

Aberdeen Proving Ground



InDemand e-Newsletter

ISSUE 10-3

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH



Thanksgiving Brunch

**November 21
9 a.m. - 2:30 p.m.**

Top of the Bay Bldg. 30

MENU:

- Farm House Breakfast (Assorted Pastries & Bread; Scramble eggs; Bacon and Sausage; Spiced sweet potato French toast casserole and Buttermilk Pancakes)
- Chef's Carving Station or Board (Turkey, Ham, Fresh Dinner Rolls, Turkey Gravy; Orange spiced Cranberry Sauce)
- Sides: Thyme and Lemon Rice Pilaf; Sage and Rosemary Stuffing; Garlic and Truffle Mashed Potatoes; Garden and House Salads; Green Beans with onions and bacon; Mac & Cheese; Corn; Maple Sweet Potato Casserole
- Dessert (Pumpkin Pie, Dutch Apple Pie, Vanilla Chia Tart)

Includes Coffee, Hot Tea, Orange Juice, water, Sweet Tea and Milk

Adults: For \$25
Children 6-12: For \$12
Kids 0-5: Free

Cash Bar will be available

To-Go Pies \$12
Pumpkin or Dutch Apple
4 Seating 9 a.m. 10:30 a.m. 12 p.m. 1:30 p.m.

Make your reservations by November 16 at 2 p.m.
410-278-5915 / 410-278-3062 / 410-278-2552
(non-refundable)

Strike Out Against Domestic Violence! Family Fun Bowl

APG Bowling Alley

October 4, 18, and 25

5:30-8 p.m.

Let's Strike Out and have fun! Free bowling for families along with resources to promote healthy family relationships. Pizza, soft drinks and cookies are included.



Please call the Victim Advocate at
410-278-1305 for more information.

APG Fitness Centers Expanded Hours

THE FOLLOWING MWR ELIGIBLE PATRONS WILL BE ALLOWED ACCESS TO THE APG FITNESS CENTERS ON A FIRST-COME FIRST-SERVE BASIS ON THE SCHEDULE LISTED BELOW. Active Duty, Retired Military, Active Duty & Retired Military Family Members and Current Dual-Use Employees. Proof of eligibility must be presented for entrance (CAC, DD ID Card).

AA Fitness Center:

Monday-Friday

5 a.m. - 9 a.m. - Active Duty Only
11 a.m. - 2 p.m. All eligible patrons
3 p.m. - 7 p.m. All eligible patrons
Sat - 7 a.m. - 1 p.m. All eligible patrons

EA Fitness Center:

Monday-Friday

5 a.m. - 9 a.m. All eligible patrons
11 a.m. - 1 p.m. All eligible patrons
4 - 6 p.m. All eligible patrons

**Effective
October 25**

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 when not actively working out on equipment.
Hand and equipment sanitization

For more information call, 410-278-7938/7934



Domestic Violence Helpline 410-652-6048

Available around the clock, every day of the year, for victims of domestic violence.

<https://abernaden.armymwr.com/abndar/cvnet/virtual-workshop-domestic-violence-101-civilian-contractors/4899134/55557>

Help Fight Domestic Violence

Victim Advocacy Information Tables

October 4-8, Commissary/Kirk Medical Clinic

October 12-15, AA Athletic Center and AA Recreation

October 18-22, Hoyle Gym and Starke Recreation Center

October 25-29, Building 4305

Need information on Resources?

You have options for assistance.

Stop by one of our informational tables and speak with the Victim Advocate.



Purple Fridays

October 1st, 8th, 15th, 22nd and 29th

Show off your purple attire on Fridays as we observe Domestic Violence Awareness Month. Team APG is encouraged to wear and/or showcase purple on Friday's.

For more information, please call the FAP offices at 410-278-1305.



Run/Walk A Mile in Their Shoes Virtual 5K

Stay ahead of the crowd and participate for DV awareness.

For more information
contact 410-278-1305

Take a walk or run for Domestic Violence Awareness Month. ACS/FAP is hosting a month long virtual 5K. The event is at your own pace and location. (i.e., home, gym, track etc...)

Run or walk in your purple gear.
Take a picture and share your photos.
Use #APGDVAwareness
<https://www.facebook.com/APGMWR>

Sports towels to the first 150 participants.



Something Special

DO YOU LOVE SPOOKY SEASON?

*Volunteers
Wanted*

Do you love Halloween? Do you have an amazing costume and want to show it off? If so please contact MWR to participate in Halloween on the Green on October 29th.

We also need volunteers for set up and tear down. Set up will take place on Thursday October 28 and finishing touches on Friday, October 29 just before the start of the event.

