



251ST U.S. ARMY BIRTHDAY

JUNE 12, 2026

7:00 AM ARMY BIRTHDAY 5K RUN / 2 MILE WALK
McCOY'S COMMUNITY CENTER (BLDG 1571)
Registration begins at 6:15 am. Race finishers receive free t-shirt (while supplies last). Free breakfast provided post run.

11:30 AM CAKE CUTTING CEREMONY & LUNCH
McCOY'S COMMUNITY CENTER (BLDG 1571)
Complimentary buffet lunch will be provided from 11:30 am - 1:00 pm on a first come, first served basis.

**FEATURING LIVE ENTERTAINMENT
FROM THE 204TH ARMY ROCK BAND**

502.898.5358 @FortMcCoyMWR



SPONSORED BY



NO ENDORSEMENT IMPLIED


KIDS 5 AND UNDER RUN FOR FREE!


**JUNE 20, 2026
10:00 AM | WHITETAIL RIDGE**

EARLY REGISTRATION BEGINS MAY 1	LATE REGISTRATION JUNE 17 - JUNE 20
\$35 MILITARY & DOD	\$40 MILITARY & DOD
\$40 GENERAL PUBLIC	\$45 GENERAL PUBLIC

SCAN TO REGISTER

**TO REGISTER SCAN THE QR CODE OR CALL
502-898-3517**





strawberry Fields 

Salad

\$10.50/ Fresh Strawberries, Dried Cranberries, Sliced Almonds, Red Onions, Feta Cheese Crumble, Chicken Breast, and Mixed Greens.

AT McCOY'S COMMUNITY CENTER





FITNESS CLASSES

ALL CLASSES ARE FREE

MONDAYS CRUNCH TIME 6:00 - 6:30 AM	TUESDAYS FITNESS FUSION 3:30 - 4:00 PM
WEDNESDAYS LIQUID GEARS 4:00 - 4:30 PM	THURSDAYS SPIN 3:30 - 4:00 PM

 @FortMcCoyMWR mccoymwr.com



READY FOR A SPOTLESS RIDE?

STOP BY BUILDING 1668 TO GRAB YOUR **VIP WASH PASS**

10 PREMIUM CAR WASHES FOR **JUST \$75** - A \$110 VALUE!
 PERFECT FOR PERSONAL VEHICLES!
 MAKES A FANTASTIC GIFT FOR ANY OCCASION!



502.898.3011  @FortMcCoyMWR




DJ TRIVIA
WED NIGHTS
6-8 PM

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

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

McCOY'S COMMUNITY CENTER

FOR MORE INFO CALL 502.898.2065
NO REGISTRATION REQUIRED | OPEN TO ALL FORT McCOY SOLDIERS, FAMILIES & CIVILIANS

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2026 STRONG BANDS
BRACE. STRETCH. BURN. REDEEM. CELEBRATE.

FORT McCOY MWR ACTIVITY CALENDAR

B - BALANCE
The Five Love Languages of Children
 May 1 | 1:00 - 2:00 pm | McCoy's Community Center

A - ACTIVITY
80's Aerobics
 May 13 | 9:45 - 10:00 am | Child & Youth Services

N - NUTRITION
Strawberry Fields Salad
 Month of May | McCoy's Community Center

D - DETERMINATION
Determinator: Run or Walk 1-Mile on the Treadmill
 6:00 am - 5:00 pm | May 26 | Rumpel Fitness Center
Determinator: Bike 1-hour on the Recumbent Bike
 6:00 am - 5:00 pm | May 27 | Rumpel Fitness Center
Determinator: Swim 1-Mile
 6:00 am - 5:00 pm | May 28 | Rumpel Fitness Center

S - STRENGTH
Zorb Ball Races
 5:00 pm | June 3 | Pine View Campground
Sand Volleyball Tournament
 5:00 pm | June 4 | Pine View Campground
Tug of War
 5:00 pm | June 5 | Pine View Campground
Tri Race Relay | 1:00 pm | June 6
 Pine View Campground

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 armymwr.com/strongbands | #STRONGBANDS
No Federal endorsement implied.



