quote >>>

"Great minds discuss ideas; average minds discuss events; small minds discuss people."
~Eleanor Roosevelt



NOVEMBER 2026 **M&FRC NEWSLETTER**

MacReadiness

Upcoming Events:

05 NOV – Newcomers
05 NOV – Coffee and Connections
05 NOV – Yoga
11-12 NOV – CLOSED
13 NOV – LinkedIn
13 NOV – Initial Volunteer
14 NOV – Salute to Play
18 NOV – Dorm Departure
18 NOV – EFMP: 101 Orientation
19 NOV – PFR: Holiday Spending
19 NOV – Military Spouse Night Out
23 NOV – Review/ Interview
24 NOV – Federal Employment
26-27 NOV - CLOSED

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
8105 Condor Street
FSC.Frontdesk@us.af.mil

Hours Of Operation

Mon., Tues. Wed. & F ri.	8am-4pm
Thurs.	11am-4pm

Closed Federal Holidays & Pass Days



In The Know



MEANINGFUL CONNECTIONS. PRACTICAL RESOURCES. REAL COMMUNITY.

Join us for a FREE one-day celebration of active duty, reserve, guard and veteran military spouses!

NOV 5

Egypt Shrine Center
5017 E Washington St
Tampa, FL 33619
9am-3pm & 5pm-8pm

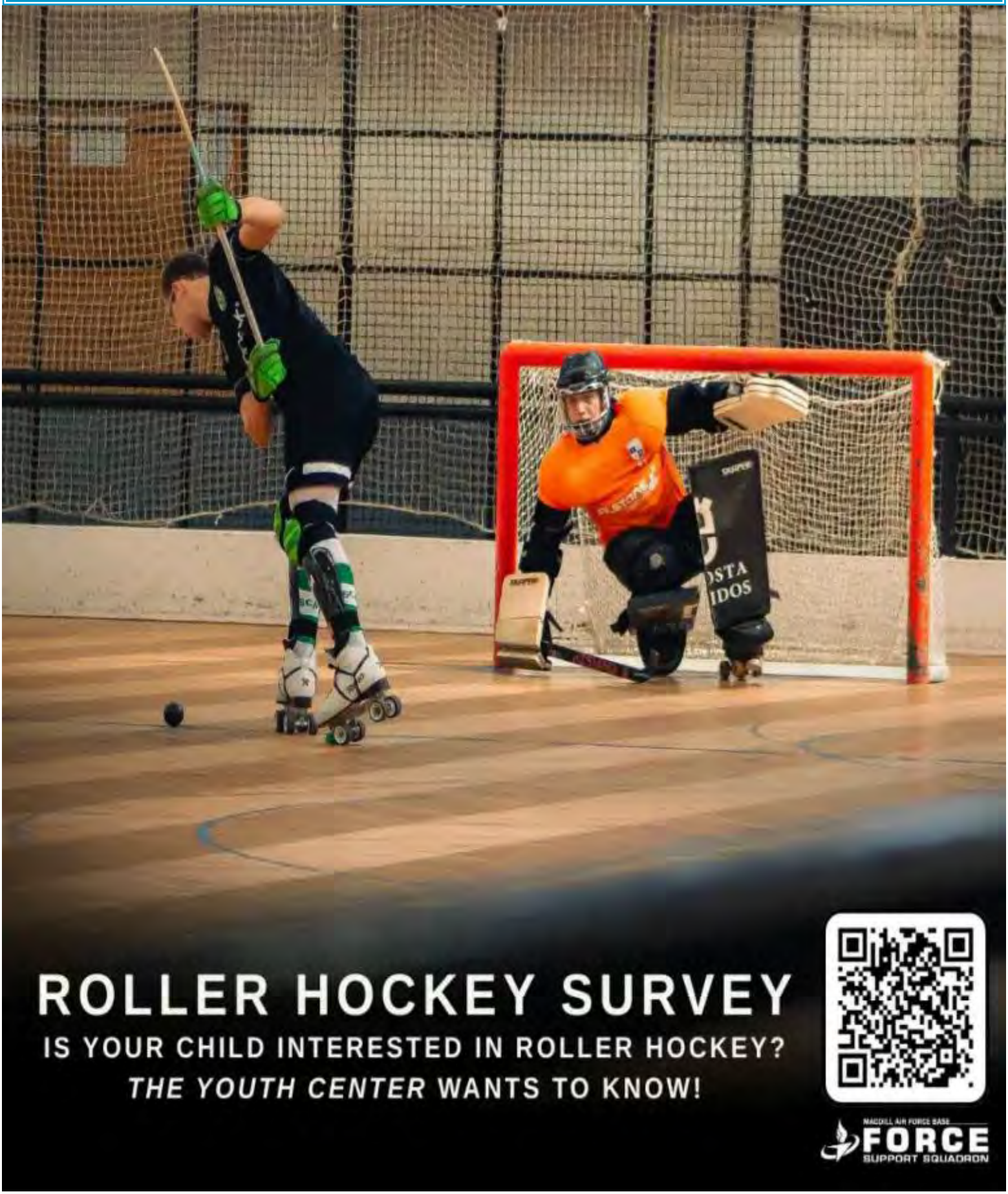
BROUGHT TO YOU BY:

CareSource
MILITARY & VETERANS

We'll be providing breakfast, lunch, giveaways and engaging speakers and content all day long – plus an evening reception featuring music, drinks and entertainment! You won't want to miss it!

Scan to register today!

In The Know


ROLLER HOCKEY SURVEY
IS YOUR CHILD INTERESTED IN ROLLER HOCKEY?
THE YOUTH CENTER WANTS TO KNOW!
MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Calendar

NOVEMBER 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 TAP Pre-Sep (SEP) 9am-12:30pm	3 Reintegration 9am	4 TAP Pre-Sep (RET) 9am-12:30pm	5 Newcomers Briefing 7:30-12pm Coffee and Connections 10:00am Pre-deployment 1pm EFMP/ Hearts Apart Yoga7:30pm	6 Reintegration 9am	7
8	9 TAP Pre-Sep (SEP) 9am-12:30pm	10 Reintegration 9am	11 VETERANS DAY	12 CLOSED	13 Reintegration 9am LinkedIn 9am-4pm Initial Volunteer 1pm	14 Salute to Play 10:00am
15	16 TAP Pre-Sep (SEP) 9am-12:30pm	17 Reintegration 9am	18 TAP Pre-Sep (RET) 9am-12:30pm Dorm Departure 9am EFMP: 101 Orientation 10am	19 Pre-deployment 1pm Holiday Spending 1:00pm-2:30pm Military Spouse Night Out 6:30pm	20 Reintegration 9am	21
22	23 Resume Review 1pm	24 Reintegration 9am Federal Employment 1pm	25	26 Thanks GIVING	27 CLOSED	28
29	30 TAP Pre-Sep (SEP) 9am-12:30pm	NOVEMBER				

Boots To Business 9am-4pm

TAP Workshop 8am-4pm

TAP Employment 8am-4pm

CHILDREN/FAMILIES

05 NOV, 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.

14 NOV Salute To Play in Partenship with Blue Star Families 10:00am-12:00pm
A family-focused community activity for military-connected families, including active-duty, Guard, Reserve, veteran families, and their children. The event provides no- or low-cost opportunities to enjoy local recreation, cultural activities, and family entertainment while connecting with other Exceptional Family Member Program (EFMP) families in the Tampa/MacDill community. "Salute to Play" is designed to promote family engagement, strengthen community connections, and provide a welcoming space for families to meet and share resources.

18 NOV, EFMP: 101 Orientation, 10:00am-11:00am
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.

19 NOV, Military Spouse Night Out, 6:30-9:00pm
Calling all McDill Military Spouses to join us for a night full of fun, community building and connections! E-mail to RSVP.

EMPLOYMENT

13 NOV, 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)*

23 NOV, Reaume 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.

24 NOV, 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.

PERSONAL FINANCE

18 NOV, 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.

19 NOV, Holiday Spending, 1:00pm-2:30pm
Learn practical financial strategies for navigating holiday spending without derailing your budget. We'll cover smart planning, spending priorities, and budgeting techniques so you can enjoy the holidays with less stress!

