The City of SAN DIEGO
Parks and Recreation Department
THERAPEUTIC RECREATION SERVICES

Winter
2018-2019

December . January . February

Office (619) 525-8247 / Fax (619) 299-9304
E-mail: JGregg@sandiego.gov
Visit our Website at:

All City of San Diego parks and beaches are smoke free.
The City of San Diego Parks and Recreation Department, Therapeutic Recreation Services, provides therapeutic recreation programs for children and adults with any type of disability. Certified Therapeutic Recreation Specialists (CTRS) work with participants on social and recreational skill development, leisure education, appropriate behavior, and recreation participation in inclusive environments.

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**WHERE TO START/GET INVOLVED!**

**Mission Statement:** The City of San Diego Parks and Recreation Department, Therapeutic Recreation Services, is committed to providing innovative, inclusive, accessible and affordable recreation programs which enhance the health, well-being, and quality of life for all persons with disabilities.

**Get Involved:** Programs are available for individuals, ages 3 to adult, with or without a disability. Call the office at (619) 525-8247 to set up an assessment with a Therapeutic Recreation Specialist. This assessment will help place you or your child in the appropriate group to begin attending programs. We look forward to hearing from you!

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**ONLINE REGISTRATION/PAYMENT PROCESS**

**WINTER registration begins November 17 and SPRING registration begins February 16**

**Please note:** Checks are not accepted through the mail. Payment can be done with a credit card online from home/a neighbor’s computer, or at the War Memorial Building (3325 Zoo Dr., San Diego) room 6, Monday-Friday between 8:30 a.m. and 4:30 p.m. A credit card, check or cash (exact change needed) can be utilized when paying in person. **There is an additional $2.00 transaction and credit card fee that will be applied to all registrations.**

To be eligible for program participation you must create a profile online using the Online Activity Registration System. Log on at SDRecConnect.com. In addition to the War Memorial Building open Monday—Friday, staff will be available from 10 a.m.-2 p.m. on Saturday, November 17.

**First Time Online Customers** - Click “Create an Account”. Fill out New Account Request form completely for the primary responsible person, usually a parent or head of household, including all required fields, (Birth date, Gender, Email Address, etc.) and click Submit (or Submit & Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you’ve used this special link! Note that it’s possible this email will go to your “spam” folder, so check carefully. To avoid duplication, be sure to let others in your household know you’ve set up the account.

**Returning Customers** - (people who have an existing account online). Click the “Sign In” or “My Account” button. Enter your login (email address) and password.

**Important!** If you are registering a child for an activity, please do not use the child’s information when completing a New Account. Adding family members after creating an account can be completed later.

When registering for programs online, you will need the “CODE”, which is listed by all the programs in the newsletter. If you do not have an email or you are requesting a scholarship, you will need to register and pay for programs at the office. For programs that online registration is not available, for assistance setting up your profile or other questions, call (619) 525-8247. TRS staff and volunteers are here to help!

**PROGRAM REFUND POLICY**

If a recreation class or program is cancelled by the City, a full refund of activity fees will be issued except the City will retain the following:
- Transaction and credit card fees
- Activity fees less than $10 (excludes transaction and credit card fees)
- No refund or transfer for non-attendance at any program
- No credits to account
- Written refund applications must be submitted, using the City form, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy:

**One-day Activity/Field Trips:** - Refund requests will be granted based on the following requirements: Full refund of the activity fee - application submitted 20 business days prior to the Activity or Field Trip; No refunds - requests submitted less than 20 business days prior to the Activity or Field Trip.
Why did you want to work at TRS? I wanted to make a difference in the community around me while doing something where I could see the immediate impact of my involvement.

What is your favorite moment working at TRS? Once I tried to explain a game in sign language to a participant who misinterpreted what I was saying. Instead of just passing candies in a cup over their head, they threw the candies in the air behind them, scattering them everywhere. To this day, that story makes me cry from laughter.

What is your favorite hobby outside of work? During the warm months, I enjoy stand up paddle boarding, snorkeling, and rollerblading. When it is cold outside, I enjoy baking treats for all of my friends and family.

What was the best vacation you've ever taken? My trip to Hawaii!! Swimming with turtles, kayaking, hiking through tropical forests to see waterfalls, and watching the sunrise from the top of a volcano all made me appreciate how beautiful the world around us is.

