



Hello!! And Welcome! ...

We've pulled together recommendations from Team Tyndall & local spouses to help current and future spouses find the hidden gems and necessary resources around Tyndall and Bay County.

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

TYNDALLSC.ORG

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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 mil-spouses.
Department Of Children & Families	SNAP Food Assistance, Disaster & Emergency Preparedness Info., and resources to services from voter registration to elderly services.
Florida Health Department	The hub for all programs & services for public health. Transfer your kid's immunization records to FL forms for school registration, Healthy Start (free home visiting & prenatal & parenting education), Birth Certificates, & more.
Northwest Regional Library System	Bay County Libraries
NSA Panama City	Naval Support Academy website has installation map, Family Readiness (FFSP), housing, ITT, Outdoor Rec., and more!
PCB Events Page	Features all the events happening in PC Beach and has a filter to help you find the perfect event.
Tyndall FSS	Has contact info for: Airman Family Readiness Center, 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	Aly's Beach	30A Wine Festival
February	Santa Rosa Beach	Camellia Festival

ANNUAL EVENTS

February	Destin	Shrimp & Grits Festival
February	Destin	Sandestin Gumbo Festival
March	PC	Filluxe Arts Festival
March	PCB	PCB Scottish Festival
March	Destin	Mac & Cheese Festival
April	PCB	Seabreeze Jazz Festival
April	Carabelle	Riverfront Festival
May	Destin	Tacos & Tequila Festival
June	PCB	Pepsi Gulf Coast Jam
End of June/Early July	Tyndall FSS	Freedom Fest, Beacon Beach Marina
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
November	Dothan	Peanut Festival
December	PCB	New Year's Eve Beach Ball Drop

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CHILDREN (NON-MEDICAL) :

CHILDREN

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 lesson in your own pool, ages 10 months+, 10-15 minute sessions 2-5x/week
Swim Life w/Coach Tina	TSC member, Milspouse. Survival swimming for baby toddler, and preschoolers
ISR Bay County	Survival swim lessons for children 6 months to 6 years old
CV Equestrian Horseback Riding	Lessons for every age and skill level. Located in Southport. Pay as you go pricing \$40/lesson. Also offer camps and birthday parties.
Apex Farms Equestrian Center	Equestrian center for primarily "English riding;" dressage, hunter/jumper, and western disciplines located in Youngstown
Sunshine Riding Trails	Ages 6+, Horseback lessons in Chipley. Also offer camps!
Downtown Boxing Club	Young Boxer Program M-Th class for ages 8-15 (4-4:45pm). Private Lessons available.
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)
Black Sheep Jiu-Jitsu	Kids Self Defense, Jiu-Jitsu & wrestling programs for all ages and skill levels
Bay Blaze Track Club	USA Track & Field Level 2 Certified and SafeSport Certified Coach for track and field athletes ages 5-18
Aerial Dance Panama City	Pay per class, multiple classes at a time, or monthly membership. Some weekend options. Even offer various types of birthday party packages (even adult party classes)
Gymnastics Plus	Classes start as young as 15 months. Lynn Haven & Beachside locations. Offer Afterschool program from 2-6pm, and VPK 8-11am.

CHILDREN

A T H L E T I C S

	“Preschool Jam is Wednesdays (\$6) from 9:30-11am! My kids love it!”
Edgewater Gymnastics	In Southport right over the bridge from Lynn Haven. Offer recreational classes as well as competitive teams.
Coastal Xtreme Athletics	Micro-Gym that offers cheer, tumbling, gymnastics, parties, and camps ages 3-18! Open gym every Friday from 6-7:30 pm!! \$10 per child! Bouncing Babies every Tuesday 9:30-10:30am for just \$5
Independent Dance Collective	Recreational to competitive dance. Offer 10% Military discount
Studio A Dance Center	Starting at age 2, classes for dancers (so many options!), gymnasts, cheerleaders and competitive athletes alike. First class is free.
ZiLo Cheer & Dance Studio	Located in Callaway and established in 2018: the first fully minority-owned and operated dance, cheer, and competitive cheer studio in the area! They also offer affordable full-day summer camps!
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 season.
Panama Racquet Club	Tennis & Yoga. “...lessons, camps, and tourneys in the summer.”
850 Athletics	Veteran owned. The only Indoor hitting and training facility in PCB. Classes and private lessons available
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 (PCB)	Co-ed Kickball, slow-pitch mens & co-ed softball leagues ages 16+.
Experience Better Golf Academy	Checkup upcoming dates for after school junior golf program at the Panama Country Club (\$100/month)

CHILDREN

CHILD CARE

[850 Caregivers/Babysitters | Facebook Group](#), [Download Link](#) - Child care list for ALL of Florida (Scroll to Bay County), [LINK](#) for info/inspections on childcare providers

Bay Base After School Program	Pre-K to 5th grade program from 2:00 - 5:45pm after the school day. Summer and vacation full day programs available
Early Learning Coalition of Northwest Florida	Assist with resources such as: Childcare 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 category, all LES and Pay statements must be submitted to the desk clerks. Program Fee Chart is available at the facility. 11Phone: 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 an FCC home there are no more than six children present. For a current list of FCC providers contact the Family Childcare office at 850-283-2218 or 850-247-6433
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!"
Amanda's Home Daycare	Located in Cherokee Heights, registered through the state of Florida. M-F, drop in rates available.
Joyce's Learning Center, LLC	Licensed daycare. "Ms. Joyce is so active in her own daycare, I highly recommend this place!"
Hawk's Nest Learning Tree	Licensed, partnered with the Early Learning Coalition, a local favorite for 6 weeks to 5 years old. They have a waitlist, the earlier you register the better.
Discovery Academy at Bayside Church	Licensed facility. "We get pictures through the day and this place is always clean!"
Club 4 Kiddies	Licensed facility in 2 locations, providing care from 6 weeks to 5 years old. Sending your own lunch is required.
Lynn Haven Early Learning Inc.	Licensed facility in Lynn Haven for ages 1-5 years old.
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

CHILDREN

C L U B S / L E S S O N S / E T C .