**For more information contact Tonya Froisland
tonya.m.froisland.naf@mail.mil 410-306-4522**




RUGGLES

SENIOR SPECIAL

(55 and over)

Ruggles Golf Course

Mondays, 9 a.m. - 1 p.m. (not valid on holidays)
Cost: \$37 - Includes 18 holes, cart, and a small bucket of driving range balls.

For more information call the ProShop at 410-278-4794





EA RECREATION CENTRAL

8427 Brigade Street, Bldg E4140, Gunpowder, MD 21010

Walk In's Welcome

Equipment pickup and return by appointment.
Registration, Leisure Tickets, Reservations, Library Services

Operational Hours
Monday - Friday
10 a.m.-4 p.m.




For All Your Life



INDOOR SOCCER REGISTRATION Oct 15-Nov 10

Indoor Soccer Program
Ages 4-6 (games at 9 a.m. and 10 a.m.)
Ages 7-11 (games at 11 a.m. and noon)

Games played at the Aberdeen Youth Center Gym, Bldg 2522 Bayside Drive.
Games begin Nov. 13 and end Dec. 18.
Space is limited to 8 kids per team (32 total in each age group) No practices; games only.

Aberdeen Youth Center, Bldg 2522
Ages 4-6 (3 games at 9 a.m. and 3 games at 10 a.m.)
Ages 7-11 (3 games at 11 a.m. and 3 games at 12 noon)

AGES: Boys and Girls ages 4-6 (Co-ed) & 7-11 (APG Only)
Age Determination Date: August 1, 2021

COST/FEE: \$30

COVID PROTOCOLS: All spectators must wear a face covering. Players wear a face covering to and from the gym. Participants must bring their own water bottle. No sharing of equipment. Sports Physicals are required to play before Nov 15. Interested in Coaching? Contact William Regley by Oct 25 to begin background check and training prior to the season. For more information, contact william.m.regley2@mail.mil or call 410-306-2297.

REGISTRATION INFORMATION: Oct 15-Nov 10. Please call 410-278-7479/7571/1233 to schedule an appointment Monday through Friday 8 a.m.-3 p.m. at the Parent Central Office, Bldg 2583 Advanced Tactics Road, Second Floor, Room 209/210/211.



Youth Basketball League for Boys and Girls

Clinic - ages 4-6
In House - Ages 6-8 (6 yr. olds w/exp. can play 7-8)
League - ages 9-14 (9 yr. old beginners can play 7-8)

Registration held Oct 20-Nov 17.
Practices and team meetings begin the week of Dec. 1.
Practices are held weekdays and games are held Saturdays.

APG Youth Center, Bldg 2522
Practices begin in December 2021.
Games in January 2022.

AGES: Boys & Girls ages 4-6 (Co-ed) Saturdays only (9 a.m.-10:30 a.m.)
Boys & Girls ages 6-8 (In-House APG program)
Boys ages 9-10: 11-12 & 13-14 (County League play)
Girls ages 9-11: 12-14 (County League play)
Age Determination Date: Boys December 31, 2021
Girls September 1, 2021

COST/FEE: \$50

Volunteer Coaches needed. Sports Physicals are required to play before Dec 1.
COVID protocols in place. Face coverings required except for the players playing on the court.
Youth must bring their own water bottles. There is no sharing of equipment.
For more information, contact william.m.regley2@mail.mil or call 410-306-2297.

REGISTRATION INFORMATION: Oct 20-Nov 17. Call 410-278-7479/7571/1233 to schedule an appointment, Mon-Fri 8 a.m.-3:00 p.m. at the Parent Central Office, Bldg 2583 Advanced Tactics Road, Second Floor, Room 209/210/211.

HALLOWEEN ON THE GREEN

**OCTOBER 29
6-9 P.M.
RUGGLES GOLF COURSE**

COSTUMES ARE ENCOURAGED.

CANDY FOR THE CHILDREN AT THE END OF THE WALK.

**MOVIE ON THE DRIVING RANGE AT 7:00 PM.
BRING YOUR OWN BLANKETS AND CHAIRS.**

NO OUTSIDE FOOD PLEASE, FOOD WILL BE AVAILABLE FOR PURCHASE.

THIS EVENT IS APPROPRIATE FOR HALLOWEEN ENTHUSIASTS OF ALL AGES.

STROLLERS AND WAGONS OK. NO PETS.

