

quote >>>

"The only way to do great work
is to love what you do."
~Steve Jobs



MAY 2026

M&FRC NEWSLETTER

MacReadiness

Upcoming Events:

- 7 MAY —Newcomers
- 7 MAY —Coffee and Connections
- 7 MAY —EFMP/ Hearts Apart: Yoga
- 8 MAY—Initial Volunteer
- 12 MAY —Sponsorship training
- 13 MAY —Dorm Departure
- 14 MAY —Pre-arrival (Via Zoom)
- 15 MAY —LinkedIn
- 16 MAY —Mil-spouse Brunch Out
- 18 MAY —Resume/ Interview Skills
- 19 MAY —Federal Employment
- 20 MAY —EFMP: 101 Orientation
- 21 MAY— Drip Art Studio
- 22- 25 MAY —CLOSED**
- 28 MAY — Lat's Talk Credit

To Register for Classes

Call: (813) 828-0145 or email
FSC.Frontdesk@us.af.mil

Military & Family Readiness Center

Bldg. 18 & Bldg. 38

Phone: 813-828-0145

8104 Condor Street

FSC.Frontdesk@us.af.mil



Hours Of Operation

Mon., Tues. Wed. & Fri. 8am-4pm
Thurs. 11am-4pm
Closed Federal Holidays & Pass Days



Calendar

MAY 2026

Children/Family
Employment
Personal Finance
Relocation
Readiness/ Deployment
Transition (TAP)
Volunteer (VOL)

MILITARY AND FAMILY READINESS

Macdillfss.com/military-family-readiness

@macdillfss 813-828-0145



MACDILL AIR FORCE BASE
SERVICE SUPPORT SQUADRON

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Reintegration 9am	2
3	4 TAP Pre-Sep (SEP) 9am-12:30pm	5 Reintegration 9am	6 TAP Pre-Sep (RET) 9am-12:30pm	7 Newcomers Briefing 7:30-12:00pm Coffee and Connections 8:30-10:15am EFMP/Hearts Apart: Yoga 7:30pm	8 Reintegration 9am Initial Volunteer 7pm	9
TAP Workshop 8am-4pm			TAP Employment 8am-4pm			
10 <i>Happy Mother's Day</i>	11 TAP Pre-Sep (SEP) 9am-12:30pm	12 Reintegration 9am Sponsorship Training 1pm	13 Dorm Departure 9am TAP Pre-Sep (RET) 9am-12:30pm	14 Pre-arrival (via zoom) 1pm Pre-deployment 1pm	15 Reintegration 9am LinkedIn 9am-4pm	16 Mil-Spouse Branch Out 11:00am
TAP Workshop 8am-4pm			TAP Employment 8am-4pm			
17 EFMP/Hearts Apart Quantum Leap	18 TAP Pre-Sep (SEP) 9am-12:30pm Resume/Interview 1pm	19 Reintegration 9am Hurricane Prep 10:00am-12:00pm Federal Employment 1pm	20 TAP Pre-Sep (RET) 9am-12:30pm EFMP: 101 Orientation 10 pm	21 Pre-deployment 1pm Drip Art Studio 6:30pm	22 CLOSED	23
			Boots To Business 9am-4pm			
24	25 	26 Reintegration 9am	27 TAP Pre-Sep (RET) 9am-12:30pm	28 Let's talk Credit 1:00pm-2:30pm Pre-deployment 1pm	29 Reintegration 9am <i>Hello</i>	31 <i>May</i>

Calendar and Class schedules are subject to change without notice

CHILDREN/FAMILIES

07 MAY, EFMP/ Hearts Apart: Wellness Yoga, 7:30pm – 8:30pm

Wellness focused yoga session for adults will allow participants to learn stress-relief techniques, improve mental/emotional health and learn a valuable self-care skill. Yoga mini kit for each participant will allow for those techniques learned to be ongoing.

17 MAY, EFMP/ Hearts Apart: Quantum Leap, 1:30pm – 3:30pm

Family Fun Days are family-oriented events designed to encourage family member interaction and provide invaluable peer-to-peer support. Events feature a lunchtime cookout, pony rides for kids 12 and under, pony painting, equine-themed arts and crafts, and outdoor games of all kinds. These relaxing and fun afternoons provide special bonding time for families experiencing similar circumstances, in a beautiful and emotionally safe space where they can recreate, connect or re-connect and engage with each other.

20 MAY, EFMP: 101 Orientation, 10:00pm – 12:00pm

The purpose of this briefing is to provide EFMP families orientation & transitioning military and/or those who have dependents with special needs information on services and resources to help prepare and ensure the needs of their special needs family members are met. Participating agencies are Tricare, EFMP FS, EFMP Medical, SLO, Agency for Persons with Disabilities, and Special Needs Alliance.

21 MAY, Drip Art Studio, 6:30pm – 8:30pm

Adults and teens will learn how to throw 2 lbs of pottery clay or the pottery wheel, hand sculpting, painting ceramics, or mosaics. This includes educational art instruction, glazing and firing. Providing stress relief to families and strengthen bond with families and community.

21 MAY., Military Spouse Night Out, 6:30-9:00pm

Calling all MacDill Military Spouses to join us for a night full of fun, community building and connections! E-mail to RSVP.

EMPLOYMENT

15 MAY, LinkedIn, 9:00am – 4:00pm

Unlock the secrets of LinkedIn by building and maximizing a profile and learn how to job search and network effectively through the #1 professional networking social media site. Professional and complimentary head shot is included. (This class is held in Ybor City, not on MacDill)

18 MAY, Resume Writing 101-Private Industry and Interviewing Skills, 1:00pm – 3:30pm

This workshop helps you create a resume that will get you the interview. Learn the basic resume constructions and different formats for targeting good employment opportunities and cover letters that get the employer's attention. Learn the techniques involved in the interviewing process and how to handle salary issues and questions.

19 MAY, Federal Employment Workshop, 1:00pm – 3:00pm

This workshop helps you create a resume that will get your resume to the hiring manager's desk! Learn the basic resume constructions and different formats for targeting good employment opportunities and learn how to navigate the USA Jobs website from beginning of application to submission and beyond.

READINESS/DEPLOYMENT

Pre-Deployment/Remote Tour Briefing, Thursday, 1:00pm – 2:00pm

This briefing covers multiple topics to include, emotional cycles of deployment/unaccompanied tour, family, and support services offered to deployed/remote tour members and their families. Spouses are highly encouraged to attend our weekly briefings. Email afss.fsh.mfreadiness@us.af.mil to register.

