

Aberdeen Proving Ground



# InDemand e-Newsletter

ISSUE 9-4

OCTOBER  
**DOMESTIC VIOLENCE**  
AWARENESS MONTH



**Building Safe & Respectful Relationships:**  
A Domestic Violence Awareness Series

**Lunch & Learn**  
12-1 PM

**Building Safe & Respectful Relationships:**

In recognition of Domestic Violence Awareness Month, this series focuses on building healthy, respectful, and safe relationships. Learn the fundamentals of relationship safety, how to navigate dating safely and effectively, conflict resolution skills for couples. Empower yourself and your community by becoming an active bystander, equipped to recognize and safely intervene in situations of potential harm, creating a culture of respect and safety for all.

09/30- Relationship Safety 101  
10/07- Safe Dating  
10/14- Bystander Intervention  
10/21- Conflict Resolution for Couples  
10/28- Relationships & Finance



SCAN HERE



## FREE September Movies



**BOSS**

BETTER OPPORTUNITIES  
FOR SINGLE SOLDIERS

SEPT 26 6:00 PM  
F1 - PG-13

SEPT 27 4:00 PM  
ELIO - PG



CONCESSIONS FOR SALE BEFORE  
AND DURING THE SHOW INCLUDES POPCORN,  
ASSORTED CANDY, SODA AND WATER.  
CASH ONLY.



**JOIN US**  
**OCTOBER 24**  
**4-7 PM**  
**AA REC CENTER**  
**ASHBURY ST. BLDG 3328**  
COSTUMES ARE ENCOURAGED.  
CHILDREN CAN TRICK OR TREAT IN THE BALLROOM  
THIS EVENT IS APPROVED FOR MILITARY PERSONNEL ONLY.  
[ABERDEEN.ARMYMWR.COM](http://ABERDEEN.ARMYMWR.COM)



**CALLING ALL VOLUNTEERS**  
**JOIN THE BOO CREW**  
CALL 410-306-4522  
FOR MORE INFORMATION  
FRIDAY, OCTOBER 24  
AA REC CENTER 4-7 PM



**Trunk or TREAT**

Interested in participating?

**October 24**  
**4-6:30 PM**  
AA Rec Center Parking Lot

OUTDOOR GAMES  
BOUNCE HOUSES  
MUSIC

Secure your spot  
by calling 410-306-4522



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




# Golf News

## 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





## TURKEY SCRAMBLE

**November 21**  
Ruggles Golf Course  
10 am shotgun

\$50 members  
\$70 Guest  
Walkers welcome  
Food will be provided


Pre-register at Club house  
or call 410-278-4794

## NOW BOOKING ARMY COURSES

Book tee times on GolfNow

**BOOK NOW**



18+ ONLY  
No Federal Endorsement Implied



# Sports and Fitness



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**Watch us on Youtube**  
[www.youtube.com/user/APGMWR/videos](https://www.youtube.com/user/APGMWR/videos)



# Don't miss this



# Farmers Market

SEPTEMBER 23, 11 AM - 2 PM APG POST THEATRE PARKING LOT

## Beef - Pork - Produce - Dairy

FOR MORE INFORMATION CONTACT KIMMI AT 443-617-8997

**Building Bridges!**  
A November Series for Blended and Co-Parenting Families

**Lunch & Learn**  
12-1PM

*Building Bridges: A November Series for Blended and Co-Parenting Families*

Navigate the complexities of blended family life and co-parenting with our "Building Bridges" series this November. Learn practical strategies for fostering understanding, creating supportive environments, and prioritizing the well-being of your children in blended and co-parenting situations.

11/04- Blended Family Dynamics  
11/11- Dos & Don'ts of Step Parenting  
11/18- Co-parenting across Households

For more information contact  
nicole.a.blanchard3.civ@army.mil 410-278-1711

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**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

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



# Family and Finances

## Upcoming FRP Classes

**Wed, Sep 24 - Money Smart for Older Adults:** 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.

**Thu, Sep 25 - Identity Theft:** This seminar discusses how thieves steal your identity and what you can do to deter, detect and defend against identity theft.

**Fri, Sep 26 - Survivor Benefit Plan:** This seminar will assist you in making informed decisions about SBP's role in your retirement plan.

**Wed, Oct 1 - Thrift Saving Plan:** 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.

**Thu, Oct 2 - Vesting in the TSP:** We will discuss vesting in the Thrift Savings Plan (TSP). Topics will focus on: Saving for Retirement, an Overview of the Blended Retirement System (BRS) and Understanding the Purpose of TSP.

**Fri, Oct 3 - Estate Planning:** Learn about estate planning topics, terms, types of documents, getting organized, digital estates, ideas and more.

**Wed, Oct 8 - Developing Your Spend Plan:** Learn to make and follow a spend plan through using a financial planning worksheet and includes tips to manage spending, create a budget and set SMART financial goals.

**Thu, Oct 9 - Saving and Investing:** Identify reasons to save and how to set goals for a savings plan. Participants will explore the difference between short-term savings and long-term investments.

**Fri, Oct 10 - Meals in Minutes:** Learn how to prepare healthy meals on a budget. We will address nutritional facts, how to navigate on-post food options and provide guidance on healthy and sustainable meal planning.

**Wed, Oct 15 - Social Security:** This seminar provides answers to your Social Security questions such as:

- When am I eligible to receive retirement benefits?
- How does early retirement affect my benefits?
- Do I qualify for disability, survivors, or spousal benefits?
- How do you get the most from your benefit?
- What is the future of Social Security?

## Upcoming APG FAP Lunch & Learns

**09/30- Relationship Safety 101:** Learn the fundamentals of building healthy and respectful relationships, fostering a foundation of trust and mutual well-being. This session equips you with the knowledge to identify potential red flags and cultivate safe, supportive connections in all areas of your life.

**10/07- Safe Dating:** Empower yourself with essential strategies for navigating the dating world with confidence and safety. Learn to recognize healthy relationship dynamics, establish clear boundaries, and prioritize your well-being while building meaningful connections.

**10/14- Bystander Intervention:** Become an active bystander and learn how to safely and effectively intervene when you witness or suspect domestic violence. This session provides practical tools and techniques for recognizing signs of abuse, offering support to victims, and safely intervening to prevent further harm.

**10/21-Conflict Resolution for Couples:** Enhance your communication skills and learn effective strategies for resolving conflicts constructively within your relationship. This session will help you build a stronger, more resilient partnership by fostering understanding, empathy, and healthy problem-solving skills.

**10/28- Relationships & Finance:** Learn how to navigate financial discussions and decisions as a couple, fostering open communication and building a solid foundation for financial stability within your relationship. This session equips you with the tools to create shared financial goals and manage finances in a way that strengthens your bond and promotes long-term security.

**11/04- Blended Family Dynamics:** Learn strategies to navigate the unique dynamics of blended families and build strong, healthy relationships. This session offers practical tips for fostering understanding, managing expectations, and creating a harmonious environment where all family members feel valued and supported.

**11/11- Dos & Don'ts of Step Parenting:** Discover effective approaches to step-parenting that promote positive relationships and foster a sense of belonging for all children involved. This session provides guidance on building connections, navigating boundaries, and creating a supportive and nurturing environment within the family.

**11/18- Co-parenting across Households:** Develop effective communication and collaboration skills to successfully co-parent across separate households, prioritizing the well-being of your children. This session equips you with strategies for minimizing conflict, establishing consistent routines, and creating a supportive environment for your children's healthy development.