

Aberdeen Proving Ground



# InDemand e-Newsletter

ISSUE 9-1



## New York City Bus Trip

**September 13, 2025**

**Drop off location:** New York City, 8th Ave and 48th St.

**Depart AA Rec Center: 7:00 a.m.**  
**Return AA Rec Center: 9:00 p.m.**

**Cost: \$75.00 per person**

No Refunds. All sales are final.  
To purchase your ticket or for questions please stop by the AA Rec Center, B3326 or call 410-278-4011 or email usag-apg-imcom.list.apgr-usag-mwr-leisuretravel@army.mil



## PICKLEBALL TOURNAMENT

**PROPOSED DATE:**  
**October 7**

We are gathering the level of interest for our APG Pickleball Tournament.

**We want to hear from you!**  
Tell us who you are, what level of play, and what type of format you would like to play.

Email Karen at: karen.breck@army.mil



## 4th Quarterly APG Lunch

**Top of the Bay**

**September 17**  
**11 am - 1 pm**  
**Top of the Bay, Bldg. 30**

Please join Top of the Bay for the 4th Quarterly luncheon.

**MENU:**  
Spiced Pico de Gallo Chicken  
Elote Corn Salad, Spanish Rice  
Poblano and zucchini saute,  
Dessert: Tres Leche cake  
Strawberry Lemonade / Mango Limeade

Future lunches will be announced each quarter.

**\$20 To-Go or open seating dine in.**

Please call 410-278-5915 to make reservations for parties of 6 or more.  
Seating is communal. 1st come, 1st served.










## Driving away Domestic Violence

**OCTOBER 2, 2025**  
**RUGGLES GOLF COURSE**

Join us in raising awareness for Domestic Violence at Ruggles!  
Sign up your team today for the Drive Away Domestic Violence Golf Tournament and Purple Ball Challenge.  
Four person Captain's choice scramble / Purple Ball Challenge

11:30 am - 12:30 pm lunch and registration  
1:00 pm Shotgun start  
Cost \$65 per person includes golf cart



For more information or to register please call the golf shop at 410-278-4794

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

## Sports and Fitness



**FLAG FOOTBALL LEAGUE**  
Sept 25, 2025  
Shine Field  
5-7 PM

Prepare for this year's APG Turkey Bowl by entering your team in our APG Flag Football Preseason League. Thursdays on Shine Field.

For more information contact Kevin Reich  
kevin.b.reich.naf@army.mil  
410-278-7934




**Spin Class**  
Interval Spin Class with weights

Wednesdays, 1130-1230  
Hoyle Gym, E4210  
\$30 for 8 consecutive classes.  
Pre-registration required!  
Call 410-278-4011/4124




**APG MWR**

# 7v7 Soccer Tournament

## October 8, 2025

### Shine Field

### Begins at 5 PM

Submit your Roster to:  
**Kevin Reich at**  
kevin.b.reich.naf@army.mil  
or call 410-278-7934 for more information




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

## Don't miss this

**SHOOTING OPPORTUNITIES FOR ALL SKILL LEVELS**  
**The Skeet & Trap Range**



**Hours of Operation**  
 Tuesdays & Thursdays 9-3:30 p.m.  
 Saturdays Noon-4 p.m.  
 4757 Roadley Road, APO South, Bldg 14731  
 Special outings are available by request.  
 For more info call 410-278-5769  
 Fee - \$7 per round of 25 targets

The Skeet & Trap Range has great shotgun and muzzle loader shooting opportunities. Range may only be opened by a range control officer. Patrons must bring their own shotgun and ammunition. All firearms must be registered. Firearm Registration Form - Send completed form to usarmy.apg.asg.list.apg-police-admin@mail.mil for processing.

**CALLING ALL VOLUNTEERS**  
**JOIN THE BOO CREW**



**HAUNTED BALLROOM**  
 FRIDAY, OCTOBER 24  
 AA REC CENTER 4-7 PM

**CALL 410-306-4522 FOR MORE INFORMATION**

**CYS SPORTS**  
**START SMART SOCCER REGISTRATION**



Registration held Aug 1 - Sep 5  
 Open to all children in nearby counties!

Start Smart Soccer is a program designed to teach the basics of soccer with a child's parents. CYS Sports will have a coordinator to assist.

Program begins Sep 8 (6 weeks) once per week

APG Turf Soccer Field. AGES: 3-5 (Coed)  
 Practices held on Mondays from 5:30-6:30 p.m.  
 Age Determination Date: September 8, 2025

**COST/FEE: \$30**

REGISTRATION INFO: 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 Advanced Tactical Rm, Second Floor, Rooms 210 & 211. Appointments are required for new parents and players whose yearly sports registration fee expired. If your child has played sports at APG CYS within the last year and the Sports Physical is current (within 1 year), please call to register via phone.

