

# TITAN TALK

11<sup>TH</sup> FORCE SUPPORT SQUADRON | JBABFSS.COM | MAY 2025

SUMMER READING REGISTRATION  
1 MAY

A MOMENT FOR MOMS  
15 MAY

BOX CAR  
MOVIE NIGHT  
23 MAY

# TITAN FACILITY DIRECTORY

## AEROBICS CENTER

**BLDG 38 | 202.284.3141**

MONDAY - FRIDAY: 5 AM - 6 PM

## 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 - 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

## EDUCATION & TRAINING CENTER

**BLDG 52 | 202.284.4438**

MONDAY - THURSDAY: 9 AM - 2 PM

FRIDAY: 9 AM - 12 PM

## ENGRAVING SHOP

**BLDG 4472 | 202.284.4065**

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 - 6 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

MFRG-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 - 6 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**

TUESDAY - FRIDAY: 11 AM - 7:30 PM

*Kitchen closes at 7 PM*

## 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

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

## COMMANDER

MAJ SAMANTHA DAVIES

## SENIOR ENLISTED LEADER

CMSGT ASHLEY GRAHAM

## FIRST SERGEANT

MSGT MICHAEL HOOPER

TSGT CORDERRO SAUNDERS

## MARKETING & COMMERCIAL

SPONSORSHIP

202.284.3043

## 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





# CONTENTS

## 14 SPORTY SENTINEL'S DAY

### GIESBORO PARK

- 3 ATLAS ANNOUNCEMENTS
- 4 EVENT CALENDAR
- 5 CHILD & YOUTH PROGRAMS
- 7 FORCE DEVELOPMENT
- 8 MFRC EVENTS
- 10 POTOMAC LANES
- 12 BOLLING EVENT CENTER
- 13 FITNESS
- 15 ODR/TICKETS & TRAVEL
- 17 JRIC EVENTS
- 18 FSS HOLIDAY HOURS
- 19 FSS FACILITY MAP



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

# 11 FSS Leadership Feedback



**Maj Samantha Davies, 11 FSS/CC**

In our current resource-constrained environment, the 11 FSS remains committed to providing programs and services that enhance the well-being and mission-readiness of our community. To achieve this, your voice is essential.

This month, I am focusing on gathering feedback to ensure our programming aligns with what matters most to you. Whether it's fitness and wellness opportunities, professional development workshops, family-friendly events, or other services, we want to hear your thoughts. Your input will enable us to prioritize initiatives that bring the greatest value and impact to our base community.

To facilitate this, please utilize the QR code above. These comments come direct to me and the 11 FSS Senior Enlisted Leader and no one else. This avenue is designed to make sharing your ideas simple and effective. Every suggestion, whether big or small, helps us shape a future that reflects the needs and aspirations of our community.

While challenges persist, we view this as an opportunity to innovate and collaborate. By pooling our creativity and resources, we can reimagine how we serve Team Eleven, ensuring that we remain a cornerstone of support and excellence.

Thank you for being an active part of this process. Your insights empower us to continue delivering programs that matter. Together, we can build a thriving community, no matter the obstacles.



UPCOMING 11 FSS EVENTS

# Hello May!

**1  
MAY**

## **SUMMER READING PROGRAM REGISTRATION**

May 01-June 21, 2025 • Register at [jbanacostialibrary.beanstack.org/reader365](http://jbanacostialibrary.beanstack.org/reader365)

**2  
MAY**

## **DOUBLES PICKLEBALL TOURNAMENT**

Fitness Center 1 • 12PM & 5PM • Register at [quickscores.com/jbab](http://quickscores.com/jbab)

**14  
MAY**

## **TINY TOT PLAY TIME**

Bolling Splash Pad • 9:30-11AM • Free Play, Sensory Play, and More!

**15  
MAY**

## **MFRC MOMENTS FOR MOM'S**

Bolling Club • 11AM - 1PM • Flower Arranging, Giveaways, and More!