RELOCATION

05 NOV, 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.

06 NOV, Coffee and New Connections, 10:00am-11:30am
Join us for a warm cup and great conversations followed by learning about resources and support here at MacDill. (Children welcome)

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 6FSS.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 6fss.fsh.mfreadiness@us.af.mil. This briefing covers successful strategies on return/reintegration, along with instructions on how to complete the checklist.

VOLUNTEER PROGRAM (VOL)

Initial Volunteer training occurs every second Friday of the month at 1pm at M&FRC. Train on VMIS procedures and volunteer program guidance.

TRANSITION ASSISTANCE PROGRAM (TAP)

To start TAP visit: https://macdillfss.com/starting-tap/ or email: 6fss.fsh.tap@us.af.mil

Initial Counseling / ProSep Counseling
Every Monday (SEP) & Wednesday (RET). 9am — 12:30pm

TAP Workshops
16-18 NOV (8am - 4pm)

Employment Track
(8am-4pm)

Entrepreneur Track
4-5 NOV (9am-4pm)

To Register for Classes Call:
(813)828-0145 or email FSC.FRONTDESK@us.af.mil

Calendar and Class schedules are subject to change without notice

Events

6 A R W

2026 NEWCOMERS ORIENTATION

8 JAN
5 FEB
5 MAR
2 APR
7 MAY
4 JUN
9 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



FIRST DUTY THURSDAY

1000-1130

AT DINER'S REEF



CHILDREN ARE WELCOME!

SPOUSE NEWCOMERS WELCOME COFFEE

Enjoy a warm cup and great conversations.

INFORMATION FAIR 9:45am @ MFRC

Learn about resources and support available here at MacDill.

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

Events

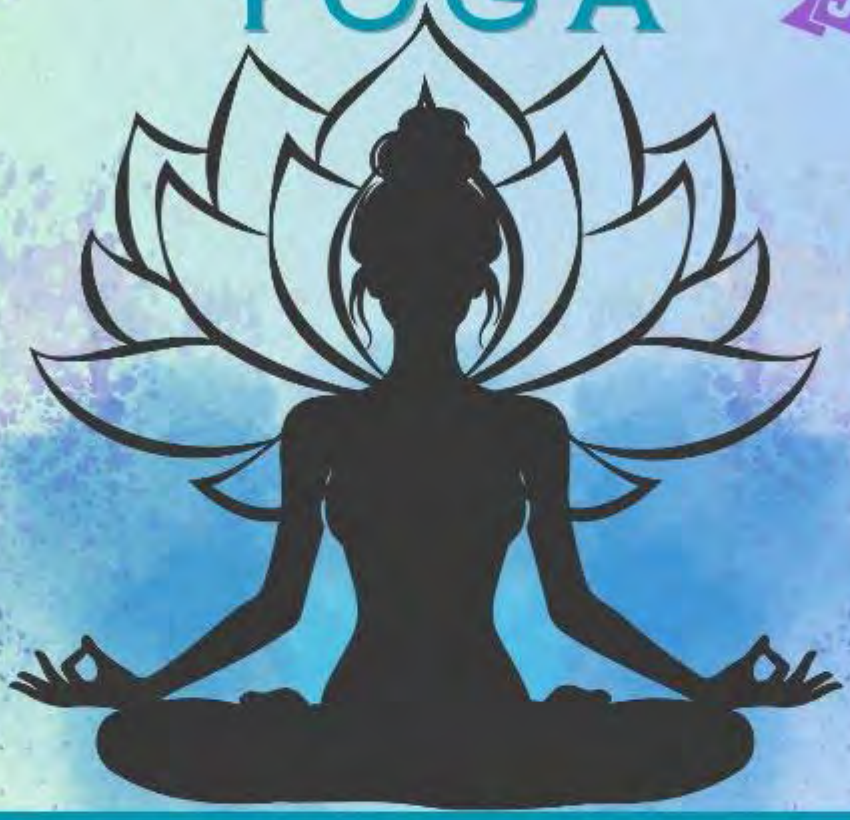
EFMP-FS PRESENT

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

FORCE

Events

MILITARY & FAMILY READINESS
PROVIDE · GUIDE · EMPOWER

FORCE SUPPORT SQUADRON

MILITARY SPOUSE NIGHT OUT

FALL PAINT NIGHT



JOIN US FOR A NIGHT FULL OF FUN, COMMUNITY BUILDING AND PAINTING.