MOVIES UNDER THE STARS

TOY STORY
 June 7, 2026 | Showtime at 6 pm

THE LION KING
 July 19, 2026 | Showtime at 6 pm

LILO AND STICH
 August 16, 2026 | Showtime at 6 pm

SOUTH POST COMMUNITY CENTER

FREE | OPEN TO ALL SOLDIERS & THEIR FAMILY MEMBERS

BRING BLANKETS & LAWN CHAIRS
 SNACKS AVAILABLE WHILE SUPPLIES LAST



FAMILY BOWLING SPECIAL

INCLUDES:
 1 HOUR OF BOWLING
 FOR UP TO 4 PLAYERS,
 ANY 2-TOPPING PIZZA
 & 4 SOFT DRINKS

\$45

FRIDAYS FROM 4:00 - 8:00 PM

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Sponsorship TRAINING

FORT MCCOY ARMY COMMUNITY SERVICE (ACS)

For Military & Civilian Personnel

ACS Sponsorship Sessions are designed to equip you with strategies and tools to effectively sponsor incoming personnel.

IN THESE SESSIONS, YOU'LL LEARN HOW TO:

ALIGN: Ensure sponsors and newcomers are connected to the right resources.

CARE: Offer guidance to help newcomers settle in smoothly.

SUPPORT: Gain skills needed to assist newcomers during transition.



2026 DATES:
Mar 6, Jun 5, Sep 4, Dec 4
Military: 10 am - 11 am
Civilians: 1 pm - 2 pm
Army Community Service
2111 South 8th Ave

To register, contact Army Community Service at 502-898-2359 or email jesse.k.ogundu.civ@army.mil

Must be registered at least 2 days prior to the training. 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/us/mccoyp/programs/army-community-service> and click on ACS Calendar.



Crafting Your Resilience

Family Time = Fun Time!

Join us...At the workshop we will teach a resilience skill (goal setting, communication, mindfulness, character strengths, etc.) along with a craft. Work on that craft or pick something else from all the other options available!

Crafts Available: Scrapbooking, wood craft, canvas painting, beading, hand stamping, journaling, and so much more!

May 2, 2026 | 9AM - 12PM

June 13, 2026 | 9AM - 12PM

EFMP Families are welcome to come at 8am for an early start

ACS Family Building, 2161 South J St

To Register Call 502-898-6712 or email lorie.l.retzlaff.civ@army.mil

Pre-registration required the Wednesday before the workshop. Samples/ideas provided. Bring your own projects to work on if desired. Class size is limited. Children must be accompanied by an adult. ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. For information on upcoming training opportunities through ACS, go to <http://mccoymwr.com> and click on Calendar.



FAMILY WORKSHOP

Spin Your Own Wooden Pen

Dates: June 2, 11 or 16th

All classes held from 4:00 pm - 6:30 pm
ACS Building Bonds Workshop | B1133

Spend time with your Family making memories! Start with a blank block of wood, use the lathe to customize and finish with a high gloss coat of wax.



- All materials and instruction supplied
- Class size is limited to 12 participants per day
- Children must be accompanied by an adult (one adult per child)

TO REGISTER, PLEASE CALL ACS AT 502-898-3505

Must be registered two days prior to the class. These are step-by-step workshops with instruction - please arrive on time.

ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. For information on upcoming training opportunities through ACS, go to <http://mccoymwr.com> and click on Calendar.



www.mccoymwr.com | 608-388-3505



EFMP Exceptional Family Member Program

ALL ABILITIES

Craft Night

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.



CHOOSE FROM A VARIETY OF ART PROJECTS INCLUDING:

- Sensory Crafts
- Seasonal / Holiday Crafts
- Painting & Coloring
- Scrapbooking & Stamping
- Diamond Art
- And Much More!

Summer 2026 Dates

Jun 11, Jul 16 & Aug 13

4:30 pm - 7:00 pm

ACS Family Building (B2161)

Army Community Service (ACS) events are open to Military, Retirees, Civilian workforce, Family members and registered Fort McCoy Volunteers, unless otherwise stated.



TO REGISTER, PLEASE CALL ACS AT 502-898-7262 or send an email to: sarah.l.wiedenfeld.civ@army.mil