



FAMILY AND MWR BULLETIN BOARD NOVEMBER 2012

PRFTA Cancer Awareness Walk/Run



Dec. 8 @ 8:00
Contact
Lorraine.Thorson@us.army.mil
for more info

Spouses, Veterans,
Guard, Reservists:
Need a new career?
Employment
Readiness
Workshops
1 and 29 November
[More Info](#)

Fitness Center Highlights:

- Yoga
- Tai-Chi
- Zumba
- Spin



[Click Here for Details](#)



Rec Center Highlights:



Trip to Lake Chabot
Nov. 11 @ 13:00
[Click Here for Details](#)

Recreation Center Calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

[Click Here for Details!](#)

CYSS Highlights:

- Babysitting Course
- Animation /Future Impact Project (Boys and Girls Club)
- Ballet
- Martial Arts

[Click Here for Details](#)



Fitness Center Calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

[Click Here for Details!](#)

Send us an email:
Pao.parks@us.army.mil

Reservists, Guard, Military Spouses & Veterans

Do you want a Road Map for your job search?

Do you want to present yourself in a way that gets the employers' attention?

Do you want to get yourself into a career that satisfies you?



Employment Readiness Workshops

1130 – 1230

ACS conference room

Bldg 312, corner of 9th and Davis



Provided by PRFTA Army Community Service
Call (925) 875- 4678 for more information
Or just drop into the class



For more info on any Army Community Service Class please call (925) 875-4678

Looking for Quality, Affordable Childcare?

Child, Youth & School Services (CYSS) has what you need with Family Child Care (FCC).



FCC is an option of choice for many families:

- ◆ It is conveniently located in the neighborhood.
- ◆ Providers undergo rigorous training and background checks.
- ◆ It is more than babysitting! Providers follow a curriculum that offers a wide variety of developmental activities geared towards the child's individual needs.
- ◆ The FCC home ratio group is small with no more than six children in care.
- ◆ Providers hours are more flexible.

Call CYSS (925) 875-4287 for more info.



Childcare subsidies for Military Families.
[Click to find out more information.](#)



More info on CYSS, SKIES and FCC programs on next page







Child, Youth & School Services

NOVEMBER 2012

NOVEMBER 2012



FCC is Hiring!



Details on back.



This month CYSS we will be running a Stop-Motion Animation Project. Part of BGCA's Club Tech. →



www.facebook.com/ParksReserveForcesTrainingAreaFamilyAndMWR

CYSS

925-875-4287

925-875-4388

Last Month's Highlights



Fall Festival:

The Fall Festival was a big hit. Thank you for those of you who participated and a special thanks to our Volunteers. We couldn't have done it without you!

November's Activities

Future Impact Stop-Motion Animation Project

Stop Motion is an animation technique to make a physically manipulated object appear to move on it's own.

As individuals or in pairs, participants will create their own stop-motion animated short story depicting their future plans or goals. Animations will include stories about education or career goals; community service activities they will engage in as young adults; or healthy behaviors that they would like to promote to younger generations.

—(be creative)— Digital Arts Festivals

19-20 November

0900-1400

Recreation Center
B521 Mitchell Dr.

Ages 5 and Up

FREE!!!

More Info/Registration: (925)875-4287



—Continued on Back—



Registration Deadline: 8 November

Carpool will be provided for Teenagers traveling from Parks RFTA. Please indicate if you will utilize.



4-H Babysitting Course

With Army Child, Youth & School Services

The 4-H Babysitters' Program uses curriculum designed to:

- ~ Familiarize teens with the responsibilities of babysitting
- ~ Provide the necessary information for them to become capable, caring, trustworthy and responsible sitters
- ~ Teach the skills needed for teens to become competent babysitters

Youth will also develop essential "life skills" along with developing confidence needed to handle situations that could happen when they babysit. They will also learn how the Six Pillars of Character can be applied while babysitting.

