

Aberdeen Proving Ground



# InDemand e-Newsletter

ISSUE 10-5

**Eat like a  
Greek**  
*mediterranean street food*

**Hours of operation:**  
Monday through Friday  
7 am to 2:30 pm

**Also Serving  
Breakfast!**  
Coffee, omelets, pastries  
and other breakfast options.

**NOW OPEN FOR BUSINESS!  
at the APG Bowling Center**



**CYS SPORTS  
YOUTH BASKETBALL  
REGISTRATION**



**Registration held Oct 15–Nov 15.  
Practices begin the week of Dec 1.**

Games begin the first week in January.

Youth Basketball ages 4-14.

Clinic: ages 4-6 – Saturdays only, 9 a.m.-10:30 a.m.  
(6 weeks) begins Jan. 4, 2025.

Aberdeen Youth Center & County Rec Centers

League - Practices held on weekday evenings and games on  
Saturdays. AGES: 4-14 (Age determination date is Dec 1, 2024)  
FEE: \$60

**Sports Physicals are required before Dec. 1.  
For more information, contact  
william.m.kegley3.naf@army.mil.**

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

## Something for Everyone



**Top of the Bay**  
**Autumn Brunch**  
**November 2**  
**10 am - 1 pm**

Welcome in the autumn leaves and shorter days with Top of the Bay's Autumn Brunch.

Adults \$20  
Children 6-12 \$10  
U.S. 12 & over

Menu:  
Waffles, Sausage, Bacon, Scrambled eggs,  
Fresh Fruit, Pastries, Sliced Ham, Pot  
Roast, Roasted Potatoes, Garden Salad,  
Battered Butternut Squash, Green Beans,  
Rolls, Corn bread, Assorted Desserts,  
Sweet Tea, Lemonade, Coffee, and Orange  
Juice.

Cash Bar Available with Autumn Mimosas

Please call 410-278-5915 by October 30 to make your reservation  
Tuesday through Thursday 9 AM - 5 PM by October 30.




**Top of the Bay**  
**First APG Quarterly Lunch**  
**November 13**  
**11 am - 1:30 pm**

Come get a head start on Thanksgiving Holiday at the Top of the Bay, Bldg. 30

\$15 for To-Go or open seating dine in.

For parties 6 or more please call 410-278-5915  
Tuesday through Thursday 08:00-15:00 and make  
a reservation to guarantee a seat.

Future lunches will be announced each quarter.




**December 7, 2024**

**NYC, 8th Ave and 48th Street**

**Depart AA Recreation Center: 7:00 am**

**Return AA Recreation Center: 9:00 pm**

**6432 Ashbury Street, Bldg 3326**

**Cost: \$75.00 per person**

**Experience New York City's  
Holiday lights and displays!**



No refunds. All sales are final.

To purchase your ticket or for questions stop in the  
AA Recreation Center, Bldg 3326

or Call 410-278-4011/4124 or email:

usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel@army.mil



## Don't miss this



# Fall Special

SEPTEMBER 9 - NOVEMBER 30  
MONDAY AND TUESDAYS AFTER 2PM ONLY  
EXCLUDES HOLIDAYS

FOR MORE INFORMATION CALL  
THE PROSHOP AT 410-278-4794

**RUGGLES**  
18 holes  
with cart  
**\$40**

Please drink responsibly

**MWR**



# BUY A BUCKET, GET A BUCKET!

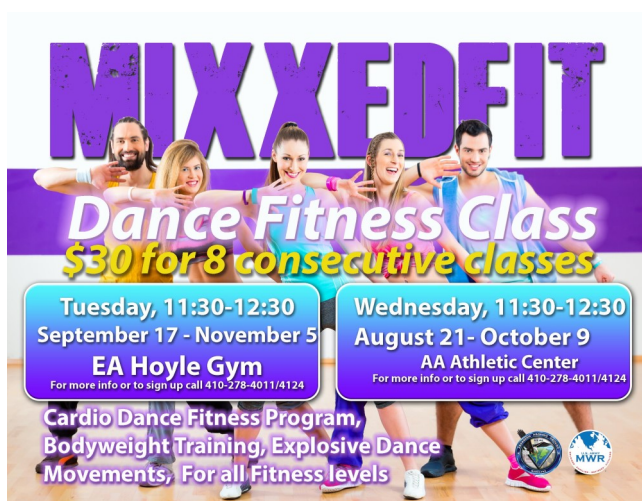
**NEW**  
**BUY 1**  
**GET 1**  
**FREE**

**Bucket Special**

Please drink responsibly

**RUGGLES**

**MWR**



# MIXXEDFIT

## Dance Fitness Class

**\$30 for 8 consecutive classes**

**Tuesday, 11:30-12:30**  
September 17 - November 5  
**EA Hoyle Gym**  
For more info or to sign up call 410-278-4011/4124

