



Local Resources

Current AO June 2022

We've pulled together recommendations from Team Tyndall spouses to help current and future spouses find the hidden gems and necessary resources around Tyndall and Bay County. These are not official endorsements from Tyndall AFB or the USAF.

Please feel free to let us know of any additions you'd like to have added!

If you see a ✨ next an an entry that means it was recommended by multiple people.

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Helpful Websites

Alert Bay	Sign up for Emergency weather notifications!
Bay County Chamber of Commerce	Call or email to request a free copy of the most recent Guide to Bay County
Bay District Schools	Everything you need for Bay County District Schooling (public, charter, & private)
Bay Tax Collector	Register your vehicles, FL driver licenses, etc. You can join the line before you go or make an appt for most services
CareerSource Gulf Coast	Fantastic free resource for finding employment. They have a specialist dedicated to helping local milspouses.
Northwest Regional Library System (nwrls.com)	Bay County Libraries
PCB Events page	Features all of the events happening in PC Beach and has a filter to help you find the perfect event.
Tyndall FSS	Tyndall AFB FSS website - has contact info for: Airman Family Readiness Center (AFRC), Education Office, base library, ITT, Outdoor Rec., Fitness Center and more.

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Annual events

January	Lynn Haven	MLK Festival
January	Apalachicola	Oyster Cook-Off
February	PCB & PC/St. Andrews	Mardi Gras and Music Festival
February	Alys Beach	30A Wine Festival
February	Santa Rosa Beach	Camellia Festival
February	Destin	Shrimp & Grits Festival
February	Destin	Sandestin Gumbo Festival
March	PC	Flluxe Arts Festival
March	PCB	PCB Scottish Festival
March	Destin	Mac & Cheese Festival
April	PCB	Seabreeze Jazz Festival
May	Destin	Tacos & Tequila Festival
June	PCB	Pepsi Gulf Coast Jam

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July	PC	July 4th Salute to Freedom, downtown Panama City
August	Tyndall FSS	Back To School Bash
September	PC	OktoberFest
October	Destin	Seafood Festival
October	PCB	The Pirates of the High Seas Fest
November	PCB	Grand Lagoon Bloody Mary & Music Festival
December	PCB	New Year's Eve Beach Ball Drop

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Children (non medical)

Athletics	Bitty Bubbles Swim School	Year-round indoor swim facility that teaches ages 6months+
	Panama City Swim Team	Swim lessons in spring at Mosley High, registration opens March 1. Pre-Team is a 10 week program designed to prepare swimmers to advance to the competitive team.
	Mighty Minnows Swim School	1:1 lessons in your own pool, ages 10 months+, 10-15 minute sessions 2-5x/week
	CV Equestrian Horseback Riding	Lessons for every age and skill level. Located in

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		Southport. Pay as you go pricing \$40/lesson. Also offer camps and birthday parties.
	Rilion Gracie Jiu-Jitsu	“...one of the very few places I’ve been that offers actual Brazilian Jiu-Jitsu!” “I’m thankful for their shuttle to their facility for after school programming.”
	Christopher Johnson’s Karate Training Center	“They have great instructors!” Children (ages 5+), Teens, & Adults. Instruction in kickboxing, knife/baton fighting, and gun defense. Has an after school program, summer camp, and offers a Free Trial (complete on their website)
	Aerial Dance Panama City	Pay per class, multiple classes at a time, or monthly memberships. Some weekend options. Even offer various types of birthday party packages (even adult party classes)
	Gymnastics Plus	Starts classes as young as 15 months. Lynn Haven & Beachside locations. Offer Afterschool program from 2-6pm, and VPK 8-11am. “Preschool Jam is Wednesdays (\$6) from 9:30-11am! My kids love it!”
	Callaway Youth Soccer	“..excellent program for rec soccer...volunteer coaches do a good job teaching the basics.” “...daughter loves it and coaches are amazing!” “...nice fields”
	Bay United Soccer Club	“...for more competitive and travel soccer”
	Bay County Youth Soccer Association	Soccer for ages 3-18. Spring registration February, Fall registration end of May. 2 practices a week, 8 games a

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		season.
	Futskilz	“...soccer training camps”
	Panama Racquet Club	Tennis & Yoga “...lessons, camps, and tourneys in the summer.”
	Southport Youth Sports Association	Baseball (6u-15u) & Softball (8u-14u)
	Hiland Park Sports	Weeball - 15u Baseball
	Southern Elite Sports	Flag Football, Basketball,
	Lynn Haven Storm Football & Cheer	Any questions, please call Mike Freitas at 850-896-8579
	Gulf Coast Youth Football Association	Panama City & PCB Cheer & Football
	Publix Sports Park	Co-ed Kickball league ages 16+. 20,000 sq ft. skate park coming in the near future.
Child Care	850 Caregivers/Babysitters Facebook Group	
	Download Link - Child care list for ALL of Florida (Scroll to Bay County)	
	LINK for information/inspections on childcare providers	
	Early Learning Coalition of Northwest Florida	Assist with resources such as: Child Care Resource & Referral, School Readiness, (Financial Assistance Program), Voluntary PreKindergarten (VPK), Child Developmental Screenings, Mental Health Services, Parent Advisory Committee
	Child Development Center (CDC)	Care is offered by priority and is based on availability. Fees are calculated by total household income which includes Base Pay, BAH and BAS. To determine fee

