





FALL INTO WELLNESS

HARVESTING HEALTHY HABITS

2024 FORT MCCOY WELLNESS FAIR

OCTOBER 9, 2024 | RUMPEL FITNESS CENTER

10:00 AM RED CROSS BLOOD DRIVE
Every drop counts! Don't miss your chance to help! Walk-ins are welcome.

11 AM - 1 PM BUSINESS SHOWCASE
Learn about fitness & health services available at Fort McCoy & the surrounding community, including nutrition, health screenings & information on new products!

10:30 AM 2 MILE WELLNESS WALK
Day-of registration only. Turn in the bottom of your bib post race to redeem a FREE Wellness Fair T-Shirt! Sizes are limited. While supplies last.


1 PM DOOR PRIZE DRAWING
You don't need to be present to win!

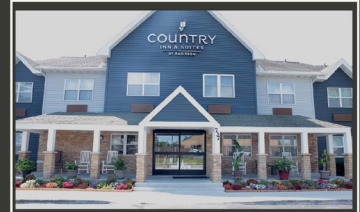
SPONSORS
NO ENDORSEMENT IMPLIED



FOR MORE INFO CALL 608.388.2290 OR 502.898.2290


I Love This Country





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

BOOK NOW



No endorsement implied





FORT MCCOY TRIAD CUP

INDOOR PICKLEBALL DOUBLES TOURNAMENT

RUMPEL FITNESS CENTER
SEP 26, 2024 | 4:00 PM



OPEN TO ALL FORT MCCOY SOLDIERS, FAMILIES & CIVILIANS
FOR ADDITIONAL INFORMATION ON TRIAD CUP EVENTS, REGISTRATION & RULES, VISIT MCCOY.ARMYMWR.COM, SCAN THE QR CODE OR CALL
502-898-2290    @FortMcCoyMWR



Whitetail Harvest Fest

featuring a Tap Takeover presented by CAPITAL BREWING CO. & **LA CROSSE** BEVERAGE, LLC

OCT 12, 2024
1:00 - 6:00 PM

WHITETAIL RIDGE
8061 SOUTH F STREET FORT MCCOY, WI

EVENT INCLUDES:
Kids Crafts & Games Vendor Booths Pumpkin Painting
Food & Drink Specials & More!

Free & open to all Military, DoD, & public

CALL **608.388.5358** OR **502.898.5358** FOR MORE INFO

 @FortMcCoyMWR | mccoy.armymwr.com



COME DRESSED IN YOUR HALLOWEEN BEST! 

SPOOKY SUNRISE 6.5 MILE RACE

OCTOBER 30, 2024
RUMPEL FITNESS CENTER

REGISTRATION OPENS AT **5:30am**
RACE BEGINS AT **6:00am**

\$10
INCLUDES T-SHIRT & MWR SWAG BAG!
SIZES & QUANTITIES ARE LIMITED

CALL 502.898.2290 TO REGISTER
PLANS REGISTER BY OCTOBER 25, 2024



Come dressed in your Halloween best and have a Spooktacular time at Fort McCoy MWR's

TRUNK OR TREAT

OCTOBER 29, 2024 AT 4:00 PM
MCCOY'S COMMUNITY CENTER

Free Appetizers (while supplies last)

OPEN TO ALL FORT MCCOY SOLDIERS, FAMILIES & CIVILIANS

 **GARY SINISE FOUNDATION**
no other payment required

For more info call **502.898.5358**

Parking lot will close at McCoy's Community Center at 2:00pm for Trunks to be set up.
Event parking will be in surrounding parking lots with signage to annotate.

 @FortMcCoyMWR





Build a Charcuterie Board

Learn how to create your very own Charcuterie Board from scratch, with 4 types of cheese, 3 types of meat, seasonal accompaniments & more!

Oct 17, 2024 | 5:30-7:30pm | Whitetail Ridge

\$50.00 per person | Includes your own board & all food items.
Utensils will be provided. 25 participants max.



Sign up by going to cheese_3b@outlook.com or call/text **608-387-3870**




HOUSE ON THE ROCK

Come with us as we visit Wisconsin's most unique attraction. Set atop the stony ridges of Spring Green and adorned with eccentric architecture & one-of-a-kind exhibits, The House on the Rock is a spectacle you have to see to believe!

OCTOBER 5, 2024

PICK UP & DROP OFF LOCATION: **MCCOY'S COMMUNITY CENTER**

DEPART 9:00AM	RETURN 5:00PM	\$5 CHILDREN 6 & UNDER	\$30 CHILDREN 7-17 YRS.
		\$45 PERSONS 18 & OLDER	Includes transportation & admission ticket. Lunch purchased separately.

