



MARCH 2020

ARMY VOLUNTEER CORPS & ARMY FAMILY TEAM BUILDING: (337) 531-1895

24, 25, 26 0830-1500 AFTB LEVEL G @FRC

EMPLOYMENT READINESS PROGRAM: (337) 531-1957

10 1000-1400 10 STEPS CLASS @FRC
1730-2000

27 1000-1300 MILITARY SPOUSE EXPO @WARRIOR CENTER

FAMILY ADVOCACY PROGRAM: (337) 531-1938

03 1130-1330 ANGER & STRESS CLASS @ACS

FINANCIAL READINESS PROGRAM: (337) 531-1957

04, 11, 25 0800-1230 FIRST TERMERS MONEY MANAGEMENT @ACS

NEW PARENT SUPPORT PROGRAM: (337) 531-7065

EVERY TUES. 0900-1100 PLAY MORNING @ACS

26 1400-1700 BABY BOOTCAMP @FRC

MOBILIZATION AND DEPLOYMENT: (337) 531-7087

11 0830-1230 KEY CONTACT TRAINING @FRC
1700-2000

18 0900-1530 SFRG LIAISON TRAINING @FRC

25 0830-1230 SFRG INFORMAL FUNDS @FRC
1700-2000

RELOCATION READINESS PROGRAM: (337) 531-6952

EVERY THURS. 0800-1400 NEWCOMERS @ACS

10, 24 CALL OCONUS/CONUS ORIENTATION @ACS



JRTC and Fort Polk

Fort Polk Military Spouse Career Empowerment Expo
DoD Military Spouse Career Empowerment Expo



March 27th 2020, 9:00am – 3:00pm
The Warrior Center



Morning Program:

- Guest Speakers from Military Spouse Employment Partnership (MSEP), MilitaryOneSource, and a DoD Program Overview.

Afternoon Program:

- Lunch and Learn sessions with topics such as "Be Your Own Boss" and the "Federal Hiring Process."
- Additional sessions will include topics of "Not Finished Learning Yet," "Let's Get To Work," and much more!
- Career Coaches from MilitaryOneSource will answer questions about career paths, education benefits, and resume reviews.
- Hiring Fair and Resource Booths – 30 Employer tables and 10 Resource tables
- Free LinkedIn Professional Headshots.

Registration will be required for both morning and afternoon sessions.
Child care will be provided to all registered CYS hourly care children.

Registration for childcare must be done NLT 20 March 20

**Registration information will be published NLT March 5th 2020.

***For more information contact Stacey Delgado/531-6922/Stacey.r.Delgado.civ@mail.mil



Find us on

Facebook

@FORTPOLKARMYCOMMUNITYSERVICE

ACS EVENTS

MFLC

Military & Family Life Counselor Program

Need someone to talk to? Call (337) 531-1941

MFLCs work with families, individuals, couples and children to provide non-medical problem identification counseling services. Walk into ACS: 0800-1630 (M-F)

Fort Polk Catfish Derby

Family Fishing Fun!



18 APRIL 2020

0700-1200

CATFISH COVE

FORT POLK, LOUISIANA

Join the JRTC & Fort Polk as we celebrate the 50th Annual Earth Day with our Catfish Derby! Fishing will begin at precisely 0700 at Catfish Cove on 18 April 2020. Children ages 15 and under are allowed to fish. Persons 16 and over are allowed to assist children fishing. This event is open to the public.

For more information please call the Conservation Branch at (337) 531 - 1971

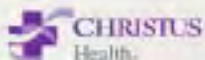
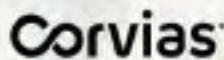
INTRAMURAL SPORTS

ARMY 10 MILER QUALIFIER #1

**6 MARCH • 0630
MARION BONNER TRAIL**

**OPEN TO ALL ACTIVE DUTY, FAMILY MEMBERS,
RETIREES, AND DOD CIVILIANS 18 YEARS +
(ONLY ACTIVE DUTY CONSIDERED FOR FORT POLK ARMY TEN MILER TEAM)**

REGISTER AT WHELOCK FITNESS CENTER



Sponsorship does not imply endorsement by the U.S. Army, and/or JRTC & Fort Polk



INDOOR SKYDIVING TRIP



7 MARCH • HOUSTON TX

DEPARTS HOME OF HEROES REC CENTER 1400

\$40 | PRICE INCLUDES
TRANSPORTATION & TICKETS FOR 3 JUMPS
PER SOLDIER (STANDARD, HIGH JUMP, & VIRTUAL REALITY JUMP)

SINGLE SOLDIERS ONLY

SIGN UP AT HOH REC CENTER BY 29 FEB

CALL 337-531-1948

GARRISON COMMANDER'S



4 Person

Scramble

MARCH 6 11:30 PM

\$25 ENTRY FEE



📍 GREENS FEE

📍 CART

📍 LUNCH

📍 PRIZES

📍 Winners' Names
on Anvil Trophy



REGISTER NOW!