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		category, all LES and Pay statements must be submitted to the desk clerks. Program Fee Chart is available at the facility. Phone: 850-283-4747. CLICK HERE to enroll child on waitlist prior to arrival.
	Family Child Care (FCC)	FCC is the regular care of a child in the home of another family. Care is provided on a regular basis, usually 3-10 hours per day. Occasional baby-sitting is not considered FCC. In a FCC home there are no more than six children present. For a current list of FCC providers contact the Family Child Care office at 850-283-2218
	Harvest Christian Academy	8 weeks - 5 years old, VPK, and after school care for select schools. Open M-F 6:30am-5:30pm
	Saved by Ms. Bell LLC	CPR & First aid certified. Florida Child Care Professional Credentialed (FCCPC). 850-849-0394 "Ms. Amilia is amazing, you will not regret hiring her!" "...so sweet, highly recommended!"
	Panama City PPEC	Daycare for children with disabilities and special medical needs, birth to 21 years old. Transportation provided. Services are 100% covered by Medicaid. Open M-Sat. Phone: 850-215-1312
Clubs	Boy Scouts	Local Packs and Troops: Pack & Troop 850 - meets at Grace Presbyterian Troop 321 - meets at Lynn Haven UMC
	Girl Scouts	
	Boys & Girls Club of Bay County	Various locations and programs available. After school programs available. Call 850-573-5606 for

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		<p>more info.</p> <p>The club pool can be rented for parties! \$150 for members, \$175 for non-members/general public. Call 850-481-9598 or e-mail: aquatics@bgcbayfl.org</p>
	Girls Inc of Bay County	
Education	Tutor.com	FREE 24/7 online tutors and homework help for k-12 and college military family dependents. Bilingual Spanish-speaking tutors available for math, science, and social studies!
	Haven Schools Bay County	Bay Haven and North Bay Haven Charter Schools (must apply to lottery/waitlist)
	University Academy (university-academy.org)	University Academy Charter School (must apply to lottery/waitlist)
	Panama City Trilingual School	<p>Private school teaching fluency in Spanish, Mandarin Chinese, and English. Ages 2 to 8th Grade.</p> <p>“Such an amazing opportunity for children to be immersed in various languages.”</p>
	Bacot Academy	<p>Non-profit, private, Christian based year-round school for children w/Autism. Students ages 5-22.</p> <p>“We struggled for years in the public school system and no one was able to find the right balance between social and educational help for him until we came here!”</p>
	FSU Panama City	
	Gulf Coast State College	

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	Embry Riddle - Tyndall AFB	
	Panama City Troy University	
Entertainment	Home - Fun 4 Emerald Coast Kids	Website with lots of resources for family friendly activities
	Panama City Events for Parents and Kids Facebook Group	
	Shipwreck Island	“...lots of areas to play that don’t involve lines...don’t go when gulf is closed for swimming” “...season passess pay for themselves...we go every summer a few days a week.”
	Gulf World	“They have general admission or various “meet and greet” ticket options, one where you can even swim with dolphins!” Use these codes for military discounts: Military 15 (for general admission), Military75 (for animal in water programs), or Military50 for animal meet and greets.
	Zoo World - PCB	Small local zoo, offers animal feeding/interactive options and season passes (zoo members rec. 50% off all events like ZooBoo & Cajun Christmas).
	Rock’ It Lanes	Bowling, Arcade, Roller Skating, Birthday Parties
	Emerald Coast Mirror Maze & Laser Craze	PCB in Pier Park. Great option for rainy days and birthday parties. 2300 sq ft mirror maze, laser vault, bazooka ball, and (vest-less) laser tag!
	Dave & Buster’s	
Just Jump Trampoline Park	Open Jump, dodgeball, Ninja course, & more	

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	Jump-N-Slide	"Opening at a new location in March"
	WonderWorks	100 interactive exhibits + Laser Tag. Ages 4 and under are Free.
	Skaters Choice	12 & under can get 2 free skating passes a week (register on website). Closed M&W. Skating lessons available.
	Panama City Skate Park	Small skate/scooter/skateboard park located on Jenks Ave. between W 15 st & W 16th st.
	Science and Discovery Center of Northwest Florida	Science Spots for Tots are Tuesdays at 10:30am, geared toward ages 2-5. "If you're looking for a place for kids to have fun indoors on a hot or rainy day, this is the place to go."
	Panama City Nerf	Open nerf night is every Friday from 5-10pm. Drop off and have date night or run errands (or stay & play) - Parents are always free. "Great time for kids and parents!"
	NexGen VR - Virtual Reality	Lounge & VR Arcade, 120+ games.
Explore	Native Spirit Museum & Gallery	M-Sat. 10am-8pm. Sells and displays the most authentic Native American artifacts and decor from the Florida panhandle and its surrounding areas. "Best store in town for your healing crystal goods" "Most creative and unique store in downtown!" "Neat place to visit while down at the St. Andrews Farmer's Market."

