

Aberdeen Proving Ground



InDemand e-Newsletter

ISSUE 4-2

Easter Brunch

Sunday, April 17 at Top of the Bay

Our Easter Brunch is back! Come enjoy a delicious scratch-made brunch and a beautiful view of the Bay. The Easter Bunny will be there to say hello to all the children.

Menu:

Omelet Station, Ham, Scrambled Eggs, Bacon, Sausage, Fresh Fruit, Sausage Gravy & Biscuits, Mashed Potatoes, House Salad, Green Beans with Garlic & Bacon, Mac & Cheese, Roasted Chicken, Cucumber Salad, an array of Desserts and much more.



Please make your reservations by April 12 at 2 p.m. by calling: 410-278-5915/3062 (Reservations are non-refundable.)

4 Seatings:
9-10 a.m.
10:30-11:30 a.m.
12-1 p.m.
1:30-2:30 p.m.

Adults: \$25
Kids 5-10 yrs: \$15
Children: 0-4 yrs: Free



Don't Miss This! RSVP Today.



MOTHER'S DAY BRUNCH

Come and celebrate the mother in your life and enjoy a scratch made brunch.

Menu:

Eggs, bacon, sausage, biscuits and gravy, shrimp and grits, fresh fruit, pastries, carved ham and turkey, garden salads, mashed potatoes, roasted vegetables, desserts and much more. Cash bar available.

Make your reservations by May 3 at 2 p.m.
410-278-5915 / 410-278-3062 / 410-278-2552 (Reservations are non-refundable.)

May 8, 2022
9:00-2:30
Top of the Bay

4 Seatings:
9-10 a.m., 10:30-11:30 a.m., 12-1 p.m., 1:30-2:30 p.m.

\$25 for adults \$10 for Children 5-9
Kids 4 and under free



CINCO DE MAYO

ALL YOU CAN EAT TACO BAR
May 5, 6-8 PM

Come enjoy Top of the Bay's Street Taco bar! (Chicken, Beef, Veggie options available)
Music, a beautiful view and Margaritas on Cinco de Mayo.

\$20 a person Kids 5-9 \$10
Children 4 and under FREE

Please make your reservations by May 2 at 2 p.m. by calling: 410-278-5915/3062 (Reservations are non-refundable.)



80¢ WING WEDNESDAY

AT APG BREWNER LANES

FLAVORS:
Plain, Hot, Garlic Parmigiana,
Mango Habanero, Buffalo,
Sweet Teriyaki, Jamaican Jerk,
Hot Honey Old Bay,
Lemon Pepper and Old Bay



<https://aberdeen.armymwr.com/>

For All Your Life

APG Family and MWR



Follow
us on
Flickr



www.flickr.com/photos/apgmwr/albums



FOR SOLDIERS

FOR FAMILIES

FOR RETIREES

FOR CIVILIANS

RUGGLES

ARMED FORCES DAY
GOLF OUTING

MAY 16 9 AM
18 HOLE SHOTGUN

\$65 FOR AUTHORIZED PATRONS
\$55 FOR MEMBERS
FOOD WILL BE PROVIDED

PRE-REGISTER AND PAY BY MAY 11

FOR MORE INFORMATION,
PLEASE CALL 410-278-4794.

2022
STRONG
B.A.N.D.S.

BALANCE ACTIVITY NUTRITION DETERMINATION STRENGTH

Miles for Fitness

During the month of May track your fitness progress and record your miles completed and see how you stack up at the end of the month.

Registration Forms are available Front Desk. Fill out and turn into one of our staff. When you have registered, you will receive a mileage Tracking Form

#STRONGBANDS

- | | | | | | |
|---------------|---|---------------|---|---------------|--|
| STEP 1 | Attend featured fitness events at your garrison | STEP 2 | Wear your STRONG B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle | STEP 3 | Gain valuable fitness tips throughout May by visiting ArmyMWR.com/STRONGBANDS |
|---------------|---|---------------|---|---------------|--|

Categories: -Run/walk -Bike -Elliptical -Rower

For more information call 410-278-7933/7934 or 410-436-7134



<https://aberdeen.armymwr.com/>

For All Your Life

Commander's Cup

April 22, 2022
9 am 18 hole shotgun
\$65 for authorized patrons
\$55 for members
Food will be provided

\$15k Cash Prize
Putting Contest
During the event

Pre-register and pay by April 19.
For more information please
call 410-278-4794



NOW AVAILABLE!
Get these while they last!!!
Victory Golf Pass
Coupon Book
\$59.95

Available at
Ruggles Golf Course and
Leisure Travel Services

2022 Victory Golf Pass
Play. Win. Save.
The Winning Choice for Substantial
Savings at the Region's Favorite, Top
Rated Public & Private Golf Courses



GET GOLF READY

2022


The Courses at APG
2022 Spring Golf Clinics
5 consecutive weekly classes
Cost is \$130 for authorized patron and \$155 for guest.

