

Aberdeen Proving Ground



InDemand e-Newsletter

ISSUE 6-5

24/7

Gym Access

Beginning June 30, 2022

AA Fitness Center, B3300
24-7 access for eligible users*
EXCEPTION: M-F 0600-0800
Access Reserved for Active Duty Only.

Requirements to use 24 Hour Access:
Must have a CAC Card to enter the building,
Registration/Waiver signed and submitted.

*Eligibility: Active Duty, AD Family Members, Retired Military
and Family Members, DOD Civilians, DOD Contractors

Register TODAY
with your CAC at the following locations:
AA Fitness Center, B3300, AA Recreation Center, B3326
Phone 410-278-4011/4124/7933

SUMMER BOWLING LEAGUE

Thursdays
Jun 2 - Aug 18, 2022
5:30 - 8 pm
Brewner Lanes

\$12 Per Week Per Person 9-Pin No-Tap League Handicaps 90% of 220

NO EXPERIENCE NEEDED... ONLY FUN
Teams: 3 Players Per Team / 3 Games Each Week
TO SIGN UP OR FOR MORE INFO CALL 410-278-4041

GET GOLF READY PART 2

2022

The Courses at APG
2022 Summer Golf Clinics
5 consecutive weekly classes
Cost is \$140 for authorized patron and \$165 for guest.

TUESDAYS 6:30 TO 7PM BEGINNING JUNE 28TH
WEDNESDAYS 5:30 TO 7PM BEGINNING JUNE 29TH
THURSDAYS 6:30 TO 7 PM BEGINNING JUNE 30TH

Call the golf shop for dates and times at 410-278-4704.
Spaces are limited so call today.

RUGGLES

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

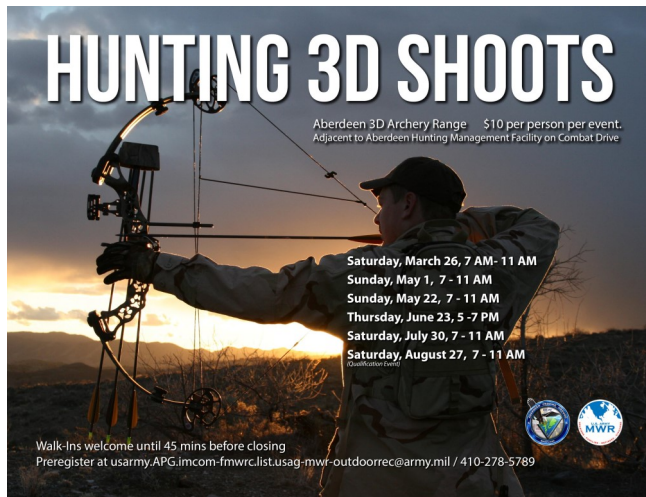
Don't miss out

HUNTING 3D SHOOTS

Aberdeen 3D Archery Range \$10 per person per event.
Adjacent to Aberdeen Hunting Management Facility on Combat Drive

Saturday, March 26, 7 AM- 11 AM
Sunday, May 1, 7 - 11 AM
Sunday, May 22, 7 - 11 AM
Thursday, June 23, 5 -7 PM
Saturday, July 30, 7 - 11 AM
Saturday, August 27, 7 - 11 AM

Walk-ins welcome until 45 mins before closing
Preregister at usarmy.APG.imcom-fmwrc.list.usag-mwr-outdoorrec@army.mil / 410-278-5789



Dinner for Two

July 8, 6 - 8 P.M.
Top of the Bay

Enjoy the Beautiful View of the Bay with Someone Special.

1st Course: Salad With Fresh Bread
2nd Course: Garlic Herb Chicken with Roasted Potatoes or Petite Steak with Garlic Mashed Potatoes
3rd Course: your choice of Chocolate Cake or Cheese Cake

\$54.95 Please make your reservations by July 5 at 2 P.M.
Call 410-278-3062 / 410-278-2552 / 410-278-5915 (Non-refundable)




CYS OUTREACH SERVICES BABYSITTERS' COURSE



Course will be on August 24, 25, 26;
(participation in all three days is mandatory for completion of course).
9 a.m. - 3 p.m. each day
Bldg 2503 6431 Advanced Tactics Rd, Second Floor Room 214

AGES: CYS Eligible Boys and Girls ages 13-18
COST/FEE: FREE (you must register in order to participate)

Students must bring their own water bottles and lunch/snack. We will have a 30 minute break.

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

REGISTRATION INFORMATION:

July 1–August 15.
Please call 410-278-7571/7479 to schedule an appointment Monday through Friday 8 a.m.–3 p.m. at the Central Registration Office, Bldg 2503, 6431 Advanced Tactics Rd., Second Floor, Rooms 210 & 211. During these times we are requesting new patrons to only have one parent come in to register. We only have 12 spots available for this course.