**18  
MAY**

## **TINY TOT PLAY TIME**

Bolling Splash Pad • 9:30-11AM • Free Play, Sensory Play, and More!

**19  
MAY**

## **KIDS BOWL FREE STARTS**

Potomac Lanes • Mon-Thurs, 11AM-3PM • Register online @ [kidsbowlfree.com](http://kidsbowlfree.com)

**20  
MAY**

## **SPORTY SENTINELS DAY**

6:45AM - 1PM • Giesboro Park • 5K run, Tire Flip, Humvee Push, and More! • Register at [quickscores.com/jbab](http://quickscores.com/jbab)

**23  
MAY**

## **JBAB POOL OPENING**

JBAB Pool • 12 - 7:30PM • Free

**23  
MAY**

## **FAMILY DAY BOWLING SPECIAL**

Potomac Lanes • 11AM- 3PM • 2 hour lane rental + shoes, 1 large 1 topping pizza, and 1 pitcher of soda for \$45!

**23  
MAY**

## **BOX CAR MOVIE NIGHT**

Capital Ballroom • 5:30 - 8PM • Mufasa Movie • Call 202-284-3990 to register.



Details & Registration  
for all events at

**JBABFSS.COM**



## CHILD AND YOUTH PROGRAMS

# YOUTH CENTER TEEN EVENTS

MAY 2025



### TORCH CLUB

MAY 2, 9, 16, & 30

5 - 6PM

### KEYSTONE CLUB

MAY 2, 9, 16, & 30

6 - 6:30PM

### TEEN COUNCIL

MAY 30

6:30 - 7:00PM

### DAVE & BUSTERS PRETEEN TRIP

MAY 10

1:00-5:00PM

AGES 9-12

### DAVE & BUSTERS TEEN TRIP

MAY 31

1:00-5:00PM

AGES 13-18

PRE-TEENS & TEENS ARE RESPONSIBLE FOR THEIR OWN MONEY FOR FOOD AND GAMES. PLEASE BE AT THE YOUTH CENTER AT 12:45PM, WE WILL BE LEAVING AT 1PM. REGISTER YOUR TEEN ON CYPBMS

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

**JBABFSS.COM**

JBAB YOUTH CENTER PRESENTS

## AMERICA'S ARMED FORCES KID'S RUN

**GAMES! MOON BOUNCE!  
POPCORN • SNOW CONES • DRINKS • & MORE!**

**17 MAY  
11 AM - 2 PM  
OUTDOOR TRACK**

**IT'S ALL FREE!**

#### AGE GROUPS

- 12 PM: 5-7 YEARS
- 12:30 PM: 8-10 YEARS
- 1 PM: 11+ YEARS



**202.284.3191**



Support the JBAB 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 202.284.4050/4050



# CHILD AND YOUTH PROGRAMS

# MUSIC & TUNES

JBAB YOUTH CENTER



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.

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

**Pre-Teens**  
Friday 6 - 8 PM

## JBAB YOUTH CENTER Art & Fashion Lab

DO YOU LOVE FASHION, SEWING, ART OR JUST WANT TO CREATE UNIQUENESS? WE HAVE THE SPACE FOR YOU!

-----

**FEBRUARY-JUNE**

TEENS: MONDAY-THURSDAY 4-6PM & FRIDAY 4-8PM  
PRE-TEENS: FRIDAY 6-8PM

-----

**202.284.3193**

JBAB YOUTH CENTER ROLLING REGISTRATION

**\$60 PER MONTH**

**TAEKWONDO**

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

REGISTER ONLINE  
PARENT.AFCYP.COM  
202.284.3193

MISSOULA CHILDREN'S THEATRE  
A PRODUCTION OF MCT, INC.

