

Aberdeen Proving Ground



InDemand e-Newsletter

ISSUE 4-3

MOMC MONTH OF THE MILITARY CHILD

TELL ME A STORY

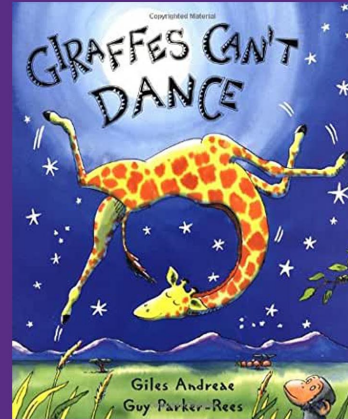
Thursday, April 29, 2021

Doors open at 6 p.m.

AA Recreation Center Ballroom, 3326 Ashbury St

Team APG Brings you APG Month of the Military Child event:
Tell Me A Story-sponsored by the Military Child Education Coalition (MCEC)

First 100 Families receive a copy of the book!



Registration Required:

Active Duty begins March 23

All other begin April 1



Scan me

*Choose
Desktop
View

A special event to show military parents and children how to use literature to make connections and find support.

AGES: All ages are welcome (targeted to ages 4-12)

COST/FEE: Free *Restrictions Apply.



Tickets will NOT be available at the door.



Virtual Financial Lunch & Learn

Wednesdays-Fridays, 12:30-1:30 p.m.

Login and listen in to our Financial Readiness Program Counselors, as they host dynamic discussions pertinent to current events, navigate various financial topics, take requests and questions, and engage with the audience. This is your opportunity to dial in and listen in as your schedule allows. Registration is not required. If you're not already a member, you will need to download Microsoft Teams

[Click Here](#)

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

APG Fitness Centers

NEW Expanded hours and eligibility access

THE FOLLOWING MWR ELIGIBLE PATRONS WILL BE ALLOWED ACCESS TO THE APG FITNESS CENTERS ON A FIRST COME FIRST SERVICE BASIS ON THE SCHEDULE LISTED BELOW.

Active Duty, Retired Military, Active Duty & Retired Military Family Members and Current DoD Civ Employees.
Proof of eligibility must be presented for entrance (CAC, DOD ID Cards)

AA Fitness Center:

Monday-Friday

5-8 a.m. - Active Duty Only

11 a.m. - 1 p.m. - All eligible patrons

4-7 p.m. - All eligible patrons

Sat - 7a.m.-Noon All eligible patrons

EA Fitness Center:

Monday-Friday

5 - 9 a.m. Open to all eligible patrons

Facility and individual room capacity restrictions, as well as equipment and user spacing will be strictly enforced. 20 minute time limits on cardio equipment if patrons are waiting

All COVID safety protocols continue:

- 100% mask wearing, Hand and equipment sanitization
- Locker rooms remain closed. Small bags optional

ADDITIONAL REQUIREMENTS:

Approved Face Mask, Towels, and proper attire.

For more information call, 410-278-7933/7934



How to Smart Start Your Small Business

April 30 11:00 am - 12:00 pm Via MS Teams

Class will provide a brief overview of ways to smart start your small business and learn tips and tools to become a successful entrepreneur.

To reserve your spot for this FREE Virtual class, please contact Michael Farlow at (410) 278-2435 or Michael.b.farlow.civ@mail.mil. In partnership with the Garrity Group.

Scan here for MS Teams Link



FIRST SERGEANT'S

Closed until further notice

ARMED FORCES DAY Golf Tournament



9 a.m. Shotgun Start
18-Hole, 4-Person Scramble

Monday, May 10

\$45 Riding
\$35 Walking

Includes:
Greens Fee, Cart (if riding),
Driving Range Balls, Box Lunch, Prizes

Call the Pro Shop
to sign up your
unit or organization
at 410-278-4794.

Payment is required at the time of sign up.



Kayak Rentals and MORE from MWR

Call 410-278-4124/4011 or go online to Reserve Your Kayak TODAY
<https://aberdeen.armymwr.com/programs/equipment-check-out>

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




Welcome Home

Ruggles Golf Course
Where Family Means More



RUGGLES PRO-SHOP

SPRING INVENTORY SALE

STARTING APRIL 1
COME AND CHECK OUT ALL THE INVENTORY
IT ALL MUST MOVE!

