

# TITAN TALK

11<sup>TH</sup> FORCE SUPPORT SQUADRON | JBABFSS.COM

OCTOBER 2024



**19  
OCT**

MFRC  
PUMPKIN  
PAINTING

**24  
OCT**

HALLOWEEN  
PAINT & SIP

**26  
OCT**

HALLOWEEN  
BASH

# DIRECTORY

## Aerobics Center

BLDG 38 | 202.284.3141  
Monday - Friday: 5 am - 6 pm  
Saturday: Open for Classes Only

## Bolling Event Center

BLDG 50 | 202.284.3990

### • Bolling Club

Tuesday - Friday: 8 am - 4:30 pm

### • Community Center

Tuesday - Friday: 8 am - 4:30 pm

### • Goose's Landing

Thursday - Friday: 3 pm - 8 pm

## Capital Cove Marina

BLDG 90 | 202.284.3104  
Tuesday - Saturday: 9 am - 5 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

## Education & Training Center

BLDG 52 | 202.284.4438  
Monday - Thursday: 9 am - 2 pm  
Friday: 9 am - 12 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 - 5 pm

## Joint Recreation & Innovation Center

BLDG 72 | 202.284.3900  
Wednesday & Thursday: 12 - 7 pm  
Friday & Saturday: 12 - 8 pm  
Sunday: 12 - 6 pm

## 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](http://mfrc-jbab.timetap.com)

## Military Personnel Flight

BLDG 16 | 202.284.3123  
Monday - Friday: 8 - 11 am & 1 - 3:30 pm  
Closes for training at 11 am, 1st & 3rd  
Wednesdays

## Outdoor Recreation

BLDG 928 | 202.284.3104  
Tuesday - Saturday: 9 am - 5 pm

## Potomac Lanes Bowling Center

BLDG 1310 | 202.284.4115  
Monday - Saturday: 11 am - 3 pm

## Slip Inn Waterfront Restaurant

BLDG 2482 | 202.767.5840  
Tuesday - Friday: 11 am - 2 pm

## Wood Shop

BLDG 4472 | 202.284.3108  
Thursday: 5 - 8 pm  
Saturday: 9 am - 5 pm  
[thesawoffices.com](http://thesawoffices.com)

## Youth Center

BLDG 4485 | 202.284.3193  
Monday - Friday: 6 am - 6 pm

## Get 24/7 Access To:

- Cardio Machines
- Free Weights
- Weight Machines
- Basketball Court
- Restrooms

Register now, in-person, at Fitness Center I & II  
Registration form available at [JBABFSS.com](http://JBABFSS.com)

\*Showers not available during after-hours access

# 11<sup>TH</sup> FORCE SUPPORT SQUADRON

## Commander

Maj Samantha Davies

## Senior Enlisted Leader

CMSgt Ashley Graham

## Marketing & Commercial Sponsorship

202.284.3043

## Deputy

Mr. Bobby McCullough

## First Sergeant

MSgt Michael Hooper  
TSgt Corderro Saunders







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GET THIS NEWSLETTER DELIVERED TO YOUR INBOX!  
SCAN HERE TO SIGN UP

CONNECT WITH US!

/JBABFSS

@JBABFSS

JBABFSS.COM



## 11<sup>TH</sup> FORCE SUPPORT SQUADRON



### 11TH FSS HELPS YOU STRESS LESS

-ATLAS

Balancing the demands of a professional life with personal well-being can be challenging, but with the right strategies and resources, achieving work-life harmony is possible. The 11th FSS has numerous ways to help you manage stress and optimize your time.

1. **Prioritize Time Management:** Effective time management is crucial. Start by setting clear priorities and creating a daily or weekly schedule. Don't forget to allocate time for relaxation and personal activities, which are just as important as work tasks. The Military and Family Readiness Center has great resources to help you build healthy habits.
2. **Practice Stress Management:** Military life can be demanding, so finding ways to manage stress is essential. Engaging in regular physical activity is known to reduce stress and improve your mood. Our base offers gyms and fitness classes designed to accommodate all levels of fitness. We also have equipment along the waterfront giving you a view while you exercise.
3. **Leverage Base Resources:** Take advantage of the various programs and services provided by the 11th FSS. Participate in base events, wellness workshops, and social gatherings. These events not only provide relaxation but also foster community connections, which can be incredibly supportive. The Outdoor Rec and ITT offer many opportunities to get out and about the area too.
4. **Seek Support When Needed:** Our Military Family Life Counselors (MFLC) are available to provide confidential support and guidance. They can help you navigate personal and family challenges, offering strategies to enhance resilience and coping skills.
5. **Engage in Enrichment Activities:** Expand your horizons and manage stress through base classes and activities. Whether it's learning a new hobby, attending educational workshops, or joining a recreational sports league, these opportunities can provide a fulfilling balance to your professional responsibilities. The base library has numerous books to choose from to assist in learning a new skill or just to help you get back into reading.

