# TTAN TANARY 2025

### ALVO EPELHO JUANELKIERES MANG DI

AEROBATHON 11 Jan

PRE-TEEN ICE SKATING 11 JAN

2-FOR-1 STEAK NIGHT 16 JAN

# 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 Holiday Hours:

1-6 JAN- CLOSED

COMMUNITY CENTER TUESDAY - FRIDAY: 8 AM - 4:30 PM HOLIDAY HOURS: 23-30 DEC- CLOSED 1-6 JAN- CLOSED

• 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

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 - FRIDAY: 11 AM - 7:30 PM

SLIP INN WATERFRONT RESTAURANT BLDG 2482 | 202.767.5840 CLOSED UNTIL APRIL 2025

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
- BASKETBALL GUU - 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>™</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



# CONTENTS

**04** MPF TEMPORARY HOUR CHANGE MILITARY PERSONNEL FLIGHT

**FAMILY DAY BOWLING SPECIAL** POTOMAC LANES BOWLING CENTER

PERSONNEL & WORKLIFE CLASSES MILITARY & FAMILY READINESS

**2025 AEROBICS SCHEDULE** JBAB AEROBICS CENTER

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#### **ATLAS ANNOUNCEMENTS**



#### A Year of Gratitude and Anticipation: Reflecting on 2024 and Embracing 2025 at Joint Base Anacostia-Bolling Maj Samantha Davies, 11 FSS/CC

As we bid farewell to 2024, it's a perfect time to reflect on the incredible year we've had at Joint Base Anacostia-Bolling. The unwavering support, dedication, and resilience of our community have made this year truly extraordinary. Every member of our Joint Base family has played a vital role in our collective success, and we extend our heartfelt thanks to each one of you.

This past year, we have witnessed numerous acts of kindness, perseverance, and unity. From participating in community events to excelling in your duties and lending a helping hand to those in need, you have exemplified the very best of our values. Your commitment has not gone unnoticed, and we are deeply grateful for the trust and camaraderie that bind us together.

As we look ahead to 2025, we are filled with excitement and anticipation for the new opportunities and experiences that await us. During our Winter Fest event in December, our community gathered around the wishing tree to share hopes and dreams for the coming year. The wishes expressed were a testament to the compassion, strength, and unity of our community. Themes of love and happiness for our families, support for those who feel alone, and a desire for more people to feel loved and appreciated were at the heart of these wishes. We also wished for more family time, safety, success, prosperity, new beginnings, and strong connections.

In 2025, we aim to continue fostering an environment where these values thrive. Our calendar is packed with exciting events and opportunities that reflect our commitment to growth and community spirit. These events and initiatives are more than just dates on a calendar; they are opportunities to come together, celebrate our achievements, and build a brighter future. The new year brings with it the promise of new beginnings and the chance to build on the foundations we have laid.

We are confident that, together, we can achieve great things and create a brighter future for all. Thank you for your commitment, your spirit, and your unwavering dedication to our community. Here's to a 2025 filled with love, happiness, and prosperity.

#### **UPCOMING EVENTS CALENDAR**

#### **UPCOMING 11 FSS EVENTS**

AEROBATHON Aerobics Center • 9AM-1PM • Yoga, Zumba, & More!

PRE-TEEN ICE SKATING Tucker Road Ice Rink • 12:45 - 4PM • \$12 to Skate + Lunch Money

6 Goose's Landing • 5 - 8 PM • Club Members: \$44.95 for 2, Non-Members: \$44.95 for 1

FAMILY DAY BOWLING Potomac Lanes • 11:00AM - 3PM • 1 hour lane rental + shoes included for \$35 per lane

ANUARY

COFFEE WITH EFMP: PLANNING A PERFECT PCS

2025 MENTORING FAIR Community Commons (Ball Room) • 9AM - 12PM • Learn about mentoring opportunities, access a host of resources and find a mentor or mentee.