What is a fun fact about yourself? I am fluent in American Sign Language, making me bilingual.
In the Fall newsletter, the upcoming move of Therapeutic Recreation Services (TRS) to Park de la Cruz (PDLC) Community Center, located at 3901 Landis St. SD, 92105 was announced to take place this Winter. At the time of printing the Winter newsletter an opening date has not been established, but please be assured that we are planning on announcing a grand opening celebration in the Spring newsletter. As mentioned last quarter, TRS staff are excited about the increased recreational opportunities that PDLC will offer, which has a number of multi-purpose rooms, including a recreation room, fitness center, gymnasium, ball field, sensory room and kitchen. In addition to providing programs for individuals with disabilities, PDLC will also provide recreational opportunities for older adults.

Once again, a big thank you to the Haunted Trail in Balboa Park and Scream Zone, who generously donated entrance to their haunted venues.

Please contact Kristi Fenick at kfenick@sandiego.gov or (619) 533-6333 for sponsorship and/or donation inquiries.
Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation Services. Their purpose is to offer support and promotion of quality activities, act as a liaison between the department and the community at-large, and provide public relations and fundraising/scholarship support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested individuals. Meetings are held on the 2nd Wednesday evening of each month, at 6:00 p.m. in room 1 at the War Memorial Building. Agendas and minutes are posted in Room 6 at the War Memorial Building.

Funds from DSAC’s GoFundMe page will be utilized to purchase “wish list” items that are listed in the GoFundMe comments section. Therapeutic Recreation Services and Senior Services is starting the process of moving our main headquarters to a newly renovated Park De La Cruz (PDLC) facility in City Heights. The staff is excited about the opportunities that we have for programs and events at PDLC. We are asking for your help in giving ideas of “wish list” items that you would like to see being housed in the new facility. Please leave ideas in the comment’s section of what pieces of equipment or items that you would like to see provided or offered.

Donate at: https://www.gofundme.com/Winter-office-fundraiser

**EASY WAYS TO DONATE THAT COST YOU NOTHING!**

**AmazonSmile Fundraiser**

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to DSAC when you shop at AmazonSmile.com.

Follow these easy steps:

1. Shop under your normal Amazon login at smile.amazon.com.
2. Once you are prompted to choose an organization to donate to, select Disabled Services Advisory Council, Inc in San Diego, CA.
3. Shop Away!

**Ralphs & Food4Less Fundraiser**

Sign up online so that every time you shop, a percentage of your purchase will be donated to DSAC. Log onto www.food4less.com or www.ralphs.com to register. You can also call and use the card for your fuel purchases, too! Our organization is “Disabled Services Advisory Council”.

To add your community rewards program:

1. Log in to www.food4less.com or www.ralphs.com
2. Click Sign In
3. Enter your email address and password
4. Click on ‘My Account’ (In the top right hand corner)
5. View all your information and edit as necessary
6. Link your card to your organization by clicking on:
   a. Community Rewards
   b. Edit community rewards program and follow the instructions
   c. Remember to click on the circle to the left of your organizations’ name (Disabled Services Advisory Council)

Ralphs fundraiser information must be updated after September 1st every year!

Every little bit COUNTS!
SCHEDULE OF EVENTS

ALL TEENS AND ADULTS
Ages 13 and over, with any disability. Some events are available for children with adult supervision. Direct supervision is not provided at these programs.

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**TANDEM BIKE RIDE**
Saturdays: 10:30 a.m.-12:30 p.m.
Teens and adults, join us for some biking fun and socialization! Tandem bikes, helmets, snacks, and water are provided. Meet at the site at 10:30 a.m. Sign up ahead of time to ensure proper amount of equipment. Call (302) 563-2886 in the morning to see if the ride has been canceled due to weather.

- **December 1:** Lake Murray & Starbucks Social ($5.00)
  - CODE: 57330
  - 5540 Kiowa Drive, 91942

- **January 5:** Bikeway Village ($2.00)
  - CODE: 57331
  - 536 13th St. Imperial Beach, 91932

- **February 2:** Spanish Landing Park ($2.00)
  - CODE: 57332
  - 3900 N. Harbor Drive, 92101

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**LAUGH HOUR**
Wednesdays: 11:00 a.m. – 12:00 p.m.
War Memorial Building (3325 Zoo Drive, 92101)
Experience the many benefits of laughter. Open to all ages and abilities!

