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BUILDING 1395

9:00 - 9:30 am:
Military, Military Dependents
& Military Retirees*
*I.D. Required. Spouses and/or children may accompany I.D. Card Holder.

9:30 - 11:00 am:
DoD Employees & General Public

BUILDING 221

1:00 - 1:30 pm:
Military, Military Dependents
& Military Retirees*
*I.D. Required. Spouses and/or children may accompany I.D. Card Holder.

1:30 - 2:00 pm:
DoD Employees & General Public

Rules:

- Items will be offered on a first-come, first served basis.
- Accepting cash, check & card payments.
- Items must be picked up at time of purchase.
- All buyers must be in line; No saving places.
- Items are sold "As Is".
- No loading assistance available.
- Please bring rope or tie down straps to secure cargo for transport.

ITEMS FOR SALE INCLUDE:

- Dumbbells
- Kettlebells
- Weight Benches
- Squat Racks
- Rowing Machines
- Treadmills
- Ellipticals
- And More!

www.mccoy.armymwr.com | 608-388-2232

KICKAPOO

CANOE TRIP

JULY 27, 2024

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

DEPART	RETURN	\$30 PER PERSON
9:00AM	5:00PM	

REGISTER BY CALLING 608-388-3011
Registration ends July 15, 2024. Open to all Fort McCoy employees and their guests. Minimum of 10 participants.





JOIN US FOR A SPECIAL TRIAD NIGHT EVENT

ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

59TH ARMY COMMUNITY SERVICE BIRTHDAY! CELEBRATION!

THURSDAY, JULY 25, 2024 AT
McCOY'S COMMUNITY CENTER

Events Include:
TEAM BUILDING PIZZA MAKING CONTEST · TRIAD CUP VOLLEYBALL TOURNAMENT
Free Appetizers (first come, first served) · Prizes Awarded Throughout the Night!



3:30-4:00PM

LEADERSHIP FORUM
Featuring (Practically) World-Famous Business Humorist, Lisa David Olson!

4:00-5:30PM

CAKE CUTTING CEREMONY & GAMES



For Additional Info call
608-388-6712



OPEN TO ALL FORT MCCOY SOLDIERS, FAMILIES & CIVILIANS @FortMcCoyMWR

FORT MCCOY
TRIAD CUP VOLLEYBALL TOURNAMENT

McCOY'S COMMUNITY CENTER
JULY 25, 2024 | 4:00 PM

Grab your battle buddies & compete as a 6 member team (with unlimited roster spots for substitutions) to claim your spot on the Triad Cup leader board!
Registration ends 7-19-24

FOR ADDITIONAL INFORMATION ON TRIAD CUP EVENTS, REGISTRATION & RULES, VISIT MCCOY.ARMYMWR.COM, SCAN THE QR CODE OR CALL
608-388-2290 @FortMcCoyMWR

MILITARY APPRECIATION NIGHTS

USAA is honoring our Military Service Members that are currently serving by providing a **FREE MEAL** on the following nights throughout the summer.

JUNE 12, 2024 JULY 17, 2024

McCoy's Community Center
Dinner Served 6 pm - Close
While Supplies Last



Must show valid Military ID (dependents not included). Limited to 166 service members per night. First come, first served.



For additional information, call 608-388-5358

Fort McCoy MWR Independence Day Weekend Hours of Operation

- Army Community Service:** CLOSED July 4-5
- Auto Skills Center:** CLOSED July 4-5
9am - 5pm July 6-7
- Child & Youth Services:** CLOSED July 4
- McCoy's Community Center:** 11am - 3pm July 1-3
CLOSED July 4-7
- Pine View Campground:** 9am - 5pm July 4
- Rumpel Fitness Center:** 7am - 4pm July 1-3
CLOSED July 4
7am - 4pm July 5-7
24/7 Access will be available
- Ten Point Pub:** CLOSED July 4-5
11am - 4pm July 6-7





Army Community Service

Phone: 608-388-3505 | B 2111

The ACS Office will be closed July 4-5 in recognition of Independence Day.

CONNECT THE TOTS

July 9 -16 | 10:00 am - 12:00 pm
ACS Family Building (B2161)

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". To register, e-mail here. To register, e-mail here or call x2412.

NEWCOMERS ORIENTATION

July 10 | 8:00 am - 1:00 pm | McCoy's Community Center (B1571)

Are you new to Fort McCoy? Come and learn what we have to offer. Breakfast is provided. Spouses are highly encouraged to attend. To register, e-mail here or call x6712.

ALL ABILITIES SUMMER CRAFT NIGHT

July 11 | 4:30 pm - 7:00 pm | ACS Family Building (B2161)

Join us to discover the joy of art! Projects include sensory crafts, seasonal themed crafts and much more! To register by June 3, email here or call x7262.

USAJOBS & FEDERAL RESUME TRAINING

July 17 | 9:00 am - 11:00 am | B2111

Learn how to write a Federal resume to

feature your skills and get the attention of the hiring manager! Bring your laptop along. To register by July 15, email here or call x7262.

TRICARE & COUNTY VETERANS SERVICE OFFICE (CVSO) BENEFITS BRIEF

July 23 | 9:00 - 11:00 am | Army Community Service (B2111)

Are you struggling with TRICARE Prime Remote issues? Do you have questions regarding post military benefits and not sure how to access them? If so, these briefings are for you! CVSO briefing, 9 am - 10 am. TRICARE Humana briefing 10 am - 11 am. To register, e-mail here or call x6712.



HEROES4LIFE UNCONDITIONAL TRUST

This class will focus on understanding our choice to accept our relationships as they are versus having expectations that cause challenges and discomfort.

Defining trust differently allows us to examine and release expectations we hold.

- Engaging activities include:
- Learning what connects us and disconnects us from getting what we want?
- Implementing the Unconditional Trust Challenge in our lives.



JULY 15, 2024 FROM 10:00AM - 12:00PM AT MCCOY'S COMMUNITY CENTER

To register, please email:
nicholas.s.kletzien.civ@army.mil or vicki.m.harther.civ@army.mil or call 608-388-3505



ACS events are open to Military, Retirees, Civilian employees, Family members, survivors and registered Fort McCoy volunteers. Employees must contact their supervisors regarding dismissal from work centers.