**KICK OFF YOUR HALLOWEEN WEEKEND WITH A 1 MILE WALK (BLACKTOP AND GRASS) IN THE DARK.
YOU WILL ENCOUNTER ENCHANTING AND SPOOKTACULAR DISPLAYS ALONG THE WAY.
YOU WILL ALSO HAVE AN OPPORTUNITY TO TAKE A PHOTO WITH APG'S OWN HAUNTED MANSION.
BRING A FLASH LIGHT TO HELP GUIDE YOUR WAY.**

FOR MORE INFORMATION CALL 410-306-4522

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

Something Special

BOWLING WITH MILITARY HEROES



November 12, 2021
11am-2pm APG BOWLING CENTER BLDG 2342

FREE BOWLING!
1 free game of bowling. Shoe rental separate.
Come out and bowl
with one of our local
APG Community Heroes.

BOSS

FOR MORE INFO CALL 410-278-4041

Top of the Bay UPCOMING EVENTS!



Sunday Brunch
Oct 17, 2021
Time: 10 a.m. - 12 p.m. Space still available.
Cost: \$13 Adults / \$10 Children (6-10) / Children 5 and under free.
Come enjoy a delicious scratch made brunch
and enjoy a beautiful view of the bay.

Thanksgiving Sunday Brunch
Nov 21, 2021 Reserve by Nov 16.
Time: 9 a.m. - 2:30 p.m.
(Four Sessions: 9 a.m., 10:30 a.m., Noon and 1:30 p.m.)
Cost: \$25 Adults / \$12 Children (6-12) / Children 5 and under free.
Pies To go - \$12 Pumpkin or Dutch Apple.

Breakfast with Santa
Saturday Dec 4, 2021 Reserve by Nov 30.
Two Seatings: 9 a.m. and 11 a.m.
Cost: \$12 Adults / \$10 Children (6-10) / Children 5 and under free.
Come enjoy a delicious scratch made breakfast.

Mixology Social
Saturday Dec 18, 2021 Reserve by Dec 7.
Time: 5 p.m. - 7 p.m. Adults Only
Cost: \$20 Adults
Learn to make new cocktails and paired appetizers
for your New Year function or party!

Sunset Dinner for Two
Jan 28, 2022 and Feb 11, 2022
Time: 6 p.m. - 8 p.m.
Cost: \$54.95 per couple (12-course meal) TBA.
Enjoy the beautiful view of the bay with someone special.

Book your own personal or group event with us today!
Call us at 410-278-5915/3062/2552 for more information
on our wonderful venue and affordable pricing.

FALL TWILIGHT AT RUGGLES


SEPT 1 - NOV 30
RUGGLES GOLF COURSE
MONDAY THRU THURSDAY
AFTER 2PM
18 HOLES RIDING \$32
18 HOLES WALKING \$18



RUGGLES

YOU DON'T WANT TO MISS THIS DEAL
For more information call the ProShop at 410-278-4794

CYS FY 22 QUARTERLY PARENT ADVISORY BOARD MEETINGS



CYS has established a Parent Advisory Board (PAB) that represents all of our programs. We encourage you to attend if you have a child that is currently enrolled in any program we offer. Any CYS family who has a child enrolled in a full-time CYS program will receive 2 Parent Participation Points for their attendance. Please go in and request to be added to the MS teams APG Quarterly PAB Meeting

Thursday, November 18, 2021,
Thursday, February 17, 2022,
Thursday, May 19, 2022 &
Thursday, August 18, 2022
Via MS TEAMS 365
11:30 a.m. - 12:30 p.m.

For more information, contact cynthia.r.chance2.naf@army.mil or call 410-278-1233.

80¢ WING WEDNESDAY



AT APG BREWNER LANES

FLAVORS:
NAKED, HOT, OLD BAY,
GARLIC PARM,
LEMON PEPPER,
MANGO HABANERO.

JOB ANNOUNCEMENT CHILD & YOUTH PROGRAM ASSISTANT (CYPA)



Open, continuous job announcement for caregiving staff to care for children ages 6 weeks to 5 years. All Child Development Centers on APG North (Aberdeen Area) and South (Edgewood Area).

To learn more and to apply, visit our job posting at USAJobs.gov, and search for Vacancy Identification Number (VIN) 01NAFBG2111214600SR.



Family and Finances

Money and Relationships

October 27, 2021
12:00 pm-1:00 pm

This seminar covers topics such as; emotional connections to money matters, how to set goals with your partner and effective communication. Guest speaker Marysol Weston, LCPC, CCTP, Military & Family and Life Counselor

Registration is not required.

For virtual meeting link and instructions visit:
<https://abernethy.armymwr.com/programs/financial-counseling-program>

For more information call: 410-278-2453.



