

# TITAN TALK

11<sup>TH</sup> FORCE SUPPORT SQUADRON | JBABFSS.COM | NOVEMBER 2024

**16  
NOV**

**MFRC  
DAY AT THE  
FARM**

**25  
NOV**

**DECORATE  
THE  
CLUB**

**25-27  
NOV**

**TURKEY  
BOWLING**

# TITAN FACILITY 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

## 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

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

## 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

\*SHOWERS NOT AVAILABLE DURING AFTER-HOURS ACCESS

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

## COMMANDER

MAJ SAMANTHA DAVIES

## SENIOR ENLISTED LEADER

CMSGT ASHLEY GRAHAM

## DEPUTY

MR. BOBBY MCCULLOUGH

## FIRST SERGEANT

MSGT MICHAEL HOOPER

TSGT CORDERRO SAUNDERS

## MARKETING & COMMERCIAL

SPONSORSHIP

202.284.3043





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



## 11TH FSS HELPS YOU STRESS LESS -ATLAS

### Embracing Gratitude

As we usher in November, the 11th Force Support Squadron (FSS) invites you to join us in celebrating a month of gratitude. This season, nestled between the vivid hues of fall and the chill of approaching winter, offers a perfect pause to appreciate the year's journey and recognize the value of thankfulness in our lives.

In our day-to-day hustle, particularly here on base, it's easy to overlook the small victories and hidden blessings surrounding us. Yet, embracing gratitude not only enriches our lives but also enhances our community spirit and collective resilience. This November, let's prioritize gratitude, reflecting on the generosity of spirit and community support that defines our base.

To help you cultivate this gratitude throughout the month, the Force Support Squadron offers a variety of events and activities designed to bring us together while enjoying the transition into the holiday season. We encourage you to participate in these opportunities to connect, relax, and express gratitude:

- 1. MFRC Day at the Farm:** Join us for a fun-filled day with games and activities. It's a great opportunity to spend quality time with family and friends, appreciating the warmth of community.
- 2. Youth Center Friendsgiving:** Come share a meal with peers and enjoy diverse culinary traditions and express thanks collectively.
- 3. Volunteer Opportunities:** Sign up to give back to the community through various volunteering programs. Lending a hand to others is a wonderful way to express gratitude and make a meaningful impact. The MFRC has a list of opportunities to give back.

By attending these activities, you not only enjoy and support base events but also strengthen the bonds of our community, reinforcing a culture of appreciation and camaraderie. Together, fostering a community where gratitude is not just an emotion, but a way of life. Thank you for your service, your contributions to the community, and your commitment to our shared mission!

UPCOMING 11 FSS FALL EVENTS

# NOVEMBER

**1  
NOV**

## **MFRC SENSORY STEM DAY**

Chapel • 5-7PM • MFRC will provide supplies, all JBAB families invited

**1  
NOV**

## **BOSS & BUDDY**

Goose's Landing • 4PM • Deluxe Hotdog Special

**15  
NOV**

## **PRE-TEEN LOCK IN**

Youth Center • 10PM-7AM • Pizza, painting, games, snacks, & more!

**16  
NOV**

## **MFRC DAY AT THE FARM**

Promise Landing Farm • 10-2PM • Activities, games, BYO picnic items, and more!

**21  
NOV**

## **2 FOR 1 STEAK NIGHT**

Goose's Landing • 5-8PM • Club Members: \$45.95 for 2, Non-Member: \$45.95 for 1

**22  
NOV**

## **YOUTH CENTER FRIENDSGIVING**

Youth Center • 6-8PM • Bring in a dish or dessert to share with your peers

**25  
NOV**

## **DECORATE THE CLUB**

Bolling Club • 9-4PM • Earn a \$150 credit towards your unit's holiday party

**25-27  
NOV**

## **TURKEY BOWLING**

Potomac Lanes • 11-4PM • Bowl 3 consecutive strikes to win a turkey!

**27  
NOV**

## **THANKSGIVING DINNER TO-GO**

Bolling Club • 9-4 PM • Pick-up your prepaid Thanksgiving dinner at the Bolling Club back loading dock. All orders/cancellations must be made by 20 Nov.

**28  
NOV**

## **THANKSGIVING CHAMPAGNE FEAST**

Bolling Event Center • 1:30 - 3:30PM • Join us for our ThanksgivingFeast!