JBAB YOUTH CENTER PRESENTS

**\$25**  
AGES 5 TO 18

**Alice In Wonderland**  
STAR IN THE SHOW!

**AUDITIONS: 23 JUNE**  
**REHEARSALS: 23 JUNE - 27 JUNE**  
**PERFORMANCE: 28 JUNE**

Register at the Youth Center or call 202-284-3193 by 20 June.  
For questions or more information, contact the Youth Center 202.284.3193.

CONNECT WITH US!

f /JBABFSS

@JBABFSS

JBABFSS.COM | | 6



# FORCE DEVELOPMENT

## PUT YOUR HEAD DOWN AND FOCUS EVERYDAY

-MR. WAYNE MCCRAY

We all want to experience higher levels of achievement, reach more daring goals, and improve the quality of our lives in some way, shape or form. For us to enhance our performance, we first must become a better version of ourselves. There are no shortcuts. Talking about growth is not the same as doing it. Talking about starting a business is not same as sustaining a business's productivity. You can't just dream for it to happen and then not take massive action. It requires a lot of intentional effort, focus, discipline, and hard work when its inconvenient, but it is well worth it. Not merely because of what we achieve, but because of the man or woman we end up becoming in the process.

There is a saying that has help me repeatedly, "We first make our habits, and then our habits make us." Stop merely declaring your goals and do it. Stop focusing on social media comparisons and focus on your improvements. You really can eventually master success, growth, or greater achievement through focusing. Don't be afraid of working on your improvements when no one is watching...in private...without a social media post!

Learning how to get better can positively impact your personal well-being and your relationships with family, friends, and colleagues. Bettering yourself in one area of life can also lead to improvements in other areas like your professional career.

For example, bettering your communication at home can help you become a more effective and productive leader at work. Similarly, improving your work performance can help you find more meaning in your personal life.

Again, one key is to discipline yourself to remain focused on this goal...your goal... Not other's successes or opinions or comparisons, not feeling inadequate, not social media selections, not someone else's path...this is not a competition! It is a journey that is uniquely yours! It's your time to focus on your needs, your growth, your commitment, your journey.... Discipline yourself to focus on your own development.



# May at the Library

...in the Children's Room!

## Summer Reading Program

"LEVEL UP AT YOUR LIBRARY!"

Registration is May 01 - June 21, 2025

Summer Reading Program dates:  
June 23 - August 08, 2025

Scan the QR Code to Register



## Storytime & Craftivity

Every Tuesday & Thursday at 10 AM

## Movie Madness

Every Friday at 5 PM

## Patch Club

8 May, 4:30 - 5:30 PM

## Family Game Day

24 May, 1 - 4 PM

Details for library activities at  
[jbabfss.com/library](http://jbabfss.com/library)  
202.284.4703





# MILITARY & FAMILY READINESS CENTER



MILITARY SPOUSE



## APPRECIATION GIVEAWAY

ARE YOU UP FOR THE CHALLENGE? TO WIN, STOP BY THE MILITARY & FAMILY READINESS CENTER AND ANSWER THE READINESS & RESILIENCY TRIVIA CORRECTLY!

MAY 2, 9, 16, & 30 | 10AM-12PM

118 BROOKLEY AVE, BLDG 13



\*ONLY ONE WINNER

\*MILITARY SPOUSE STATUS WILL BE VERIFIED

THANK YOU SPOUSES FOR YOUR COMMITMENT AND SACRIFICES!



JBAB MFRC

## PERSONAL & WORKLIFE WORKSHOP CALENDAR

MAY 2025

Mondays 1-on-1 Consult: Stress Management

Tuesdays 1-on-1 Consult: Resources

**6** Key Support Liaison Continuing Education  
11 AM - 12 PM

**8** Bundles for Babies  
9 AM - 12 PM

**9** Couples Connect with Take Home Activity  
6 - 8 PM

**14** Anger Management  
11 AM - 12 PM

**21** Mindfulness & DIY Calendar  
11 AM - 12 PM



REGISTER AT  
JBAB-PWL.TIMETAP.COM  
or call 202-284-4473



M&FRC + Military & Family Life Counselor

## LUNCH & LEARN

12 - 1 PM • HONOR GUARD DORM LOUNGE



Bring your lunch and enjoy participating in a monthly group discussion about different healthy living topics with the Military & Family Life Counselor!



