



# WELLNESS CONNECTION

FORT MCCOY WELLNESS FAIR




**OCTOBER 8, 2025 | RUMPEL FITNESS CENTER**

**10:30 AM** 2 MILE WELLNESS WALK  
**11 AM - 1 PM** BUSINESS SHOWCASE  
**1 PM** DOOR PRIZE DRAWING  
 You do not need to be present to win!

502.898.2290 
 


 @FortMcCoyMWR

**SPONSORS**  
NO ENDORSEMENT IMPLIED















I Love This Country

**COUNTRY**  
INN & SUITES  
SPARTA



737 Avon Road, Sparta, WI  
 (608) 480-8450  
[OX\\_SPRT@COUNTRYINNAMERICAS.COM](mailto:OX_SPRT@COUNTRYINNAMERICAS.COM)

BOOK NOW



No endorsement implied




## SLOW PITCH SOFTBALL TOURNAMENT

**OCT 4, 2025 | 10:00 AM**  
 CONSTITUTION PARK | FORT MCCOY, WI  
**FREE TO ENTER!**

Minimal equipment available for use on a first come, first served basis. Open to the public (participants must get a visitors pass to access the installation.) Must be 18 and older to participate.

502.898.2290 
 


 @FortMcCoyMWR






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

# TRUNK OR TREAT

**OCTOBER 28, 2025 AT 4-6PM**  
**McCOY'S COMMUNITY CENTER**

**FOOD SPECIALS OFFERED INSIDE McCOY'S**

OPEN TO ALL FORT MCCOY SOLDIERS, FAMILIES & CIVILIANS

**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



# TRUNKS NEEDED!

Spook-ify your vehicle & join Fort McCoy MWR's **TRUNK OR TREAT**

**McCOY'S COMMUNITY CENTER**  
**OCTOBER 28, 2025 AT 4:00PM**

To sign up, fill out the registration form & email it to:  
**ashley.n.sivert.naf@army.mil** or drop it off at **Fort McCoy MWR HQ**  
(1668 S J Street, Fort McCoy WI)

Participating vehicles will be entered into a Trunk Decorating Contest with prizes being awarded to the top three!

**Registration ends Oct 21, 2025.**

Participants are responsible for providing candy to approx. 200 trick or treaters. Trunks will need to be in place and ready for event execution no later than 3:45pm on Oct 28, 2025. Parking Lot will open at 2:00pm for trunks to begin setup.

**For more info call 502.898.5358**

  
 @FortMcCoyMWR | mccoym.armymwr.com



FORT MCCOY  
*Leisure Travel Services*

# Sit, Sip and Paint

Canvas Painting Event

**OCT 22, 2025 | 5-8:30PM**  
**WHITETAIL RIDGE CHALET**



SPACE IS LIMITED!  
**\$40 PER PERSON**

**TO REGISTER, VISIT**  
**[www.thepaintshack.net](http://www.thepaintshack.net)**  
Click on calendar/registration. Select Oct 17, and fill out registration details.

SAMPLE PAINTING

 @FortMcCoyMWR



FORT MCCOY  
*Leisure Travel Services*

# COUNTRY BUMPKIN FARM MARKET

AT WISCONSIN DELLS

**OCTOBER 18, 2025**

PICK UP & DROP OFF LOCATION: **MWR HEADQUARTERS BLDG 1668**

DEPART	RETURN	AGES 1 - 17	AGES 18 & UP
8:00AM	2:00PM	<b>\$15 PER PERSON</b>	<b>\$20 PER PERSON</b>

Pricing includes: Transportation to and from, Admission to the L'E R Buncheon Play Village & Petting Farm, One cone filled with animal feed, One ride on haywagon ride all around the farm, Corn Maze. Pack your picnic lunch to take with you & bring spending money for bake goods & ice cream.

**REGISTER BY CALLING 502-898-3011**  
Registration ends Oct 10, 2025. Open to all Fort McCoy employees and their guests. Minimum of 10 participants.





COME DRESSED IN YOUR HALLOWEEN BEST!



# SPOOKY SUNRISE 6.5 MILE

**OCTOBER 29, 2025**  
**RUMPEL FITNESS CENTER**

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

**RUN IN A COSTUME FOR A CHANCE TO WIN RFC FITNESS SWAG!**



**CALL 502.898.2290 TO REGISTER**  
EARLY REGISTRATION BY OCTOBER 27, 2025 IS ENCOURAGED




# SPOOKY SPLASH

HALLOWEEN POOL GAMES, CANDY & PRIZES!

