



# VACAVILLE PAL

## Fall 2011 Parent Newsletter

October, November, & December

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Vacaville PAL

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### Dear PAL Families:

PAL would like to take this time to remind all parents and guardians that the program reminder calls are a courtesy and will not be made beginning in October 2011. If you have a question regarding PAL programs, please refer to this parent newsletter as well as our Information Hotline at (707) 469-4005; all updates will be posted on this no-message phone line on a weekly basis. If you have a specific question, we would be happy to answer the PAL Office phone line at (707) 469-4004. If there are any alterations in the original program plan, VPAL will notify your family immediately.



### PAL NO-SHOW POLICY

At the beginning of August we sent letters home informing PAL families of our "no-show" policy. In order to maximize each program's potential we need to make sure that we are filling each program and when PAL members cannot make it, a parent must call in to excuse their absence (707) 469-4004. This will allow us to open up spots for PAL members who are on the waiting list, and as you can imagine there is usually a waiting list for our free programs, especially field trips. So please, if you cannot attend a program we kindly ask that you give the PAL office a courtesy call 24 hours in advance. PAL program leaders are tracking attendance and after two un-excused absences members will be dropped from that class for that quarter. If you have any questions or concerns please call (707) 469-4004.



### PAL TRIPS

Pictures from our programs and field trips are regularly posted on our PAL Facebook page, check them out!

## **Artcademy**

**Ages 11-18**

**4:00pm to 5:30pm**

**FRI 10/14, 10/28, 11/18, 12/9**

Learn about different styles and artists, then create a one of a kind piece using PAL supplies. All levels welcome.

**Location-PAL Fairmont**

**Cost-FREE**

**Barcode-77665**

## **Artventure**

**Ages 7-10**

**4:00pm to 5:30pm**

**FRI 10/7, 10/21, 11/4, 12/2**

Want to be your own Picasso? With PAL you can learn and create your very own masterpiece! Don't miss out on being a part of colorful Artventure.

**Location- PAL Fairmont**

**Cost-FREE**

**Barcode-77664**

## **Bowling Tournament**

**Ages 7-18**

**3:00pm to 5:00pm**

**WEDS 10/12, 11/9, 12/7**

Like to bowl? Have time to spare? Roll on into Stars and join PAL for a couple hours of fun and friendly competitive bowling. This course is recently combined with Bumper Bowling; It is for all PAL Ages

**Location-STARS Recreation**

**Cost-\$10.00**

**Barcode- 77672**

**Reduced Fee-\$5.00**

**Barcode-77673**

## **Kids Movie Review**

**Ages 7-12**

**Time To Be Announced**  
**TUES 10/18, 11/29, 12/27**

Snack on some popcorn while watching a new movie at the Brenden theater. PAL Kids Movie Review movie time is available a week before the program by calling the PAL info line at 707-469-4005.

**Location- Brenden Theater**

**Cost-\$10.00**

**Barcode-77675**

**Reduced Fee-\$5.00**

**Barcode-77674**

## **Teen Movie Critics**

**Ages 13-18**

**Time To Be Announced**  
**WEDS 10/19, 11/30, 12/28**

Come with PAL to rate and screen the latest films. All reviews will be posted on PAL's Facebook. Movie times are available one week prior by calling the PAL info line at 707-469-4005.

**Location-Brenden Theater**

**Cost-\$10.00**

**Barcode-77677**

**Reduced Fee-\$5.00**

**Barcode-77676**

## **Culinary Kids**

**Ages 7-10**

**4:00pm to 6:00pm**

**THURS 10/6, 11/3, 12/1,  
12/15**

Sizzle your way to deliciousness! PAL will break out the equipment and teach participants some of the basics of cooking in a commercial kitchen. Menu will be updated weekly on the PAL info line (707) 469-4005.

**Location-Ulatis CC**

**Cost-\$10.00**

**Barcode-**

**Reduced Fee-\$5.00**

**Barcode-77668**

## **Cooking 101**

**Ages 11-18**

**4:00pm to 6:00pm**

**THURS 10/13, 11/10, 12/8,  
12/22**

Don't miss out on this yummy class! Our PAL instructor will teach you some of the basics of cooking, as well as a few basics on healthy eating and kitchen etiquette. Menu will be updated weekly on PAL info line (707) 469-4005.