ALL BAGS AND SHOES 20% OFF
10% OFF STOCK GRIPS, INSTALLATION INCLUDED
AND MUCH MORE.
10% OFF DOZEN GOLF BALL PURCHASE.



FOR MORE INFORMATION CALL THE PRO SHOP AT 410-278-4794.




GET GOLF READY

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

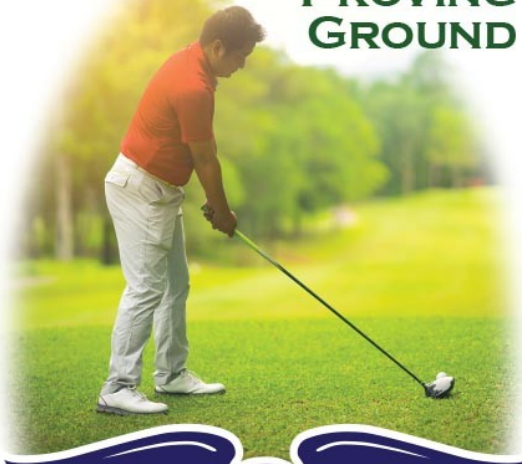
The Courses at APG
2021 Spring Golf Clinics
5 consecutive weekly classes
Cost is \$120 for authorized patron and \$145 for guest.

Tuesdays 5:30 to 7 p.m. beginning April 13,
Thursdays 5:30 p.m. to 7 p.m. beginning April 15
and Saturdays 10 a.m. to 11:30 a.m. beginning April 17.

Cost \$120 Authorized Patrons
\$145 for Guests.



THE COURSES AT ABERDEEN PROVING GROUND




RUGGLES

- 18-Hole Championship Golf Course
- Area's Largest Natural Grass Driving Range
- 5 Sets of Tee Boxes for All Skill Levels
- Located Outside the Gate - No Gate Access Required

410-278-4794



EXTON GOLF COURSE

- 9-Hole Regulation Golf Course
- Friendly for Beginners...and Families!
- Short Game Practice Area
- Bunker Practice and Putting Green

410-436-2213

For information on membership or booking your tournament, call 410-278-4794 or 410-436-2213.

aberdeen.armymwr.com



ICE
INTERACTIVE CUSTOMER EVALUATION

[Click to Make A Customer Evalua-](#)



Community

Stewards of Children Series

11:00-12:00 Via MS Teams

Stewards of Children teaches adults how to prevent, recognize and react responsibly to child sexual abuse, thereby; protecting our most vulnerable population.

4/1/2021-Recognizing and Reporting
 4/8/2021-Bystanders protecting children from boundary violations and sexual abuse
 4/15/2021-Healthy touch for children and youth
 4/22/2021-Commercial sexual exploitation of children
 4/29/2021-Talking with children

For more information contact Antoinetta Saunders Gauth
 antoinetta.m.saunders-gauth.civ@mail.mil 410-278-7478



For the MS Teams link or more information go to
<https://aberdeen.armymwr.com/programs/financial-readiness-program>

Sign Language for Beginners

13 Week Virtual Course
 Tuesdays: March 16, 2021 to June 15, 2021
 11:30-12:30

Why ASL?

- Learn a new educational, communication, or behavior strategy!
- Communicate with deaf co-workers, family members, and community members!
- Experience a new culture and language!



Registration & Requirements: March 16 Virtual Attendance at

<https://teams.microsoft.com/j/chan-nel/19%3a27e51ed893241fd80a04f1393d54e17%40hread.tacv2/General?groupId=a51c3c05-eff5-4cc0-869a-ca9dce87f9e4&tenantId=21acfb3-32be-4715-9025-1e2f015cbbe9>

Open to Active Duty, National Guard, Veterans, Retirees, Family Members, DoD Civilians, and APG Contractors.
 For additional information please contact: EFMP Manager, Nancy Goucher, nancy.e.goucher.civ@mail.mil or 410-278-2420



Advanced American Sign Language

13 Week Virtual Course
 Wednesdays, 11:30-12:30
 March 17, 2021 through June 16, 2021

Why ASL?