**APG Family and MWR**



**Follow us on Flickr**

[www.flickr.com/photos/apgfmwr/albums](http://www.flickr.com/photos/apgfmwr/albums)

**FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS**

**MARFORD COUNTY Maryland's Crown Jewel**



**Coming Soon**

**Farmers Market**  
 SEPTEMBER 23, 11 AM - 2 PM APO POST THEATRE PARKING LOT  
**Beef - Pork - Produce - Dairy**  
 FOR MORE INFORMATION CONTACT KIMMI AT 443-617-8997

**Disney ON ICE**



"Disney On Ice: Jump In!" brings to life the magic of Disney through captivating performances on ice. The show features characters from popular films such as Moana, Toy Story, Frozen, Encanto, and Inside Out 2. Audiences can expect a vibrant mix of storytelling, music, and dazzling ice skating that immerses them in the enchanting worlds of their favorite Disney stories.

**CFG Arena**  
 All seats are located in section 104 Lower Concourse

Thurs, Oct 16 @ 7pm \$37.00  
 Fri, Oct 17 @ 7pm \$40.00  
 Sat, Oct 18 @ 6:30pm \$40.00  
 Sun, Oct 19 @ 4pm \$40.00

All guests age 2 and older are required to have a ticket.  
 No refunds or exchanges.

To purchase tickets visit MWR Leisure Travel Services at the AA Recreation Center, Bldg 3326  
 Questions? Call 410-278-4011 or email us [imcom.list.apgr-usag-mwr-leisuretravel@army.mil](mailto:imcom.list.apgr-usag-mwr-leisuretravel@army.mil)



# Family and Finances

## Upcoming FRP Classes

**09/03 - Finance and Promotion:** 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 Provide Financial Resources.

**09/04 - Investing In the Digital Age - PT 1:** Learn how to make smart investment decisions and protect your money from scams in this briefing delivered by the U.S. Securities and Exchange Commission.

**09/05 - Investing In the Digital Age - PT 2:** Learn how to make smart investment decisions and protect your money from scams in this briefing delivered by the U.S. Securities and Exchange Commission.

**09/10 - Psychology of Spending:** Spending habits can be influenced by a variety of factors, both internal and external. When it comes to budgeting and spending, it's important to not only determine what, but the why and how. Join us to learn more about the psychology of spending and how to use this awareness to ensure your spending habits align with your values.

**09/11 - Marriage and Finances:** Marriage is not only a meaningful commitment to your partner but also a financial commitment, and financial stress can play a big role in a marriage. This seminar will provide tips and tools to help you minimize stress and optimize your finances.

**09/12 - Divorce and Finances:** The financial effects of divorce are stressful! The goal of this class is to help reduce uncertainty associated with the financial aspects of divorce. We'll share information to help you make smart, informed financial decisions so you can emerge from your divorce with greater financial confidence.

**Wed, Sep 17 - Home Buying:** A house is one of the most complicated and expensive purchases you will ever make. This presentation provides an overview of the home buying and mortgage process.

Topics include:

- Whether the Time is Right to Purchase A Home
- Determining What You Can Afford
- Choosing A Lender and Loan
- Selecting A Real Estate Agent
- Negotiating
- Closing the Deal

**ARMY COMMUNITY SERVICE**  
In partnership with: Army Substance Abuse Program & Pets on Wheels  
**We Are Stronger Together. Connect to Protect!**  
**25 SEPTEMBER ~ 10am – 12pm ~ C5ISR COURTYARD**

A time to place the spotlight on the multiple prevention resources available to Army Soldiers, Civilians and Family Members.

**EMPHASIS ON:**

- ❖ Connecting to Resources
- ❖ Encouraging Help-Seeking
- ❖ Community & Resilience
- ❖ Combatting Isolation

**INFORMATION TABLES FROM:**

- ❖ Army Community Service
- ❖ Army Substance Abuse Program Employee Assistance Program Suicide Prevention
- ❖ Pets on Wheels: The joy of friendly pet therapy on site 10-11am.



**Back to School**

**Empowering Families for a Thriving School Year**

Prepare your family for a successful and fulfilling school year with this informative series. Learn essential strategies for establishing effective routines and time management, fostering positive parenting techniques, building resilience in children to navigate challenges, and managing screen time for a healthy balance. Equip your family with the tools they need to thrive academically, emotionally, and socially, setting the stage for a fantastic school year!

**08/05- Managing Screen Time & Internet Safety:**  
Create a healthy balance between screen time and other activities to promote well-being for yourself and your family.

**08/12- Positive Parenting:**  
Discover effective parenting strategies that foster positive relationships, build self-esteem, and promote healthy development in your children.

**08/19- Building Resilience in Children:**  
Equip your children with the skills and strategies they need to bounce back from challenges and overcome adversity.

**08/26- Time Management & Routines:**  
Learn effective time management techniques and strategies for establishing routines that promote productivity, reduce stress, and create a more balanced lifestyle.

Scan to join

For more information call 410-278-1711 or email Nicole.a.dandreaids.civ@army.mil

**Tricare**

**August 29, 2025  
12 - 1 PM  
via MS Teams**

This seminar will discuss what changes after retirement and what actions you need to take to continue TRICARE health coverage for you and your family.

**Registration is not required.**  
For virtual meeting link and instructions visit:  
<https://abernethymwr.com/programs/tricare/continuity-program>  
For more information call 410-278-1451.