**Location- Ulatis CC**

**Cost \$10.00**

**Barcode-77666**

**Reduced Fee-\$5.00**

**Barcode-77667**

## **Study Buddies**

**Ages 7-18**

**3:30pm to 5:30pm**

**MON**

Need a study buddy to help you get through your homework? PAL leaders will help participants figure out difficult problems in a quiet atmosphere. Leaders will walk PAL boxing participants to Georgie Duke at 4:20pm, if needed.

**Location-McBride Center**

**Cost-FREE**

**Barcode- 77671**

## **Corn Maze**

**Ages 7-10**

**10:00am to 3:00pm**

**SAT 10/8**

Forage through the carved corn field in Woodland, CA. for a day of fun and excitement with PAL. Please bring a lunch for this trip.

**Departure-Ulatis CC**

**Cost-FREE**

**Barcode- 77671**

## **Le Cordon Bleu**

**Ages 10-18**

**10:00am to 3:00pm**

**SAT 10/15**

Come see the SPOOKTACULAR of culinary favorites prepared by the chefs at Le Cordon Bleu in Sacramento. PAL kids will get to see real chefs in action at this culinary arts school.

**Departure-Ulatis CC**

**Cost-FREE**

**Barcode- 77683**

## **Gyros Fear Factory**

**Ages 12-18**

**10:00am to 3:00pm**

**SAT 10/29**

If you are brave enough, travel with us and experience a haunted house. You will have a creepy good time. Please eat a small dinner before the trip.\*Not for easily scared children.

**Departure-Ulatis CC**

**Cost-\$10.00**

**Barcode- 77685**

**Reduced Fee-\$5.00**

**Barcode-77686**

## **Dia De Los**

### **Muertos**

**Ages 12-18**

**10:00am to 3:00pm**

**SAT 11/5**

PAL will head to San Francisco to view the parade in celebration of Dia de los Muertos- a traditional Meso-American holiday dedicated to the ancestors; it honors both death and the cycle of life. In Mexico, neighbors gather in local cemeteries to share food, music, and fun with their extended community, both living and departed. The celebration acknowledges that we still have a relationship with our ancestors and loved ones that have passed away.

**Departure-Ulatis CC**

**Cost-FREE**

**Barcode- 79780**

## **Nimbus Fish Hatchery**

**Ages 7-10**  
**11:00am to 3:00pm**  
**SAT 11/19**

Come visit the fish hatchery in Sacramento, CA. with PAL. Children will get to feed the fish and explore the museum. Please pack a lunch for this trip.

**Departure-Ulatis CC**  
**Cost-FREE**  
**Barcode- 79784**

## **Ripleys Believe It Or Not**

**Ages 12-18**  
**10:00am to 3:00pm**  
**SAT 12/3**

A real San Francisco treat! Come with us as we go on a wild adventure to see Ripley's: Believe it or Not and the notorious Wax Museum in San Francisco. See mind boggling tricks and life-like wax people from celebrities to sports figures. Transportation will be provided. Please bring a lunch on this trip.

**Departure-Ulatis CC**  
**Cost-\$10.00**  
**Barcode- 78085**  
**Reduced Fee-\$5.00**  
**Barcode-78086**

## **A Christmas Carol**

**Ages 12-18**  
**Time To be Announced**  
**SAT 12/10**

A real San Francisco treat! Come with us as we go on a wild adventure to see Ripley's: Believe it or Not and the notorious Wax Museum in San Francisco. See mind boggling tricks and life-like wax people from celebrities to sports figures. Please bring a lunch on this trip.

**Cost-\$10.00**  
**Barcode- 79781**  
**Reduced Fee-\$5.00**  
**Barcode-79782**

## **PAL Holiday Party**

**Ages 7-18**  
**5:00pm to 7:00pm**  
**FRI 12/16**

Celebrate the end of the year and the holiday season with PAL. Come see a boxing and Judo demonstration, as well as a movie produced by the Production & Editing Club. Have some hot cocoa, snacks, make some crafts and have a visit from the North Pole.

