



Army Community Service Phone: 608-388-3505 | B 2111

CONNECT THE TOTS

April 30 | 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 or call x2412.

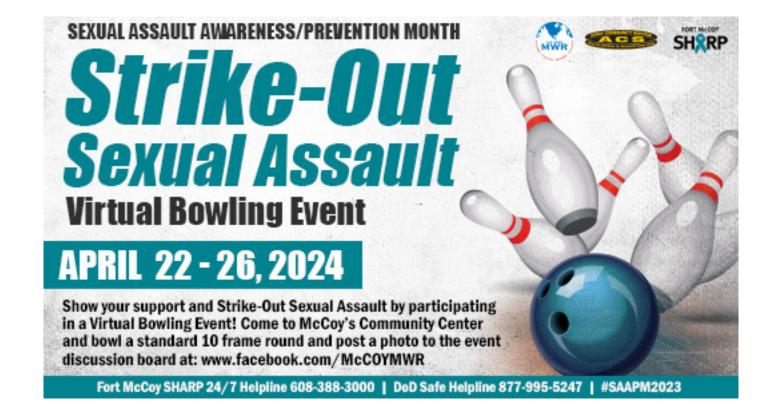
FAMILIES THAT GROW TOGETHER, STAY TOGETHER - IN HONOR OF MILITARY SPOUSE APPRECIATION DAY

May 10 | 10:00 am - 12:00 pm ACS Family Building (B2161)

Military life isn't easy, even if military spouses make it look that way! Military spouses impress us all the time with their ability to conquer challenges and power through demanding circumstances. Army Community Service is celebrating strong spouses.

- Military members will have priority registration until April 30.
- All patrons until May 7
- Participants will receive a Strong Bands wrist band

To register, email here or call 608-388-7262







Pedals and Paddles | May 11 | 10 am - 12 pm & 1 pm - 3 pm | Whitetail Ridge Ski Area Bring the whole family out to Whitetail Ridge and learn to paddle board and enjoy a scenic ride through our off road trails on fat tire bikes!

Plant a Pizza Garden | May 6 - 12 | School Age Center bldg 1792
Children enrolled with Fort McCoy CYS will learn about gardening and healthy eating by planting herbs that can be used for pizza sauce. Children will also make their own Pizza English Muffin snacks!

N - NUTRITION

Protein Bowl | Month of May | McCoy's Community Center Enjoy a great lunch with the perfect healthy meal, a Protein Bowl. Packed with protein, grains, and vegetables, Protein Bowls are the perfect nutritional meal!

D - DETERMINATION

3-on-3 Basketball | 4:00 pm | May 23 | Rumpel Fitness Center bldg 1122 Bring your A-game for this 3-on-3 street basketball tournament!

S - STRENGTH

Month of the Military Spouse: Families That Grow Together, Stay Together May 10 | 10:00 am - 12:00 pm | ACS Family Building 2161 Join us as we discuss ways to grow together as a couple and strengthen relationships. Workshop includes the opportunity to create and learn how to care for a container garden.

COMMIT-STAY FIT! #STRONGBANDS

Attend featured fitness events at your garrison





Gain valuable fitness tips throughout May by visiting ArmyMWR com/STRONGBANDS















Putting an End to Arguing, Back Talk, and Begging 11:30am-1:00pm April 17 Teaching Responsibility Without Losing Their Love May 1 11:30am-1:00pm **Setting Limits Without Waging War** May 8 11:30am-1:00pm **Avoiding Power Struggles** May 15 11:30am-1:00pm Guiding Kids to Own and Solve Their Problems

ARMY COMMUNITY SERVICE FAMILY BLDG 2161

11:30am-1:00pm Teaching Kids to Complete Chores...Without Reminders or Pay

Open to parents with kids of all age groups

To register, please call ACS at

608-388-3505 or email: lorie.l.retzlaff.civ@army.mil or brittany.r.sonie.civ@army.mil





Building Wealth **WITH YOUR VA HOME LOAN**

MONDAY, APRIL 29 2 PM or 4 PM TUESDAY, APRIL 30 **ARMY COMMUNITY**

If you are eligible for a VA home loan and have questions or are just confused about the process, join Army Community Service (ACS) in welcoming Mike Cox and Brian Hofmann to learn how maximizing your VA loan can help you build wealth





SERVICE BLDG 2111







Mike Cox is a



Register by calling 608-388-3540 or emailing janeen.j.folgers.civ@army.mil