

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 - 8PM

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 | 202.284.4065

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

GET 24/7 ACCESS TO:

- CARDIO MACHINES
- FREE WEIGHTS
- WEIGHT MACHINES
- BASKETBALL COURT
- RESTROOMS

REGISTER NOW, IN-PERSON, AT FITNESS CENTER I

FITNESS CENTER II

BLDG 419 | 202.284.3183

MONDAY - FRIDAY: 5 AM - 5 PM

GET 24/7 ACCESS TO:

CARDIO MACHINES FREE WEIGHTS RESTROOMS

REGISTER NOW. IN-PERSON. AT FITNESS CENTER II

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 - SATURDAY: 11 AM - 9 PM

SLIP INN WATERFRONT RESTAURANT BLDG 2482 | 202.767.5840

TUESDAY - FRIDAY: 11 AM - 7:30 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

11TH FORCE SUPPORT SQUADRON

COMMANDER

MAJ SAMANTHA DAVIES

FIRST SERGEANT

MSGT DESMOND COMEUAX

MARKETING & COMMERCIAL SPONSORSHIP

202.284.3043



CMSGT ASHLEY GRAHAM

SENIOR ENLISTED LEADER



HALLOWEEN PARADE JBAB YOUTH CENTER

OCTOBER AT THE LIBRARY LIBRARY

SPOOKY BOOTS ON THE GROUND MILITARY & FAMILY READINESS

MOTOWN NIGHT SLIP INN

- **EVENT CALENDAR**
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GET THIS NEWSLETTER DELIVERED TO YOUR INBOX! SCAN HERE TO SIGN UP

UPCOMING OCTOBER 11 FSS EVENTS

HAUNIED HIGHIGHIS

- 5K FUN RUN
 - Aerobics Center 7AM Partnered with 11th Wing Integrated Resilience Office
- MO-TOWN NIGHT AT THE SLIP INN
 Slip Inn 4:30-7:30PM Music by DJ Chris
- 10 MILITARY PASS DAY BOWLING SPECIAL
- Potomac Lanes 11AM-4PM 1 hour lane rental + shoes, 1 lrg 1 topping pizza, and a pitcher of soda \$40
- 16 2-FOR-1 STEAK NIGHT
 - Goose's Landing• 5-8PM• Club Members: \$49.95 for 2 & Non-Members: \$49.95 for 1
- 17 CCAF GRADUATION
- OCT Capital Ballroom, Bolling Club 1PM Celebrate the newest CCAF Graduates, Hosted by JBAB
- 18 BATTLE OF THE BASES

 JBAB Turf Field All Day
- **18 MFRC PAINT A PUMPKIN**
- **OCT** JBAB MFRC BLDG 1-4PM Register by 16 Oct: jbab-pwl.timetap.com
- 18 ODR NYC DAY TRIP
- Outdoor Recreation Depart at 7:00AM Return at 11PM \$70 per person, sign up at ODR
- MFRC SPOOKY BOOTS ON THE GROUND
 Fitness Center 1 6-8PM Grab your cowboy boots & get ready for an evening of thrills & chills for the entire family! Wear your favorite boots & don't forget your costume!
- 25 OCT HALLOWEEN TRUNK OR TREAT BASH Potomac Lanes 4-7PM Pumpkin Patch, Games, Crafts, & More!
- HALLOWEEN PARADE

 Giesboro Park Parade Departs at 5:30PM Ends at the Youth Center Open to all children and parents of JBAB Families! Costume wear is encouraged & BYO Treat bags/buckets



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

YOUTH CENTER



TEEN EVENTS

OCTOBER 2025

TORCH CLUB

OCTOBER 3, & 24

5:00 - 6:00PM

KEYSTONE CLUB

OCTOBER 3, & 24

6:00 - 6:30PM

TEEN COUNCIL

OCTOBER 24

6:30 - 7:00PM

TO REGISTER & FOR MORE INFORMATION GALL THE YOUTH CENTER 202.284.3193

FSS







Ages 5-14 | September - December

Cheerleaders:

Cheerleaders receive a shell, skirt, and pom poms.