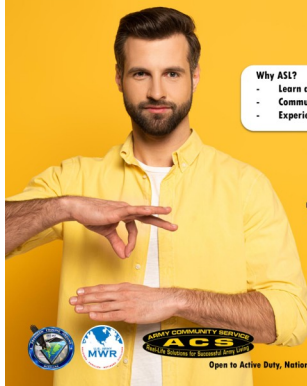
- Learn a new educational, communication, or behavior strategy!
- Communicate with deaf co-workers, family members, and community members!
- Experience a new culture and language!

Registration & Requirements:

March 17 MS TEAMS Virtual Class Attendance:

<https://teams.microsoft.com/j/chan-nel/19%3a27e51ed893241fd80a04f1393d54e17%40hread.tacv2/General?groupId=a51c3c05-eff5-4cc0-869a-ca9dce87f9e4&tenantId=21acfb3-32be-4715-9025-1e2f015cbbe9>

For additional information please contact
 EFMP Manager, Nancy Goucher,
 nancy.e.goucher.civ@mail.mil
 410-278-2420



Open to Active Duty, National Guard, Veterans, Retirees, Family Members, DoD Civilians, and APG Contractors.

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



Community

Financial Literacy Month



Week 1-Theme: Saving Automatically

4/1 Thursday 11:30-12:30 EST:
Financial Readiness Program Overview of Services Available

Week 2-Theme: Save for the Unexpected

4/6 Tuesday 12:30-1:30 EST:
Lunch & Learn with guest speaker from APGFCU to discuss Strategies & Resources for Difficult Times

4/8 Thursday 11:30-12:30 EST:
Stretching Your Money by Living frugally through expense tracking and developing a spending plan

Week 3-Theme: Save to Retire

4/13 Tuesday 12:30-1:30 EST:
Lunch & Learn with guest speaker from Freedom FCU to discuss Strategies to Plan a Successful Retirement

4/15 Thursday 11:30-12:30 EST:
Making Your Ideal Retirement a Reality covering sources of income and steps to planning retirement.

Week 4-Theme: Save to Reduce Debt

4/20 Tuesday 12:30-1:30 EST:
Lunch & Learn with guest speaker from APGFCU to discuss Strategies & Resources to Manage Debt

4/22 Thursday 11:30-12:30 EST:
Take Control of Your Finances by Improving Credit and Managing Debt

Week 5-Theme: Save as a Family

4/27 Tuesday 12:30-1:30 EST:
Lunch & Learn with guest speaker from Freedom FCU to discuss Opportunities to Raise Financially Savvy Kids

4/29 Thursday 11:30-12:30 EST:
Saving & Investing approaches, options and an overview of various retirement accounts.

**For more information
contact Leary
at 410-278-2453**



For the MS Teams link or more information go to
<https://aberdeen.armymwr.com/programs/financial-readiness-program>



"Like" us on Facebook
www.facebook.com/APGMWR?ref=hl



Follow us on Twitter
<https://twitter.com/APGMWR>



Find us on Instagram
<https://www.instagram.com/apgmwr>



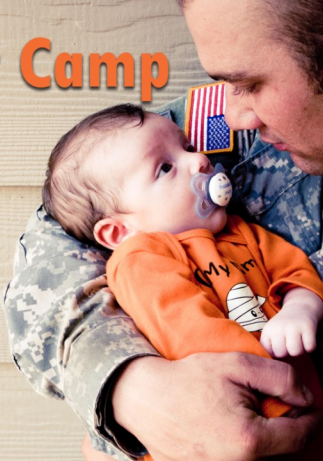
Watch us on Youtube
www.youtube.com/user/APGMWR/videos

Babease Boot Camp

**Last Tuesday of the month
from 1p.m. – 4 p.m.
Via MS Teams**

To provide educational material to parents to help them understand their stages of pregnancy, development and growth of their child, and communication skills to name a few.

