

412th Force Support Squadron

January-March 2024

# SABRE

Edwards Air Force Base

**Embrace Winter Adventures:  
Hit the Slopes with Outdoor  
Recreation or Score Ski Lift  
Tickets with Information,  
Tickets & Travel!**



GARY SINISE  
\* FOUNDATION \*  
SERVING HONOR AND NEED™

# Medal of Honor Luncheon

Monday, March 25 | 11am-1pm  
Club Muroc Alliance Room

Join us for a FREE lunch provided by Gary Sinise Foundation Serving Heroes to honor service members' timeless valor. Enjoy a delicious meal and explore the history and stories of Medal of Honor recipients.

Space is limited. Sign up at the QR code to reserve a spot.



No Federal Endorsement of Sponsor Intended.



## ValleyWide Dental

Creating Beautiful Smiles

**\$500 off Braces or Invisalign**  
EASY FINANCING AVAILABLE

### **FREE LASER Teeth Bleaching**

**In Chair Laser plus  
Home Bleaching Kit  
(\$600.00 value)  
or \$50 Gas card**

With New Patient Exam and X-Rays!  
Must be candidate for bleaching.  
Limit two per household.

#### Invisalign

- Clear aligners are virtually invisible
- Smooth comfortable plastic aligners
- Aligners are removeable for easy cleaning
- Eat whatever you want



#### Braces

- Requires brackets and wires
- Wires can poke and irritate mouth
- Brushing and flossing require more effort
- Many food restrictions

Must bring in this ad for discount.  
**OPEN SATURDAYS**

**Dr. Robert Haze & Associates**  
**1021 West Ave. M-14, Palmdale, CA 93551**  
**CALL 661-267-4000 or valleywidedental.com**



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412th Force Support Squadron



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**Stay updated on  
Edwards events.  
Follow us!**

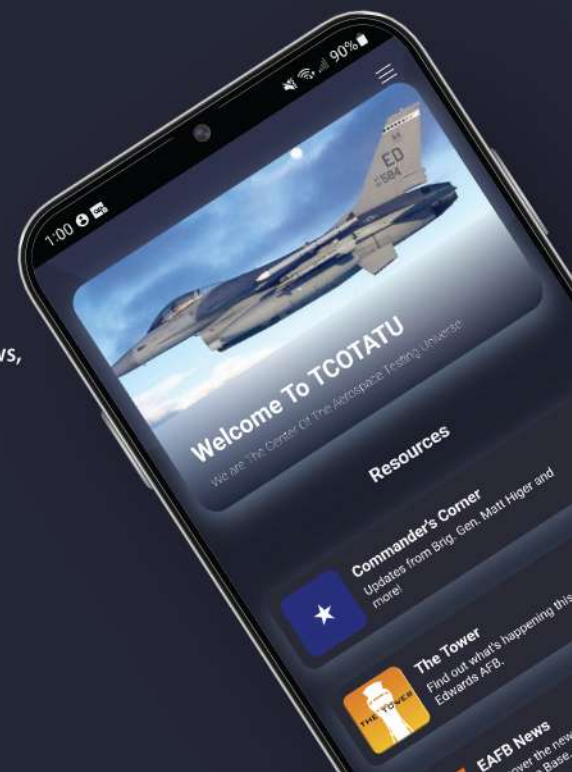


## Edwards Air Force Base

Welcome to the official app of Edwards Air Force Base, the Center of the Aerospace Testing Universe! We hope you will use this app to learn more about our mission as well as living and working on Edwards. Additionally this app is your one-stop location for news, updates and information about Edwards!



Share The Love. Share The App.



# Club Muroc

## FSS Insider Events



### First Friday

**Fridays, January 5, February 2, & March 1**

**4:30-6:30pm**

Celebrate First Fridays with us! Enjoy complimentary appetizers exclusively for FSS Insiders 18 and up. Don't miss the fun!

### Members Lunch

**Wednesdays, January 17, February 21, & March 20**

**11am-1pm**

Indulge in our Members Lunch series. FSS Insiders, join us for a complimentary lunch! Experience diverse cuisines: Chinese, French, and Irish themed meals. Don't miss this delightful culinary journey!

**January:** Chinese

**February:** French

**March:** Irish

## Become an FSS Insider

Elevate your experience at Edwards by becoming an FSS Insider! Sign up to become an Air Force Club Member at [MyAirForceLife.com](http://MyAirForceLife.com) and indulge in daily free coffee, monthly events, \$1 off entrees, \$2 off on Tuesdays, plus exclusive discounts on all Club Muroc events.



### Signing up is easy!

Scan this code or go to [MyAirForceLife.com](http://MyAirForceLife.com) to join. Then download the free MemberPlanet app in the App Store or Google Play for your membership card.



### Karaoke

**Fridays, January 5, February 23, & March 29**  
**6pm FREE!**

Unleash your inner rockstar at Karaoke Night! Join us for an evening of music, fun, and unforgettable performances. Sing your heart out and make memories with friends.

### Bar Trivia

**Thursdays, January 18, February 1, & March 14 | 6-8pm**

**FREE!**

(Maximum of four people to a team. Minimum four teams to compete to win a prize.)

Trivia buffs, unite! January celebrates Super Heroes, February features Celebrities, and March puts the spotlight on Sports. Join us each month for a dynamic, themed experience, prizes, and fun with friends!

**January:** Super Heroes

**February:** Celebrities

**March:** Sports



### Texas Hold'em

**Fridays, January 26, February 9, & March 8**

**Doors open 5:30pm | Game starts 6pm**

**\$25 | \$20 FSS Insiders**

Ante up for an exhilarating Texas Hold'em night! Test your luck and strategy as the stakes rise every 20 minutes. Enjoy delectable light appetizers, and the cash prize awaits—its size depends on the number of participants. Join us for an unforgettable evening of excitement!



## Squadron Feud

Thursday, February 8 | Finale on February 22

Doors open 5:30pm | Game starts 6-8pm

\$25 per Team | \$20 FSS Insiders

RSVP by February 7

Assemble your dream team and engage in the ultimate showdown! Squadron Feud invites you to face off against rival squadrons, answering questions, and seizing glory. Join the quest for victory, enjoy light refreshments, and secure your place by RSVPing before February 7th. Don't miss the thrilling finale on February 22nd!



## Big Game Party

Sunday, February 11 | Doors open at 3pm | Game starts at 3:30pm

Join the excitement at Club Muroc for the Big Game! Watch the action unfold, and seize your chance to win incredible door prizes. Don't miss this thrilling event!