Basketball:

Players receive a NBA replica jersey & shorts

Important Dates

Coaches Meeting
Dec 13, 2025, 10 am, JBAB YC Gym

Parents Meeting / Skills Assessment ages 9-14 Dec 20, 2025, 9 am, JBAB YC Gym

*All players must have current flu/immunization shots, school/sports physical to participate

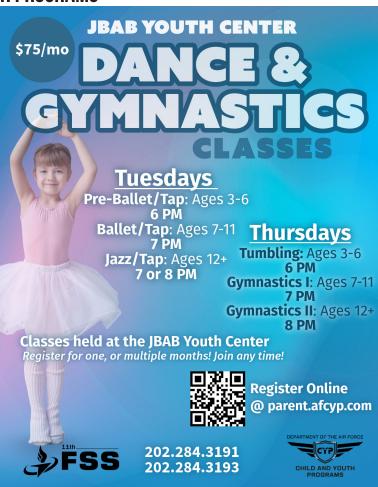


Volunteer Coaches Needed! All Age Groups.
Contact JBAB Youth Sports Director Rico Bailey at ricardo.bailey@us.af.mil for details



CHILD AND YOUTH PROGRAMS









FORCE DEVELOPMENT



The Fall Season is Almost Here....

MR. WAYNE MCCRAY

I found myself in an unexpected conversation with one of our fellow Titans and it turned to the autumn season. I ventured to ask, "Why do you love the fall season so much?" This is her incredible answer....

The different color leaves in the foliage and the changes they stimulate in me are awe inspiring...the variations, adjustments, progress, and discoverers that are aching for expression through my experience. The dying of the old year and the preparation for a new beginning--the hope-filled ending that leads to starting again...cherishing and embracing such an ending. Anticipating a kind of rebirth.... Yes, the excitement of a fresh test launch or first-ever endeavor....

The fall's ending is robust, colorful, revelatory, substantial and certainly a thousand times more vivid and graphic than the monotony of regular life itself, not merely a fading into nothingness or an unimpressionable end It is taking the time to notice the obvious and evident...climate adjustments... appreciating the crisp air and cool mornings.... stopping the busyness long enough to notice and enjoy the harvesting taking place.

To say she 'nailed it' during our conversation is a huge understatement! These are incredible lessons we all cherish to some degree; they are written deeply on our DNA strains. We have attempted these reflections occasionally throughout life...or we have been reminded of them at times when we were forced to stop and take notice, but afterwards we were so glad we paused...gave ourselves permission to just breathe...allowed ourselves to venture and ponder much deeper than before. Yes, the fall season is almost here....

FORCE DEVELOPMENT









EGISTER









JBAB & PENTAGON EFMP

BUUS on the GROUN

Oct 24

6-8pm FREE

Grab your cowboy boots & get ready for an evening of thrills & chills for the entire family! Wear your favorite boots & don't forget your costume!

FITNESS CENTER 1









M&FRC + Military & Family Life Counselor

MILITARY& FAMILY

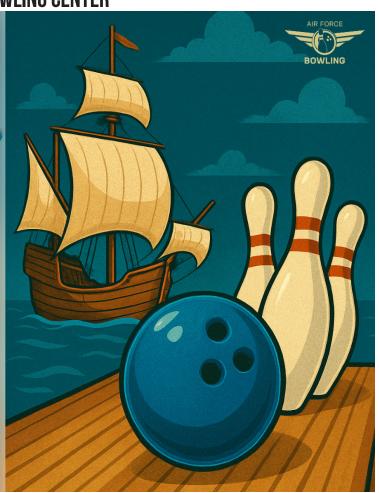
October 14
Work Life Balance - Navigating Priorities