- May 13: Growth Through Education- Learn Skills for Success in your Education Journey!
- June 10: Resources for Navigating Military Life Challenges
- July 1: Financial Management: Money Matters
- August 12: The Power of Connection: Enhancing the Parent-Child Relationship
- September 9: Resiliency During Uncertainty
- October 14: Work Life Balance - Navigating Priorities

REGISTER ONLINE  
OR CALL 202.284.4473



OPEN TO AGES 1 - 3 YEARS  
WITH A CAREGIVER



GROW & LEARN WITH EFMP  
AND NEW PARENT SUPPORT!

## TINY TOT PLAY TIME AT THE BOLLING SPLASH PAD!

FREE PLAY, SENSORY PLAY  
MUSIC, & PARENTING TIPS!

9:30 - 11 AM

UPCOMING DATES:

14 & 18 MAY

11 & 18 JUNE

9 & 23 JULY

13 & 27 AUGUST

10 & 24 SEPTEMBER



\*Check the JBAB Community page & MFRC page for weather updates.  
Playgroup will be moved indoors in the case of inclement weather.

Military & Family Readiness Center | 202.284.4473

CONNECT WITH US!

f /JBABFSS

@JBABFSS

JBABFSS.COM | 8



JBAB MFRC

# A MOMENT FOR MOM'S

15 MAY - 11 AM – 1 PM  
BOLLING CLUB



**MFRC is celebrating the strength and dedication  
of Military Spouses this Mother's Day!**

Take a moment to be pampered with a day full of  
giveaways, candle making workshops, & flower arranging.

**REGISTRATION IS REQUIRED**

Scan the QR code or Email Claire Davis  
[claire.davis.3@us.af.mil](mailto:claire.davis.3@us.af.mil)





potomac lanes

# FAMILY DAY

bowling special!

**23 MAY**  
11 am - 3 pm

2 hour lane rental  
+ shoes, 1 large 1 topping  
pizza, and 1 pitcher of soda  
...only \$45!



limit 6 patrons per lane  
202.284.4115



**2 FREE GAMES A DAY!**  
WITH \$4 SHOE RENTAL



**KIDS BOWL  
FREE.COM**

SAVE THE  
DATE!



**19 MAY - 21 AUG**  
**MON - THUR • 11 AM - 3 PM**



REGISTER ONLINE @ [KIDSBOWLFREE.COM](http://KIDSBOWLFREE.COM) • 202.284.4115



BOLLING EVENT CENTER

BOLLING EVENT CENTER

CLUB MEMBER  
HAPPY HOUR: 4 - 6 PM

KARAOKE &  
DANCING

# FIRST FRIDAY

*inside*  
**GOOSE'S  
LANDING**

2 & 16 MAY  
7 - 11 PM

FOOD AVAILABLE FOR PURCHASE  
FROM 7 - 10 PM



**Trivia  
Night**

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

**1 FIRST  
COMMAND**

No federal endorsement implied



AIR FORCE SERVICES  
CLUBS



AIR FORCE  
COMMUNITY CENTER



# BOX CAR MOVIE NIGHT

## MUFASA

THE LION KING

**23 MAY • 5:30 - 8 PM**  
**BOLLING EVENT CENTER**  
**CAPITAL BALLROOM • FREE**


Come join us as we journey back to the Pride Lands with *Mufasa: The Lion King!*  
Build your own box car with our provided materials, then sit back and enjoy the show.

\*MINI CONCESSION STAND  
WITH FOOD FOR SALE

**DESIGN & BRING  
YOUR CAR!**

**BOX CAR MATERIALS:  
PICK UP YOUR CARDBOARD BOX AND  
PAPER PLATE STARTING 5 MAY!**

**REGISTRATION REQUIRED**

 **202.284.3990**





MAY  
FITNESS  
CHALLENGE



# 500 MILES CHALLENGE

CAN YOU  
REACH 500  
MILES IN  
THE MONTH  
OF MAY?