Boy Scouts	Local Packs and Troops: Pack & Troop 850 - meets at Grace Presbyterian, Troop 321 - meets at Lynn Haven UMC
Girl Scouts	Type in your zip code to find a troop nearest to you
Boys & Girls Club of Bay County	Various locations and programs available. After school programs available. Call 850-573-5606 for more info. 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
Bay County Public Library	Many free clubs and events: preschool story time, language clubs, teen game nights, Anime club, family game days, comic club, doodle club, trading card days, and more!
Girls Inc of Bay County	Girls-only mentorship and programming that help prepare them for adulthood
Young Actors Studio – Imagination Factory Theatre	Classes 2x/week towards a full scale show open to the public!
Leitz Music	Music & Guitar shop. Additional location in Pensacola. 508 Harrison Ave. Monday – Saturday 10-5pm.
Playground Music Center of Panama City	One stop music shop. Great for school band supplies and they have rental programs. They also offer piano and band instrument lessons (flute, clarinet, saxophone, etc.)
Blue Heron Music Studio	Private lessons, workshops, jam sessions, recital programs for guitar, bass, and ukulele
Austin Music Co.	\$30/lesson in PCB. Guitar, mandolin, piano, saxophone, trombone, trumpet, banjo, bass, cello, clarinet, flute, french horn, tuba, ukulele, viola, violin, vocal

CHILDREN

E D U C A T I O N

Tyndall AFB School Liaison	850-247-5253 325FSS.FSYS.SLO@us.af.mil Our School Liaison can provide information about local school systems, state requirements, immunizations, school policies and procedures, home school resources, extra curriculum activities within the community, volunteer opportunities, scholarship information and so much more!
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CHILDREN

E D U C A T I O N

NSA PC School Liaison	850-238-9830 Panama_City_SLO@navy.mil
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!
Tutoring Miracles	Tanja is a certified teacher in Elementary education K-6 (math, literacy) and Science 6-8. Kindergarten, and Middle School & High School writing. Online & in person \$34/hr
Khan Academy	Free non-profit online tutoring for anyone!
Outschool	An affordable online hub for anyone wanting to learn a new subject, language or skill.
Haven Schools Bay County	Bay Haven and North Bay Haven Charter Schools (must apply to lottery/waitlist)
University Academy	University Academy Charter School (must apply to lottery/waitlist)
Palm Bay Schools	Tuition free charter elementary school (K-5) and prep academy school (grades 6-12) (must apply to lottery/waitlist)
Rising Leaders Academy	A Non-profit tuition free public charter school (K-12 th grade). STEM, STEAM & Multicultural classrooms teaching 3 out of the 6 official U.N. languages (English, French, Russian, Arabic, Chinese, and Spanish). (must apply for the lottery)
Panama City Trilingual School	Private school teaching fluency in Spanish, Mandarin Chinese, and English. Ages 2 to 8th Grade. "Such an amazing opportunity for children to be immersed in various languages."
Bacot Academy	Non-profit, private, Christian based year-round school for children w/Autism. Students age 5-22. "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!"
St. John Catholic Academy	Private school in Panama City, annual tuition. Preschool serves infants to pre-K, but school age grades are from K to 8th grade. Afterschool care options available also.
Holy Nativity Episcopal School	Tuition based private 3K-8 th grade program in Panama City. Payment plans and financial aid available
The Reid House	Located in Lynn Haven. A new tuition based micro-school (K-5) M-Th from 9-2pm.
South Walton Montessori Academy	18 months to 8 th grade. Located in Santa Rosa Beach, the closest Montessori school to Bay County.

CHILDREN

EDUCATION

Homeschooling supports: [Emerald Coast Homeschool Group](#) | Facebook
[Florida Unschoolers \(Umbrella School\)](#) | Facebook
[Panama City Homeschoolers](#) | Facebook
[Academy of Wonder](#) – Hybrid homeschool for elementary ages

[FSU Panama City](#)

[Gulf Coast State College](#)

[Embry Riddle - Tyndall AFB](#)

[Panama City | Troy University](#)

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CHILDREN +

FUN

Fun 4 Emerald Coast Kids	Website with lots of resources for family friendly activities
Panama City Events for Parents and Kids Facebook Group	
L&C Artistry, LLC	Art Play Studio open for walk-ins Tuesday & Thursdays 1-5pm, Saturday 9-1. (\$20-\$25)
Build & Craft	Free wooden craft at Home Depot first Saturday of each month from 9-12pm Free wooden craft at Lowe's third Saturday of each month from 10-1pm
Kaleidoscope play & learn	Free weekly play groups for ages 0-5. Tuesdays 10-11:30am @ Glenwood Community Center and Thursdays 10-11:30am at Oakland Terrace Clubhouse
The Grand 16 Theatre – Pier Park	G & PG movies on Tuesday & Wednesdays at 10am in the Summer. \$5 includes popcorn, drink, and admission

CHILDREN +

F U N

Shipwreck Island	"...lots of areas to play that don't involve lines...don't go when gulf is closed for swimming", "...season passes pay for themselves...we go every summer a few days a week."
The Drip Coffee Co.	Indoor Playground for younger kids with spacious seating and delicious coffee, they even have some food items! Located inside Northstar Church off Saint Andrews Blvd.
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 (general admission), Military75 (animal in water programs), or Military50 (animal meet and greets).
Zoo World - PCB	Small zoo, 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
Mirror Maze & Laser Craze	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	
Coconut Creek Family Fun Park	18 hole mini-golf (5 and under play free) and football field sized maze in PCB. *\$58 annual pass available!
Joysticks Arcade & Eatery	Arcade and snack bar located in Fountain. "They have a great selection of the old classic games that will please your inner child and their food is good!"
Point Break Arcade	85+ 80s-00s games set to free play! \$15 entry! Veteran owned in Historic Downtown Panama City.
Rainforest Black Light Golf	Black light golf & arcade in PCB. Open Monday to Sunday. (4 & under free)
Race City	Indoor & Outdoor attractions (rollercoaster) in PCB for all ages! Mini golf, arcade, go kart, & rides. Free admission and parking, armbands available for purchase for attractions.
Just Jump Trampoline Park	Open Jump, dodgeball, Ninja course, & more. Has Junior Jump option (6 & under only) Wed. 10-12pm, Sat. 9-10am, Sun. 10-12pm
Wonder Works	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.

CHILDREN +

F U N

[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."

[The Portal Downtown](#)

Re-opening in downtown PC. \$5 free-play of a huge variety of games, or bring your own!

[Panama City Nerf](#)

Open nerf night is every Friday from 5-10pm. Drop off (or stay & play) - Parents are always free. "Great time for kids and parents!"

[NexGen VR - Virtual Reality](#)

Lounge & VR Arcade, 120+ games.

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CHILDREN +

E X P L O R E

[Little Free Libraries](#)

Type in your city/zip code to find the closest walk-up "take a book/leave a book" local libraries

[Geocaching](#)

Pay a small membership fee, download the app, and treasure hunt from your phone ANYWHERE! Fun for all ages.

[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."

[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 ½ 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)

[Econfina Canoe Livery](#)

Located in Southport. Spend 3-3.5 hours canoeing where you are picked up and brought back to your car at the starting point! You can even swim, snorkel and picnic. Cash Only.

[Crooked Island Beach](#)

Secluded and best place to find all the sand dollars and shells in the mornings! Military ID will void need for a permit.

[Bay County Conservancy, Inc](#)

Protected trails & preserves you can explore in Bay County!

CHILDREN
P A R K S

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!
Park - A.L. Kinsaul Park: 1146 W 5th St, Lynn Haven	Nice playground, Splash pad is currently not in service
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, kids splash pool & many more amenities!

