

### Police Athletic League of Wilmington



3707 North Market Street Wilmington, DE 19802 Open Monday-Friday 7am-8pm

www.palw.org





### YOUTH \*\* COMMUNITY \*\* RESOURCE





### FUN FACTS AND DATES TO REMIEMBER

JANUARY 1 - New Year's Day

JANUARY 4 - National Trivia Day

JANUARY 11 - National Clean off Your Desk Day

JANUARY 12 - National Curried Chicken Day

JANUARY 13 - Korean American Day

**JANUARY 15-MARTIN LUTHER KING DAY - CIVIL RIGHTS DAY** 



JANUARY 19 - National Popcorn Day

**JANUARY 21-National Hugging Day** 

JANUARY 27 - Holocaust Remembrance Day

www.palw.org

"Donate to a Charity"

POVERTY AWARENESS MONTH

### PALW EVENTS/WEEKLY ACTIVITIES



### **CALENDAR**

### JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	NPAL WYLIP s	DRUMMING  DUFFY VP ECOND CHANCES	6 LEARN 2 RIDE
LEARN 2 RIDE	WYLIP YWCA	9	SWAT ZUMBA GAP INITIATIVE	NPAL WYLIP	DRUMMING  DUFFY VP SECOND CHANCES	13 LEARN 2 RIDE
14 LEARN 2 RIDE	15	16	SWAT 17 ZUMBA GAP INITIATIVE	NPAL WYLIP	DRUMMING  DUFFY VP ECOND CHANCES	20 LEARN 2 RIDE
21 LEARN 2 RIDE	WYLIP YWCA	23	SWAT ZUMBA GAP INITIATIVE	NPAL 25 WYLIP	DUFFY VP	27 LEARN 2 RIDE
28 LEARN 2 RIDE	WYLIP YWCA	30	SWAT 31 ZUMBA GAP INITIATIVE		.2	

#### View our PALW Event Calendar online: Click Here

NPAL Mentoring (4:30pm - 5:30pm)

**Thursdays** 

S.W.A.T (4:30pm- 5:30pm) Wednesdays Students Working Against Tobacco

Life Savers - Daily (3pm-8pm)

Learn2Ride (8:00am - 12pm) Sat & Sun

GAP INITIATIVE - Wednesdays 6:15 - 8 PM

YWCA - Esteem Workship Mondays 3 - 4pm

Zumba (5:30pm-7pm)

FRIDAYS - SECOND CHANCES 4 - 5 PM

African Drumming(4pm-5pm) Fridays

WYLIP 5 pm - 6 pm Mon & Thurs



### "BUILDING BRIGHTER FUTURES"

COMMUNITY / PALW EVENTS - DECEMBER 2023 - Part 1

DECORATIONS, CELEBRATIONS, DONATIONS, MEETINGS, AND MORE DONATIONS















Special Thanks to CHASE (

Future Leaders Foundation, Mother African Union Church,
Ultimate Scholastic Staffing Solutions











WE PARTNER WITH THE WILMINGTON POLICE DEPARTMENT AND OUR COMMUNITY AT LARGE TO PROVIDE OUR COMMUNITY AND YOUTH WITH VALUABLE RESOURCES AND OPPORTUNITIES INCLUDING:

- ATHLETIC PROGRAMS
- HOLISTIC WELLNESS
- MENTORSHIPS
- SOCIAL DEVELOPMENT ACTIVITIES and more

www.palw.org



### "BUILDING BRIGHTER FUTURES"

#### COMMUNITY /PALW EVENTS - DECEMBER 2023 -Part 2

DECORATIONS, CELEBRATIONS, DONATIONS, MEETINGS, AND MORE DONATIONS



Rev. Dr. Ron Whittaker-Mother African Union Church



Metropolitan Wilmington Urban League



**Ultimate Scholastic Staffing Solutions** 



Churches Take a Corner



**Mother African Union Church** 

If someone's in need, help if you can

**POVERTY AWARENESS MONTH** 













#### **NEED A SAFE PLACE FOR YOUR CHILD TO LEARN AND GROW?**

















**Indoor Activities** 

### Our Early Learning Center & Before and After School

PROGRAMS ARE NOW ENROLLING!



<u>www.palw.org</u>

Family Promise of Northen New Castle familylpromisede.org

**Summer Camp** 

es 5 - 13 years

**POVERTY AWARENESS MONTH** 



More Information:

Roxanne.Coleman@palw.

302.764.6170

## LIFESAVERS

Our Life Savers Program is open to youth, Monday - Friday 3 pm - 8pm
Life Savers provides assistance with homework while offering; prevention programs
mentorship, cultural enrichments and field trips



### Spreading Comfort and Joy To The Community









### **Chat and Chew Topics:**

- Teen Suicide Prevention
- Mental Health Education and Stigma Education
- Substance Abuse Prevention and Education
- Vaping Prevention and Education
- Anti-Bullying
- Cyber Safety
- Sexual Exploitation/Human Sex Trafficking Prevention

### Life Savers Weekly Schedule:

Homework Assistance: 3:15pm - 4:15 pm

Chat and Chew 4:20 pm - 5:15 pm

Recreation 5:20 pm - 7:30 pm

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Clean Up 7:35 pm - 7:55 pm

<u>Sign Up</u>

<u>Here</u>



### "SHOP WITH A COP" A SPECIAL THANK YOU TO





### WILMINGTON POLICE DEPT.







































### ANNUAL HOLDAY BIKE GIVE AWAY



### **URBANBIKEPROJECT**

of Wilmington, Inc.
Ultimate Scholastic Staffing Solutions























### AmeriHealth Caritas

FRIDAY, JANUARY 6

12:00 PM to 6:00 PM

Health Screenings: B/P, BMI, Lead, HgA1C; Lipid PanelMobile Wellness Center (Free) Library