CALL: 337-531-1982

polk.armymwr.com



TOLEDO BEND REC SITE MONTHLY BASS TOURNAMENT



FEB 1
MAR 7
APR 4
MAY 2
JUN 6
JUL 11
AUG 1
SEP 5
OCT 3
NOV 7
DEC 5



CALL 318-565-4484

ALLEN MEMORIAL LIBRARY

STORY TIME & MOVIE

**LISTEN TO A STORY, DO A CRAFT
& WATCH A MOVIE WITH FAMILY**

MARCH 10 @ 5PM

**THIS MONTH'S
MOVIE IS**

“A BUG’S LIFE”



**REGISTER AT THE LIBRARY
337-531-BOOK(2665)
POIK.ARMYMWR.COM**





Fort Polk Youth Sports

TRACK & FIELD

8 WEEK CLINIC

PRACTICE DAYS

MONDAY & WEDNESDAY

5:30PM



AGES 6 - 16



REGISTER FEB 10 - MAR 13

OPEN TO THE PUBLIC

FOR INFO CALL 337-531-6004





NBA 2K20
MARCH MADNESS
VIDEO GAME TOURNAMENT

1730
13 MARCH

\$5 ENTRY FEE



337 - 531 - 1948

BOSS

Luck of the Spin

MAR 15

AEROBICS ROOM
WHEELOCK FITNESS CENTER

5:00 - 6:30 PM

SPIN TO WIN RAFFLE
PRIZES DURING CLASS

REGISTER @ WHEELOCK
LIMITED SPACE
\$7 PER PARTICIPANT
337-531-6795



STRONGEST YOUTH



COMPETITION



MARCH 21

PEREZ FIELD

REGISTER ON SITE DAY OF EVENT AT 9AM
COMPETITION BEGINS 10AM

Age Divisions:
8-9, 10-11, 12-14,
15+



FREE

OPEN TO THE PUBLIC

CALL 337-531-6004 FOR INFO



21 MARCH @ 1830

WARRIOR HILLS GOLF COURSE

FREE

(SINGLE SOLDIERS ONLY)

CALL 337-531-1948

(LIMITED SPACE, SIGN UP BY 13 MARCH)

BOSS

BOSS IS PROUDLY SPONSORED BY



Corvias



Sponsorship does not imply endorsement by the U.S. Army, and/or ARTC at Fort Polk





Volunteer at the Humane Society of West Louisiana

22 March
1000 - 1300

No Experience Required



337-531-1948



LEGO®S AT THE LIBRARY



Allen Memorial Library

Ages 5-12

Lego Free Play, Challenges, Games, & Activities

Kids build fine motor skills, pre-engineering concepts,
& increased creativity

Jan 22 • Feb 26 • Mar 25
4:30pm

Registration at the
Library Required

Call 337-531-2665
polk.armymwr.com



Parent & Outreach Services

Parent Education Classes

4th Thursday of each Month

Bldg 400 @ 12pm

Hosting CDC @ 4:30pm

January 23

February 27

March 26

April 23

May 28

June 25

July 23

August 27

September 24

October 22



For more
info call

337-531-1955



UNITED STATES ARMY
CHILD & YOUTH SERVICES

6TH ANNUAL

Gulf Coast Military Travel Expo



March 26

10am - 2pm



EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE

**Main Post
Exchange**

**Meet with vendors for info about
vacations, day trips, & weekend getaways**

Enjoy Door Prizes & Giveaways

Call 337-531-2728

AMAZING



Mar 28 • 8am
Showboat Theatre

Register • Mar 5 - 23
Allen Memorial Library & Home of Heroes Rec Center

COSTUME CONTEST

LIMITED SPACES

16 Family & 16 Soldier/Adult Teams
(3 - 5 per team) First Come First Serve

**Race around South Polk & perform activities
for clues to the next destination**

Challenges include physical fitness & critical thinking activities

Call 337-531-6956

| polk.armymwr.com



PROUDLY SPONSORED BY:

BENOIT AUTO, SOUTHWEST BEVERAGE, USAA

CHRISTUS US FAMILY HEALTH PLAN, CORVIAS, PAPA JOHNS

K&R FURNITURE, NORTHWESTERN STATE UNIVERSITY, KVVP, KLMX, KROK, GEICO, HIXSON

ACADEMY SPORTS, BARKSDALE FEDERAL CREDIT UNION, SABINE STATE BANK, TABOO HARLEY DAVIDSON, WALKER AUTOMOTIVE

SMITH JEWELERS, BEAUREGARD HEALTH

SPONSORSHIP DOES NOT IMPLY ENDORSEMENT BY THE US ARMY AND/OR JRTC AND FORT POLK

FAMILY AND
MORALE, WELFARE, & RECREATION
PRESENTS

FROZEN II



March 28

Headquarters Field
Free Concessions Open 6:30pm
Movie Begins 7:30pm
polk.armymwr.com • 337-531-1959



