



# MOTHER'S DAY BRUNCH



Scan the QR Code to REGISTER

## McCOY'S COMMUNITY CENTER

MAY 10 10:00 AM - 2:00 PM

**\$32** ADULT • **\$15** KIDS 6-13  
**FREE** KIDS 5 & UNDER

CHOOSE BETWEEN 3 SEATING TIMES:  
10:00am - 11:30am • 12:00pm - 1:30pm • 2:00pm - 3:30pm

502.898.2065 @FortMcCoyMWR



# 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, National Guard & Military Retirees.

**THURSDAY MAY 7, 2026**  
AT McCOY'S COMMUNITY CENTER  
**FROM 11:00AM - 1:00PM**

Free meal available to the first 250 participants. First come, first served. One meal per person. Must present valid Military ID card to be eligible. Dependents/Spouses not eligible. Additional meals may be purchased for \$13.50.



## 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





**#WEOWN FRIDAYS!**



**Jump Start Trampoline Park**  
**May 15, 2026 | 5:00 pm - 10:30 pm**

**\$16 PER STUDENT**

Open to 6th-12th graders. Must be registered with CYS. Permission slips must be signed and returned to CYS by **May 8, 2026**.

- 5:00 - Chicken Tender Dinner at CYS
- 5:45 - Leave for Jump Start Trampoline Park
- 6:00 - Pick up at Sparta Boys & Girls Club
- 7:00 - Arrive at Jump Start Trampoline Park
- 9:00 - Depart Jump Start Trampoline Park
- 9:45 - Drop off at Sparta Boys & Girls Club
- 10:10 - Drop off at South Post Community Center (CYS closes at 11 pm)
- 10:30 - Drop off at Youth Center

**502-898-4373**  
Call for questions



# BABYSITTING CLASS




**BECOME A SAFE AND RESPONSIBLE BABYSITTER!**  
 Class is hosted by Child & Youth Services.

Youth will learn many important skills including infant/child CPR and first aid, ages & stages, principles of discipline, nutrition, entertaining children, diapering, safety, business of babysitting, and much more. Role playing, experiential learning and the babysiter's "magic bag" makes this course useful and fun.

**DATES:** June 9 - 11, 2026  
Must attend all 3 days

**TIME:** 8:30 am - 1:00 pm

**AGES:** 12 & Older

**COST:** Free!

Call **502-898-8956** to Register

Must be registered by June 2, 2026. Youth must be registered with CYS to attend. Space is limited to 10 children. Kids can choose to bring their lunch or have it provided; we will just need a count when they enroll. 6th-12th graders: A \$8.00 per hour fee applies outside the class hours prior to 1 pm if you are not enrolled in the full-time camp week.


 @FortMcCoyMWR

**251<sup>ST</sup>**  
**U.S. ARMY**  
**BIRTHDAY**  
**JUNE 12, 2026**

**7:00 AM** **ARMY BIRTHDAY 5K RUN / 2 MILE WALK**  
**RUMPEL FITNESS CENTER (BLDG 1122)**  
 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

**CLUB OASIS**  
 SUPPER CLUB  
 Angelo, WI.

**GARY SINISE FOUNDATION**

NO ENDORSEMENT IMPLIED



FORT MCCOY  
*Leisure Travel Services*

# CREATE SHATTERED GLASS WALL ART

Sample Projects

SPACE IS LIMITED!  
**\$30**  
PER PERSON

CREATE 1 LARGE SIGN OR 2 SMALL SIGNS

**MAY 13, 2026 | 5:30 - 7:30 PM**  
AT THE **WHITETAIL RIDGE CHALET**

TO REGISTER, VISIT [www.thepaintshack.net](http://www.thepaintshack.net) or SCAN THE QR CODE  
Click on calendar/registration. Select May 13, and fill out registration details.

@FortMcCoyMWR

## 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

SPONSORED BY:  
US ARMY, NAVY, USU, EXCHANGE, MILITARY STAR, DISCOVER NETWORK

[armymwr.com/strongbands](http://armymwr.com/strongbands) | #STRONGBANDS

No federal endorsement implied.

# DOWN AND DIRTY TRAIL RUN

FORT MCCOY, WI

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

**KIDS 5 AND UNDER RUN FOR FREE!**

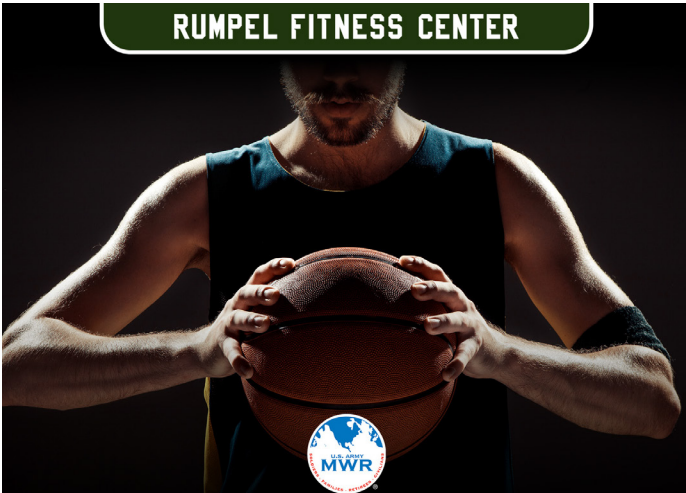
EARLY REGISTRATION BEGINS MAY 1	LATE REGISTRATION JUNE 17 - JUNE 20
<b>\$35</b> MILITARY & DOD	<b>\$40</b> MILITARY & DOD
<b>\$40</b> GENERAL PUBLIC	<b>\$45</b> GENERAL PUBLIC

