMATION, TICKETS & TRAVEL

ORIOLES TICKETS



Starting at **\$13.25**

C ADLEY RUTSCHMAN


we have your seats!

AIR FORCE

JOINT BASE ANACOSTIA-BOLLING
FORCE SUPPORT SQUADRON 202.284.3108
INFORMATION TICKETS & TRAVEL

JBAB INFORMATION, TICKETS & TRAVEL

NATS TICKETS



Upper Gallery	\$16.50
LF/RF Mezzanine	\$38.50
LF/RF Corner	\$45.25
Baseline Reserve	\$62.25
Infield Box	\$75.00
Dugout Box	\$117.75
PNC Diamond Club	\$245.00

1B JOEY MENESSES

jbab itt... we have your seats!

AIR FORCE

JOINT BASE ANACOSTIA-BOLLING
FORCE SUPPORT SQUADRON 202.284.3108
INFORMATION TICKETS & TRAVEL

JOINT BASE ANACOSTIA-BOLLING
AEROBIC SCHEDULE

• CLASSES HELD AT FITNESS CENTER 2 •

	MON	TUE	WED	THU	FRI	SAT
6 AM	BOOT CAMP	CYCLE	BOOT CAMP	CYCLE		
8 AM		SENIOR FITNESS		SENIOR FITNESS		
9 AM			YOGA			YOGA
10 AM		SENIOR FITNESS	POWER PUMP	SENIOR FITNESS		ZUMBA
11 AM	ZUMBA	YOGA	CORE FITNESS	YOGA	POWER PUMP	
12 PM	CYCLE	POWER PUMP	CYCLE	POWER PUMP	CYCLE	
4:30 PM		ZUMBA		ZUMBA		



JBABFSS.COM



JBAB Outdoor Recreation

Snack Packs!



Turn your next birthday, holiday gathering, or family reunion into an unforgettable outdoor party with our specially curated kits designed for service members and their families!

SNOW CONE PACK • \$50
 Snow Cone Machine • Cups • Syrup

COTTON CANDY PACK • \$55
 Cotton Candy Machine • Floss • Cones

POPCORN PACK • \$45
 Popcorn Machine • Popcorn



202.284.3104

Reserve today!



JBABFSS.COM



Damian Barial's PUSH UP CHALLENGE!

April 2024



Most in 1 minute wins!

Directions

BEND YOUR LEGS, AND MOVE YOUR HIPS BACK TOWARDS THE WALL, INITIATING SQUATTING-LIKE MOVEMENT. BE SLOW, AND CONTROL YOUR MOVEMENT. FROM THERE, MOVE FORWARD TILL THE ELBOWS, WRISTS AND SHOULDERS GET LINED UP. LOWER YOUR CHEST TOWARDS THE FLOOR LIKE A STANDARD PUSH-UP WHILE ENGAGING THE ABS.

Register & Compete!

AT FITNESS CENTER 1 OR 2



202.284.3034

11FSS
 FUN RUN & WALK

5K

2024 CALENDAR

- APRIL 12
- MAY 10
- JUNE 7
- JUNE 14
- JULY 12
- AUGUST 16
- SEPTEMBER 20*
- OCTOBER 4
- NOVEMBER 7*

Runs start at 7 AM, unless noted. Dates and start times subject to change for any reason, including weather. Contact the fitness center for more information.
 *20 Sep POW/MIA run starts at 8:15 AM, *7 Nov starts at 2 PM
 Fitness Center 1 • 202.284.3034



NO FEDERAL ENDORSEMENT IMPLIED.

CONNECT WITH US!



25 MAR - 6 JUN

JOINT BASE ANACOSTIA-BOLLING
INTRAMURAL

VOLLEYBALL LEAGUE

MON/WED
6 PM & 7 PM
FITNESS CENTER 2



REGISTER
quickscores.com/jbab

Coaches Meeting:
5 PM • Monday, 18 March at Fitness Center 1



202.284.3034



2024



REGISTER
quickscores.com/jbab

RACQUETBALL TOURNAMENT

5 APR - 5 PM

FITNESS CENTER 1



202.284.3034



JOINT BASE ANACOSTIA-BOLLING

INTRAMURAL

SOCCER LEAGUE

9 APR - 6 JUN

Tues & Thurs, 6 PM & 7 PM at Turf Field

Coaches Meeting: Thursday, 4 April at 5 PM at the Turf Field.

REGISTER
quickscores.com/jbab



202.284.3034



2024 INTRAMURAL SOFTBALL LEAGUE

13 MAY - 31 JULY

Mon & Wed @ 6 & 7 PM
Giesboro Park
Softball Fields 1, 2, & 4



Register Online
quickscores.com/jbab

Coaches Meeting Monday, 6 May,
at 5 PM at Giesboro Park (Ball Field 2)



202.284.3034



Become an instructor today!

