



Fort McCoy MWR Enews

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November 11, 2021 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*



**WE HELP YOU SAVE
ON YOUR VISION COSTS
SO YOU CAN SEE
THE DIFFERENCE**

Open Season is Nov. 8 – Dec. 13



FEP VisionSM

bcbsfepvision.com

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Begin the season with a Fort McCoy Tradition!



**Kids Crafts
& Activities**

**Photos with
Santa**

**Carols sung by
CYS Children**

**Cookies &
Hot Chocolate**



Sponsors (no endorsement implied)



mccoy.armymwr.com | 608-388-7400

**McCoy's Community Center will be
open on Veterans Day!
Nov 11 from 11 am - 9 pm**



BASKETBALL TOURNAMENT

Nov 17 | 5 pm | Rumpel Fitness Center
Come out and enter your 5 member team for a full court basketball tournament. Prizes will be awarded to the first place team. Must be registered by Nov 14. Call 608-388-2290 to register.



NFL FOOTBALL

Thurs & Sun Nights | 11 am—9 pm
Mondays | 5 pm—10 pm
McCoy's Community Center
If you love to watch football, McCoy's is the place to be. Watch your favorite teams play on 16 large screen TVs while enjoying good food and a cold beverage.



NOV 19 - 21

Post a photo of your time and distance to the event discussion board at:
www.facebook.com/RumpelFitnessCenter

Photos must be uploaded by midnight on Nov 22.

**Top male and female
runners will win a
free turkey!**

Disc Golf

Two
Professionally
Designed
Championship
Courses



Classic = 1 mile
2 hours

Big Brother =
3+ Miles
2-4 hours
Rated 5th Pay-to-Play
Course in the USA

7452 Kathryn Avenue
8 Miles South of Sparta WI
608-855-0282



LOOKING TO GET AWAY FOR A DAY?



Fort McCoy Leisure Travel Services now offers
day trips to local events and attractions.

Custom trips may be arranged upon request; call 608-388-3011 for details.



Granddad's Bluff + Milwaukee Burger Company, La Crosse

The 600-ft high bluff overlooks the Mississippi River Valley. Wisconsin Trails readers voted this "the most scenic view in the state".

\$10 per person



Leinenkugels Brewery Tour, Chippewa Falls

You're sure to love their famous brewery tour, where one of their guides will introduce you to nearly 150 years of beer brewing and 6 generations of Leinenkugel family history!

\$25 per person



Farmer's Market, Madison

Enjoy a Madison tradition! Conveniently located on the tree-lined grounds surrounding the Wisconsin State Capitol building. November - December: Held indoors at Monona Terrace.

\$10 per person



Holiday Lights + Dinner, La Crosse

With over 4 million lights, the Rotary Lights is an impressive holiday display. Choose from numerous downtown restaurants to dine at. Runs late Nov - early Jan.

\$10 per person



Elmaro Vineyard, Trempealeau

Are you a wine lover? Visit this family-owned vineyard and enjoy great wines with family and friends at this picturesque winery. Face masks strongly encouraged inside the winery.

\$10 per person



Driftness Distillery, Baraboo

Come visit us on the banks of the Baraboo River and witness the masterful distilling process we use to bring our unique spirits to life.

\$30 per person

If interested in any of these trips, please call
608-388-3011 to make reservations.

Cost includes bus trip and ticket/entrance fees. Please bring extra spending money for food, drinks and mementos. Must be registered one week in advance of trip. Minimum of 10 people required to hold trip. Duration of trip varies.



Middle School/Teens Activity Schedule NOVEMBER 22 - DECEMBER 3, 2021



Program/Service Area	Mon, Nov 22	Tue, Nov 23	Wed, Nov 24	Thu, Nov 25	Fri, Nov 26
The Arts Digital, Fine, Applied & Performing	Mixed Media Portrait	Mixed Media Portrait	Pinecone Art	Closed for Thanksgiving	
Education and STEM Science, Technology, Engineering & Math	Come Away With Us	Code.org	Mad Scientist Experiments		
Leadership and Service	Teen Advisory Board	Teen Advisory Board	Minute To Win It		
Sports and Recreation	Workout Warrior	Circle Pinball	Swimming		
Health and Wellness	Mario Kart	Mario Party	Salad Bar		