CHILDREN
M I S C .

Tyndall Outdoor Rec.	They have bounce house rentals for \$100/day, and so many other options for fun events & outdoor activities. (Office hours are Th-M; 9-5)
Aequoreal Spell Productions	Mermaid, Siren & Pirate entertainment company. Beach & greets, pool parties, and even adult only parties! CPR certified, insured, Make-A-Wish endorsed, LGBTQ owned. Educated in chronic and physical illnesses and disabilities.
Enchanted Parties & Events, LLC	Offer a variety of characters, face painting, bubble shows, tea parties, party themes, virtual options, & more!
Tiny Tots of PCB	Perfect party ideas for ages 0-4. Soft play equipment is perfect for toddlers and young children, providing a safe and imaginative environment for play. From ball pits and foam flooring to climbers and bounce houses.

CHILDREN

M I S C .

Jack & Gym	Soft play equipment (& white bounce house) rental company for toddlers and preschoolers (0-5yo). Party packages for 5 kids up to 20 kids!
Animal Tales Birthday Parties	45-60 min show @ your location, choose 6 animals!
Heartland Rescue Ranch	Party option for \$250, located in Fountain. 2 hours, animals, face painting, pony rides, yard games, hotdog/chips/drinks for up to 30 ppl. Contact Jodie: 850-832-1322
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
Game Vault of PC	Fully self contained Mobile Gaming Theater that offers 8 gaming stations.
Underdog Gaming	Mobile video game trailer & GellyBall rental
Par-Tea Time LLC	Kid size table & chairs to celebrate tea for 2 or a few! Parties available for all ages and occasions (Starting at \$200)
Balloons by Brooke	Balloon arches and balloon bouquets!
Lawn Letters	Yard signs/displays
Sign Gypsies 850	

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DAY / NIGHT DATE & DINING :

DATES

A C T I V I T Y

Axe Throwing PCB	“Near good restaurants”
All Inclusive Adventures	Kayak and stand-up paddle boat tours, even LED lights for glow and float options at night
Bay County Shooting Range	

DATES

A C T I V I T Y

Bingo	<p>Beef o Brady's PCB: FREE 2nd & 4th Wednesdays @ 6:30pm</p> <p>Lucky's Bingo Hall</p> <p>Bingo Paradise</p>
Bookish Boutique	The newest book nook in town for all the bookworms!
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."
Gulf Coast Excursions	Dolphin tours, sunset cruises, Apalachicola Day Trips, 4 or 8 hour fishing charters
Kartona	Electric indoor speedway go-kart racing & arcade games. Closed Monday & Tuesdays.
Karaoke	<p>Sharky's Beachfront Restaurant (PCB): Mondays 6-10pm</p> <p>House of Henry: Tuesdays @ 8pm</p> <p>Shore Dogs (PCB): Wednesdays 6-10pm & Friday's 7-11pm</p>
Lie'brary on Beck	Paint & Sips on 1st & 3rd Mondays, Live Music on Tuesdays, Drag Bingo on Wednesdays, Thursday – Saturday Comedy Cafe, Craft beer & wine!
Paint n' Sip	<p>HOME PCCenterfortheArts</p> <p>DIY Projects & Wood Sign Workshops Board & Brush - Panama City, FL (boardandbrush.com)</p>
Panama City Beach Indoor Shooting Range	
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!"
Paradise Adventures PCB	Boat Charters (sailboat, powerboat, pontoon, private), snorkeling, and dolphin tours. Sunset options & rentals available too!
Two-Bit Stable Horseback Riding	Morning / Afternoon / Evening beach ride options!

DATES

ACTIVITY

Crushed Glass Art Studio	Located in PCB, Create unique glass art on a canvas, resin charcuterie boards and geode resin art!
Rage Cage	Smash all the things! Memberships available for perks.
Sunshine Riding Trails	Guided trail rides (ages 4+), camping trips, horse lessons. Located in Chipley.
Trivia Nights	<p>No Name Lounge: Tuesdays at 6:30pm</p> <p>The Place Downtown: Wednesdays at 6pm</p> <p>Beef o Brady's PCB: 1st & 3rd Wednesdays at 6:30pm</p> <p>Beef o Brady's LH: Wednesdays at 7pm</p> <p>Sola Coffee Bar: Thursdays at 7pm</p> <p>History Class Brewing Co: Thursdays at 7pm</p>
VIP PC Cinemas	Located inside the Panama City Mall. Newly renovated, 4 screen theater. Morning Matinees \$4.99 (free popcorn before noon), \$5 Senior Monday (55+), \$5 Tuesdays (all day), \$5.99 Military, Free for 2 and under
Regal Cinemas	Opened in 2023 next to Sam's Club! 4DX, Stmos, ScreenX, RPX

DATES

DRINKS

Flyby Coffee	Veteran owned, double window-drive thru. Variety/daily specialty drink creations! "Staff is always so sweet... they get to know their customers!"
Coffee Cove	Mobile Espresso & more! "You can find them in the Commissary parking lot periodically!"
Wild Root	Coffee Shop and small cafe in Lynn Haven "charming, my favorite".
The Press	Coffee Shop
SOLA Coffee Bar	Great drinks, they even have events monthly!
The Pour	Coffee & tea in PCB with homemade treats, 100% of profits run Ark Ministry

DATES

D R I N K S

[Techpresso Lounge & Cafe](#) Veteran owned and college-grown. Organic, fair trade tea and coffee with local baked goods.

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DATES

A D U L T D R I N K S

[PCB Winery](#) Citrus, berry, and tropical wines! Slushies too!

[Burgunbarrel](#) Food & Drinks! “The atmosphere is incredible, cozy, and jazzy with an upscale feel!”

[Duplin Winery](#) Charcuterie boards, wine flights, and \$15 wine tastings! Close daily at 7pm and closed Sundays.

[Salty Oak Brewing Co.](#) Craft beer brewed locally in PC. Military 25% off on Wednesdays. Will sometimes have food trucks “Wonderful atmosphere!”

[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).”

[Splash Bar](#) Drinks, Dancing & Drag Shows!

[History Class Brewing Co.](#) Small local neighborhood brewery with a variety of options. “The truffle fries are a must have!” Dog friendly!

[El Weirdo](#) Eclectic Vibes and colorful dishes! IPAs, Margaritas, and Sangrias. (Closed Mon & Tues)

[Smashed Wine Bar](#) Self-Serve wine bar in PCB and more

[30A Distilling Co.](#) Santa Rosa Beach. Tasting Hours: Tuesday - Friday - 5:30 - 8:30 pm, Saturday & Sunday - 3:30 - 8:30 pm

[NEAT](#) Wine & Song Tuesdays 5-7pm for wine tastings and live music in Alys Beach.