JBAB Community Center

Instructors Wanted

Do you have a knack for decorating cookies?
Dancing Skills? Braiding hair?

Whatever your talent, we want you to share it!

Aurelia Glenn | 202.284.3992
aurelia.glenn@us.af.mil



VOLUNTEER COACHES



THEY NEED YOU!

BASEBALL
SOFTBALL
BASKETBALL
SOCCER
CHEERLEADING



DEPARTMENT OF THE AIR FORCE



CHILD AND YOUTH PROGRAMS

202.284.3193

YOUTH SPORTS DIRECTOR, RICO BAILEY

CONNECT WITH US!



**2024 AIR FORCE
ART CONTEST**
MARCH 1 - APRIL 30



**WIN UP TO \$500 IN AMAZON
GIFT CARDS IN EACH CATEGORY:**

Youth 6 - 8 | Youth 9 - 12 | Youth 13 - 17
Adult Novice | Adult Accomplished



Enter your **2D & 3D** Artwork at
forcesupport.awardsplatform.com



**WE HAVE YOUR BACK,
NO MATTER WHERE YOU ARE.**

A community of trust since 1948. We take pride in serving our members and helping achieve their financial goals.

CERTIFICATES | CHECKING | CREDIT CARDS | LOANS | SAVINGS

CELEBRATING 75 YEARS OF SERVICE

Join us for monthly appreciation events all year as we celebrate 75 years of serving our members and our communities.

andrewsfcu.org/75-years



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SEARCH: AIR FORCE DISTRICT OF WASHINGTON
LOCATION: JOINT BASE ANACOSTIA-BOLLING

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11TH FORCE SUPPORT SQUADRON

FACILITIES MAP



- 1 AEROBICS CENTER**
BLDG 38
- 2 BOLLING CLUB**
BLDG 50 - BOLLING EVENT CENTER | 202.284.3990
- 3 CAPITAL COVE MARINA**
BLDG 90 | 202.284.3104
- 4 CHILD DEVELOPMENT CENTER I**
BLDG 4456 | 202.284.4828
- 5 CHILD DEVELOPMENT CENTER II**
BLDG 4455 | 202.284.4208
- 6 CHILD DEVELOPMENT CENTER III**
BLDG 413 | 202.284.4814/4815
- 12 CIVILIAN PERSONNEL OFFICE**
BLDG 12 | APF 202.284.4202 / NAF 202.284.4446
- 2 COMMUNITY CENTER**
BLDG 50 - BOLLING EVENT CENTER | 202.284.3990
- 8 ENGRAVING SHOP**
BLDG 4472 | 202.404.6997
- 9 FITNESS CENTER I**
BLDG 15 | 202.284.3034
- 10 FITNESS CENTER II**
BLDG 419 | 202.284.3183
- 11 FURNARI RESTAURANT**
BLDG 418 | 202.284.3655
- 13 INFORMATION, TICKETS, & TRAVEL**
BLDG 928 | 202.284.3108
- 14 JBAB POOL**
BLDG 56 | 202.404.1143
- 15 JOINT RECREATION & INNOVATION CENTER**
BLDG 72 | 202.284.3900
- 16 LIBRARY**
BLDG 4439 | 202.284.4703
- 8 MAGDALENE'S CUSTOM FRAMING**
BLDG 4472 | 202.767.8560
- 18 MILITARY & FAMILY READINESS CENTER**
BLDG 13 | 202.284.4473
- 19 MILITARY PERSONNEL FLIGHT**
BLDG 16 | 202.284.3123
- 13 OUTDOOR RECREATION**
BLDG 928 | 202.284.3104
- 21 POTOMAC LANES BOWLING CENTER**
BLDG 1310 | 202.284.4115
- 22 SLIP INN WATERFRONT RESTAURANT**
BLDG 2482 | 202.767.5840
- 23 STEWART EDUCATION CENTER**
BLDG 52 | 202.284.4438
- 24 YOUTH CENTER**
BLDG 4485 | 202.284.3193
- 8 WOOD SHOP (THE SAW OFFICES)**
BLDG 4472 | 202.284.3108 | THESAWOFFICES.COM



S L I P I N N

TIKI BAR

grand opening

CINCO *de* MAYO party!

MAY
03

4-8
PM

Food & Drink
Specials!

Live
MUSIC!
with

DJ CHRIS

Military Spouse
Appreciation!



and
MARIACHI
ESTRELLAS



ELOTE!



STREET
TACOS!

Live Entertainment: 4:30 - 7:30 PM

Tacos & Elote Plate

\$15 Club Members • \$17 Non-Members

a la carte: Taco \$4 • Elote \$3

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