Reintegration, Tuesday and Friday, 9:00am

Location is the Bldg 18 training room. Prior registration required. UDMs please email fss.fsh.mfreadiness@us.af.mil. This briefing covers successful strategies on return/reintegration, along with instructions on how to complete the checklist.

PERSONAL FINANCE

13 MAY., Dorm Departure, 9:00am-10:00am

Departure Program (D2 Program) Preparing servicemembers to successfully transition to independent living. This class is designed to assist in researching, saving, and planning for your new space. Workshop held in the dorms at the Cyber Café

28 MAY, PFR Let's Talk Credit, 1:00pm-2:30pm

Simple techniques can save you thousands of dollars. Join us to discuss ways to improve your credit score, correct misinformation, and obtain your FREE Credit Report Analysis.

RELOCATION

07 MAY, Newcomers Orientation, 7:30am – 12:00pm

Mandatory briefing for new personnel arriving at MacDill. This workshop covers information specific to MacDill, the local community, and provides helpful resources. Spouses are encouraged to attend.

07 MAY, Coffee and New Connections, 8:30am-10:15am

Join us for a warm cup and great conversations followed by learning about resources and support here at MacDill. (Children welcome)

12 MAY, Sponsorship Training, 1:00pm–2:00pm

Have you been assigned as a Sponsor to an inbound member? Come complete your mandatory sponsorship training and receive education on how to ensure our newest members have a great first impression of MacDill.

14 MAY, Pre-Arrival Orientation (Via ZOOM), 1:00pm-2:30pm

In-bound SMs and their families will learn about the installation, local resources, and unique opportunities specific to MacDill. **Does not satisfy Newcomers requirement**

19 MAY, Hurricane Prep, 10:00am-12:00pm

MacDill specific information to prepare members for hurricane season. Topics include Emergency Mngt, finances, housing, dealing with stress during a natural disaster and much more.

VOLUNTEER PROGRAM (VOL)

Initial Volunteer training occurs every second Friday of the month at 1pm at M&FR

Train on VMIS procedures and volunteer program guidance.

TRANSITION ASSISTANCE PROGRAM (TAP)

To start TAP visit: <https://macdillfss.com/starting-tap/> or email: fss.fsh.tap@us.af.mil

Initial Counseling / PreSep Counseling

Every Monday (SEP) & Wednesday (RET), 9am – 12:30pm

TAP Workshops

May 4-6 & May 11-13 from 8:00am–4:00pm

Employment Track

May 7-8 & May 14-15 from 8:00am - 4:00pm

Entrepreneur Track

May 20-21 from 9:00am-4:00pm

To Register for Classes
Call: (813)828-0145

Events

STAP Dates 2026

26-30 January

20-24 April

27-31 July

26-30 October



Eligibility Requirements:

Must be below ranks

E-7

E-8

E-9

O-4

O-5

O-6+

W-4

W-5

SENIOR TAP



Senior TAP (STAP) classes are available this year at MacDill!

This specialized version of TAP is tailored for senior service members who are transitioning after a long career, offering more in-depth guidance on leadership transition, retirement planning, and adapting to civilian leadership roles.

Senior Tap Agenda:

Day 1: DOL Day (same as regular TAP)

Day 2: VA Benefits & Services (same as regular TAP)

Day 3: Senior Employment Fundamentals Course

Day 4-5: Senior Department of Labor Employment Workshop

It is possible to take any of our TAP Courses. If you are taking Senior TAP in 2026, you MUST register for the whole week (Days 1-5). If you cannot attend the whole week, please register for a non-Senior TAP Workshop to give those who want it the opportunity to take Senior TAP. Thank you for your understanding.



**To start TAP
email 6fss.fsh.tap@us.af.mil,
then complete the
Self-Assessment and SOU and return them
to 6fss.fsh.tap@us.af.mil.**

**Pre-Separation and Initial Counseling
are conducted every Monday and
Wednesday.**

*****Attending PreSep is REQUIRED before accessing
the additional TAP workshops.*****

Events

6 A R W

2026

NEWCOMERS ORIENTATION

8 JAN
5 FEB
5 MAR
2 APR
7 MAY
4 JUN
2 JUL
6 AUG
3 SEP
1 OCT
5 NOV
3 DEC



**TO REGISTER CALL
813-828-0145
OR SEND EMAIL
WITH DOD ID TO:
FSC.FRONTDESK@US.AF.MIL**

WWW.MACDILLFSS.COM

Events

Join Us for Coffee and New Connections



1ST THURSDAY
0830-1030
AT DINER'S
REEF

**SPOUSE
NEWCOMERS
WELCOME
COFFEE**

Enjoy a warm
cup and great
conversations.

**INFORMATION
FAIR**

Learn about
resources and
support available
here at MacDill.