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DATES

D I N I N G

Firefly	Located in PCB. Local seafood & steak. "Casual fine dining"
Hunt and Gather Raw Bar & Pub	"...great restaurant for date night...super tasty!" "...the bone marrow canoe is delicious"
Uncle Ernie's Bayfront Grill	Located in Historic St. Andrews. Waterfront dining available. Live music from 6-9pm. Gluten Free menu available.
The View on Old 98	Located in Port St. Joe. Open 4-9pm daily. Waterfront dining with views of the Bay. "Local farm focused menu with boat to table seafood."
The Grand Marlin of PCB	Seafood with local catches of the day, on the water.
The White Marlin	Port St. Joe, locally sourced, on the water.
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!"
Bella Roma Tuscan Grill	Located in PCB. Traditional Italian cuisine. Closed Sundays.
Mr. Hibachi at Home	Hibachi experience brought to you!

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DATES

E X P E R I E N C E

Magic N Picnics	Creative spin on romance & date night! Various package options for a special celebration.
Light me Up Beach Bonfires	Beach bonfires, picnics, dining, special events, back-yard/in-home parties, beach chair rentals + more from PCB to Destin, FL
Day by Day Beach Co.	Beach chair & umbrella rentals
Gulf Coast Luxury Picnics	Specialize in creating an upscale, lavish pop-up picnics

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DAY TRIPS :

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](#)

[Tallahassee Gov. Parks and Rec](#)

[Visit Florida | Website](#) - Beaches, places to go, things to do, etc. (All of Florida)

[Discover850 | Website](#) - search and explore all the info from Destin to Lynn Haven

Bristol [Torreya State Park](#)

Destin SHOPPING Lots of shopping in the Destin area. [Welcome To Silver Sands Premium Outlets](#)
<https://destincommons.com/> FREE Splash Pad is in the middle of Destin Commons too!

[Florida's Forgotten Coast](#) [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 Santa 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, hayrides, 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

DAY TRIPS

F L O R I D A

Niceville	Turkey Creek Nature Trail	FREE! 1.5 hours away. Picnic pavilion, swimming, mile long boardwalk, 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	
Pensacola	National Naval Aviation Museum	Base access required. Many exhibits to tour, scavenger hunts available on their website, flight simulators on site (\$25), giant theatre experience (\$10 for military adults), & more! + Blue Angels can be seen practicing over the Museum most Tuesday & Wednesday mornings from March to November and sometimes meet-and-greets follow!
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	
Port St. Joe	Cape San Blas Lighthouse	"...surrounded by quiet docks and nice places to eat near the water." "... register to climb the lighthouse."
Point Washington	Eden Gardens State Park	
Rosemary Beach	30A Farmer's Market	"...they have Maryland jumbo lump crab cakes"
Santa Rosa Beach	The Shard Shop	Make your own art with glass and resin!
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 Automobile Museum	100,000 sq ft. 2 floors displaying over 160 automobiles. Open until 5pm (7 days a week). Kids 4&under FREE, Military Adults (\$17.50).
Tallahassee	Tallahassee Museum	"...they have wildlife exhibits, trails, cafe, and a zipline!"
Tallahassee	Railroad Square Art District	

DAY TRIPS

F L O R I D A

Tallahassee	Alchemy Climbing	Rock climbing facility for youth to adult. Offer birthday party, camps, and youth programs available. Additionally have yoga classes and 90-minute bench press/deadlift clinics.
Tallahassee	Cascades Park	
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

A L A B A M A

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 Oct.
Foley	OWA Parks & Resort	Under 3 hours away, 520 acre family fun destination with 23 theme-park rides and the region's biggest indoor water park plus Big Water Bay's outdoor wave pool with surf simulator, Coastal Curl
Gulf Shores	Alabama Gulf Coast Zoo	3 hours away down the panhandle. Children under 2 free, military have a discounted admission rate. Bringing your own food in the zoo is allowed.
Headland	CornDodgers Farm	"Almost 30 attractions to keep the farm-tastic fun going all day long" Fall activities October-November, Holiday Festivities in December

DAY TRIPS

A L A B A M A

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
Mobile	National Maritime Museum	Under 3 hours away. Over 90 exhibits (interactive, simulators, etc.). Open W-Sat. Children under 5 free!
Mobile	USS Alabama Battleship Memorial Park	Explore Battleship USS Alabama, Submarine USS DRUM, Aircraft & historical vehicles. Spend the day exploring and have a picnic in the picnic table area. Children 5&under FREE and AD Personnel 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

G E O R G I A

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!”

DAY TRIPS

G E O R G I A

Columbus	White Water Express	3 hours away! White water rafting, zipline, fly fishing, rentals.
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
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
Pine Mountain	Safari Park	Less than 4 hours away. 300-acre drive-thru animal safari where you can meet and feed wild animals from your vehicle!

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D I N I N G :

DINING

F O O D

(1) Bay County Foodies	This Facebook group is a great resource for reading about local restaurants
Waffle Shoppe	"THE BEST BREAKFAST!"
The Bagel Maker	Veteran owned. Variety of bagels, breads, cream cheese, and sweets made from scratch
Victoria's Last Bite	"...Delicious EVERYTHING!"
Sakura	"Great sushi in Lynn Haven!"
Crafty Crab	"Chain restaurant, but their seafood boils are delicious! I recommend their BOOM flavor combination."

DINING

F O O D

Gyro Cafe	
Cahall's Deli	
Slice House	"Such good specialty pizzas"
New York Famous Pizza & Pasta	"Super affordable and yummy family dinner option!"
Trigo's	
Tacos Way	"Their carne asada fries, birria tacos, everything is chef's kiss"
Alice's on Bayview	"Cozy little restaurant." "Awesome brunch!"
Simply Seafood & Oyster Bar	"They have a little playground in part of their patio!"
Harrison's Kitchen & Bar	"Nice views, happy hour, pet friendly and even offer a doggy meal!"
FINNS at Little Village	Located in Historic St. Andrews. Breakfast, Lunch, & Dinner, + pet friendly

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DINING

F O O D T R U C K S

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

DINING

FOOD TRUCKS

[That's What Cheese Said](#) "Their Spaghetti Sammy is so good!"

[Getchewabox](#) Po Boys & More!

[My Ohana](#) Pan-Asian Cuisine

[Melissa's Kusina](#) Lumpia & other Filipino dishes

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DINING

PET FRIENDLY

[Panama City List](#)

[Panama City Beach List](#)

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BAKED GOODS

Nothing Bundt Cakes A franchise with yummy cakes for all occasions. Note: Chocolate Chip Cookie Bundt Cake is the only gluten-free option. Carrot & Pumpkin spice (without frosting) are dairy free options. There is no sugar free, egg free, vegan, or keto options.