FSS

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

**MILITARY PERSONNEL FLIGHT** 

# **FSS** MILITARY PERSONNEL FLIGHT

#### Temporary Change in Operating Hours for the Military Personnel Flight

In support of the Presidential Inauguration activities, the Military Personnel Flight will transition to appointment-only services:

### 6 JANUARY - 22 JANUARY

Note: For any emergency CAC related issues please contact, 202-284-3123

between the hours of 0800-1500.

We apologize for the inconvenience and appreciate your understanding!

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#### **YOUTH SPORTS**



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

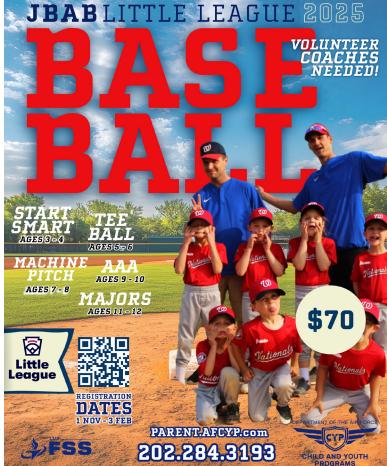
Important Dates Coaches Meeting: Dec 7, 2024, 10 am, JBAB YC Gym

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 for details

202.284.3190





#### JEAB YOUTH CENTER DANCE & GYNNASTICS CLASSES

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

\$75/mo

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



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HILD AND YOUTH

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#### **FAMILY CHILD CARE HOMES**

# Support the GBAB community! BECOME A FAMILY CHILDCARE PROVIDER



Be Your Own Boss Do Work You Love Free Training

# Paid Incentives

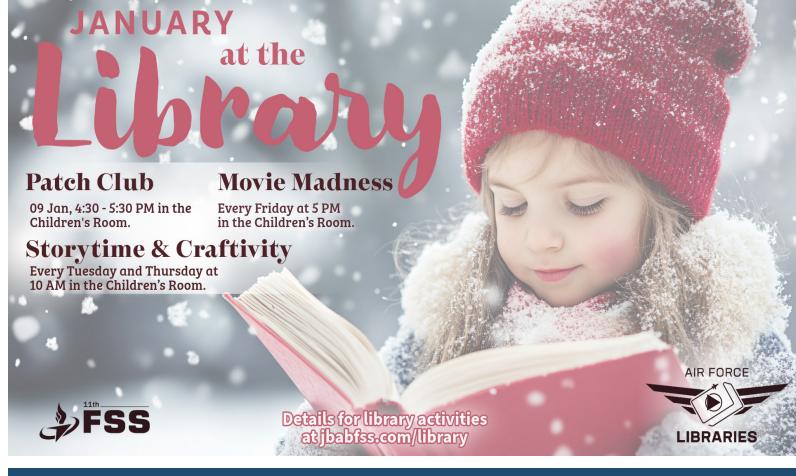
- Get paid for your children-
  - \$100 for children under 2
  - \$75 for children 2 and older
- \$200 /Child- Enroll from the cdc/sac waitlist
- \$300- Initial and Annual Certifications
- DAF FCC Sub Rates-
  - \$329 for children under 2
  - \$329 for children over 2
- \$500- Recruit a new FCC Provider
- And many more!
- \*Incentive restrictions apply.

For more information please contact the Family Child Care Office at 11fss.jbab.fcc@us.af.mil or 202-284-4058/4059

#### POTOMAC LANES BOWLING CENTER



#### **FORCE DEVELOPMENT**



#### **TITAN THOUGHT**

#### **A CLEAN SLATE**

Mr. Wayne McCray

What are we referring to? Historically the phrase "clean slate" comes from the use of chalk and slates in classrooms environments. It's a chance to start over without preconceptions. A new start—a brand new beginning; especially clearing the record of mistakes, failures, regrets, and missed opportunities.

We give ourselves permission to believe that we can move forward living life with a slate that is cleaned. It may have been through confession, reassurance, or checking, but the future is clearly in view now. Optimism surrounding prospects is our new focus and motivation.

It is paramount that we let go of the past, identify areas we need to revamp, and intentionally guide our lives on forward moving trajectories. With self-awareness and fortitude, it is possible, even if we cannot completely erase history, for us to start with a relatively clean slate.