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	30A Sea Life Discovery	Field Trips, family snorkeling, summer camps. “...teaches about sea-life found in our gulf waters.”
	Shell Island	“Boat rentals, dolphin tours, snorkeling “...great beach day experience!” “...Shuttle runs every 1/2 hour - it’s great for littles; lots of shallow areas/shells/sand dollars/fish” FREE shuttle every Saturday 9am-3pm for DoD card holders & dependents from Beacon Beach Marina.
	Panama City Center for the Arts	Exhibits are free (as are many events). They offer art classes for adults & children! Pottery, painting, drawing, writing (see website for schedule and sign ups)
Parks	Under The Oaks 5843 E Hwy 98, Panama City	“..a favorite!” Large wooden playground, picnic tables, pavilions, near the water.
	Oakland Terrace 1900 W 11th St, Panama City	“Ninja Warrior-esque” “...great park for all ages...”
	Sharon J. Sheffield Park 901 Ohio Ave, Lynn Haven	“..enjoy concerts in the park here!” “...clean playground with wood chips instead of sand.”
	Cain Griffin Park 616 E 17th St, Lynn Haven	Playground and (free) splash pad, covered pavilion, walking path, and sports facilities; restrooms available
	Leslie Porter Wayside Park 200 Michigan Ave, Lynn Haven	On the water, pirate themed playgrounds, “...has a nice bridge over the water for fishing/walking/biking”
	Lynn Haven Bayou Park & Preserve 4770 Co Rd 2321, Lynn Haven	Brand new (2021). 98 acres with 4 different restroom locations, unique playground/climbing structure, picnic pavilions, fitness trails, Disc golf, and geocaching spots!

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	Park - A.L. Kinsaul Park 1146 W 5th St, Lynn Haven	"...nice park" "FREE splash pad!"
	Frank Brown 16200 Panama City Beach Pkwy, Panama City Beach	Largest park in PCB. Playgrounds, picnic areas, trails, saltwater fishing pier, indoor and outdoor facility rentals, Aquatic Center, & many more amenities!
Other	Tyndall Outdoor Rec.	They have bounce house rentals for \$100/day, dunk tank \$50/day, and inflatable soccer/darts for \$50/day! (office hours are Th-M; 9-5)
	Wish Upon A Party	Offer Princess and Superhero character parties from Pensacola to Tallahassee
	Enchanted Parties & Events, LLC	Offer a variety of characters, face painting, bubble shows, tea parties, party themes, virtual options, & more!
	Animal Tales Birthday Parties	45-60 min show @ your location, choose 6 animals!
	Have A Ball Slumber Parties	Pick a theme and they can make the perfect slumber party complete with teepee tents, linens, beds, decor, everything!
	TutuPink Boutique	Children's boutique that also hosts birthday parties
	Underdog Gaming	Mobile video game trailer & GellyBall rental
	Balloons by Brooke	Balloon arches and balloon bouquets!
	The Yard Fairy Sign Gypsies 850	Yard signs/displays

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Date days & nights

Activity	Axe Throwing PCB	“Near good restaurants”
	Bay County Shooting Range	
	Camp Helen State Park - Lake Powell	“...kayaking and then going for brunch/lunch after.”
	Comedy Shows & Open Mic Nights	Follow their Facebook page for local shows
	Endless Beach Rentals	“...they have a date night set up on the beach.”
	Kartona	Electric indoor speedway go kart racing & arcade games. Closed Monday & Tuesdays.
	Paint n’ Sip	HOME PCCenterfortheArts DIY Projects & Wood Sign Workshops Board & Brush - Panama City, FL (boardandbrush.com) Pinspiration
	Panama City Beach Indoor Shooting Range: Gun Sales: The Powder Room The Powder Room (powderroompcb.com)	
	Panama City Escape Manor	“...they have a location in Downtown PC and PCB.”
	Panama City Hot Glass	“...their glass blowing workshop is fun and they take care to make sure your item comes out right!”
	Two-Bit Stable Horseback Riding	Morning / Afternoon / Evening beach ride options!
	VIP PC Cinemas	Located inside the Panama City Mall. Newly renovated, 4 screen theater. Morning Matinees \$4.99 (free popcorn

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		before noon), \$5 Senior Monday (55+), \$5 Tuesdays (all day), \$5.99 Military, Free for 2 and under
Drinks	Smashed Wine Bar	NEW! Self-Serve wine bar in PCB.
	30A Distilling Co.	Santa Rosa Beach. NEW! Tasting Hours: Tuesday - Friday - 5:30 pm - 8:30 pm, Saturday & Sunday - 3:30 pm - 8:30 pm
Dining	Craft 850	“Has vegetarian options, a full vegan menu, and lots of gluten-free options!”
	Hunt and Gather Raw Bar & Pub	“...great restaurant for date night...super tasty!” “...the bone marrow canoe is delicious”
	Barefoot on the Beach Bar & Grill	“...the view of the beach is relaxing” “...breakfast is yummy and so are their drinks!” “...I love that they have live music in the warmer months and the splash pad + the pool for if you have kids tagging along!”
	Mr Hibachi at Home	Hibachi experience brought to you!
Experience	Magic N Picinics	Creative spin on romance & date night! Various package options for a special celebration.