**OCTOBER 25, 2025**  
**RUMPEL FITNESS CENTER**

**9-10 am Kids 6 & Under** | **10-11am Kids 7-10**  
(Parent or Guardian must be in the water with their child.)

502.898.2290    @FortMcCoyMWR

**BAKED**




# COD

## BUFFET



**\$13.50** SERVED WITH 16oz FOUNTAIN DRINK & SALAD

SERVED FROM **4 - 8 PM**  
**SEPTEMBER 26, 2025**

JOIN MCCOY'S



# BOWLING LEAGUE



**THURSDAYS AT 5:30PM**  
**OCT 2 - NOV 20, 2025**  
**MCCOY'S COMMUNITY CENTER**

**\$15** PER PERSON | **\$60** PER TEAM OF FOUR  
Includes shoes for 3 games.

**TO REGISTER CALL 502-898-2065**

   @FortMcCoyMWR





## Army Community Service

Phone: 608-388-3505 | B 2111

**NEW PARENT SUPPORT**

For Families with Children **AGES 0-4**

**PLAY mornings**

Our playgroup offers toys, books, and other materials to help strengthen your child's social-emotional skills, creativity, play and cognitive development. Parents will learn about child developmental stages, gain tools to help understand their child's behavior, and become empowered to transition their child to enter school, "ready to learn."

**FALL IS HERE!**  
Join us for fun and engaging fall-themed activities designed to help children bond with family and friends while learning and growing.

**UPCOMING DATES**  
**September 9, 16, 23**  
**October 7, 14, 21**  
**November 4, 18, 25**  
Playgroups held from 10 am - 12 pm at the ACS Family Building (B2161)

**TO REGISTER:**  
Call 502-898-2412 or email [brittany.r.sonie.civ@army.mil](mailto:brittany.r.sonie.civ@army.mil)

To report child abuse, call your Family Advocacy Program: 502-898-2412. After hours and weekends, call Child Protective Services: 608-269-8600 or 911.

[www.mccoymwr.com](http://www.mccoymwr.com) | 502-898-3505

**#What'sInsideMatters**

# SELF-DEFENSE CLASS

**OCTOBER 10, 2025 BUILDING 1395**

**COME ANYTIME BETWEEN 8 AM - 5 PM FOR A 30 MINUTE SESSION**

**To register, Please call ACS at 502-898-2412 or email [brittany.r.sonie.civ@army.mil](mailto:brittany.r.sonie.civ@army.mil)**

**To report Domestic Violence call 608-630-7473 or 911**

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://mccoymwr.com/acs/mccoys-program/army-community-service> and click on ACS Calendar.

ARMY COMMUNITY SERVICE PRESENTS:

# Holiday Stress Less Workshop

**PEACE • JOY • CONNECTION**

The holiday season can bring joy but it can also create extra stress. This year, shift your perspective and discover how the holidays can be a chance to build well-being, optimism, and togetherness.

Join us for a Family-friendly gathering where we will:

- Learn simple strategies to stress less and enjoy the season.
- Create seasonal greeting cards and gifts.
- Strengthen bonds through peace, joy, and connection.

**October 18, 2025**  
**9 am - 12 pm**  
**2161 South J Street**  
**Fort McCoy, WI 54656**  
Early start time (1 Hour) for EFMP Families

**Register by calling Army Community Service at 502-898-6712 or email [lorie.l.retzlaff.civ@army.mil](mailto:lorie.l.retzlaff.civ@army.mil)**

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[www.mccoymwr.com](http://www.mccoymwr.com) | 502-898-3505

**Real Colors®**

Real Colors is a temperament tool and workshop designed to improve communication skills to lead to increased connection, engagement, and harmony between partners.

**OCTOBER 16, 2025**  
**10:30 AM - 12:45 PM | MCCOY'S COMMUNITY CENTER**

**JOIN US FOR INTERACTIVE TRAINING TO:**

- Recognize strengths of yourself and your significant other.
- Understand how you both process information.
- Listen and speak in each other's language.
- Use your communication style to increase connection.
- Strengthen your relationship.

**To register, call Army Community Service at 502-898-6712 or send an email to [lorie.l.retzlaff.civ@army.mil](mailto:lorie.l.retzlaff.civ@army.mil)**

Event is FREE! Must be registered by October 9, 2025. Minimum of 10 participants to hold workshop.

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.

[www.mccoymwr.com](http://www.mccoymwr.com) | 502-898-3505