A fresh start involves a clearing of the mind, body, and soul, making way for new ideas, concepts, realities, and dreams. Yes, your entire being can undergo this fresh start, your career, your personal experiences, your faith, your physic, your habits, your goals, and really any positive changes to your routines. A reset can and should involve every area of your life.

A fresh start, an innovative definition of self, and redefining yourself can be igniting! What a powerful way to begin a routine, a new habit, set new goals, and include a support mechanism of family and friends who help you succeed. I am excited about what the future promises for you. Your time is now.

#### **FORCE DEVELOPMENT**



22 JANUARY 2025 Community Commons (Ballroom) 9am to 12pm

Are you ready to advance, professionally or personally? Join us for the AFDW Mentoring Fair, where you'll be able to learn about a variety of mentoring opportunities, access a host of resources, and find a mentor or mentee.

Tables Consists of:

- 🧭 Mentor Match Ups
- Networking and Discussions
- Mentor Resources



Have questions or require additional information? Email: afdw.a1.kf@us.af.mil

# +++ 2025 WINTER+++ COMMISSIONING PANEL

JBAB STEWART THEATER PRESENTS:

#### 4 FEB | 1300 | JBAB Stewart Theater

For more information please call, 202.284.4438

JBAB MEMBERS: Register via the AFVEC portal under"Education Center Events".



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#### **MILITARY & FAMILY READINESS CENTER**



PERSONAL & WORKLIFE WORKSHOP CALENDAR

**JBAB MFRC** 

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

- **10** Mindfulness Practice & Discussion 11AM - 12 PM
- **16** Stress Management 2-3 PM

**23** How to Communicate the Right Way 10AM - 11 AM



24 Key Support Connect (Hybrid) 5-6 PM REGISTER AT JBAB-PWL.TIMETAP.COM or call 202-284-4473

2025



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# **Coffee with EFMP**

Plan a Perfect PCS 22 Jan, 10-11AM, in person or on zoom.

**Respite Care and Changes** 19 Feb, 10-11AM, in person or on zoom.

EFMP 101 06 Mar, 10-11AM, in person or on zoom. Special Needs Transition Planning

19 Mar, 10-11AM, in person or on zoom.



#### 11| TITAN TALK | JANUARY 2025 | 11<sup>th</sup> Force Support Squadron



• Full-service catering

- All packages include standard setup, china, glassware, silverware, white house linens, & cocktail napkins
- Additional amenities and customization of menus available
- Discounts for Club Members

CALL THE BOLLING CLUB CATERING MANAGER FOR MORE INFORMATION! • 202.284.3990

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AIR FORCE SERVICES

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**FITNESS & AEROBIC CENTERS** 









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



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4:30 PM

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# **JOINT RECREATION & INNOVATION CENTER**



**FOOTBALL LOVERS!!** WILD CARD- 11 & 12 JAN **DIVISIONAL ROUND- 18 & 19 JAN CONFERENCE CHAMPIONSHIP-26** JAN



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**DE-STRESS & RELAX** 16 & 17 JAN • FREE • ENJOY MOVIES & LEARN RELAXING TECHNIQUES.

**MOVIE NIGHT** 24 JAN • FREE • ENJOY A MOVIE!







FREE SHUTTLES: BLDG 3619: 4:35pm & 4:55pm Honor Guard Barracks: 4:45pm & 5:00pm



PING PONG TOURNAMENT 30 JAN • FREE • 5PM • SHOW OFF YOUR SKILLS!

MOVIE NIGHT 31 JAN • FREE • ENJOY A MOVIE!