**NOT ONLINE REGISTRATION**
**Cost:** FREE

**UNIVERSAL SOUND AND BLISSED YOGA**
War Memorial Building (3325 Zoo Drive, 92101)
Wednesday, December 19 4:00-5:00 p.m.
Please arrive at least 10 minutes early, wear comfortable clothes, bring a yoga mat, and/or blanket. Instructor: Morissa Lazar. [www.usaby.org](http://www.usaby.org)

**NOT ONLINE REGISTRATION**
**Cost:** FREE

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**STRIKEFORCE BOWLING LEAGUE**
Saturdays, 10:00 a.m.-12:00 p.m.
2/2, 2/16, 3/2, 3/16, 4/6, 4/20, 5/4, 5/18, 6/1, 6/15
Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, 92111)
It’s back! Join us for our 10-week bowling league adapted for all skill levels. Cost includes shoe rentals, 2 games per date, and awards banquet (June 22nd) for team members (extra for guests). Individuals are welcome, we will place you on a team.

- **CODE:** 57505
- **Cost:** $85.00

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**SELF-EXPRESSION THROUGH ART**
Fridays: 3:00 - 4:30 p.m.
War Memorial Building (3325 Zoo Drive, 92101)
Join this program co-sponsored with Creative Arts Consortium. Express images hidden within, using paints, colored pencils, markers, or other media without judgment or criticism. Just enjoy!
No class December 28, 2018
Instructor: Joan McCann

**NOT ONLINE REGISTRATION**
**Cost:** $1.00

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$2.00 transaction and credit card fees will apply at check-out.
### SCHEDULE OF EVENTS

**HOLIDAY FAIR**

Thursday, December 13 10:00 a.m.-1:00 p.m.

‘Tis the season for some holiday fun! Gather your friends and come to the War Memorial Building for an afternoon of games, crafts, and music! Bring a sack lunch. Lunch is not provided. Call (619) 525-8247 to register no later than Monday, December 10th. Pay at the door. **Direct supervision is not provided. Must be 16 years or older to attend.**

**NO ONLINE REGISTRATION**  
Cost: $2.00

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**HOLIDAY DANCE**

Saturday, December 15 6:00 - 9:00 p.m.

War Memorial Building, 3325 Zoo Dr., 92101

Celebrate the holiday season by dancing and socializing with your friends and making new ones. There will be snacks and beverages served throughout the dance. **Direct supervision is not provided and you must be 18 years or older to attend.**

**NO ONLINE REGISTRATION**  
Cost: $5.00

Unlike past years, no Teddy Bears will be collected.

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**VALENTINE’S DANCE**

Saturday, February 9 6:00 - 9:00 p.m.

War Memorial Building, 3325 Zoo Dr., 92101

Celebrate Valentine’s Day and enjoy some of your favorite tunes. Cost includes snacks and DJ entertainment. **Direct supervision is not provided and you must be 18 years or older to attend.** Pay at the door.

**NO ONLINE REGISTRATION**  
Cost: $5.00

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**DISNEYLAND BUS TRIP**

Wednesday, February 6 7:30 a.m.-7:30 p.m.

Join your friends on a fun-filled trip to Disneyland for thrills, adventures, and shows. Cost includes bus transportation and admission to Disneyland. Bring extra money for meals. Must be 18 years or older, have a current assessment on file and have attended at least 2 TRS programs this past year. **Supervision is NOT provided. Space is limited.**

**CODE: 56856**  
Cost: $75.00

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**BIG BEAR SKI TRIP**

Tuesday, February 26 5:00 a.m.-8:00 p.m.

Let’s hit the slopes! Join us for our annual Big Bear Ski Trip. Payment includes equipment, lift ticket, lessons, and transportation. Bring your own lunch or money to purchase lunch. All ability levels are welcome. Adaptive skiing is available. Space is limited. Please contact Nick at (619) 236-7772 or Nhurd@sandiego.gov for more information. **Pick-up and drop-off at the War Memorial Building (3325 Zoo Dr., 92101)**

**CODE: 57485**  
Cost: $100.00

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$2.00 transaction and credit card fees will apply at check-out.
$2.00 transaction and credit card fees will apply at check-out.

**PLEASE NOTE:** FIRST-TIME PARTICIPANTS MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN.

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**BRUNCH WITH SANTA**
Saturday, December 15  
11:30 a.m. - 2:30 p.m.
Enjoy a delicious brunch with your family and meet Santa! There will be face painting, games, and activities, for the whole family. Brunch will be served from 11:30 a.m. - 1:00 p.m. Gifts will be provided for each child. Meet at the grassy area at the east end of the War Memorial. Register online by Friday, December 7.