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Day Trips - Florida

[Destination Panama City – Where Life Sets Sail – Visit Panama City, FL](#)

[Gulf County Visitors Site](#) - Great info on things to do in Gulf County

[South Walton Visitor’s Site](#)

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Tallahassee Gov. Parks and Rec		
Visit Florida Website - Beaches, places to go, things to do, etc. (All of Florida)		
Bristol	Torreya State Park	
Destin	SHOPPING	Lots of shopping in the Destin area. Welcome To Silver Sands Premium Outlets® - A Shopping Center In Destin, FL - A Simon Property https://destincommons.com/ FREE Splash Pad is in the middle of Destin Commons too!
Eastman	St. George Island State Park & Cape St. George Light	1 hour away! Swimming, hiking, camping, geo-caching, shelling, and over 300 species of birds have been documented here! Lighthouse (must be 40" to climb), museum & gift shop. "Get in line EARLY for Weber's Little Donut shop! The wait is worth it"
Eglin AFB	Air Force Armament Museum	FREE!
High Springs	Ginnie Springs	Less than 4 hours away, "...explore one of the seven springs and then enjoy a float down the Sante Fe River. Snorkel, tube, canoe, kayak, and paddleboard rentals are available. Plus you can camp throughout their 200 wooded acres!"
Milton	Coldwater Gardens	Overnight rentals with nature in a cabin, cabana, treehouse, glamping tents, and more!
Milton	Holland Farms	"...recommend for pumpkin season/fall...huge pumpkin patch, sunflower fields, corn mazes, hay rides, and more activities for kids."
Milton	Sweet Season Farms	"Sunflower fields, Pumpkin Patch, huge corn maze, rides, and so many sensory and interactive activities!" Early October- Early November
Niceville	Turkey Creek Nature Trail	FREE! 1.5 hours away. Picnic pavilion, swimming, mile long boardwalk,

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		and restrooms. “...bring your own tube/canoe/kayak to float down the creek back to where you parked!”
O’Brien	Little River Springs	3.5 hours away, “1,200 ft long cave, Swimming, beach areas, nature trails, and more on the 125 acre property!” *Closed on Tuesdays until 11a.m.
PC Beach	Camp Helen State Park	“...a decent beach but a long walk for children.”
Pensacola	Ice Flyers Hockey Game	
Ponce de Leon	Morrison Springs	FREE! 1 hour away, large nature walk/boardwalks overlooking the 250 ft springs, a diving dock, picnic pavilion, restroom facilities
Port St. Joe	Port St. Joe Gulf County, FL Small Beach Town (visitgulf.com)	
Port St. Joe	Cape San Blas Lighthouse	“...surrounded by quiet docks and nice places to eat near the water.” “...you’ll need to register to climb the lighthouse.”
Point Washington	Eden Gardens State Park	
Rosemary Beach	30A Farmer’s Market	“...they have Maryland jumbo lump crab cakes”
Southport	Southern Grace Lavender Farm	Veteran Owned. First Lavender farm in Florida (3.31 acres)! They have 3 RV site and cottage options, an off leash dog park, \$5 (30 min.) tours, and farm gift shop
Tallahassee	Tallahassee Museum	“...they have wildlife exhibits, trails, cafe, and a zipline!”
Tallahassee	Railroad Square Art District	
Tallahassee	Cascades Park	

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Tallahassee	Lofty Pursuits Ice Cream	
Tallahassee	Maclay Gardens	“...great walking trails...actual gardens are breathtaking” “...azaleas bloom between Jan-Mar!”
Vernon	Holmes Creek Canoe & Livery	Less than 1 hour away! Canoes, tandem/single kayaks, tubing, and diving. Rope swing, diving board, fishing, fun water slide and much more! Open 7 days a week from April-September

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Day Trips - Alabama

Alexander City	Zip Lines at WC	Veteran owned. 4 hours away. *Up to 11* ziplines & 6 skywalks. Complimentary photos! Ages 7+
Bessemer	Alabama Adventure Amusement & Water Park	4.5 hours away, open May - first weekend in September. Military w/ID can rec. \$5 off admission tickets. Over 25 attractions (rides & slides & more).
Dothan	Highlands Antique Mall	“...many home interior items.”
Dothan	Peanut Statue Scavenger Hunt	“...artfully painted peanut statues around town...visitor center has a map and it’s a great way to explore the town.”
Dothan	Aplin Farms	Many U-Pick options for fruits and veggies, Pumpkin Patch & Sunflower field, Typically have activities in October
Headland	CornDodgers Farm	“Almost 30 attractions to keep the farm-tastic fun going all day long” Fall activities October-November, Holiday Festivities in December
Hope Hull	Alabama Safari Park	A little over 3 hours away. 350 acre drive-thru safari, they have a walk-thru, animal feed and petting areas. Under 2 are Free, and \$2 off per ticket with military ID

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Mobile	GulfQuest National Maritime Museum	Under 3 hours away. Over 90 exhibits (interactive, simulators, etc.). Open W-Sat. Children under 5 free!
Montgomery	Montgomery Zoo	A little over 3 hours away.
Montgomery	Historical Sites	Rosa Parks Library & Museum Dexter Parsonage Museum Civil Rights Memorial Center Freedom Rides Museum Rosa Parks Arrest Site Civil Rights Memorial Equal Justice Initiative Wright Brothers Park

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Day Trips - Georgia

Explore Georgia Website		
Albany	Ray Charles Plaza Albany Civil Rights Institute Bridge House	Less than 3 hours away. “MLK’s Footsteps and more must see Black History!”
Albany	Flint RiverQuarium	Less than 3 hours away. Certified as a sensory inclusive facility (have sensory bags and a sensory room for overstimulation). “... pricing is reasonable!”
Cordele	Sam Shortline Excursion Train	3.5 hours away. Various events throughout the year ranging from murder mystery dinners, Day out with Thomas the Train, to Candy Cane Express.
Lumpkin	Providence Canyon State Park	“...hiking trails...it was a long day, but fun!”
LaGrange	Great Wolf Lodge	4 hours away. Indoor water park and nature-themed resort

