



(For Office Use Only)
Updated 17 May 2026

RAO Locator with Email Address U.S. Navy Sponsored Retired Activities Offices

Arizona

RETIRED ACTIVITIES OFFICE
NAVY RESERVE CENTER
14160 W. MARAUDER STREET
LUKE AFB
GLENDALE, AZ 85309

(602) 337-5766
0900-1300 (Mon-Fri)
Director:
Email:

California (Regional email:)

RETIRED ACTIVITIES OFFICE (Closed)
NAVAL AIR WEAPONS STATION
CODE 75H000D
1 ADMINISTRATION CIRCLE
CHINA LAKE, CA 93555-6100

(760) 939-0978
DSN: 437-0978
0900-1500 (Mon-Fri)
Director:
Email:

RETIRED ACTIVITIES OFFICE (Need Volunteers)
FLEET AND FAMILY SUPPORT CENTER
BLDG. 930
NAVAL AIR STATION
LEMOORE, CA 93246

(559) 998-4038
DSN: 949-4038
0800-1400 (Thu)
Director:
Email:

RETIRED ACTIVITIES OFFICE (Need Volunteers)
FLEET AND FAMILY SUPPORT CENTER
BLDG 1169
1000 23RD AVE, CODE N93V
POINT HUENEME, CA 93043

(805) 982-1023
DSN: 551-1023
0800-1600 (Mon-Fri)
Director:
Email:

RETIRED ACTIVITIES OFFICE (Closed)
NAVAL AMPHIBIBIOUS BASE (NAB)
3324 GUADALCANAL ROAD, BLDG 16
CORONADO, CA 92155

(619) 437-2780
DSN: 577-2780
0830-1130 (Mon, Tue, Thurs, Fri)
Director:
Email:

Last Update: May 2026

RETIRED ACTIVITIES OFFICE (**Closed**)
HOUSING OFFICE BLDG 587
MOFFET FIELD CA 94035-0162

(650) 603-8047
0930-1230 (Tues/Wed/Fri)
Director: Vacant
Email: NA

RETIRED ACTIVITIES OFFICE
NAVAL STATION SAN DIEGO
FLEET AND FAMILY SUPPORT CENTER
3005 CORBINA ALLEY, SUITE 1
SAN DIEGO, CA 92136

(619) 556-7412
DSN: 526-8987
0830-1130 (Mon, Tue, Thurs, Fri)
Director:
Email:

RETIRED ACTIVITIES OFFICE
NAVAL WEAPONS STATION SEAL BEACH
800 SEAL BEACH BLVD
BLDG 10 ROOM 1
SEAL BEACH, CA 90740-5000

(562) 626-7152
DSN: 873-7152
0900-1500 (Mon-Thu)
0900-1200 (Fri)
Director:
Email:

Connecticut
(Serves Rhode Island Retirees)

RETIRED ACTIVITIES OFFICE
NAVAL SUB BASE, NEW LONDON
BUILDING 83, PO BOX 93
GROTON, CT 06349-5000

(860) 694-3284
DSN: 694-3284
0900-1200 (Mon-Fri)
Director:
Email:

Florida

RETIRED ACTIVITIES OFFICE
Box 136
Bldg #13 Yorktown Ave
JACKSONVILLE, FL 32212-0136

(904) 542-5790
(904) FAX 542-5771
DSN: 942-5790
1000-1400 (Tues-Thru)
Director:
Email:

RETIRED ACTIVITIES OFFICE (**Closed**)
FLEET AND FAMILY SUPPORT CENTER
NAVAL AIR STATION WHITING FIELD
7511 USS ENTERPRISE ST BUILDING 3025
MILTON, FL 32570-5000

(850) 623-7215 or 623-7177
DSN: 868-7215/7177
0830-1130 (Mon and Fri)
Director: Vacant

