












M&FRC - May 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------|--|---|---|---|---|----------|
| | <div style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center;"> <p>Registration REQUIRED For Information and to register 850-283-2400 325FSS.FSH.MFRC@us.af.mil</p> </div> | | <p>1 Military Appreciation Month! EFMP National Walking Month Challenge Pre-separation Briefing 0930-1130</p> | <p>2 Ditch the Dorms 1100-1200</p>  | <p>3 EFMP Beach Walk 0900-1000</p> | <p>4</p> |
| 5 | 6 | <p>7 EFMP Stretch the Stress Away Tyndall AFB Fitness Center 0900-1000</p> | <p>8 C2E Vocational Workshop</p>    | 9 | <p>10 Military Spouse Appreciation Day 0800-1330</p> | 11 |
| <p>12 Mother's Day!</p> | <p>13 Time Management 1000-1100</p>  <p>TAP Workshop</p>  | 14 | <p>15 FSS Training Day *Closed*</p> <p>BX 11am-1pm Voting Information Resources</p>  | <p>16 Checkertail Welcome 0800-1100</p> | <p>17 EFMP & Hearts Apart Summer Kickoff 2-6pm</p>   | 18 |
| 19 | 20 | <p>21 Ditch the Dorms 1100-1200</p>  | <p>22 Pre-separation Briefing 0930-1130</p> | 23 | <p>24 ACC Family Day *Closed*</p> | 25 |
| 26 | <p>27 Memorial Day *Closed*</p> | 28 | <p>29 Car Buying 1100-1230</p>  | 30 | 31 | |