## Family Membership Night

Wednesday, March 13 | 5-7pm

FREE for FSS Insider kids 12 & under!

\$6 Kids | \$12 Adults | \$10 FSS Insider Adults

Introducing our NEW Family Membership Night with a Princesses and Superheroes Themed Party! Dress as your favorite character, indulge in themed delights, music, and compete for door prizes. FREE for FSS Insider kids 12 and under, while others enjoy the enchantment for a nominal fee. Join us for a night of magical family fun!



## Valentine's Day Dinner & Movie Night

Wednesday, February 14 | 5:30-8pm

\$60 per Couple | \$55 FSS Insider Couple

RSVP by February 11

Join us for a romantic Valentine's Day dinner at Club Muroc followed by a romantic movie. Create cherished moments with your special someone. Reserve your enchanting evening now!



## Easter Brunch

Sunday, March 31

10-11:30am & 12-1:30pm

\$30 | \$25 FSS Insider

\$12 Kids 6-12

FREE for kids 5 & under

RSVP by March 28

(Walk-ins welcome, first-come-first-serve.)

Celebrate your Easter Sunday with us!

Delight in our omelet and carving stations, paired with brunch favorites. Enhance the experience with bottomless mimosas for just \$10. Join us for a delightful Easter Brunch!



## St. Patty's Day Party

Friday, March 15 | 5-8pm

Get ready to sham-rock the night away at our St. Patty's Day Party! Irish vibes, green spirits, and a lively atmosphere. Let the craic begin!

# EASTER

## *Eggstravaganza*

**SATURDAY, MARCH 23**  
**11AM - 4PM**

EGG HUNTS • GAMES • ATTRACTIONS  
FOOD TRUCKS • EASTER BUNNY





## Introduction to the Outdoor Climbing Wall

**Wednesday, March 13 | 11:30-1:30pm**  
**FREE!**

Spice up your break with outdoor climbing at the Outdoor Recreation Center's wall. Conquer heights, challenge yourself, and make lunchtime an adventure. Join us for a thrilling climb!

## Winter Swim Lessons

**Oasis Pool**

**\$50 per Session**

**Session 1:** January 22-25 & January 29-February 1 | 3:30-6pm

**Sign up by January 9 at Outdoor Recreation**

**Session 2:** March 4-7 & March 11-14 | 3:30-6pm

**Sign up by February 26 at Outdoor Recreation**

## Skiing at Mammoth

**Saturdays, January 6, 27, & February 3, 24 | 4:30am-8pm**

**\$175 R4R\*\* | \$250 All others**

**Sign up by January 3, 24, 31, or February 21**

Embark on a day trip to Mammoth Mountain for an exhilarating skiing or snowboarding experience. Price includes transportation, lift tickets, and all rental gear—ski or snowboard, poles, and boots.\*

## Soaring

**Saturday, February 10 | 7:30am-5pm**

**\$100 R4R\*\* | \$315 all others**

**Sign up by February 7**

Feel the freedom of piloting a glider with our thrilling lessons. Learn from experts and unleash your inner aviator.\*

## Rock Climbing

**Saturday, March 2 | 5am**

**\$30 R4R\*\* | \$160 all others**

**Sign up by February 28**

Conquer iconic rock formations in a half-day guided climbing adventure within Joshua Tree National Park. All gear, guides, and lunch included.\*

## Tandem Skydiving

**Saturday, March 9 | 5am-4pm**

**\$55 R4R\*\* | \$210 All others**

**Sign up by March 6**

Experience the ultimate thrill of tandem skydiving over Santa Barbara's coastline—freefall from 10,000 feet with expert guidance. Take the leap today!\*

## Bungee Jumping

**Saturday, March 23 | 5am-4pm**

**\$55 R4R\*\* | \$200 all others**

**Sign up by March 20**

Experience the rush of a lifetime with two heart-stopping bungee jumps at the iconic Bridge to Nowhere. Book now for an unforgettable adventure that will leave you breathless and craving more!\*

## Deep Sea Fishing

**Saturday, March 30 | 5am**

**\$40 R4R\*\* | \$160 all others**

**Sign up by March 27**

Reel in rockfish, halibut, yellowtail, and more in the stunning Channel Islands. Secure your California State Fishing License at the marina office and dive into an unforgettable fishing adventure!\*

\*Transportation is included.



**\*\*Recharge for Resiliency (R4R)** is an Air Force-wide program designed to connect airmen and their families with people of similar interests through fun and challenging programs.

# Rosburg Fitness Center

275-GYM1

## Resolution Relay

Tuesday, January 2 | 5:30-6:30pm

Start the year off right by working towards your New Year's fitness resolutions at the Rosburg Fitness Center track. This relay will feature laps around the track coupled with circuit training style exercises on the outdoor HIIT pad. Open to all active duty, civilians, contractors, and dependents.

## Heart Healthy HIIT

Thursday, February 15 | 4pm

Sign up by Tuesday, February 13

Come build a healthy heart in time for Valentine's Day! You're sure to LOVE this high-intensity interval training session taking place in the Oasis Aerobics Room.

Visit the Rosburg Fitness Center front desk to sign up and reserve your spot or email our program manager at garrett.holloway.1@us.af.mil. Open to all active duty, civilians, contractors, and dependents ages 17 and up.

## Shamrock Shuffle

Tuesday, March 19 | 5pm

Sport your St. Patrick's Day apparel and shuffle along our 5k trail beginning and ending at Club Muroc.

Stay up to date with the Fitness Center on Facebook at: Edwards AFB Rosburg Fitness Center

# Muroc Lake Golf Course

275-PUTT

## Two Person Scramble Tournament

Saturday, January 20 | 8am shotgun start

\$25 plus cart & green fee

Tournament prize fund following play. Must have SCGA Handicap. Limited to the first 72 players to sign up.

## Valentine's Day Golf Tournament

Saturday, February 17 | 8am shotgun start

\$25 plus cart & green fee

Format: Blind Draw

Tournament prize fund following play. Must have SCGA Handicap. Limited to the first 36 teams (72 Players) to sign up.

## St Patty's Shamle Tournament

Saturday, March 16 | 8am shotgun start

\$25 plus cart & green fee

Format: Shamle

Tournament prize fund following play. Must have SCGA Handicap. Limited to the first 18 teams signed up.



The Driving Range and practice green have lights enabling after hours use.

25 balls for \$3 - tokens available in the Pro Shop open daily 7am-5pm.

The light switch is located to the left of the range (towards the cart barn) and by the steps of the proshop on the practice green.