**Call the Fort Meade Family Advocacy Center
for information at: 301-677-4118**



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



Community

Virtual Classes you don't want to miss

All trainings will be recorded and provided for up to a week after the training to accommodate all time-zones. Please register (even if you cannot attend live) if you would like to receive a recording, as it will be sent to all registrants. Participants can expect to receive a training certificate for 1.5 CEUs after each training.



Army Community Service 2021 Financial Readiness Program

VIRTUAL PROGRAMS

Securities & Exchange Commission

presents

Understanding Investment Risk

April 28, 2021 11:30 a.m. - 1:30 p.m.



Paul Saulski, Office of Investor Education & Advocacy
United States Securities & Exchange Commission



Two hour webinar covers risks and returns in investing, diversification, asset allocation, investment products and associated fees.

Participants will need access to Internet and MS Teams platform. Join from work or home.

For links and more info go to
<https://aberdeen.armymwr.com/programs/financial-readiness-program>

For more information contact Leary Henry
leary.g.henry.civ@mail.mil 410-278-2453

Abusive Head Trauma: A Public Health

April 21, 2021
2-3:30 p.m. Via Zoom

Registration Recommended

[Click Here](#)

Child Neglect and Impact

April 28, 2021
2-3:30 p.m. Via Zoom

Registration Recommended

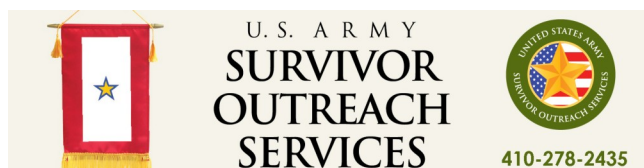
[Click Here](#)