Tuesdays 5:30 to 7 p.m. beginning April 12,
Thursdays 5:30 p.m. to 7 p.m. beginning April 14
and Saturdays 10 a.m. to 11:30 a.m. beginning April 16.

Call the golf shop for dates and times at 410-278-4794.
Spaces are limited so call today.



Sports & Fitness



**MIDDLE SCHOOL/TEEN
OPEN RECREATION
DODGEBALL
TOURNAMENT**

Friday, May 20, 2022
TIME: 6-9 p.m. AGES: 12-18
APG Youth Services Bldg 2522

**Dodge, Dip,
Duck, and Dive**
your team to victory at the Team Dodge Ball Tournament. The teams will be 5-on-5. We will also have games, prizes, music and food!

Eligible Parents must register with CYS for your youth to play in the tournament. Open Recreation is closed on school-out days.

For more information, contact
jay.a.mckinney.naf@mail.mil
or call 410-278-2154.

REGISTRATION INFORMATION: Visit the Parent Central Office, Bldg 2503 Highpoint Road, Second Floor, Rooms 210/211/209. Office Hours are: Monday-Friday 8 a.m.-4 p.m. Please call (410) 278-7571/7479/1233 to schedule an appointment. Only scheduled appointments are accepted at this time.

CHILD-YOUTH SERVICES MWR



**EXTON
SPRING
SCRAMBLE**

9:00 AM **APRIL 30**

18 HOLE SHOTGUN
BOXED LUNCH IS PROVIDED

MEMBERS \$40 ALL ELIGIBLE PATRONS \$45

PRE-REGISTER AND PAY BY APRIL 27
CALL 410-436-2213

EXTON



**CYS OUTREACH SERVICES
BABYSITTERS' COURSE**

Registration: April 4 – June 1
Bldg 2503, 6431 Advanced Tactics Rd, Second Floor, Rm 214

Course will familiarize participants with all the responsibilities of babysitting as well as certifying the participant in CPR/First Aid. Students will receive a Certificate of Completion as well as their CPR/First Aid cards.

Course will be held on Wednesday, June 22; Thursday, June 23; and Friday, June 24 (participation on all three days is mandatory for completion of course).
Course begins at 9 a.m. and will end at 3 p.m.

AGES: CYS eligible Boys and Girls ages 13-18
FREE (you must register in order to participate)

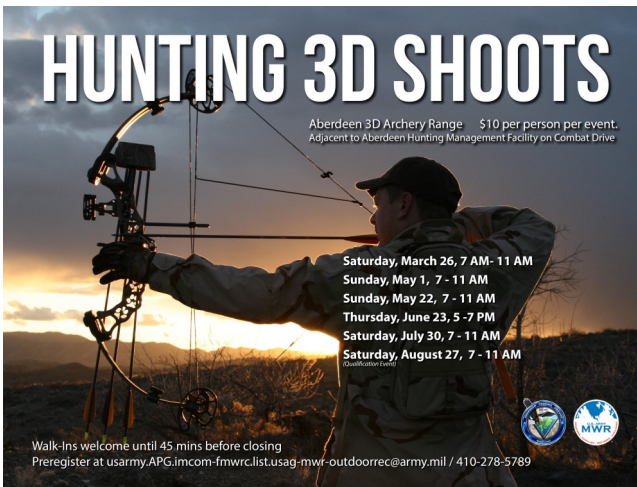
Students must bring their own water bottles and lunch/snack.
We will have a 30 minute break.

For more information, contact
cynthia.s.chance2.naf@army.mil
or call 410-278-1233.

REGISTRATION INFORMATION: Please call 410-278-7571/7479 to schedule an appointment Monday through Friday 8 a.m.-3 p.m. at the Central Registration Office, Bldg 2503, 6431 Advanced Tactics Rd, Second Floor, Rooms 210 & 211. During these times, we are requesting new parents to only have one parent come in to register. There are only 10 spots available for this course.