[Mama V Sweets](#) Latina & Milspouse owned. Affordable and delicious cakes, cupcakes, cocoa bombs, cookie (kits), churros and more! Offers gluten free options

[Little British Bakery](#) Cookies, macarons, cake pops, cakes, cupcakes, & more

[Joyful Bouqcakes](#) ... "makes amazing cupcake bouquets that look real!"

[ChunkyMonkey Cakery](#) Home-based bakery specializing in designed cakes and cupcakes. Gluten free chocolate and vanilla cake options.

[Two Smart Cookies](#) Located in Southport. "Beautiful and delicious personalized sugar cookies" "Offers cookie decorating kits!"

BAKED GOODS

[Register Family Bee Farm](#)

Veteran owned; family run & operated. Honey and bee products including raw tupelo honey, raw wildflower honey, all-natural bee pollen, 100% pure beeswax candles, handmade soaps, and beeswax lip balm. Buy online or at the Panama City Farmers Market on Saturdays, or PCB Farmer's Market on Sundays.

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GROCERY SPECIALTIES

Ocean Oriental Market	(Asian & Filipino) 571 Harrison Ave, Panama City
Apna Agora	(Indian, Pakistani, Middle Eastern Turkish, Jamaican, & Halal Meats) 1818 W. 23rd St, Panama City
Somethin's Cookin'	(German, French, Italian, +) 93 E 11th St, Panama City
Irie International Store	(Caribbean & Jamaican) 113309 Hutchinson Blvd, PCB -Or- 712 15th St, Panama City
Panaderia La Real	(Mexican Bakery) 1523 Lisenby Ave, Panama City
Don Jorge	(Latin & Hispanic) 2421 Martin Luther King Jr. Blvd, Panama City
Brazilian Grocery Store	8317 Front Beach Rd, Suite #35, PCB
Asian Market	2401 E Fifth St, Panama City
Korean Store	6121 Cherry St, Panama City
Seoul Red Barn and Korean Market	4924 E Hwy 98, Panama City

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HEALTH :

HEALTH

FITNESS

Aerial Dance PC	Lyra, Trapeze, Slings, Silks. Private lessons, group classes, and monthly memberships! “Such a fun experience! A great workout!”
Palm Pilates	Reformer Pilates to offer rejuvenate, restorative, and guided workouts. Two studios – PC & PCB.
Vivid Pole Fitness	Located in Freeport. Offers private, semi-private lessons, and parties!
S.L.A.M Lynn Haven	Perfect 60 min. workout group multiple days a week for moms who are pregnant, postpartum, with restrictions or any fitness level. Children in strollers welcome to attend! PCB location also available.
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!”
PCB Publix Sports Park	Sports tourism and community recreation venue, Co-ed Kickball league, Adult Co-Ed softball, Men’s slow-pitch 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.
Downtown Boxing Club	Group classes offered M-F (AM & PM options) by male and female instructors. Pro boxing ring, free weights, Peloton Bikes & Treads, showers on site! Private lessons available also.

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HEALTH

GYMS

ACR Athletics	Locally owned in Lynn Haven. Functional Fitness gym with structured classes for beginner, intermediate, and advanced
Wellness & Fitness Center	Panama City. 3 day free trial, 24/7 open gym, classes & childcare available!
Pure Platinum Health & Fitness	Panama City. Fitness, function and wellness classes weekly including strength and cardio, group fitness, group personal training, cycling, kickboxing, pilates, yoga, and meditation. No monthly membership dues or initiation fee. Kids room (unsupervised at this time) available on site.

HEALTH

G Y M S

[Anytime Fitness](#) Located in Callaway. Open 24/7. Group workouts (Zumba, Yoga, etc.), 1x1 training,

[Tyndall AFB Gym](#) Facebook page not always current, but a monthly schedule is usually put out.

[Planet Fitness](#) Located in Panama City. Open 24/7.

[Fitness Junky](#) Located in PCB. Classes, childcare available, and open gym 24/7

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HEALTH

N U T R I T I O N

[Valkyr Fitness Coaching](#) Kristy is a Veteran, Functional Strength Coach, Certified OPEX CCP Coach, USA Olympic Weightlifting Coach, Certified ISSA Personal Trainer, and CrossFit L1 Trainer. “Kristy is so knowledgeable in areas where it matters and really listens to your goals with nutrition and fitness and pushes you to achieve them!”

[Crush](#) Grab & Go: Aloe, Tea, & Shakes for energy and nutrition support. Wave offers a free delivery option for 4+ items in an order.

[Crave](#)

[Wave Nutrition](#)

[Planet Smoothie](#) Open 7 days a week. Menu offers over 30 real fruit smoothies with lower calorie, lower sugar, and higher protein options, giving customers a quick, portable snack or meal replacement. “Amazon Kick and the Peanut Butter Power Up are my faves!”

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H O M E / M O V I N G S E A R C H :

HOME

W E B S I T E S

[AHRN:](#) Website for military members or families to find homes or apartments for sale or rent

HOME

WEBSITES

[Military by Owner](#) Website to find homes specifically to buy or rent from military owners.

[Military PCS with Pets](#) Facebook group to answer all of your questions during PCS season with pets

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HOME

RENTALS

[Bay to 30A Realty](#) Featured homes for sale, mortgage calculator, MLS search

[Tyndall AFB & NSA PCS Pay-it-Forward | Facebook](#)

[ERA Neubaur Real Estate Rentals](#)

[East Bay Flats](#) Apartment complex right before the bridge to Tyndall. Free application and reduced deposit for military!

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HOME

NEIGHBORHOODS

Callaway - Bridge Harbor “...10 min from base, 80-90% mil, cheaper rent than anywhere...warm, welcoming, and happy with it!”

Callaway - Park Place “...new homes and we love ours,” “the agents at the model home were so nice.”

Callaway – Hickory St. “...house was affordable, huge, great internet, less than 10 min from base, 23 min from Mexico Beach”

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!”

HOME

NEIGHBORHOODS

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”
Panama City – Villages of Mill Bayou	Located right behind and walking distance from North Bay Haven Charter Academy
Lynn Haven – Derby Woods	“... a large neighborhood that is hopping during Halloween!”
Lynn Haven – Hawk's Landing	“...highly desired neighborhood near Bay Haven Charter Academy”
Lynn Haven – Mowat Highlands	“...sought after neighborhood near Mosley High”
Lynn Haven- Plantation at College Point	“...small, gated subdivision w/a playground. 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!”

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HOME

REALTORS

Panhandle Association of REALTORS	Contact info for all Realtors in Bay County, FL. Also has MLS for searching properties.
Montoia Combs	Veteran, Milspouse, TSC member
Vianah Seamon	Milspouse (Ret.), TSC member
Mariya Miller	Milspouse (Ret.), NAR Certified Military Relocation Professional. Certified VA Specialist
April Davis	Milspouse, (Ret.)
Kelly Flanagan	Milspouse, Military Relocation Specialist
Katie Scott	“She’s great with VA loans!”

