

# TITAN TALK

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

*Valentine Dinner & Dancing*  
**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

AT JBABFSS.COM

\*SHOWERS NOT AVAILABLE DURING AFTER-HOURS ACCESS

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

## COMMANDER

MAJ SAMANTHA DAVIES

## DEPUTY

MR. BOBBY MCCULLOUGH

## MARKETING & COMMERCIAL

SPONSORSHIP

202.284.3043

## SENIOR ENLISTED LEADER

CMSGT ASHLEY GRAHAM

## FIRST SERGEANT

MSGT MICHAEL HOOPER

TSGT CORDERRO SAUNDERS





# CONTENTS

- 05** ART & FASHING LAB  
YOUTH CENTER
- 09** VALENTINES FOR WOUNDED WARRIORS  
JBAB LIBRARY
- 13** AEROBATHON  
FITNESS CENTER 1
- 15** BIG GAME WATCH PARTY  
JOINT INNOVATION & RECREATION CENTER

- 3** ATLAS ANNOUNCEMENTS
- 4** EVENT CALENDAR
- 6** CHILD CARE HOMES
- 8** POTOMAC LANES
- 10** FORCE DEVELOPMENT
- 11** MFRC EVENTS
- 12** BOLLING EVENT CENTER
- 13** FITNESS
- 15** JRIC EVENTS
- 17** ODR/TICKETS & TRAVEL
- 18** FSS HOLIDAY HOURS



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

## 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.

UPCOMING 11 FSS EVENTS

# FEBRUARY

**1-12 FEB VALENTINES FOR WOUNDED WARRIORS**

JBAB Library • 10 AM - 2:30PM • Everyone is invited to design a card for a Wounded Warrior

**01 FEB AEROBATHON**

Aerobics Center • 9 AM - 1PM • Yoga, Zumba, Cycle, and more!

**01 FEB NEW TEMPORARY HOURS FOR JBAB WOODSHOP**

Arts & Crafts Building 4472 • 10 AM - 4 PM • Special opening offer!

**4 FEB 2025 WINTER COMMISSIONING PANEL**

Stewart Theater • 1 PM • JBAB Members

**9 FEB JRIC BIG GAME WATCH PARTY**

JRIC • 4 PM - 6:30 Kickoff • Football Trivia, Madden Tournament, and more!

**14 FEB FAMILY DAY BOWLING VALENTINES SPECIAL**

Potomac Lanes • 11 AM - 3 PM • \$45 per lane for 2 hours, shoe rental, and more!

**14 FEB VALENTINE'S DINNER AND DANCING**

Bolling Event Center • 6PM • Club Members: \$30 and Non-Members \$40

**21 FEB TEEN DATING AWARENESS GUEST SPEAKER**

Youth Center • 6 - 7 PM • Ages 13-18

Details & Registration  
for all events at



**JBABFSS.COM**

# 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

**TO REGISTER & FOR MORE INFORMATION**

**CALL THE YOUTH CENTER • 202.284.3193**

**JBABFSS.COM**



# 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!

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**FEBRUARY-JUNE**  
 -----

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

PRE-TEENS: FRIDAY 6-8PM

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**202.284.3193**



Support the QBAB 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

# JBAB LITTLE LEAGUE 2025

# BASEBALL

**START SMART**  
AGES 3 - 4

**MACHINE PITCH**  
AGES 7 - 8

**TEE BALL**  
AGES 5 - 6

**AAA**  
AGES 9 - 10

**MAJORS**  
AGES 11 - 12

**\$70**



**REGISTRATION**  
1 NOV- 3 FEB 2025  
[parent.afcyp.com](http://parent.afcyp.com)



**202.284.3193**



**VOLUNTEER COACHES NEEDED!**



JBAB YOUTH CENTER

ROLLING REGISTRATION

**\$60**  
PER MONTH

# TAEKWONDO

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



REGISTER ONLINE  
[PARENT.AFCYP.COM](http://PARENT.AFCYP.COM)

202.284.3193



# JBAB YOUTH CENTER DANCE & GYMNASTICS 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](http)



202.284.3191  
202.284.3193





POTOMAC LANES

# Family Day BOWLING

## Valentines Special

# 14 FEB

11 AM - 3 PM

\$45 per lane for 2 hours  
*with shoe rental, large 1 topping pizza  
and a pitcher of soda*



202.284.4115



POTOMAC LANES

# BOWLING LEAGUES

## FOR EVERYONE!

## MON - SAT

### YOUTH LEAGUES

SAT • 10AM

Call or stop by for  
more infomation!



202.284.4115



FEBRUARY

at the

# Library



## 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](http://jbabfss.com/library)



JBAB LIBRARY

# VALENTINES for WOUNDED WARRIORS



Everyone is invited to  
design a card for a  
Wounded Warrior!

