

FORT GEORGE G. MEADE POST LINEUP









JUL. 7-12



MONDAY JUL. 7

-  9-10 A.M. VMIS Orientation
-  9-10:30 A.M. A-Z Come Play With Me
-  12-1:30 P.M. Calling All Dads Workshop
-  3-4 P.M. Upping Your Metabolism Class

WEDNESDAY JUL. 9

-  9-10 A.M. Financial Readiness for New Child
-  9-10:30 A.M. A-Z Come Play With Me
-  10 A.M.-1 P.M. Ceramic Painting Fun
-  1-3 P.M. Positive Parenting Class
-  3-4 P.M. Meals in Minutes Class
-  5-7 P.M. Summer Ceramic Painting






FRIDAY JUL. 11

-  9-10:30 A.M. A-Z Come Play With Me
-  5-7 P.M. Annual Pool Party!


SATURDAY JUL. 12

-  10 A.M.-1 P.M. Ceramic Painting Fun
-  1-3 P.M. Aspiring Artist Class (Ages 7+)

TUESDAY JUL. 8

-  8 A.M. In-Processing Briefing (Mandatory)
-  8 A.M.-3 P.M. Newcomers Orientation
-  9-10 A.M. Vesting in TSP Finance Class
-  9-11 A.M. Romp 'n Stomp Playgroup
-  1-3 P.M. Co-Parenting Communication
-  5-6 P.M. Homeschooling in MD Workshop

THURSDAY JUL. 10

-  7:30-8:30 A.M. Healthy Sleep Habits Class
-  10-11:30 A.M. EFMP Sensory Playgroup
-  11 A.M.-12 P.M. Food Pantry @ Thrift Shop
-  11 A.M.-12 P.M. Single Parent Support Group
-  11 A.M.-1 P.M. Domestic Abuse Empowerment Group
-  12-1 P.M. Budgeting Strategies Class
-  12:30-2 P.M. Parents Support Group
-  4-8 P.M. Wing Night at The Lanes



EVENTS OFFERED BY

FAMILY ADVOCACY PROGRAM

**9-10:30 A.M.****A-Z Come Play With Me**

Interactive activities designed to assist families in learning developmentally appropriate play techniques to help children 0-5 improve their social, cognitive, and motor skills.

**2462 85th Medical BN Ave.****12-1:30 P.M.****Calling All Dads Workshop**

A 4-week workshop to educate fathers on practical parenting skills regarding child development and effective discipline as well as self-care, the role of fathers, and communication skills.



Virtual via Teams or in-person as requested
Call 301- 677- 4118 to register

9-11 A.M.**Romp 'n Stomp**

A playgroup that provides interaction, education, and socialization for parents and children, ages 0-5.

**909 Ernie Pyle Rd.****9-11 A.M.****Co-Parenting Communication**

A four-week class providing resources to help parents with coping skills to enhance communication and resolve conflicts.



Virtual via Teams or in-person as requested
Call 301- 677- 4118 to register



EVENTS OFFERED BY

FAMILY ADVOCACY PROGRAM

**1-3 P.M.****Positive Parenting Class**

A four-week parenting class to assist parents with non physical discipline techniques, relationship building and nurturing the needs of children of all ages.



Virtual via Teams or in-person as requested
Call 301- 677- 4118 to register

11 A.M.-12 P.M.**Single Parent Support Group**

Provides single parents with a forum to discuss concerns, gain support, and enhance single parenting for mothers and fathers.



Virtual via Teams
Call 301-677-2006 to register

11 A.M.-1 P.M.**Domestic Abuse Empowerment Group**

A monthly support group for those impacted by domestic violence, aiming to provide empowerment through psychoeducation.



Virtual via Teams or in-person as requested
Call 301- 677- 4118 to register

12:30-2 P.M.**Parent Support Group**

Promotes the use of positive parenting practices such as using positive language, nurturing behaviors.



2462 85th Medical BN Ave.
Call 301-677-4118 to register



EVENTS OFFERED BY

FINANCIAL
READINESS

9-10 A.M. Vesting in TSP
Finance Class

Provides an overview of the Thrift Savings Plan (TSP) and vesting requirements for members covered under Blended Retirement System (BRS). Satisfies common military training requirements.



Virtual via Teams

Email usarmy.meade.usag.mbx.acs@army.mil to register

9-10 A.M. Financial Readiness
for New Child

Designed to help you organize your finances efficiently and prepare you for the changes that come with your growing family. Satisfies the common military training requirements.



Virtual via Teams

Email usarmy.meade.usag.mbx.acs@army.mil to register

12-1 P.M.
Budgeting Strategies

Learn how to manage your money and create a smart spending plan. Part of Lunch and Learn series.



Virtual via Teams

Email usarmy.meade.usag.mbx.acs@army.mil to register



EVENTS OFFERED FOR MEDICAL/WELLNESS

3-4 P.M. Upping Your Metabolism Class

A class focused on defining metabolism and how to increase metabolic rate. The class explores what changes can be made to help increase metabolic rate and burn calories more efficiently.



Virtual
Call 301-677-2006 to
register

3-4 P.M. Meals in Minutes Class

A class addressing how to eat healthy without spending a lot of money, the time commitments of meal preparation, navigating on-post food options and nutritional facts to consider when selecting foods.



Virtual
Call 301-677-2006 to register

7:30-8:30 A.M. Healthy Sleep Habits Class

A class covering the basics of proper sleep. It discusses daily sleep requirements, proper sleep hygiene, the benefits of sleep tracking and the relationship between sleep and other facets of wellness.



