



# W I N S I D E T H E S C O O P

Hey Fort Benning! 🙌 We're always up to something fun around here. Keep scrolling to get the inside scoop on what we have planned for the next two weeks, and be sure to check out a few other noteworthy dates at the bottom of the email! Trouble viewing? [View the latest edition online.](#)

## On the Radar



**FALL PREVENTION STRATEGIES**  
New Wellness Class **Free**

**April 6** • 4:30 - 5:30 p.m.  
Santiago Fitness Center

**May 5** • 4:30 - 5:30 p.m.  
Smith Fitness Center

**Class Highlights:**  
Wellness Insights • Eating for Power  
Practical Action Steps • Practice Exercises to Prevent Falls

For more details, call 706-936-5444 or scan 

### April 6

#### Fall Prevention Strategies

Falls are not an inevitable part of aging; proactive measures are essential for maintaining an active lifestyle. Join our new, FREE Fall Prevention Strategies class from 4:30 to 5:30 p.m. on April 6 at Santiago Fitness Center! This comprehensive session goes beyond the basics, equipping you with a complete toolkit for safety, strength, and vitality. Whether your goal is to garden effortlessly or keep up with grandchildren, this class is designed for you. Registration is not required.

[Learn More](#)



**VOLUNTEERS NEEDED!**  
**FORT BENNING FIELD DAY**  
For Tri-Community Exceptional Children

10th ANNUAL

PRESENTED BY Liberty

**APRIL 17**  
YORK FIELD & SMITH FITNESS CENTER

SPONSORED BY: TELEMYND, MWR, ACS, EFMP

SCAN QR CODE TO VOLUNTEER!

### Deadline: April 10

#### EFMP Field Day

More than 1,400 students from across the Chattahoochee Valley will meet at York Field and participate in a variety of sporting activities that celebrate their unique abilities at the 10th Annual Field Day for Tri-Community Exceptional Children on April 17! Our wheelchair athletes will take over Smith Fitness Center for events and activities catered just for them. Sign up to be a volunteer and support these exceptional athletes! The deadline to volunteer is Friday, April 10.

[Learn More](#)



## April 11-12

### Kings Pond Campout

The next Kings Pond Campout is on April 11! Join us as we celebrate Month of the Military Child with a weekend packed full of outdoor fun. Enjoy the stunning natural beauty of Kings Pond with activities like kayaking, fishing, games, bonfires, and overnight camping.

[Learn More](#)



## April 16

### High 5 Bingo Special

Join MWR Bingo for a high-five celebration in honor of National High Five Day on April 16! All Admission Pack game payouts are \$555, Quickie payouts are \$55 and Warmups all pay out \$105! Doors open at 3:30 p.m. Don't forget to bring your high-fives and a fun spirit!

[Learn More](#)

## For the Kiddos



## Deadline: April 13

### Middle School & Teen "Harlem Nights"

Join the Middle School & Teen Center's Harlem Nights on April 17 from 6 - 9 p.m., where middle and high school students are invited to enjoy an unforgettable evening filled with friendly competition and nonstop fun. For just \$5, youth will receive light refreshments, games, and \$25 MST Bucks to use on even more games and activities throughout the night. Roaring 20s attire is encouraged to add to the vibe! Registration ends April 13.

[Learn More](#)



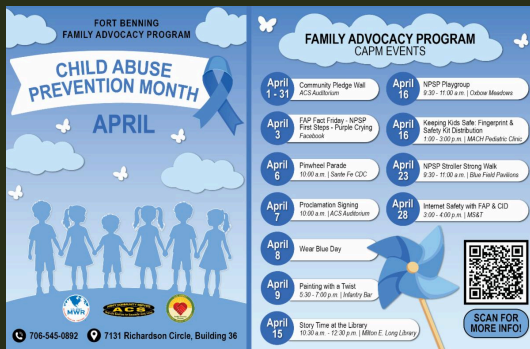
## Register Today!