Unfortunately, it is the time of year to expect frost delays. Frosty mornings often turn into beautiful afternoons in the high desert!

## Parent-Child Bowling League

**Tuesdays, January 30-March 26 | 5-7pm**

Bond on the Lanes! Join our Parent-Child Bowling League every Tuesday, January 30 to March 26. Children must be able to bowl three games without assistance. Experience family fun, friendly competition, and create lasting memories!

## Luck of the Irish

### 9 Pin No Tap Bowling Tournament

**Saturday, March 16**

**Sign up by 5:30pm | Tournament starts at 6pm**

Roll into luck at our "Luck of the Irish" 9 Pin No Tap Bowling Tournament! Join the excitement for a striking good time. Knock down nine pins on the first roll, and it's a strike! Enjoy friendly competition, festive vibes, and the chance to win fantastic prizes.

## Bowl with the Bunny!

**Saturday, March 30 | 12-2pm**

Hop into Spring fun at High Desert Lanes! Bowl alongside the Easter Bunny for a delightful time. Bring family and friends for an eggstra special bowling experience. Join us and make memories that will have you hopping back for more!

## Daily Specials

### Strike Challenge

**Mondays | 10:30am-3:30pm**

**\$3 per game + \$3 shoe rental**

Want to test your skills? Get four strikes in one game and get the game for FREE.

### Lunchtime Bowl

**Weekdays | 10:30am-1pm**

**\$8 for 3 games & shoe rental**

Bowl your way to lunchtime fun! Roll, score, and recharge!

### Dinnertime Bowl

**Tuesdays-Thursdays | 3-7pm**

**\$10 for 3 games & shoe rental**

Strike up some fun at dinnertime! Join us for bowling, food, and good times.

### Family Glow Bowl

**Fridays & Saturdays | 3-7pm**

**\$15 for 2 hours + \$3 shoe rental**

Experience the ultimate family fun at High Desert Lanes. Bowl under the neon lights, enjoy upbeat music, and create memories that will glow forever.

### BOGO

**Saturdays | 12-3pm**

**\$6.25 for 2 games & shoe rental**

Score big with Buy One, Get One Free Bowling! Grab a friend and enjoy double the fun!



# DISCOVER EXCLUSIVE BENEFITS: EDWARDS FSS INSIDER

Now when you join the  
Air Force Club, you also  
become an Edwards FSS  
Insider with exclusive perks  
and savings with the 412th  
Force Support Squadron!



Scan this code or go to  
[MyAirForceLife.com/club-membership](https://myairforcelife.com/club-membership)  
to sign up. Then download the free  
MemberPlanet app in the App Store or  
Google Play for your membership card.

## CLUB MUROC

Free Member events every month  
\$1 off an entree and \$2 off on Tuesdays  
Discounts on all Club Muroc events  
\$15 Birthday Meal Gift Card  
Free coffee all day every day  
Free ice cream with purchase of an entree

## OUTDOOR RECREATION

Rent a Paintball Marker for \$10 and get free Field  
Use and All Day Air, a \$20 savings (discount limited  
to FSS Insider and one family member)  
Weekend Team Sports Item rental at the daily rate

## HIGH DESERT LANES

Two free games of bowling on Thursdays  
(shoe rental not included)

## ARTS & CRAFTS

10% off photo printing kiosk

## AUTO HOBBY

10% off SMOG

## MUROC LAKE GOLF COURSE

Free round of golf first Wednesday of the month  
(cart not included)

## SANDBAGGER GRILL

Free coffee  
10% off weekly lunch specials

## OASIS COMMUNITY CENTER

One free bingo card after purchase of entry pack  
(one per member)

## ROSBURG FITNESS

Free microfiber gym towel

## Paint & Wine Night

Fridays, January 26, February 9, & March 15 | 6-8pm

Club Muroc

**\$25 for all supplies & one glass of wine**

Come join us at the Club for Paint and Wine Night! Themes and inspiration paintings announced on our Facebook page @EdwardsAFBAC in advance.

## Tie Dye Tuesday

Tuesday, January 9 | 3pm

**\$15 all supplies and instruction included**

Create a custom tie dye shirt and matching scrunchie.

## Knit-A-Beanie

Wednesday, January 24 | All Day

**\$20 all supplies and instruction included**

Want to learn how to knit your very own winter hat? Stop by and one of our staff will help you! Spaces limited.

## Automotive Maintenance Class

Saturday, January 27 | 12pm | ages 16+

**\$15**

Come to Auto Hobby with your oil and oil filter and our team will teach you step by step on how to change your own oil.

## Valentine's Day Pillow Kits

Tuesday, February 6 | 3pm

**\$15 per pillow**

Create a Valentine's Day themed pillow for yourself or to share with a loved one.

## Valentine's Candy and Balloon Grams!

**Delivery: Wednesday, February 14**

Send your loved ones a custom candy or balloon gram for Valentine's Day. Stop by to choose a special gift for someone special and we'll deliver it to them on Valentine's Day! Orders can be placed beginning February 1.



## Tiny Tot Craft Class

Wednesday, February 28 | 3pm | ages 2-5

**\$5 all supplies and instruction included**

Join our toddler friendly craft class and create an animal mask.

## Paint a Teapot Planter

Wednesday, March 6 | 3:30pm

**\$15 all supplies included**

Get ready for Spring with us and paint a ceramic teapot flower planter.

## Kids Craft: Leprechaun Pop Up

Tuesday, March 12 | 3pm

**\$5 all supplies and instruction included**

Join us and assemble a fun St. Patrick's Day pre-cut pop up craft.

## Easter Egg Decorating Class

Friday, March 29 | All Day

**Starting at \$5**

Create beautiful eggs that you can keep forever. We will be teaching you techniques to paint the perfect plastic eggs!



## Engraving

Our engraving shop is a one stop shop for all of your customization needs. We specialize in plaques, metal plates and awards. We also have a large variety of customizable gifts for all occasions! We can even customize your own personal items; so bring in your design ideas, and we will make you something amazing!

Welcome to the  of Aerospace Valley!



Visit   
Palmdale 



Explore every edge at  
[visitpalmdale.org](http://visitpalmdale.org)

No Federal Endorsement of Advertiser Intended.

Paid Advertisement.

# Library

275-BOOK

## Storytime

Wednesdays, February 7, 14, 21, 28 & March 6, 13 | 10am | ages 0-5

Join us for stories, songs, activities, and community!

## Art Cart

Thursdays, February 8 & March 7 | 2:30-4:30pm | ages 5-12

Come check out the library's art cart and see what you can create!

## Speed Dating Adventure

Wednesday & Thursday, February 14 & 15 | ages 18+

Visit the library and read something new, maybe you'll find just the book for you!

## Family Movie Night

Tuesday, February 27 | 4:45-7pm

Join us for a movie night! Feel free to bring your own snacks and drinks. You may also bring in things to make yourselves comfortable like pillows and pajamas!

## March Madness

Stop by the library all March long to vote for your favorite book covers. At the end of the month we will uncover the winner! Winners will be announced April 1st on the Edwards AFB Library Facebook page, so be sure to follow us!



AIR FORCE



OUTDOOR RECREATION

# AXE THROWING



Elevate your party with a mobile axe throwing trailer rental!  
Unleash competitive fun as guests aim for targets. An axe-citing addition that guarantees a unique and memorable event.



Contact 661-275-2267  
to reserve ODR's  
Axe Throwing Trailer  
at \$175 per hour  
for on-base rentals.  
(min 2 hrs/max 4 hrs)

# Military & Family Readiness Center

## Bundles for Babies

Wednesday, January 10 | 9-11am

**Sign up prior to attending\***

Having your first bundle of joy? How about your second, third or fourth? Come join us for valuable information for expectant parents to explore all areas of child care and expenses related to having a newborn.



## Retirement Planning/Vesting TSP

Wednesdays, January 10 & March 13 | 1-4pm

Retirement Planning/Vesting TSP involves strategically navigating the Thrift Savings Plan (TSP) to maximize financial security and benefits, ensuring a well-prepared and vested foundation for a fulfilling retirement.\*

## Revitalize Your Resume

Thursday, January 24 | 9-10am

Unlock the art of civilian resume writing with our introductory course. Learn resume styles, crafting techniques, polishing methods, and submission strategies. Elevate your job search today!

## Continuation Pay/Promotion

Thursday, January 18 | 1-2pm

Continuation Pay/Promotion encompasses the strategic evaluation and negotiation of continuation pay options and promotion opportunities within the military, providing service members with financial incentives and career advancements.\*

## Ditching the Dorms

Thursdays, January 25, February 29 & March 28 | 1-2pm  
at Mojave Sky Community Center (Mayroad)

Housing and financial briefs for members (E4 & below) moving out of the dorm. This briefing is located at Mojave Sky Community Center, 1365 Fitzgerald Blvd.\*

## Hearts Apart

Thursdays, January 25, February 22, & March 28 | 5-7pm

Is your military member deployed? Come out and join us for our monthly get togethers to meet other families and leadership! Please contact MSgt Brian Cebulski at [brian.cebulski@us.af.mil](mailto:brian.cebulski@us.af.mil) or call 277-0723 for more details.

## TW Newcomer's Orientation

Thursdays, February 1 & March 7 | 8am-12pm at Club Muroc

**Sign up prior to attending\***

An introduction to Edwards AFB for all new hires and incoming Active Duty members. Spouses are encouraged to attend! TW Leadership, Helping Agencies, and installation programs will present a short briefing to Edwards followed by a bus tour with narration from the Base Historian.

## Car Buying

Wednesday, February 7 | 1-2pm

Join us and learn about the dos and don'ts of buying a new or used car!



## PCS Financial

Wednesday, February 14 | 1-2pm

PCS Financial involves personalized financial planning and assistance tailored to military service members undergoing Permanent Change of Station (PCS), ensuring a smooth and well-managed transition for their financial well-being.

## Acing the Interview

Wednesday, February 21 | 9-10am

Learn valuable interviewing skills to help boost your confidence and get that job! Learn techniques for a successful interview that covers preparation, the interview process, and tips on interviewing.

We have a great new program at the M&FRC! We will be hosting a monthly class from our VA Affairs folks! After attending the class, you will be able to schedule an appointment with the counselor!

## Disability Compensation

Wednesday, February 7 | 8-9am

## VA Benefits 101

Wednesday, March 6 | 8-9am

Please email [pamela.natale@us.af.mil](mailto:pamela.natale@us.af.mil) to sign up for the class and for the appointments following the course.

## Exceptional Family Member Program - Family Support (EFMP-FS)

EFMP (Exceptional Family Members Program) is designed to provide services to every branch of service for military active duty, retired, reservist, guard members, DoD civilians, contractors, NAF employees, and immediate family members with special needs. The EFMP-FS office offers on and off base information, topical resources, conducts targeted research, opportunities to attend education briefings and training, makes referrals and organizes FREE adult and family events. January, February, and March Mindful Monday Education Projects for the Entire Family: I Storytime, Sensory Art Projects, Healthy Eating, STEAM Kits, Sensory Movies, and so much more.

The New Year begins with the story of The Calendar Kids Meet January...learn to make your own scarf with a super soft sensory kit. Then let's dive into our amazing ocean with stories about Lola with her Bracelet of Courage, which includes a Mermaid Charm Jewelry Kit and Stella the Shark who Loves Treasure which includes your very own Lego Shark Kit. Explore even more ocean shapes as adults and kiddos make soaps found under the sea with their educational kits.

February kicks off with another cool story as the Calendar Kids Meet February. Then we focus on sharing is caring sandwich kits to introduce healthy eating as we work on our heart crafts that prepare us for the Valentine Holiday. Our adults will enjoy the FBI Mystery Game with friends as they come together to solve the mystery death of an artist while enjoying some charcuterie board snacks found in their picnic baskets or picnic backpacks.

March is packed full of robots and bunnies! We'll start with Wall-E as our first Mindful Monday story. Be sure to reserve your Robot STEAM Kit. The Sensory Movie will be Wall-E on March 2nd from 3pm-5pm at MFRC. Then we will end the month with Bunny Storytime and Lego Bunny Kit.\*

## Credit & Debt Management

Friday, March 1 | 1-2am

Sign up prior to attending\*

Master your finances with our financial literacy course: Credit & Debt Management. Take charge of your financial future and make informed money decisions. Enroll now!



## Job Fair

Wednesday, March 15

Sign up by March 1\*

On-Base Job Fair! All potential vendors will be hiring for positions located right here on Edwards AFB!

## Boots to Business

Monday, March 25 - Tuesday, March 26 | 8am-4pm

A two-day training that provides an overview of business ownership as a career vocation! This course is open to all Active Duty, Spouses and DoD Civilians.\*

## Transition Assistance Program

### TAP Step 2: Pre-Separation Briefing

Tuesdays, January 9, February 13 & March 13 | 8am-2:30pm

During Step 2: Pre-Separation Briefing, members will be able to speak with MPF, Legal, SHPE, Education Center, and others to understand the Transition journey. Please note, members must complete Step 1: Initial Counseling prior to attending this briefing.

### TAP Step 3: Five Day Course

Monday-Friday, January 22-26, February 26-March 1, & March 18-22 | 8am-4:30pm

Step 3 of your TAP journey is designed to assist you with Managing your Transition; Financial Planning; DOL Employment Track & V.A. Benefits & Services. Steps 1 and 2 must be completed prior to attending this course.





# Let Us Help You Reclaim INDEPENDENCE

**PALMDALE REGIONAL MEDICAL CENTER** offers inpatient and outpatient rehabilitation services to help patients regain quality of life.

## Inpatient Care

The Rehabilitation Institute at Palmdale Regional Medical Center offers comprehensive inpatient care for those recovering from:

- Brain injury/trauma
- Spinal cord injury
- Stroke
- Orthopedic injury, surgery and conditions

The Institute is home to 27 all private, single patient rooms!  
You won't find these services anywhere else for more than 40 miles.

## Outpatient Therapy

The Rehabilitation and Orthopedic Institute (ROI) at Palmdale Regional offers personalized physical, occupational and speech therapy services for a range of needs. We also provide intensive physical therapy and speech therapy treatment for patients with Parkinson's disease and other neurological conditions.



Learn more at  
**[SWHpalmdaleregional.com/rehab](https://SWHpalmdaleregional.com/rehab)**  
or call **661-382-5300**.

 **Southwest  
HEALTHCARE**  
**PALMDALE REGIONAL MEDICAL CENTER**



## I ♥ Bingo

Friday, January 19 | Doors open at 5pm | Bingo starts at 6pm

Club Muroc

\$15 for first book (five rounds) | \$7 for each additional book

Daubers are \$2 each

Join us for a love-filled Bingo night, perfect for families and couples gearing up for Valentine's Day! Our new prices will help us offer bigger, more exciting prizes. Your evening is destined to be filled with love, laughter, and unforgettable moments.

## Adventure Bingo

Friday, March 15 | Doors open at 5pm | Bingo starts at 6pm

Club Muroc

\$15 for first book (five rounds) | \$7 for each additional book

Daubers are \$2 each

Calling all adventure seekers to join in the excitement! Brace yourself for an evening of heart-pounding fun with five chances to win incredible adventure-themed prizes. Get ready to shout 'Bingo!' and claim your ticket to unforgettable adventures that await the lucky winners!

## Easter Eggstravaganza

Saturday, March 23 | 11am-4pm

FREE!

Spring into Spring with the base-wide Easter Eggstravaganza! Enjoy egg hunts, games, attractions, food trucks, and a visit from the Easter Bunny. You won't want to miss this day of springtime fun and surprises!

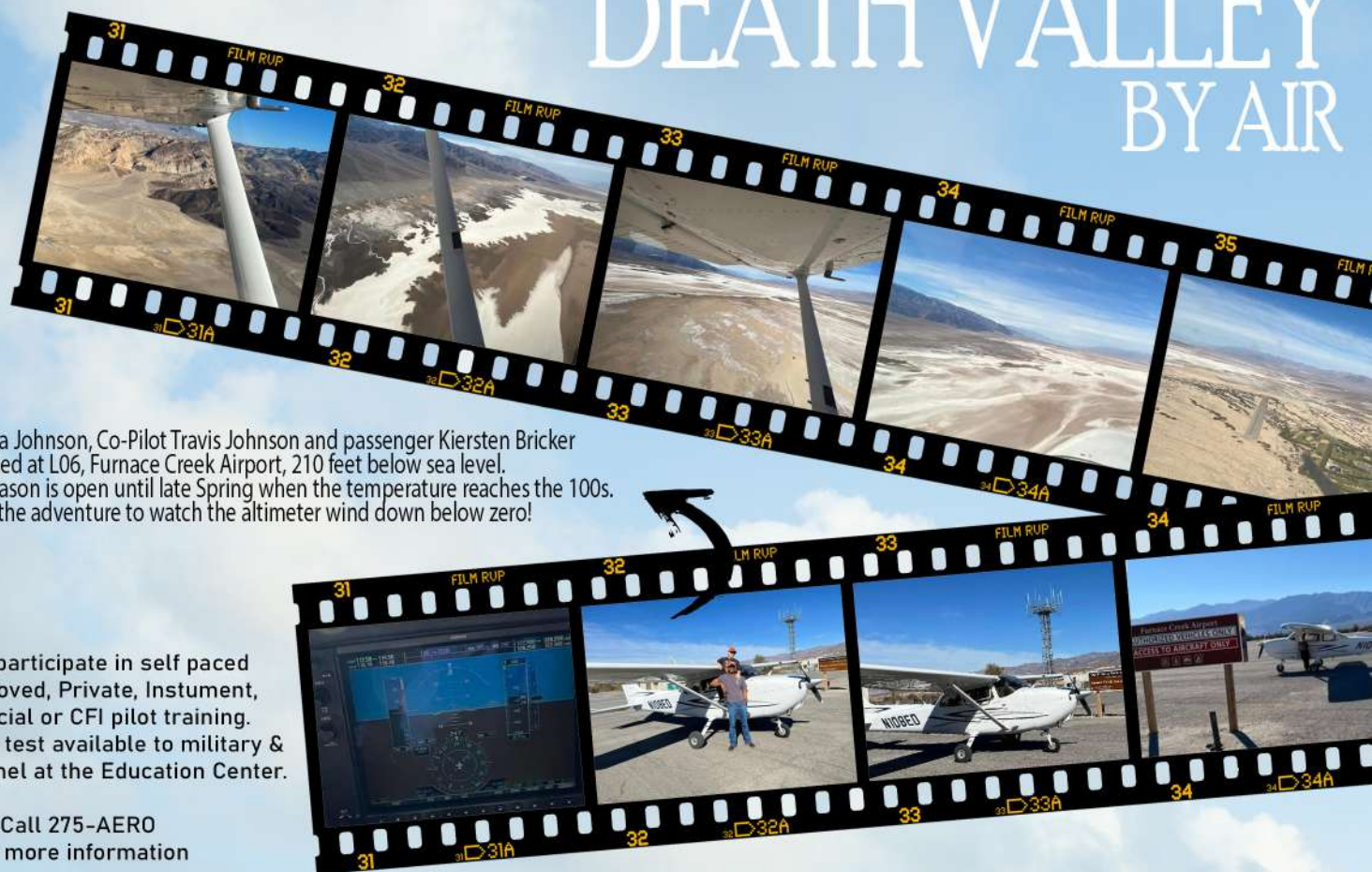


## Save on Your Next Vacation with Information, Tickets & Travel

Before your next vacation, swing by for exclusive discounts on zoos, aquariums, ski lift tickets, and top theme parks like Disneyland, Legoland, Sea World, Universal Studios, Knott's Berry Farm, and Six Flags Magic Mountain at our ITT office. Check out ongoing offers at [www.edwardsfss.com/travel/itt](http://www.edwardsfss.com/travel/itt) or call 275-TRIP and purchase your tickets at the ITT office inside the Oasis Community Center.