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Valdosta	Wild Adventures	Less than 3 hours away. Opens in March. Theme Park, Waterpark, Animal Park
Pine Mountain	Callaway Resort & Gardens Pine Mountain Resort GA (callawaygardens.com)	Known for holiday lights displays: Halloween/Fall & Christmas

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Dining

Restaurants	(1) Bay County Foodies Facebook	This Facebook group is a great resource for reading about local restaurants
	Victoria's Last Bite	"...Delicious EVERYTHING!"
	C-Level Grill	PCB. "Local fish & farm to table." "Almost everything is gluten free and have some amazing vegetarian options"
	Crafty Crab	"Chain restaurant, but their seafood boils are delicious! I recommend their BOOM flavor combination."
	Hunt and Gather	"Fun, creative menu, delicious! Small restaurant and doesn't take reservations"
	gFoleys	"Always tasty, great patio too".
	Gyro Cafe	
	Cahall's Deli	
	Los Antojitos	

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	Peppers	
	Trigo's	
	Alice's on Bayview	"Cozy little restaurant." "Awesome brunch!"
Drinks	Flyby Coffee	Veteran owned, double window-drive thru. Variety and daily specialty drink creations! "Staff is always so sweet, they care to get to know their customers!"
	Wild Root	Coffee Shop and small cafe in Lynn Haven "charming, my favorite".
	The Press	Coffee Shop
	Salty Oak Brewing Co.	Craft beer brewed locally in PC. Military 25% off on Wednesdays. Will sometimes have food trucks "Wonderful atmosphere!"
	History Class Brewing Co.	"Awesome atmosphere! The food and their craft beer (local options), not to mention they're dog friendly!" "Their truffle fries are my favorite!" Trivia Night, Thursdays at 7pm.
	The Taproom	
	House of Henry	Irish Pub ("serves an Irish breakfast!"). Large beer list (local included), even a 52oz bloody mary! "Great live music and drinks (and food)." Trivia on Tuesdays at 6pm.
Food Truck Faves	Food Trucks of Bay County Facebook Page	
	The Prime Rib Guy	"The best Prime Rib, around (large portion too!)" Follow his Facebook for weekday locations.
	Patches On the Go	"The best burgers!"
	Holi	Delicious Indian food
	That's What Cheese Said	"Their Spaghetti Sammy is so good!"

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	Getchewabox	Po Boys & More!
	My Ohana	Pan-Asian Cuisine
	Melissa's Kusina	Lumpia & other Filipino dishes
Pet Friendly	Panama City List Click Here Panama City Beach List Click Here	

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Training	Vivid Pole Fitness	
	Studio by the Sea	Zumba, Yoga, Barre/Cardio Ballet, Mommy & Me, Plyometrics, Beach Boot Camp, & Dance classes.
	S.S. Fit	“Sarah is the bomb! She knows her stuff and plans your workouts based on your goals!”
Gyms	Sweat Gym in Panama City, FL 2284 Martin Luther King Jr Blvd Planet FitnessShak 🌟	Military discounts available. Every Saturday at 9:30am they offer a FREE Sweat Session! “...have childcare and I loved the small classes! They also have personal trainers...” “...joining has been one of my best decisions!” “...may be pricey to some but you’ll have accountability, gym family, option of nutrition, personalized workouts...”
	Burn Boot Camp- PCB	Offer Free 7 day trial. Membership does include unlimited camps, childcare, & more!

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		“...coaches are encouraging and even help track your weight and inches lost and will help with diet!” “...It’s Amazing!”
	Tyndall AFB Gym	Facebook page not always current
	Planet Fitness	Planet Fitness in Panama City
Nutrition	Crush Crave Wave Nutrition	Grab & Go: Aloe, Tea, & Shakes for energy and nutrition support
Other	Publix Sports Park	Co-ed Kickball league, Adult Co-Ed softball, Men’s slowpitch softball
	One Heart Yoga	Morning and evening sessions. Introductory Offer of \$39 for 2 weeks of unlimited yoga (paddleboard not included). That gives you a chance to attend as much as you want, try different types of classes, and see how you feel with a regular yoga practice.

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Home

Builders:	Truland Homes	“Great quality home and will soon have a playground and pool in the neighborhood.” “...we love our home!”
	D.R. Horton	Builder of many neighborhoods in the area
Rentals+	Tyndall AFB & NSA PCS Pay-it-Forward Facebook	
	ERA Neubaur Real Estate Rentals	
Neighborhoods:	Callaway - Bridge Harbor	“...8-10 min from base, 80-90% mil, cheaper rent than

