

Aberdeen Proving Ground



InDemand e-Newsletter

ISSUE 10-3



**JOIN US
OCTOBER 24
4-7 PM**

**AA REC CENTER
ASHBURY ST. BLDG 3326**

**COSTUMES ARE ENCOURAGED.
CHILDREN CAN TRICK OR TREAT IN THE BALLROOM**
THIS EVENT IS APPROPRIATE FOR HALLOWEEN ENTHUSIASTS OF ALL AGES.

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Talkin Turkey



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

RUGGLES

 



Top of the Bay

First Quarterly Luncheon

NOVEMBER 12, 2025
11:00 AM - 1:00 PM
TOP OF THE BAY

Come get a head start on Thanksgiving Holiday

Menu:
TURKEY, MASHED POTATOES, GRAVY, MAC AND CHEESE, GREEN BEANS, COLLARD GREENS, CRANBERRY SAUCE, ROLLS, DESSERT AND BEVERAGES.

\$20 PER PERSON. OPEN SEATING OR TO GO OPTIONS.
FOR PARTIES 6 OR MORE THAT WOULD LIKE EXCLUSIVE TABLE RESERVATIONS PLEASE
CALL 410-278-5915 AND PRE-PAY TUESDAY THROUGH THURSDAY 8 AM - 3 PM.

 



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

Sports and Fitness



YOUTH LEAGUE

Come join the fun
at the APG Bowling Center.
Now forming Youth Bowling Leagues
Saturdays from 8 am -12 pm.

For more information please
call us at 410-278-4794.

Logos: APG Bowling Center, MWR



DINNER WITH The Elves

DEC 12 6-8 PM
TOP OF THE BAY

COME JOIN THE APP ELVES WITH CRAFTS, GAMES AND SPAGHETTI AND MEATBALL DINNER.

ADULTS \$15
CHILDREN 4-10 \$10
CHILDREN 0-3 FREE

CALL 410-278-5915 AND PRE-PAY TUESDAY THROUGH THURSDAY 8 AM -3 PM. MAKE YOUR RESERVATIONS BY DEC 9.

Logos: APG Bowling Center, MWR, Top of the Bay



Santa Claus is coming to town!

Join Santa's Elves to create some Christmas spirit.

Santa's Christmas Spirit Breakfast

Saturday December 6
9AM to 12PM

Breakfast * Crafts by CVS * Music

Adults \$20 Children 4-8 \$10 Children 0-3 FREE

Make, Breakfast, Music, Crafts and photos with Santa.
Pancakes, Eggs, Sausage, milk, orange juice, coffee, and hot cocoa.

Call 410-278-5915 and pre-pay Tuesday through Thursday 8 am -3 pm. Make your reservation by Dec 3.

Logos: Top of the Bay, Pictures with Santa, MWR

Unlock Your Dream Home with APGFCU® VA Loans!



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No endorsement by US Army implied

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Youth Sports

CYS SPORTS YOUTH BASKETBALL REGISTRATION



Registration held Oct 10 – Nov 13
Practices begin the week of Dec 1
Games begin the first week in January 2026

Please call 410-278-7571/7479
to schedule an appointment Monday through Friday
8 a.m.–4:00 p.m. at the Central Registration Office,
Bldg 2503 Advanced Tactics Rd., Second Floor,
Rooms 210 & 211. Appointments required for new
patrons. 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.

CLINIC ~ ages 4-6 ~ Saturdays only 9-10:30 a.m. begins Jan. 3
Aberdeen Youth Center (Bldg 2522) and County Rec Centers
Practices held on weekday evenings and games on Saturdays.

AGES: 4-14 (age determination date is December 1, 2025)
COST/FEE: \$60
Sports Physicals are required before Dec. 1.

For more information, contact
william.m.kegley3.naf@army.mil.

INDOOR SOCCER REGISTRATION



Indoor Soccer Registration for youth ages 4-11

Open to all children in nearby counties!

Registration held Oct 14–Nov 12
Games begin Nov 15 - Saturdays ages 4-6 & 7-11

Aberdeen Youth Center, Bldg 2522
Game times: Ages 4-6 (9 a.m. & 10 a.m.);
Ages 7-11 (11 a.m. & 12 noon)

AGES: Boys and Girls ages 4-11
Age Determination Date: August 1, 2025
COST/FEE: \$60

Volunteer Coaches needed. Sports Physicals are required to play before Nov 15.
For more information, contact william.m.kegley3.naf@army.mil.

REGISTRATION INFORMATION: Please call 410-278-7571/7479 to schedule an appointment Monday through Friday 8 a.m.–4 p.m.
at the Central Registration Office, Bldg 2503 Advanced Tactics Rd., Second Floor, Rooms 210 & 211. Appointments required for new patrons.
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.
SUBJECT TO CHANGE BASED ON INSTALLATION CONDITIONS.

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

Don't miss this

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 effective 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



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

Lunch & Learn
12 - 1 PM

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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Family and Finances

Upcoming FRP Classes

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 benefits?
- What is the future of Social Security?
- When should I file for Medicare?

Thu, Oct 16 - Disability Brief: This workshop will be an open discussion.

Fri, Oct 17 - Disaster Preparation: This workshop will be an open discussion.

Wed, Oct 22 - Disabling Sickness and Conditions: It can be incredibly overwhelming if you or a family member are impacted by a chronic sickness or condition. This seminar will focus on the financial implications and help you create a plan to manage your finances effectively.

Thu, Oct 23 - ABLER Accounts: This seminar will assist people with disabilities and their families prepare for the future through the use of ABLER Accounts. Join us to learn about eligibility, criteria, enrollment process, features of the Maryland ABLER account and the account management process to deter, detect and defend against identity theft.

Fri, Oct 24 - Retirement Planning Starter: Information on credit establishment, money management and debt relief. Discussion introduces debt-to-income ratio concepts, the importance of monitoring credit reports and briefly addresses SCRA and bankruptcy.

Upcoming APG FAP Lunch & Learns

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.

Series FLYER- Holiday Harmony: A December Series for a Joyful and Balanced Season- Embrace the holiday spirit without the stress! Our "Holiday Harmony" series this December provides practical tips for creating a joyful and balanced season for yourself and your family. Learn how to celebrate on