By incorporating these strategies and utilizing the resources provided by the Force Support Squadron, you can achieve a more balanced and harmonious life, enhancing both your well-being and your effectiveness in your military role. The Titan team has an immense amount of touchpoints for you to engage, recharge, and find strategies to enable you to be your best.



11 FSS OCTOBER 2024 EVENTS

# SPOOKY SEASON SCHEDULE!



**19**  
OCT

## MFRC PUMPKIN PAINTING

MFRC BLDG 13 • 1 - 4PM • Paint a Wooden Pumpkin

**24**  
OCT

## PAINT & SIP: HALLOWEEN

Bolling Event Center • 5:30 PM

**25**  
OCT

## EFMP HALLOWEEN

MFRC Parking Lot • 3- 6 PM • Trunk or Treat, Crafts and more!

**25**  
OCT

## YOUTH CENTER FRIGHT NIGHT

Youth Center • 6 - 8 PM • Bring in cookies & Watch a Halloween Movie!

**26**  
OCT

## HALLOWEEN BASH

Slip Inn • 5 PM • Trunk or Treat, Magician, Hayrides and more!

**31**  
OCT

## CYP HALLOWEEN PARADE

Giesboro Park • Meet at 5 PM • Ends at Youth Center

**31**  
OCT

## HALLOWEEN COSTUME PARTY

Library • 5- 6:30 PM • Costume contest, Games, Crafts & More!

**31**  
OCT

## MPF HALLOWEEN

16 Brookley Ave SW • 8 -2 PM • Trick or Treating & Vote for best decor and costume!



Details & Registration  
for all events at  
**JBABFSS.COM**



DEPARTMENT OF THE AIR FORCE



CHILD AND YOUTH PROGRAMS

Annual JBAB

# HALLOWEEN PARADE

## 31 Oct @ 5 PM

**Start: Giesboro Park**    **End: Youth Center**  
Parade departs at 5:30 PM

Open to all Children & Parents of JBAB Families!  
Costume wear encouraged!  
**Bring your treat bags & buckets!**



## YOUTH CENTER TEEN EVENTS

### OCTOBER 2024

**TORCH CLUB**    OCT 4 & 25 • 5 - 6 PM

**KEYSTONE CLUB**    OCT 4 & 25 • 6 - 6:30 PM

**TEEN COUNCIL**    OCT 25 • 6:30 - 7 PM

**FRIGHT NIGHT COOKIES & HALLOWEEN MOVIE**  
OCT 25 • 6 PM - 8 PM

OPEN REC YOUTH ARE INVITED TO BAKE COOKIES AND BRING THEM IN TO SHARE WITH THEIR PEERS AND WATCH A HALLOWEEN MOVIE

**TO REGISTER & FOR MORE INFORMATION**  
**CALL THE YOUTH CENTER**  
202.284.3193



CHILD AND YOUTH PROGRAMS







# YOUTH SPORTS

## REGISTRATION

**Basketball & Cheerleading**  
Ages: 5-14

**\$70**

**Start Smart Basketball**  
Developmental program for ages 3-4 with parental involvement.

**All age groups - Included Gear:**  
Basketball players receive a jersey and shorts. Cheerleaders receive a shell, skirt, and pom poms.