— Free Books (Courtesy of United Way of Delaware)

Mobile Wellness Center (Free) Library – Free Books (Courtesy of United Way of Delaware)

### **THURSDAY, JANUARY 18**

Wilmington Police Department COMMUNITY RESOURCE FAIR



4 - 6pm



#### **FRIDAY, FEBRUARY 16**

PALW Talent Night - featuring "Best Kept Soul"
Contact Mr. Kevin Chambers for additional details and ticket
information

www.PALW.org





### POLICE ATHLETIC LEAGUE OF WILMINGTON

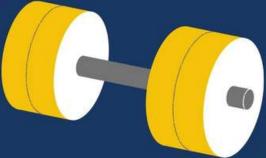
## STRENGTH AND CONDITIONING CLASS

**MONDAYS, WEDNESDAYS AND FRIDAYS** 



**5 PM - 7 PM**SIGN UP TODAY!









**SERIOUS PARTICIPANTS ONLY!** 

Contact: Mr. Kevin Chambers 215-820-9287 cell or 302-764-6170 PALW office or email at kevin.chambers@palw.org



### MY BROTHER'S KEEPER



Every Tuesday, SELF HAIR CUT 4:00 PM - 5:00 PM

**Every Wednesday** 

**REFLECTIONS** 

4:00 PM - 5:00 PM



These groups will be held in the PALW Gym at the aforementioned time(s).

Contact: Kevin Chambers@kevin.chambers@palw.org 215-820-9287



### **POVERTY AWARENESS MONTH**

### **TOGETHER WE CAN MAKE A DIFFERENCE**

- 1. Donate to Local Food Banks
- 2. Donate to A Local Charity
- 3. Donate to Non-Profit Organizations
- 4. Help the Homeless e.g. socks, blankets, coats, etc.
- 5. Donate a Gift Card from a Local Store or Restaurant
- 6. Donate your time
- 7. Give to Charity of Your Choice
- 8. Give to your Local Churches Family Missions
- 9. Donate gently used items
- 10. Contact your Local Government

Family Promise of Northen New Castle familypromisede.org

#### **OPAD INTERNATIONAL**

Fill large plastic bags with food, water, and helpful toiletries. Do you live in the city or in an area with a large homeless population?

Take some time to put together a helpful "kit"—this could be a large plastic bag filled with supplies that can help an individual experiencing homelessness, like water bottles, peanut butter crackers, a gift card to a fast food restaurant, and more. You can also throw in some toiletries like:[4]

Pads and tampons
Chapstick
Toothbrushes and toothpaste
Sunscreen
Tissues

### WHAT'S HAPPENING @ PALW!

### WPD - LEARN TO RIDE PROGRAM

WPD teaches young students how to ride bicycles: Contact Officer Jordan 302-764-6170

.Ryan.Jordan@palw.org



SATURDAY & SUNDAY 8 AM - 12 PM



### OPEN GYM

MONDAY - THURSDAY 3 - 7:30 PM

### **ZUMBA**

Mondays & Wednesdays 5:30 - 7 pm





### **SPORTS - TEAMS**

**CONTACT: ROBERT PRICE or MR. GREG** 









**COMMUNITY RESOURCES/EVENTS** 



www.PALW.org Enroll Now: www.palw.org



## Event Rental Space

## Available

Call or Stop By Our Office to tour Our Rental Spaces: Ask for Ms. Jo



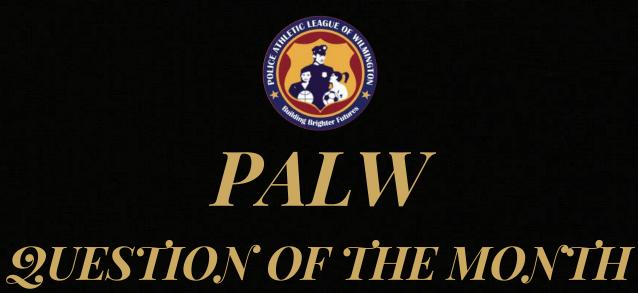
<u>To schedule your next event visit our website: Click Here</u> or Contact: Ms. Jo-Ellen Edwards at (302) 764-6170







**Palw Event-Rentals** 





## What's Your Number One Goal for 2024?

#### **BONUS QUESTION:**

Will you Donate to Someone in Need This Month? "Poverty Awareness Month"

www.PALW.org

### **POSITIONS CURRENTLY AVAILABLE**



# BEFORE AND AFTERCARE TEACHERS DEVELOPMENTAL DIRECTOR EDUCATION-DIRECTOR

Contact: Mr. Kenneth Harris, Deputy Director-302-764-6170 or Email: Kenneth.Harris@palw.org

> <u>email resume to:</u> <u>yolanda.williams@palw.org</u>

> > www.palw.org





#### On behalf of the POLICE ATHLETIC LEAGUE OF WILMINGTON

WE THANK YOU FOR YOUR DONATIONS, CONTRIBUTIONS, and SUPPORT THROUGH OUT THE YEAR 2023

MOVING FORWARD, WE TRUST THAT YOU WILL CONTINUE TO SUPPORT US AND OUR VISION

### WE PLAN TO DO SO MUCH MORE IN THE YEAR

2024

May you all have a Healthy, Safe, Prosperous New Year!



**Click Here to Subscribe** 



Respectfully,
The Directors and the Palw Family



### **CONTACT US!**

302-764-6170

**Hours of Operation** 

7 am - 8 pm

**Monday - Friday** 

Visit Us:

3707 North Market Street Wilmington, DE 19802

CLICK TO DONATE







WWW.PALW.ORG

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@PALWILMINGTON