TITAN TALK

11TH FORCE SUPPORT SQUADRON | JBABFSS.COM | FEBRUARY 2025

Valentine Dinner & Daneing 14-FEB

VALENTINE'S FOR WOUNDED WARRIORS 1-12 FEB

> AEROBATHON 1 FEB

TEEN DOMESTIC VIOLENCE & DATING SEMINAR 21 FEB

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 - CLOSED 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 **CLOSED UNTIL FURTHER NOTICE**

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

JBAB WOODSHOP BLDG 4472 | 202.284.3104

SATURDAYS: 10 AM - 4 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 *SHOWERS NOT AVAILABLE DURING AFTER-HOURS ACCESS



11TH FORCE SUPPORT SQUADRON

COMMANDER

MAJ SAMANTHA DAVIES

SENIOR ENLISTED LEADER

CMSGT ASHLEY GRAHAM

DEPUTY

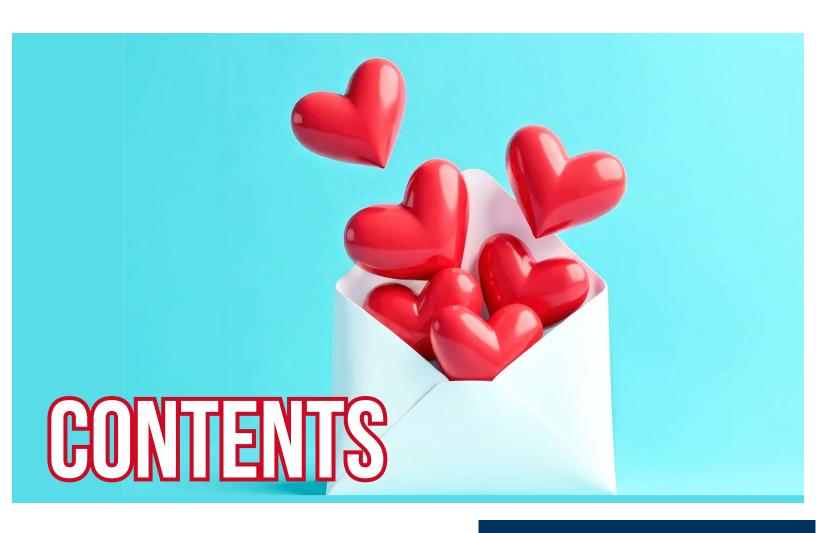
MR. BOBBY MCCULLOUGH

FIRST SERGEANT

MSGT MICHAEL HOOPER TSGT CORDERRO SAUNDERS MARKETING & COMMERCIAL **SPONSORSHIP**

202.284.3043

AT JBABFSS.COM



ART & FASHING LAB YOUTH CENTER

VALENTINES FOR WOUNDED WARRIORS JBAB LIBRARY

AEROBATHON FITNESS CENTER 1

BIG GAME WATCH PARTY JOINT INNOVATION & RECREATION CENTER

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ATLAS ANNOUNCEMENTS



Together We Thrive: A Month of Love and Unity

Maj Samantha Davies, 11 FSS/CC

February holds a special place in my heart. In February 2012, my husband proposed to me. He did not propose on Valentine's Day, but it was romantic. He proposed on the ice of a Colorado Avalanche game. At the time, he knew little about hockey, except that I was raised watching it. Today, three of our four children play ice hockey, and we enjoy looking back at that day in February 2012 that started it all. Since then, we have enjoyed a happy and exciting time together, being stationed worldwide and raising our 4 kiddos.

Our journey together has been filled with love, adventure, and countless cherished moments. In our 13 years, we have taken full advantage of the events and opportunities offered by the 9 bases we have been stationed at to strengthen our relationship and improve our communication as a couple. Whether attending Couples Communication classes or participating in events like Valentine's Bowling, these activities have been instrumental in strengthening our bond.

Love and togetherness are not just reserved for romantic relationships. They extend to our bonds with our families, friends, colleagues, and acquaintances. Here at JBAB, we witness daily acts of love and togetherness – from a simple smile shared between coworkers to unwavering support during challenging times.

Recent months have genuinely exemplified the strength and solidarity of our community. As we worked through State Funeral 39 and Presidential Inauguration 60, the support and cooperation we extended to one another was remarkable. These significant events required meticulous planning, dedication, and teamwork. The collective effort displayed during these times underscored the very essence of togetherness.

As we embrace the theme of love and togetherness this February, let's remember that small acts of kindness and connection make the most significant impact. A kind word, a helping hand, or simply being there for someone can brighten their day and strengthen our community. I wish you a month filled with love, joy, and meaningful connections. Let's celebrate the bonds that make us stronger and the love that brings us together.

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YOUTH CENTER

TEEN EVENTS FEB 2025

FEB 7, 14, 21, & 28

TORCH CLUB:

5 - 6 PM

FEB 7, 14, 21, & 28 KEYSTONE CLUB 6 - 6:30 PM

FEB 21 TEEN DATING AWARENESS GUEST SPEAKER 6 - 7PM

AGES 13-18: SUPPORTING THE DEVELOPMENT OF HEALTHY, RESPECTFUL, AND NONVIOLENT RELATIONSHIPS AND THE POTENTIAL TO REDUCE THE OCCURANCE OF TEEN DATING VIOLENCE AND PREVENT IT'S HARMAL AND LONG LASTING EFFECTS.

FEB 28 TEEN COUNCIL 6:30 - 7 PM

FSS FSS

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

CHILD AND YOUTH
PROGRAMS

JBABFSS.COM

7EBRUARY-JUNE

₽FSS



Calling all youth that love music! Are you a beginner or a pro? If you enjoy making beats or playing an instrument we have the space for you to write music and express your creative skills. We created a space with music equipment that you can enjoy from February-June.