Program/Service Area	Mon, Nov 29	Tue, Nov 30	Wed, Dec 1	Thu, Dec 2	Fri, Dec 3
The Arts Digital, Fine, Applied & Performing	Mixed Media Portrait	Mixed Media Portrait	Mixed Media Portrait	Mixed Media Portrait	Choice Art
Education and STEM Science, Technology, Engineering & Math	Ally or Bystander	Monopoly	Lego Build	Freerice.com	Overcooked
Leadership and Service	Teen Advisory Board	Teen Advisory Board	Teen Advisory Board Meeting	Teen Advisory Board	Teen Advisory Board
Sports and Recreation	Workout Warrior	Circle Pinball	Workout Warrior	Wall Rally	Workout Warrior
Health and Wellness	Mario Kart	Mario Party	Will Party	Risk	Yoga

Power Hour & Table Top Game Club are available every day

RUMPEL FITNESS CENTER
Building: 1122 Phone: 388-2290

FLAG FOOTBALL TOURNAMENT

November 21
11 am | Constitution Park

7 on 7. Prizes awarded to the first place team!
Minimum of 4 teams need to be pre-registered
by Nov 18 in order to hold tournament.
Day-of registration available.

Register at the Rumpel Fitness Center (B1122) or call 608-388-2290

FREE FITNESS CLASSES

BODY BLAST: Mon 3:30 pm — 4:00 pm

ABS: Wed 11:30 am — 12:00 pm

INDOOR CYCLING: Thu 11:30 am — 12:00 pm

Get a jump start on the New Year by registering for
FREE fitness classes now! Class size is limited.

Register to attend by calling 608-388-2290.

24/7 FITNESS CENTER ACCESS

Get 24/7 access to cardio and weight equipment by
optimizing your CAC with a Rumpel Fitness Center
staff member today.

*Fitness Center is closed from 4:30—5:00 am week-
days for deep cleaning.*

Home | Facility Hours | Newspaper Archives | Search

>> CLICK HERE to view the latest edition



OIL CHANGES \$15

Every Thursday from 1 - 8 pm | Automotive Skills Center (B1763)

Call x3013 to schedule an appointment

Oil and filter must be supplied by customer

ARMY COMMUNITY SERVICE

Building: 2111 Phone: 388-3505

CONNECT THE TOTS PLAYGROUP

Nov 16, 23 and 30 | 10 am – 12 pm

ACS Family Building, B2161

For families with children 0 to 4 years. Our playgroup contains toys, books, and other materials to help strengthen each child's cognitive, physical, and creative selves, and to help promote social-emotional skill building. Through play, transitions, circle time and songs and activities, and informal conversations, parents learn about developmental ages and stages, gain tools to help understand their child's behavior and become empowered to prepare the family and child to enter school "ready to learn". Register by call x7262 or [click here](#) to send an e-mail.

BUILDING BONDS WORKSHOP: SPIN YOUR OWN WOODEN PEN

Nov 16, 18 and 30 | B1133 | 4 - 6:30 pm

Spend time with your Family or fellow Soldiers making memories. Class size is limited to 10 people. Masks are required. Children must be accompanied by an adult (one adult per child). Must be registered one week prior to the class. Call x3505 to get registered.

THE ART OF A STRONG FAMILY

Nov 17 | B2161 | 5:30 – 7 pm

In this workshop, you will learn how to create a strong Family and a beautiful painting. Join us to create a craft project with your Family. This event in collaboration with ACS and the Fort McCoy Religious Support Office. Call x7262/3528 by COB Nov 15.

LUNCH & LEARN

Nov 17 | B2111 | 12 – 1 pm

(please bring your own lunch)

Are you a Master Resilience Trainer (MRT) that needs refresher training? Do you want to improve your resilience skills? Join our MRT Refresher course. Our group meets the 3rd Wednesday of each month. To register call x3505 by Nov 15.

SPONSORSHIP TRAINING

Nov 17 | B2111

Military Sponsorship Training | 10 – 11 am

Civilian Sponsorship Training | 1 – 2 pm

Register no later than Nov 15 by calling ACS at 608-388-2359.

GUIDE TO HOMEOWNERSHIP

Nov 18 | 10 – 11 am | MS Teams

Join ACS for this event that will delve into all the aspects of becoming a homeowner. Learn the step-by-step process of whether or not you're ready to buy, who to use as a real estate agent, and the breakdown of closing costs associated with the home purchase. To register call x3540 by Nov 17.