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		anywhere...warm, welcoming, and happy with it!” “...20min from Mexico Beach”
	Callaway - Park Place	“...new homes and we love ours,” “the agents at the model home were so nice.”
	Panama City- Titus Park	“...D.R. Horton build with some issues BUT home is beautiful with \$100s less a month than rent.”
	Panama City - Cherokee Heights	“...great sub, lots of military, zoned for a great school right there in the neighborhood!”
	Panama City - Sweet Bay	“Samuel Taylor build, inclusive community with trails, pools, and events throughout the year!” “University Academy is highly recommended and located within the sub as well”
	Lynn Haven- Plantation at College Point	“...small gated subdivision w/a playground. Only 10 minutes from Deer Point Elem., 10 minutes from Target, and 13 miles from base!”
	Southport - Fanning Bayou	“...love it here...only 23 miles from base and 30-40 min from the beach”
	Parker - Donaldson Pointe	“...really nice and close to base. It’s quiet here!”
	Callaway - Hickory (???)	“...house was affordable, huge, great internet, less than 10 min from base, 23 min from Mexico Beach”
Realtors:	Consumers Home - Central Panhandle Association of REALTORS (cpar.us)	Contact info for all Realtors in Bay County, FL. Also has MLS for searching properties.
	Stephanie Berrios Roorda	Air Force Veteran & Milspouse (Ret.), TSC member
	Vianah Seamon	Milspouse (Ret.), TSC member
	April Davis	Milspouse, (Ret.)

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	Charlotte Hoagland	Milspouse
	Christina Daniels	Air Force Veteran, Milspouse (Ret.)
	Montonia Combs	Milspouse
	Kelly Flanagan	Milspouse
	Mindi Sato	
	Renata Murphree	
	Justin Waters	Air Force Veteran
	Bubba McCants	“Have used for several transactions, very military friendly and very knowledgeable in local real estate”.
	Hollie Hansen	
	Amy Garrison	
	Leight Ann Pyeatt	
	Andy Clayton	
	Candi Evett Miles	
Local Lenders:	Bret Henderson	“Years of VA mortgage experience, very military friendly”.
	Kathy Hallmon	
	Liah Jones	Milspouse
	Rhonda Jacques	
	April McMullan	

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THE MEMBER IS RESPONSIBLE FOR VERIFYING TRICARE AND REFERRAL REQUIREMENTS

Behavioral Health	https://www.howyadoing.org - Bay County websearch for private providers and organizations (ex. substance abuse, LGBTQ+, domestic violence, grief, etc.)	
	Military OneSource	Offers FREE resources and short term counseling for military families and children 12+
	Focus on Behavior, Inc	ABA Therapy
	Dr. Brent Decker	ADHD and Psychoeducational Evaluations “...evaluates children and adults...very knowledgeable and personable.”
	Grow Mental Health Services LLC ☀️	“...Katie Bergman is amazing!”
	Families First of Florida	“...they also work with children and teens.”
	Solid Rock Solutions LLC - Erin Schramm, LCSW	Sees ages 6+ to adults
Breastfeeding Support	Bethany Clark, IBCLC	Hosts a Free monthly online support group through Gulf Coast Regional Medical Center. Registration required to receive the link.
	Bay County WIC offices	Hotline at 850-747-5775 for support. Attend a breastfeeding class. Brochure with further information available (contact for most up to date info).

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	Human Milk 4 Human Babies - Florida	Free Facebook group to seek or provide breast milk donations
	Florida Breastfeeding Coalition Inc.	Many additional resources and national links for support
Chiropractic Care	Elite Chiropractic	“Amy Bell is fantastic...may be hard to schedule due to popularity.” “I’ve been seeing Amy for my entire 3rd trimester, she’s wonderful!”
	Calhoun Chiropractic Center	“My entire family goes here - newborn included!”
Dental	Stamps Family Dentistry ✨	
	Buttram Orthodontics	
	Bay Smile Docs	Lynn Haven and PCB offices. They see children (4+) and adults. “...they even have evening appointments!”
Hospital	Gulf Coast Regional Medical Center Recently re-named: HCA Florida Gulf Coast Hospital	“...great late night visit experience with my 2- yr old.” “...use outpatient center for labs and x-rays...great online patient portal”
Optometry	Academy of Eye Care	Adults & Children
	Emerald Coast Eye Care	“Dr. Patterson is great, and the office staff is so nice!”
PCM	Advanced Healthcare Associates - Heather Taylor FNP	“Great family feel...Heather really takes time to listen” “...she can perform annuals also!”
	Fox Family Practice ✨	“...I prefer Jody Kirk...they’re awesome.”
	Gibbens Family Medical	“Brittany Gibbons ✨ she really listens.”

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	Dr. Noble	“...I have a lot of issues and he sent me to every specialist needed.”
Pediatrics	Panhandle Pediatric Dentistry	Currently not taking children 12 and over
	Forest Park Dental	Sees children as young as 3, accepts CareCredit
	Royal Dental	Open Saturdays! “They're great with my kids. My eldest is autistic and he is so comfortable with them he doesn't even need me in the room.”
	Emerald Coast Pediatrics 🌟	“...Dr. Kenaway is so patient!” “...also have after hours urgent care at their office.” <i>*NOTE: Dr. Kenaway is not currently taking any new pt's unless they're newborns*</i>
	Baldwin Pediatrics	“...I recommend Summer Moran!”
	Future Pediatrics	Panama City & PCB locations
	Naval Air Station Panama City	“...family practice there is always on time and nice.” <i>*Currently not seeing children under age 2*</i>
	Eglin AFB - Developmental	“...worth the drive...only deals with Tricare and is well-versed in working with Humana. Dr. Adrienne Steckler and her nurse, Robin, are extremely knowledgeable and professional.”
Nemours Children's Health - Cardiology, Endocrinology, Asthma, Audiology, Gastroenterology, Nephrology, Pulmonology, Orthopedics,	Main Nemours is in Pensacola. Their Bonifay office provides pulmonology and cardiology expert care for newborns to age 18.	

