



# FAMILY AND MWR BULLETIN BOARD DECEMBER 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  
6 and 27 December  
[More Info](#)

**Fitness Center Highlights:**

- Yoga
- Tai-Chi
- Zumba
- Spin



[Click Here for Details](#)



**CYSS Highlights:**

- Teen Fieldtrip to Regal Cinema
- School-Age Fieldtrip to Rockin' Jump
- Ballet
- Martial Arts

[Click Here for Details](#)

**Rec Center Highlights:**



Annual Tree Lighting Ceremony & Holiday Dinner  
[Click Here](#)

With a visit from Santa Claus!

**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!](#)

**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!](#)

 Find us on **Facebook**

Send us an email:  
[Pao.parks@us.army.mil](mailto: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 9<sup>th</sup> 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







## CYSS FIELD TRIP

**Date:** 28 December 2012

**Time:** 11:00-13:00

**Where:** Hacienda Crossings

Regal Cinema

**Ages:** 12 and up (MST)

**F  
R  
E  
E**

CYSS will provide transportation leaving from the Pinnacle Clubhouse at 10:45 and returning around 1300 depending on movie times. All participants must be registered with CYSS. Spaces are limited. **Please bring money for movie snacks.** Youth will vote on a G-PG movie.



## CYSS FIELD TRIP

**Date:** 27 December 2012

**Time:** 11:00-13:00

**Where:** Rockin' Jump, Dublin

**Ages:** 6 –11 (School-Age)

**F  
R  
E  
E**

CYSS will provide transportation leaving from the Pinnacle Clubhouse at 10:45 and returning at 13:00. All participants must be registered with CYSS. Spaces are limited. Lunch will be provided.



Child, Youth & School Services Presents:



**SKIES** Unlimited  
Schools of Knowledge, Inspiration, Exploration & Skills



# Martial Arts

**4 years old and up**

**Tuesdays 1800-2000**

**MWR Fitness Center**

**\$30 per student per month**

Tae Kwon Do at Parks Reserve Forces Training Area is instructed by Grand Master Soto. As a Martial Art it is popular with people of both genders and of many ages. Taekwondo is known for its emphasis on kicking techniques, which distinguishes it from martial arts such as karate. The rationale is that the leg is the longest and strongest weapon a martial artist has. Physically, taekwondo develops strength, speed, balance, flexibility, and stamina.

# Ballet

**Primary Ballet I (5-6 y/o)**

**Fridays 1530-1630**

**MWR Fitness Center**

**\$55 per student per month**

**Ballet Grade I (7-11 y/o)**

**Fridays 1630-1730**

**MWR Fitness Center**

**\$55 per student per month**

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.



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



## 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



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



# DECEMBER 2012 Family and MWR RECREATION CENTER Calendar



## 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
- 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](http://www.facebook.com/ParksReserveForcesTrainingAreaFamilyAndMWR)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Have a Friday night movie request? Come tell us	Need extra Tables and chairs for an event? Come rent ours Contact us	Looking to store your RV, or Boat? Spots available!! Low prices	Free WiFi 	Looking for a place to host a party? Unit function? Use our facility! Ask us about rates	Bike Rental five dollar per day	DART Day 1 
We Have Cable TV 2 	NY Giants @ Redskin: 1730 	Free Tickets to Tommy T's Comedy Club every Tues. & Wed. of this month 4	Free Tickets to Tommy T's Comedy Club every Tues. & Wed. 5	Bronco @ Raiders 1720 	Tree Lighting 1800 Holiday Dinner 1900 7	Paqciao Vs. Marquez PPV 1900 8
HAPPY HANUKKAH 9 	Texans @ Patriots 1730 	Free Tickets to Tommy T's Comedy Club every Tues. & Wed. 11	Ping Pong Tournament 1800 12 	Bengals @ Eagles 1720 	Sotiropoulos Vs. Pearson UFC on FX 14	College Football All DAY 15
Free Sport Equipment Rentals 16 	Holiday Hours 1100-1900 17	Holiday Hours 1100-1900 18	Holiday Hours 1100-1900 19	Holiday Hours 1100-1900 20	Holiday Hours 1100-1900 21	CLOSED 22
CLOSED 23	CHRISTMAS EVE Holiday Hours 1100-1900 24 	CHRISTMAS DAY CLOSED 25	HAPPY KWANZAA Holiday Hours 26 	Holiday Hours 1100-1900 27	Holiday Hours 1100-1900 28	CLOSED 30
NEW YEAR'S 31 EVE  CLOSED						
<b>HOLIDAY HOURS DEC 17th-JAN 1st</b>						



**PRFTA Family & MWR Fitness Center BLD#303, Activities Calendar DECEMBER 2012**

**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**

Rec. Aid

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 <b>OPEN</b> 0530-1400	3 <b>INSTRUCTOR</b> Spin Class 1700-1800	4 Spin Class @ 0530 <b>INTERVAL</b> TRAINING @1130 Martial Arts Class	5 <b>INSTRUCTOR</b> Spin Class 1700-1800	6 SPIN CLASS 0530 & 1130	7 <b>CYSS YOUTH</b> <b>BALLET</b> 1530-1630 5-6 y/o 1630-1730 7-11 y/o (fee)	8 CANCER AWARE- NESS 5K RUN/WALK
9 <b>OPEN</b> 0530-1400	10 <b>INSTRUCTOR</b> Spin Class 1700-1800	11 Spin Class @ 0530 <b>INTERVAL</b> TRAINING @1130 Martial Arts Class TH 1800-2000	12 <b>INSTRUCTOR</b> Spin Class 1700-1800	13 SPIN CLASS 0530 & 1130	14 <b>CYSS YOUTH</b> <b>BALLET</b> 1530-1630 5-6 y/o 1630-1730 7-11 y/o (fee)	15 SPIN CLASS!!!  <b>0830-0930</b>
16 <b>OPEN</b> 0530-1400	17 <b>INSTRUCTOR</b> Spin Class 1700-1800	18 Spin Class @ 0530 <b>INTERVAL</b> TRAINING @1130 Martial Arts Class TH 1800-2000	19 <b>INSTRUCTOR</b> Spin Class 1700-1800	20 SPIN CLASS 0530	21 <b>CYSS YOUTH</b> <b>BALLET</b> 530-1630 5-6 y/o 1630-1730 7-11 y/o (fee)	22 <b>CLOSED</b>
23 <b>CLOSED</b>	24 Limited Hours -open- 0530 to 1400	25 <b>CLOSED</b> MERRY CHRISTMAS	26 OPERATIONAL HOURS 0500-2000	27 OPERATIONAL HOURS 0500-2000	28 <b>CLOSED</b>	29 <b>CLOSED</b>
30 <b>CLOSED</b>	31 Limited Hours -open- 0530 to 1400				1 DEC SPIN CLASS!!!  <b>0830-0930</b>	



# 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**





Please Join Us For

*Christmas Tree Lighting Ceremony*

Friday December 7 At  
5:30 In The Afternoon

At The Garrison Headquarters  
Building 620

The Event Will Be Followed By  
A Holiday Party At The Community  
Activities Center

For More Information Please Call: (925) 875-4650