Bike Approval:  
Road Bike  
Mountain Bike  
Spin Bike  
Upright Bike  
Recumbent Bike  
No electric bikes allowed.



2025

# DOUBLES PICKLEBALL TOURNAMENT



2 May | 12pm & 5pm  
Fitness Center 1



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



## 2025 INTRAMURAL SOFTBALL LEAGUE

Mon & Wed | 6 & 7 PM | Giesboro Park

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



202.284.3034

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





# FITNESS & AEROBIC CENTERS



## 2025 SPORTY SENTINELS DAY

**20 MAY**  
**0645 - 1300**  
**GIESBORO PARK**

**BOOT CAMP • TIRE FLIP  
HUMVEE PUSH  
PICKLEBALL  
ULTIMATE FRISBEE  
ROCK CLIMBING WALL  
BEACH VOLLEYBALL  
3 V 3 BASKETBALL TUG OF WAR**

**REGISTER ONLINE!**  
[quickscores.com/jbab](https://quickscores.com/jbab)

Questions? Contact Mike Perry, Fitness Director, 202.284.3133

DEPARTMENT OF THE AIR FORCE  
FITNESS & SPORTS

## JBAB POOL OPENS 23 MAY!

**OPENING DAY**  
12 PM - 7:30 PM

**LAP SWIM**  
TUESDAY - FRIDAY: 6 AM - 11 AM  
SATURDAY & SUNDAY: 9 AM - 11 AM

**OPEN SWIM**  
TUESDAY - FRIDAY: 12 PM - 7:30 PM  
SATURDAY & SUNDAY: 12 PM - 7:30 PM

**CLOSED ON MONDAYS**  
(EXCEPT WHEN A FEDERAL HOLIDAY IS ON A MONDAY)

**FEDERAL HOLIDAYS**  
OPEN SWIM: 12 PM - 7:30 PM

**POOL ACCESS IS ALWAYS FREE**

**PLEASE, READ & FOLLOW ALL POOL RULES at JBABFSS.COM/POOL**

DEPARTMENT OF THE AIR FORCE  
FITNESS & SPORTS

## 11 FSS FUN RUN & WALK

# 5K

### 2025 CALENDAR

**MARCH 7  
APRIL 4  
JUNE 6  
JULY 11  
AUGUST 8  
SEPTEMBER 19  
OCTOBER 3**

Runs Start at 7am, unless noted.  
Dates and start times subject to change for any reason, including weather.  
Contact the fitness center for more information.  
\*20 May Sporty Sentinels Day- Giesboro Park

**Aerobics Center • 202-284-3034**

Sponsored by:  
**FIRST COMMAND**

No federal endorsement implied

DEPARTMENT OF THE AIR FORCE  
FITNESS & SPORTS

## JOINT BASE ANACOSTIA-BOLLING AEROBIC CENTER

# AEROBICS 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	

11th FSS | [JBABFSS.COM](https://JBABFSS.COM)

DEPARTMENT OF THE AIR FORCE  
FITNESS & SPORTS

CONNECT WITH US!

f /JBABFSS

@JBABFSS

JBABFSS.COM | | 14



# LET'S GO FISHING!

Join us for an unforgettable fishing experience!

**21 JUNE**

**CAPITAL COVE MARINA**

\$75 per person

Max of 4 participants per time slot

All equipment provided

**AVAILABLE TIME  
SLOTS**

8-11 AM


12-3 PM

4-7 PM

**CAST YOUR LINE  
CATCH THE  
ADVENTURE!**

Spots are limited.  
Sign-ups close **10** days prior to the event.  
\*Weather permitting.

For more details contact Outdoor Recreation

 202-284-3104

 11FSS.JBAB.ODRMARINA@us.af.mil.