HOME

REALTORS

[Justin Waters](#)

Air Force Veteran

[Stephanie Berrios Roorda](#)

Air Force Veteran & Milspouse (Ret.)

[Christina Daniels](#)

Air Force Veteran, Milspouse (Ret.)

[Ariane Johnson](#)

Specializes in military

[Ashley Edge](#)

Milspouse, TSC sponsor of '22-'23 Club Year

[Tabatha Olin](#)

[Chris Jennings](#)

Broker/Owner of Bay To 30A, familiar with coastal communities

[Mindi Sato](#)

Maura Schroeder

Milspouse (Ret.)

Angela Feria

864-608-8115. Familiar with VA loans and honest!

Sabina Blowers

Kelli Garrett

[Bubba McCants](#)

"Have used for several transactions, very military friendly and very knowledgeable in local real estate".

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HOME

LOCAL LENDERS

[Bret Henderson](#)

"Years of VA mortgage experience, very military friendly".

[Kathy Hallmon](#)

Familiar with military, condo, construction/reno markets, as well as helping First Time Homebuyers with Community Assistance.

HOME

LOCAL LENDERS

[Liah Jones](#)

Milspouse

[Rhonda Jacques](#)

Mortgage Lender Supervisor

[April McMullan](#)

Milspouse, Ret.

[Steve Dick](#)

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MEDICAL :

MEDICAL

BEHAVIORAL / MENTAL HEALTH

<https://www.howyadoing.org> - Bay County web search for private providers and organizations (ex substance abuse, LGBTQ+, domestic violence, grief, etc.)

[Psychology Today](#) – Search for therapists, support groups, psychiatrist, and treatment centers by specific therapy modality, insurance accepted, location, & more!

[School MFLAC Contact Information](#)

Military Family Life Counselors are professional licensed clinicians with Masters or Doctorate level education and have experience working with children. They offer confidential, short-term, and non-medical counseling services to children, parents, faculty, and staff.

[Military OneSource](#)

Offers FREE resources and short-term counseling for military families and children 12+

[Dr on Demand](#)

An 24/7 online option for urgent care, therapy, psychiatry, and everyday care. “They work with Tricare!”

[Angel House Bereavement](#)

Amazing non-profit for grief counseling for children and adults! “We love Theresa!”

[Hughley Mental Health Services](#)

Children, adults, couples, groups! “We love Marvin and being able to have the option for an after school appointment!”

[Focus on Behavior, Inc](#)

ABA Therapy

[Dothan Behavioral Medical Clinic](#)

In Dothan Alabama, but an awesome option for needing quicker appointment availability for psychiatry follow-up, med management, and counseling. “Dr. Pfeifer was such a down to earth child-centered psychiatrist.”

MEDICAL

BEHAVIORAL / MENTAL HEALTH

Dr. Brent Decker	ADHD and Psychoeducational Evaluations "...evaluates children and adults...very knowledgeable and personable."
MindRest Psychiatry	Diagnosis evals for ADHD, Autism, and more. Med management for all ages. Open on Sundays! Intake \$200, follow-up \$100
The Therapy Room LLC	"...Katie Bergman is amazing!"
The Legacy House Counseling	Highly recommended (not taking new clients currently). Child play therapy, counseling for teens, individual counseling, trauma therapy.
Families First of Florida	"...they also work with children and teens."
Cathy Supon Connor, LCSW	Sees ages 6+ to adults, accepts Tricare & Military OneSource referrals! 30 years experience (including being a military spouse herself).

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MEDICAL

BREASTFEEDING SUPPORT

Bethany Clark, IBCLC	Hosts a Free monthly online support group through HCA Florida Gulf Coast Hospital. 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 info.
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
HCA FL Gulf Coast Hospital	Support Group in NICU waiting area. Every 3rd & 4 th Wednesday @10:30.

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MEDICAL

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!"
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MEDICAL

CHIROPRACTIC CARE

Calhoun Chiropractic Center	“My entire family goes here - newborn included!”
Shores Chiropractic & Wellness	Sees the entire family. Webster technique certified for pregnancy chiropractic care. “First time going to a chiro (I was terrified) but Dr. Shores is very patient, detailed, and took his time to explain everything.”
Spine Care Plus Medical	Chiropractic care from babies to seniors, spinal decompression, laser therapy

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MEDICAL

DENTAL

Stamps Family Dentistry	Double check to see if they accept correct insurance.
Personal Attention Dental Center	Located in Callaway. Very military and family friendly (See as young as 5). Closed Mondays
Buttram Orthodontics	
Bay Smile Docs	Lynn Haven and PCB offices. They see children (4+) and adults. “...they even have evening appointments!”

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MEDICAL

HOSPITALS

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” Often referred to as Gulf Coast Medical
Emerald Coast Behavioral Hospital	The only 24 hour medically supervised local inpatient psychiatric facility for ages 12-adult. They do accept ages under 12 for psych evaluations for out of town for emergency involuntary placements.

MEDICAL

HOSPITALS

[Select Specialty Hospital](#)

The only long term acute care hospital for those recovering from complex medical needs (brain injury, cardiac, infectious disease, neurological, pulmonary liberation, renal disorders, wound care)

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MEDICAL

OPTOMETRY

[Academy of Eye Care](#)

Adults & Children

[Emerald Coast Eye Care](#)

“Dr. Patterson is great, and the office staff is so nice!”

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MEDICAL

PRIMARY CARE

[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.” (Not currently accepting new patients)

[Gibbens Family Medical](#)

“Brittany Gibbens she really listens.” (Not currently accepting new patients)

[Dr. Noble](#)

“...I have a lot of issues and he sent me to every specialist needed.”

[Nurse Practitioner Associates](#)

Located in Lynn Haven, ran by Nurse Practitioners that can see the whole family!

[Samantha Chapman, ARNP](#)

Nurse Practitioner, Family Medicine. “Tricare will put Dr. Borrero as your PCM but you’re still able to see her – and she’s great!”