**SUBJECT TO CHANGE BASED ON
INSTALLATION CONDITIONS**



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

Don't miss out



**AA North. Across Rodman RD from the tennis courts.
First come, First served.**

**Open play available.
Equipment available at the gym**

Life in Balance: Relaxation and Stress Relief

**Sept 22, 2022
11:00 AM - 12:00 PM
Via MS Teams**

Are you overwhelmed with stress at work and at home? Join FAAP ACS to learn strategies to manage stress and reduce all stress, and develop relaxation skills.



Registration Required.

Registration is required to attend this training. Call the Victim Advocate at 410-273-1305 to register.



SUNDAY BRUNCH

Come Enjoy a Scratch made Branch with a beautiful view of the bay.

**July 17, 2022
10 am - 2 pm
Top of the Bay**

Menu: Pancakes, Scrambled eggs, poultry, bacon, sausage, gravy and biscuits, home fried, green beans with garlic, Ham, Desserts, and more.

Adults- \$20
Children 5-10- \$10
Children 4 and under free

Please make your reservations by July 12 at 2 P.M.
Call 410-273-3032 / 410-273-2532 / 410-273-5915
(Non-refundable)



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



BOSS PAINTBALL

"LIFESKILL"

**July 16, 2022
12 PM**

Robinhood Paintball, Havre De Grace MD

Build your basic warfighter, teamwork and communication skills. No Cost includes, Rental of mask and weapon, admission, and 800 paintballs per person. Transportation Separate.

17 BOSS Eligible Soldiers
(Single Parent Soldiers, Single Soldiers and Geo-Bachelors)
*First come first serve

Sign up through BOSS Advisor by July 13, 2022,
Karyssa.d.wilczek.naf@army.mil / 410-278-5789





NEW YORK CITY BUS Trip

September 10, 2022
New York City, 8th Ave and 48th St

Depart to AA Rec Center: 7:00 a.m.
Return to AA Rec Center: 9:00 p.m.
Ashbury Street, APG North, BLDG 3326
APG, Maryland 21005
Cost: \$60 per person

To purchase your ticket or for questions 410-278-4011 / 4124, or email:
usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil






Family and Finances

10 Steps to Federal Employment VIRTUAL WORKSHOP

Looking for the perfect Federal Job?
Join us and learn the 10 Steps to Federal Employment.

Wednesday, January 26, 2022 10 a.m. - Noon
Wednesday, April 27, 2022 2 - 4 p.m.
Wednesday, July 27, 2022 10 a.m. - Noon
Wednesday, October 26, 2022 2 - 4 p.m.

Registration Required:

- 1 - Go to: <https://mwojobs.maryland.gov>
- 2 - Create a user account.
- 3 - Go to Events Calendar (on the left-hand side)
- 4 - Move forward to the date of the class.
- 5 - Click on "10 Steps to Federal Employment".
- 6 - Click on "Register".

MS Teams link will be emailed to you the day prior to the class.

For more information call
410-278-2435 or email:
michael.b.farlow.civ@army.mil



Partnership: Susquehanna Workforce Network/APG ACS Employment Readiness Program

Talking to Parents: Effective Parent/Caregiver Communications

August 18, 2022
11:00 AM - 12:00 PM
Via MS Teams

Parents and caregivers both owe it to each other to communicate for the wellbeing of children. Join FAP ACS in our "Talk to Parents: Effective Parent/Caregiver Communication" class for tips on discussing issues, and strategies for effective communication.

Registration Required.

Registration is required to attend this training.
Call the Victim Advocate at 410-278-1305 to register.

Creating Healthy Relationships

July 21, 2022
11:00 AM - 12:00 PM
Via MS Teams

Are you working on having a better relationship? Join FAP ACS and learn the importance of positive self-esteem, the stages of marriage, tips for writing love letters, and tools for building a positive and healthy relationship.

Registration Required.

Registration is required to attend this training.
Call the Victim Advocate at 410-278-1305 to register.

Stress During the Holidays: Maintaining Balance and Stress Resilience

August 11, 2022
11:00 AM - 12:00 PM
Via MS Teams

Do the "holiday blues" stress you out? Join FAP ACS to learn to stress management techniques, and utilize strategies to guide children through the holidays with minimal stress to all parties.

Registration Required.

Registration is required to attend this training.
Call the Victim Advocate at 410-278-1305 to register.

CHRISTMAS IN JULY

July 8, 2022
12:00 PM - 1:00 PM
Via MS Teams

Develop your plan early to achieve healthy spending habits during the Holidays! Avoid the potential for unwanted financial stress by creating your spending plan now. You will also learn some tips on smart shopping and on managing your financial priorities.

Registration is not required.

For virtual meeting link and instructions visit
<https://abernethy.armymwr.com/geopartnershipreadinessprogram>

For more information call 410-278-2435.



