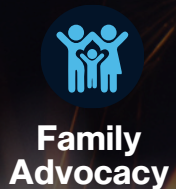


# FORT GEORGE G. MEADE POST LINEUP



## JUL. 14-19



Family  
Advocacy



Financial  
Readiness



Medical/  
Wellness



Employment  
Readiness



Exceptional  
Family Member



Recreational  
Activities



Relocation  
Assistance



Volunteer  
Corps



Safety

### MONDAY JUL. 14



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



12-1:30 P.M. Calling All Dads Workshop



3-4 P.M. Fueling for Health Class

THRU JUL. 20 Farmers Market @ DeCA

### WEDNESDAY JUL. 16



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



9 A.M.-3 P.M. Pre-Departure (ARMY)



10 A.M.-1 P.M. Ceramic Painting Fun



1-3 P.M. Positive Parenting Class

1-3 P.M. Hiring Our Heroes: Cyber/Tech



2-6 P.M. Cleared Only Job Fair

3-4 P.M. Hiring Our Heroes: Google Certs



7-8 P.M. Hiring Our Heroes: Mil Spouse  
Fellowship Information Session



### FRIDAY JUL. 18



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



5:30-7 P.M. EFMP Family Bowling



7 P.M. BOSS Summer Movie Night



### SATURDAY JUL. 19



12-3 P.M. Walk-In Summer Ceramics

### TUESDAY JUL. 15

7:30-8:30 A.M. Upping Your Metabolism



8 A.M. In-Processing Briefing (Mandatory)



8 A.M.-3 P.M. Newcomers Orientation



9-11 A.M. Take Control of Your Finances



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



10-11 A.M. EFMP Knowledge Hour: ECHO



11 A.M.-1 P.M. RecruitMilitary  
Virtual Career Fair



1-3 P.M. Co-Parenting Communication



### THURSDAY JUL. 17

8 A.M.-5 P.M. Maryland Motor Rider Safety



11 A.M.-12 P.M. Food Pantry @ Thrift Shop



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



12-1 P.M. Setting Financial Goals



12:30-2 P.M. Parents Support Group



1-3 P.M. Five Love Languages of Teens



4-8 P.M. Wing Night at The Lanes



5-7 P.M. Fort Meade Bike Night!







## 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.

**(W)**

**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.

**(TH)**

**Virtual via Teams**  
**Call 301-677-2006 to register**

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

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

**(TH)**

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

**1-3 P.M.****Five Love Languages of Teens**

Interactive workshop to provide skills to parents to strengthen relationships with their teens by effectively speaking the love languages they understand.

**(TH)**

**Virtual via Teams**  
**Call 301-677-4118 to register**





## EVENTS OFFERED BY

FINANCIAL  
READINESS**9-11 A.M.** Taking Control of  
Your Finances Class

Provides information on credit establishment, credit management and debt relief. Includes debt-to-income ratio concepts, monitoring credit reports and scores, the Service Members Civil Relief Act (SCRA) and bankruptcy.

**Virtual via Teams****Email [usarmy.meade.usag.mbx.acs@army.mil](mailto:usarmy.meade.usag.mbx.acs@army.mil) to register****9-10 A.M.**  
Setting Financial Goals

Create a roadmap to make your financial dreams a reality! Part of Lunch and Learn series.

**Virtual via Teams****Email [usarmy.meade.usag.mbx.acs@army.mil](mailto:usarmy.meade.usag.mbx.acs@army.mil) to register**





# EVENTS OFFERED FOR MEDICAL/WELLNESS

**3-4 P.M.**

**Fueling for Health Class**



**Virtual**

**Call 301-677-2006 to  
register**

A class that discusses dietary guidelines and food labels in order to educate individuals on proper nutrition. Attendees will learn the fundamental components of nutrition including macronutrients, vitamins, minerals and water consumption.

**7:30-8:30 P.M.**

**Upping Your Metabolism**



**Virtual**

**Call 301-677-2006 to register**

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.





## 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!

**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.

**The Lanes: 2788 MacArthur Road****12-3 P.M.**

Walk-in Summer Ceramics

Escape the heat and join us for all the ceramic fun this summer! No reservations needed for open ceramics. Grab a friend and come on it!

**Arts and Crafts: 6530B York Ave****5-7 P.M.**

Fort Meade Bike Night

Join fellow motorcycle enthusiasts for food, drills, races and yard games! Participate to win prizes.

**Motorcycle training course near  
Smallwood Hall****7 P.M.**

BOSS Summer Movie Nights

BOSS is showing movies at the Post Theater every Friday this summer! Follow us to see what is showing each week!

**Post Theater  
4431 Llewellyn 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****9 A.M.-3 P.M.****Pre-Departure (ARMY)****4500 Parade Field Ln**





# EVENTS OFFERED FOR MISC. EVENTS

**THRU JUL. 20** Farmers  
Market at Commissary

Visit this a pop-up style Farmer's Market featuring organic products July 14 – 20. Includes organic foods, demonstrations and special offers!



**Commissary: 2786 MacArthur Rd**

**10-11 A.M.**  
EFMP Knowledge Hour

Join EFMP and learn the ins and outs of Tricare Extended Care Health Option (ECHO). Event open to all Military DoD ID Card holders, DoD Civilians and community partners.