**Important Dates**  
Coaches Meeting:  
Dec 7, 2024, 10 am, JBAB YC Gym

Parents Meeting / Skills Assessment:  
Dec 14, 2024, 10 am, JBAB YC Gym

**Volunteer Coaches Needed!** All Age Groups.  
Contact JBAB Youth Sports Director Rico Bailey at [ricardo.bailey@us.af.mil](mailto:ricardo.bailey@us.af.mil) for details


**202.284.3190**

DEPARTMENT OF THE AIR FORCE  
**CYP**  
CHILD AND YOUTH PROGRAMS

11th **FSS**

## JBAB YOUTH CENTER

# DANCE & GYMNASTICS CLASSES




**\$75/mo**

Pre-Ballet/Tap: Ages 3-6 • 6 PM  
Ballet/Tap: Ages 7-11 • 7 PM  
Jazz/Tap: Ages 12+ • 7 or 8 PM

Tumbling: Ages 3-5 • 6 PM  
Gymnastics I & II: Ages 6+ • 7 PM  
Gymnastics II: Ages 10+ • 8 PM

Classes held at the JBAB Youth Center  
Register for one, or multiple months! Join any time!  
Dance is held every Tuesday. Gymnastics is held every Thursday.

Register Online  
@ [parent.afcyp.com](http://parent.afcyp.com)



**202.284.3191**  
**202.284.3193**

11th **FSS**

DEPARTMENT OF THE AIR FORCE  
**CYP**  
CHILD AND YOUTH PROGRAMS

JBAB YOUTH CENTER ROLLING REGISTRATION



# TAEKWONDO

**\$60 PER MONTH**

WEDNESDAY 6 - 7 PM  
SATURDAY 11 AM - NOON  
YOUTH CENTER

REGISTER ONLINE  
[PARENT.AFCYP.COM](http://PARENT.AFCYP.COM)  
**202.284.3193**



DEPARTMENT OF THE AIR FORCE  
**CYP**  
CHILD AND YOUTH PROGRAMS

11th **FSS**

## JBAB LITTLE LEAGUE 2025

# BASEBALL

**VOLUNTEER COACHES NEEDED!**



**\$70**

**START SMART** AGES 3-4  
**TEE BALL** AGES 5-6  
**MACHINE PITCH** AGES 7-8  
**AAA** AGES 9-10  
**MAJORS** AGES 11-12

Little League



REGISTRATION DATES  
1 NOV - 3 FEB

[PARENT.AFCYP.COM](http://PARENT.AFCYP.COM)  
**202.284.3193**

DEPARTMENT OF THE AIR FORCE  
**CYP**  
CHILD AND YOUTH PROGRAMS

11th **FSS**



TITAN THOUGHT

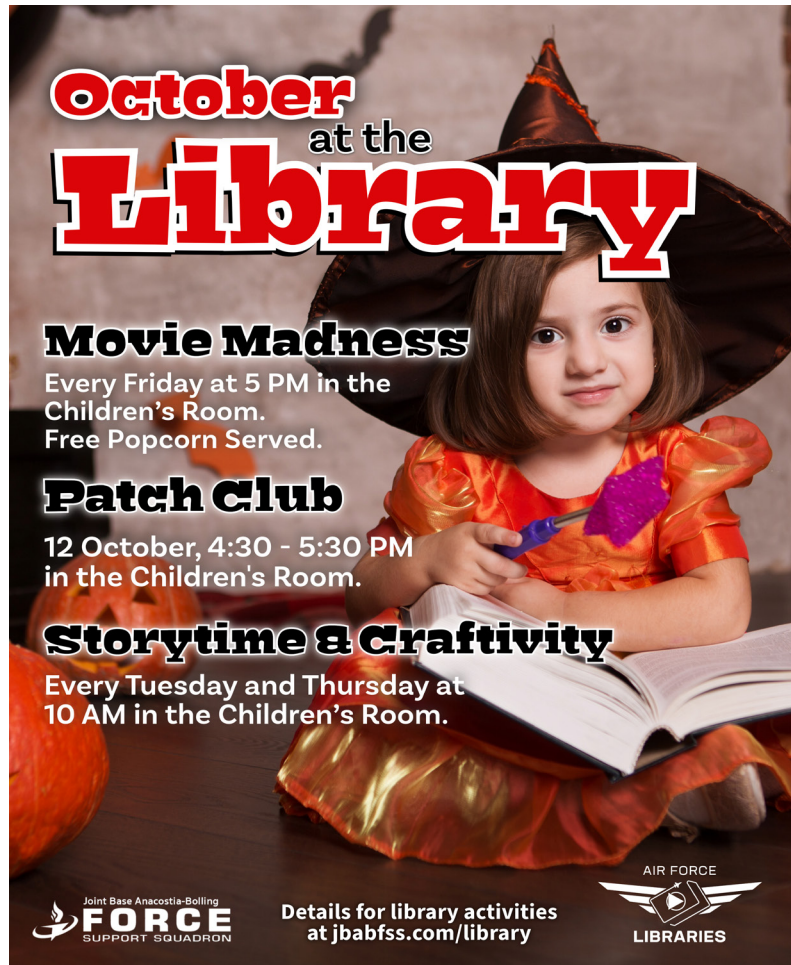
Mr. Wayne McCray

It was Dolly Parton who famously said, "We cannot direct the wind, but we can adjust the sails." She placed a premium on being adjustable where you can and when it counts.

