

Aberdeen Proving Ground



InDemand e-Newsletter

ISSUE 11-1



CYS SPORTS YOUTH BASKETBALL



**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***

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

Something for Everyone



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



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



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

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.

MENU:
 Ham Turkey
 Mashed Potatoes and Gravy
 Mac & Cheese, Corn, Green Beans, Collard Greens
 Cranberry Sauce
 Fresh Rolls, Dessert and Beverage
 (Sweet tea, lemonade, water)

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

BUY A BUCKET, GET A BUCKET!

NEW
BUY 1
GET 1
FREE

Bucket Special

Please drink responsibly

RUGGLES

MIXEDFIT

Dance Fitness Class

\$30 for 8 consecutive classes

<p>Tuesday, 11:30-12:30 September 17 - November 5</p> <p>EA Hoyle Gym <small>For more info or to sign up call 410-278-4011/4124</small></p>	<p>Wednesday, 11:30-12:30 August 21- October 9</p> <p>AA Athletic Center <small>For more info or to sign up call 410-278-4011/4124</small></p>
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Cardio Dance Fitness Program,
Bodyweight Training, Explosive Dance
Movements, For all Fitness levels

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

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

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!



Family and Finances

Upcoming FRP Classes

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.

11/20: PCS: A PCS assignment presents exciting opportunities but can also come with some financial challenges. This seminar increases awareness to the financial support that is available to service members and their families who have received a new assignment.

11/21: Financial Planning for Transition: This workshop will provide you with an understanding of how transition will affect your financial situation through discussion of income, debt, expenses, and assets.

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://aberdeenarmymwr.com/programs/financial-readiness-program>
For more information call: 410-278-2453.

MEDICARE / MEDICAID MARKETPLACE

Nov 7, 2024

12 - 1 pm via MS Teams

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

Registration is not required.

For virtual meeting link and instructions visit:
<https://aberdeenarmymwr.com/programs/financial-readiness-program>
For more information call: 410-278-2453.

TRICARE OPEN SEASON

Nov 8, 2024

12 - 1 pm
via MS Teams

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.

Registration is not required.

For virtual meeting link and instructions visit:
<https://aberdeenarmymwr.com/programs/financial-readiness-program>
For more information call: 410-278-2453.