**Aberdeen Proving Ground** 





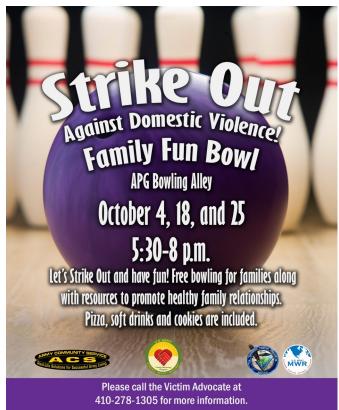


# InDemand e-Newsletter

ISSUE 10-2







# **APG Fitness Centers Expanded Hours**

THE FOLLOWING MWR ELIGIBLE PATRONS WILL BE ALLOWED ACCESS TO THE APG HTMESS CENTERS ON A FIRST COME FIRST SERVICE BASIS ON THE SCHEDULE LISTED BELOW.
Active Duty, Betired Military, Active Duty a. Retired Military Family Members and Current Bod Civ Employees, Proof of eligibility must be presented for entrance (CAC, DOB ID Cards



#### **Domestic Violence Helpline**

410-652-6048

Available around the clock, every day of the year, for victims of domestic violence.

https://aberdeen.armymwr.com/calendar/event/virtual-workshop-domestic-violence-101-civilians-contractors/4899134/55557

## **Help Fight Domestic Violence**

#### **Victim Advocacy** Information Tables

October 4-8. Commissaru/Kirk Medical Clinic October 12-15. AA Athletic Center and AA Recreation October 18-22, Hoyle Gym and Starke Recreation Center



**Need information on Resources?** 

You have options for assistance.

Stop by one of our informational tables and speak with the Victim Advocate.







Show off your purple attire on Fridays as we observe Domestic Violence Awareness Month. Team APG is encouraged to wear and/or showcase purple

For more information, please call he FAP offices at 410-278-1505.







Stay ahead of the crowd and participate for DV awareness.

> For more information contact 410-278-1305

Take a walk or run for Domestic Violence Awareness Month. ACS/FAP is hosting a month long virtual 5K. The event is at your own pace and location. (i.e., home, gym, track etc...)

Run or walk in your purple gear. Take a picture and share your photos. **Use #APGDVAwareness** https://www.facebook.com/APGMWR

Sports towels to the first 150 participants.

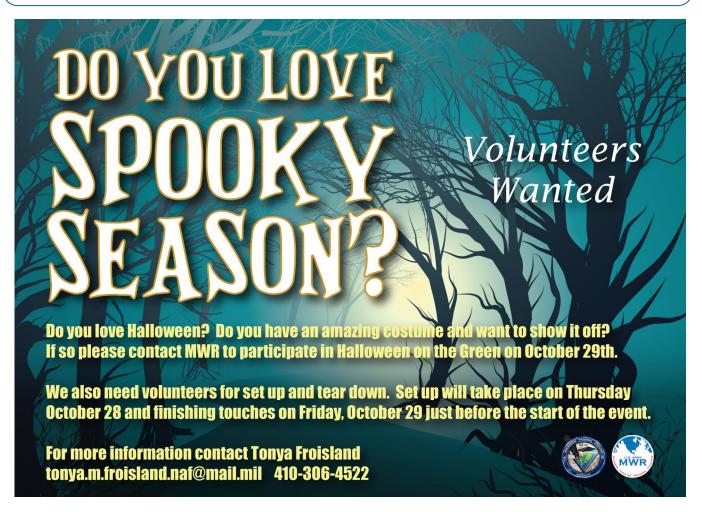








## **Something Special**







### For All Your Life







## **Something Special**



Order your meal online (or call) ...and have it waiting for you!

443-252-4907 Wed - Fri: 11 a.m. - 2 p.m.

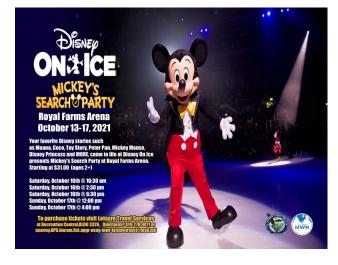
Deli Sandwiches • Hot Sandwiches Hamburgers • Fresh-Cut French Fries Salads • Soup • Chili • Fountain Sodas



Just Snap the Code!