**CODE: 56140**  
Cost: $5.00

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**WINTER ADVENTURE DAY 1- NEW CHILDREN’S MUSEUM**
Wednesday, January 2nd  
9:00 a.m. - 3:00 p.m.
We will be taking public transportation from the War Memorial Building to the New Children’s Museum. We will end the day with a playday filled with arts and crafts, games, sensory activities and more. Bring a sack lunch.

**CODE: 56141**  
Cost: $15.00

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**WINTER ADVENTURE DAY 2- LEGOLAND**
Thursday, January 3rd  
9:00 a.m. - 4:00 p.m.
We will be taking public transportation from the War Memorial Building (3325 Zoo Drive, 92101) to Legoland. Please bring a sack lunch or money to purchase food.

**CODE: 56142**  
Cost: $50.00

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**DISNEY ON ICE**
Sunday, January 27  
11:30 a.m. - 4:00 p.m.
Drop-off and pick-up at the Habit Burger Grill (3555 Sports Arena Blvd, 92110) across the street from Valley View Casino Center. Families and friends are welcome to attend. Bring a sack lunch or money for food. Tickets are limited.

**CODE: 56793**  
Cost: $25.00

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**CHUCK E. CHEESE’S**
Sunday, February 10  
10:00 a.m. - 12:30 p.m.
Kid Zone is headed to Sensory Sensitive Sundays. Drop-off and pick-up at Chuck E Cheese (3146 Sports Arena Blvd. 92110). Pizza lunch is included.

**CODE: 56794**  
Cost: $15.00

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**MAGIC**
Saturday, February 24  
12:00 - 3:00 p.m.
Abracadabra! Learn magic tricks and make new friends appear! Bring a sack lunch. Drop-off and pick-up at the War Memorial Building, 3325 Zoo Dr., 92101.

**CODE: 56792**  
Cost: $7.00

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This group, for children ages 3 to 12, is designed to foster socialization, and social skills, to increase cognitive, physical, social, emotional, and creative skills through play and recreation. Contact: Gerald Cunanan • (619) 236-7756 • gcunanan@sandiego.gov
The City of San Diego, Parks and Recreation Department has made the commitment to offer activities that include ALL individuals. Call your local recreation center to find out what activities are offered. If your child has special needs and you would like to request assistance, call Julie Gregg, (619) 236-7718 (we need a minimum of three weeks advance notice). An assessment will be given to determine participant’s needs.

$2.00 transaction and credit card fees will apply at check-out.
This group, for teens (ages 13 to 18), is designed to foster social skills, increase leisure opportunities, and create friendships in a social and age-appropriate environment, while enhancing developmental needs.

Contact: Gerald Cunanan • (619) 236-7756 • gcunanan@sandiego.gov

**Meetings**

War Memorial Building
3325 Zoo Dr., 92101

**HOLLYWOOD**
Friday, January 11  6:00 - 8:30 p.m.
Lights...camera...action! Join us for a night of acting, games, and arts and crafts. Dinner is included.

CODE: 56798  Cost: $5.00

**GAME NIGHT**
Friday, February 8  6:00-8:30 p.m.
Join us for a night of minute to win it games, trivia, and more. Dinner will be provided.

CODE: 56800  Cost: $5.00

**Community Outings**

**KBC/SMC HOLIDAY SHOPPING**
Friday, December 7  6:00 - 9:00 p.m.
Get your shopping list ready and come “shop til you drop” for your friends and family. After shopping, we will meet at the food court to wrap presents and enjoy a holiday treat. Drop-off at the side in between Target and Outback Steakhouse at Mission Valley Mall. Bring money to purchase gifts. Dinner will be provided.

CODE: 56076  Cost: $10.00

**MONSTER JAM**
Saturday, January 26  5:30 - 10:00 p.m.
Drop-off and pick-up at 4th and K Street, in front of the Hilton Hotel for this exciting Monster Truck event. Foam earplugs will be provided or you may bring your own headphones. This is a loud event. Bring money for food at the stadium. Space is limited.

CODE: 56799  Cost: $25.00

**OLD TOWN TROLLEY TOURS**
Sunday, February 17  11:30 a.m. - 2:30 p.m.
Take a tour with us to see the wonderful sites of San Diego. Please bring a sack lunch.