# DEATH VALLEY BY AIR



Pilot Katerina Johnson, Co-Pilot Travis Johnson and passenger Kiersten Bricker landed at L06, Furnace Creek Airport, 210 feet below sea level.

Death Valley's season is open until late Spring when the temperature reaches the 100s. Part of the adventure is to watch the altimeter wind down below zero!

You can participate in self paced FAA approved, Private, Instrument, Commercial or CFI pilot training. FAA written test available to military & DoD personnel at the Education Center.

Call 275-AERO  
for more information



**Congratulations to the Edwards AFB 2023  
Family Child Care Provider of the Year,  
Mrs. Matrina McCullough!**

DEPARTMENT OF THE AIR FORCE  
  
FAMILY CHILD CARE

**Interested in becoming  
an FCC Provider?**

Contact our Community Child Care Coordinator

Candace Lang

Comm: (661) 277-1595

Email: [candace.lang@us.af.mil](mailto:candace.lang@us.af.mil)

Scan here to learn  
more about the  
FCC Program.



# Youth Programs

Youth Center 275-KIDS

Youth Sports 277-8961

Teen Center 275-TEEN

## Open Rec Music Fest

Friday, January 26 | 6:30-9pm

\$10 per person | Ages 9-12

Feel the beat! Come listen and dance to different kinds of music at the Youth Center. The Teen Center Keystone Club will be selling snacks for cash-only purchase.\*

## Youth Center Grand-Re-Opening

Friday, February 23 | 6-8pm

\$5 per person | Open to all youth ages 9-12

The Youth Center was recently renovated, and we are excited to show the community's youth all there is to offer! Join us for a ribbon cutting ceremony and prize giveaways. The Teen Center Keystone Club will be selling snacks for cash-only purchase.\*

## Skate Party!

Friday, March 22 | 6:30-8:30pm

\$5 per person | Ages 9-12

Lace up your skates and roll to the music! Bring your own skates or borrow a pair from the Youth Center. The Teen Center Keystone Club will be selling snacks for cash-only purchase.\*

## School of Music

The School of Music is now accepting applications for the Spring semester.

Music lessons are available for piano, guitar, voice, and drums for ages 5 and up.

For pricing and scheduling, call the Youth Center.\*



## Teen Center Keystone Club

Wednesdays at 3:15pm

Ages 12-18 (must be enrolled in high school)

Join us on Wednesdays for our leadership club at the Teen Center!

No sign-up is required, just show up to the meetings.

## The School Liaison Office has a new location!

Visit the first floor of Bldg. 3000, to the right of the Micro Mart, second door on the left. Stop in anytime or follow the program on Facebook @EdwardsAFBSLO for helpful resources, upcoming events, educational opportunities, and more.

**\*Register in the CYPBMS Parent Portal.** If you need assistance with creating an account, please contact the Youth Center.

## Youth Baseball & Softball

Registration: Monday, February 5 - Friday, February 23

\$90 per player | Ages 5-14

Sports physical and flu vaccine/waiver are required and can be uploaded in CYPBMS. Registration fee is waived for one child if volunteer coaching.\*

## Start Smart Baseball

Registration: Monday, February 5 - Friday, February 23

\$40 per player | Ages 3-5

Sports physical and flu vaccine/waiver are required and can be uploaded in CYPBMS. Sessions are on Wednesdays from 4:30-5:30pm and require parent participation.\*



EARLY BIRD SEASON PASS SALE

# Get your Season Pass today & save!

## All Access Season Pass

With the All Access Season Pass, you get unlimited visits, including night events and holidays. No blackout dates.

## Weekday Season Pass

Unlimited Monday-Friday visits; excludes Family Glow Nights and holidays. Restrictions apply.

*Get yours  
before  
the sale is  
over!*

★ Special ticket pricing for  
military families ★

OPENING DAY IS MAY 25



  [www.DryTownWaterPark.com](http://www.DryTownWaterPark.com)

Paid Ad. No federal endorsement of advertiser intended.



# UNITE: Funding for powerful team-building experiences

Level up your team-building with thrilling activities at Outdoor Recreation — laser tag, axe throwing, paintball, archery tag, and bubble soccer! Boost communication, strategy, and camaraderie in an exhilarating experience. Unleash your competitive spirit and strengthen bonds. Book your adventure with UNITE now!



For more information,  
scan this code or go to  
[www.EdwardsFSS.com/UNITE](http://www.EdwardsFSS.com/UNITE)

## COMPREHENSIVE AIRMAN FITNESS

PHYSICAL

MENTAL

SPIRITUAL

SOCIAL

### Unveiling the Soul's Journey through Spiritual Journaling

Spiritual journaling stands as a transformative practice, inviting individuals to explore and deepen their connection with the divine. Within the sacred space of a journal, one engages in a personal dialogue with their higher self, expressing gratitude, seeking guidance, and reflecting on their spiritual journey. The journal becomes a tangible record of the soul's evolution, capturing moments of inspiration, insights gained from prayer and reflection, and the timeless wisdom found in sacred texts. In the quietude of journaling, individuals discover a powerful tool for self-discovery, contemplation, and the cultivation of spiritual resilience. It is within these pages that the soul's narrative unfolds, offering solace, clarity in times of uncertainty, and a profound understanding of one's spiritual path.