REGISTER ONLINE OR CALL 202.284.4473



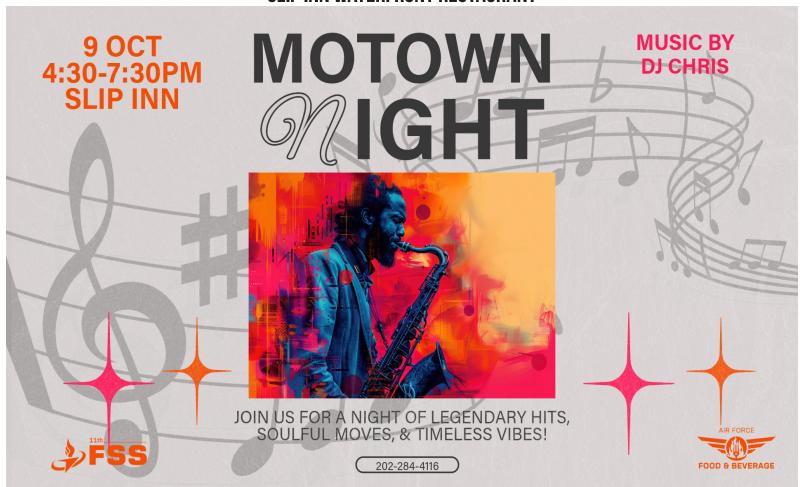








SLIP INN WATERFRONT RESTAURANT







17 OCTOBER





BOLLING EVENT CENTER









OUTDOOR RECREATION & ITT

OUTDOOR RECREATION



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

Morning Departure:

7 AM: Depart from JBAB Outdoor Recreation (Old Resale Lot) Break Stop: Stretch and relax at the Delaware Welcome Center Travel Plaza. 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 & ITT

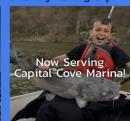




Let me help you reconnect and make lasting memories on the water with a family fishing trip!







BOOK NOW

Dates are filling up fast; book your trip today! www.capitalbluesfishing.com

CONQUERthe MOUNT



Let JBAB Outdoor Recreation equip your adventure!

Rentals - Starting at just \$15/day!

Skis · Boards · Boots · Poles

Services

Tuning · Calibrating · Edging · Waxing

See our full price list online, or give us a call!

	Per Day (24hrs)	Each Additional Day	ODR Special (Friday -Tuesday)
Snowboard Package (Includes Snowboard & Boots)	\$30.00	\$15.00	\$50.00
Ski Package (Includes Skis, Boots, & Poles)	\$35.00	\$15.00	\$50.00
Skis	\$20.00	\$15.00	
Snowboard	\$20.00	\$15.00	
Boots	\$15.00	\$10.00	
Poles	\$10.00	\$10.00	
Snow Shoes	\$24.00	\$24.00	
Each Add	itional Day: \$15.00 f	or daily rentals	

t be made with the front office staff. The appointment ca scheduled by dialing 202-284-3104



jbabfss.com | 202.284.3104

FITNESS & AEROBIC CENTERS











FLAG FOOTBALL TMAKKOT

SATURDAY, OCTOBER 18 7:30 AM - 5 PM **JBAB TURF FIELD**







FOOD TRUCKS OGIVEAWAYS & MORE!







JOINT RECREATION SINNOVATION CENTER OCTOBER 2025



EVERY THURSDAY GAME NIGHT @ JRIC 2, 9, 16, 23, & 30 OCT • FREE

SHUTTLE AVAILABLE FROM DORMS



HORROR MOVIE NIGHT @ JRIC EVERY FRIDAY
3, 10, 17, 24, & 31 OCT • 4PM • FREE

SHUTTLE AVAILABLE FROM DORMS



YOU PICK'EM TRIP (JUNIOR ENLISTED PICKS TRIP)

11 OCT • MEET 10AM

SIGN UP @ JRIC





HALLOWEEN COSTUME & PUMPKIN PAINTING CONTEST

30 OCT • 4PM • FREE

WEAR YOUR HALLOWEEN COSTUME TO THE JRIC AND GET READY TO PAINT A PUMPKIN! LET YOUR CREATIVITY FLOW! JUDGING BY THE JRIC STAFF

The J.R.I.C. is open to all Single & Unaccompanied Military, E1 - E6.
Need Volunteer Hours? Call us! 202.284.3900





11th FORCE SUPPORT SQUADRON

OLUMBUS

		HOLIDAY HOURS		
10 OCT MILITARY PASS DAY	13 OCT 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		
		Information, Tickets, & Travel		
		Joint Recreation & Innovation Center		
		Library		
11AM-3PM		Frame Shop		
		Military & Family Readiness Center		
		Military Personnel Flight		
		Outdoor Recreation		
		Potomac Lanes		
		Resource Management		
		Slip Inn Waterfront Restaurant		
		Youth Center		

f/JBABFSS

SOUTH GATE