CODE: 56801  Cost: $25.00

**LIVING COAST DISCOVERY CENTER**
Friday, March 29  9:00 a.m. - 3:00 p.m.
We will take public transportation to the Discovery Center to learn and interact with marine life. Please bring a sack lunch. Drop-off and pick-up at War Memorial Building, 3325 Zoo Dr., 92101

CODE: 56802  Cost: $20.00

$2.00 transaction and credit card fees will apply at check-out.
This group, for adults ages 18 and older with a cognitive impairment, is designed to
to increase leisure independence, community functioning and social skills through
experiential opportunities within the community and at recreation centers.
Contact: Aly Larson • (619) 236-7755 • allarson@sandiego.gov.

Recreation Nights
Fridays: 6:00 - 8:30 p.m.
Join us for fun, food, and friendship.
Cost: $7.00 - Includes $2.00 Transaction fee.

No December Recreation Night
Attend the Holiday Dance (see page 8)

TRS' GREATEST SHOW
TRS is where the impossible comes true! Enjoy a
night of fun and prepare to be amazed!

January 11: Carmel Mountain Recreation Center
Code: 56842 10152 Rancho Carmel Drive
January 25: War Memorial Building
Code: 56843 3325 Zoo Drive

TRS SURVIVOR ISLAND
Get ready to join a tribe, compete in challenges to
win immunity, and try to be the ultimate SURVIVOR!

February 8: Carmel Mountain Recreation Center
Code: 56845 10152 Rancho Carmel Drive
February 22: War Memorial Building
Code: 56846 3325 Zoo Drive

HOLIDAY SHOPPING
Friday, December 7 6:00 - 9:00 p.m.
Get your shopping list ready and come hang out while
you “shop until you drop.” After shopping we will meet
at the food court to wrap presents and enjoy a holiday
treat. Drop-off and pick-up in front of the Target at the
Mission Valley Mall (east entrance near Outback
Steakhouse Restaurant). Bring money for gifts. Dinner
will be provided.
CODE: 56591 Cost: $10.00

MONSTER JAM
Saturday, January 26 5:30 - 10:00 p.m.
Monster trucks face off in two different forms of
competition, racing and freestyle, throughout the night.
Foam ear buds will be provided or you may bring your
own headphones. Drop-off and pick-up at the
Downtown Hilton (4th and K Street). This is a loud
event. Limited tickets available.
CODE: 56849 Cost: $25.00

MISSION TRAILS VISITOR CENTER
TOUR AND HIKE
Saturday, February 2 10:00 a.m. - 1:00 p.m.
Come learn about different animals and natural
habitats in San Diego! We will be hiking so wear
comfortable clothes and appropriate shoes. Bring a sack
lunch and water. Light snacks will be provided.
CODE: 56850 Cost: $5.00

$2.00 transaction and credit card fees will apply at check-out.
The Club, for individuals ages 21 and over with cognitive impairments or brain injuries, is designed to promote independence, as members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the “buddy system” on outings. Members are required to attend Club meetings on a regular basis in order to attend outings. New members must sign up and attend a Club meeting before attending an outing. Minimal staffing provided.

Contact: Aly Larson • (619) 236-7755 • allarson@sandiego.gov.

Fridays: 6:00 - 9:00 p.m.
Join us at the War Memorial Building for an evening of dinner and activities. If you are a new member, please set up an interview appointment prior to the meeting by calling (619) 525-8247.

Cost: $7.00 (includes transaction fee)

December 14: HOLIDAY GIFT EXCHANGE
Bring a wrapped gift to exchange with your friends ($7-$10 value).
CODE: 56851

January 4: ELECTION SPEECHES
Prepare your speeches and be ready to vote!
CODE: 56852

February 1: GAME NIGHT!
Get ready to play cards and board games galore and learn all sorts of new games!
CODE: 56853

INDEPENDENT CLUB “STAYCATION”
Friday-Saturday May 31-June 1, 2019
Enjoy an awesome getaway, swimming, relaxing, and having fun on the bay at the Bahia Resort in Mission Bay. You must have attended AT LEAST 3 Independent Club meetings in 2018-2019 to be eligible to come! Stay tuned for more details!

HOLIDAY SHOPPING
Friday, December 7 6:00 - 9:00 p.m.
Get your shopping list ready and come hang out while you “shop until you drop.” After shopping we will meet at the food court to wrap presents and enjoy a holiday treat. Drop-off and pick-up in front of the Target at the Mission Valley Mall (east entrance near Outback Steakhouse Restaurant). Bring money for gifts. Dinner will be provided.