Monday-Thursday 4 - 6 PM & Friday 4 - 8 PM Pre-Teens Friday 6 - 8 PM



202.284.3193

TEENS: MONDAY-THURSDAY

4-6PM & FRIDAY 4-8PM

PRE-TEENS: FRIDAY 6-8PM





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.

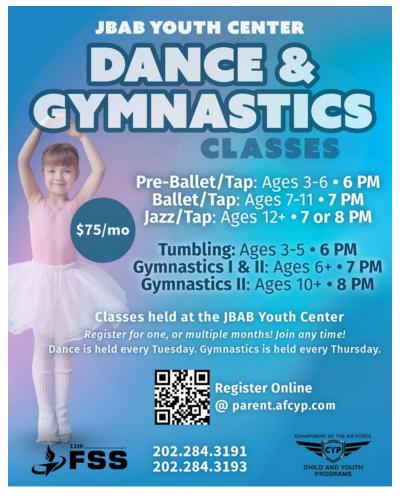
For more information please contact the Family Child Care Office at 11fss.jbab.fcc@us.af.mil or 202-284-4058/4059

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YOUTH SPORTS















Wounded Warrior Valentine Cards

Create a Valentine for a Wounded Warrior! Stop by 1 - 12 Feb, 10 AM - 2:30 PM. All are invited to make this Valentine's Day special for our heroes.

Movie Madness Patch Club

Every Friday at 5 PM in the Children's Room. FREE POPCORN

13 Feb, 4:30 - 5:30 PM in the Children's Room.

Storytime & Craftivity

Every Tuesday and Thursday at 10 AM in the Children's Room.

Details for library activities at jbabfss.com/library





FORCE DEVELOPMENT



TODAY MATTERS

Mr. Wayne McCray

I was reminded on yesterday that life is short. This brevity is what makes life special and valuable to each of us. Not the fact that we will end one day, but the truth that our opportunities are now, present, immediate, and need our undivided attention. Certainly we are to dream and plan as if we will live forever, but there is something extremely precious about living in the moment and being fully present for right now.

So, make your plans indeed, but life is limited and the fact that it was shared with you by someone you love is an indescribable gift to be treasured. Enjoy today...it counts too.





Exceptional Connections

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

EFMP 101

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

Join EFMP for a series of discussions aimed at empowering families with knowledge and tools to successfully navigate resources and advocate for their Exceptional Family Member.







REGISTRATION IS REQUIRED

Contact Claire Davis 202-284-4473 claire.davis.3@us.af.mil





BOLLING EVENT CENTER

7 FEBRUARY 3 - 5:30 PM

FOOD & **PRIZES!**

FEBRUARY'S THEME ROM COM'S

OSE'S LANDING

inside



OMMAND No federal endorsement implied



BOLLING EVENT CENTER

Valentine's

DINNER & DANCING



FEBRUARY

CLUB MEMBERS \$30 NON-MEMBERS \$40

SALMON CAKES, SHRIMP COCKTAIL & LOADED MASHED POTATOES

ROUND OF BEEF & WHOLE ROASTED TURKEY

DESSERT & CHAMPAGNE TO FINISH

Reservations are Required Scan to Reserve or Call 202-284-3990





FITNESS & AEROBIC CENTERS



9AM 10 AM **11 AM** 12 PM

PILOXING CYCLE









202,284,3141





BURPREES CHALLENGE



REGISTER @ Fitness Center 1



JOINT BASE ANACOSTIA-BOLLING AEROBIC CENTER

AEROBIGS SCHEDULE

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







JOINT RECREATION & INNOVATION CENTER



BIG GAME WATCH PARTY9 FEB • FREE • 4 PM- TOURNAMENTS • 6:30 KICKOFF





VALENTINE'S DAY MOVIE NIGHT 14 FEB • FREE • JRIC • ALL DAY



DORM DINNER w/ JBAB CHAPEL 26 FEB • Dorm Dinner: 5:00PM STREE SHUTTLES:

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

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

Need Volunteer Hours? Call us!



FEBRUARY 2025



QUESTIONS? CALL THE JRIC: 202.284.3900

2025 DITTI UTIL Calendar

Free Dinners start at 5 PM in the J.R.I.C. (Bldg 72).

Open to Active Duty Military, E-6 and below.

BARRACKS HONOR GUARD BUILDING 3619 SHUTTLE 4:45PM & 5:05PM 4:35PM & 4:55PM Joint Recreation & Innovation Center



26

26 MAR 30 APR

28

25 JUN 30 JUL **27** AUG

24 SEP 29 oct

19 NOV 17 DEC



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

> NO FEDERAL ENDORSEMENT IMPLIED

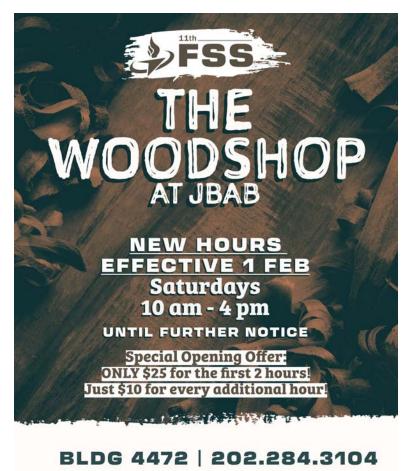




OUTDOOR RECREATION & ITT







RESIDENT'S **HOLIDAY HOURS**

14 FEB	17 FEB	HOLIDAY HOURS CLOSED REGULAR HOURS		
FAMILY DAY	FEDERAL HOLIDAY			
		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		

f/JBABFSS

