



# Pal Center Newsletter

APRIL  
2025



Everything you need to know about Pal Center this month!

## IMPORTANT DATES/ HOLIDAYS

Spring Break  
(No School/After School Program)  
Dates: **April 7-11**



## Sports:

Sailing Spring Break Camp  
 1200 Chesapeake Dr, Redwood City  
 April 7-11  
 Time TBD

[REGISTER HERE](#)



## Community Events:



Middle School Child and Parent  
Connection Series  
Date: Wednesdays, April 23 - May 28  
Time: 6:30pm- 7:30pm  
Location: Pal Center MPR



### Weekly Topics:

- April 23: Digital Superhero - Introduction to Online Safety
- April 30: Your Privacy is Your Treasure
- May 7: Protecting the Family from Cyberbullying
- May 14: Building Strong Boundaries together
- May 21: Create Healthy Digital Habits at Home
- May 28: Exploring Love Languages within the Family

To register, please text Rocio 650-204-0638

## Teen/Youth programs:

PACE Spring Break Hangout  
 Mezes Park  
 April 17  
 4:30pm-7:30pm



[REGISTER HERE](#)



## Adult programs:

Zumba at Pal Center  
Days: Mon/Tues/Thurs/Fri  
Time: 6:30pm - 8:30pm



Physical Wellness  
Date: Every Thursday  
Time: 6:00pm - 7:00pm @ Pal Center Gym



Community as Medicine  
Date: Every Wednesday  
Time: 6:15pm - 7:30pm



Do you have a health or wellness goal you've been striving to achieve but haven't quite found the right path to get there? This program is here to help!

Yoga at Pal Center  
Days: Fridays  
Time: 7:30pm - 8:30pm



If interested in any of the Adult programs, please fill out this form:

[Adult Programs](#)

## Additional Events/ Updates:

### WHY Initiative - Round Table

Pal Center MPR  
 Wednesday, April 9  
 6:30pm-7:30pm  
Contact: Rocio - (650) 204-0638

### Jr Giants Registration Opens

April 1  
 Season runs June 14 - August 2 (Saturdays)  
 Ages: 5-18

[REGISTER HERE](#)



Volunteers Needed for Jr. Giants

[LEARN MORE & REGISTER HERE](#)

<https://www.rcpalcenter.org/>



Stay up to date with us on social media! - [@rcpalcenter](#)