



SALUTE TO SERVICE LUNCHEON

To honor the men & women who serve our nation's Armed Forces, Fort McCoy MWR is hosting a complimentary buffet lunch for Active Duty & Military Retirees.

MAY 9, 2024 AT MCCOY'S COMMUNITY CENTER FROM 11:00 AM - 1:30 PM

Limited to 250 participants. One lunch per person when you present your Military ID card (dependents not included). First come, first served.


SPONSORS (no endorsement implied)



For additional info call **608-388-5358**


I Love This Country

COUNTRY INN & SUITES SPARTA



737 Avon Road, Sparta, WI
(608) 480-8450
OX_SPRT@COUNTRYINNAMERICAS.COM

BOOK NOW



No endorsement implied

DOWN & DIRTY TRAIL RUN
FORT MCCOY, WI

Bring out the whole family to conquer the MUD & embrace the FUN in Fort McCoy's 10th annual 1.5 mile obstacle course race!

KIDS 5 AND UNDER RUN FOR FREE!

JUNE 8, 2024
9 AM - 2 PM | WHITETAIL RIDGE

SPONSORS
No Endorsement Implied

LA CROSSE BEVERAGE, LLC | RJA | GERKE | CARDINAL IG | Optum Server | PEPSI | BSC BASE SUPPLY CENTER

EARLY REGISTRATION ENDS MAY 31
\$35 MILITARY & DOD | **\$40** GENERAL PUBLIC
Includes Food & Drink Package, T-Shirt & Race Medal

SAME DAY REGISTRATION
\$40 MILITARY & DOD | **\$45** GENERAL PUBLIC
Includes Food & Drink Package, T-Shirt & Race Medal WHILE SUPPLIES LAST.

SAME DAY REGISTRATION BEGINS AT 9:00 AM & RACE HEATS BEGIN AT 10:00 AM

TO REGISTER, SCAN THE QR CODE OR CALL 608-388-3517





3 vs 3
TOURNAMENT

MAY 23, 2024 | 4:00 PM
RUMPEL FITNESS CENTER

608.388.2290 @FortMcCoyMWR

FORT MCCOY TRIAD CUP
ALL-TIME LIFTERS BOARD

MAY 22, 2024 | RUMPEL FITNESS CENTER | 4 PM

Lift the most accumulated weight in the Deadlift, Bench Press and Squat to earn your spot on the All-Time Lifters Board!

Compete as a team or individual in one of four categories:
Men over 200 lbs | Men under 200 lbs
Women over 150 lbs | Women under 150 lbs

FOR ADDITIONAL INFORMATION ON TRIAD CUP EVENTS, REGISTRATION & RULES, VISIT MCCOY.ARMYMWR.COM. SCAN THE QR CODE OR CALL 608-388-2290 @FortMcCoyMWR

all you can eat
PIZZA & SALAD Bar

\$13.50 / INCLUDES 16oz DRINK, FRESH SALAD, BREADSTICKS & MORE!

MON - FRI | 11AM - 1PM
AT MCCOY'S COMMUNITY CENTER

@FortMcCoyMWR

2024 STRONG BANDS
FORT MCCOY MWR ACTIVITY CALENDAR

B - BALANCE
Pedals and Paddles | May 11 | 10 am - 12 pm & 1 pm - 3 pm | Whitetail Ridge Ski Area
Bring the whole family out to Whitetail Ridge and learn to paddle board and enjoy a scenic ride through our off road trails on fat tire bikes!
Please note, there is a 9' height requirement to use the fat tire bikes provided by Pine View Campground. Participants are free to bring their personal bikes to use on the trails.

A - ACTIVITY
Plant a Pizza Garden | May 6 - 12 | School Age Center bldg 1792
Children enrolled with Fort McCoy CYS will learn about gardening and healthy eating by planting herbs that can be used for pizza sauce. Children will also make their own Pizza English Muffin snacks!

N - NUTRITION
Protein Bowl | Month of May | McCoy's Community Center
Enjoy a great lunch with the perfect healthy meal, a Protein Bowl. Packed with protein, grains, and vegetables, Protein Bowls are the perfect nutritional meal!

D - DETERMINATION
3-on-3 Basketball | 4:00 pm | May 23 | Rumpel Fitness Center bldg 1122
Bring your A-game for this 3-on-3 street basketball tournament!

S - STRENGTH
Month of the Military Spouse: Families That Grow Together, Stay Together
May 10 | 10:00 am - 12:00 pm | ACS Family Building 2161
Join us as we discuss ways to grow together as a couple and strengthen relationships. Workshop includes the opportunity to create and learn how to care for a container garden.

COMMIT - STAY FIT!
#STRONGBANDS

STEP 1 Attend featured fitness events at your garrison

STEP 2 Wear your STRONG BANDS. Wristband throughout May to show your commitment to a healthy lifestyle

STEP 3 Gain valuable fitness tips throughout May by visiting ArmyMWR.com/STRONGBANDS



Army Community Service

Phone: 608-388-3505 | B 2111



CONNECT THE TOTS

May 14 & 21 | 10:00 am - 12:00 pm

ACS Family Building (B2161)

Do you want to connect with other parents? If you are looking for something to do with your children ages 4 and younger, please join us. To register, [e-mail here](#) or call x2412.

ALL ABILITIES CRAFT NIGHT

May 14 | 4:30 pm - 7:00 pm

ACS Family Building (B2161)

Art offers individuals with all abilities a way to communicate. Practicing art has been shown to increase fine motors skills, improve focus, gain self-confidence, strengthen cognitive development and improve mood. Art Projects include sensory crafts, seasonal-themed crafts, stamping, watercolors, canvas painting and much more! To register, [email here](#) or call x7262.

PARENTING SKILLS TRAINING

Wednesdays in May | 11:30 am - 1 pm

ACS Family Building (B2161)

Love & Logic® skills help parents raise responsible kids. Join Army Community Service to learn effective parenting skills, set limits, and teach responsibility while holding children accountable with logical consequences.

May 15: Guiding Kids to Own & Solve Problems

May 22: Teaching Kids to Complete Chores...Without Reminders or Pay

To register, call ACS at x3505.

Love and Logic is a registered trademark of the Love and Logic Institute, Inc.

ESTATE PLANNING

May 21 | 9 am – 10 am | Army Community Service (B2111) or via Microsoft Teams

Join Janeen Folgers, AFC Certified Financial Readiness Specialist, for a comprehensive estate planning seminar. Topics discussed include avoiding estate planning pitfalls; powers of attorney; wills & trusts and planning your legacy. To register, [email here](#) or call x3540.

SOLDIER AND FAMILY READINESS GROUP (SFRG) TRAINING

May 21 | 1 pm – 3 pm | Army Community Service (B2111)

All Command Teams, SFRG Liaisons and SFRG volunteers are encouraged to attend. Topics include defining and understanding mission essential activities as outlined in the regulation; understanding SFRG roles and responsibilities; recognizing non-mission essential activities, resources, and professional development opportunities; obtaining mandated certification, IAW Army regulations and policies. To register, [email here](#) or call x6507.



ARMY FAMILY ACTION PLAN

Change begins with you



Do you have a quality-of-life issue at Fort McCoy you would like addressed?
Scan the QR code to submit an issue online or visit Army Community Service (B2111) to obtain a submission form.

To learn more visit: ArmyMWR.com/AFAP