SUBJECT TO CHANGE BASED ON INSTALLATION CONDITIONS

CHILD-YOUTH SERVICES MWR



HUNTING 3D SHOOTS

Aberdeen 3D Archery Range \$10 per person per event.
Adjacent to Aberdeen Hunting Management Facility on Combat Drive

Saturday, March 26, 7 AM-11 AM
Sunday, May 1, 7-11 AM
Sunday, May 22, 7-11 AM
Thursday, June 23, 5-7 PM
Saturday, July 30, 7-11 AM
Saturday, August 27, 7-11 AM
(Qualification Event)

Walk-ins welcome until 45 mins before closing
Preregister at usarmy.APG.incom-fmwrc.list.usag-mwr-outdoorrec.army.mil / 410-278-5789

CHILD-YOUTH SERVICES MWR



**LASER TAG
TOURNAMENT**

April 29, 2022
2 - 9 p.m.
CYS Youth Services Bldg 2522

Show off your skills in a Laser Tag battle against other youth and friends to help celebrate Month of the Military Child. We will also have games, prizes, music and food!!

(Open Recreation is closed on school-out days.)
GRADES: 6-12 AGES: 12-18
Child must be enrolled in a CYS program to participate.

For more information, contact
jay.a.mckinney.naf@mail.mil or call 410-278-2154.

REGISTRATION INFORMATION: Visit the Parent Central Office, Bldg 2503 Highpoint Road, Second Floor, Rooms 210/211/209. Office Hours are: Monday-Friday 8 a.m.-4 p.m. Please call (410) 278-7571/7479/1233 to schedule an appointment.

CHILD-YOUTH SERVICES MWR



NEW Equipment!
at APG Athletic Center and Hoyle Gym

It's never too late
to feel great

ASSAULT FITNESS

CHILD-YOUTH SERVICES MWR



Family and Finances

Thrift Savings Plan

April 21, 2022 12:00-1:00 PM Via MS Teams

This seminar provides an overview of the Thrift Savings Plan (TSP). We will discuss Enrollment, Participation, Contributions, Roth TSP, Investment Funds and Withdrawal Options

Registration is not required.

For virtual meeting link and instructions visit:
<https://aberndeen.armymwr.com/programs/financial-readiness-program>

For more information call: 410-278-2453.



Promotion and your Finances

April 20, 2022

12 - 1 PM

Via MS Teams

In this seminar we will review your finances to help set you up for a successful and prosperous future. We will cover four main topics - financial planning, saving for retirement, career investment programs and other financial resources

Registration is not required.

For virtual meeting link and instructions visit:
<https://aberndeen.armymwr.com/programs/financial-readiness-program>

For more information call: 410-278-2453.



Parenting Skills for the Single Service Member

April 22, 2022

11 AM - 12 PM

Via MS Teams

Being a single parent and serving in the military can be challenging. Join ACS FAP and learn different strategies for coping with the challenges of being a single parent while setting guidelines for disciplining children and establishing rules/consequences.

Registration is required to attend this training. Call the Victim Advocate at 410-278-1395 to register.



Controlling Your Finances

April 27, 2022

12 - 1 PM

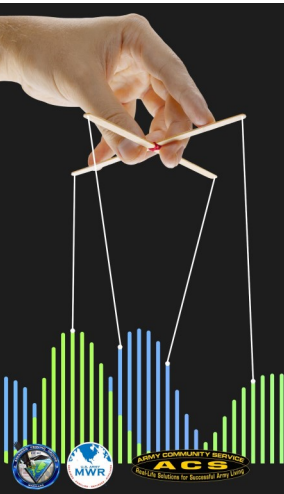
Via MS Teams

This workshop provides information on credit establishment, management and debt relief. Introduces debt-to-income ratio concepts, the importance of monitoring credit reports and briefly addresses the SCRA and bankruptcy.

Registration is not required.

For virtual meeting link and instructions visit:
<https://aberndeen.armymwr.com/programs/financial-readiness-program>

For more information call: 410-278-2453.



Continuation Pay

April 22, 2022

12 - 1 PM

Via MS Teams

Service members under the Blended Retirement System (BRS) are eligible for a one time mid-career bonus payment called Continuation Pay. During this seminar you will have the opportunity to understand what Continuation Pay is, how to apply for it and how best to use it.

Registration is not required.

For virtual meeting link and instructions visit:
<https://aberndeen.armymwr.com/programs/financial-readiness-program>

For more information call: 410-278-2453.



BUILDING HEALTHY RELATIONSHIPS

May 5, 2022 11:00 am - 12:00 pm

Via MS Teams

HAVE YOU HAD TROUBLES IN YOUR RELATIONSHIPS IN THE PAST?

RELATIONSHIPS SHOULDN'T FEEL LIKE HOMEWORK, BUT THEY DO REQUIRE WORK TO MAINTAIN. JOIN ACS FAP TO LEARN ABOUT TOOLS TO ENHANCE COMMUNICATION, EXPECTATIONS, AND TRUST IN YOUR RELATIONSHIP.