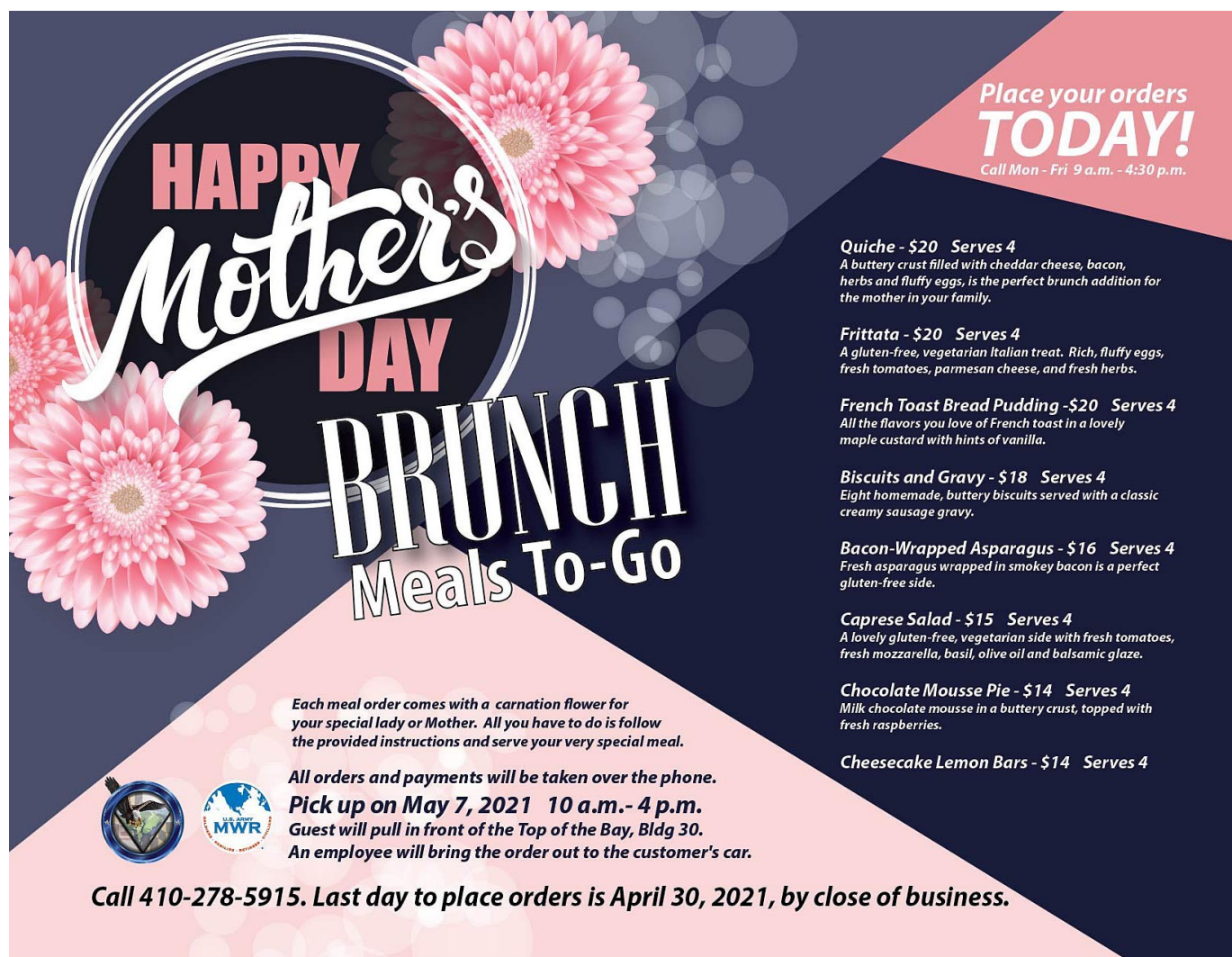
Self-Care and Vicarious Trauma

May 5, 2021
2-3:30 p.m. Via Zoom

Registration Recommended

[Click Here](#)





HAPPY Mother's DAY BRUNCH Meals To-Go

Place your orders TODAY!
Call Mon - Fri 9 a.m. - 4:30 p.m.

Quiche - \$20 Serves 4
A buttery crust filled with cheddar cheese, bacon, herbs and fluffy eggs, is the perfect brunch addition for the mother in your family.

Frittata - \$20 Serves 4
A gluten-free, vegetarian Italian treat. Rich, fluffy eggs, fresh tomatoes, parmesan cheese, and fresh herbs.

French Toast Bread Pudding - \$20 Serves 4
All the flavors you love of French toast in a lovely maple custard with hints of vanilla.

Biscuits and Gravy - \$18 Serves 4
Eight homemade, buttery biscuits served with a classic creamy sausage gravy.

Bacon-Wrapped Asparagus - \$16 Serves 4
Fresh asparagus wrapped in smoky bacon is a perfect gluten-free side.



Caprese Salad - \$15 Serves 4
A lovely gluten-free, vegetarian side with fresh tomatoes, fresh mozzarella, basil, olive oil and balsamic glaze.

Chocolate Mousse Pie - \$14 Serves 4
Milk chocolate mousse in a buttery crust, topped with fresh raspberries.

Cheesecake Lemon Bars - \$14 Serves 4

Each meal order comes with a carnation flower for your special lady or Mother. All you have to do is follow the provided instructions and serve your very special meal.

All orders and payments will be taken over the phone.
Pick up on May 7, 2021 10 a.m.- 4 p.m.
Guest will pull in front of the Top of the Bay, Bldg 30.
An employee will bring the order out to the customer's car.

Call 410-278-5915. Last day to place orders is April 30, 2021, by close of business.

Team Building Bowling!

New Evening League!

Thursday Apr 29, 2021 – May 20, 2021

*Time – 6:30 p.m.

*2 players per team

*Handicaps will be established after week one of bowling based on two game averages.

*\$10 per week per person

*First place team earns bragging rights.

New Lunch Leagues!

Thursday Apr 22, 2021 – May 13, 2021

Wednesday Apr 28, 2021 – May 19, 2021

Tuesday Jun 1, 2021 – Jun 22, 2021

Thursday Jun 3, 2021 - Jun 24, 2021

*Time – 11:30 a.m. (Bowling begins at 11:40 am)

*2 players per team

*Handicaps will be established after week one of bowling based on two game averages.

*\$7 per week per person

*First place team earns bragging rights.

Sign up your teams today! Call 410-278-4041
NO EXPERIENCE NEEDED. ONLY FUN!!!

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