**Edwards Resources**  
SAPR Office 661-277-7272  
SARC 661-899-1126  
SAPR VA 661-899-1127  
24/7 Hotline 661-209-0115



To locate local MST coordinator visit  
[www.va.gov/health](http://www.va.gov/health)

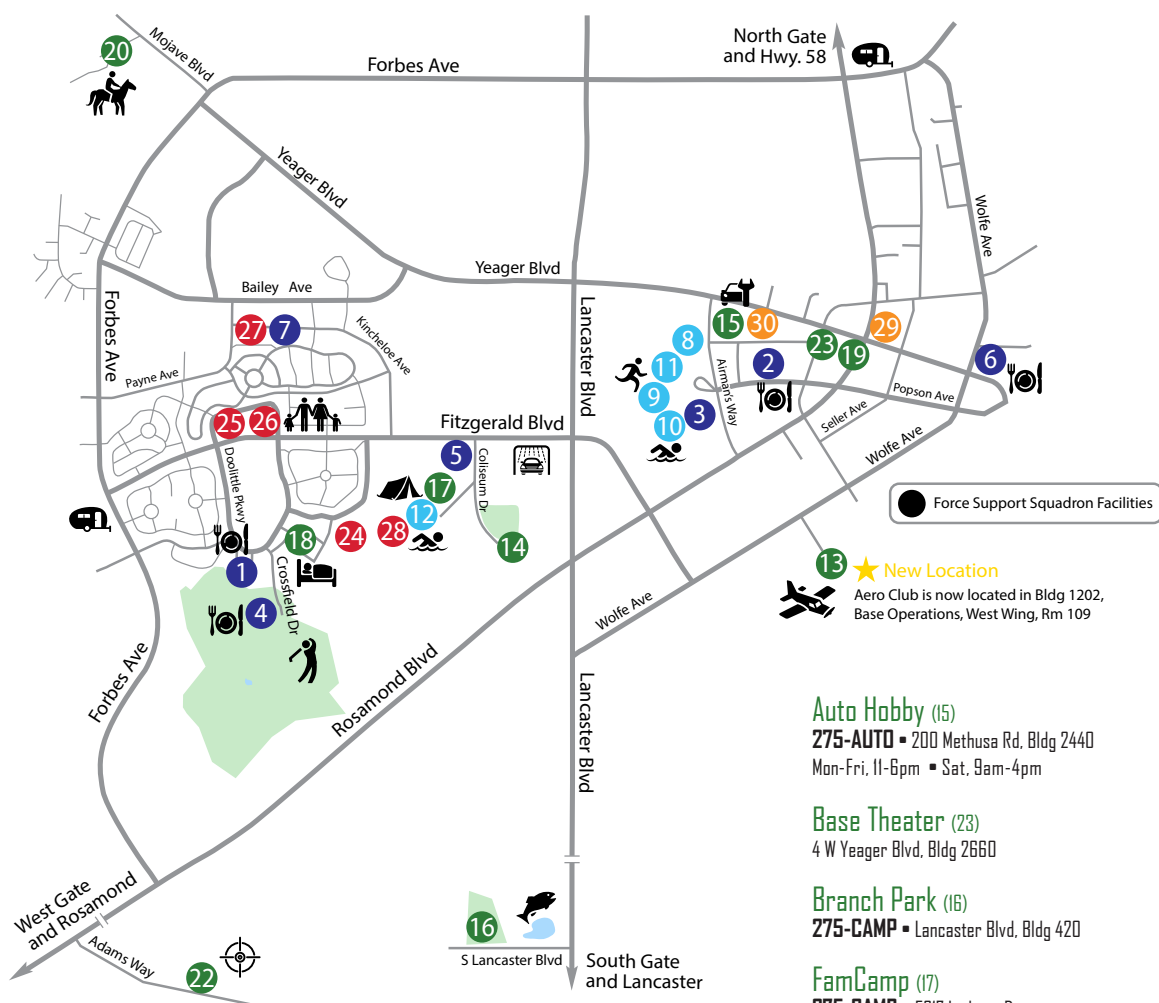
Paid advertisement.

# JANUARY

# FEBRUARY

# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>New Year's Day</i>	2 Resolution Relay	3	4	5 First Friday Karaoke	6 Skiing at Mammoth
7	8	9 Tie Dye Tuesday	10 Bundles for Babies Retirement Planning	11	12	13
14	15	16	17 Members Lunch	18 Bar Trivia Continuation Pay	19 I ♥ Bingo	20 Two Person Tournament
21 Swim Lessons Session 1	22	23	24 Knit-A-Beanie Revitalize Your Resume	25 F-16 50th Anniversary Ditching the Dorms Hearts Apart	26 Texas Hold'em Paint & Wine Night Open Rec Music Fest	27 Auto Maintenance Class Skiing at Mammoth
28	29	30 Parent-Child League	31	1 Bar Trivia Newcomer's Orientation	2 First Friday	3 Skiing at Mammoth
4	5 Baseball & Softball Reg	6 Valentine's Pillow Kits	7 Storytime Car Buying	8 Squadron Feud Art Cart	9 Texas Hold'em Paint & Wine Night	10 Soaring
11 Big Game Party	12	13	14 Storytime Valentine's Day Dinner Candy & Balloon Grams! PCS Financial	15 Speed Dating HIIT	16	17 Valentine's Tournament
18	19	20	21 Members Lunch Storytime Acing the Interview	22 Squadron Feud Finale Hearts Apart	23 Karaoke Youth Re-Opening	24 Skiing at Mammoth
25	26	27 Family Movie Night	28 Tiny Tot Craft Class Storytime	29 Ditching the Dorms	1 First Friday Credit & Debt Mgmt	2 Rock Climbing
3	4 Swim Lessons Session 2	5	6 Paint a Teapot Planter Storytime	7 Art Cart Newcomer's Orientation	8 Texas Hold'em	9 Tandem Skydiving
10	11	12 Kids Craft	13 Family Membership Outdoor Climbing Wall Storytime Retirement Planning	14 Bar Trivia	15 Adventure Bingo St. Patty's Day Party Paint & Wine Night Job Fair	16 Bowling Tournament St. Patty's Tournament
17	18	19 Shamrock Shuffle	20 Members Lunch	21	22 Skate Party	23 Easter Eggstravaganza Bungee Jumping
24	25 Medal of Honor Lunch Boots to Business	26 Boots to Business	27	28 Hearts Apart Ditching the Dorms	29 Karaoke Easter Egg Decorating	30 Bowl with the Bunny! Deep Sea Fishing
31 Easter Brunch						



## DINING

### Club Muroc (1)

**277-2830** • 275 Doolittle Pkwy, Bldg 5600  
Tue-Thur, 10:30am-2pm • Fri, 10:30am-2pm  
**Fogleman's Lounge** Tues-Thurs, 4-7pm  
Fri, 3-8pm • Closed Holidays

### Joshua Tree Dining Facility (2)

**275-3662** • 130 W Popson Ave, Bldg 2412  
Mon-Fri, 5:30-8am, 10:30am-1pm, 4-7pm, 11pm-1am  
Sat & Sun, Holidays & Family Days, 6am-1pm,  
4:30-7pm, 11pm-1am