Virtual
Call 301-677-2006 to register



EVENTS OFFERED FOR RECREATIONAL ACTIVITIES

10 A.M.-1 P.M.

Ceramic Painting Fun

Unleash your creativity! Paint for fun, craft unique decor, create lasting memories, and design thoughtful gifts. Join from 12 p.m.-3 p.m. for garden party ceramic painting!

(W)

(SA)



Arts and Crafts: 6530B York Ave

5-7 P.M.

Summer Ceramic Painting

Escape the heat and join us for all the ceramic fun! No reservation needed, just walk in.

(W)

(SA)



Arts and Crafts: 6530B York Ave

4-8 P.M.

Wing Night at The Lanes

Stop by The Lanes every week for wing deals, drink specials and fun.

(TH)



The Lanes: 2788 MacArthur Road

5-7 P.M.

Annual Pool Party!



Come celebrate summer at our family-friendly Annual Pool Party at the Midway Commons Community Center! Get ready for fun, food, and festivities for all!

(TH)



Midway Commons Community Center

1-3 P.M.

Aspiring Artists Class

Looking for a fun artistic activity this summer for the Aspiring Artist in your life? Learn how to paint a summer crab! Provides a canvas, paint, and an apron.

(SA)



Arts and Crafts: 6530B York Ave



EVENTS OFFERED FOR RELOCATION ASSISTANCE

8 A.M.**In-Processing Briefing**

All new Soldiers must attend an in-person in-processing briefs. Includes important information such as transportation options, finance, the Military Personnel Division and more.

**Smallwood Hall: 4650 Williams Rd.****8 A.M.-3 P.M.****Newcomers Orientation**

This orientation is focused on welcoming newly arrived service members and their spouse to Fort Meade. Spouses can tour the facility obtain firsthand knowledge of available programs and resources.

**Virtual via Teams****Call 301-677-5590 to register**

MISC. EVENTS

11 A.M.-12 P.M.**Food Pantry**

We understand times can be hard. Available to all with military ID, any rank and any status. Can be used twice a month.

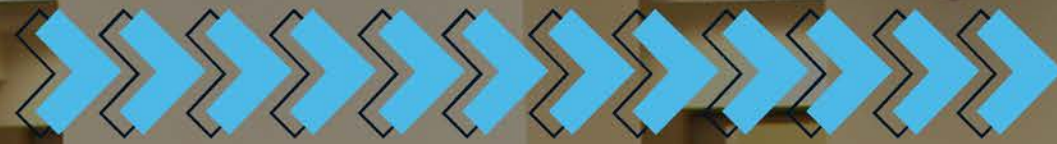
**392 Llewellyn Ave.****5-6 P.M.****Homeschooling in MD
Workshop**

A representative from the AACPS Home Instruction Department will guide you through Maryland requirements, what oversight involves and how to navigate a transition to homeschooling in another state.

**4550 Pershing Hall****Basement Conference Room**

FREEDOM INN WARRIOR RESTAURANT

WEEKLY MENU



JUL. 7-13



MONDAY JUL. 7

LUNCH

- Beef and noodles
- Lemon pepper catfish
- Steamed rice
- Mashed potatoes
- Succotash
- Sliced carrots
- Mushroom gravy

DINNER

- Chicken fajitas
- Turkey a la king
- Buttered egg noodles
- Spanish rice
- Stir fry vegetables
- Peas with mushrooms
- Chicken gravy

TUESDAY JUL. 8

LUNCH

- Chicken pot pie
- Salisbury steak
- Wild rice
- Steamed fettuccine
- Broccoli combo
- Fried cabbage
- Brown gravy

DINNER

- Roast beef
- Spaghetti with meat sauce
- Oven brown potatoes
- Spaghetti noodles
- Seasoned corn
- Mustard greens
- Natural pan gravy

WEDNESDAY JUL. 9

LUNCH

- Chicken stir fry
- Roast pork
- Fried rice
- Mashed potatoes
- Green peas
- Glazed carrots
- Giblet gravy

DINNER

- Teriyaki salmon
- Bombay chicken
- Garlic mashed potatoes
- Steamed rice
- Green beans
- Summer squash
- Chicken gravy

THURSDAY JUL. 10

LUNCH

- Roast turkey
- Shrimp scampi
- Bread dressing
- Buttered noodles
- Stir fry vegetables
- Brussel sprouts
- Turkey gravy

DINNER

- Chicken enchiladas
- Veal with mushroom gravy
- Spanish rice
- Refried beans
- Seasoned broccoli
- Peas and carrots
- Brown gravy

FRIDAY JUL. 11

LUNCH

- Porterhouse steak
- Crab legs
- Honey ginger chicken
- Rice pilaf
- Italian roasted potatoes
- Steamed asparagus
- Corn o'brien
- Gravy

DINNER

- Chicken jambalaya
- Meatloaf
- Steamed rice
- Mashed potatoes
- Cauliflower
- Collard greens
- Brown gravy

SATURDAY JUL. 12

LUNCH

- Baked chicken
- Ground turkey
- yakisoba
- Fried potatoes
- Rice pilaf
- Cauliflower combo
- Black-eyed peas
- Chicken gravy

DINNER

- Baked fish
- Sweet and sour pork
- Steamed rice
- Mashed potatoes
- Herbed broccoli
- Summer squash
- Brown gravy

SUNDAY JUL. 13

LUNCH

- BBQ spare ribs
- Chicken with gravy
- Egg noodles
- Steamed rice
- Buttered corn
- Fried cabbage
- Chicken gravy

DINNER

- Polish sausage with peppers and onions
- Roast turkey
- Mashed potatoes
- Steamed rice
- Brussel sprouts
- Stir fry vegetables
- Turkey gravy

<http://>



Check out the full menu on our website!