Being adjustable involves adapting to changes in our physical, professional, and social environments. In other words, we become adept in balancing conflicting needs, or requirements challenged by obstacles in our situations. We learn to prioritize more effectively...

Sometimes when the wind is going against us it's more advantageous to stop fighting it and take on a new course of action that entails following the wind. Adjusting our sails does not mean that we won't reach the destination or that we have given up on the goal. It simply means we've taken an alternate route to get to where we're going. An alternative may provide more capacity, a less congested pathway, and quicker advances to a downstream location. Such bypasses...detours are often the key to meaningful discoveries; they epitomize flexibility.

When sailors cry, "Anchors aweigh!" they are declaring there are no anchors on the sea floor. They are all clear and the boat is ready for departure. Certainly, the time is upon us all to be more flexible, adaptable, and adjustable politically, professionally, personally, and perhaps socially. So, for a genuine happiness, peace, and contentment, "Anchors aweigh".



**October** at the **Library**

**Movie Madness**  
Every Friday at 5 PM in the Children's Room.  
Free Popcorn Served.

**Patch Club**  
12 October, 4:30 - 5:30 PM  
in the Children's Room.

**Storytime & Craftivity**  
Every Tuesday and Thursday at 10 AM in the Children's Room.

Joint Base Anacostia-Bolling  
**FORCE**  
SUPPORT SQUADRON

Details for library activities at [jbabfss.com/library](http://jbabfss.com/library)

AIR FORCE LIBRARIES



**HALLOWEEN**

**Costume Party**

**31 OCT** | **COSTUME CONTEST** | **GAMES CRAFTS GOODIES**  
5 - 6:30 PM

**JBAB LIBRARY**

JOINT BASE ANACOSTIA-BOLLING  
**FORCE**  
SUPPORT SQUADRON

AIR FORCE LIBRARIES



19  
Oct

# PAINT a PUMPKIN!



REGISTER  
HERE!



19 OCT • 1 - 4 PM  
JBAB MFRC

*Please register by 17 Oct*



FIRST COME, FIRST SERVED.  
WHILE SUPPLIES LAST.



## JBAB & THE PENTAGON EFMP HALLOWEEN



Join us for Trunk or Treat, Crafts, & Information  
on Community Resources!

30 Oct | 3 - 6 PM  
MFRC Parking Lot



Registration required  
no later than 28 Oct



## JBAB MFRC PERSONAL & WORKLIFE

OCT  
2024

### WORKSHOP CALENDAR

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

- 3** Key Support Initial Training  
9 AM - 2 PM
- 3** Key Support Mentor Training  
2 - 3 PM
- 5** Key Support Connect  
1 - 3 PM
- 17** Bundles for Babies  
9 AM - 12 PM
- 19** Paint a Pumpkin!  
1 - 4 PM
- 24** Four Lenses  
9 AM - 12 PM
- 25** Mindfulness Practice & Discussion  
11 AM - 12 PM



REGISTER AT  
[JBAB-PWL.TIMETAP.COM](http://JBAB-PWL.TIMETAP.COM)  
OR CALL 202.284.4473







**11  
OCT**  
11 AM - 4 PM

POTOMAC LANES  
**FAMILY  
DAY**

**\$35 PER  
LANE**

2 HOURS OF BOWLING,  
SHOE RENTAL, LARGE  
ONE TOPPING PIZZA & A  
PITCHER OF SODA  
INCLUDED!

**BOWLING SPECIAL!**



limit 6 patrons per lane • 202.284.4115



FALL & WINTER

**BOWLING  
LEAGUES**  
FOR EVERYONE!  
MON - SAT

YOUTH LEAGUES  
SAT • 10AM

Leagues start in September!  
Call or stop by for more information.

Call us!  
202.284.4115

POTOMAC LANES

**Turkey  
Bowling**

BOWL 3 CONSECUTIVE STRIKES  
WIN A TURKEY!

