

May 14, 2018

Volume 6, Issue 20



this week's peek

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FUN

- [AF Photography Contest](#)—Now– May 31, Theme “FREEDOM.” Categories Adult (Accomplished) (Novice), Teens ages 13-17, Youth ages 9-12 & Children ages 6-8. For more info call x1104.
- [Third Wednesday Bingo](#)—May 16, 6 p.m. @ Heritage Hall, ages 18+. For more info call x8796
- [Bunco de Mayo](#)—May 17, 6 p.m. @ Spitfire Pub, \$5 per person, ages 18+. For more info call x8796.
- [Free Friday Movie](#)—May 18, 6 p.m. @ the Base Theater. Showing “The 15:17 to Paris” PG-13.
- [Base Yard Sale](#)—May 19, 8 a.m. to noon. In event of rain—sale will be inside. If you want to rent space, \$5, table rental \$3, and set up begins at 7 a.m. For more info call x8684.
- [Mother & Son Summer Kick Off!](#) - May 19, 3 to 6 p.m. @ the Youth Center. FREE event! For more info call x8796.
- [Free Saturday Movie](#)—May 19, 7 p.m. @ the Base Theater. Showing “Game Night” R.
- [Armed Forces Day Bowling](#)—May 19, 9:30 to 11:30 p.m. @ Planet Bowl. 1/2 price cosmic for all active duty military. For more info call x0350

KIDS RUN MAY 19 COLOR RUN 2018

Register online through May 16
americaskidsrun.org

Fun for all ages! Spectators & volunteers welcome. Call 919-722-0502 for details.

sjfss.com [f/sjyouth](https://www.facebook.com/sjyouth)

HALF MILE 9:00am
ONE MILE 9:30am
TWO-MILE 10:00am
EVENT DAY REGISTRATION 8:00am

YOUTH CENTER

FOOD

- [10-Pin Café](#)—May 14, Monday Chicken Parmesan Melt with fries & drink \$6.75 while supplies last. Call in your order x0349.
- [Three Eagle's Café](#)—May 16, Wednesday South of the Border. Call ahead for convenient takeout, x0394.
- [Seymo Joe to Go](#)—OPEN Monday—Friday, 5:30 a.m. to 12 p.m.

FUN

[Auto Hobby](#)

[Bowling](#)

[Fort Fisher AF Recreation Area](#)

[Golf](#)

[Spitfire Pub](#)

[Outdoor Rec/Arts & Crafts](#)

[Swimming Pool](#)

[Theater](#)

FOOD

[10-Pin Café](#)

[Dining Facility](#)

[Flight Kitchen](#)

[Three Eagles Café](#)

FAMILY

[Airman & Family Readiness Center](#)

[Child Development Center](#)

[Family Child Care](#)

[School Liaison](#)

[Youth Programs](#)

FITNESS

[BellaMorphosis](#)

[Fitness & Sports Center](#)

[Youth Sports](#)

SUPPORT & DEVELOPMENT

[Education & Training](#)

[Library](#)

[Lodging](#)

[Military Personnel Section](#)

[NAF Human Resources](#)

[Professional Development](#)

FAMILY

- [Hearts Apart Dinner & Social](#)—May 15, 5 p.m. @ Heritage Hall. For more info call x1123.
- [Couples Five Love Languages](#)—May 17, 5 p.m. @A&FRC. Dinner & limited childcare provided. RSVP to x1123 by May 14.
- [Martial Arts Class](#)—Sign-up at the Youth Center. Classes on Mondays & Wednesdays. Ages 3-5 (Little Tigers) Ages 5-15 (Kid Tigers) For more info call x0502.
- Kids Bowl Free—May 15-Aug 31. Sign up at www.kidsbowlfree.com to get coupons for free games. Download the mobile app “Kids Bowl Free” for convenience. For more info call x0350.

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



FREE child care 16 hrs of care per child pre-deployment
16 hrs each month the member is deployed
16 hrs post-deployment

All child care provided in licensed FCC homes.



722.7194

DCC

Deployment Child Care

Hours may be used before, during, and up to 60 days upon returning from a deployment.

*Must be in direct support of OEF or GWOT over 30 days

*Ages 12 & under

*Dependents of Active Duty, Guard & Reserve assigned to SJAFB

Call the FCC office at the number below for details on registering and utilizing this benefit!



FLASHPOINT
Your guide to 4th Force Support dining, entertainment, and events
MAY 2018

INSIDE THIS ISSUE:
• AF PHOTO CONTEST
• SELFIE CHALLENGE
• SMILE PROGRAM

LOOK WHAT'S NEW
4U IN 4 FSS

MAY FITNESS MONTH RUNS, COMPETITIONS & MORE
SPOUSE APPRECIATION • MOTHER'S DAY SPECIALS
MOTHER & SON SUMMER KICKOFF

Click image to go to website

FITNESS

- May Fitness Month:
[Selfie Challenge](#)
[Squat & AB Challenge](#)
[10K Ruck March](#)



FITNESS MONTH EVENT!

MAY 18 • 6:00PM

POWER-LIFTING COMPETITION

SJFSS.COM • SIGN-UP AT THE FITNESS CENTER • 722.0408 • f/SJFIT

FITNESS CENTER

SUPPORT

- [Airman's Attic NEW HOURS](#)
- [Lunch-n-Learn: Home Buying](#)—May 18, 11:30 a.m. @ A&FRC. What you need to know before buying a home. For more info call x1123.

Sign up for FSS updates

If you would like to receive the latest Force Support information, send your email address to [4 FSS Marketing](#).

Sign up for FSS texts

Text@4fssstext to (757) 637-6090 for information on events, specials and discounts throughout FSS. For questions call x8532, 4FSS Marketing.

MPS Customer Services

Why wait in line for DEERS actions and ID cards? Make an appointment online—[Rapids Appointment Scheduler](#)