[Jennifer Handy](#)

Specializes in family medicine for over 13 years

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MEDICAL

P E D I A T R I C S

Panhandle Pediatric Dentistry	Currently not taking children 12 and over. "Get a second opinion if you are quoted your child needing a lot of dental work!"
Forest Park Dental	Sees children as young as 3, accepts CareCredit
Royal Dental	Open Sat.! "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." "All 3 of their offices and ARNPs are wonderful!" "Their extended hours (M-TH: 5-8pm, F: 4-7pm, & Sat: 9-2pm) & texting nurse line for established patients (850-303-7337) are super helpful!" *NOTE: Dr. Kenaway is not currently taking any new pt's unless they're newborns*
Pediatric Associates Formerly Baldwin Pediatrics	Ages 0-22, All insurances accepted. "...I recommend Summer Moran!"
Future Pediatrics	Panama City & PCB locations
Naval Air Station PC	"...family practice there is always on time and nice." *Currently not seeing children under age 2*
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, Urology, Sleep Medicine, & More!	Main Nemours is in Pensacola. Their Bonifay office provides pulmonology and cardiology expert care for newborns to age 18. Asthma, Allergy & Immunology "The allergy doc has a long wait but worth it. The asthma doctor also travels to FWB and PC now"
Dothan Pediatric Subspecialty Clinic	Located a bit closer than Nemours offering pediatric specialty care in: Pulmonology, Endocrinology, Gastroenterology, Cardiology, General Surgery, Sleep Center

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MEDICAL

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 judgmental 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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MEDICAL

SPECIALTY CARE

[Pediatrics Plus, Inc.](#)

Physical Therapy, Occupational Therapy, Speech Therapy, Aquatic Therapy, & More! "We used them for 3 years! We love them!" *May have a long waitlist*

[Panama City Surgery Center](#)

"Dr. Brian Gibson is a great ENT doctor." "...he is so genuine and the best ever!"

ENT

[Emerald Coast Rheumatology](#)

"...Dr. Kenawy...also recommended Steve Johnson for joint injections done with a softer touch."

[Emerald Coast Sleep Diagnosis](#)

"They are thorough and really look at all the angles."

Sleep Study

[Sun Dermatology](#)

All dermatology needs medical, surgical, and cosmetic.

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MEDICAL

U R G E N T C A R E

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

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MEDICAL

W O M E N ' S H E A L T H

Emerald Coast OBGYN	<p>"...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!"</p> <p>"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." We will note that we did not receive positive recommendations for Dr. Bryce Jackson.</p>
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
Advanced Reproductive Specialists Panama City	Personalized and superior quality fertility treatment. Accept Tricare & Care Credit. Current and new patients are eligible for a 10% IVF military discount.
New Life Fertility	Couples who are Tricare Prime should request an authorization for referral prior to their appointment. Tricare Prime members may change their enrollment to Tricare Standard and be seen immediately without a referral authorization. Prime and Standard offer coverage for the same services for fertility testing and treatment.

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P E T S :

PETS

B O A R D I N G +

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 fur baby going to a new place.”
Pet Friends Animal Care	4.7/5 stars on Google (315 reviews). Affordable boarding, daycare, and grooming for cats & dogs. Multiple dog discounts. Have live video feeds for your pet, outside yard, and even the grooming tub!
Ruff House Resort	Mixed reviews (+ and -) on this facility.
Naju Boarding and Grooming	Mixed reviews (+ and -) on this facility.
Zoomies Pet Hotel (PCB)	Boarding & Daycare options for your dog(s), starting at \$30/nt.
Dog Academy LLC	Located in Lynn Haven: options for boarding, daycare, & training. (Starting at \$30/day/dog)
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”
The Hairy DOG Mother	Grooming & Boarding. “Very clean & welcoming!”

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PETS

G R O O M I N G

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!”
Winnie & Co. Pet Grooming	Weekend availability, 9 years of experience!
Kuts by Kai	From cats to dogs, small to large!
The Waggin Wheel (Mobile)	Mobile Grooming for Jackson & Bay County for Dogs, Cats, & Horses. (Starting at \$75+)

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PETS

GROOMING

[Le Bone Temps](#)

Upscale Grooming Salon in Panama City, Doggy Bakery + Boutique

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PETS

IN HOME CARE

[Trusted House sitters](#)

Website with local in-home sitters that are verified & background checked. Pay annual fee for unlimited pet care. (\$129/\$199/\$259 per year options)

[Rover](#)

Options for in your home or a sitter's home. Background checks on sitters required. "Think Care.com but for pets!" "Ashton - username: ASHTOS32890 is highly recommended"

[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 updates! Timely, and super patient with my needy pets; I didn't have to worry about quality care while I was on vaca!"

[Marika's Dog Daycare & Sitter](#)

Milspouse, boarding, day care, dog walking. Deaf and communicates best over text/messenger. "Highly recommend. She sends lots of pictures and makes you feel so much better while out of town!"

[Kiara's Pet Grooming & Beyond LLC](#)

House sitting, dog walking, grooming services

[Panama Purrs Cat Sitting](#)

Fully insured & pet CPR/first aid certified

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PETS

DOG PARKS

[Kinsaul Park, Lynn Haven](#)

Has fenced dog area

[Frank Brown Dog Park](#)

3 fenced in parks

PETS

DOG 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.
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.

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PETS

RESCUES

Heartland Rescue Ranch	Local animal rescue that offers fostering, adopting, and re-homing. They always have volunteer opportunities
BFF Animal Rescue	Bay County animal rescue offering pet fostering, and adoption
The Lucky Puppy Rescue	Non-profit located on 125-acre farm in Bonifay
Animal Haven Rescue of Bay County	Focused on animal rescue through fostering and adoption of cats.
Nine Lives Kitty Rescue	Rescue, spay/neuter, vaccinate, FIV/FELV test and microchip friendly kitties of all ages and adopt them to their furever home.
Kibbles N Kovers Animal Welfare Group	Trap & Release mission while also finding indoor loving homes for cats in the local area.
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
Saving with Soul Pet Rescue of NW Florida	Saves shelter animals primarily from Walton County Animals Services, the Panhandle Animal Welfare Society (Okaloosa County) and Crestview Animal Services! Adopt or foster!
Quincy's Hope Canine Coalition & Education	A non-profit canine rescue located in Lynn Haven dedicated to last chance Code Red shelter dogs.
Road Dogg Rescue	Fort Walton Beach non-profit saving "At Risk" Dogs from euthanasia in the NW Florida Panhandle.

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PETS

SHELTERS

Lynn Haven Animal Shelter	2022 Shot Clinic Dates (8am-12pm): 1750 Recreation Dr., Lynn Haven, FL 3444
The Humane Society of Bay County	“Low-cost medical services are by appointment only.” Contact 850-640-4708
Bay County Animal Control/Shelter	Located in Panama City. Closed Wednesday, & Sundays.
Panhandle Animal Welfare Society (PAWS)	Private non-profit servicing Okaloosa and surrounding counties with foster and adoptions via Animal Control & Humane Society. Adoption hours Tues.-Sat. 10am-5pm. Affordable adoptions!

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PETS

VETERINARIANS

Tyndall AFB Vet Services	Wellness & Health Certificate Appointments only. On Tyndall AFB and open M-W & F to all military, veterans, and dependents. For questions, contact (850) 283-7372
Bay Animal Hospital, Dr. Ruff	Best of Bay Winner “Dr. Ruff is the BEST vet I have ever been to (which is a lot!)” “Best caring, loving, respectful veterinary hospital” “Dr Ruff is amazing and the overall vibe of the practice is the perfect mix of friendliness, compassion and competence.”
Emerald Coast Mobile Vet	“Amazing... they come to your house, or you can go to her stationary place in PC!” “They offer in home euthanasia for end of life for your pets in the comfort of your own home.”
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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PETS

EMERGENCY / URGENT CARE

[Urgent Care Vet PC](#)

Sat. – Sunday 2-10pm, Monday – Friday 6-10pm “Wonderful care!”