K&R Furniture, Geico, Hixson, and KVVP, KROK & KUMX

Sponsorship does not imply endorsement by the U.S. Army, and/or JRTC & Fort Polk



SCREENAGERS **NEXT** **CHAPTER**

UNCOVERING SKILLS FOR STRESS RESILIENCE

BY: CHILD AND YOUTH SERVICES

WHEN: MAR 31, 5 - 8PM

WHERE: THE WARRIOR CENTER

FREE: PASTA DINNER, DISCUSSION, DOCUMENTARY

CALL: 337-531-1992 TO REGISTER



screenagersmovie.com

Intramural Sports

7 vs 7 Soccer Tournament



Teams of 7-10 Players

Submit roster with team name, unit, & 2 POCs



**30 MAR -
2 APR**

1800 - 2100

SOLDIERS ATHLETIC COMPLEX

Register at
Wheelock Fitness Center
or email

sean.p.mccroary.naf@mail.mil

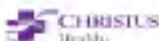


Open to Active Duty, Family
Members, Retirees, & DoD
Civilians 18 years & older

CALL 337-531-2056



Corvias



Proudly Sponsors Intramural Sports

Sponsorship does not imply endorsement by the U.S. Army, and/or HHC & Fort Polk

**JOIN US
FREE!**



F.I.T. Club

Siegfried Youth Gym



Mon • Wed • Fri 9:30-10:30am

F.I.T. Club is a class where participants meet to have a positive & encouraging environment to exercise. The workouts include strength & cardio.

Children are welcome to come (there is space for them to play in the gym while participants workout.) Toys, strollers, etc., are permitted, but please no food, drinks (with the exception of water), or coloring utensils.

All are welcome! Please bring water, weights, and a mat.

Come check out the class and see what you think!

Call 337-531-6004 for more info or join the class Facebook page: F.I.T. Club

Must be registered with CYS and enrolled to attend

Child and Youth Services

Warrior Running Club

Every Friday Perez Field

5:30 pm - 6:30 pm Grades 1 -12

**Participants must be registered with
CYS and have current sports physical**



Call 531-6004



MUSIC TOGETHER

For infants, toddlers, preschoolers, and their
parents/caregivers.

3 Available
Sessions

- September - November
- January - March
- April - June

Each Session \$150

1st Month: \$70

2nd Month: \$40

3rd Month: \$40

Children MUST be Registered with CYS and have
Current Health Assessment

Call 337-531-6004



Fort Polk

**Middle School
& Teen Center**

**Siegfried Youth Center
Bldg 4996**

FREE

**CYS REGISTRATION
REQUIRED**

**6th - 12th
Grades**

**Mon - Thurs
2:30pm - 7:00pm**

**Fri
2:30pm - 8pm**

**Dinner
provided
weekdays**

**Call
531-1992**

Buses From

- **Vernon Middle**
- **Leesville Jr High**
- **Leesville High**
- **Pickering**





BRAZILIAN



JIU JITSU

\$48per child per month

BLDG 744

*Tuesdays + Thursdays
(6 - 8 yrs) 5:30_{PM} - 6:30_{PM}
(9 yrs +) 6:30_{PM} - 7:30_{PM}*

**CHILD MUST BE REGISTERED WITH CYS AND
HAVE CURRENT HEALTH ASSESSMENT**

CALL 337-531-6004

A decorative border featuring stylized lemons and orange flowers with teal leaves, framing the central text.

**Fort Polk Recycles & the
Recycling Center Present:**

*The Spring Cleaning
Recycling Challenge*

for Military Families

from March 1 - March 31, 2020

Soldiers and their families can bring aluminum cans, white and mixed paper, and cardboard to the Recycling Center to be weighed and recorded by staff from 0830 to 1530 Monday - Friday.

**For questions, contact Fort Polk Recycles
at (337) 531-1105**

Women Veterans Brunch

In Honor of Women's History Month

March 21st, 2020

10:00 am - Noon

Veterans of Foreign Wars Post 3106 Leesville, LA

Hosted by Veterans of Foreign Wars District 5



- Brunch Provided courtesy of US Family Health Plan
- Guest Speaker CSM Drewitt, JRTC Operations Group, TF Sustainment
- Door Prizes and more....

Groundbreaking for Women Veterans Memorial at Noon

Space is limited. You must sign up!

Please contact your local VFW to sign up.

*3106 Leesville
7321 Lake Charles*

*3619 Deridder
2130 Lake Charles*

3686 Jennings

*9046 Welsh
9854 Vinton*

*3802 Dequincy
4759 Starks*

Active Duty contact Tresa Tolley at 337-353-9136