**Wednesday, 11:30-12:30**  
August 21 - October 9  
**AA Athletic Center**  
For more info or to sign up call 410-278-4011/4124

Cardio Dance Fitness Program,  
Bodyweight Training, Explosive Dance  
Movements, For all Fitness levels

**MWR**



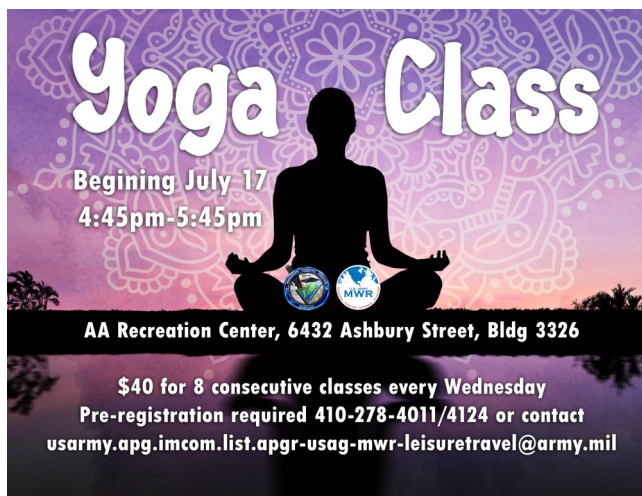
# Spin Class

*Interval spin class with weights*

**Wednesdays, beginning July 17, 2024**  
**Time: 1130-1230 Hoyle Gym, E4210**  
**\$30 for 8 consecutive classes.**

**Pre-registration required!**  
**Call 410-278-4011/4124**

**MWR**



# Yoga Class

**Beginning July 17**  
**4:45pm-5:45pm**

**AA Recreation Center, 6432 Ashbury Street, Bldg 3326**

**\$40 for 8 consecutive classes every Wednesday**  
**Pre-registration required 410-278-4011/4124 or contact**  
**usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel@army.mil**

**MWR**



# Bowling Leagues

## Now Forming

**Tuesday Night**  
Adult Mixed League  
starting September 17

**Friday Night**  
Adult Mixed League  
starting September 6

**Saturday Morning**  
Youth League  
starting September 7

**Join one Today!**



**MWR**





## Family and Finances

### Upcoming FRP Classes

**10/30: Exploring Digital Assets:** This seminar will discuss what are digital assets and what you should know before investing.

**10/31: Financial Fitness:** This seminar will discuss military benefits .

**11/01: Home Sweet Home:** This seminar is designed to increase the knowledge of first-time home buyers on the home buying process and financial considerations when deciding to buy a home

**11/06: Building Strong Credit:** This seminar provides information on credit establishment, credit management, and debt relief. It introduces debt-to-income ratio concepts, the importance of monitoring credit reports and scores, and briefly addresses the SCRA and bankruptcy.

**11/07: Medicare Medicaid Marketplace:** This seminar will help you understand the Medicare basics, the different coverage options, enrollment and more. Helpful resources and tools will be provided. and with this information you will be able to make confident Medicare decision

**11/08: Tricare Open Season:** 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 & Beneficiary Categories, Program Options, Priority Access to Military Facilities, Pharmacy & Dental Program Options, Transitional Coverage, Costs and Contact Information.

**11/13 Tax Preparations:** This Workshop discusses the U.S. Tax System and the goals of personal tax planning. We will discuss the current tax updates.

**11/14: Emergency Financial Preparedness:** This seminar provides learners with knowledge that can help them identify the information and resources they need to be physically and financially ready for an emergency or natural disaster.

**11/15: Paying Off Student Loans:** Learn tips and tools to help you find ways to offset the cost of college! This seminar will discuss different types of educational benefits for the military and financial aid for you and your children, including scholarship opportunities and college savings plans.

**Domestic Violence Awareness Month Lunch and Learn**

October 9- A Look at Domestic Violence- Virtual, "In Her Shoes" Simulation  
 October 16- A Look at Love in Media  
 October 23- A Look at the Legal Options for Domestic Violence  
 October 30- A Look at Supporting a Friend Facing Domestic Violence

Hosted by the Family Advocacy Program and SARC, Inc. in honor of Domestic Violence Awareness Month

These evidence-based workshops will be hosted by the Family Advocacy Program in honor of Domestic Violence Awareness Month.

The workshops will educate participants on the dynamics of abuse, healthy relationships and how to help someone who may be experiencing abuse.

For more information contact Nicole Blanchard, Victim Advocate Coordinator  
 nicole.a.blanchard3.civ@army.mil  
 410-278-1711

Training Link

**HOME SWEET HOME**

Nov 1, 2024  
 12 - 1 pm  
 via MS Teams

This seminar is designed to increase the knowledge of first-time home buyers on the home buying process and financial considerations when deciding to buy a home

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

**BUILDING STRONG CREDIT**

Nov 6, 2024  
 12 - 1 pm  
 via MS Teams

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

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