**Departure-Ulatis CC**  
**Cost-FREE**  
**Barcode- 79783**

## **Mentoring**

Would you like to be a part of the PAL mentoring program as a mentor (ages 19-100) teen mentor (ages 16-18) or as a mentee (ages 7-18)? Sign up and you will be notified of a training date and learn more about the program.

**16-18 Years Old Mentor**  
**Barcode-77690**  
**7-15 Years Old Mentee**  
**Barcode-77692**

## **Teen Outreach Program**

**7th- 12th Graders**  
**7:00pm-7:30pm**  
**MON**

Were you born to be a leader or do you just want your voice heard. Join Teen Council and become a part of PAL leadership, help run fundraisers, do community service projects and have the chance to attend great leadership conferences.

**Location- PAL Fairmont**  
**Barcode-78071**

## **Super Sporty**

**Ages 7-10**

**TUES 10/4, 11/1, 12/13**

Reduced stress, improves life and increases creativity. Be sure to wear sneakers, a t-shirt, and athletic pants or shorts. Bring a small energy snack and water bottle if you choose.

**Location-To Be Announced**  
**Barcode-77662**

## **Drop In Sports**

**Ages 11-18**

**WEDS 10/5, 11/2, 12/14**

Reduced stress, improves life and increases creativity. Be sure to wear sneakers, a t-shirt, and athletic pants or shorts. Bring a small energy snack and water bottle if you choose.

**Location-To Be Announced**  
**Barcode-77663**

## **PAL Boxing**

**Ages 8-18**

**MON/WED/FRI**

**4:30pm-5:45pm**

Start training and learning the basics of boxing fundamentals, conditioning, and safety issues from Coach Lagardo and Coach Sanchez.

**Location-George Duke**  
**Cost-\$30.00**  
**Barcode- 77283**  
**Reduced Fee-\$15.00**  
**Barcode-77284**

## **PAL Boxing Intermediate**

**Ages 8-18**

**MON/WED/FRI**

**4:30pm-5:45pm**

Continue training with the PAL coaching staff. This class has additional tournaments & events that participants may attend. These students need approval from the Boxing Instructor before enrolling.

**Location-George Duke**  
**Cost-\$30.00**  
**Barcode- 77289**  
**Reduced Fee-\$15.00**  
**Barcode-77290**

## **PAL Judo**

**Ages 8-18**

**TUES/THURS**

**5:30pm-7:00pm**

Learn the techniques & discipline of Judo from Sensei G. Makimoto & Sensei L. Makimoto. This class meets on Tuesdays and Thursdays.

**Location-George Duke**  
**Cost-\$30.00**  
**Barcode- 77271**  
**Reduced Fee-\$15.00**  
**Barcode-77272**

## **PAL Judo Intermediate**

**Ages 8-18**

**TUES/THURS**

**5:30pm-7:00pm**

This martial art teaches control and self discipline as well as self defense. This ongoing year round class is fun and motivating for everyday life. This class also has additional events and tournaments for participants to go to.