\$5 GAMES & \$4 SHOES

25- 27 NOV

11 AM - 4 PM

(LIMIT ONE TURKEY  
PER PERSON, PER DAY)



11TH FORCE SUPPORT SQUADRON

# HALLOWEEN BASH!

## OCT 26

### 5 PM

## TRUNK OR TREAT

VOLUNTEER TRUNKS NEEDED!

SPOOKY PAINTING

MAGICIAN

HAUNTED HAY RIDE \$5

UNLIMITED RIDES!

## SLIP INN

TRUNK OR TREAT: 5 - 7 PM • MAGICIAN: 5:30 - 6:30 PM • HAYRIDES: 6:30 - 8:30 PM  
SPOOKY PUMPKIN AND GHOST PAINTING WHILE SUPPLIES LAST



No Federal Endorsement Implied

End of season

# CHICKEN & WAFFLES

Enjoy two pieces of Chicken and a Belgian Waffle for \$15!  
Add a mimosa for just \$5!



## 25 OCTOBER | 11 - 2 PM



CONNECT WITH US!

f /JBABFSS

@JBABFSS

JBABFSS.COM

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# PRIVATE PARTIES AT THE SLIP INN

HOST YOUR BIRTHDAY, HOLIDAY & SOCIAL EVENTS AT THE SLIP INN!

OCTOBER THROUGH MARCH

Slip Inn WATERFRONT RESTAURANT  
COME GET SOME.



FOR RESERVATIONS PLEASE EMAIL  
DEBORAH.BATSON.2@US.AF.MIL







# BOSS & Buddy

GOOSE'S LANDING

## FRIDAY 4 OCTOBER 4 - 6 PM

**11th FSS** **BOLLING EVENT CENTER** **AIR FORCE SERVICES CLUBS**

BOLLING EVENT CENTER HAPPY HOUR

# 1/4 LBS HOTDOGS

**ALL BEEF**

ADD CHIPS FOR ONLY \$1

**\$3 each**

Thursdays  
4 - 6 pm  
Goose's Landing

**11th FSS** **JBABFSS.COM** **AIR FORCE SERVICES CLUBS**

# 2-FOR-1 STEAK NIGHT

17 OCT • 5 - 8 PM  
GOOSE'S LANDING



**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

**Club Members \$45.95 for 2**  
**Non-Members \$45.95 for 1**

**11th FSS** **AIR FORCE SERVICES CLUBS**

**25 NOV**

# Decorate the Club

**Earn a \$150 Credit towards your Unit's Holiday Party**

Come get into the holiday spirit and volunteer to help decorate the club! Any squadron/unit or organization will receive a **\$150.00 credit** towards your holiday party at the club.

- Minimum 3+ hours of volunteer time.
- Minimum of 4+ volunteers from a single organization.
- Credit is valid at the Bolling Club only.

**Breakfast and lunch will be provided.**

**11th FSS** **Call us! 202.284.3990** **AIR FORCE SERVICES CLUBS**



BOLLING CLUB

# THANKS GIVING Dinner to Go!

## Meal 1

Feeds up to 10  
Club Members: \$185  
Non-Members: \$195

## Meal 2

Feeds up to 16  
Club Members: \$225  
Non-Members: \$235

View Menu &  
**ORDER**  
HERE



Pick up Wed, 27 Nov | 9 am - 4 pm

202-284-3990



**CALL TO RESERVE TODAY!**

# THANKSGIVING CHAMPAGNE

# Buffet

**28 NOV • 1:30 - 3:30 PM**  
**BOLLING CLUB • 202-284-3990**

Club Members \$50 (\$60 Non-Member)  
Kids 6 - 11: Half Price | 5 'n Under: Free!



CONNECT WITH US!

f /JBABFSS

@JBABFSS

JBABFSS.COM

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# Halloween PAINT & SIP



**24 Oct • 5:30 PM**  
**Bolling Event Center**  
**WASP Lounge**

**\$50** | **\$55**  
CLUB MEMBERS | NON-MEMBERS

Sign Up  
here 



**ENDLESS WINE POURS**



202.284.3990





# FITNESS & AEROBIC CENTERS

JOINT BASE ANACOSTIA-BOLLING  
AEROBIC CENTER

## AEROBICS SCHEDULE

	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](http://JBABFSS.COM)



11 FSS  
FUN RUN & WALK

# 5K

## 2024 CALENDAR

~~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 I • 202.284.3034



SPONSORED BY  
**FIRST COMMAND**

NO FEDERAL ENDORSEMENT IMPLIED.