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

# **JANUARY 2025**



QUESTIONS? CALL THE JRIC: 202.284.3900

**RECHARGE FOR RESILIENCY** 



#### **OUTDOOR RECREATION & ITT**

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EQUIPMENT

JBA

t Base Anacostia-Bolling

|                   | DAILY | ADTL DAY | (FRI - TUE)   |  |
|-------------------|-------|----------|---|--|
| SNOWBOARD PKG*    | \$30  | \$15     | \$50  |  |
| SKI PKG*          | \$30  | \$15     | \$50  |  |
| SKIS OR SNOWBOARD | \$15  | \$15     | *PACKAGES<br>INCLUDE<br>BOARD + BOOTS<br>OR SKIS + BOOTS &<br>POLES |  |
| BOOTS             | \$10  | \$10     |   |  |
| POLES             | \$10  | \$10     |   |  |
| SNOW SHOES        | \$25  | \$25     |   |  |

AIR FORCE

OUTDOOR RECREATION

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**HOLIDAY HOURS** 

OLIDAY HOURS

CLOSED

EGULAR HOURS

|   | IJAN                         |                              | HOLIDAY HOURS CLOSED REGULAR HOURS            |  |  |
|---|------------------------------|------------------------------|---|--|--|
|   | FEDERAL HOLIDAY              | FAMILY DAY                   |   |  |  |
|   |                              |                              | 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                    |  |  |
|   | BRUNCH 10 - 1   DINNER 4 - 6 | BRUNCH 10 - 1   DINNER 4 - 6 | Furnari Restaurant                            |  |  |
|   |                              |                              | Information, Tickets, & Travel                |  |  |
|   |                              |                              | Joint Recreation & Innovation Center          |  |  |
| - |                              |                              | Library                                       |  |  |
| - |                              |                              | Frame Shop                                    |  |  |
|   |                              |                              | <b>Military &amp; Family Readiness Center</b> |  |  |
|   |                              |                              | Military Personnel Flight                     |  |  |
|   |                              |                              | Outdoor Recreation                            |  |  |
|   |                              |                              | Pool  |  |  |
|   |                              |                              | Potomac Lanes                                 |  |  |
|   |                              |                              | Resource Management                           |  |  |
| A |                              |                              | Slip Inn Waterfront Restaurant                |  |  |
|   |                              |                              | Wood Shop                                     |  |  |
| - |                              |                              | Youth Center                                  |  |  |
|   |                              |                              |   |  |  |

#### **HOLIDAY HOURS**

# 11th FORCE SUPPORT SQUADRON PRESIDENTAL NAUGURATION HOLIDAY HOURS

| <b>17 JAN</b><br>FAMILY DAY | <b>20 JAN</b><br>FEDERAL HOLIDAY | 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                         |        |               |
|                             |                                  |                                      |        |               |

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BLDG 4456 | 202.284.4828

COMMUNITY CENTER BLDG 50 | 202.284.3990

ENGRAVING SHOP BLDG 4472 | 202.404.6997

FITNESS CENTER I BLDG 15 | 202.284.3034

FITNESS CENTER II BLDG 419 | 202.284.3183

JBAB POOL BLDG 56 | 202.404.1143

BLDG 4439 | 202.284.4703

LIBRARY

FURNARI RESTAURANT BLDG 418 | 202.284.3655

CHILD DEVELOPMENT CENTER I

CHILD DEVELOPMENT CENTER II BLDG 4455 | 202.284.4208

CHILD DEVELOPMENT CENTER III BLDG 413 | 202.284.4814/4815

EDUCATION & TRAINING CENTER BLDG 52 | 202.284.4438

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MAGDALENES CUSTOM FRAMING BLDG 4472 | 202.767.8560

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OUTDOOR RECREATION BLDG 928 | 202.284.3104

JOINT RECREATION & INNOVATION CENTER BLDG 72 | 202.284.3900

MILITARY & FAMILY READINESS CENTER BLDG 13 | 202.284.4473

BLDG 12 | APF 202.284.4202 / NAF 202.284.4446

**CIVILIAN PERSONNEL OFFICE** 

FACILITIES 413 FIRTH STERLING GATE RobbinsRd **418** 419 Thomas Rd SW Avesu 295 Boundary Dr **S Capiltol St SW** MacDill Blvd ARNOLD GATE \* Malcom X SE Castle Ave SW 12 Randolr 52 4472 4485 linger 4456 4455 15 4439 1310 Tinker St SW <sup>Brookley Ave</sup> Sw 38 56 Ican Ave SW 50 eisen St PROUD Arnold 2482 928 St SW 90

> SOUTH GATE

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