**Location-George Duke**  
**Cost-\$30.00**  
**Barcode- 77277**  
**Reduced Fee-\$15.00**  
**Barcode-77278**

# OCTOBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Study Buddies 3:30-5:30 Boxing 4:30-	4 Super Sporty 3:30-5:30 Boxing 4:30	5 Drop In Sports 3:30-5:30 Boxing 4:30	6 Culinary Kids 3:30-5:30 Boxing 4:30	7 Artventure 4-5:30 Boxing 4:30	8 Dixon Corn maze 10-3
9	10 Study Buddies 3:30-5:30 Boxing 4:30	11 Boxing 4:30 Judo 5:30-7	12 Boxing 4:30	13 Cooking 101 4-7 Boxing 4:30	14 Artcademy 4-5:30 Boxing 4:30	15 Le Cordon Bleu Spooktacular 10-2
16	17 Study Buddies 3:30-5:30 Boxing 4:30	18 Kids Movie Review (TBA) Boxing 4:30 Judo 5:30-7	19 Movie Critics (TBA)Boxing 4:30	20 Boxing 4:30 Judo 5:30-7	21 Artventure 4-5:30 Boxing 4:30	22 Poker Tournament
23 Fitzgerald Marine 11:30-5:30	24 Study Buddies 3:30-5:30 Boxing 4:30	25 Boxing 4:30 Judo 5:30-7	26 Pumpkin Painting 4-6 Boxing 4:30 Judo 5:30-7	27 Pumpkin Carving 4-6 Boxing 4:30	28 Artcademy 4-5:30 Boxing 4:30	29 Haunted House 5-8
30	31 <b>Halloween</b> Study Buddies 3:30-5:30 Boxing 4:30					

# NOVEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Super Sporty 3:30-5:30 Boxing 4:30	2 Drop In Sports 3:30-5:30 Boxing 4:30	3 Culinary Kids 3:30-5:30 Boxing 4:30	4 Artventure 4-5:30 Boxing 4:30	5 Dia de Los Muertos (SF) 11-6
6	7 Study Buddies 3:30-5:30 Boxing 4:30	8 Boxing 4:30 Judo 5:30-7	9 Bowling Tournament 2:30-4 Boxing 4:30	10 Cooking 101 4-7 Boxing 4:30 Judo 5:30-7	11 Veterans Day	12
13	14 Study Buddies 3:30-5:30	15 Boxing 4:30 Judo 5:30-7	16 Boxing 4:30	17 Boxing 4:30 Judo 5:30-7	18 Artcademy 4-5:30	19 Nimbus Fish Hatchery 11-3
20	21 Boxing 4:30	22 Boxing 4:30 Judo 5:30-7	23 Boxing 4:30	24 <b>Thanksgiving</b>	25	26
27	28 Study Buddies 3:30-5:30 Boxing 4:30	29 Kids Movie Review (TBA) Boxing 4:30	30 Movie Critics (TBA) Boxing 4:30			

# DECEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Culinary Kids 3:30-5:30 Boxing 4:30 Judo 5:30-7	2 Artventure 4-5:30 Boxing 4:30	3 Ripley's Believe it or not 10-3
4	5 Study Buddies 3:30-5:30 Boxing 4:30	6 Boxing 4:30 Judo 5:30-7	7 Bowling Tournament 3:30-5:30 Boxing 4:30	8 Cooking 101 4-7 Boxing 4:30 Judo 5:30-7	9 Artcademy 4-5:30 Boxing 4:30	10 Nutcracker (VPAT)
11	12 Study Buddies 3:30-5:30 Boxing 4:30	13 Super Sporty 3:30-5:30 Boxing 4:30	14 Drop In Sports 3:30-5:30 Boxing 4:30	15 Culinary Kids 3:30-5:30 Boxing 4:30	16 Artcademy 4-5:30 Boxing 4:30	17
18	19 Boxing 4:30	20 Boxing 4:30 Judo 5:30-7	21 Boxing 4:30	22 Cooking 101 4-7 Boxing 4:30 Judo 5:30-7	23	24 <b>Christmas Eve</b>
25 <b>Christmas Day</b>	26	27 Kids Movie Review (TBA) Boxing 4:30	28 Movie Critics (TBA) Boxing 4:30	29 Boxing 4:30 Judo 5:30-7	30	31 <b>New Years Eve</b>

**Don't miss out!**

## Vacaville PAL's 4th Annual Poker Tournament



**BUY IN- \$50 (INCLUDES DINNER)**

**RE-BUYS- \$20**

**NO HOST BAR**

**\$20 – DINNER & 3 Drinks**

**Tickets on sale now at Ulatis Community center**

**GRAND PRIZE- \$400 CASH**

**1ST, 2ND & 3RD RUNNER UP PRIZES**

**Plus, great basket raffle!!!**

**SATURDAY OCTOBER 22, 2011 6:00PM**