EFFECTIVE PRAISE & CONSTRUCTIVE RESPONDING

Dec 1 | 9 - 11 am | MS Teams

How do you respond to your co-workers? To your family members? Do your responses build or cause strain in the relationship? Join us to learn communication skills to respond to others with authentic, active and constructive interest. To register [click here](#) or call x6507.

FAMILY CHRISTMAS CARD WORKSHOP

Dec 4 | 9 am – 4 pm | B2161

Register for a 2-3 hour block of time to create greeting cards with your Family. Multicultural supplies are available. One hour early start time for EFMP Families. To register or for more information, call x6507 or [click here](#) to send an email.

Strengthening Parenting Practices FOR THE MILITARY FAMILY

November 18, 2021

9 am - 11:30 am

ACS Training Room



For more details, call 608-388-7262 or visit mccoy.armymwr.com

ICE COMMENTS
& FEEDBACK
INTERACTIVE CUSTOMER EVALUATION

ON PATROL WITH THE USO**Nov 20th**
10 am - 11 am

Holiday meal box distribution
Must have registered to
receive.

**The USO will be closed
on November 11th for
Veterans Day**

**BEEF STEW**
DAY

Come grab some
hot stew over rice

While supplies last

November 19th**11 am - 1pm**

**The USO will be closed
on
November 25th- 29 for
Thanksgiving**



Fort McCoy MWR
*salutes those serving during
Operation Allies Welcome*

NOVEMBER 2021 ACTIVITIES AND EVENTS

**McCoy's
Community Center**
B1571 | 608-388-2065

Love to Watch Football?

Watch your favorite teams play on 16 large
screen TVs. Enjoy appetizers, pizza
and cold beverages!

NFL FOOTBALL

Thursday & Sunday | 11 am - 9 pm
Monday* | 5 pm - 10 pm

COLLEGE FOOTBALL

Saturday | 11 am - 9 pm

*Appetizers not available during Monday night games

**Bowling &
Recreational Games**

McCoy's has the only Hyperbowling Center
in the state of Wisconsin! Also enjoy pool,
darts & cornhole.

**Soup & Sandwich
Specials**

Soup of the Day with Hot Ham & Cheese \$6.50
Soup of the Day with Side Salad \$6.00
Bowl of Soup of the Day \$3.00
Bowl of Chili \$3.50

**Rumpel
Fitness Center**
B1122 | 608-388-2290

**Full Court Basketball
Tournament**

Nov 17 | 5 pm

Minimum of 8 teams (5 players per team).
Prizes awarded to first place team.

Must be registered by Nov 14.

Full basketball courts available from 7 pm
on Fridays thru 4:30 am on Mondays.

**Turkey Long Trot
10K Virtual Run**

Nov 19 - 21

Top male and female runners will win a
free turkey! Post a photo of your time and
distance to the event discussion board at
[facebook.com/RumpelFitnessCenter](https://www.facebook.com/RumpelFitnessCenter).

Photos must be uploaded by midnight on Nov 22.

Flag Football Tournament

Nov 21 | 11 am | Constitution Park

7 on 7. Prizes awarded to the first place team!
Minimum of 4 teams need to be pre-registered
by Nov 18 in order to hold tournament.

Day-of registration available.

**Army Community
Service**
B2111 | 608-388-3505

**Sea Life Aquarium
Bus Trip**

Nov 6 | 7 am - 5 pm

Visit Minnesota's largest aquarium
containing thousands of aquatic creatures.

Spin a Wooden Pen

Nov 16, 18 or 30 | 4 - 6:30 pm

Start with a blank block of wood, use the
lathe to customize and finish with a high
gloss coat of wax. Held in Bldg. 1133.

Lunch & Learn Workshop

Nov 17 | 12 pm - 1 pm

ACS Training Room | B2111

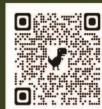
Are you an Master Resilience Trainer (MRT)
that needs refresher training? Do you want to
improve your resilience skills?

Please bring your own lunch.

Above events require pre-registration
Call (608)388-3505 at least one week in advance.

Looking to Get Away for a Day?

Fort McCoy Leisure Travel Services offers day trips to local events and attractions including brewery tours, museums,
historical sights and more. Please call 608-388-3011 or visit Leisure Travel Services (Bldg 1571) for more details.



For more details, scan the QR code with your smart phone
or visit www.mccoy.armymwr.com