PLEASE RSVP TO FSC.FRONTDESK@US.AF.MIL

Events

EFMP-FS PRESENT

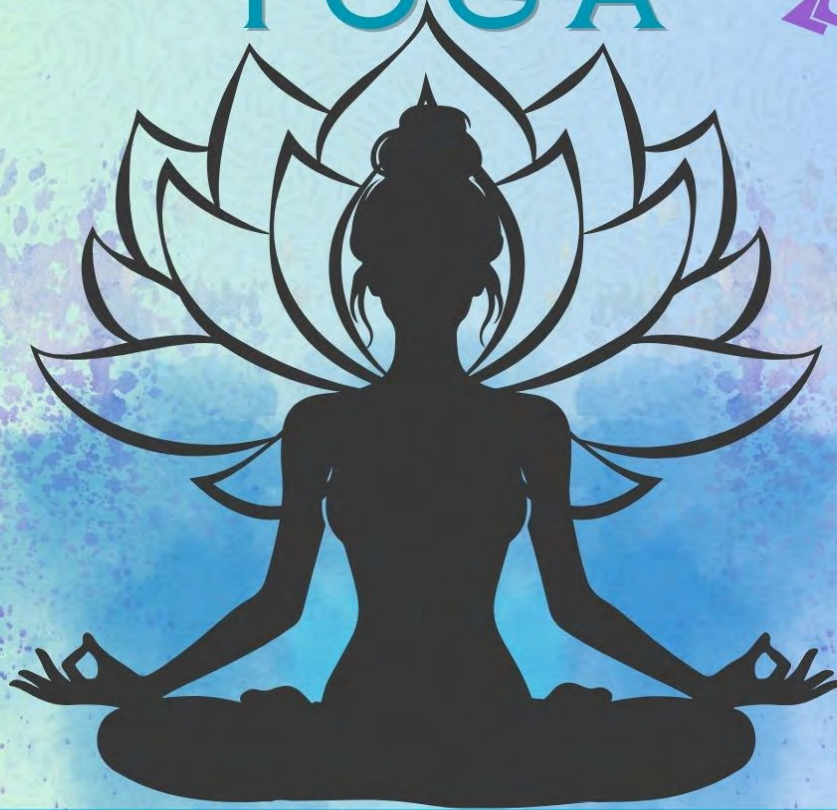


WELLNESS YOGA



*Register
Now*

JOIN US



EVERY FIRST THURSDAY | 7:30 PM - 8:30 PM
05 FEB, 05 MAR, 02 APR, 07 MAY,
04 JUN, 02 JULY, 06 AUG, 03 SEPT,
01 OCT, 05 NOV, 03 DEC

TO REGISTER EMAIL:

6FSS.FSH.EFMP@US.AF.MIL

YOGA LOFT TAMPA



2002 E. 5th St Unit 102
Tampa, FL 33605



EFMP Exceptional
Family Member
Program



MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Events



MacDill AFB



EFMP FAMILY SUPPORT

Hearts Apart
Support Connection Resilience.

& Deployed Families

HEARTS APART

YOU'RE INVITED!

APRIL 26

CONNECT EVENTS

2- YOGA LOFT RELAXATION YOGA
12- QUANTUM LEAP FARMS FAMILY FUN DAY
18- MINI FARM W/BLUE STAR FAM

MAY 26

CONNECT EVENTS

7- YOGA LOFT RELAXATION YOGA
17- QUANTUM LEAP FARMS FAMILY FUN DAY
21 - DRIP ART STUDIO

JUNE 26

CONNECT EVENTS

4- YOGA LOFT RELAXATION YOGA
10- STRESS LESS WITH HEATH & WELLNESS

MORE INFO



TO REGISTER PLEASE CALL 813-828-0122/0136
OR EMAIL: 6FSS.FSH.EFMP@US.AF.MIL

Events



DORM DEPARTURE PROGRAM

2026:

- 14 JAN
- 11 FEB
- 11 MAR
- 8 APR
- 13 MAY
- 10 & 24 JUN
- 15 & 29 JUL
- 12 AUG
- 23 SEP
- 21 OCT
- 18 NOV
- 16 DEC



MACDILL AIR FORCE BASE
6TH FORCE SUPPORT WING



- 🕒 0900-1000
- 📍 Bldg 375 Cyber Cafe

**REGISTER THROUGH
THE M&FRC**



Phone Number
813-828-0145



Email
fsc.frontdesk@us.af.mil

Dorm Departure Program (D2 Program) consist of two parts:
1. Completion of D2 Brief and 2. Completion of 1:1 Budget Review

Events



MACDILL EFMP FAMILY SUPPORT PRESENTS VIRTUAL TRAINING 2026



DO YOU KNOW ALL OF THE THINGS EFMP FAMILY SUPPORT CAN DO FOR
ACTIVE-DUTY AIR FORCE & SPACE FORCE SERVICE MEMBERS AND
THEIR FAMILIES?

TOPICS COVERED:

- *AIR FORCE/SPACE FORCE DAF FAMILY VECTOR
- *INDIVIDUALIZED FAMILY NEEDS ASSESSMENTS
- *EFMP AIR FORCE/SPACE FORCE GRANTS
- *SPECIAL EDUCATION RESOURCES
- *CHANGES TO AIR FORCE RESPITE CARE PROGRAM

DATES: 21 JAN, 18 FEB, 18 MAR, 15 APR, 20 MAY, 17 JUNE,
15 JUL, 19 AUG, 16 SEPT, 21 OCT, 18 NOV, 16 DEC

IN PERSON & VIRTUAL

(ZOOM CODE: 160 3265 9210 PASSCODE: EFMP101)

FROM 1000-1100

TO REGISTER:

EMAIL: 6FSS.FSH.EFMP@US.AF.MIL OR CALL 813-828-0122



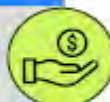
Events

Personal Financial Readiness Workshops 2026

All briefings are provided by M&FRC PFR Team at the M&FRC, bldg. 18!

(To include, accredited & certified financial counselors and registered financial planners.)

Sign up individually or
as a unit/team!



Understanding TSP 1300-1430

How much do you really know and understand about the Thrift Savings Plan? Join us as we discuss the ins and outs of TSP. This class is for military and civilian TSP investors and satisfies the Vesting in TSP Financial Readiness Touchpoint.

26 MAR - 25 JUN - 24 SEP - 10 DEC



Estate Planning 1300-1430

Discover the benefits of estate planning. Learn the various components that make up an individual's estate such as wills, life insurance, bank, property, and investment accounts and what happens to an estate after death.

26 FEB - 9 APR - 11 JUN - 27 AUG



Home Sweet Home 1300-1430

Take the stress out of home-buying! Learn how to navigate the market with confidence. We'll cover choosing a realtor, what to look for when selecting a home, and understanding loan options, to include VA home loans.

12 FEB - 9 JUL



Let's Talk Credit 1300-1430

Join the M&FRC as we take a look at simple techniques to save you thousands of dollars. We'll discuss the truths and myths about credit, understanding your credit score, and ways to improve it.

28 MAY - 20 AUG



Holiday Spending 1300-1430

Similar to our Understanding TSP class, our Retirement Planning Starter will discuss making your TSP work for you, as you plan for retirement. The workshop satisfies the Retirement Planning Starter Financial Readiness Touchpoint.

8 OCT - 12 NOV



Events



FAMILY FUN DAY

for military & special needs children

SUNDAYS

APR 12, 2026 | MAY 17, 2026 | OCT 25, 2026 | DEC 6, 2026

TIME & LOCATION

1:30PM - 3:30PM

10401 Woodstock Rd, Odessa, FL 33556

★ pony rides for kids
12 years & younger

★ quality time with
four-legged friends

★ pony painting

★ arts & crafts

★ lunch provided

★ face painting

Please RSVP at: quantumleapfarm.org/ffd

MISSION: *Transforming lives by harnessing the healing connection between humans and horses through equine-assisted therapies.*

Events

M&FRC Presents:
HURRICANE PREP







2026

Let's Start Now!

The M&FRC
10:00am-12:00pm

19 MAY
16 JUN
21 JUL
18 AUG
15 SEP

***Learn what to do and
where to find help!***

-  Emergency Management
-  Finance Office
-  Resident Advocate
-  EFMP
-  MFLC
-  And more!

Register NOW!



813-828-0145



fsc.frontdesk@us.af.mil

Events

Military Spouse Brunch

May
23th

11 am – 2 pm

White Oak Cottage
10530 South County Road 39
Lithia, FL 33547

LIMITED SEATS AVAILABLE
PLEASE RSVP TO
[HTTPS://EVITE.ME/XBU8PRBKAG](https://evite.me/xbu8prbkag)

Events

Military & Family Readiness Center:

Bundles *for* Babies

2026 Dates:

3 FEB

11 AUG

14 APR

13 OCT

9 JUN

8 DEC

8:30am-12:30pm

@ the M&FRC, Bldg 18

- ✓ 8+ base agencies
- ✓ Information & resources
- ✓ Q&A with the experts
- ✓ Special gift (if eligible)
- ✓ Register today!



MACDILL AIR FORCE BASE

(17th FORCE SUPPORT SQUADRON)



*Active Duty/Reserve on Title 10 orders and their dependent spouses



813-828-0145



fsc.frontdesk@us.af.mil

Events



M&FRC

Finances, without the stress!

MONEY 101 **WORKSHOP**

Learn to navigate your finances with confidence; money conversations, budgets, tax preparation, TSP/BRS, goal setting, financial planning, & much more!



2026
22 JAN
30 APR
10 SEP



1300-1430



M&FRC
BLDG 18

Register Now



FSC.Frontdesk@us.af.mil
813-828-0145

All briefs provided by M&FRC PFR team and MFLC.


MACDILL AIR FORCE BASE
CULTURE. SERVICE. QUALITY.



Events



RESUME WRITING 101 PRIVATE INDUSTRY AND INTERVIEWING SKILLS 2026

M&FRC BUILDING #38 TRAINING ROOM • 1PM - 3:30PM

JANUARY 12	MAY 18	SEPTEMBER 21
FEBRUARY 9	JUNE 15	OCTOBER 5
MARCH 16	JULY 20	NOVEMBER 23
APRIL 13	AUGUST 17	DECEMBER 21

This workshop helps you create a resume that will get you the interview. Learn the basic resume constructions and different formats for targeting good employment opportunities. Learn the techniques involved in the interviewing process and how to handle salary issues.

TO REGISTER CONTACT:
6MSS.employments@us.af.mil • (813) 828-0145



FEDERAL EMPLOYMENT WORKSHOPS 2026

M&FRC BUILDING #38 TRAINING ROOM • 1PM - 3PM

JANUARY 13	MAY 19	SEPTEMBER 22
FEBRUARY 10	JUNE 16	OCTOBER 6
MARCH 17	JULY 21	NOVEMBER 24
APRIL 14	AUGUST 18	DECEMBER 22

This workshop gives tips and advice on how to write a federal resume that will get you the interview. Also, learn the ins and outs of USA Jobs and how to navigate the application process.

TO REGISTER CONTACT:
6MSS.employments@us.af.mil • (813) 828-0145



FIND MORE INFO AT:
MACDILLFSS.COM
FOLLOW US @MACDILLFSS



FIND MORE INFO AT:
MACDILLFSS.COM
FOLLOW US @MACDILLFSS

Employment Workshops Are open to Dependents!!!

MACDILL AFB CAREER FAIR 2026 Calendar

OPEN TO ALL ACTIVE DUTY, GUARD/RESERVE, DOD CIVILIANS & SPOUSES WITH ACCESS TO INSTALLATIONS

SAVE THE DATE

11AM-2PM

30 January (Skillbridge)
23 April
30 July
29 October

SAVE THE DATE

Locations Varies

Please Contact Us For More information



Meet 70+ Local and International Employers!



Follow us @ macdillfss
or email: 6mss.employments@us.af.mil



Events

PLEASE JOIN US FOR A

Tea Time BINGO

CELEBRATING MOMS!

Kids welcome!



SATURDAY, MAY 9TH

• 10:00 AM - 11:30 AM •

Tea, Treats & Bingo Fun!

PRIZES & SPECIAL SURPRISES FOR MOMS!














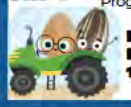
MacDill Chapel Annex
MacDill Air Force Base, FL

RSVP THROUGH
[evite.me/dDTqZuPz98](https://www.evite.com/join/evite.me/dDTqZuPz98)

Events

MAY 2026

MACDILL AFB LIBRARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 Take Home Craft	02 2nd Annual Bricksburg 400 LEGO DERBY 11 AM 
03 Library Closed	04 STAR WARS EVENT BEYOND THE FORCE BE WITH YOU 4 PM 	05 THANK YOU TEACHERS Pre-K Storytime 10 AM  National Cartoonist Day	06 Baby Storytime 9:30 AM	07 Family Craft Time (Mother's Day) 4-5 PM	08 Take Home Craft HAPPY MILITARY SPOUSE APPRECIATION DAY 	09
10 Library Closed HAPPY MOTHERS DAY 	11 LEGO Club 4-5 PM	12 Pre-K Storytime 10 AM	13 Baby Storytime 9:30 AM	14 Library Closed for Admin and Training	15 Take Home Craft	16 Armed Forces Day 
17 Library Closed	18 Chess & Games Club 4-5 PM	19 Pre-K Storytime 10 AM	20 Baby Storytime 9:30 AM Family BINGO 5 PM	21 Craft Club 4-5 PM	22 Library Closed (Memorial Day) 	23 Library Closed (Memorial Day) 
24 Library Closed Library Closed 31	25 Memorial Day Library Closed 	26 Pre-K Storytime 10 AM	27 Baby Storytime 9:30 AM Adult Book Club 5-6 PM	28 LEGO Club 4-5 PM	29 Take Home Craft	30 SRP = Summer Reading Program  Kick-Off Party 11 AM



MacDill AFB Library

8102 Conдор Street Bldg 252, Tampa, Florida 33621 | 813-828-3607

<https://macdillfss.com/library>

2nd Annual Bricksburg 400



Lego Derby

May 2, 2026 @ 11 AM

MacDill AFB Library



MacDill AFB Library

8102 Conдор Street Bldg 252, Tampa, Florida 33621 |

813-828-3607

<https://macdillfss.com/library>

Events



FIRST FRIDAYS YOUTH CENTER OPEN HOUSE

Dates:

- February 6
- March 6
- April 3
- May 1

Youth Center First Fridays are **FREE!** Want to see what the Youth Center has to offer your 9-18 year olds? Then come and check us out! (If 18, must be a current High School student).

Friday hours are 2:00pm-6:00pm.
No registration required.



Contact the Youth Center at:
813-828-7956 or 6fss.fsy.yc@us.af.mil
for more details.



Events

COMEDY TOUR



ROY WOOD JR

featuring

**Walter
Campbell**

Adult Comedy
18+ only



FREE SHOW!

AS SEEN ON

HBO



LATE
SHOW
stephen
colbert



CNN

Saturday, 2 May • 6 PM

Seascapes

Events



SEASCAPES

LIMITED
TIME
OFFER!

MAY 5 - CINCO DE MAYO SPECIAL

Southwest Burger Special

Juicy burger topped with roasted green chiles,
chipotle mayo, pepperjack cheese.

Served with seasoned fries

\$10.25



MACDILL AIR FORCE BASE
 **FORCE**
SUPPORT SQUADRON

Events

OUTDOOR ADVENTURE TRIPS



3 Dates to Choose From!

Shell Key Snorkel & Shelling Trips

Discover Shell Key, a hidden barrier island with white sand, clear water, and amazing shelling—just an hour boat ride from our marina. Snorkel, relax, and watch for dolphins, manatees, and coastal wildlife along the way.

May 9 • June 13 • July 11 • \$25pp

Open to active duty, dependents, veterans, retirees, and DoD civilians.

Before You Go

- Pack for the beach (sunscreen, towel, sun protection)
- Bring snorkel gear or we have a limited supply available
- Shelling Bags will be available to use during trip
- No facilities on the island (restrooms available before departure)

On Board

- Limited space—pack light
- Shared cooler provided for food & drinks

Restrictions

- No alcohol, glass, pets, kites, or drones (wildlife preserve rules)

Trip Info

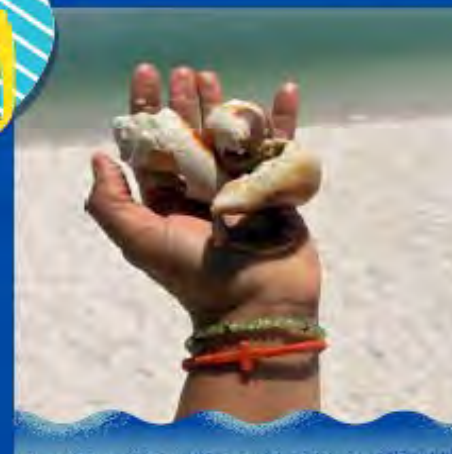
- Departs from MacDill Marina: 8AM • Returns: 4–5PM
- Full-day trip (includes refueling stop)
- Weather may impact trips—full refunds for weather cancellations or official TDY/PCS.

Book Now!

☎ (813) 840-6919/6929 | (813) 828-4983 | (813) 840-1613 | (813) 512-6710

 macdillfss.com

MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON



Events



BAY PALMS GOLF COURSE

Air Force NATIONAL DAY OF GOLF

2026

*Celebrate the
Game of Golf!*

SATURDAY, MAY 9TH | 8:30AM | SOUTH COURSE

AGF/E1-4: \$30 | AD/RET E5-Up: \$45 | CIV: \$55

Triple 6 Format, 2 player, mix up event.

Holes 1-6 Best Ball, Holes 7-12 Modified Alternate Shot, Holes 13-18 Scramble.

This is a non-handicapped event. Price includes Green Fees, Cart and Lunch

-Limited to 100 participants-

SIGN UP EARLY!



Stop by the Pro Shop to sign up by COB on Fri, May 8th

(813) 828-0046



macdillfss.com

Events

OUTDOOR ADVENTURE TRIPS



FISHING CHARTER



2 Dates to Choose From!

MacDill Half Day Fishing Charter

May 12, 2026 | June 16, 2026 | 8AM-1PM | MacDill Marina | \$60pp

Departure: 8AM from MacDill Marina

Duration: 5 hours of fishing in beautiful Old Tampa Bay

Included in Trip Price: Fishing pole, bait, life preserver, cooler with ice and water


Sign-Up Requirement: Must be registered in advance to participate

What to Bring: Hat for sun protection, proper fishing attire, sunscreen & sunglasses recommended

Perfect for: All skill levels—whether you're a first-time angler or seasoned fisherman!
Very chill relaxing trip- food not included bring your own snacks.

**Fishing license required*

Call the FamCamp at (813) 512-6710/(813) 840-6920,
Mon-Sat for reservations.

 macdillfss.com

MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Events

BAY PALMS GOLF COURSE



FREE

ACTIVE DUTY CLINIC

Free Golf Lessons for
Active Duty & their Spouses

12PM-1PM

on select Wednesdays

Please meet at the driving range 10 minutes prior to start time.

Instruction & equipment will be provided if needed.

No reservation required

2025-2026 SEASON

Oct 8 & 22

Nov 5 & 19

Dec 3 & 17

Jan 7 & 21

Feb 4 & 18

Mar 4 & 18

Apr 1, 15 & 29

May 13



BAY PALMS
MACDILL AFB

MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Events

Beach LUAU Bash



SEASCAPES

Music by
DJ Cliff



May 15
5-10PM

Buffet:

Pulled pork/chicken,
smoked sausage, baked beans,
mac & cheese, potato salad and
build your own ice cream sundae

\$14.95



macdillfss.com | 813.840.1451

Events

MacDill Lanes Presents



KIDCHELLA

May Kids Bowling Night!

Cosmic Bowl Lanes

\$17/hr

(up to six people)

*shoes not included



MAY 15 • 5-8PM

Bowling Fun!

Bracelet Making

Prizes!

Goodie Bags

With Food Purchase
(While supplies last)

Music!

Food Special!

Fiesta Buffet – Kids: \$7.95pp • Adults: \$14.95pp

Soft Flour Tortillas & Crispy Corn Tortilla Shells, Mexican Ground Beef
Mexican Chicken, Tex-Mex Rice, Shredded Lettuce, Diced Tomatoes,
Sour Cream, Shredded Cheese, Chips & Salsa • Dessert: Churros with Ice-Cream Cups

Loaded Nacho Plate • \$8.50

Tri Color Nacho Chips with Your Choice of Seasoned Ground Beef, Shredded Lettuce,
Diced Tomatoes, Diced Onion, Melted Cheese, Chili, Jalapeños, Salsa and Sour Cream

*Please be advised:
Parents or guardians are
required to accompany
their children at the event

(813) 828-4005



macdillfss.com

Events

Bay Palms Golf Course

Golf Tune Up Tuesdays



Improve your game in
a group environment.