WHEN: Thursday, November 19, 2026

TIME: 6:30 PM

WHERE: MFRC Annex

RSVP:
Email FSC.Frontdesk@us.af.mil
with your DOD ID #

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
*INVIDUALIZED 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

VIRTUAL

MICROSOFT TEAMS MEETING
JOIN: TEAMS AT
MEETING ID: 993 438 829 213
Passcode: uU7vf7p9

FROM 1000-1100

TO REGISTER:

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



Events

DEPARTMENT OF THE AIR FORCE

SCHOOL LIAISON PROGRAM

MACDILL AIR FORCE BASE
FORCE SUPPORT SQUADRON

PARENT WORKSHOP
NAVIGATING PARENT-CHILD CONFLICT

Join us for a parent-focused presentation that discusses developmentally appropriate conflict management.

Teams Link:

Meeting ID: 993 960 102 131
Passcode: Y5Gp2Yq3

THURSDAY
NOVEMBER 19, 2026
@ 6:00 PM | VIA TEAMS



FOR MORE INFORMATION, CONTACT:
DR. VENETIA D WATERS
SCHOOL LIAISON
PROGRAM MANAGER

COMM: 813-828-0146
CELL: 813-597-6061

Events



DORM DEPARTURE PROGRAM

MACDILL AIR FORCE BASE

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

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

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

Wealth Building/Retirement Planning 1300-1430

Learn about financial practices that support financial stability and well-being! We'll discuss saving and investing, retirement planning accounts and military-specific retirement options. (Formerly our Estate Planning Class)

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

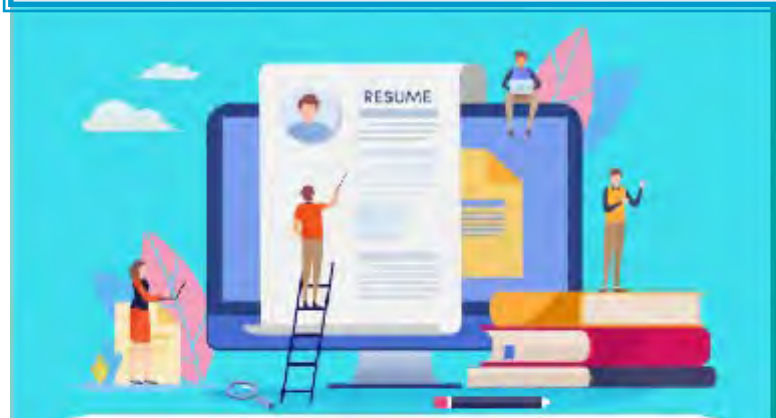
Learn practical financial strategies for navigating holiday spending without derailing your budget. We'll cover smart planning, spending priorities, and budgeting techniques so you can enjoy the holidays with less stress!

22 OCT - 19 NOV

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

MACDILL AIR FORCE BASE

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

FORCE SUPPORT SQUADRON

MILITARY & FAMILY READINESS

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



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 TSA Jobs and how to navigate the application process.

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

FORCE SUPPORT SQUADRON

MILITARY & FAMILY READINESS

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

LinkedIn

UNLOCK THE SECRETS AND EMPOWER YOUR JOB SEARCH

Join LinkedIn expert, Nancy Laine and her *Project Transition USA* team, to learn how to put your professional profile in the driver's seat

MILITARY & FAMILY READINESS

2026 • 9 am–4 pm •

23 January	13 May	23 September
27 February	26 June	16 October
27 March	24 July	13 November
24 April	21 August	18 December

Call the Military & Family Readiness Center at 828-0145 or email 6fss.fsh.tap@us.af.mil to sign up.



FORCE SUPPORT SQUADRON



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!