In the Ruggles Clubhouse: Full Service Lounge with Flat-Sceen TVs ● Eat Indoors or on the Patio ● Carry-Out



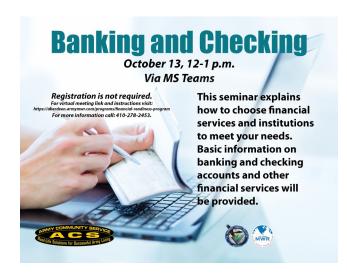


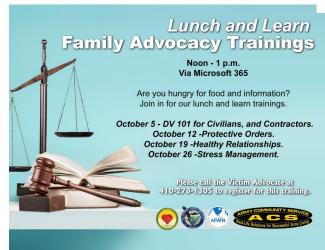






#### **Family and Finances**





#### DON'T FORGET ABOUT YOUR CAR'S

#### Preventative Maintenance!

APG AUTO CRAFTS CENTER

- Friendly, Knowledgeable, Experienced Staff
- Open to ALL Government I.D. Holders and Veterans
- General Tools and Some Specialty Tools Available

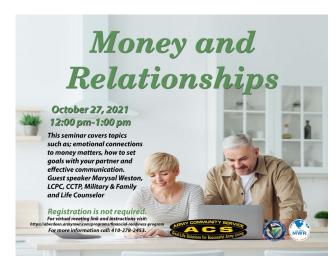
Open Saturdays & Sundays: 8 a.m.- 5 p.m.

APG North, Harford Blvd., Bldg #2379
(We're next to APGFCU, behind the Bowling Center.)

410-278-4124 / 5789 / 2621









### **Family and Finances**









### **Domestic Violence Helpline**

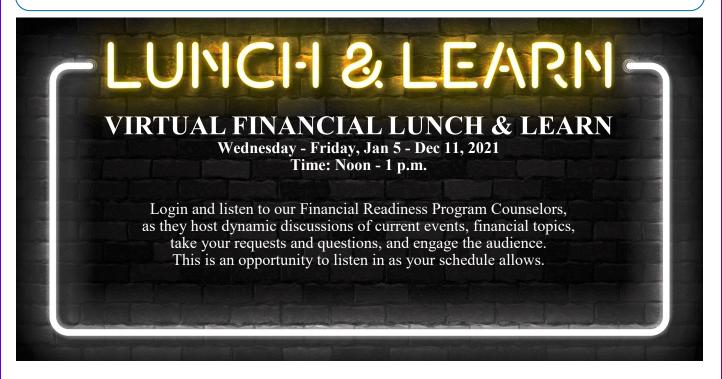
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### For All Your Life



Wed 10/13: Banking: Checking, Savings, CDs & Loans with guest speaker Patrice Ricciardi with Freedom Federal Credit Union.

*Thurs 10/14:* Continuation Pay Service members under the Blended Retirement System (BRS) are eligible for a one time mid-career Bonus payment called continuation pay.

Fri 10/15: Open Discussion

#### Week 4

Wed 10/20: Military OneSource Overview with guest speaker Randall Holmes

Thurs 10/21 1100-1200: Disabling Sickness or Condition - It can be incredibly overwhelming if you or a family member – whether it's a child or an adult – are impacted by a disabling sickness or condition. This course will focus on the financial implications of dealing with a disabling sickness or condition – and help you manage your finances more efficiently as you work through it.

*Thurs 10/21:* Wealth & Wellness with guest speaker Joanna Reagan, Public Health Nutritionist, Army Public Health Center

Fri 10/22: Open Discussion

#### Week 5

*Wed 10/27:* Money & Relationships: This presentation covers topics such as; emotional connections to money matters, how to set goals with your partner and effective communication. Guest speaker Mar y Sol Weston, LCPC, CCTP, Military & Family and Life Counselor.

*Thurs 10/28*: Home Buying & Grant Funds with guest speaker Melissa Parlett, Mortgage Consultant with APG Federal Credit Union.

Fri 10/29: Open Discussion



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Follow us on Twitter <a href="https://twitter.com/APGMWR">https://twitter.com/APGMWR</a>



Find us on Instagram <a href="https://www.instagram.com/apgmwr">https://www.instagram.com/apgmwr</a>



Watch us on Youtube www.youtube.com/user/APGFMWR/videos