We will begin with 30 minutes on the range,
followed by 30 minutes on the short game areas.

From beginners to experienced players,
we can all benefit from a skilled instructor
helping us improve our game.

Sign up & pay at the Pro Shop. *Space is limited.*

Three sessions available:

11am-12pm, 12-1pm and 4-5pm.

\$40 per person. 8-person limit per session.

**Sessions are on the third Tuesday of the month
except for June & July 2026.**

20 January | 17 February | 17 March | 21 April | 19 May | 18 August

15 September | 20 October | 17 November | 15 December

(813) 828-0046



Events

DEPARTMENT OF THE AIR FORCE



SCHOOL LIAISON
PROGRAM



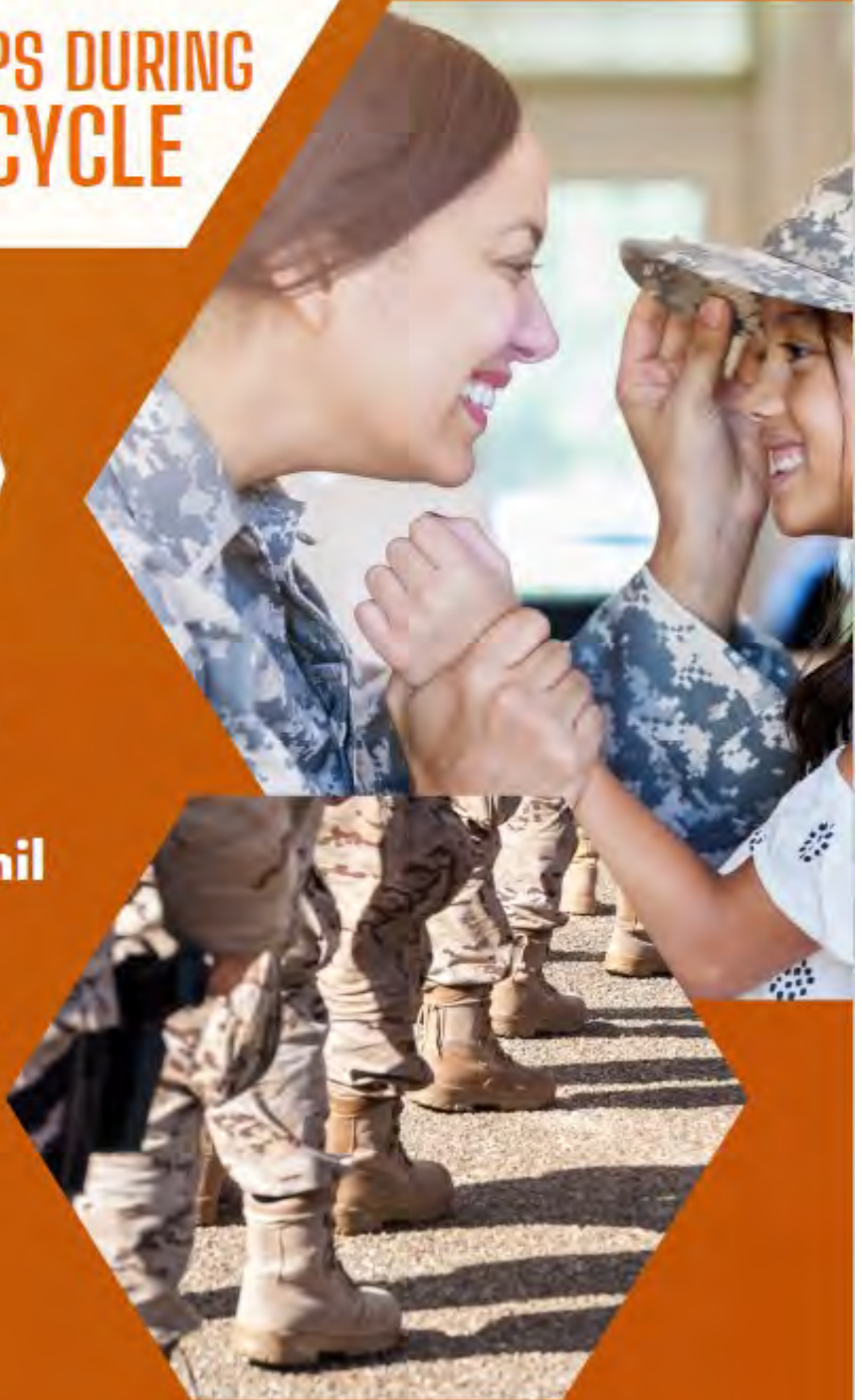
PARENT WORKSHOP EVENING: MANAGING RELATIONSHIPS DURING THE DEPLOYMENT CYCLE

WHEN: **MAY 21, 2026**

TIME: **6:00 PM**

POC: **Dr. Venetia Waters**
(813) 828-0146
venetia.waters@us.af.mil

ZoomGov Meeting
Meeting ID: 160 422 9997
Passcode: SCHOOL



Events

2-TANK GULF DIVE

OUTDOOR ADVENTURE TRIPS

The Gulf of America is one of Florida's hidden gems, home to some of the most diverse marine life and thriving underwater ecosystems you'll ever see.

Join us for an unforgettable 2-Tank Gulf Dive and experience the beauty beneath the waves!

Dates: Saturday, March 21, 2026

Saturday, April 25, 2026

Saturday, May 23, 2026

Time: 8:00 AM – 2:00 PM

Departing from: These details will be put out the closer we get to the date, locations may change due to conditions


Cost: \$150 per person (covers trip only)

Important Details: Diving equipment is not included. If you don't have your own gear, please let us know when you book—we'll help get you set up.

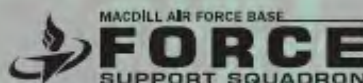
Spaces are limited and will fill up fast! Advance sign-up is required.

**This trips is weather permitting, trip will be reschedule or refunded if there is incliment weather.*

Don't miss this chance to explore the Gulf's hidden underwater treasures with us!