RETIRED ACTIVITIES OFFICE
FLEET AND FAMILY SUPPORT CENTER
NAVAL AIR STATION
BLDG 625, 151 ELLYSON AVE
NAS PENSACOLA, FL 32508-5217

(850) 452-5622
DSN: 922-5622
0900-1300 (Mon-Fri)
Director:

Last Update: May 2026

Hawaii

RETIRED ACTIVITIES OFFICE
MILITARY AND FAMILY SUPPORT CENTER
4827 BOUGAINVILLE DRIVE
HONOLULU HI 96818-3174

(808) 474-0032
0800-1500 (Mon-Fri)
Director:
Email:

Illinois

RETIRED ACTIVITIES OFFICE (Closed)
FLEET AND FAMILY SUPPORT CENTER, BLDG 42
2601A PAUL JONES St
ROOM 118
NAVAL TRAINING CENTER
GREAT LAKES, IL 60088-5125

(847)-688-2430
0800-1500 (Monday)
Director:
Email:

Maine

This office falls under Portsmouth Ship Yard
RETIRED ACTIVITIES OFFICE
62 Pegasus Street
BRUNSWICK, ME 04011

(207) 406-4103
DSN: 476-2609
0900-1200(MON-FRI)
Director:
Email:

Maryland

RETIRED ACTIVITIES OFFICE (Need volunteers)
FLEET AND FAMILY SUPPORT CENER
NSA ANNAPOLIS
168 BENNION ROAD
ANNAPOLIS, MD 21402

(410) 293-2641
0900-1100 (Wed)
Director:
Email:

Massachusetts

RETIRED ACTIVITIES OFFICE (Closed)
NAVY OPERATIONAL SUPPORT CENTER
85 SEA ST
QUINCY, MA 02169

(617) 753-4636/26
Fax: (617) 753-4668
1100-1500 (Fri)
Director:
Email:

Michigan (Joint RAO)

RETIRED ACTIVITIES OFFICE
44200 JEFFERSON BLDG 780 ROOM 17 (S604)
SELFRIDGE, ARMY NATIONAL
GUARD BASE (ANGB)
MT CLEMENS, MI 48045-5263

(586) 307-5580
DSN: 273-5580
0900-1500 (Tue-Fri)
Director:
Email:

Last Update: May 2026

Minnesota

RETIRED ACTIVITIES OFFICE (**Need volunteers**)
NMCRC
5905 34th Ave S
MINNEAPOLIS MN 55450-4051

(612) 713-4664
1000-1400 (Thu)
Director:
Email:

Missouri

RETIRED ACTIVITIES OFFICE, ST LOUIS (**Closed**)
NAVY OPERATIONAL SUPPORT CENTER
AIR NATIONAL GUARD BASE
10810 LAMBERT INTERNATIONAL BLVD
BRIDGETON, MO 63044-2314

(314) 524-9553 or 314-862-5163
Tue 0900-1300
Fri 1130-1300
Director:
Email:

New Hampshire

RETIRED ACTIVITIES OFFICE
PORTSMOUTH NAVAL SHIPYARD
BLDG 241
PORTSMOUTH, NH 03809-5000

(207) 438-1868
DSN: 684-1868
1000-1400 (Tue)
Director:
Email:

Rhode Island (**Closed**)

RETIRED ACTIVITIES OFFICE (**Need volunteers**)
FLEET AND FAMILY SUPPORT CENTER
NAVAL STATION
1260 PEARY ST
NEWPORT, RI 02841-1629

Served by Groton, CT

Rota, Spain

RETIRED ACTIVITIES OFFICE
NS ROTA COMMUNITY SUPPORT BLDG 3293
PSC 819, BOX 57
FPO AE 09645-5500

011-34-956-82-3232
(FROM CONUS)
1300-1630 (Tues/Thur)
Director:
DSN: 314-727-3232 (CONUS)

South Carolina (Joint RAO)