**Virtual via Teams**

**Call 301-677-5662 to register**

**11 A.M.-1 P.M.** RecruitMilitary  
Virtual Career Fair

Connect with employers nationwide through virtual interviews for thousands of available positions. Open to transitioning Service members, Veterans, and military spouses.



**Virtual**

**See post for link to register**

**1-4 P.M.** Hiring Our Heroes  
Virtual Hiring Fair

Connect with technology/cybersecurity employers who are hiring military talent for thousands of open positions! Open to transitioning Service members, Veterans, military spouses, and military caregivers.



**Virtual**

**See post for link to register**

**2-6 P.M.**  
Cleared Only Job Fair

Open to job seekers holding an active DOD clearance. No registration required.



**Club Meade: 6600 Mapes Rd.**





# EVENTS OFFERED FOR MISC. EVENTS

**3-4 P.M. Hiring Our Heroes:  
Google Certs**

Transitioning Service members, Veterans, military spouses, and caregivers—discover how you can boost your career by earning a Google Career Certificate through the Hiring Our Heroes (HOH) Career Forward program.



**Virtual**

**See post for link to register**

**7-8 P.M. Hiring Our Heroes  
Mil Spouse Fellowship Info**

explore how the Hiring Our Heroes (HOH) Military Spouse Fellowship (MSF) and the Department of Defense's Military Spouse Career Accelerator Pilot (MSCAP) can help launch your career!



**Virtual**

**See post for link to register**

**8 A.M.-5 P.M. Maryland  
Motor Rider Safety**

All bikers are welcome. Whether you ride a high-powered performance bike or a commuter scooter, if you are serious about staying safe on Maryland's roads, enroll!



**Smallwood Hall**

**See post for link to register**

**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.**

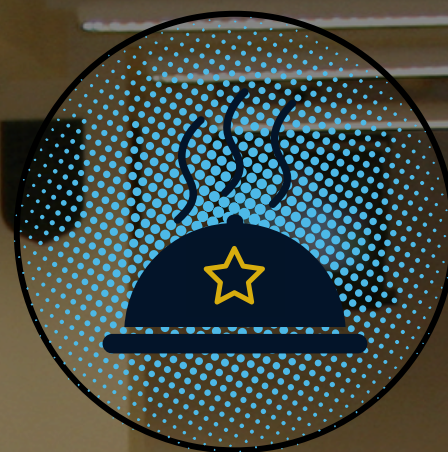


# FREEDOM INN WARRIOR RESTAURANT

## WEEKLY MENU



### JUL. 14-20



**MONDAY** JUL. 14

#### LUNCH

- Braised pork chops
- Lasagna
- Fried potatoes
- Steamed rice
- Mustard greens
- Cream style corn
- Brown gravy

#### DINNER

- Chili macaroni
- Chicken adobo
- Egg noodles
- Mashed potatoes
- Green beans
- Corn o'brien
- Chicken gravy

**TUESDAY** JUL. 15

#### LUNCH

- Bayou chicken
- Shrimp chop suey
- Baked potatoes
- Steamed rice
- Brussel sprouts
- Mixed vegetables
- Chicken gravy

#### DINNER

- Salisbury steak
- Roast turkey
- Bread dressing
- Mashed potatoes
- LA squash
- Peas with onions
- Turkey gravy

**WEDNESDAY** JUL. 16

#### LUNCH

- Parmesan fish
- Turkey yakisoba
- Steamed rice
- Parsley buttered potatoes
- Steamed broccoli
- Steamed carrots
- Brown gravy

#### DINNER

- Pepper steak
- Fried chicken
- Steamed rice
- Quick baked potatoes
- Corn combo
- Black-eyed peas
- Chicken gravy

**THURSDAY** JUL. 17

#### LUNCH

- Roast pork
- Pineapple chicken
- Fried rice
- Baked sweet potatoes
- Herbed green beans
- Corn o'brien
- Chicken gravy

#### DINNER

- Grilled ham steaks
- Baked chicken and noodles
- Steamed rice
- Paprika potatoes
- Peas and carrots
- Savory squash
- Giblet gravy

**FRIDAY** JUL. 18

#### LUNCH

- Porterhouse steak
- Crab legs
- Rice pilaf
- Baked potatoes
- Corn on the cob
- Glazed carrots
- Gravy

#### DINNER

- Pineapple chicken
- Italian meatballs
- Fried rice
- Mashed potatoes
- Steamed broccoli
- Cream style corn
- Brown gravy

**SATURDAY** JUL. 19

#### LUNCH

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

#### DINNER

- Herbed baked chicken
- Veal steaks
- Steamed rice
- Mashed potatoes
- Seasoned green beans
- Buttered peas and carrots
- Chicken gravy

**SUNDAY** JUL. 20

#### LUNCH

- Swedish meatballs
- Roast turkey
- Bread dressing
- Buttered noodles
- Mixed vegetables
- Savory squash
- Giblet gravy

#### DINNER

- Beef and noodles
- Baked fish
- Parsley buttered potatoes
- Steamed rice
- Seasoned corn
- Brussel sprouts
- Brown gravy

<http://>



Check out the full  
menu on our  
website!