CODE: 56591 Cost: $10.00

NATIONAL COMEDY THEATER
Saturday, January 12 6:30 - 9:30 p.m.
3717 India Street, 92103
Based on audience suggestions, the cast of the National Comedy Theater creates a comedy show from scratch. Bring money for dinner at El Indio.

CODE: 56854 Cost: $20.00

IN CAHOOTS!
Thursday, February 21 5:00 - 8:30 p.m.
Howdy Partner! Get your Cowboy boots ready for some fun line dancing and delicious dinner! Pick-up and drop-off in front of In Cahoots (5373 Mission Center Rd.) Bring money to buy dinner (approximately $15 which includes dinner and a beverage).

CODE: 56855 Cost: FREE

$2.00 transaction and credit card fees will apply at check-out.
This group provides recreational opportunities, teaches leisure skills and increases socialization and self-esteem for individuals recovering from mental illness or behavioral health disorders. Individuals 18 and over, day treatment programs, board and care facilities, and drop-in centers are welcome to attend.

Contact: Danny Kimpel • (619) 236-7753 • dkimpel@sandiego.gov.

**ICE SKATING**

Sunday, December 9th  
12:30 - 3:30 p.m.

Join us for a fun session of ice skating at the Joan Kroc Center Ice Arena (6845 University Ave, 92115). We will meet in front of the ice arena at 12:30 p.m. Register online or in person by Wednesday, December 5th.

**CODE: 57168**

Cost: $8.00 (includes admission & skate rental)

**WINTER WONDERLAND PARTY & GIFT MAKING**

Thursday, December 6: Celebrate the holiday season by making gifts for our loved ones. Bring a friend and enjoy a wonderful dinner and holiday movie.

**CODE: 57107**

**NEW YEAR CELEBRATION!**

Thursday, January 3: Join us as we celebrate the New Year with games, a yoga session, and a delicious meal.

**CODE: 57108**

ARE YOU READY FOR SOME FOOTBALL

Thursday, February 7: We will enjoy some classic Super Bowl party appetizers, games, and activities. Be sure to wear your football jersey or the color of the team you will be supporting! We will also have a planning meeting for our Summer Calendar and activities.

**CODE: 57109**

**ARCHERY**

Thursday, January 17th
Session A: 11:00 a.m. - 12:30 p.m.
Session B: 1:00 - 2:30 p.m.

Join us for an afternoon of archery with a certified archery instructor at the Morley Field Archery Range (2221 Morley Field Dr., 92104). All equipment is provided. Call our office at (619) 525-8247 for more information. Register online or in person by Friday, January 11th.

**CODE: 57110**

Cost: $2.00

**ICE SKATING**

Sunday, December 9th  
12:30 - 3:30 p.m.

Join us for a fun session of ice skating at the Joan Kroc Center Ice Arena (6845 University Ave, 92115). We will meet in front of the ice arena at 12:30 p.m. Register online or in person by Wednesday, December 5th.

**CODE: 57168**

Cost: $8.00 (includes admission & skate rental)

**SAN DIEGO HARBOR CRUISE**

Thursday, February 21  
11:30 a.m. - 2:45 p.m.

The best way to see San Diego Bay is on Hornblower’s two hour Harbor Cruise! We will be meeting at Hornblower’s Ticket Booth (970 North Harbor Drive, 92101) at 11:30 a.m. Bring a sack lunch to enjoy before we board the ship at 12:15 p.m. Outside food and beverage is not allowed on the ship. Bring extra money if you would like to purchase food or beverages. Register online or in person by Friday, February 15th. **Limited tickets available.**

**CODE: 57169**

Cost: $12.00

$2.00 transaction and credit card fees will apply at check-out.
Leisure Seekers Softball

Wednesdays: 10:00 a.m. - 1:00 p.m.
3/6, 3/20, 4/3, 4/17, 5/1, 5/15, 5/29, 6/12
Individual and team options. We meet at Morley Field (2221 Morley Field Drive, 92104) for an eight session series. Spaces are limited. Register and pay online or in person at the War Memorial Building by Wednesday, February 27. Payment will not be accepted on site. Mandatory coaches meeting at 9 a.m. on March 6th at Morley field. The Awards BBQ will be on June 19th. Details to follow in Spring Calendar.
Contact Juan Razo at (619) 236-7771.