MILITARY & FAMILY READINESS

FORCE SUPPORT SQUADRON

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

In Cooperation with: CareerSource TAMPA BAY

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

DoD 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

MAKE A *Difference* AT MACDILL



Every act of service—big or small—helps strengthen our military community.

Your time and talents can make a lasting impact on the lives of our Airmen, Guardians, and their families.

Interested in volunteering?

Contact the MacDill Volunteer Program at

6fss.fsfr.6@us.af.mil

to learn about current opportunities and how you can get involved!

YOUR TIME.
THEIR FUTURE.
OUR MISSION.

TOGETHER, WE CAN BUILD A *Stronger, more connected MacDill community.*

Events



NOVEMBER 2026 YOUR MacDill AFB EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 CLOSED	02 Chess and Game Club 4 PM	03 Pre-K Storytime 10 AM	04 Baby Storytime 9:30 AM	05 Craft Club 3:45 PM	06 Take Home Craft	07  Family Movie Time 12 PM
08 CLOSED	09 LEGO Club 3:45 PM	10 Pre-K Storytime 10 AM	CLOSED 11 	12 CLOSED	13 Take Home Craft	14
15 CLOSED	16 Family BINGO 4 PM	17 Pre-K Storytime 10 AM	Baby Storytime 9:30 AM 18 Chess and Game Club 5 PM Silent Book Club 5:30 PM	19 LEGO Club 3:45 PM	20 Take Home Craft	THANKFUL EVENT 12-2 PM 21 
22 CLOSED	23 Craft Club 3:45 PM	24 Pre-K Storytime 10 AM	25 Baby Storytime 9:30 AM Take Home Craft	CLOSED 26 	27 CLOSED	28 CLOSED
29 CLOSED	30	December 1 	Baby Storytime 9:30 AM 2 Paw Prints & Plot Twists 4 PM Adult Book Club 5 PM	3	- Fall Break Days	

MACDILL AIR FORCE BASE
FORCE SUPPORT SQUADRON

MacDill AFB Library
8102 Condor Street Bldg 252, Tampa, Florida 33621 | 813-828-3607
https://macdillfss.com/library

Library Information

By Phone:
813-828-3607

Hours

Monday, Tuesday, *Thursday, Friday, Saturday
9:00 a.m. - 5:00 p.m.

Wednesday
9:00 a.m. - 7:00 p.m.

*Library is closed every 2nd Thursday of the month

Contact Us

Website:
macdillfss.com/library

Email:
6fss.fsdlibrary@us.af.mil

Phone:
(813) 828-5607

Find us on social!



Chess and Game Club

MON., NOV. 2 | 4 PM
WED. NOV. 18 | 5 PM

CHESS CLUB IS BACK!
Join us for some chess, board or card games. Play one of ours or bring one you want to share with others.



BINGO

MON. NOV. 16 | 4 PM

Join us for some family fun where everyone wins!



Craft Club

THURS. NOV. 5 | 3:45 PM
MON. NOV. 23 | 3:45 PM

Come to the library and join our creative group that makes memorable crafts.
Ages 5+



Lego Club

MON. NOV. 9 | 3:45 PM
THURS. NOV. 19 | 3:45 PM

Come and join us for some exciting, seasonal builds. We will be focusing on Thanksgiving!



Family Movie Time

SAT. NOV. 8 | 12 PM

Come join us for a showing of Free Birds in *The Bookend*, our resource room at the library. Feel free to bring in blankets and pillows to make yourself more comfortable.



Thankful Event

SAT. NOV. 21 | 12 - 2 PM

Come and have fun with us as we make memories and show our Thankfulness in many different ways! Storytimes at 11 and 12 and crafts throughout the event!

Book Clubs

JOIN THE DISCUSSION

NEW Ages 18+

Silent Book Club

WED. NOV. 18 | 5:30 - 6:30 PM

Can't find the time to read that book you've had forever? Come join us for small snacks and an hour of uninterrupted reading. At the end, you can share or not. Your choice. Come get some reading done!

Paw Prints and Plot Twists Book Club

WED. DEC. 2 | 4 PM



Ages 9-12

Help us figure out who is trying to hurt Rhonda the Rhino in *Big Game* the 3rd book in Stuart Gibbs' Funlungle series.

Adult Book Club

WED. DEC. 2 | 5 PM



Ages 18+

Our November Novella will be *The Turn of the Screw* by Henry James, the Gothic Fiction from 1898. Got a book you want to suggest? Join our group and pick our next selection. I hope to see you there!

Children's Storytimes

Pre-K Storytime *Ages 2.5-5**

AT THE LIBRARY
TUESDAYS | 10:00 - 11:00 A.M.

Enjoy themed stories, songs, and rhymes together. Afterward there will be a craft provided.

Baby Time *Ages 0 - 3**

AT THE LIBRARY
WEDNESDAYS | 9:30 - 10:00 A.M.

Rhymes, songs, bounces and books - just right for your little one! Build a foundation for lifelong reading and learning with this engaging story time.

*The ages listed are simply suggestions based on the books and activities used for each storytime.

Events


ACTIVE DUTY
Making Holiday Memories Program
MACDILL AFB
Oct 17-Dec 8
ACTIVE DUTY MEMBERS REGISTER TO
WIN $1,000
TOWARD TRAVEL ARRANGEMENTS
Provided by Tickets & Travel (TT)
Two winners from MacDill AFB will each receive $1,000 in travel funds.
Valid toward vacation packages, attraction tickets, cruise deposit, etc
Entries close Dec 8 • Drawing Dec 10
To Register & Rules go to macdillfss.com
Thank you to our sponsor.
USAA
Register TODAY!
FORCE SUPPORT SQUADRON


SHORT FITNESS CENTER
E-SPORTS COMPETITION
ROUND 3
CALL OF DUTY: MODERN WARFARE 4
NOVEMBER 6 @ 5PM
MUST BE PLAYED FROM HOME
WILL BE STREAMED AT THE BOWLING ALLEY
FOOD WILL BE AVAILABLE FOR PURCHASE
TEAMS OF 3 (3V3)
GUNFIGHT
(RANDOMIZED WEAPONS/EQUIPMENT)
18+ CAN PARTICIPATE
$50 GIFT CARD PRIZE FOR CHAMPION
SCAN TO JOIN
FORCE SUPPORT SQUADRON


Peel & EAT Shrimp
SEASCAPES
$18
Every Friday | 5-8pm
Pound of Cooked Shrimp
Includes Cocktail Sauce & Lemon Wedge
Not DSM Eligible
FORCE SUPPORT SQUADRON


MACDILL LANES
HAPPY HOUR
Tue-Fri
2-5PM
$12/Hr Lane
Shoes not included
$3 Domestic Drafts
$3 Cheese Nachos
AIR FORCE BOWLING
FORCE SUPPORT SQUADRON
macdillfss.com

Events


TUESDAY
Spaghetti Night
5-8PM
SEASCAPES
STARTS OCT 13
$10
Spaghetti & Meatballs served with a Slice of Garlic Bread
Add a Side Salad for $3
Trivia 6PM
FORCE


SeaScapes
TACO TUESDAY
Bring your crew, bring your appetite, and let us handle the tacos
STARTING SEPTEMBER 1
Just $10.25
Choose from (3) beef or chicken (can mix protein only), hard or soft shells - built your way - cheese, lettuce, tomatoes, onions, sour cream and salsa served on the side with our delicious cilantro lime rice.
Add guacamole for 75¢
FORCE


Veteran's Day
GOLF SCRAMBLE
BAY PALMS GOLF COURSE
November 11, 2026 | 8:30AM
4 person teams, scramble format - non handicapped event
Closest to the pin awards on all par 3s
Advance Green Fee: $30
AD/RET Military: $45 Civilians: $60
Lunch provided following event
Deadline for registration is COB November 10
STOP BY THE PRO SHOP TO SIGN UP
(813) 828-0046
macdillfss.com
FORCE