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	Urology, Sleep Medicine, & More!	Asthma, Allergy & Immunology “The allergy doc has a long wait but worth it. The asthma doctor also travels to FWB and PC now”
Pregnancy/Birthing Support	Birth Your Way Midwifery	Offer home birth and water birth midwife services. New Birth Center option. Offer sneak-peak gender testing. Does not accept insurance, but does offer affordable payment plan options. “Katie has been absolutely amazing since day one!”
	Bloom Wildly Birth Services	Lauren Farmer: Licensed Practical Nurse, Certified Breastfeeding Counselor, Breast Pump Specialist, Doula and Midwife Birth Assistant and offers Placenta Encapsulation and Art Prints.
	Blooming Within	Samantha King worked alongside one of the favorite and most recommended doulas in the area (Fern) who has since moved. Samatha offers labor doula and belly binding packages! “Best birth I’ve had, (and I’ve had 5!).”
	Celestial Roots Birthing Services	Doula support, placenta encapsulation, birth trauma support. “Chastity was always on call and made me feel comfortable in every aspect... she was very educational and wasn't afraid to inform me of all my options and no matter what was never judgemental about any of my choices.”
	Invisible String Postpartum Doula Services	Postpartum doula supporting families in the immediate period after a birth with reassurance, practical assistance, and information. 10% military discount available on all packages.

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Specialty Care	Pediatrics Plus, Inc.	Physical Therapy, Occupational Therapy, Speech Therapy, Aquatic Therapy, & More! “We used them for 3 years! We love them!”
	Panama City Surgery Center - ENT	“Dr. Brian Gibson 🌟 is a great ENT doctor.” “...he is so genuine and the best ever!”
	Emerald Coast Rheumatology Clinic	“...Dr. Kenawy...also recommended Steve Johnson for joint injections done with a softer touch.”
	Emerald Coast Sleep Diagnosis - Sleep Study	“They are thorough and really look at all the angles.”
	Sun Dermatology	All dermatology needs medical, surgical, and cosmetic.
Urgent Care	Coastal Urgent Care	Weekday hours, does NOT accept Medicaid
	Emerald Coast Urgent Care	Open 7 days a week, does NOT accept Medicaid
	HCA FL Panama City (Free Standing ER)	Open 24/7
Women’s Health	Emerald Coast OBGYN 🌟	“...wouldn’t go anywhere else for mammograms...they have a 3D one too.” “I love Dr. Breland...he came in on his day off for delivery!” “Dr. Breland is very to the point and nice.” “Dr. Ramie coached me through the birth...gentle voice and listens.” “...helped me with anxiety and all questions during and post-pregnancy.”

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		We will note that we did not receive positive recommendations for Dr. Bryce Jackson.
	All About Women	“...midwives Michelle and Tammie! They delivered my children.”
	Bay Radiology - Mammograms	“...mammograms...fabulous facility and professional staff”
	Gulf Coast State College	Free Sonogram Ultrasounds for 18 weeks+ (provided by students). Complete form on website

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Boarding/Grooming /Training	Dagny & Dexter’s Doggie Daycare and Spaw	Doggie daycare, overnight boarding, grooming, puppy training. “...dogs separated by size and temperament made me feel much more comfortable about my furbaby going to a new place.”
	Dog - Ruff House Resort	Mixed reviews (+ and -) on this facility. <i>We will note that we have received comments that do not recommend this facility due to dog fights and their pets coming home injured.</i>

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	Naju Boarding and Grooming	“...you can take your dog to daycare and play time also!”
	Infinity Pets & Co., LLC	Milspouse owned, amazing services, used to be local to PC but now is based in Crestview. They are a one stop shop that service from Pensacola to Defuniak Springs. Online virtual pet training available!
Boarding/Grooming	Bark, Baths, and Beyond	Pet daycare, boarding, and grooming. All breed accepting. 10% discounts for first responders/military/teachers “...great place for boarding, and the staff is so friendly!” “...they even sent me pictures to reassure me my babies were doing great”
Grooming	Al’s Pals Mobile Dog Grooming	Servicing Panama City, Callaway, Lynn Haven, and S Thomas Drive “...this is the local groomer you’ve been looking for!”
Pet Sitting (In your home)	Melissa Reinert	Milspouse, servicing Lynn Haven and nearby surrounding areas. Worked for Infinity & Pets Co., LLC before they relocated after Hurricane Michael. “She comes to your home 3 times a day (or more) and sends pupdates! Timely, and super patient with my needy pets; I didn’t have to worry about quality care while I was on vaca!”
Parks	Kinsaul Park, Lynn Haven	Has fenced dog area
	Frank Brown Dog Park	3 fenced in parks
	Al Helms Dog Park, Panama City	3 separate fenced areas: one for small (under 30 lbs) dogs, one for large (over 30 lbs) dogs, and one for shy dogs. The park has double gates, running water and watering area, benches, pick-up bags and stations, a few trees, and healthy, thick turf grass.