Youth will engage in hands-on activities and have fun while learning. This program is recommended for youth ages 12-17

Pinnacle Housing Conference Room, Moffett Field

17 November: 0900-1400 FREE
Lunch will be provided
Babysitter Training Portion

18 November: 0900-1430 \$90 per participant
Lunch will be provided
CPR/First Aid Training from the American Red Cross

To register contact: Dorrie Coman
(925) 875-4388

dorrie.coman@us.army.mil

Registration is due by Oct. 15th
Lunch will be provided

Please bring a doll to share and dress comfortably. Youth will receive a Student Handbook along with a Babysitter's Tool Kit filled with essential supplies for babysitters.

Registration Deadline: 8 November



August Schedule:

Primary Ballet I (5-6 y/o)
Fridays 1545-1645
MWR Fitness Center
\$55 per student

Ballet Grade I (7-11 y/o)
Fridays 1645-1745
MWR Fitness Center
\$55 per student

Ballet for both age groups will focus on traditional barre work and more independent movement. Balance, hopping, skipping, jumping, galloping (basic locomotor movements), age appropriate stretches, basic positions of the feet and arms, the concept of parallel vs. turned out legs and feet, and ballet class etiquette are part of the curriculum. Students learn ballet terminology, the names of composers of classical ballet music, and the stories of famous ballets.

In addition Spotlight Arts Academy of Dance & Music dance program will include: Physical fitness, Gross and fine motor skills, Strength, flexibility and co-ordination, Self-confidence, Self-discipline and responsibility, Social interaction while creating new friendships, Children's artistic and creative minds, An appreciation of music and the arts.



Call CYSS 925-875-4388 for details and to sign up

Beginning 1 November you can win great prizes by submitting your best photos of Army Life. So start saving those snapshots from favorite MWR events, memorable homecomings and more!



Weekly winners will be awarded for submitting photos in the following categories:

- Theme 1: Army Strong Families
- Theme 2: HOOAH Homecomings
- Theme 3: Vacation Fun
- Theme 4: Patriotic Pets
- Theme 5: MWR Moments

Participants may enter at any time during the promotion. Simply submit photos that fit the week's theme and you will be entered to win!

Grand prize winner will be generated through a random drawing of all photo entries at the conclusion of the promotion.

Go To: <http://www.armymwr.com/photocontest.aspx> to enter.

WELCOME

PRFTA lodging is the only military lodging operation in the Bay Area, and is available for service personnel, their guests or dependents, retirees, civilian employees on TDY orders, and other authorized DoD travelers.

GUESTS

We are dedicated to our customers. We're here to serve you and make your visit with us an enjoyable and convenient stay. Guests receive maps of the installation and local community, a list of local places of worship, doctors, dentists, and other essential services.

AMENITIES

Air conditioning, heating unit, satellite TV, DVD player (upon request), telephone with free local calls, internet access, housekeeping services, toiletries, refrigerator, microwave, laundry facilities, in-room complimentary coffee, hair dryer (in Bldg. 1150 only), iron and ironing board, and much more.

SORRY, NO PETS

Reservations can be faxed or by phone.

1151 12th Street

Dublin, CA 94568

Reservation: (925)803-5326

Fax: (925)803-5444

Toll Free: (866)649-8925

ROOM RATES

- **\$62.00** King-size with private bath
- **\$51.00** Queen-size with private bath
- **\$51.00** Queen-size twin with private bath
- **\$62.00** Two-room suite with private bath and living room
- **\$33.00** Queen-size with shared bath (for single occupancies only)

**Kitchenettes, cribs, and roll-away beds are available upon request.*



PRFTA Lodging

1151 12th Street

Dublin, CA 94568

Reservation: (925)803-5326

Fax: (925)803-5444





NOVEMBER 2012 Family and MWR RECREATION CENTER Calendar



Family and MWR
Recreation Center B521 Mitchell
(925) 829-1912
Hours of operation
Sunday-Thursday 1100 - 2100
Friday & Saturday 1100 - 2300

JUST A FEW OF THE THINGS WE OFFER!!