# TWO MINUTE TIRE FLIP Challenge

How many Tire Flips can you do in 2 minutes?



OCTOBER FITNESS CHALLENGE



# THE TIRE LEAGUE

# 3 VS 3 BASKETBALL

STARTING OCT 29, 2024

FITNESS CENTER II TUES & THURS @ 1800 & 1900



[www.quickscores.com/jbab](http://www.quickscores.com/jbab)

Coaches Meeting October 23rd at 1700 in Fitness Center 1



REGISTER ONLINE



JOINT BASE ANACOSTIA-BOLLING

CONNECT WITH US!

/JBABFSS

@JBABFSS

JBABFSS.COM

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# JOINT RECREATION & INNOVATION CENTER



**HOLIDAY CARD CHALLENGE**  
3 OCT- 31 OCT  
PERSONALIZE HOLIDAY CARDS FOR  
FELLOW MILITARY HEROES



**Team Building!**  
30 OCT • 4 PM  
ARCHERY, RACING SIM + MORE!  
IN FRONT OF BLDG. 72



**HORROR MOVIE WEEKENDS**  
EVERY FRIDAY & SATURDAY  
LEADING UP TO HALLOWEEN • 3 PM



**DORM DINNER**  
30 OCT • 5 PM • PRIZES & PUMPKIN  
DECORATING  
FREE SHUTTLES:  
BLDG 3619: 4:35pm & 4:55pm  
Honor Guard Barracks: 4:45pm & 5:05pm



NO FEDERAL ENDORSEMENT IMPLIED

The J.R.I.C. is open to all Single & Unaccompanied Military, E1 - E6  
Need Volunteer Hours? Call us!



## OCTOBER 2024

QUESTIONS? CALL THE JRIC: 202.284.3900



Joint Recreation & Innovation Center

# 2024 Dorm Dinner

Calendar

<del>31</del> JAN	<del>28</del> FEB	<del>27</del> MAR	<del>24</del> APR
<del>29</del> MAY	<del>26</del> JUN	<del>23</del> JUL	<del>20</del> AUG
<del>25</del> SEP	30 OCT	13 NOV	11 DEC

FREE DINNERS START AT 5 PM IN THE J.R.I.C. (BLDG 72).  
OPEN TO ACTIVE DUTY MILITARY, E-6 AND BELOW.

**BARRACKS SHUTTLE** ■ **HONOR GUARD BUILDING 3619**  
4:45PM & 5:05PM 4:35PM & 4:55PM

Meals provided by the JBAB Chaplains and prizes sponsored by USAA.