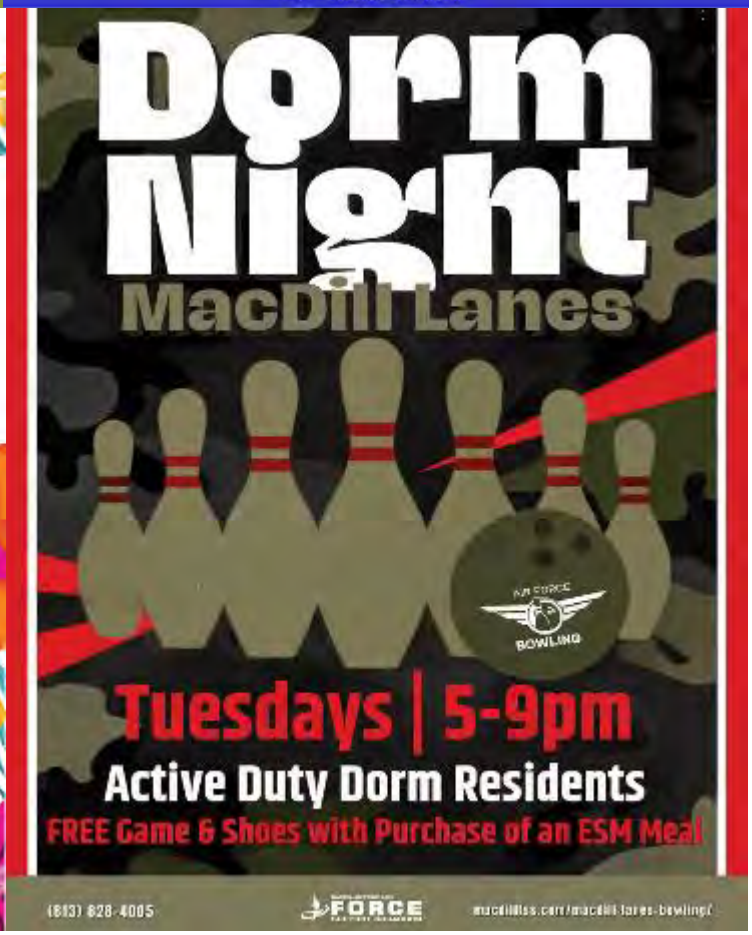

TURKEY TROT 2026
3/5K | November 13 @ 6:45 AM
Turf Field Parking Lot
Sign up for the 5K or 3K run/walk
50 shirts available - First Come, First Served
Prizes for fastest 3K & 5K trotters
Volunteers needed
Scan to Sign Up Now!
SHORT FITNESS CENTER
FORCE

Events


BAY PALMS GOLF COURSE
AIR FORCE GOLF
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.
Equipment will be provided if needed.
No reservation required
2026-2027 Season
Oct 21
Nov 4 &18
Dec 2 & 16
Jan 6 & 20
Feb 3 &17
Mar 3, 17 & 31
Apr 14 & 28
May 12
FORCE SUPPORT SQUADRON


Starting Nov 19
SEASCAPES
Bingo Night
Every Thursday | 6:30-8:30PM
BINGO
*Must have 25 participants to hold
B I N G O
FORCE SUPPORT SQUADRON


STARTING OCT 9
SEASCAPES
HAPPY HOUR
Every Friday & Saturday | 5-6PM
House Margarita | $6
Wine | $5
Domestic Beer | $4
(Aluminum Bottle)
FORCE


Dorm Night
MacDill Lanes
AIR FORCE BOWLING
Tuesdays | 5-9pm
Active Duty Dorm Residents
FREE Game & Shoes with Purchase of an ESM Meal
(813) 828-4005
FORCE

Resources



Health Promotion (HP)
Equal Opportunity (EO)
Mental Health(MH)
Sexual Assault Response Coordinator (SARC)
Domestic Violence Advocate (DAVA)
Military OneSource (MOS)
School Liaison (SLS)
Military & Family Readiness Center (M&FRC)
Inspector General (IG)
Health 2 Health (H2H)
Military Family Life Counselor (MFLC)
Exceptional Family Member One Stop (EFMP)
Alcohol and Drug Abuse Prevention and Treatment (ADAPT)
Inspector General (IG)
Casualty Assistance Representative (CAR)/Survivor Benefits Plan (SBP)
Health Promotions (HP)
Family Advocacy (FAP)
Special Victim's Counsel (SVC)
Civilian Employee Assistance Program (EAP)
Behavioral Health Optimization Program (BHOP)