RETIRED ACTIVITIES OFFICE
103 HILL BLVD, BLDG 503, RM 122
JOINT BASE AIR FORCE RAO
CHARLESTON, SC 29404

(843) 963-2228
0900-1200 (Mon-Fri)
No Navy Volunteers at this time

Tennessee

RETIRED ACTIVITIES OFFICE (**Closed**)
FLEET AND FAMILY SUPPORT CENTER

BLDG 456, FIRST FLOOR
NSA MEMPHIS, CODE N 763
MILLINGTON, TN 38054-5000

(901) 874-5195
DSN: 882-5195

Director:
Email:

Virginia (**Need Volunteers**)

RETIRED ACTIVITIES REGIONAL OFFICE
FLEET AND FAMILY SUPPORT CENTER

7928 14TH ST. SUITE 102
NORFOLK, VA 23505-1219

(757) 445-4380 757 285-1917 cell
(757) 445-5326 (Fax)
DSN: 564-5950

1000-1400 (Fri) Mon-Thu Apt only
Director:
Email:

RETIRED ACTIVITIES OFFICE (Little Creek Base)

FLEET AND FAMILY SUPPORT CENTER

1450 D STREET
Virginia Beach, VA 23521

(757) 462-8663 757-619-6577 cell
DSN: 253-8663

1000-1400 (Mon-Fri)
Director:
Email:

Washington (Email):

RETIRED ACTIVITIES OFFICE (**Need Volunteers**)

FLEET AND FAMILY SUPPORT CENTER

NAVAL STATION EVERETT
13910 45TH AVE NE, ROOM 818
MARYSVILLE, WA 98271

(425) 304-3775/3721
1000-1300 (Mon-Fri)

Director:
Email:

RETIRED ACTIVITIES OFFICE

FLEET AND FAMILY SUPPORT CENTER

NAVAL AIR STATION
WHIDBEY ISLAND
OAK HARBOR, WA 98278

(360) 257-6432
DSN: 820-8054
0900-1400 (Mon-Wed)

Director:
Email:

RETIRED ACTIVITIES OFFICE (**Closed**)

FLEET AND FAMILY SUPPORT CENTER BANGOR

1099 TAUTOG CIRCLE (Kitsap)
SILVERDALE, WA 98315

Director:
Email:

Wisconsin

RETIRED ACTIVITIES OFFICE (**closed**)

NAVY AND MARINE CORPS RESERVE CENTER
2401 SOUTH LINCOLN MEMORIAL DR
MILWAUKEE, WI 53207-1999 **NEED VOLUNTEERS**

0900-1500 (Mon-Fri)
Director:
Email:

INDEPENDENT RETIRED COORDINATION OFFICES (IRCOS)

(Not sponsored by the Navy)

Florida

RETIRED ACTIVITIES OFFICE CONTACT
VA LAKEMONT CAMPUS, RM. 125
2500 LAKEMONT AVE
ORLANDO, FL. 32803

(407) 646-4110/4111/4114
Director:

Italy

RETIRED ACTIVITIES OFFICE CONTACT
CYNTHIA PANZANI
VIA DE AMICIS #16
07024 LA MADDALENA
O. T. ITALY

100% EMAIL CONTACT
panzanic@hotmail.com (LAMADD)
Civilian working from home

Italy
RETIRED ACTIVITIES OFFICE
FLEET AND FAMILY SUPPORT CENTER

081-811-6372
1500-1700 (Wednesday only)
(vacant)

Subic Bay (Philippine Region)

RETIRED ACTIVITIES OFFICE CONTACT
SUBIC BAY-OLONGAPO
#34 NATIONAL HIGHWAY
BARRIO BARRETTO 2200
OLONGAPO CITY
PSC 517 BOXRS
FPO/AP 96517-1000

(OFFICE) 011-63-47-222-2314
(FAX) 011-63-47-222-2899
(24/7~CELL) 639065705335
0900-1500 (Mon-Fri)
Director: