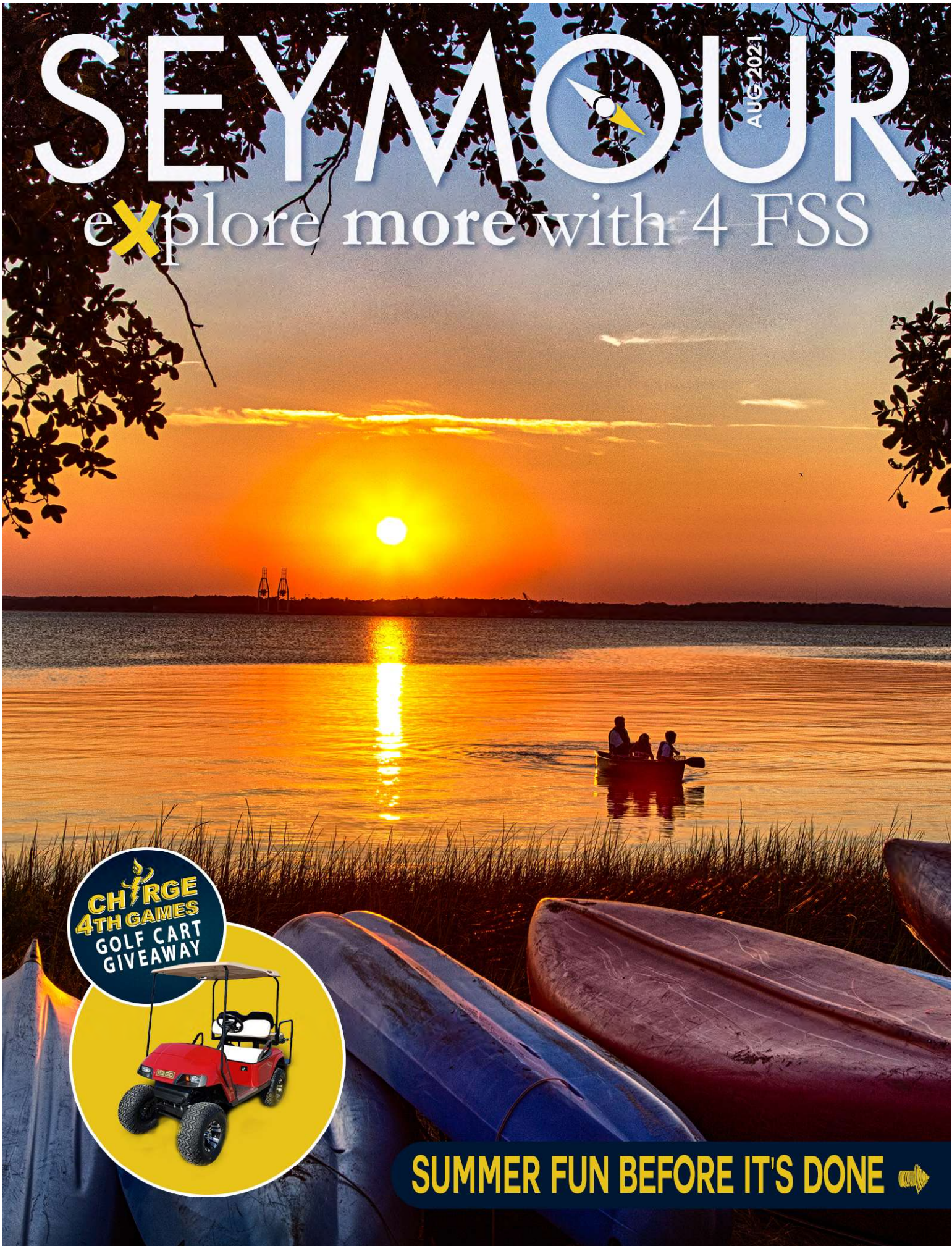


SEYMOUR

AUG 2021

explore more with 4 FSS



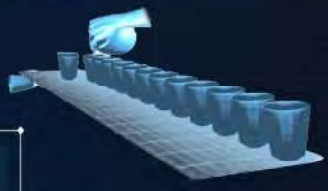
CHARGE
4TH GAMES
GOLF CART
GIVEAWAY



SUMMER FUN BEFORE IT'S DONE ➔

CHARGE 4TH GAMES

START HERE



SCRATCH OFFS ARE BACK & WE'VE GONE DIGITAL!

JOIN US AT AN FSS FACILITY (OR ONLINE) EVERY WEEKDAY THROUGH AUG 13 TO PLAY A MINUTE TO WIN IT GAME AND EARN SCRATCH OFFS FOR YOUR CHANCE TO WIN A GOLF CART OR SOME OF OUR OTHER AMAZING PRIZES!

[f /CPPOSJ](#) [f /SJFSS](#)

#Charge4th | SJFSS.com

END HERE

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NOTICE:

Scheduled events are subject to change without notice.

Please visit our website (sjfss.com) and follow our Facebook pages for updates.

Table for Two

Sept 11 • 6:30 to 9pm

COUPLES GAMES, PADDLE BOATING AND DINNER
DINNER INCLUDES A SIDE SALAD,
 10OZ FLAT IRON STEAK OR CHICKEN, LOADED BAKED POTATO,
 BALSAMIC GLAZED BACON WRAPPED (OR CHOICE OF NO BACON) ASPARAGUS,
 AND DESSERT BARS (KEY LIME, BLONDIE, MACARON, AND TURTLE)

30.00 PER PERSON SIGN UP BY SEPT 2 @ OUTDOOR REC

COMPASS CAFE

[f odrcafe](#) sjfss.com Outdoor Rec Adventure Park 919.722.1104

DIRECT FROM LAS VEGAS

The Edwards Twins

2 BROTHERS - 100 STARS

SATURDAY, AUGUST 14
SHOWTIME - 7:30PM

AS SEEN ON NETFLIX WITH MICHAEL DOUGLAS

USA TODAY
 "Stunning!"

People
 "Dynamite Entertainers!"

TODAY
 "Extraordinary!"

PARAMOUNT theatre
 139 S. Center St.
 Goldsboro, NC 27530

Tickets Start at \$30

Tickets or Info: (919) 583-8432
 or (844) 214-7469
GoldsboroParamount.com
TheEdwardsTwins.com

Celebrity Lineup May Vary

LIVE OUTDOOR CONCERT

FRIDAY
13
AUG

CHARGE
4TH GAMES
GOLF CART
DRAWING
6:30PM



f /mustangtaproom
f /4fssodr sjfss.com

**MARTIN
TERRY BAND**

GEICO

LOCAL OFFICE

**1 FIRST
COMMAND**
Get Squared Away

USAA

FREE
ENTRY

4 to 7pm • Eagles Landing Back Yard

• 50¢ Wing Tastings • People's Choice • Games •

7pm • DJ in the Mustang Taproom



NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED

UFC 265 DOORS OPEN 5PM
\$5 COVER
SATURDAY • AUG 7



LEWIS GANE
INTERIM HEAVYWEIGHT CHAMPIONSHIP
NUNES vs PEÑA
WORLD BANTAMWEIGHT CHAMPIONSHIP

MUSTANG TAPROOM

f /mustangtaproom sjfss.com

DRINK SPECIALS
LEWIS SPECIAL | BLACK BEAST - \$4
GANE SPECIAL | FRENCH CONNECTION - \$4

MOVIES & MORE

SCREEN ON THE GREEN

Sat. Aug 14 7 PM

Free! @Eagles Landing BACKYARD

JOKER
PUT ON A HAPPY FACE

Sign up by Aug 13

f /CPPOSJ | www.SJFSS.com | 722.8915

Fly By MOVIE NIGHT

FOOD & BEVERAGE

Third Thursday

FREE ADMISSION & POPCORN FOR DORM RESIDENTS

Southern Eagle Dining Facility
Formal Dining Room

Hosted by a 125 CPO & DFC

GOOD BOYS

AUG 19 • 4:30PM

YOU MIGHT BE TALL! TO SEE THIS MOVIE

sjfss.com f /sjfoodservice

www.sjfss.com

DOWNTOWN GOLDSBORO PRESENTS

CENTER STREET JAM

AUGUST 5TH
THE EMBERS

AUGUST 19TH
CHAIRMEN OF THE BOARD

SEPT 2ND
SPARE CHANGE

SEPT 17TH
SOUL PSYCHEDELIQUE*

*"GRUB AT THE HUB" EVENT DURING FREEDOM FEST

THE HUB | 6PM - 9PM

AUG 29

MOVIE 2 PM

PLAY 3 PM

ScreenPLAY!

Sign up by AUG 27

PETS 2

sjfss.com/kiddie-hawk-playground | f /CPPOSJ | 1515 Goodson St | 722-8706

SEE RECEPTION CENTER FOR THIS WEEK'S SHOWING

MOVIES ON THE LAWN

SATURDAYS AFTER SUNSET

Fort Fisher
AD RECREATION AREA
f /FortFisher
910-500-6465
sjfss.com/fort-fisher
118 Riverfront Road
Kure Beach, NC, 28449

See Fort Fisher movie listing on page 11

Paid ad. No Federal endorsement of advertisers intended.