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

# YOUTH CENTER TEEN EVENTS NOV 2024



NOV 1 & 22 **TORCH CLUB** 5 - 6 PM

NOV 1 & 15 & 22 **KEYSTONE CLUB** 6 - 6:30 PM

NOV 22 **TEEN COUNCIL** 6:30 - 7 PM

NOV 22 **FRIENDSGIVING** 6 - 8 PM

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

DEPARTMENT OF THE AIR FORCE



CHILD AND YOUTH PROGRAMS



**202.284.3193 • JBABFSS.COM**

JBAB  
YOUTH CENTER

# PRE-TEEN LOCK-IN

**PIZZA • PAINTING  
GAMES • SNACKS  
COOKIE CHALLENGE**

Register @  
the Youth Center

## 15 NOV

10 PM - 7:00 AM

11th FSS 202-284-3193

DEPARTMENT OF THE AIR FORCE  
CYP  
CHILD AND YOUTH PROGRAMS

## STUDENT MENTORSHIP & ENGAGEMENT PROGRAM FOR COMMUNITY SCHOOLS

**CAREER PATHWAYS**

Interest in the Air Force  
Job Opportunities  
Active Duty  
Reserves

**FUTURE GOALS**

Build Leadership Skills  
Develop Technical Skills  
Specialize in a Career field  
Obtain Additional Certifications

**PROS OF THE AIR FORCE**

Education & Training  
Career Advancement  
Health Insurance  
Job Security  
Friendships

**MENTORSHIP & ENGAGEMENT GOALS**

The goal of the Student Mentorship and Engagement Program is to provide support to the Ward & Community and Schools throughout the District. The focus is to have the service members engage with the children, share their personal experiences and to answer questions pertaining to the children's interest.

**BECOME A VOLUNTEER BY SCANNING THE QR CODE**

For more information contact Mr. Alonso Hay at 202-706-3618

# YOUTH SPORTS



# 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**

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## TITAN THOUGHT

### Choose your Dreams, not your Doubts

Few things are as potent as self-doubt; it breeds failure and completely slaughters our dreams. While it's true self-doubt may raise some questions, bring temporary setbacks, or even reveal hardened obstacles, it is also true that through the right kind of doubt we grow and eventually realize our vision. We must focus more on our ideas and much less time on our reservations.

Doubt is a normal reaction when launching fresh ideas and facing new challenges. In such cases we must pull ourselves out of self-doubt to become more engaged. Fears can even make us believe we aren't good enough.

Escaping the grips of self-doubt-based fears means setting realistic goals...at least in part. It is essential to break our big goal into manageable milestones...achievable steps. They become less intimidating or overwhelming and they build our confidence as we reach them.

Also, positive affirmations should be used to replace self-doubting thoughts. Pay close attention to the messages we tell ourselves! Use positive truth-filled and balancing statements to assert reality, process our experiences, and make meaningful decisions instead. Self-induced doubts can be overcome by these fear killers.

Focus more on your dreams...ambitions and not your doubts! Don't allow your mistakes to be stumbling blocks toward quitting, instead make them building blocks to realizing your dreams. Stay at it, think about improvements...make yet another adjustment, apply more polish, modify it further, and tweak it even more. Do it again...then again...this is the path to your dream. It's okay if you must use your head more than usual, break a sweat because your heart is really invested, innovate...modulate, or create! You may sacrifice efficiency, but still choose your dreams and not your doubts.

- Mr. Wayne McCray

# November at the Library

...in the Children's Room!

## Patch Club

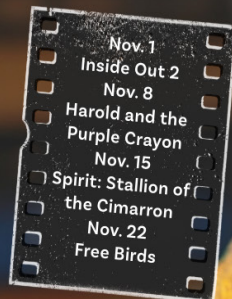
14 Nov, 4:30 - 5:30 PM

## Storytime & Craftivity

Every Tuesday  
& Thursday at 10 AM

## Movie Madness

Every Friday at 5 PM



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

202.284.4703







# Month of the Military Family

## Sensory STEM Night

1 November, 5 - 7 PM

Kick off the Month of the Military Family with MFRC for a fun night of sensory STEM and craft activities!

## Day at the Farm

16 November, 10 AM - 2 PM

Experience a delightful day at the Farm!

- Bring your own picnic items
- Activities and games
- Community resources and more!
- Registration is required no later than 14 Nov.