### Black Knights Football & Cheer

It's time for Black Knights Tackle Football & Cheer! The CYS Youth Sports tackle football and cheer league is open to youth ages 7 – 13! Registration is \$200 per player / cheerleader and includes fees to Columbus Youth Football, uniforms and trophies. Practices will be on post and games will be played in Columbus, Phenix City and Russell County. The season takes place August through December and registration ends July 31 - sign up today!

[Learn More](#)

# Army Community Service



## April 1-30

### Child Abuse Prevention Month

Get ready to make a difference this April as we celebrate Child Abuse Prevention Month! This nationwide movement is all about raising awareness and taking action to prevent child abuse and neglect. It's not just about responding to harm - it's about building strong, supported families to ensure abuse never happens in the first place. Find what we have planned during April on our website.

[Learn More](#)

## April 16

### Preparing for Your Financial Future

The ACS Financial Readiness Program offers a free, online Preparing for Your Financial Future class on April 16 from 1-3 p.m.! Join us as we discuss how setting financial goals inspires purpose, focus, and direction for individuals. It will also discuss how to avoid some of the pitfalls of failing to set SMART goals. Registration is required. To enroll in the training, please use the registration link provided below.

[Learn More](#)

## Spotlight



Run, Honor, Remember! The Run to Remember 5K is our annual run to honor and remember our Fallen Service members who sacrificed their lives for this country. Join us Saturday, May 16 at 8 a.m. as we line up at Doughboy Stadium to memorialize our Fallen.

Pre-registration opens April 6 and ends May 15 at noon. Pre-register online via WebTrac or in person at Smith Fitness Center, Building 2874. Pre-register for \$20 for runners ages 6 and up and \$15 for children 5 and under. Registration fees are an additional \$5 per person on race day.

[Learn More](#)



The Bowling & Entertainment Center is open! Stop in and bowl or enjoy the indoor PlayZone with an interactive toddler area, a rock climbing wall, ball shooters, slides, tunnels and more! Parents can also enjoy a meal and conversation from The Checkpoint restaurant onsite while the kids tire themselves out. Don't forget to bring socks! Open seven days a week.

[Learn More](#)

[Quick Look](#)

**4/3:** FAP Fact Friday  
**4/4:** 3D Archery Tournament  
**4/4:** Beginner Pistol Training Course  
**4/4:** Super Bingo  
**4/4:** Crafternoon at the Library  
**4/6:** Run to Remember 5K *registration opens*  
**4/6:** Tummy Time at the Library  
**4/6:** 1918 Club Annex Lunch Buffet: Southern Buffet  
**4/6:** Milestone Monday: Financial Prep for Marriage  
**4/6:** Fall Prevention Class  
**4/6:** EFMP Workshop  
**4/6:** Middle School & Teen Operation Megaphone Kickback *registration opens*  
**4/7:** 1918 Club Annex Lunch Buffet: Taco Tuesday  
**4/7:** Family Fishing Night  
**4/8:** Wear Blue Day  
**4/8:** Storytime at the Library  
**4/8:** 1918 Club Annex Lunch Buffet: Pasta Buffet  
**4/9:** Painting with a Twist  
**4/10:** Romance Book Club  
**4/10:** EFMP Field Day volunteer deadline  
**4/11:** Kings Pond Campout  
**4/13:** 1918 Club Annex Lunch Buffet: Southern Buffet  
**4/13:** Milestone Monday: Financial Prep for Divorce  
**4/13:** Military Monday Bingo Session  
**4/13:** Middle School & Teen Harlem Nights *registration ends*  
**4/14:** Community Information Exchange  
**4/14:** CPR Class  
**4/15:** Storytime with the Family Advocacy Program  
**4/16:** New Parent Support Program Playgroup at Oxbow Meadows  
**4/16:** CPR Class  
**4/16:** Fingerprint & Safety Kit Distro  
**4/16:** Preparing for Your Financial Future  
**4/16:** Right Arm Night at the Infantry Bar  
**4/16:** High Five Bingo Special  
**4/16:** School Age Center Summer Break Camp *registration opens*

[Web Calendar](#)



Fort Benning MWR | 6850 Barron Ave. Building 85 | Fort Benning, GA 31905 US

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