**FEB 1-12**  
**10 AM - 2:30 PM**



202-284-4703

**JBAB STEWART THEATER  
PRESENTS:**

◆◆◆ 2025 WINTER ◆◆◆  
**COMMISSIONING  
PANEL**



**4 FEB | 1300 | JBAB Stewart Theater**

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



For more information please call, 202.284.4438

**TITAN THOUGHT**

**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.

FEB  
2025

# JBAB MFRC PERSONAL & WORKLIFE WORKSHOP CALENDAR



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

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

**4 Key Support Continuing Education**  
11AM - 12 PM

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

**12 The Five Love Languages of Children**  
2 PM - 3 PM

**13 How to communicate the right way**  
11AM - 12 PM

**20 Mindfulness Practice & Discussion**  
10 AM - 11 AM

**21 Couples Communication**  
5 PM - 6 PM (Hybrid)

REGISTER AT [JBAB-PWL.TIMETAP.COM](http://JBAB-PWL.TIMETAP.COM)  
or call: 202-284-4473



GROW & LEARN WITH EFMP  
AND NEW PARENT SUPPORT!

## TINY TOT PLAY TIME

OPEN TO AGES 1-3 YEARS  
WITH A CAREGIVER

JOIN US FOR  
FREE PLAY, SENSORY PLAY,  
MUSIC, & PARENTING TIPS!

12 & 25 FEBRUARY  
12 & 26 MARCH  
9 & 23 APRIL  
9:30 - 11 AM



Military & Family Readiness Center | 202.284.4473



## 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](mailto:claire.davis.3@us.af.mil)



EFMP Family Support



BOLLING EVENT CENTER

BOLLING EVENT CENTER

**7 FEBRUARY  
3 - 5:30 PM**

# Trivia Night

**FOOD &  
PRIZES!**

FEBRUARY'S THEME  
**ROM COM'S**

*inside*

**GOOSE'S LANDING**



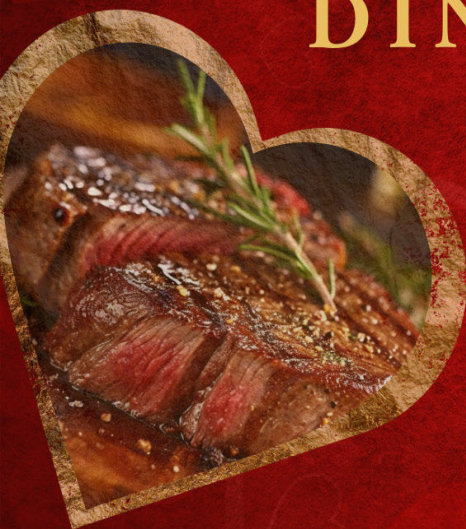
No federal endorsement implied



BOLLING EVENT CENTER

# Valentine's

## DINNER & DANCING



**14  
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



CONNECT WITH US!

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@JBABFSS

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# AEROBATHON

1

FEB

9AM - 1PM  
FITNESS CENTER 1

9 AM  
10 AM  
11 AM  
12 PM

YOGA  
ZUMBA  
PILOXING  
CYCLE



202.284.3141



## FEBRUARY



# BURPREES CHALLENGE



HOW MANY BURPREES  
CAN YOU DO IN  
**2 MINUTES?**

REGISTER @  
Fitness Center 1



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	



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



JOINT RECREATION & INNOVATION CENTER

# BIG GAME WATCH PARTY!

**FOOTBALL  
TRIVIA**

**MADDEN  
VIDEO GAME  
TOURNAMENT**

**09 FEB • 4:00 PM  
- 6:30 PM KICKOFF -**

sponsored by



The J.R.I.C. is open to all Single & Unaccompanied Military, E1 - E5.

202.284.3900





# JOINT RECREATION & INNOVATION CENTER



## BIG GAME WATCH PARTY

9 FEB • FREE • 4 PM- TOURNAMENTS • 6:30 KICKOFF



## COMEDY MOVIE NIGHT

21 FEB • FREE • JRIC • ALL DAY



## VALENTINE'S DAY MOVIE NIGHT

14 FEB • FREE • JRIC • ALL DAY



## DORM DINNER w/ JBAB CHAPEL

26 FEB • Dorm Dinner: 5:00PM

FREE SHUTTLES:

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

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



NO FEDERAL ENDORSEMENT IMPLIED

The 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 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>20</del> JAN	26 FEB	26 MAR	30 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



CONNECT WITH US!

f /JBABFSS

@JBABFSS

JBABFSS.COM | | 16

JBAB OUTDOOR RECREATION

# 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



202.284.3104



AIR FORCE  
INFORMATION TICKETS & TRAVEL

# CAPS & WIZ TICKETS ON SALE NOW!

@ JBAB ITT  
202.284.3108

11th FSS  
jbabfss.com/itt

11th FSS

# THE WOODSHOP AT JBAB

**NEW HOURS  
EFFECTIVE 1 FEB**  
Saturdays  
10 am - 4 pm  
UNTIL FURTHER NOTICE

**Special Opening Offer:**  
ONLY \$25 for the first 2 hours!  
Just \$10 for every additional hour!

BLDG 4472 | 202.284.3104



# 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)