**Farm Address:**

Promise Landing Farm  
16900 Clagett Landing Rd.  
Upper Marlboro, Md

REGISTER HERE



NOV 2024

# JBAB MFRC PERSONAL & WORKLIFE

## WORKSHOP CALENDAR

**Mondays** 1-on-1 Consult: Stress Management

**Tuesdays** 1-on-1 Consult: Resources

- 1** Key Support Refresher Training  
11 AM - 12 PM
- 7** Heart Link  
9 AM - 2 PM
- 12** Key Support Continuing Education  
11 AM - 12 PM
- 14** How to Communicate Assertively  
2 - 3:30 PM
- 15** Mindfulness Practice & Discussion  
11 AM - 12 PM
- 21** Anger Management  
11 AM - 12 PM



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



JOINT BASE ANACOSTIA-BOLLING

## EXCEPTIONAL FAMILY MEMBER PROGRAM

# PICKY EATERS

**VIRTUAL CLASS**

**13 NOV • 11 - 12 PM • ZOOM**

Join EFMP for a Nutrition and Picky Eating Class in children.

Topics covered will include:

- Feeding development
- When to be concerned
- Ways to increase food inventory and food exposure
- Learn strategies to help create happier, healthier mealtimes
- Reducing food struggles

**\*This class is for families enrolled in EFMP**



Registration is required for the virtual class!  
To receive a zoom link please contact Claire Davis.



202.284.4473  
claire.davis.3@us.af.mil

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POTOMAC LANES

# Turkey Bowling

25 - 27 NOV  
11 AM - 4 PM

**BOWL 3 CONSECUTIVE STRIKES  
WIN A TURKEY!**

\$5 GAMES | \$4 SHOES

(LIMIT ONE TURKEY PER PERSON, PER DAY)



**31  
DEC**  
9 PM - 1 AM

POTOMAC LANES

# NYE BOWL

WITH DJ CHRIS

BAR AVAILABLE, NO OUTSIDE FOOD OR DRINKS

Reserve Today! 202.284.4115

**PARTY PACK**  
LIMITED TO PARTIES UP TO SIX

LARGE PIZZA	UNLIMITED BOWLING AND FREE SHOES	PARTY FAVORS
WINGS	CHAMPAGNE OR SPARKLING CIDER	UNLIMITED SODA
IXAPPS	ONLY \$250 PER LANE	BAR

PARTIES OF UP TO SIX



BOLLING EVENT CENTER HAPPY HOUR

**ALL BEEF**

# 1/4 LBS HOTDOGS

ADD CHIPS FOR ONLY \$1

**\$3**  
each

Thursdays  
4 - 6 pm  
Goose's Landing



JBABFSS.COM



# Boss & Buddy

GOOSE'S LANDING

**FRIDAY**  
1 NOVEMBER  
**4 - 6 PM**



**BOLLING**  
EVENT CENTER



# 2-FOR-1 STEAK NIGHT

21 NOV • 5 - 8 PM  
GOOSE'S LANDING

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



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 or your holiday party at the Bolling Event Center.

- 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.**



202.284.3990

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



× **Reserve Your Spot Today!** ×

# THANKSGIVING CHAMPAGNE *Feast*

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

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

Call

**202-284-3990**



**BOLLING EVENT CENTER**

VENDORS \* BOAT PARADE \* ICELESS SKATING  
SANTA \* BONFIRE \* FOOD \* HOT WINE

FRITO PIE IN A MUG

11TH FORCE SUPPORT SQUADRON

# WinterFest

& Holiday Market

**7 DEC**  
**5-8 PM**  
**SLIP INN**

Call for **VENDORS**

Register & reserve your table by 4 Dec at [jbabfss.com](http://jbabfss.com)

SAVE THE DATE

# BREAKFAST With Santa!

**8 December**  
**11 am - 1 pm**  
**Bolling Event Center**

Scrambled eggs  
Bacon & Sausage  
Home fried potatoes  
Grits  
Biscuits & Pancakes  
Fresh fruit salad  
And assorted juices

Club Members: \$13  
Kids 6-10: \$8.50  
5 and under are FREE  
Non-Members: \$15  
KIDS 6-10: \$10.50  
5 and under are FREE

11th FSS Reservations are Required. 202.284.3997

AIR FORCE COMMUNITY CENTER

**Volunteers needed for Cookie Assembly & Distribution! Call John Inaldo.**

# Cookie Caper

Whisk up some delicious holiday cheer for our 470 single service members. Support our cause with 1 - 2 dozen (or more!) of your favorite cookies!