Helping Agency Guide



WHERE / HY / PRIMARY CONCERN	813-827-9170	813-827-CARE	813-828-2503	813-828-3621	866-580-9078	813-279-1320	813-828-0122	813-828-3333	813-827-9172	813-828-4739/827-9405/9809/7442/ 828-0026	828-4961/5137	813-828-4421	813-827-CARE	813-827-9170	813-828-0145	813-816-3061	800-342-9647	877-272-7337	813-828-0146	813-828-7272	813-828-7668
	ADAPT	BHOP (ADDEPs 13+)	CAR/ SPB	CHAPLAIN	CIVILIAN EAP	DAVA	EFMP	EO	FAP	HP-AD/H2H-FM&Retirees/CHPS-Civ Employees	IG	LEGAL	MED PROV	MH	M&FRC	MFLC	MOS	RED CROSS	SLS	SARC	SVC
Abuse/Neglect														Adults							
Abuse of Authority																					
Alcohol/Drugs																					
Anger Issues																					
Anxiety/Panic																					
Deployment/ Relocation																					
Disaster Recover																					
Discrimination																					
Finances																					
Grief/Death																					
Marriage & Family		Individuals												Individuals							
Medication																					
Nutrition/Fitness																					
Parenting																					
Relationships		Individuals												Individuals							
Sadness/ Depression																					
Sexual Assault						17 & under															
Sexual Harassment																					
Special Needs																					
Suicidal/Homicidal Thoughts																					
Tobacco Cessation																					
Work/School																					

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

HEALTH PROMOTION
United States Air Force

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:
6115 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











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.

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



Resources

FAMILY ADVOCACY PROGRAM

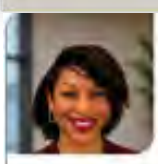
Strengthening our community one family at a time

UNITED STATES AIR FORCE – FAMILY – COMMUNITY – MISSION – FAMILY ADVOCACY PROGRAM

6th Medical Group

2nd Floor

813-827-9172



Candice J Cochran M.S.
Military Family Employment Advocacy Program (MFEAP) Navigator
Veteran's Services
CareerSource Tampa Bay

cochranc@careersourcetb.com
+1 813 469 1692 (mobile)

Military & Family Readiness Center
8105 Candor (Bldg. #18)
MacDill AFB, FL 33621

careersourcetampabay.com

SAVE CONTACT

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

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/lass/lass.html

Resources

FDVA
FLORIDA DEPARTMENT OF VETERANS' AFFAIRS
Honoring those who served U.S.

Carmelo Mora
Carlos Sanchez
State Veterans Service Officers
813-828-8522 & 813-828-8593
Carmelo.mora@FDVA.FL.GOV
Carlos.sanchez@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 MILLIFE.

MilitaryOneSource.mil | 800-342-9647

MILITARY & FAMILY LIFE COUNSELING

@ the MFRC

Terrell Morrison 813-210-7822
Kaffie Wilcoxon 813-816-3061

SERT 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



https://macdillfss.com/exceptional-family-member-program/



Join our FB group at:
MACDILL AFB EFMP

DEPARTMENT OF THE AIR FORCE
SCHOOL LIAISON PROGRAM

SCAN
FOR SCHOOL LIAISON HELPFUL LINKS/RESOURCES

SCROLL TO THE BOTTOM OF THE PAGE TO "EDUCATIONAL RESOURCES" & "ADDITIONAL HELPFUL LINKS"

WEBSITE:
MacDillFSS.com/school-liaison-program

FORCE

Resources

MILITARY & FAMILY LIFE COUNSELING

SCHOOL LIAISON PROGRAM

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
Bloomingdale High School	813-853-9515
Collins Elementary	813-310-6765
Dorothy C "YORK" Innovation Academy	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:

macdill.ss.com/school-liaison-program

Dr. Venetia D. Waters, School Liaison Program Manager

813-828-0140 VENETIA.WATERS@US.AF.MIL

FORCE SUPPORT SQUADRON