



POLICE ATHLETIC LEAGUE OF WILMINGTON



October 2024



ADHD Awareness Month



Breast Cancer Awareness Month

**3707 N. MARKET STREET
WILMINGTON, DE 19802
302-764-6170**

WWW.PALW.ORG

October 1st - 7th: Mental Illness Awareness Week

October 8th - 14th: Fire Prevention Week

October 15th - 21st: National School Lunch Week

October 22nd - 28th: Red Ribbon Week

OCTOBER 6

National Coaches Day

OCTOBER 9

National Stop Bullying Day

OCTOBER 10

World Mental Health Day

OCTOBER 17

National Pasta Day

OCTOBER 21

National Apple Day

OCTOBER 26

National Pumpkin Day

OCTOBER 31- HALLOWEEN



EVENTS / WEEKLY ACTIVITIES CALENDAR

[View our PALW Event Calendar online: Click Here](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1 	2 SWAT GAP INITIATIVE ZUMBA	3 NPAL MENTORING WYLIP	4 SECOND CHANCES 	5 LEARN 2 RIDE
6 LEARN 2 RIDE 	7 YWCA WYLIP	8 	9 SWAT GAP INITIATIVE ZUMBA	10 NPAL MENTORING WYLIP	11 SECOND CHANCES 	12 LEARN 2 RIDE
13 LEARN 2 RIDE 	14 YWCA WYLIP	15 	16 SWAT GAP INITIATIVE ZUMBA	17 NPAL MENTORING WYLIP	18 SECOND CHANCES 	19 LEARN 2 RIDE
20 LEARN 2 RIDE 	21 YWCA WYLIP	22 	23 SWAT GAP INITIATIVE ZUMBA	24 NPAL MENTORING WYLIP	25 SECOND CHANCES 	26 LEARN 2 RIDE
27 LEARN 2 RIDE 	28 YWCA WYLIP	29 	30 SWAT GAP INITIATIVE ZUMBA	31 NPAL MENTORING WYLIP	1	2

HOLIDAYS AND OBSERVANCES: 14: COLUMBUS DAY, 31: HALLOWEEN

MondayMandala.com

- GAP INITIATIVE - WEDNESDAYS - 6:15 - 8 PM
- NPAL MENTORING - THURSDAYS 4:30 - 5:30 PM
- ZUMBA - WEDNESDAYS - 5:30 - 7:00 PM
- AFRICAN DRUMMING - FRIDAYS 4-5 PM
- YMCA - ESTEEM WORKSHOP - MONDAYS 3-4 PM
- WYLIP - MONDAYS & THURSDAYS 5 - 6:00 PM
- SWAT - WEDNESDAYS 4:30 - 5:30 PM
- (STUDENTS WORKING AGAINST TOBACCO)
- SECOND CHANGES - FRIDAYS - 4 - 5:00 PM
- LIFESAVERS/DIVAS PROGRAM - DAILY 3-8 PM
- LEARN TO RIDE - SATURDAY & SUNDAY 8 AM - 12 PM

Please contact : Officer Jordan for further Learn to Ride Registration Info Ryan.Jordan@palw.org
CHESS - WEDNESDAYS 3:00 PM :Contact: Kev Chambers

The PALW is POPPING!!!





Visit our AmeriHealthCaritas
Delaware Mobile Wellness Unit for:



AmeriHealth Caritas
Delaware

**mobile
wellness &
opportunity center**

**Health screening for blood
pressures and BMI at no
cost to you**

In partnership with the PAL of
Wilmington, the AmeriHealth Caritas
Delaware Mobile Unit will be on-site
providing health and wellness education
and offering health screening.

PLEASE JOIN US!

Date: October 10, 2024

Time: 3:00 pm to 6:00 pm

Location of mobile unit:

3707 N Market Street Wilmington DE 19802

Please scan QR code
with your phone to
register for this event.