CODE: 57511
Cost: $50.00 team/$5.00 individual

Leisure Seekers - Luau

Thank you to HEAL’I’S Polynesian Revue for donating their time and talent by entertaining our participants at our annual Luau event held on August 23, 2018. All of the participants loved the performance and said it was their favorite part of the day!

Thank you as well to Da Kine’s for supplying their delicious food at an amazing discount!

Leisure Seekers - 19th Annual Consumer Recognition Luncheon

Thank you to all of our wonderful sponsors who gave us the opportunity to put on this event for the mental health community, held on October 12, 2018 at the Balboa Park Club.

San Diego Coalition for Mental Health, Pacific Beach Women’s Club, National Alliance on Mental Health- San Diego, Optum, and Da Kine’s.

$2.00 transaction and credit card fees will apply at check-out.
HANDCYCLING
Saturdays: 10:00 a.m. - 12:30 p.m.
Join us as we pedal our way through some of San Diego’s most beautiful bike trails. Handcycling is a fun way to meet people and explore San Diego, while building strength and endurance.
Cost: $15.00 for 4 weeks, $8.00 if you bring your own bike
CODE: 57416

January 12: North Crown Point Shores
3791 Corona Oriente Rd., 92109
January 26: Glorietta Bay Park (Coronado)
1845 Strand Way, Coronado, 92118
February 9: Liberty Station
NTC Park; Corner of Dewey Rd. and Cushing Rd.,
92106
February 23: North Crown Point Shores
3791 Corona Oriente Rd., 92109

BIG BEAR SKI TRIP
Tuesday, February 26 5:00 a.m.-8:00 p.m.
Let’s hit the slopes! Join us for our annual Big Bear Ski Trip. Payment includes equipment, lift ticket, lessons, and transportation. Bring your own lunch or money to purchase lunch. All ability levels are welcome. Adaptive skiing is available. Space is limited. Please contact Nick at (619) 236-7772 or Nhurd@sandiego.gov for more information. Pick-up and drop-off at the War Memorial Building (3325 Zoo Dr., 92101)
CODE: 57485 Cost: $100.00

INJURED SERVICE MEMBERS
ISM programs are designed to promote health, fitness and an improved quality of life while focusing on leisure independence and education in a community recreation environment. 18+ Contact: Nick Hurd

DISC GOLF THURSDAYS
Thursdays: 10:00 a.m. - 12:30 p.m.
Disc Golf is a flying disc sport in which players throw a disc at a target; it is played using rules like golf. Players complete a hole by throwing a disc from a tee area toward a target, throwing again from the landing position of the disc until the target is reached. Usually, the number of throws a player uses to reach each target are tallied, and players seek to complete each hole, and the course, in the lowest number of total throws.

January 3 & January 17:
War Memorial Building 3325 Zoo Drive, 92101
⇒ For the first two weeks will be practicing different throwing techniques, with obstacles.
January 31 & February 14:
Morley Field Disc Golf Course: 3090 Pershing Dr., 92102
⇒ Next we will meet at Morley Field Disc Golf to put our skills to use.
February 28:
Mission Bay Golf Course: 2702 N Mission Bay Dr., 92109
⇒ Our last meet-up will be at Mission Bay Golf Course to finalize a full round of disc golf.
CODE: 57560 Cost: $10.00

$2.00 transaction and credit card fees will apply at check-out.
Adaptive programs (designed for persons with physical disabilities) promote health and fitness by working on increasing cardio-vascular endurance, upper body strength, wheelchair mobility skills, and leisure independence in a recreational environment.

**FREE DANCE LESSONS**
War Memorial Building
3325 Zoo Dr. SD, 92101
Thursdays: 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21 (8-Weeks)
10:00 - 11:00 a.m. Social Dancing
11:00 a.m. - 12:00 p.m. Dance Instructions
Dancing is for everyone! If you know how or want to learn come learn line dancing, Cha Cha, Disco or Rumba with a great group of people who use a wheelchair, walker or cane. Able-bodied volunteers are needed to partner with our wheelchair dancers.

**WHEELCHAIRDANCERS.ORG**
Like our Facebook Page too!

**BEACH WHEELCHAIR PROGRAM**
Take a free one-hour ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility impairments or those who are not otherwise able to walk unaided on the beach. Reservations are not required, but are recommended. Go to www.sandiego.gov/park-and-recreation/activities/trs and select “Beach Accessibility and Wheel Chair Program” to find beach and bay accessible locations in San Diego.