 Call the FamCamp at (813) 512-6710/(813) 840-6920, Mon-Sat for reservations.

 macdillfss.com



**3 DATES TO
CHOOSE!**



Events

KIDS BOWL FREE!

May 4 - September 6

Spring & Summer Fun Starts Here!

Kids can enjoy:

2 FREE Games
of **Bowling**
EVERY DAY!

At **MacDill Lanes**

Beat the heat & keep the fun rolling
all season long!

Register now:

www.kidsbowlfree.com

Events



MCEE meeting

MacDill Council for Educational Excellence

Open to parents of military-connected K-12 students enrolled in Hillsborough County Public Schools (HCPS)

Monday, Jun. 29, 2026 • 4 PM

6 ARW Conference Room

8208 Hangar Loop Drive, Bldg 299,
MacDill AFB

In-person or via Zoom:
Meeting ID: **161 117 9896**
Passcode: **SLPMCEE**



Military family forum to discuss educational opportunities and needs for K-12 students with MacDill AFB and HCPS District leadership

**In-person attendance is recommended to ask educational questions to the MCEE committee. If special assistance is needed due to a disability as defined under the ADA, please provide three (3) days notice.*

POC: Dr. Venetia D. Waters, School Liaison Program Manager
venetia.waters@us.af.mil • (813) 828-0146

Partnership for education excellence between 6 ARW & Hillsborough County Public Schools



Resources

Health & Wellness Center Mission and Vision

Mission:

Provide top quality health & fitness services, increase military readiness, reduce health risks, decrease health care demands, & enhance quality of life.

Vision:

Transforming health for a ready and resilient MacDill Community

All services/programs are available to active duty, family members 18 Years and older, retirees, and DoD civilians (Effective 1 June 2025—AD only May Receive One-on-One for Nutrition Counseling)

Biometric Screenings

Micro Smokerlyzer®: When inhaled, carbon monoxide (CO) competes with oxygen in the bloodstream, starving body tissues of the ability to repair and regenerate. This quick, easy assessment shows the levels of CO inhaled as well as the % of oxygen that has been replaced in the bloodstream.

Blood Pressure: Coming Soon!

We Will Come to You!

Fit Stops (Mini Health Fairs): Mobile health screenings or briefings conducted at units/squadrons upon request. These are customized to address the specific needs of the unit's population and potential health risks.

CC Call Briefings: 15-minute briefings on selected topics. Includes "Optimize Your Sleep," "Align Nutrition with Training," "Activate Your Life," and "What's Up at the HAWC?" Tailored briefings offered at CC's request.

Annual observances: Healthy Weight Month, Great American Smoke-out®, National Nutrition Month®, National Sports and Fitness Month, National Running Month, Tobacco-Free Living, Suicide Prevention, Diabetes Prevention and many more...

Resources

Resource Library: Pick up some pamphlets and booklets on topics of interest.

Exercise Equipment: Our staff will be happy to assist you with using our selection of cardiovascular and strength training equipment including the Octane® Elliptical.

Tanita® Body Composition Analyzer: Calculates body fat, estimated muscle mass and base metabolic rate. Shows separate body composition for right/left arms/legs and trunk. Results are provided on a printed ticket.

Bike-It!

Get fit the fun way! Come check out a bike at the HAWC to get in your daily physical activity!

Available during hours of operation

We are available 24/7! Find out about all the Health Promotion programs, services, calendar of events, and more at:

1. www.facebook.com/MacDillHAWC
2. Download the [USAF Connect](#) app



Leading the way to a strong,
healthier tomorrow by providing
Trusted Care, Anywhere

Programs and Services
Fit Fighters
Healthy Families

Hours of Operation:

Mon – Fri 0730-1600

Outreach Hours: Variable

Contact us:

8115 Cypress Stand St Bldg 303

MacDill AFB, FL 33621

(813) 828-4739

Shane Warye, Director, Health Promotion
Shane.e.warye.civ@health.mil
Chandler Falcon, Dietitian, Health Promotion
Chandler.h.falcon.ctr@health.mil

www.facebook.com/macdillhawc

Wellness

AF Body Composition Program

This lifestyle wellness program balances nutrition, exercise principles, and techniques for lifestyle and behavior changes. Using the InBody® scale or Bod Pod®, our professionals will develop your customized program to ensure your operational readiness!

Choose to Quit (C2Q) Tobacco/Nicotine Cessation

"Kick the habit" for good! Our 3-week class provides guidance on developing and following your quit plan!

Facilitated by former smoker, and experts in health education, stress management, nutrition & exercise

Optimizing Sleep Class:

Build Better Sleep Habits – Catching ZZZ's may be the key to unlocking a healthier you!

HeRO: The Air Force Health and Readiness Optimization Program

Fosters a culture and environment that values health and wellness! This will improve mission readiness and productivity of the military community, while contributing to the physical, mental, and emotional well-being of all Airmen.

Fitness/Human Performance

S.N.A.P. to It!

Strategic Nutrition for Airmen Performance

Introductory Nutrition / Lifestyle education for those who did not pass or are struggling to pass their PT test.

Running Clinic

Improve your run time! Learn about running mechanism, injury prevention, and performance enhancement. Get a shoe analysis, footwear recommendations, and more...

Supplements-they are NOT all created equal

Learn how to make educated decisions on which supplements are best for you.

Fuel to the Max!

Release the athlete within you! Fuel your body, get strong, and optimize performance with your individual plan from our Sports Dietitian.

Bod Pod® or InBody® 570

Assess and track body composition! The BOD POD® uses Air Displacement and the InBody® uses multi-frequency Bioelectrical Impedance Analysis (BIA) to provide very accurate measurements.

Metabolic Testing System

Want the big picture for you and your body? Obtain a true metabolic measurement in a matter of minutes!

Must meet eligibility requirements

Sabal Park Clinic

Choose to Quit (C2Q) Tobacco/Nicotine Cessation

"Kick the habit" for good! Our 3-week class provides guidance on developing and following your quit plan!

Topics include stress management, exercise, mouth care, nutrition & exercise.

Facilitated by behavioral specialists and physicians

Stress LESS at the HAWC



Private Relaxation Room

Come enjoy a relaxing massage chair and water feature in a private, soothing environment.



De-Stress

Pick up a deep relaxation CD in our resource area.

Resources



PRAY FOR ME
CHAPLAIN

CONFIDENTIAL PRAYER REQUESTS

We are honored to support you and your families through prayer. Scan the QR code to submit a confidential prayer request. We have your back.



