



Gary F. Mouglin

November 12, 1947 - December 5, 2025

Gary Francis Mouglin, 78, passed away peacefully on December 5, 2025, surrounded by his loving family.

Born on November 12, 1947, in Pittsfield, Massachusetts, he grew up in nearby Dalton where he met the love of his life, Maryann.

Gary earned a Bachelor's degree in Physical Education and two Master's degrees in both Education and Counseling from the University of Bridgeport. He and Maryann settled in Wilton, Connecticut where Gary taught physical education for 38 years. During his time as head coach of the Wilton High School Gymnastics team, he led his athletes to three state titles and a regional championship, earning recognition as Connecticut High School Coach of the Year. He also founded the Wilton Parks and Recreation gymnastics program for elementary and middle school kids, inspiring generations of young athletes.

A devoted fan of the Red Sox, Patriots, and Celtics, Gary embraced sports with enthusiasm and joy. One of his great pleasures was sharing that spirited fandom with his family. Gary especially loved that his children would always find ways to watch games and "yell with helpful purpose" right alongside him, both in person and virtually.

Gary also had a passion for old Corvettes and loved attending car shows. His soundtrack of choice was always old-time rock and roll, which brought him joy and reminded him of the energy and spirit of earlier days.

For the last 45 years, Gary and his family spent their summers at their cherished house on Plunkett Lake in Hinsdale, Massachusetts. There he helped create a lifetime of memories—water skiing, campfires, listening to music, laughing and simply enjoying being together in the Berkshires that he loved so dearly.

In retirement, Gary and Maryann made their home in Estero, FL, at Pelican Sound Golf and River Club. His competitive spirit thrived in pickleball games and bocce leagues, and he was known for offering advice as enthusiastically as he played. He developed close friendships over the last ten years with a group of wonderful people and felt like they'd all been friends for decades. More than anything, he was especially grateful for the gift of also having truly lifelong friends that would always be a part of him. He valued their friendship and saw them as the brothers he never had.

Gary is survived by his devoted wife and best friend of 53 years, Maryann; his children, whom he supported and loved deeply: Katy Haas (Kevin) of Danbury, CT; Conor Mougín (Josie) of Seattle, WA; and Amanda Mougín (Jason) of Pittsfield, MA.

He leaves behind three beloved grandchildren—Charlotte Haas, Max Mougín, and Romy Mougín—who were the lights of his life. He is also survived by his sister, Judy Duquette of Dalton, MA, as well as many nieces and nephews. Above all else, Gary believed in love—loving big, loving openly, and letting the people in his life know what they meant to him. Known for his kindness, his welcoming nature, and his quick sense of humor, Gary had a unique ability to make others feel supported and included.

He was a devoted husband, a supportive father, and a proud grandfather. He will be remembered not only for what he accomplished, but for the way he made people feel: valued, supported, and loved.

He leaves us with full hearts, countless memories, and the reminder to live as he did: be gracious, be inclusive, cheer loudly, laugh often, and always make room at the table.

His legacy lives on in every life he touched.
He will be missed more than words can say.

A celebration of Gary's life will be held at a later date. Details will be shared with family and friends once arrangements are finalized. In lieu of flowers, the family kindly asks that memorial contributions be made to Gulf Coast Humane Society as a tribute to Gary's longtime love of animals and the kindness he brought into the world

Tribute Wall

PC

“ *A high school friend and baseball team member at Wahconah Regional High School Class of 1965....I will be praying for your family and looking forward to see Rocky in Heaven!!!!*

Paul W Casey - December 12, 2025 at 09:43 PM

LH

“ *Mr. Mougín influenced my life so much because his lessons transcended the gym. Because of him, I gained confidence and leadership skills and fell in love with teaching. May you find comfort in knowing how many people he inspired.*

Lisa Howe - December 12, 2025 at 12:56 PM

JG

“ *Gary was one of the most kindhearted people I've ever met. He was a passionate teacher and cared deeply for his students. He will be missed by everyone that ever came in contact with him. My condolences to the family and his dearest friends.*

*Sincerely,
Jay Gossman*

Jason Gossman - December 12, 2025 at 03:03 AM

LP

“ *So many years of working with Gary and seeing his smiling face & a warm friendly greeting. He always made the day start off on a positive note. Sending love to all. His was a life well lived. Lynne Powell*

Lynne Powell - December 11, 2025 at 09:29 PM

TE

“ Troy E. planted a grove of 3 [Memorial Trees](/store/Product.aspx?ProductId=4518) in honor of Gary F. Mougín.

Troy E. - December 11, 2025 at 01:01 PM

AJ

“ Never remotely an athlete, I do remember we had a gym section in the gymnastics room, and he was very encouraging and made me brave.

Amy Ross Jolly - December 11, 2025 at 09:40 AM

JC

“ Dear Mary ,We were so sad to learn of Gary's passing. We have so many good memories of our times spent with you and we can't forget ERIN
With sympathy and love,
Carol and Jim Cook

James Cook - December 11, 2025 at 09:07 AM



“ Gracious Lavender Basket was purchased for the family of Gary F. Mougín.



December 10, 2025 at 11:23 PM

NL

“ Norman Lesh planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Gary F. Mougín.

Norman Lesh - December 10, 2025 at 11:23 PM

NL

“ *The best friend I ever had. We were like Gus and Woodrow in Lonesome Dove. He was there for me in my darkest days and could make me laugh every time I spoke to him even when he was dying. His death has left a hole in my life that cannot ever be filled. I miss him terribly. We had memories going back decades. Good ones. I don't know what I'll do without him.*

Norman Lesh - December 10, 2025 at 11:14 PM

BM

*Maryann
I am so sorry to hear about Gary. He was the consummate professional and always so calm. Thinking of you and the kids.
Barbara Mecozzi*

Barbara Mecozzi - December 11, 2025 at 08:27 PM

NL

“ *The best friend I ever had. We had similar tastes in almost everything in a way that can't be described. He supported me and kept me company during my darkest days. He made me laugh every time I saw him even when he was dying. His death has left a huge whole in my life that can't be replaced. I miss him terribly. We were like Gus and Woodrow in Lonesome Dove.*



Norman Lesh - December 10, 2025 at 11:06 PM

PA

“ I am so sorry to hear of his passing. Mr. Mougín coached me in gymnastics across many years in Wilton. He was kind, supportive and actually knew how to spot us when we were failing to land things.

Patti Andrews - December 10, 2025 at 10:10 PM

SS

“ Sandy Stoneburner lit a candle in memory of Gary Mougín



Sandy Stoneburner - December 10, 2025 at 08:44 PM



“ Growing up in Dalton, I knew Rocky as a Wahconah athlete who was a friend to everyone, regardless of age. Later I was privileged to enjoy his and Maryann's generosity and hospitality both in Hinsdale and Connecticut, where I got to meet their children and granddaughter. I am saddened to hear of his passing and extend my deepest condolences to his family.

Mark Franklin - December 10, 2025 at 07:08 PM