REGISTER BY CALLING **608-388-3011** OR **502-898-2029**
Registration ends September 26, 2024. Open to all Fort McCoy employees and their guests. Minimum of 10 participants.

Sit, Sip and Paint

Canvas Painting Event

OCT 30, 2024 | 5:30 PM
WHITETAIL RIDGE CHALET

SPACE IS LIMITED!
\$35 PER PERSON

TO REGISTER, VISIT www.thepaintshack.net
Click on calendar/registration. Select Oct 30, and fill out registration details.

SAMPLE PAINTING

 @FortMcCoyMWR

CYS HOURLY CARE

CHILD DEVELOPMENT CENTER

\$8 PER HOUR
UP TO 15 HOURS A WEEK PER CHILD
MON-FRI 6:30 AM - 5:15 PM

SCHOOL AGE CENTER
AVAILABLE ON NON-SCHOOL DAYS

DAILY RATE
UP TO 4 HOURS **\$34**
MORE THAN 4 HOURS **\$54**

TO RESERVE HOURLY CARE, SCAN THE QR CODE
or email: usarmy.mccoy.id-readiness.mesg.dfmwr-cys-member@army.mil

Reservations can be made 1 month in advance & are filled on a space available basis. Children must be registered with Child & Youth Services prior to reservation. Cancellations less than 24 hours in advance will be charged for 2 hours of care.

To register your child with CYS, call Parent Central Services at **502.898.8956**

RUMPEL FITNESS CENTER

FITNESS CLASSES

TUESDAYS BODY BLAST 3:30 - 4:00 PM	WEDNESDAYS AQUA FIT 4:00 - 4:30 PM	THURSDAYS SPIN 3:30 - 4:00 PM
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\$3 PER CLASS
OR PURCHASE A PUNCH CARD AND GET
10 CLASSES FOR JUST \$25

 @FortMcCoyMWR mccoy.armymwr.com



Army Community Service

Phone: 608-388-3505 | B 2111

VOLUNTEER OPPORTUNITY

FLAG FOOTBALL REFEREES

REFEREES ARE NEEDED
ON THE FOLLOWING DATES:
**NOV 6, NOV 13,
NOV 20 & NOV 26**

FROM
4:00-6:00 PM

AT THE
**FORT MCCOY
BALLFIELDS**

DUTIES

Referee the flag football
games by calling fouls,
making the final call on
disputes, and issuing
penalties when required.

FOR MORE INFO CALL 502.898.8455
OR EMAIL: robin.e.paoletti.naf@army.mil



**NO PRIOR
REFEREEING
EXPERIENCE
NECESSARY!**
INFORMAL TRAINING
WILL BE PROVIDED

[f](https://www.facebook.com/FortMcCoyMWR) [i](https://www.instagram.com/FortMcCoyMWR) @FortMcCoyMWR



FAMILY TRIP TO EPIC INTERGALACTIC HEADQUARTERS

1979 Milky Way, Verona, WI

Ride a coach bus (with restrooms) to tour the headquarters of a medical software company with workspaces designed to promote creativity and innovation. Visit your choice of 2 of the following self-guided walking tours: Treehouse, Fortress, Carousel, Deep Space, Emerald City or Barn.

TRIP SCHEDULE

8:00 AM: Depart ACS (Bldg 2111)
10:30 AM: Arrive at West Town Mall for an early lunch
12:00 PM: Arrive at Epic Intergalactic Headquarters
3:00 PM: Depart for Fort McCoy
5:30 PM: Arrive at ACS (Bldg 2111)

OCT 5, 2024

TO REGISTER, CALL ARMY COMMUNITY SERVICE AT
OUR NEW TELEPHONE LINE

502.898.7262

OR EMAIL: lorie.l.retzlaff.civ@army.mil
Please register by Sep 27, 2024. Space is limited.

PRICING: FREE

Bring spending money for lunch at West Town Mall.
Food & drinks are prohibited at Epic Intergalactic HQ.
There must be at least 25 people registered to utilize the coach bus.



For information on upcoming training opportunities through ACS please go to <http://mccoy.armymwr.com> and click on Calendar.



NEWCOMER'S ORIENTATION

Learn about all of the programs and services the Fort McCoy community has to offer!

2024 DATES

Oct 9 Nov 13 Dec 11

2025 DATES

Jan 8 Feb 12 Mar 12
Apr 9 May 14 Jun 11
Jul 9 Aug 13 Sep 10

All sessions held from
8:00 am - 1:00 pm
McCoy's Community Center
Open to all new Military and Civilian personnel.
Spouses are highly encouraged to attend.