SCAN TO REGISTER

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



RUMPEL FITNESS CENTER



OPEN PLAY BASKETBALL

Lace up and get in on the action with high-energy pickup basketball!

4:00 - 6:00 PM

DATES:

FEB 12 · MAR 12 · APR 9 · MAY 14

502.898.2290 [social icons] @FortMcCoyMWR

RUMPEL FITNESS CENTER



OPEN PLAY PICKLEBALL

Jump into the action and join us for fast-paced fun, games, great vibes. Perfect for players of all skill levels!

4:00 - 6:00 PM

DATES:

JAN 22 · FEB 19 · MAR 19 · APR 16 · MAY 21

502.898.2290 [social icons] @FortMcCoyMWR

RUMPEL FITNESS CENTER



OPEN PLAY VOLLEYBALL

Grab your team and come play, laugh, and compete from

4:00 - 6:00 PM

DATES:

JAN 8 · FEB 5 · MAR 5 · APR 2 · MAY 7

502.898.2290 [social icons] @FortMcCoyMWR



RUMPEL FITNESS 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

[social icons] @FortMcCoyMWR mccoymccoyarmymwr.com



Real Colors® is a temperament tool and workshop designed to improve communication skills to lead to better team work, in and out of the workplace.

## MAY 19, 2026

9:00 AM - 12:00 PM | ARMY COMMUNITY SERVICE OR SCHEDULE A REAL COLORS TRAINING FOR YOUR UNIT/ORGANIZATION

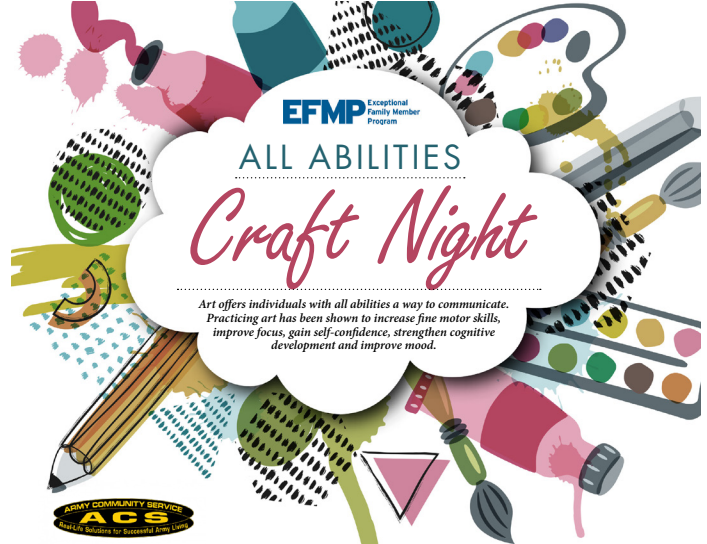
### JOIN US FOR INTERACTIVE TRAINING TO:

- Recognize strengths of yourself and others
- Understand how others process information
- Recognize the learning style of others
- Listen and speak in the language of other colors
- Build rapport quickly with others
- Use your communication style to connect with others

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 May 12, 2026. 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.



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!



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

### UPCOMING DATES

April 16 and May 14, 2026

4:30 pm - 7:00 pm

ACS Family Building (B2161)

**TO REGISTER, PLEASE CALL ACS AT 502-898-7262**

or send an email to: [sarah.l.wiedenfeld.civ@army.mil](mailto:sarah.l.wiedenfeld.civ@army.mil)

Please register at least one week prior to the event.



# MILITARY SPOUSE APPRECIATION

## A CELEBRATION OF STRENGTH: HONORING OUR MILITARY SPOUSES

In recognition of their incredible strength, resilience, and vital contributions to our Soldiers, Families, and the Fort McCoy Community, we invite you to a special appreciation event.



**MAY 8, 2026 | ARMY COMMUNITY SERVICE**

STOP BY ACS (B2111) BETWEEN **11:00 AM - 2:00 PM**

- Light refreshments and engaging conversation with fellow community members and the ACS Team.
- A special thank you for our military spouses: a certificate of appreciation and a commemorative coin.
- Information on valuable ACS resources available to support our families.

Feel free to bring your spouse along to celebrate with us, or simply stop by to pick up their appreciation items to take home.



No registration required. Limited quantities available. Employees must contact their supervisors regarding dismissal from work centers. Open to the Military Community. For information on upcoming training opportunities through ACS please go to <http://mccoymwr.com> and click on Calendar.

**CALL 502-898-3505 FOR MORE INFO**