- Free Internet/WIFI Access
- Equipment Rentals
- Facility Rentals
- RV Storage Space Rentals
- Bicycle and DVD Rentals
- Discounted Movie Ticket Sales
- Big screen TV's with Cable television
- Arcade with numerous games
- Ping Pong, Billiards
- Library Area, Piano
- Wii Games
- X Box Games
- Golf Clubs Rental
- NFL Televised Games
- Free Comedy Club Tickets

Parks Family and MWR
Recreation Center
Friendly Staff:
William Shinholster
Audrey Millar
Colleen Jozaitis
Emily Cancino

 Like us on Facebook
Search:
Parks Reserve Forces Training Area
Family And MWR
www.facebook.com/ParksReserveForcesTrainingAreaFamilyAndMWR



Sun	Mon	Tue	Wed	Thu	Fri	Sat
REMINDER: RESERVE YOUR UNIT HOLIDAY PARTY SPACE NOW!!!	Have a Friday night movie request? Come tell us	FREE WIFI 	Looking for a place to host a party? Unit function? Use our facility! Ask us about rates.	CHIEFS @ CHARGERS 1720 	M O	College Football All DAY Dominos 1800
NFL Football 4 DART DAY 	EAGELS @ SAINTS 1730 	ELECTION DAY 	Free Tickets to Tommy T's Comedy Club every Tues. & Wed. Just Minutes away from Base.	COLTS @ Jaguars 1720  CORN TOSS 1800	V I E	College Football All DAY X Box Tournament 1800
Trip to Lake Chabot @ 1300 Spaces Limited!!	CHIEFS @ STEELERS 1730 VETERANS DAY	Free Tickets to Tommy T's Comedy Club every Tues. & Wed. Just Minutes away from Base.	\$5.00 Bicycle Rentals 7 days a week!	DOLPHINS @ BILLS 1720 POOL TOURNAMENT 1800	N I G H T S	College Football All DAY
NFL Football 18 You Choose X Box/ Wii Tournament 1800	BEARS @ 49ERS 1730  COME PLAY HORSE SHOE WITH US	Love 2 Sing? Karaoke Night	Free Tickets to Tommy T's Comedy Club every Tues. & Wed. Just Minutes away from Base.	HAPPY THANKSGIVING CLOSED	College Football All DAY	
NFL Football 25 DART DAY 	PANTHERS @ EAGELS 1730 	Free Tickets to Tommy T's Comedy Club every Tues. & Wed. Just Minutes away from Base.	Come play Spades 1800 	SAINTS @ FALCONS 1720 PING PONG TOURNAMENT 1800	Looking to store your RV, or Boat? Contact us. Spots available Now!	



PRFTA Family & MWR Fitness Center BLD#303, Activities Calendar NOVEMBER2012

HOURS OF OPERATION

MONDAY-THURSDAY

0500-2000

FRIDAY

0500-1800

SATURDAY/SUNDAY

0530-1400

*****GREAT FITNESS EQUIPMENT*****

- 20 SPIN BIKES
- 2 New Rowers
- 8 Treadmills!!!
- Bike Trainers
- Precor Cross Ramps
- Summit Trainers
- Hammer Strength Stations
- Tuff Stuff
- Life Fitness Universal Gym
- Life Fitness Cable Crossover
- Free Weights-plates, benches, bars & dumbbells
- Boxing bag & gloves

FITNESS STAFF

KEVIN McKENNA
Manager
LORRAINE THORSON
Assistant Manager
STEPHANO MARTINEZ
Rec. Aid
CHRISTOPHER PAHIA
Rec. Aid
AMBER CHILDRESS