FEDERAL R.I.A. CREDIT UNION Breakfast provided by RIA Federal Credit Union
No endorsement implied



ACS events are open to Military, Retirees, Civilian personnel, Family Members, Survivors, and registered Fort McCoy Volunteers unless otherwise stated. Employees must contact their supervisors regarding attendance from work centers. For information on upcoming training opportunities through ACS please go to <http://mccoy.armymwr.com> and click on Calendar.

Return completed registration form to Army Community Service (B2111) or email to: sarah.l.wiedenfeld.civ@army.mil

Name: _____ Number Attending: _____
Unit/Director: _____ Rank: _____
Day Phone: _____ Email Address: _____ Date Attending: _____

Call ACS at 502-898-6712 for more information

ALL ABILITIES Fall Craft Night

October 1, 2024 | November 7, 2024

4:30 – 7:00 pm

**ACS Family Building
(2161 South J Street)**

Art offers individuals with all abilities a way to communicate. Practicing art has been shown to increase fine motor skills, improve focus, gain self-confidence, strengthen cognitive development and improve mood. Join us in the joy of art!

ART PROJECTS INCLUDE:

- Sensory Crafts
- Seasonal Themed Crafts
- Variety of Painting Mediums
- And much more!

SPACE IS LIMITED!

To register, please call ACS at
608-388-7262 or send an email
to lorie.l.retzlaff.civ@army.mil

Registration required by Sep 27 or Nov 5, respectively. ACS events are open to Military, Retirees, Civilian personnel, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. Employees must contact their supervisors regarding attendance from work centers. For information on upcoming training opportunities through ACS please go to <http://mccoy.armymwr.com> and click on Calendar.



mccoy.armymwr.com | 608-388-3505

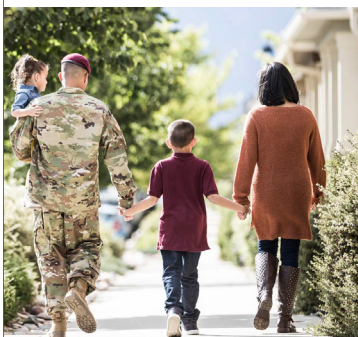


Army Community Service
Phone: 608-388-3505 | B 2111



ARMY FAMILY ACTION PLAN

Change begins with you



Army Family Action Plan (AFAP) is a process that invites members of the Army Family to be agents of change. Establish and improve programs and services, develop and change policies and regulations, create legislation and amend laws.

Since 1983, over 700 issues have been raised at the Department of the Army level – and those have resulted in over 500 improvements for Soldiers, Families, and Army communities.

TO SUBMIT AN AFAP ISSUE, SCAN THE QR CODE



Or visit: <https://mwr.armycommunityservice.com/afap>

FY 2025 Soldier & Family Readiness Group (SFRG) Training

REQUIRED TRAINING FOR ALL SFRG MEMBERS

All Command Teams, SFRG Liaisons and SFRG volunteers are encouraged to attend. Training will be tailored to meet the needs of the attendees.



MEETS FROM 1 PM - 3 PM
ARMY COMMUNITY SERVICE
2111 South 8th Ave, Fort McCoy

2024 DATES

• Oct 15 • Nov 12 • Dec 17

2025 DATES

• Jan 14 • Feb 18 • Mar 18
• Apr 15 • May 20 • Jun 17
• Jul 15 • Aug 19 • Sep 16

ATTENDEES WILL:

- Define and understand mission essential activities as outlined in the regulation.
- Understand SFRG roles and responsibilities.
- Recognize non-mission essential activities, resources, and professional development opportunities.
- Obtain mandated certification, IAW Army regulations and policies.

Register by calling ACS at 502-898-6507 or email michael.d.larsen8.civ@army.mil



ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. Employees must contact their supervisors regarding dismissal from work centers. For information on upcoming training opportunities through ACS please go to <http://mccoy.armymwr.com/us/mccoy/programs/army-community-service> and click on ACS Calendar.



DJ TRIVIA

WED NIGHTS
6-8PM

MCCOY'S COMMUNITY CENTER

FOR MORE INFO CALL 502.898.2065

NO REGISTRATION REQUIRED | OPEN TO ALL FORT MCCOY SOLDIERS, FAMILIES & CIVILIANS

GET YOUR TEAM TOGETHER & JOIN US FOR SOME TRIVIA FUN!

FREE TO PLAY!
PRIZES AWARDED WEEKLY TO THE TOP 3 TEAMS!