FUN & GAMES



ADVANCED DRAWING WORKSHOP

Enhance your drawing skills using pastels and colored pencils.
 Free, must be aged 18 or older and Deployed Affected (DAP) to participate.
 Max of 10 participants, call CPPO to sign up by Sept 2



Every Tue & Wed
 9/7 thru 10/13
 12 PM - 1 PM

722-8915
 f/CPPOSJ
 www.SJFSS.com



TRIVIA Night

WEDNESDAYS 7PM
 Hosted by SJ TRIVIA CLUB

MUSTANG TAPROOM

mustangtaproom sjfss.com

First and Third Wednesday Night

BINGO

Join the fun every 1st & 3rd Wednesday Night*
AGES 18+
 5pm Card sales
 6pm BINGO

2-book minimum \$10
 (No splitting between players)
 Additional book \$4 each
 Early Bird cards \$2 each
 *Unless otherwise posted

Minimum requirement of 10 players required.

EAGLES LANDING 722-8684
 Pegasus Room sjfss.com f/cposj

TAP TABS THURSDAYS

You have to PLAY to WIN!

30 Tap Tabs for \$2500!

Ages 18+ • See server

TRIPLE T BINGO

MUSTANG TAPROOM

sjfss.com f mustangtaproom @4thfunsquad

2 FREE GAMES A DAY • NOW - AUG 31

REGISTER YOUTH, 15 & UNDER, ONLINE
 FAMILY PASSES AVAILABLE

THERE'S AN APP FOR THAT!

KIDS BOWL FREE

www.KidsBowlFree.com/AirForce

SHOE RENTAL \$2.50

PHANTOM LANES 919.722.0350

COSMIC BOWLING TIMES EXCLUDED

PUT YOUR BOWLING SKILLS TO THE TEST
 BUILD THE MONSTER OF THE WEEK
 WIN \$100 FSS GIFT CARD

FIVE TRIES FOR \$5⁰⁰
 WHAT ARE YOU WAITING FOR?

MONSTER FACTORY
 AT PHANTOM LANES!

PHANTOM LANES | sjfss.com | f/sjbowl • 722.0350

DRIVE SHACK
 RALEIGH

SINGLE AIRMAN TRIP
 3 LEVELS OF CUTTING-EDGE
INTERACTIVE GOLF DRIVING RANGE

FREE!

- TRANSPORTATION
- ENTRY + ONE HOUR IN THE BAY
- USE OF GOLF CLUBS
- UNLIMITED GOLF BALLS

AUG 7
 2:30 TO 6:30PM
 SIGN UP BY AUG 6

R4R
 RECHARGE FOR RESISTANCE

AIR FORCE
 COMMUNITY CENTERS

Space is limited; must be R4R SAPI eligible (unmarried). Sign up with CPPO in Eagles Landing. Bring money to purchase food and drinks while at the venue.

CPPO 919-722-8915 | sjfss.com | f/cpposj

SMITH DOUGLAS HOMES

SETTLER'S POINTE
 Priced from the low \$200's

201 Kenison Way | Pikeville, NC 27863 | **919-675-0142**

Located just minutes from Downtown Goldsboro & Seymour Johnson Air Force Base, Settler's Pointe offers unbeatable new home value. Whether you need to move quickly or prefer to build from scratch, we have the perfect home for you.

- 3-4 bedroom, ranch-style plans with convenient layouts
- Large homesites
- Energy-efficient homes with power usage as low as \$18/month*

For your service, Hometown Heroes receive \$1,500 towards a new home purchase.**

At Smith Douglas Homes, affordability doesn't mean sacrifice— it means rich architecture, open floorplans, quality construction, and unbeatable choices.

Use promo code **SeymourExploreMore** for an additional **\$1,000** towards option upgrades.**

QUALITY | INTEGRITY | VALUE | www.smithdouglas.com

*The utility bill estimate is based on heating and cooling only. Does not include appliances or additional energy costs. **Paid Ad. No federal endorsement of advertiser is intended. The \$1,500 Hometown Hero credit and \$1,000 promotion is valid on option upgrades. Offer only valid when "Promo Code" from the Seymour Explore More magazine advertisement is mentioned to onsite New Home Specialist. Must be presented at the time of contract. Cannot be combined with any other offers. Must comply with all terms including the financing, purchasing, and closing of homes with a Smith Douglas Homes preferred lending partner, use of Ridgeland Title, and closing attorney, Moore & Alphin, PA. All information is believed to be correct but is not guaranteed or warranted and subject to change without notice. Smith Douglas Homes® 163795 SD RAL MAY_1

2021 SUMMER READING PROGRAM CELEBRATION

**HOT DOGS
& YOGURT**

*while supplies last

CERTIFICATES

AUG 4 / 11AM - 1 PM

**CRAFTS/DOOR PRIZES/PHOTO BOOTH
COSTUMES WELCOMED**

JOIN US AT THE
BASE LIBRARY

919.722-5825

[f/sjafb.library](https://www.facebook.com/sjafb.library)

sjfss.com



NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED

TEEN LATE NIGHT

Teen Escape Room • Aug 6 • 6 to 10 p.m. • Youth Center

Ages 13-18, bring your friends and complete the mission to escape the room. Can your team beat the clock? Come find out! This event is free to Youth Programs members and \$2 for nonmembers. Sign up by Aug. 4, with the Youth Center. For more information, call 919-722-0502.

FIELD DAY EXTRAVAGANZA

**AUG 20
3-5 PM**

CELEBRATE
the end of summer &
the new school year

**FITNESS
CENTER FIELD**
located on field inside
of track

SCHOOL AGE CHILDREN
will participate in
tug of war, sack race,
mini obstacle course
& water balloon toss

Register using QR code or at
FITNESS CENTER
or **YOUTH CENTER**
by **AUG 19**



DEPARTMENT OF AIR FORCE
Fitness & Sports **YOUTH PROGRAMS**
722.0420
722.0502



NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED

BACK TO SCHOOL GLOW BASH

**AUG 21
5:30-7:30PM**

**Kiddie Hawk
PLAYGROUND**

DRESS TO GLOW!
DANCING-GLOW CAPTURE THE FLAG

AGES 8-12 \$5 AGES 3-7 \$3 AGES 2U FREE
NO CHARGE FOR PARENT/GUARDIANS
SCAN LINK TO SIGN UP-PRE-PAY BY AUG 20
AT CPPO IN EAGLES LANDING

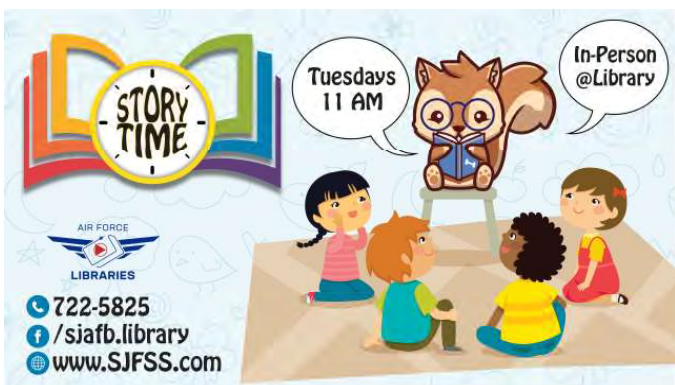
919-722-8915



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



No federal endorsement of sponsors intended



Kids Eat Right Month

Special story time: Aug 24 • 11 a.m.

August is Kids Eat Right Month, when the Academy of Nutrition and Dietetics and its Foundation focus on the importance of healthful eating and active lifestyles for children and their families.

Base library patrons are in for a treat this month when our special guest from the 4th Medical Group leads story time on Aug. 24. There will be displays of books, passive activities, coloring pages, puzzles, etc.

We hope you and your preschooler can join us for a fun time together learning about healthy eating and lifestyles.

Myth Busters

What every parent needs to know about healthy eating and physical activity

Myth #1: It's impossible to know how many calories I need and even if I did, it's too hard to keep track.

Myth Buster: Know your number.

Learning how many calories you should consume in a day is a critical first step in managing your weight.

Myth #2: I don't have time to exercise.

Myth Buster: Fun stuff counts.

Get active with the family whether it's soccer in the backyard, dancing to music or taking a walk in your neighborhood.

Myth #3: A clean plate is a happy plate.

Myth Buster: Small steps = big changes.

Serve smaller portions to help curb calories and keep your weight on the right track.

Myth #4: My kids won't eat that.

Myth Buster: Be a role model for your children.

Show your family how to savor their favorite higher-calorie foods and beverages, occasionally, by enjoying smaller portions together.

Myth #5: A balanced diet is eating half healthy foods and half not-so-healthy foods.

Myth Buster: Base your plate on nutrient-rich foods.

Base your plate on nutrient-rich foods that offer beneficial nutrients and fewer calories. Choose fruits and vegetables, whole and enriched grains, lean meats, beans and nuts and low-fat and fat-free dairy foods more often.

For more tips, articles, recipes and videos to help busy parents shop smart, cook healthy and eat right, visit www.kidseatright.org.

**PELLET
GRILL
GIVEAWAY**

**MUSTANG
TAPROOM**

**BEGINNING
SEPT 12**

FOOTBALL SUNDAYS


**EVERY GAME/EVERY SUNDAY
FEATURING NFL SUNDAY TICKET
OPEN 1 TO 8PM**

PRIZES! | FOOD & DRINK SPECIALS

CLOCK IN/CLOCK OUT EACH SUNDAY AT THE TAPROOM

**ACCUMULATE HOURS TO ENTER GRAND PRIZE DRAWING FOR A
PELLET GRILL: ONE ENTRY FOR EVERY FOUR HOURS LOGGED**

PARTICIPANT WITH MOST TOTAL HOURS WINS A MUSTANG TAPROOM SWAG PACK

sjfss.com |  [/mustangtaproom](https://www.facebook.com/mustangtaproom)

919.722.4914

Sports Shorts

Preteen and Teen Sports Camps

Aug 2-6 • 9 a.m. to 12 p.m. • Youth Center

Challenge yourself in a variety of games and activities. Learn to use your motor skills effectively to be a team player, to follow game rules and fair play. Free, Air Force sponsored camp for ages 10-15.

3 V 3 Basketball Tournament

Sept 7-30, Tuesdays and Thursdays
5:30 to 7:30 p.m. • Fitness Center, Main Court




The Fitness Center is the place to be for 3 V 3 Basketball throughout the month of September. Sign up your 4-person team, ages 18 and up, by Aug 30, to participate in this double elimination tournament. Bring your best game on Tuesdays and Thursdays!

See Fitness Center staff for complete details or call 919-722-0420.

SEYMOUR RUN MORE
2021 SERIES

CHASIN' BACON

Will run

for bacon

AUG 6
3pm showtime
Start + Finish
Mustang Taproom


Run. Eat. Repeat.
Run a mile, eat some bacon, then run back to the Mustang Taproom and enjoy a variety of bacon. WIN-WIN!

Sign up for this race at Outdoor Rec before it's too late!
\$25 entry fee includes finisher prize, race tee and BACON!

For more information, call 919-722-1104.

MUSTANG TAPROOM
DICK'S SPORTING GOODS **PIVOT PHYSICAL THERAPY** **USO** **TEXAS LOCAL** **sweetFrog premium frozen yogurt**

NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED

sjfss.com  /4fssodr

• CLASSES BEGIN SOON! •

100% ONLINE, ON CAMPUS, & ON BASE OPTIONS

Choose from over 100 majors, minors, and concentrations with degree options for:

- Traditional Undergraduate
- Online Adult Undergraduate
- Online Graduate

Classes toward CCAF degree available at SJAFB.



University of
MOUNT OLIVE

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PAID ADVERTISING - NO FEDERAL ENDORSEMENT INTENDED

EXPLORE MORE

Find the acorn. WIN \$40!

Follow us on Facebook for clues beginning the 4th of each month.

If you are new to the base and/or don't have a clue what acorn we're talking about, read on.

As you have probably seen, our mascot is a gray squirrel named Stevie. His prized possession, a Stevie-size acorn, is hidden somewhere on base the beginning of each month. We post clues on the 4th Force Support Squadron page to help people find the acorn for a prize of \$40. That's it in a nutshell; now go like our page www.facebook.com/sjfs and you may be the next one to find the acorn!

We have some expert acorn hunters, so we ask that you allow others an opportunity to win as well. Please allow 90 days between wins. Thank you.

Deep Sea Fishing
AUG 22
 5:30am to 4:30pm

RecOn eligible \$20 • Retirees/others \$80
 Cost includes transportation, admission and fishing aboard the Carolina Princess out of Morehead City, NC. Pre-register at Outdoor Rec by Aug 16 — 919.722.1104

4fssodr sjfs.com

Exchange extends layaway to include Back-to-School Electronics Essentials

The Seymour Johnson Exchange is showing Air Force families that it matters where they shop, allowing more time to pay for electronics during back-to-school season.

Now through Sept. 2, Army & Air Force Exchange Service shoppers can use layaway to hold tax-free purchases of computers, notebooks, tablets and iPads—items that are not typically eligible for the program.

“Technology is evolving quickly and having the right tablet or computer can be critical to academic achievement,” said Seymour Johnson Exchange store manager Rudy Galardo. “The Exchange’s layaway program is an affordable, practical way for students to stay on top of their studies.”

A \$3 service fee and a deposit of 15% are required to hold items on layaway. Items must be picked up by Sept. 2. Shoppers can visit customer service at the Seymour Johnson Exchange for details.

SINGLE AIRMAN HANG GLIDING
 KITTY HAWK KITES, NAGS HEAD

AUG 28
 10AM TO 8PM
 SIGN UP BY AUG 12

D-R4R
 RECHARGE FOR RESILIENCY

AIR FORCE
COMMUNITY CENTERS

\$30pp includes transportation, entry, all gear and instruction. Bring your own snacks, lunch and water. Space is limited; must be R4R SAPI eligible (unmarried). Sign up in Eagles Landing.
CPPO 919-722-8915 sjfs.com f/cposj

EVERY SEASON STARTS AT **DICK'S SPORTING GOODS** **EXCLUSIVE SHOP EVENT**
 20% OFF YOUR ENTIRE PURCHASE

NEED AN ITEM NOT AVAILABLE IN-STORE?
 Ask a Store Associate about ordering an Item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed below. Some exclusions apply.

20% OFF THROUGHOUT THE STORE **DICK'S SPORTING GOODS**

Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Clearance Outlet locations.

13-16 AUGUST 2021 - GOLDSBORO
 For more offers, click on the Dick's Sporting Goods ad on www.sjfs.com



AUG

- 7 Ugly Dolls • PG
- 14 Jaws • PG
- 21 Lion King • PG
- 28 The Greatest Showman • PG

OPEN TO VALID MILITARY ID HOLDERS ELIGIBLE FOR RESERVATIONS AT FFAFRA AND SPONSORED GUESTS

BRING YOUR OWN LAWN CHAIR/BLANKET

BRING YOUR OWN SNACKS; NO ALCOHOL PLEASE

INCLEMENT WEATHER LOCATION: RECREATION HALL IN MOST CASES

SATURDAYS at the KP FISHER STAGE following sunset

Summer Concert Series

Second and fourth Fridays • 6:30 p.m.
 Free outdoor concerts at the KP Fisher stage presented by the Pleasure Island Chamber of Commerce and open to the public.
 Aug 13 — 8-Track Memories
 Aug 27 — British Invader Band

Salt Dough Sea Creatures

Tuesdays • 11 a.m. to 12 p.m.
 Paint your own take home sea creatures! Multiple designs available; two creatures per person. Register in the Reception Center at least one hour before the program; \$5.

Cast Netting on the Pier

Wednesdays • 10 a.m.
 Learn to cast net on the Fort Fisher fishing pier. Pre-register in the Reception Center by the day before; \$8 per person.

MELODIES & MIMOSAS

FREE ADMISSION
Outdoor seating overlooking the Cape Fear River

Mimosa Bar + Brunch available for purchase

LIVE AT THE BEACH HOUSE

10am to 1pm

NC ARTISTS

AUG

- 15 Lynne & the Wave
- 29 Lynne & the Wave

SEPT

- 19 Heather Rogers

sifss.com | /fortfisher

910.500.6465

KP Fisher Turtle Dot Painting

Thursdays • 2 p.m.
 Create a fun turtle design on canvas using a unique dotting technique. See display in Reception Center and sign up no later than one hour prior to the program. \$10 per person

Sunset Paddle

Fridays • 6:45 to 8 p.m.
 Watch the sunset from a kayak or canoe on the Cape Fear River. Be prepared to get wet and wear closed toe shoes. Sign up in the Reception Center at least one hour before the program starts.

Intro to SUP

Sundays • 9 a.m.
 Learn how to standup paddleboard on the Cape Fear River. Equipment and instruction, \$10 per person. Be prepared to get wet and wear closed toe shoes. Pre-register on the Saturday prior.

Offering Active Duty & Military Discounts



We're top of the class in Real Estate Law.

If you've found your dream home, our team can handle your closing! We have 5 offices across 3 counties.

Home closings are what we do best.

Let us help you close on your dreams.

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Goldsboro, NC 27530

Schedule your closing today
by emailing us at
goldsboro@wh.lawyer

(919) 772-7000

<https://wh.lawyer/>



WINGMEN WEDNESDAY

FREE WINGS*
1ST & 3RD WEDNESDAYS
 *FIRST 30 CUSTOMERS

4:30 TO 6:30PM
WINGS & DRINK SPECIALS

MUSTANG TAPROOM **722.4914**
 mustangtaproom sjfss.com

FIRST COMMAND
 NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED



SPOUSE APPRECIATION COFFEE

FREE Coffee & Menu Item
 SEYMO JOE TO GO
 *while supplies last

AUG 10 / 8-10 AM

FORCE SUPPORT SQUADRON **sjfss.com** **AIR FORCE** OUTDOOR RECREATION

thrivent **USO** **sweetFrog**

No Federal Endorsement of Sponsors Intended



Outdoor Recreation Adventure Park

COMPASS CAFE

1385 S. Andrews St • 919.722.0394

OPEN FOR BREAKFAST & LUNCH
MONDAY - FRIDAY • 6:30 A.M. to 1:00 P.M.

