



Operation: FIND YOUR DRESS

Fort McCoy MWR is providing Military Spouses with an opportunity to receive a FREE Ball Gown!

SEPTEMBER 6 | 4PM - 7PM
SEPTEMBER 7 | 12PM - 4PM

MCCOY'S COMMUNITY CENTER

Valid Military or Dependant ID Required.
Dresses & sizes are limited. Available on a first come, first served basis.

For Additional information contact
Ashley Sivert at, ashley.n.sivert.naf@army.mil
or call **502-898-5358**



I Love This Country

COUNTRY
INN & SUITES
SPARTA

737 Avon Road, Sparta, WI
(608) 480-8450
OX_SPRT@COUNTRYINNAMERICAS.COM

BOOK NOW

No endorsement implied



9-11 MEMORIAL RUN

In honor of the 2,975 Civilians, Soldiers, Sailors, Airman, Marines, Fire Fighters, Police, & various First Responders who lost their lives or were impacted from the 2001 terrorist attacks. Participants will participate in a 2.975 mile run or a 1.34 mile walk followed by a stair climb.

WEDNESDAY, SEPTEMBER 11, 2024

RUN BEGINS AT 6AM IN THE WEST PARKING LOT OF BLDG. 1695

FOR MORE INFO CALL **502.898.2290**

FREE & OPEN TO THE ENTIRE FORT MCCOY COMMUNITY

@FortMcCoyMWR | mccoy.armymwr.com






FORT MCCOY TRIAD CUP
3-ON-3 PAINTBALL TOURNAMENT
 WHITETAIL RIDGE
 AUG 29, 2024 | 3:00 PM

3:30-4:00PM	4:00PM	Sponsored By GARY SINISE * F.O. SEBASTIAN *
LEADERSHIP FORUM	PAINTBALL TOURNAMENT	

OPEN TO ALL FORT MCCOY SOLDIERS, FAMILIES & CIVILIANS

Free Appetizers (while supplies last) - Prizes Awarded Throughout the Night!



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






DJ TRIVIA
WED NIGHTS 6-8 PM

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

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

MCCOY'S COMMUNITY CENTER
 FOR MORE INFO CALL 502.898.2065
 NO REGISTRATION REQUIRED | OPEN TO ALL FORT MCCOY SOLDIERS, FAMILIES & CIVILIANS

 @FortMcCoyMWR



YOUR OPINION MATTERS!

FOCUS GROUP PARTICIPANTS NEEDED

Tell us what programs & events you would like to see offered at Fort McCoy. Participants will receive a FREE meal at McCoy's!

SEPTEMBER 18, 2024
 MCCOY'S COMMUNITY CENTER

9 AM Military Retirees & DoD Civilians
10:30 AM Soldiers & Family Members

CALL **608-388-2362** OR **502-898-2362**
 TO REGISTER TO PARTICIPATE




FALL INTO WELLNESS
 HARVESTING HEALTHY HABITS
 2024 FORT MCCOY WELLNESS FAIR

OCTOBER 9, 2024
RUMPEL FITNESS CENTER

10:00 AM RED CROSS BLOOD DRIVE
 Every drop counts! Don't miss your chance to help! Walk-ins are welcome.

10:30 AM 2 MILE WELLNESS WALK
 Day-of registration only. Turn in the bottom of your bib post race to redeem a FREE Wellness Fair T-Shirt! Sizes are limited. While supplies last.

11 AM - 1 PM BUSINESS SHOWCASE
 Learn about fitness & health services available at Fort McCoy & the surrounding community, including nutrition, health screenings & information on new products!

1 PM DOOR PRIZE DRAWING
 You don't need to be present to win!

FOR MORE INFO CALL **608.388.2290** OR **502.898.2290**

SPONSORS
NO ENDORSEMENT IMPLIED



 @FortMcCoyMWR



Labor Day 2024 Hours of Operation

- Army Community Service: **CLOSED Sep 2**
- Auto Skills Center: **CLOSED Aug 31 - Sep 2**
- Child & Youth Services: **CLOSED Sep 2**
- HQ Office Bldg 1668: **CLOSED Sep 2**
- McCoy's Community Center: **11 am - 6 pm Aug 30**
CLOSED Aug 31 - Sep 2
- Pine View Campground: **9 am - 5 pm Sep 2**
- Fitness Center BLDG 1395: **CLOSED Aug 31 - Sep 2**
24/7 Access will be available
- Ten Point Pub: **11 am - 4 pm Aug 31**
11 am - 4 pm Sep 1



Whitetail Harvest Fest

featuring a Tap Takeover presented by CAPITAL BREWING CO. & LA CROSSE BEVERAGE, LLC

OCT 12, 2024
1:00 - 6:00 PM

WHITETAIL RIDGE
8061 SOUTH F STREET FORT MCCOY, WI

EVENT INCLUDES:
Kids Crafts & Games Vendor Booths Pumpkin Painting
Food & Drink Specials & More!

Free & open to all Military, DoD, & public

CALL 608.388.5358 OR 502.898.5358 FOR MORE INFO

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RUMPEL FITNESS CENTER FITNESS CLASSES

ALL CLASSES ARE FREE

TUESDAYS BODY BLAST 3:30 - 4:00 PM	WEDNESDAYS AQUA FIT 4:00 - 4:30 PM	THURSDAYS SPIN 3:30 - 4:00 PM
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Crafting Your Resilience

U.S. ARMY MWR

Family Time = Fun Time!
Join us...At each 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!

2024 Dates: Jun 29, Aug 3, Sep 21

9 am – 12 pm (noon)
8 am start time for EFMP Families

ACS FAMILY BUILDING | 2161 South J Street

To register, please call ACS at 608-388-7262 or send an email to lorie.l.retzlaff.civ@army.mil

EFMP Exceptional Family Member Program

ACS Army Community Service