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	Pier Park Dog Beach	Located on the west side of the Russell-Fields City Pier in front of Pier Park. Dogs must be on a leash and under the command of the owner.
Rescues	Heartland Rescue Ranch	Local animal rescue that offers fostering, adopting, and re-homing. They always have volunteer opportunities
	The Lucky Puppy Rescue	Non-profit located on 125 acre farm in Bonifay
	Alaqua Animal Refuge	Freeport, FL. Adopt: Dogs, cats, horses, rabbits, farm animals, birds, and small animals! They also do wildlife rehab for birds, small mammals/marsupials and reptiles
Shelters	Lynn Haven Animal Shelter 1750 Recreation Dr., Lynn Haven, FL 3444	2022 Shot Clinic Dates (8am-12pm): 5/14, 6/18, 7/16, 8/20, 9/17, 10/15
	The Humane Society of Bay County	“Low-cost medical services are by appointment only.” Contact 850-640-4708
Veterinarians	Emerald Coast Mobile Vet	“Amazing... they come to your house or you can go to her stationary place in PC!”
	North Bay Animal Hospital	“...our dog has been taken care of here!”
	Forest Park Animal Hospital	
	Gulf Coast Animal Hospital	Weekday hours only, ...“They are super sweet, affordable, and take CareCredit!” “I rarely have to wait when I arrive!” “The techs love on my dogs and the vets take the time to explain things and don’t make it feel rushed at all.”
	Amy Van Dyke, DVM	Acupuncture and holistic veterinarian services (chinese herbal medicine, food therapy, Tui-na, and Hospice care). “Located outside of Bay County but a great resource for alternative medicine for your furbaby”

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Wildlife	Birds Gone Wild, Inc. Wild Bird Rehabilitation	Licensed Non-profit/volunteer based wildlife rehab specializing in wild birds. 850-319-9650
	Coastal Wildlife Removal	Fully licensed and insured animal removal and rescue! Rats/mice, snakes, squirrels, birds, racoons, bats, opossums, armadillos, skunks, coyotes, nutria.

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Self Care

Hair	Edge Up Barbershop & Styles	“Great with military haircuts and have done a good job with kid cuts also!”
	House of Handsome Barber & Style	“I highly recommend JB, he makes his clients feel and look great”
	Hue Salon and Boutique	Hair, waxing, facials, eyelash extension, and massage! “Everyone is great!” “...I went in with a full head of hot mess and came out like a dream goddess”
	Topix Salon	Pricing to fit your budget preferences (apprentice to expert) “I recommend Topix Salon for all of your hair needs: color, traditional cuts, modern/contemporary styling, corrections, and straightening.”
	The Black Swan Studio	“I would recommend this salon to anyone! Everyone is great!”
Massage	Tranquility By The Sea	“...if I could give them more than five stars I would!” They offer Pregnancy massages and waxing too.
	Kristen Fogle, L.M.T	Mobile Massage Therapist! 850-896-8298 50 min = \$60, 70 min= \$80, 100 min = \$110

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Nails	850 Nail Lounge	“Binh, Tony, and Katie are all amazing!”
	Perfectly Polished Nails & Spa	“Samantha is literally the best, you won’t be disappointed!”
	Lavish Nail & Spa	“Amazing nail art work!” Closed on Sundays.
	Beauty Factory PCB by V&D	Nails, Brows, Lashes, and Makeup
Waxing	Your Brow Estie	Brow waxing, tinting, and lamination. Closed Wednesday & Sundays
	Aesthetics by Annalyse	Brows & Lashes
Spiritual/ Meditation	Spellbound	Metaphysical store offering the largest selection of products, tools, ingredients, books, and resources. Apothecary stocked with fresh, organic herbs, also offer in-house black teas, herbal teas and elixirs, poured hot and ready to serve, or boxed for home brewing. Spellbound also offers personal services such as aura photography, breathwork, private readings, and reiki healing.
	Baywitch	Gifts. Organic Tea. Jewelry. Crystals. Books. Artisanal Chocolate. Workshops. Yoga Classes with One Heart Yoga
	Capstone House	Metaphysical center focused on personal, spiritual and psychic growth, with a large esoteric library. Every First Saturday is Mystic Fest (\$5 at door)
Support Groups/ Socializing	Team Tyndall Spouses Facebook Group Tyndall Spouses Club Facebook Page Momma’s Sanity Savers Facebook Group Panama City Moms Facebook Group YCSWU Girl Gang Facebook Group Growing in Grace Facebook Group Lynn Haven Neighbors Facebook Group MOMStogether Registration is \$20 per semester or \$5 per meeting. Meet the second and fourth Tuesdays	

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of every month from 9:00am-12:00pm in the D Building of First Baptist Panama City.

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Photography

Photographers	Caylee K Photography	Milspouse! Specializes in family, maternity, engagement, and newborn sessions
	Tami Kaye Studios	Specializes in boudoir but also a well rounded photographer
	Darci Strecker Photography	Specializes in weddings, boudoir, and family
	Bekka Kiss Photography	Milspouse! Specializing in portrait and lifestyle
	Photography by Amanda Jones	“Phenomenal!” Weddings, family, newborns, maternity, and more!
	Kate Florez Photography	Lifestyle, family, cake smash, birthdays, maternity, portraits, etc.
	Monica Lopez Hagen Photography, LLC	Family, headshots, children/newborn, mini sessions
	Don McNaron	Highly recommended for real estate photography

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