Follow us on Facebook
 Download menu www.sjfss.com/compass-cafe/

NATIONAL CHOCOLATE CHIP COOKIE DAY

AUG 4

GET A CHOCOLATE CHIP COOKIE FOR ONLY **25¢**



PHANTOM LANES **722.0349**
 www.sjfss.com

NATIONAL ROOT BEER FLOAT DAY

AUG 6

GET A 16OZ FOR **\$2.00**
 GET A 24OZ FOR **\$3.00**



PHANTOM LANES **722.0349**
 www.sjfss.com

FOOD COUNCIL MEETING
 SEPT 15 • 2:00PM • DFAC FORMAL DINING ROOM

OPEN FOR ANYONE TO ATTEND!
HIGHLY RECOMMENDED FOR DORM RESIDENTS

INFORMAL EVENT TO TALK ABOUT UPCOMING EVENTS AND HOW WE CAN BETTER SERVE



PHANTOM LANES **722.5298**
 sjfss.com [f/sjfoodservice](https://www.facebook.com/sjfoodservice)

AIR FORCE **F&B**

OUTDOOR ADVENTURES



Tandem Skydiving with Outdoor Recreation & Triangle Skydiving

R4R Eligible: \$75

Price includes transportation
and skydiving admission

Due to the popularity of this program, and in the interest of giving mids and swings an equal opportunity to sign up for skydiving, Outdoor Rec is implementing a lottery system. Interested participants may enter the drawing through **Sept 2** for a chance at the limited slots available for this trip. Selections will be made **Sept 3**, then potential participants will have until **Sept 10** to pay in person and verify R4R eligibility at Outdoor Rec.

Scan code to register for the lottery.

**25
Sept**

8am to 5pm



722-1104 www.sjfs.com [f/4FSSODR](https://www.facebook.com/4FSSODR)



Wild Horses & Lighthouse Tour

Sept 26 • 6:30 a.m. to 4 p.m.

Join Outdoor Rec for a fun adventure to the NC coast! Get set for a three-mile boat ride off-shore to Shackleford Banks, the southern-most barrier island in the Cape Lookout National Seashore and home to more than 100 wild horses!

Enjoy horse watching, shelling, birding, strolling the sandy beaches and checking out the Cape Lookout Lighthouse. After the adventure, we will stop for lunch in downtown Beaufort before returning to the base.

Sign up by Sept. 16 at Outdoor Rec. This R4R trip costs \$20 per person for active duty, Air National Guard, Reservists and their dependents.

SWEDISH • DEEP TISSUE • HOT STONE • PRENATAL

MASSAGE THERAPY

email for appointment
Marisadiaz83@gmail.com

FAMILY FIRST FITNESS
Fitness Center
919-722-0420
sjfs.com [f /sjfit](https://www.facebook.com/sjfit) [f /SJAFB3F](https://www.facebook.com/SJAFB3F)

Swedish
30/60/90-MIN/2-HR
\$30/\$45/\$65/\$85

Deep Tissue
60/90-MIN/2-HR
\$60/\$80/\$100

Hot Stone
60/90-MIN/2-HR
\$75/\$85/\$95

Prenatal
30/60/90-MIN
\$30/\$45/\$65

**CASH/CHECK/CARD
PRE-PAY AT THE MAIN
FITNESS CENTER**

MASSAGE SERVICE AT
FAMILY FIRST FITNESS

BIRTHDAY BOWLING PARTY PACKAGES

THE SPARE

Bowling, shoe rental, soft drinks plus handpainted pin for autographs

THE STRIKE

All of the above plus table setup and choice of Kids Combo Meals

THE KING PIN

All of the above plus a scoop of ice cream with the Kids Combo

REGULAR BOWLING

Saturdays
12:00 to 2:00pm
Sundays
1:00 to 3:00pm

COSMIC BOWLING

Saturdays
2:30 to 4:30pm
Sundays
4:00 to 6:00pm



Give us a call for details

722.0350

**PHANTOM
LANES**

HELPING AGENCIES

Airman & Family Readiness Center Programs • 919-722-1123

Please call to register for classes.



Pre-register Aug 2-11 • FREE with voucher* (722.1123)
CDC (6wks-5yrs) 722.1198 • Youth Center (5-12yrs) 722.0502
*\$5/hr per child without a GPAB referral

EFMP 101

Aug 4 • 10 to 11:30 a.m. • Call 919-722-7337
What you need to know about EFMP and more

Parenting Post Pandemic

Aug 12 • 10 to 11 a.m. • Kiddie Hawk Playground
Help with parenting post pandemic

MatriMoney

Aug 12 • 6 to 7 p.m.
Explore emotional connections to money matters

ABCs of PCSing

Aug 13 • 9 to 11 a.m. • Education Center
Tips to help those dealing with PCSing

Federal Resume Class

Aug 13 • 10 to 11:30 a.m. • Education Center
Learn to write an effective resume

Newcomers Orientation

Aug 17 • 7:30 a.m. to 1 p.m. • Eagles Landing
Orientation and information fair for newcomers