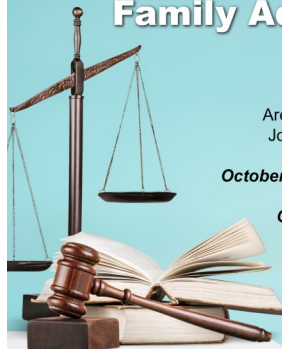
Lunch and Learn Family Advocacy Trainings

Noon - 1 p.m.
Via Microsoft 365

Are you hungry for food and information?
Join in for our lunch and learn trainings.

October 5 - DV 101 for Civilians, and Contractors.
October 12 - Protective Orders.
October 19 - Healthy Relationships.
October 26 - Stress Management.

Please call the Victim Advocate at
410-278-1305 to register for this training.



APG Family and MWR



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us on
Flickr



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FOR SOLDIERS

FOR FAMILIES

FOR RETIREES

FOR CIVILIANS



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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



**FIRST
SERGEANT'S**
SMOKED BARBEQUE
EXPRESS

Order your meal online (or call)
...and have it waiting for you!

443-252-4907
Wed - Fri: 11 a.m. - 2 p.m.

Deli Sandwiches • Hot Sandwiches
Hamburgers • Fresh-Cut French Fries
Salads • Soup • Chili • Fountain Sodas



Just Snap the Code!

In the Ruggles Clubhouse: Full Service Lounge with Flat-Screen TVs • Eat Indoors or on the Patio • Carry-Out

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



Family and Finances

Home Buying and Grant Funds

October 28, 2021
12-1 p.m.

A house is one of the most complicated and expensive purchases you will ever make. This seminar provides an overview of the home buying and mortgage process. Topics include determining whether the time is right to purchase a home, what you can afford, choosing a lender and loan, selecting a real estate agent, negotiating and closing the deal.

Registration is not required.

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



Disabling Sickness or Condition

October 21, 11-12 p.m.
Via MS Teams

It can be incredibly overwhelming if you or a family member – whether it's a child or an adult – are impacted by a chronic sickness or condition. This seminar will focus on the financial implications and help you manage your finances more efficiently as you work through it.

Registration is not required.

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



FREE SIGN LANGUAGE for BEGINNERS

13 Week Virtual Course
September 28 - December 21, 2021
TUESDAYS, 11:30-12:30
Via MS TEAMS

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!

For additional information please contact
EFMP Manager: Nancy Goucher, nancy.e.goucher.civ@mail.mil



Click Here!

ADVANCED SIGN LANGUAGE VIRTUAL COURSE

Via MS Teams

WEDNESDAYS, 11:30-12:30
September 29 - December 29

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!

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

Click Here!



Domestic Violence Helpline

410-652-6048

Available around the clock, every day of the year, for victims of domestic violence.

<https://aberdeen.armymwr.com/calendar/event/virtual-workshop-domestic-violence-101-civilians-contractors/4899134/55557>

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



For All Your Life

LUNCH & LEARN

VIRTUAL FINANCIAL LUNCH & LEARN

Wednesday - Friday, Jan 5 - Dec 11, 2021

Time: Noon - 1 p.m.

Login and listen to our Financial Readiness Program Counselors, as they host dynamic discussions of current events, financial topics, take your requests and questions, and engage the audience. This is an opportunity to listen in as your schedule allows.

Week 4

Wed 10/20: Military OneSource Overview with guest speaker Randall Holmes

Thurs 10/21 1100-1200: Disabling Sickness or Condition - It can be incredibly overwhelming if you or a family member – whether it's a child or an adult – are impacted by a disabling sickness or condition. This course will focus on the financial implications of dealing with a disabling sickness or condition – and help you manage your finances more efficiently as you work through it.

Thurs 10/21: Wealth & Wellness with guest speaker Joanna Reagan, Public Health Nutritionist, Army Public Health Center

Fri 10/22: Open Discussion

Week 5

Wed 10/27: Money & Relationships: This presentation covers topics such as; emotional connections to money matters, how to set goals with your partner and effective communication. Guest speaker Mary Sol Weston, LCPC, CCTP, Military & Family and Life Counselor.

Thurs 10/28: Home Buying & Grant Funds with guest speaker Melissa Parlett, Mortgage Consultant with APG Federal Credit Union.

Fri 10/29: Open Discussion

DON'T FORGET ABOUT YOUR CAR'S **Preventative Maintenance!**

APG AUTO CRAFTS CENTER

- Friendly, Knowledgeable, Experienced Staff
- Open to ALL Government I.D. Holders and Veterans
- General Tools and Some Specialty Tools Available

Open Saturdays & Sundays: 8 a.m.- 5 p.m.

APG North, Harford Blvd., Bldg #2379
(We're next to APGFCU, behind the Bowling Center.)

410-278-4124 / 5789 / 2621