JBAB MPF PRESENTS

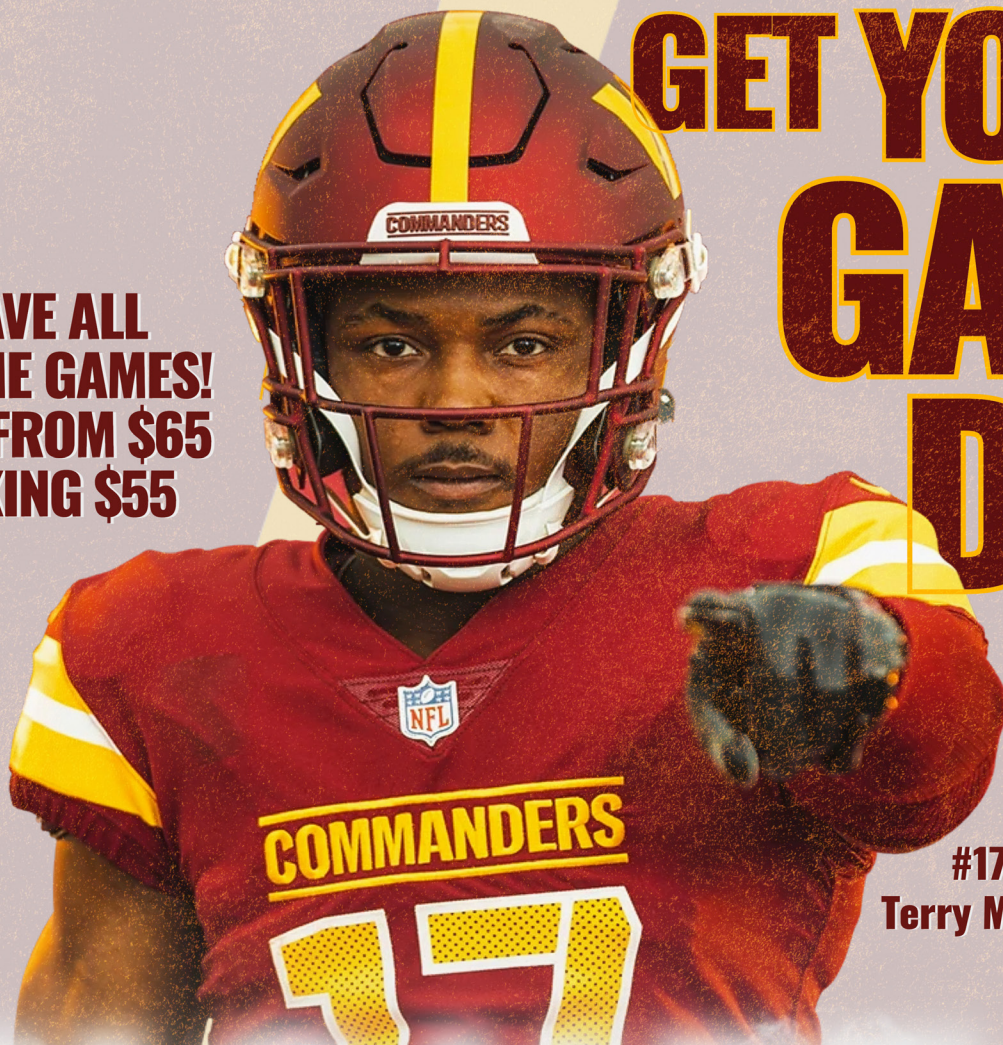
# HALLOWEEN TRICK OR TREAT

THURS OCT 31 | 8AM TO 2PM

- BRING THE KIDDOS!
- TRICK OR TREAT AT EACH SECTION!
- VOTE FOR THE BEST DECOR AND COSTUMES!!

16 BROOKLEY AVE SW  
WASHINGTON DC  
20032





**WE HAVE ALL  
HOME GAMES!  
SEATS FROM \$65  
PARKING \$55**

**GET YOUR  
GAME  
DAY**

**#17 WR  
Terry McLaurin**

**TICKETS  
@ JBAB ITT**



**\*ONLY AVAILABLE IN PERSON  
BLDG 928 | 202.284.3108**





# HOLIDAY HOURS

# 11th FORCE SUPPORT SQUADRON INDIGENOUS PEOPLES' DAY HOLIDAY HOURS

11 OCT FAMILY DAY	14 OCT FEDERAL HOLIDAY	HOLIDAY HOURS	CLOSED	REGULAR HOURS
				<b>Aerobics Center</b>
				<b>Bolling Event Center</b>
				<b>Capital Cove Marina</b>
				<b>Child Development Centers</b>
				<b>Civilian Personnel Office</b>
				<b>Community Center</b>
				<b>Development Advisor</b>
				<b>Education Center</b>
				<b>Engraving Shop</b>
				<b>Fitness Center I</b>
				<b>Fitness Center II</b>
				<b>Fitness Center 24/7 Access</b>
<b>BRUNCH 10 - 1   DINNER 4 - 6</b>	<b>BRUNCH 10 - 1   DINNER 4 - 6</b>			<b>Furnari Restaurant</b>
				<b>Information, Tickets, &amp; Travel</b>
				<b>Joint Recreation &amp; Innovation Center</b>
				<b>Library</b>
				<b>Frame Shop</b>
				<b>Military &amp; Family Readiness Center</b>
				<b>Military Personnel Flight</b>
				<b>Outdoor Recreation</b>
				<b>Pool</b>
				<b>Potomac Lanes</b>
				<b>Resource Management</b>
				<b>Slip Inn Waterfront Restaurant</b>
				<b>Wood Shop</b>
				<b>Youth Center</b>



# 11FSS FACILITIES MAP



# FACILITIES

**AEROBICS CENTER**  
BLDG 38

**BOLLING EVENT CENTER**  
BLDG 50 | 202.284.3990

**BOLLING CLUB**  
BLDG 50 | 202.284.3990

**CAPITAL COVE MARINA**  
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