### Panda Express (3)

**258-0755** • 205 W Popson Ave, Bldg 2500  
Mon-Fri, 10am-7pm

### Sandbagger Grill (4)

**275-SAND** • 111 Crossfield Dr, Bldg 5611  
Mon-Sun, 7am-2pm

### Strike Zone (5)

**275-BOWL** • 205 Fitzgerald Blvd, Bldg 5214  
Mon, 10:30am-3:30pm • Tue-Thur, 10:30am-7pm  
Fri, 10:30am-8pm • Sat, 12-7pm • Closed Sunday

### Subway (6)

**258-7623** • 1610 Yeager Blvd, Bldg 1610  
Mon-Fri, 9am-2pm

### Subway (7)

**258-9856** • 1100 Kincheloe Ave, Bldg 7210  
Mon-Fri, 9am-7pm

### Wingstop (8)

**258-4200** • 1610 Yeager Blvd, Bldg 1610  
Mon-Fri, 10am-6pm • Closed Sat-Sun

## FITNESS

### Mojave Greens Disc Golf (8)

**275-GYMI** • Mon-Sun, Sunrise-Sunset

### Dasis Aerobic Center (9)

207 W Popson Ave, Bldg 2501

### Dasis Aquatic Center (10)

**275-SWIM** • 207 W Popson Ave, Bldg 2501  
Mon-Fri, 6-8pm & 10am-1pm • Tue-Fri, 3:30-6pm

### Rosburg Fitness Center (11)

**275-GYMI** • 210 W Popson Ave, Bldg 2200  
Mon-Fri, 5am-9pm • Sat, Sun, Family Days &  
Holidays, 24/7 access with registered CAC card

### Sonic Splash Pool (12)

**277-3552** • 24 Lathrop Dr, Bldg 5202  
Open seasonally • Hours at edwardsfss.com

## RECREATION

### Aero Club (13)

**275-AERO** • 235 S. Flightline, Bldg 1202, Rm 109  
Office: Mon-Fri, 8am-4pm • Closed Holidays  
Flying during daylight hours

### Arts & Crafts (15)

**275-ARTS** • 200 Methusa Rd, Bldg 2440  
Mon-Fri, 9am-5pm  
Closed Holidays & Family Days

### Arnold Park (14)

**275-CAMP** • Coliseum Dr, Bldg 5211

### Auto Hobby (15)

**275-AUTO** • 200 Methusa Rd, Bldg 2440  
Mon-Fri, 11-6pm • Sat, 9am-4pm

### Base Theater (23)

4 W Yeager Blvd, Bldg 2660

### Branch Park (16)

**275-CAMP** • Lancaster Blvd, Bldg 420

### FamCamp (17)

**275-CAMP** • 5217 Lathrop Dr

### High Desert Inn (18)

**275-ROOM** • 5602 Honts Dr, Bldg 5602  
Open 7 days a week, 24 hours a day

### High Desert Lanes (5)

**275-BOWL** • 205 Fitzgerald Blvd, Bldg 5214  
Mon, 10:30am-3:30pm • Tue-Thur, 10:30am-7pm  
Fri, 10:30am-8pm • Sat, 12-7pm • Closed Sunday

### Information, Tickets & Travel (3)

**275-TRIP** • 205 W Popson Ave, Bldg 2500  
Mon-Fri, 8am-3:30pm

### Library (19)

**275-BOOK** • 5 W Yeager Blvd, Bldg 2665  
Mon, Wed, Thur, Fri, 9am-5pm  
Tue, 11am-7pm • Sat, 11am-4pm  
Closed Holidays, Open Family Days

### Muroc Lake Golf Course (4)

**275-PUTT** • 111 Crossfield Dr, Bldg 5611  
Mon-Sun, 7am-5pm

### Oasis Community Center (3)

**275-CNTR** • 205 W Popson Ave, Bldg 2500  
Mon-Fri, 8am-4pm

### Outdoor Recreation (3)

**275-CAMP** • 205 W Popson Ave, Bldg 2500  
Mon-Fri, 9am-5pm • Closed Holidays

### Stables (20)

**275-CAMP** • 101 Landfill Rd

### Scorpion's Nest Paintball (22)

**275-CAMP** • 210 Adams Way, Bldg 210  
Private group reservation only.

## YOUTH & FAMILY

### Military & Family Readiness (24)

**277-0723** • 90 Farrell Dr, Bldg 5620  
Mon-Fri, 7:30am-4:30pm  
Closed Holidays & Family Days  
Closed 2nd Friday of month for training

### Child Development Center (25)

**275-TOTS** • 1305 W Fitzgerald Blvd, Bldg 6457  
Mon-Fri, 6:15am-6pm

### Family Child Care (24)

**277-1595** • 1305 W. Fitzgerald Blvd, Bldg 6457  
Mon-Fri, 6:15am-6pm

### School-Age Care (26)

**275-PLAY** • 1208 W Fitzgerald Blvd, Bldg 6459  
Mon-Fri, 6:15am-6pm

### School Liaison (29)

**277-2456** • 5 N Seller Ave, Bldg 3000

### Teen Center (27)

**275-TEEN** • 7211 Kincheloe Ave, Bldg 7211  
Mon-Fri, 2-6pm

### Youth Programs (28)

**275-KIDS** • 24 Lathrop Dr, Bldg 5210  
Office: Mon-Fri, 11am-5pm  
Facility: Mon-Fri, 2-6pm

### Youth Sports Program (28)

**277-8961** • 24 Lathrop Dr, Bldg 5210

## 412 FORCE SUPPORT

### Administration (29)

**277-4240** • 5 N Seller Ave, Bldg 3000  
Mon-Fri, 8am-4pm

### Civilian Health Promotion Services (11)

**277-3667** • 210 W Popson Ave, Bldg 2200

### Civilian Welfare Fund (29)

**277-5644** • 5 N Seller Ave, Bldg 3000

### Education & Training (30)

**277-2713** • 140 Methusa Rd, Bldg 2453  
Mon-Fri, 7:30am-4:30pm

### Honor Guard (30)

**275-BLUE** • 148 Methusa Rd, Bldg 2462

### Marketing (15)

**275-3826** • 200 Methusa Rd, Bldg 2440

### Military Personnel Flight (29)

**277-4281** • 5 N Seller Ave, Bldg 3000

### NAF Human Resources Office (29)

**275-WORK** • 5 N Seller Ave, Bldg 3000

### Civilian Personnel Office, Customer Service (29)

**277-3840** • 5 N Seller Ave, Bldg 3000

### Private Orgs (29)

**277-5644** • 5 N Seller Ave, Bldg 3000

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details and upcoming showtimes!