Your Macdill Chapel Team

AMERICANS CAN VOTE.
WHEREVER THEY ARE.

Did you know that Service members, their families, and overseas citizens can vote when away from their voting residence?



HOW TO VOTE FROM ANYWHERE

WHEN YOU'RE IN THE MILITARY OR LIVING OVERSEAS

STEP
1

Register and request your absentee ballot at FVAP.gov

STEP
2

Fill out and send in your ballot when it arrives

Get everything you need to vote absentee at FVAP.gov

Please Contact
The Installation Voting
Assistance Officer
At Macdill.voting@us.af.mil
with any question.

FCC & ECC CHILD CARE

Providing Quality Child Care when Duty Calls



SCAN ME

FOR LIFE, LIMB, EYESIGHT THREATENING
EMERGENCIES:

Call 911 or go to the nearest ER.

All Other Urgent Medical Needs:
Call 813-828-2273 (APPT)

Prior Authorization is needed for all
non-emergency care .
patientportal.mhsgenesis.health.mil

1-800-477-8227

DoD

Safe
Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

Resources

FAMILY ADVOCACY PROGRAM

Strengthening
our community
one family at a
time



6th Medical Group
2nd Floor
813-827-9172



MACDILL AFB
DOMESTIC ABUSE
HELPLINE

813-279-1320



Restricted & Unrestricted Reporting
24/7 Victim Advocate Support
Safety Planning
Get Help Now!

Family Advocacy Program
813-827-9172



CareerSource
HILLSBOROUGH PINELLAS

@ MacDill AFB

Ted Davis, FCWP1, USMC

Business Manager/Career Coach/MacDill AFB

Davist@CareerSourceHP.com

C: (813) 599-7184



Sylwia Pleak

Business Development Manager - Military &
Spouse Program

pleaks@careersourcetb.com

P: (813) 930-7400

www.CareerSourceHillsboroughPinellas.com

LEGAL ASSISTANCE



8208 Hangar Loop Dr.
Building 299
(813) 828-4421

6arw.ja.generallaw@us.af.mil

**Walk-in Hours for Notary and
Power of Attorney:**

Mon., Tue. & Thu. (0900-1500)
Wed. (1300-1500)
Fri. (0900-1100)

Wills and Legal Advice:

By Appointment Only

<https://aflegalassistance.law.af.mil/las/las.html>

Resources



FLORIDA DEPARTMENT OF VETERANS' AFFAIRS

Honoring those who served U.S.

Carmelo Mora

State Veterans Service Officer

813-828-8522

Carmelo.mora@FDVA.FL.GOV



**6 ARW Chaplain
Corps**

Bldg. 355 (813) 828-3621

**After hours through the
Command Post:(813) 828-4361**

**MILITARY
ONE
SOURCE**

ONE SOURCE CONNECTING YOU
TO YOUR BEST MIL LIFE.

MilitaryOneSource.mil | 800-342-9647



**MILITARY & FAMILY
LIFE COUNSELING**

@ the MFRC

Amity Mainridge 813-210-7822

Kim Peters 813-816-3061



FloridaDisaster.ORG
DIVISION OF EMERGENCY MANAGEMENT

KNOW YOUR ZONE



**FREE PERSONAL
FINANCIAL COUNSELOR**

@ THE MFRC

**JOSHUA MELCHOR,
CFP**

813-486-2835

PFC.MACDILL@MAGELLANFEDERAL.COM

RETIREMENT PLANNING, TSP,
ESTATE PLANNING, ETC.

Resources

MacDill Resident Advocate

ADVOCATE



VOICE OF RESIDENTS TO BASE COMMANDER: Chain of Command is Direct to CV/CC

IMPROVE NEIGHBORHOODS: Detect Trends and Recommend COAs

RESIDENT VOICE COUNCIL: Quarterly with Reps, 6 ARW/CC/CCC, 6 MSG, 6 CES, Harbor Bay

CUSTOMER SERVICE



OFFICE: Building 17 (near Post Office/Military & Family Readiness Center)

PHONE: (813) 828-2377



VIRTUAL: Facebook Messenger, Microsoft Teams, Zoom, Email

OUTREACH



SOCIAL MEDIA: (Daily) Provide Information; Monitor for Trends

NEIGHBORHOOD WALKS: (Monthly) Direct Eyes-On Residences; Social Interaction

TOWN HALL MEETINGS: (Oct/Apr) Open to ALL; Direct Interaction w/ Base Commander

EFMP Triad



IDENTIFICATION & ENROLLMENT



ASSIGNMENT COORDINATION



FAMILY SUPPORT

<https://macdillfss.com/efmp/>



Join our FB group at:
MACDILL AFB EFMP

MACDILL AFB

SCHOOL LIAISON PROGRAM

DEPARTMENT OF THE AIR FORCE



SCHOOL LIAISON PROGRAM



PHONE: (813) 828-0146

DSN: 987-0146

cell: (813) 597-6061



macdillfss.com/school-liaison-program
venetia.waters@us.af.mil



Military Family Readiness Center
8105 Condor St. Bldg #18
MacDill AFB, FL 33621



Resources



MILITARY & FAMILY LIFE COUNSELING

School Military Family Life Counselors (MFLC)
If your school is NOT listed: Use Hillsborough VTC

School	MFLC Phone
Kenneth" ADUM" K-8	813-629-2099
Ballast Point Elementary	813-460-8454
Barrington Middle	813-392-8737
Bevis Elementary	813-310-6765
Collins Elementary	813-310-6765
Dorothy C "YORK" Innovation Academy	813-853-9515
East Bay High School	813 853-9515
FishHawk Creek Elem	210-740-8834
Hillsborough VTC	813-629-2099
Lanier Elementary	813-460-8454
Plant High School	813-392-8924
Newsome High School	813-388-0937
Newsome High School	813-244-5816
Randall Middle	813-392-8737
Riverview High School	813-293-3289
Stowers Elementary	813- 695-3142
Summerfield Crossings Elementary	813- 695-3142
Sumner High School	813-310-8133
T.R. "ROBINSON" High School	813-392-8924
TINKER K-8	813-285-0115
TINKER K-8	813-293-1888
Warren Hope "Dawson" Elementary	210-740-8834
WestShore Elementary	813-629-2099

FOR MORE INFO:

 macdilliss.com/school-liaison-program
Dr. Venetia D. Waters, School Liaison Program Manager
 813-828-0146  VENETIA.WATERS@AFWSAFEMIL