[Animal Care Center PCB](#)

Animal Care Center offers after-hours Urgent Care services 7 days a week until 9:00pm

If you have an emergency after 10:00pm, contact the Emergency Veterinary Clinic in Destin at 850-424-4777 or Allied Emergency Hospital in Tallahassee at 850-222-0123.

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W I L D L I F E

[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.

[AA Live Bee Removal](#)

Insured for commercial, residential, & industrial work, specializing in the art & science of LIVE honeybee removal

[My FWC Florida Fish & Wildlife](#)

Hotline at 888-404-3922 (sea turtles, manatees, FL panthers, birds, bats, fish, & more)

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SELF - CARE :

SELF-CARE

H A I R

[Edge Up Barbershop & Styles](#)

“Great with military haircuts and have done a good job with kid cuts also!”

[Straight Edge Barber Lounge](#)

Closed Mondays. Mostly by appointment only (book on their site). Kid friendly (even first haircuts!).

[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! “Meara is amazing for curly hair care!”

“...I went in with a full head of hot mess and came out like a dream goddess”

SELF-CARE

H A I R

[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.”

[Beauty by Sangria](#)

Located inside Bladez Barbershop. [Men & women & children](#). Loc retwists, box braids, crochet, feed ins, knotless braids, & more!

[Beauty by Noelle](#)

“Noelle is the best, especially for BLONDES!”

[The Black Swan Studio](#)

“I would recommend this salon to anyone! Everyone is great!”

[Elite School of Cosmetology](#)

For those on a budget, they offer braiding, styling, colors, and more under supervision of a licensed cosmetologist. Tip only accepted in cash. “I was able to get a full highlight, cut and style for \$55 and it turned out great!”

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SELF-CARE

M A S S A G E

[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

[Glitzy Glamour Spa](#)

Mobile Spa that comes to you with massage, facial, nail, and waxing services! (26 years as a licensed Esthetician)

[Thai Therapeutic Massage](#)

2 locations for traditional Thai massage therapy. “Best massage I’ve ever had!”

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SELF-CARE

N A I L S

[850 Nail Lounge](#)

“Binh, Tony, and Katie are all amazing!”

[Perfectly Polished Nails & Spa](#)

“Samantha is literally the best; you won’t be disappointed!”

SELF-CARE

NAILS

Lavish Nail & Spa	“Amazing nail artwork!” Closed on Sundays.
Beauty Factory PCB by V&D	Nails, Brows, Lashes, and Makeup

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SELF-CARE

MISC .

Your Brow Estee	Brow waxing, tinting, and lamination. Closed Wednesday & Sundays
Aesthetics by Annalyse	Brows & Lashes
Balanced Beauty	A boutique Botox experience. Laser hair removal, tattoo removal, IV therapy, weight loss
Jackie with Advanced Mobile IV	IV therapy in the comfort of your own home! Hydration, muscle recovery, brain function, energy, improved sleep, immunity boost, weight loss, etc.

SELF-CARE

A T T O O

Seventh Seal	Highly recommended for everything
Finely Inked by Sandra	Licensed and certified fine line and glitter tattoo specialty
The Prominent Goat	By appointment ONLY
N8V Ink	Traditional and photo realism to geometric, trash polka, surrealism, minimalism and so much more
Brenna Collum Tattoo at Gulf Coast Professional	Fine line, American traditional, illustrative, minimalistic and, of course, all blackwork styles

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S P I R I T U A L / M E D I T A T I O N

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
In Spirit Metaphysical	Stones, crystals, herbs, sage/smudge, Witchcraft/Pagan/Wiccan supplies. Online & in store shopping!
Panama City Korean Church	Local Presbyterian Church with website and services in Korean.
Temple B'nai Israel	All are welcome! Shabbat service once a month with communal Shabbat potluck following.
Bay County Islamic Society	Only Mosque in Bay County. Recently started their first soccer team for 10–14-year-old boys.
Hindu Santana Center of Panhandle	Hindu Temple that is family friendly; often having events for all to enjoy!
Christian Missionaries/Study	Meet with Missionaries Online or In Person. Study God's word and learn about the faith-building topics you care about on your own schedule.

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C L E A N I N G S E R V I C E S

Shine Auto Detailing LLC	Veteran Owned and operating auto detailing. Military get 10% off
Modern Belle LLC	Family owned, residential, licensed & insured. Pet friendly, has base access & offers military/healthcare/education/first responder discounts
Samantha Renee	"... I 100000% recommend her!" "She cleaned my room, the living room, the bathroom and kitchen and every area she touched, looks and smells amazing! She is super affordable and a plus for me was my fur babies loved her!"
MerMaids Cleaning Services	Cleaning Services Provided. Construction, Residential, Move In/Out, And Rentals.
Rutler's Cleaning Services	Deep cleans, painting, sheet rock repair, power washing, carpet cleaning, & more!
DryTech of NWFL	IICRC certified technicians: carpet, rug, tile/grout, and upholstery cleaning; plus, carpet repair!

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SUPPORT GROUPS / SOCIALIZING

Team Tyndall Spouses	No Drama – just great local/ base information and connection to other Tyndall Spouses!
Tyndall Spouses Club	So many monthly activities!! Book Club, Lunches, Walking Group, Play Group, Happy Hours, Bunco, Crud and more! Find your ppl here!
Panama City Mommy & Me	Playdate & meet-up calendars posted monthly
Momma’s Sanity Savers	Support group for moms (created prior to Hurricane Michael in 2017) with local events for kiddos shared often
Panama City Moms	Local support group for moms
YCSWU Girl Gang	11.2K members ; great place to ask questions for unfiltered feedback
Growing in Grace	4.3K members ; faith based community for encouragement and support
Lynn Haven Neighbors	
St. Andrew Bay Quilters’ Guild	
Chautauqua Quilters Guild	
Bay County Audubon Society	
MOMS together	Registration is \$20 per semester or \$5 per meeting. Meet the second and fourth Tuesdays of every month from 9:00am-12:00pm in the D Building of First Baptist Panama City.

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PHOTOGRAPHY

Darci Strecker Photography	Specializes in weddings, boudoir, and family, TSC Member
Caylee K Photography	Milspouse! Specializes in family, maternity, engagement, and newborn sessions
Kay P. Photography LLC	Milspouse! Women Empowerment in from maternity to family portraits
Tami Kaye Studios	Specializes in boudoir but also a well-rounded photographer

PHOTOGRAPHY

Memoir photography	"Momo is amazing with babies!"
Becka 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	Recommended for real estate photography
Tu Meke Pet Photography, LLC	Milspouse, Veteran, pet photography

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