THE PALW PRESENTS

PAL HALLOWEEN HAUNTED HOUSE



ARE YOU READY FOR A TIME OF
FUN AND SCARE AT THE PALW?
We Cant wait to see you all.

THURSDAY, OCT 31, 2024

Starts at: 6:30pm - 8:30pm

All children must come with a parent and/ or a responsible party for
safety measure! Any questions please contact PAL.

HOSTED BY

PALW

FREE ENTRY ** MUSIC ** SCARE PARTY **TREAT BAGS AND MORE

3707 NORTH MARKET ST, WILM, DE 19802

MORE INFO: PLEASE CONTACT MS. TANYA OR
MR. KEVIN AT (302) 764-6170.

Volunteers needed. Please call, if
interested.

"BUILDING BRIGHTER FUTURES"

WHO WE SERVE



**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



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

Our Early Learning Center & Before and After School PROGRAMS ARE NOW ENROLLING!

Police Athletic League of Wilmington

Early Learning Center

ENROLLING NOW!!!



Outdoor Play Space
Full Services for all Ages
Before & Aftercare
Ages 5 - 13 years
Transportation
Summer Camp
Ages 5 - 13 years

Family Setting
Nurturing Hot Meals Daily
Breakfast, Lunch & Snack
Daily Curriculum
Energetic & Nurturing Certified Staff
Electronic Parent Portal
Daily Reports
Potty Training
Free Formula
Safe Environment
Indoor & Outdoor Play Space
Full Gymnasium

Toddler Center
Baby Rooms:
6 weeks to 1 years old

- 1 year old Room
- 2 year old Room
- 3 year old Room
- 4 year old Room
- 5 year old Room

Indoor Activities

More Info: 302-764-6170

CONTACT: CHRISTOPHER.PURNELL@PALW.ORG

www.palw.org





PALW EARLY LEARNING CENTER



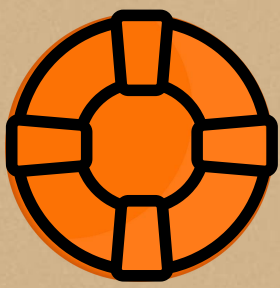


Early Learning Center Staff



All White Friday
honoring
Frankie Beverly





LIFE SAVERS



DIVAS



Our Life Savers Program is open to youth, Monday - Friday 3 pm - 8pm



CONTACT: SHARON.BROWN@PALW.ORG:

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
- Clean Up 7:35 pm - 7:55 pm

More Info: 302-764-6170

**Sign Up
Here**



PALW

2024 GOLF TOURNAMENT PARTICIPANTS



1ST PLACE



2ND PLACE



3RD PLACE



The Police Athletic League of Wilmington would like to Thank All of the Golf Participants and extend A Very Special Acknowledgement to the Women Participants



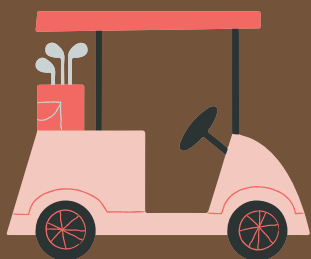
PALW



2024 GOLF TOURNAMENT



PALW 2024 GOLF TOURNAMENT





ADHD is a neurodevelopmental disorder affecting both children and adults.

It is described as a “persistent” or ongoing pattern of inattention and/or hyperactivity-impulsivity that gets in the way of daily life or typical development. Individuals with ADHD may also have difficulties with maintaining attention, executive function (or the brain’s ability to begin an activity, organize itself and manage tasks) and working memory.

Inattentive Symptoms of ADHD



- Makes careless mistakes
- Is easily distracted
- Doesn't seem to be listening when spoken to directly
- Has difficulty following instructions
- Has trouble organizing
- Avoids or dislikes sustained effort
- Is forgetful, always losing things



Hyperactive or Impulsive Symptoms of ADHD

- Fidgeting or squirming, trouble staying in one place or waiting his/her turn
- Excessive running and climbing
- Trouble playing quietly
- Extreme impatience
- Always seems to be “on the go” or “driven by a motor”
- Excessive talking or interrupting, blurting out answers
- Some children exhibit only the first group ADHD of symptoms, and some exhibit only the latter. But the majority of those with an ADHD diagnosis have a combination of both, which can make it very difficult for them to function in school, and in other activities, and can create a lot of conflict at home.