80¢ WING WEDNESDAY

AT APG BREWNER LANES

FLAVORS:

Plain, Hot, Garlic Parmigiana,
Mango Habanero, Buffalo,
Sweet Teriyaki, Jamaican Jerk,
Hot Honey Old Bay,
Lemon Pepper and Old Bay





Family and Finances



Stages of Deployment

August 8, 2022
11:00 AM - 12:00 PM
Via MS Teams

Have you ever been through a deployment as a spouse or loved one? It can be difficult to deal with life alone, as a soldier or family member. Join FAP ACS to learn about the emotional cycle of deployment, the phases of deployment, and tips for reunion and re-entry.

Registration Required.
Registration is required to attend this training. Call the Victim Advocate at 410-278-1305 to register.





CYBER SECURITY

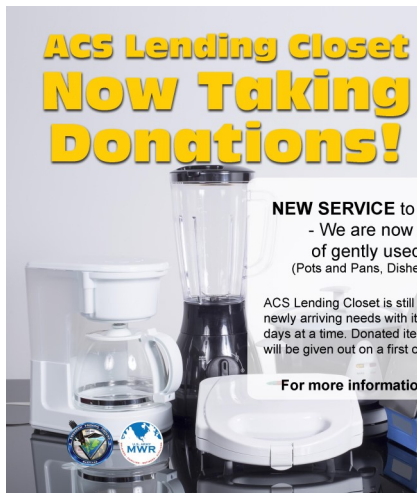
June 30, 2022
12:00 - 1:00 PM
Via MS Teams

We will discuss identity theft targeting homeowners and veterans as well as important documents to have in case of an emergency.

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.






ACS Lending Closet Now Taking Donations!



NEW SERVICE to the ACS Lending Closet
- We are now accepting donations of gently used Household Goods (Pots and Pans, Dishes, Small Furniture Items, etc.)

ACS Lending Closet is still available for your PCS'ing and newly arriving needs with items that can be borrowed for 30 days at a time. Donated items do not have to be returned and will be given out on a first come, first serve basis.

For more information please call 410-278-4232


IDENTITY THEFT

June 29, 2022
12:00 - 1:00 PM
Via MS Teams

This Seminar discusses how thieves steal your identity and what you can do to deter, detect and defend against IDENTITY THEFT.

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.




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



No endorsement by US Army implied

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



Family and Finances

22 June: Car Buying: Purchasing a car can be a difficult and frustrating process. This seminar will teach you how to negotiate with dealers for the best price and explore how you can save hundreds, if not thousands of dollars on your next vehicle purchase. In addition, this discussion will help you determine how much car you can afford.

23 June: Consumer Awareness: This seminar Introduces consumer rights as stipulated by Federal and State laws. Discusses specific rights for Service Members and reviews the steps in taking appropriate action if you fall victim to predatory financial practices.

24 June: Gambling Awareness: This seminar discusses gambling statistics, the prevalence of gambling problems, military directives on gambling and the warning signs of compulsive/pathological gambling.

29 June: Identity Theft: This Seminar discusses how thieves steal your identity and what you can do to deter, detect and defend against identity theft.

30 June: Cyber Security We will discuss identity theft targeting homeowners and veterans as well as important documents to have in case of an emergency.

7 July – Managing Credit and Debt: This seminar provides information on credit establishment, credit management and debt relief. Introduces debt-to-income ratio concepts, the importance of monitoring credit reports and scores and briefly addresses the SCRA and bankruptcy

8 July – Christmas in July: Develop your plan early to achieve healthy spending habits during the Holidays! Avoid the potential for unwanted financial stress by creating your spending plan now. You will also learn some tips on smart shopping and on managing your financial priorities.

13 July – Home Buying: A house is one of the most complicated and expensive purchases you will ever make. This presentation 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.

14 July – Home Buying Mortgage - Financing: This seminar will discuss how to choose mortgage lenders when home buying. We will share information about mortgages and discuss the characteristics of the best home mortgage loans and interest rates.

15 July – Home Selling: This seminar covers everything from staging to settlement. Learn to prepare and stage your home, gather the necessary documents and understand the process from hanging the for sale sign to settlement day.

20 July – Survivor Benefit Plan: Open Discussion

21 July – Marriage & Finances: Marriage is not only a meaningful commitment to your partner but also a financial commitment and financial stress can play a big role in a marriage. This seminar will provide tips and tools to help you minimize any financial stress and optimize your finances for married life! Seminar topics include: Communication, Administrative Tasks, Financial Planning, Insurance, Legal Documents and Taxes.

22 July – Divorce and Finances: The financial effects of divorce are stressful. The goal of this class is to help reduce uncertainty associated with the financial aspects of divorce. We will share information to help you make smart, informed financial