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 SPIN CLASS 0530 & 1130 Martial Arts Class TH 1800-2000 (Monthly fee)	2 <u>CYSS YOUTH</u> <u>BALLET</u> 1530-1630 5-6 y/o 1630-1730 7-11 y/o	3 SPIN CLASS!!! 0830-0930
4 OPEN 0530-1400	5 <u>INSTRUCTOR</u> Spin Class 1700-1800	6 Spin Class @ 0530 INTERVAL TRAINING @1130 YOGA (\$5) 1700-1800	7 <u>INSTRUCTOR</u> Spin Class 1700-1800	8 SPIN CLASS 0530 & 1130 Martial Arts Class TH 1800-2000 (Monthly fee)	9 <u>CYSS YOUTH</u> <u>BALLET</u> 1530-1630 5-6 y/o 1630-1730 7-11 y/o	10 SPIN CLASS!!! 0830-0930	
11 OPEN 0530-1400	12 <u>VETERANS</u> <u>DAY</u> <u>HOLIDAY</u> -open- 0530 to 1400	13 Spin Class @ 0530 INTERVAL TRAINING @1130 YOGA (\$5) 1700-1800	14 <u>INSTRUCTOR</u> Spin Class 1700-1800	15 SPIN CLASS 0530 & 1130 Martial Arts Class TH 1800-2000 (Monthly fee)	16 <u>CYSS YOUTH</u> <u>BALLET</u> 530-1630 5-6 y/o 1630-1730 7-11 y/o	17 SPIN CLASS!!! 0830-0930	
18 OPEN 0530-1400	19 <u>INSTRUCTOR</u> Spin Class 1700-1800	20 Spin Class @ 0530 INTERVAL TRAINING @1130 YOGA (\$5) 1700-1800	21 <u>INSTRUCTOR</u> Spin Class 1700-1800	22 SPIN CLASS 0530 & 1130 Martial Arts Class TH 1800-2000 (Monthly fee)	23 <u>CYSS YOUTH</u> <u>BALLET</u> 1530-1630 5-6 y/o 1630-1730 7-11 y/o	24 SPIN CLASS!!! 0830-0930	
25 OPEN 0530-1400	26 <u>INSTRUCTOR</u> Spin Class 1700-1800	27 Spin Class @ 0530 INTERVAL TRAINING @1130 YOGA 1700-1800	28 <u>INSTRUCTOR</u> Spin Class 1700-1800	29 PIN CLASS 0530 & 1130 Martial Arts Class TH 1800-2000 (Monthly fee)	30 <u>CYSS YOUTH</u> <u>BALLET</u> 1530-1630 5-6 y/o 1630-1730 7-11 y/o		



Parks Reserve Forces Training Area



NEW



The Fitness Center operates 90 hours a week with 5 areas to accomplish your fitness goals. The facility has an upper-body free weight room complete with universal gym, cardio-room with 27 styles of aerobic equipment, a 20 piece lower-to-mid body strength gaining room, and 2 multi-purpose rooms. The facility has 2 locker rooms with showers along with second floor bathrooms. FMWR has recently added 7 spin bikes, a punching bag, large wide screen for exercise video training and an array of exercise classes on a weekly schedule! Fitness staff is available to help guide you and issue you a towel for exercise & showering upon processing in at the front window on our new REC-TRAC system. Your health and wellness begins today!

FITNESS CENTER FAMILY & MWR STAFF

KEVIN MCKENNA
LORRAINE THORSON
STEPHANO MARTINEZ
CHRIS PAHIA
AMBER CHILDRESS

Manager
Rec. Ass
Rec. Aid
Rec. Aid
Rec. Aid

ARMY STRONG





Family & MWR RV & Boat Storage

- Affordable Rates**
- 24/7 Access**
- Secured Lot**

**FOR RENTAL INFORMATION, CALL THE
REC CENTER AT (925) 829-1912**



Bored!?!



Trip to Lake Chabot Regional Park in Castro Valley

Sunday
November 11, 2012
Depart @ 1300 from Bldg 521
Return @ 1800

Cost \$10.00/person
Sign up by Nov 7th @ Bldg 521

Transportation and Lunch
provided by FMWR



Join the FMWR Staff on a visit to beautiful Lake Chabot, one of our local regional parks in Alameda County. There are over 20 miles of hiking trails that connect to Anthony Chabot Regional Park. There will be a cook out and activities provided by your friendly FMWR staff. For a fee you can rent row boats, canoes, pedal boats, kayaks, Duffy boats, and boats with electric trolling motors. Bring comfy shoes & clothes, sweater or sweatshirt, sunglasses, hat, sun block, and come have a good time with us.

Call 925.829.1912 or sign up at bldg 521