Home Buying Course

Aug 26 • 2 to 3 p.m.
Informative course on buying a home

Grief Group

Save the date: Begins Sept 1

GRIEF GROUP
FIRST WEDNESDAYS • 10 TO 11 AM
CONNECT 4 • 1515 GOODSON ST

Hosted by the
Airman & Family Readiness Center
919.722.1123

sjfss.com f /sjafrc

ADJUSTMENTS ONLY \$25

***First Visit - \$40**

Includes:

- Exam
- X-rays (if needed)
- Adjustment

DEMOCKO CHIROPRACTIC
DemockoChiropractic.com

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Democko CHIROPRACTIC

MILITARY DISCOUNTS

**Corrective Exercises • Wellness Care • Back Pain
Chiropractic Adjustments • Auto Accidents**

WE CAN SEE YOU TODAY!

**Mon - Thur: 8 AM - NOON & 3 - 6 PM
Fri: 8 AM - NOON • Sat: 10 AM - NOON**

**1802 E Ash St., Goldsboro, NC 27530 • 919.735.2205
1120 N Breazeale St., Mt Olive, NC 28365 • 919.299.8033**

Aug
6

Airman & Family Readiness Center presents

Bundles for BABIES

9am to
12:30pm
Eagles Landing
Pegasus Room

Receive helpful tips for new & expectant parents on caring for a newborn - Budgeting for that new bundle of joy & much more!

Each participating family receives a
\$50 gift card from AFAS

Limited to the first 20 parents
who call to sign up.

A&FRC • 919-722-1123



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Youth Programs

Please call 919-722-0502 to register.

Preteen and Teen Culinary Camps

Aug 9-13 • 9 a.m. to 12 p.m. • Youth Center
FREE/Air Force sponsored camp — Are you between ages 10 and 15, and do you have interest in the culinary arts? This is your place. You will learn to prepare food and dishes taught by a professional chef! Topics include kitchen safety and proper sanitation, You may gain experience with chopping, peeling, measuring and other kitchen tasks in this camp. Join us for this fun cooking experience.

Preteen and Teen Science Camps

Aug 16-20 • 9 a.m. to 12 p.m. • Youth Center
FREE/Air Force sponsored camp — Ages 10-15, come explore, create, experiment and discover while expanding your knowledge in a variety of scientific experiments and technologies. Receive hands-on learning through experimenting and problem solving.

Family Child Care

Please call 919-722-7194 to register.

FCC Provider Orientation

Aug 24-27 • 12 to 5 p.m.
Interested in becoming a Family Child Care Provider? Provider Orientation Training is

required! Classes held at the Family Child Care office located in the Education Center, room 101. Must register at least one week in advance; call 722-7194 for details.

Minimum requirements to become a FCC Provider: Must be 18 years old and have military affiliation with base access. Have the ability to read, write and speak English. Possess a high school diploma or equivalent. Be physically capable of providing child care. Complete orientation training. Be able to obtain own liability insurance. Satisfactorily complete installation, state and federal background checks.

*Free Provider Orientation training classes are offered bi-monthly. More classes may be added based on demand.

ATTENTION SPOUSES
DO YOU WANT TO MAKE MONEY FROM HOME?

- LEARN ABOUT THE FCC PROGRAM
- NETWORK WITH FCC PROVIDERS
- QUESTIONS AND ANSWERS
- MUST BE 18 TO APPLY

JOIN US FOR A
FAMILY CHILD CARE Q & A
SEPT 22
6 TO 7 PM

FAMILY CHILD CARE OFFICE
RSVP CALL 722-7194

OUTDOOR REC EQUIPMENT RENTAL:

Weekend Camping Packages

- **The Gl camper \$50 (4 people)**
*Family sized, 6-person tent
Large cooler
Fishing rods (4)
2-burner stove
Lantern
Cooking set (pot and pan)*
- **The Day Hiker \$40**
+\$10 per additional person
*4-person tent
Sleeping pad*
Day backpack*
Backpacking stove/cooking pots
Camp chair*
Additional equipment for extra people
- **The Overnight Backpacker \$40**
+\$20 per additional person
*Backpacking tent, 2-3 person
Sleeping pad*
Backpacking backpack* (46 liters)
Backpacking stove/cooking pots
Crazy Creek camp chair*
Additional equipment for extra people
- **Roof Nest Tent Weekend Rental**
*Without roof rack system \$75
With roof rack system \$100*
- **Tree Tent Rental \$30**



**All packages require a
\$30 deposit (refundable)**
to ensure return of gear,
intact and clean.

**Outdoor Rec
919-722-1104**

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