****Please note this information is being provided for informational purposes to bring awareness from the Child Mind Institute website: for further info please go to: childmind.org**



Every Man Counts



Daddy-Daughter Tea Party

Sneaker Ball



"Act as if what you do makes a difference. It does"



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

DON'T FORGET TO GET CHECKED





QUESTION OF THE MONTH



**Have You Scheduled Your
Screenings and Appointments?**

www.PALW.org

WHAT'S GOING ON @ 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 - FRIDAY 3 - 7:30 PM



ZUMBA

Monday & Wednesday 5:30 - 7 pm



SPORTS - TEAMS

CONTACT: ROBERT PRICE or MR. GREG



COMMUNITY RESOURCES/EVENTS

Enroll Now: www.palw.org



Let Us Host Your Next
Event



Event Rental Space Available

“There is no event too big or small for our facility”

Long or Round Tables with Chairs Included



Media Center



Ball Room 1



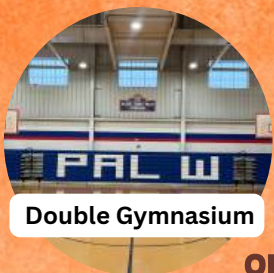
Classrooms



Fitness Center



Ball Room 2



Double Gymnasium

To schedule your next event visit

our website: [Click Here](#)

or Contact: Ms. Jo-Ellen Edwards at (302) 764-6170



SCAN
ME

Palw Event-Rentals



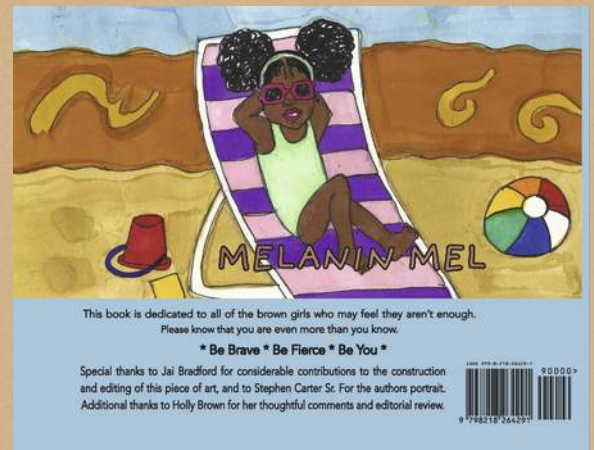
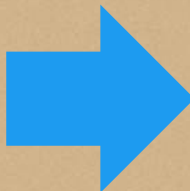
NEW BOOK
RELEASE

CHECK IT OUT



PALW PARENT - CC CARTER

click here to order





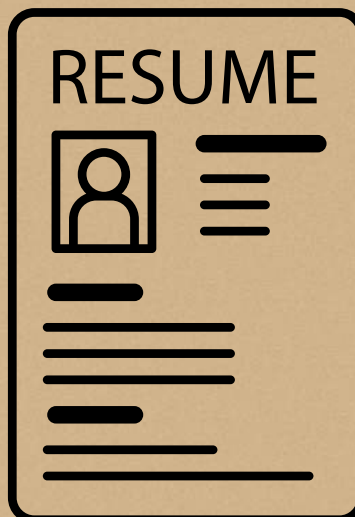
**NOW
HIRING**

Before and Aftercare Teachers

Certifications: School Age Site Assistant or Intern

Submit Resume and Cover Letter to:

yolanda.williams@palw.org



www.PALW.org



FEEL FREE TO



302-764-6170

Hours of Operation 7 am - 8 pm

Monday - Friday

OR STOP BY AT:

**3707 North Market Street
Wilmington DE 19802**

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