

What's Happening with BOSS

May 2: CrossFit Class (1030–1200)

Work out with the BOSS team and learn the basics of CrossFit! Cost: FREE Location: Meet at Warrior Zone at 0815 or at1215.

Registration: Register through QR code, or the BOSS office.

May 2: CPR Class (0900-1030 & 1300-1430)

Join us for a free CPR Class and earn your certification! Cost: FREE Location: Meet at Warrior Zone at 0820 and at 1220. Registration: Register through QR code, or the BOSS office.

May 7: Cooking Class (1700–1900)

Learn the basics of cooking with the BOSS team and JBLM Libraries! Cost: FREE Location: Grandstaff Library Registration: Register through QR code, or the BOSS office.

May 8: How to build your BOSS Board (0630–1300)

Join us for a morning of Sports PT and a tutorial on how to build a BOSS board for your unit! All unit BOSS reps are invited to join the BOSS team for lunch to

follow! Cost: FREE

Location: Meet at Warrior Zone at 0945. **Registration:** Register through QR code, or the BOSS office.

May 14: Edible Garden (0900-1300)

Cost: Free Learn to grow your own edible and self-sustaining garden! **Location:** Meet at Warrior Zone at 0815. **Registration:** Register through QR code or the BOSS office.

May 15: Performance Nutrition Class (1000–1100) Cost: Free

Learn the fundamentals of nutrition, health, and performance! Location: Meet at Warrior Zone at 0945. Registration: Register through QR code or the BOSS office.

May 15: Community Meeting (1400–1500)

Let your voice be heard and see what's happening with BOSS in our monthly Community Meeting.

Location: Stone Education Center, 6242 Colorado Ave, JBLM-Lewis Main.

May 16: Paint N Sip (1800–2000)

Continued

May 24: Pottery Class (1500-1700)

Learn how to throw mud and create your own mug! Cost: Free Location: Meet at Warrior Zone at1415. Registration: Register through QR code or the BOSS office.

May 28: Bowling (1700-1900)

Join us for a fun afternoon of bowling. **Cost:** FREE **Location:** Meet at Warrior Zone at 1430. **Registration:** Register through QR code, or the BOSS office.

May 29: Kickboxing (1000–1200)

Join us in learning the skill of kickboxing! Cost: FREE Location: Meet at Warrior Zone at 0945. Registration: Register through QR code, or the BOSS office.

Volunteer Opportunities

May 1–15: Spring Clean Up, JBLM Post-Wide Clothing Drive Cost: FREE

Clean out your closets of gently used clothing and help us give back to the Tacoma Community through Tacoma Rescue Mission! **Location:** Drop sites at Warrior Zone, any Lewis Main Chapel, North Fort Chapel, Lewis Main PX and McChord BX. **Drop off time:** 0930-1800

May 6: Thrift Store (1000-1200)

Cost: FREE

Help us volunteer at the Fort Lewis Thrift Store. Location: Meet at Warrior Zone at 0930. Registration: Register through QR code or the BOSS office.

May 14: Lewis Army Museum (0930–1300)

Cost: FREE

Join the BOSS team in experiencing the Lewis Army Museum. Location: Meet at Warrior Zone at 0915. Registration: Register through QR code or the BOSS office.

May 17: Armed Forces Day (Time TBD)

Join the BOSS team at the annual JBLM Armed Forces Day and help us sell burgers and hotdogs! **Cost:** Free

Cost: FREE

Come join us at our popular, monthly paint and sip. Bring your friends!

Location: Meet at Warrior Zone at 1800. **Registration:** Register through QR code, or the BOSS office.

May 22: Twin Falls Hike (1100–1400)

Join BOSS for our first summer waterfall hike at Twin falls in North Bend, WA!

Cost: FREE

Location: Meet at Warrior Zone at 0945. **Registration:** Register through QR code or the BOSS office.

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Location: Meet at Warrior Zone at TBD **Registration:** Register through QR code, or the BOSS office.

May 19-23: BOSS Warehouse Clean-Out (1300-1600 Daily)

Help us clean out and organize our BOSS warehouse! Location: Meet at Warrior Zone at 1245. Registration: Register through QR code or the BOSS office.

Sign up for BOSS events here!