\*Please individually portion and package cookies. Please note containers will not be returned.

**Cookie Drop-off**

**9 - 11 DEC • 7:30 AM - 5 PM**  
**Bolling Event Center**

**John Inaldo - 202.284.3506**

# FITNESS & AEROBIC CENTERS

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



11FSS  
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 7:15 AM.*

Fitness Center 1 • 202.284.3034



SPONSORED BY



NO FEDERAL ENDORSEMENT IMPLIED

# NOVEMBER FITNESS CHALLENGE



HOW MANY  
MINUTES CAN YOU  
JUMP ROPE  
BEFORE STOPPING?

## NOVEMBER JUMP ROPE CHALLENGE



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# PICKLEBALL!

## DOUBLES TOURNEY

13 DEC | 5 PM

FITNESS CENTER I



REGISTER ONLINE  
[WWW.QUICKSCORES.COM/JBAB](http://WWW.QUICKSCORES.COM/JBAB)



JOINT BASE ANACOSTIA-BOLLING

# 2025 Intramural BASKETBALL LEAGUE

➤ **Details &  
Registration**



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

League Starts: 6 Jan | Mon - Thur, 6 & 7 pm

Coaches Meeting: Thurs, 2 Jan | 5 pm | Fitness Center 2  
(Basketball Court)

Register your team by 2 Jan, 2024 (6 teams registered  
minimum for a league)

[AF.JBAB.Sports@us.af.mil](mailto:AF.JBAB.Sports@us.af.mil)



**202-284-3034**



JOINT BASE ANACOSTIA-BOLLING

# 2025 CHIEF'S OWN 35+ BASKETBALL LEAGUE

➤ **Details &  
Registration**



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

League Play: 6 Jan - 28 Feb | Tues & Thurs, 12:30pm

Register your team by 2 Jan, 2024

(6 teams registered minimum for a league)

[AF.JBAB.Sports@us.af.mil](mailto:AF.JBAB.Sports@us.af.mil)



**202-284-3034**







# JOINT RECREATION & INNOVATION CENTER

 **JUNIOR ENLISTED APPRECIATION DAY**  
 2 NOV • 1-4PM • INFRONT OF BLDG. 72  
 FREE FOOD • ODYSSEY MOBILE ATTRACTION

 **BLACK FRIDAY TOURNAMNET BATTLE**  
 29 NOV • 5 PM  
 POOL & PING PONG TOURNEY

 **ESCAPE ROOM**  
 3 NOV • MEET AT JRIC AT 1200  
 \$15 • SIGN UP AT JRIC

 **DORM DINNER**  
 13 NOV • 5 PM • PRIZES  
 FREE SHUTTLES:  
 BLDG 3619: 4:35pm & 4:55pm  
 Honor Guard Barracks: 4:45pm & 5:05pm

 **MILITARY APPRECIATION MOVIE DAY**  
 9 NOV • JRIC 1200  
 FREE POPCORN • ALL MILITARY  
 MOVIES IN HONOR OF VETERANS DAY



NO FEDERAL ENDORSEMENT IMPLIED

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



## NOVEMBER 2024

QUESTIONS? CALL THE JRIC: 202.284.3900



### OUTDOOR RECREATION & ITT

# SKI & SNOWBOARD

## EQUIPMENT RENTAL

	DAILY	ADTL DAY	SPECIAL (FRI - TUE)
SNOWBOARD PKG*	\$30	\$15	\$50
SKI PKG*	\$30	\$15	\$50
SKIS OR SNOWBOARD	\$15	\$15	
BOOTS	\$10	\$10	
POLES	\$10	\$10	
SNOW SHOES	\$25	\$25	