## OUTDOOR RECREATION

EXPLORE

# NEW YORK

**28 JUNE** COST: \$60/PERSON

### Explore the Big City:

- JBAB Outdoor Recreation is offering a Round-Trip Charter to the heart of New York City!
- You'll have the entire day to explore the city at your own pace.

Don't miss out on this opportunity—spaces are limited, so be sure to stop by the Outdoor Recreation Office to reserve your spot today!

### Morning Departure:

- 7 AM: Depart from
- Midway Break: Stretch and relax at the Delaware House (30-minute stop).
- 11 AM: Arrive in Midtown Manhattan, Herald Square (across from Macy's).

### Evening Return:

- Meet at Herald Square (Across from Macy's)
- Bus departs Midtown Manhattan at 7 PM for the return journey.
- 11 PM: Arrival back at Outdoor Recreation (Old Resale Lot).

**Don't miss this fantastic opportunity to experience the magic of New York City!**  
Make your reservation at Outdoor Recreation; Building 928



## Outdoor Recreation

# Party 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!

### SNACK PACKS

Snow Cone Machines • Cotton Candy Machines  
Popcorn Machines • Supplies Included

### YARD GAME PACKS

Corn Hole • Putt Golf • Cup Pong • Ladder Golf  
Giant Jenga • Connect Four • And More!

### BOUNCY PACKS

Tropical Moonbounce • Ocean Moonbounce  
Castle Moonbounce • Plus Games or Snacks!

### FIELD DAY PACK

Pop-up Pavillion • Ice Chests • Chairs  
Tug of War • Kickball • Football

FROM JUST  
**\$35!**

**202.284.3104**



Reserve yours today!

[JBABFSS.COM/OUTDOOR-RECREATION](http://JBABFSS.COM/OUTDOOR-RECREATION)

OUTDOOR RECREATION

## REEL IN ADVENTURE WITH CAPTAIN OWEN!

As a twenty year Army veteran, I know firsthand the challenges of balancing a military career with creating quality family time. Let me help you reconnect and make lasting memories on the water with a family fishing trip!

Trips starting at just \$355 for a family of six.

Fully licensed and insured veteran-owned small business

Now Serving Capital Cove Marinal

**BOOK NOW**

Spring dates are filling up fast; book your trip today!  
[www.capitalbluesfishing.com](http://www.capitalbluesfishing.com)

Paid Ad.



# JOINT RECREATION & INNOVATION CENTER



## AROUND THE EMBASSY TOUR (PASPORT DC)

3 MAY • FREE • MEET AT JRIC AT 10AM • LIMITED SPACES



## MAY THE 4TH BE WITH YOU

3, 7, 8, & 9 MAY • ALL DAY • STAR WARS MOVIES PLAYING ALL DAY



## TOURNAMENT NIGHT

15 MAY • 5PM • HONOR GUARD BLDG.



## TOURNAMENT NIGHT

22 MAY • 5PM • FURNARI BLDG.



## DORM DINNER w/ JBAB CHAPEL

28 APR • Dorm Dinner: 5PM

FREE SHUTTLES:

BLDG 3619: 4:35pm & 4:55pm

Honor Guard Barracks: 4:45pm & 5:00pm



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



# MAY 2025

QUESTIONS? CALL THE JRIC: **202.284.3900**



# 2025 Dorm Dinner Calendar

## Joint Recreation & Innovation Center

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

<del>29</del> JAN	<del>28</del> FEB	<del>29</del> MAR	<del>28</del> APR
28 MAY	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







# MEMORIAL DAY

## HOLIDAY HOURS

**23 MAY**  
FAMILY DAY

**26 MAY**  
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
	12 - 7:30 PM	Pool
		Potomac Lanes
		Resource Management
		Slip Inn Waterfront Restaurant
		Wood Shop
		Youth Center



# 11FSS FACILITIES MAP



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

## 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)