Registration is required to attend this training. Call the Victim Advocate at 410-278-1395 to register.





Family and Finances

Child Abuse Prevention Month Information Tables

APRIL
National
CHILD ABUSE
PREVENTION MONTH

Child Abuse Prevention starts with each of us. Need Information on how to strengthen child and family well-being? Stop by one of ACS FAP's info tables for information and resources.

April 4-8, CDC's at APG North and South,
April 12-15, Building 4305,
April 18-22, Kirk Medical Center,
April 25-30, Commissary



Show off your blue attire on Friday's as we observe Child Abuse Prevention Month. Team APG is encouraged to wear and/or showcase blue on Friday's.

Permanent Change of Station (PCS)

Registration is not required.
For virtual meeting link and instructions visit:
<https://aberndeen.armymwr.com/programs/financial-readiness-program>
For more information call: 410-278-2453.

April 13, 2022
12 - 1 PM
Via MS Teams

A PCS assignment presents exciting opportunities but can also come with some financial challenges. This seminar increases awareness to the financial support that is available to service members and their families who have received a new assignment.

Punch Out
Unwanted Money Habits

April 14, 2022
12 - 1 PM
Via MS Teams

Explore your money personality, the advantages and challenges of each money personality and discuss ways to replace unwanted money habits.

Registration is not required.
For virtual meeting link and instructions visit:
<https://aberndeen.armymwr.com/programs/financial-readiness-program>
For more information call: 410-278-2453.

Money Smart for Older Adults

April 15, 2022
12 - 1 PM
Via MS Teams

Learn ways to identify and prevent scammers from gaining access to your finances as well as what to do if you fall victim of a scam.

Registration is not required.
For virtual meeting link and instructions visit:
<https://aberndeen.armymwr.com/programs/financial-readiness-program>
For more information call: 410-278-2453.

Tricare Overview

April 29, 2022 12 - 1 PM
Via MS Teams

Join us for an overview of TRICARE and other related benefits with our Health Benefits Advisor from Kirk U.S. Army Health Clinic.

Topics will include: Eligibility Enrollment and Beneficiary Categories, Program Options, Priority Access to Military Facilities, Pharmacy and Dental Program Options, Transitional Coverage, Costs and Contact Information.

Registration is not required.
For virtual meeting link and instructions visit:
<https://aberndeen.armymwr.com/programs/financial-readiness-program>
For more information call: 410-278-2453.



Family and Finances

PCS April 13

A PCS assignment presents exciting opportunities but can also come with some financial challenges. This seminar increases awareness to the financial support that is available to service members and their families who have received a new assignment.

Punch Out Unwanted Money Habits April 14

Explore your money personality, the advantages and challenges of each money personality and discuss ways to replace unwanted money habits

Money Smart for Older Adults April 15

Learn ways to identify and prevent scammers from gaining access to your finances as well as What to do if you fall victim of a scam

Promotions April 20

In this seminar we will review your finances to help set you up for a successful and prosperous future. We will cover four main topics: Financial Planning, Saving for Retirement, Career Investment programs and Financial Resources

TSP April 21

This seminar provides an overview of the Thrift Savings Plan (TSP). We will discuss Enrollment, Participation, Contributions, Roth TSP, Investment Funds and Withdrawal Options. We will also highlight important considerations for retirement planning and will provide valuable resources.

Continuation Pay April 22

Service members under the Blended Retirement System (BRS) are eligible for a one time mid-career bonus payment called Continuation Pay. During this seminar you will have the opportunity to understand what Continuation Pay is, how to apply for it and how best to use it.

Controlling your Finances April 27

This workshop provides information on credit establishment, management and debt relief. Introduces debt-to-income ratio concepts, the importance of monitoring credit reports and briefly addresses the SCRA and bankruptcy.

Financial Planning for Transitions April 28

This seminar provides an understanding of how transitions will impact your financial situation through discussion of income, debt, expenses, and assets. Any transition, such as retirement, can affect your finances; you should know what to expect financially as you transition, and know the income required to maintain your current lifestyle.

Tricare April 29

TRICARE and Benefits Overview" Join us for an overview of TRICARE and other related benefits with our Health Benefits Advisor from Kirk U.S. Army Health Clinic. Topics will include: Eligibility Enrollment and Beneficiary Categories, Program Options, Priority Access to Military Facilities, Pharmacy and Dental Program Options, Transitional Coverage, Costs and Contact Information.

Coping Strategies for the Uncertainties of Life May 4

This presentation offers a series of strategies to help adults cope with unexpected developments, disappointments, and other situations in which expectations fall short of reality.

Business Banking for Small Business May 5

This Seminar explores the different small business types and their corresponding traits and financial needs.