\*PACKAGES INCLUDE BOARD + BOOTS OR SKIS + BOOTS & POLES

AIR FORCE  
  
 OUTDOOR RECREATION

Joint Base Anacostia-Bolling  
**FORCE** SUPPORT SQUADRON 202.284.3104

### JBAB INFORMATION, TICKETS & TRAVEL

# GET YOUR GAME DAY

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



#17 WR  
 Terry McLaurin

# TICKETS @ JBAB ITT

AIR FORCE  
  
 INFORMATION TICKETS & TRAVEL

\*ONLY AVAILABLE IN PERSON  
 BLDG 928 | 202.284.3108




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

# HOLIDAY HOURS

11th FORCE SUPPORT SQUADRON

# VETERAN'S DAY

## HOLIDAY HOURS

<b>FRIDAY, 8 NOV</b> <b>FAMILY DAY</b>	<b>MONDAY, 11 NOV</b> <b>FEDERAL HOLIDAY</b>	 HOLIDAY HOURS	 CLOSED	 REGULAR HOURS
				Aerobics Center
				Bolling Event Center
				Capital Cove Marina
				Child Development Centers
				Civilian Personnel Office
				Community Center
				Development Advisor
				Education Center
				Engraving Shop
				Fitness Center I
				Fitness Center II
				Fitness Center 24/7 Access
<b>BRUNCH 10 - 1   DINNER 4 - 6</b>	<b>BRUNCH 10 - 1   DINNER 4 - 6</b>			Furnari Restaurant
				Information, Tickets, & Travel
				Joint Recreation & Innovation Center
				Library
				Frame Shop
				Military & Family Readiness Center
				Military Personnel Flight
				Outdoor Recreation
				Pool
				Potomac Lanes
				Resource Management
				Slip Inn Waterfront Restaurant
				Wood Shop
				Youth Center

11 FSS HOLIDAY HOURS

# Thanksgiving



28 NOV FEDERAL HOLIDAY	29 NOV FAMILY DAY	HOLIDAY HOURS	CLOSED	REGULAR HOURS
				Aerobics Center
				Bolling Club
				Capital Cove Marina
				Child Development Centers
				Civilian Personnel Office
				Community Center
				Development Advisor
				Education Center
				Engraving Shop
				Fitness Center I
				Fitness Center II
				Fitness Center 24/7 Access
				Furnari Restaurant
				Information, Tickets, & Travel
				Joint Recreation & Innovation Center
				Library
				Frame Shop
				Military & Family Readiness Center
				Military Personnel Flight
				Outdoor Recreation
				Pool
				Potomac Lanes
				Resource Management
				Slip Inn Waterfront Restaurant
				Wood Shop
				Youth Center
BRUNCH 10 - 1   DINNER 4 - 6	BRUNCH 10 - 1   DINNER 4 - 6			

# 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

BLDG 90 | 202.284.3104

## CHILD DEVELOPMENT CENTER I

BLDG 4456 | 202.284.4828

## CHILD DEVELOPMENT CENTER II

BLDG 4455 | 202.284.4208

## CHILD DEVELOPMENT CENTER III

BLDG 413 | 202.284.4814/4815

## CIVILIAN PERSONNEL OFFICE

BLDG 12 | APF 202.284.4202 / NAF 202.284.4446

## COMMUNITY CENTER

BLDG 50 | 202.284.3990

## EDUCATION & TRAINING CENTER

BLDG 52 | 202.284.4438

## ENGRAVING SHOP

BLDG 4472 | 202.404.6997

## FITNESS CENTER I

BLDG 15 | 202.284.3034

## FITNESS CENTER II

BLDG 419 | 202.284.3183

## FURNARI RESTAURANT

BLDG 418 | 202.284.3655

## INFORMATION, TICKETS, & TRAVEL

BLDG 928 | 202.284.3108

## JBAB POOL

BLDG 56 | 202.404.1143

## JOINT RECREATION & INNOVATION CENTER

BLDG 72 | 202.284.3900

## LIBRARY

BLDG 4439 | 202.284.4703

## MAGDALENES CUSTOM FRAMING

BLDG 4472 | 202.767.8560

## MILITARY & FAMILY READINESS CENTER

BLDG 13 | 202.284.4473

## MILITARY PERSONNEL FLIGHT

BLDG 16 | 202.284.3123

## OUTDOOR RECREATION

BLDG 928 | 202.284.3104

## POTOMAC LANES BOWLING CENTER

BLDG 1310 | 202.284.4115

## SLIP INN WATERFRONT RESTAURANT

BLDG 2482 | 202.767.5840

## WOOD SHOP - THE SAW OFFICES

BLDG 4472 | 202.284.3108 | [THESAWOFFICES.COM](http://thesawoffices.com)

## YOUTH CENTER

BLDG 4485 | 202.284.3193



[JBABFSS.COM](http://JBABFSS.COM)