Closed January - February
March-April/November-December
Friday, Saturday, Sunday 11:30 a.m. - 3:30 p.m.

May-October
Monday, Wednesday-Friday 11:30 a.m.- 4:30 p.m.
Saturday-Sunday 11:30 a.m.- 5:30 p.m.

CLOSED TUESDAYS
To reserve, please call (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.

$2.00 transaction and credit card fees will apply at check-out.

**ISA-WORLD ADAPTIVE SURFING CHAMPIONSHIP & SURFING CLINIC**
December 12—December 16
The 4th Annual (ISA) World Adaptive Surfing Championship is set to take place in La Jolla and bring together the adaptive surfing community from around the world. The event will commence on December 12th at La Jolla Shores with an Olympic-style Opening Ceremonies, complete with a "Parade of Nations" and a "Sands of the World" ceremony. The International Surfing Association (ISA) is excited to unify global efforts for the advancement of Adaptive Surfing through a partnership with the City of San Diego, Therapeutic Recreation Services. For more info, visit: www.isasurf.org/events/isa-world-adaptive-surfing-championship/
This program is designed to increase personal growth, self-esteem, independence and confidence through participation in a variety of recreational activities for individuals 18 and older recovering from drug and alcohol addictions.

Contact: Juan Razo • (619) 236-7771 • jrazo@sandiego.gov.

**PICNIC AT THE PARK**

Wednesday, January 16  
10:00 a.m. - 2:00 p.m.

Morley Field: 2221 Morley Field Dr, 92104

Kick off the year with a Picnic at the Park. We will have softball, football, volleyball, lawn games, card games, tug of war, music, and much more. Food and drinks will be sold throughout the event.

**NO ONLINE REGISTRATION**  
Cost: $1.00/person

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**TABLE TENNIS TOURNAMENT**

Wednesday, February 13  
9:00 a.m. – 1:00 p.m.

Balboa Park Activity Center (2145 Park Blvd., 92101)

Paddle Up!!! Everyone is invited to participate in our annual table tennis tournament. Never played before? No problem, we accommodate all skill levels, we have beginner, intermediate, and advanced divisions. Medals will be awarded to the top three of each division. Equipment is provided.

**CODE: 57510**  
Cost: $3.00

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**RECOVERY GAMES MEETINGS**

War Memorial Building (3325 Zoo Dr., 92101)  
Wednesdays: January 23 and February 27  
10:00 - 11:00 a.m.

Join us and help with the development of the Recovery Games programs and events. All recovery homes are encouraged to have a representative attend our meetings and give input based on the benefit of the program. Meetings are held on the fourth Wednesday of every month.

**CODE: 47844**  
Cost: FREE

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**VALENTINES DANCE - AMIGOS SOBRIOS**

Friday, February 15  
7:00 - 11:00 p.m.

War Memorial Building (3325 Zoo Dr., 92101)

Amigos Sobrios is hosting a Valentines Dance for the Recovery community. Join us as we celebrate another year of love and friendship. Food will be sold during the dance. For questions please contact Diane at (619) 381-1574. Pay at the door.

**NO ONLINE REGISTRATION**  
Cost: $5.00

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$2.00 transaction and credit card fees will apply at check-out.
A variety of volunteer opportunities are available for those ages 13 and above, including students who need service hours. Therapeutic Recreation Services offers an outstanding internship program for college students majoring in therapeutic recreation. Contact: Danny Kimpel • (619) 236-7753 • dkimpel@sandiego.gov.

We are grateful for all of our wonderful volunteers who dedicate so much time and energy to make our programs possible. This quarter’s “Top Bananas,” exceptional volunteers who rise above and beyond their call of duty are:

Emily Walker
Emily found out about TRS through a family friend who attends TRS programs. She enjoys volunteering with TRS because of the supportive environment and the variety of activities offered. She says that we’re “always doing something new and fun, which allows the participants to learn new activities and skills.” In her spare time, Emily likes to read, hike, swim, and spend time with her cat. Emily’s advice for volunteers is to always enjoy yourself. She says that “working with the special needs community is a very special thing, and not everyone has the right temperament for it. If you do decide to volunteer, know that you’re truly making a difference in people’s lives.”

Ariel Cohen
Ariel first found out about TRS through a friend who volunteered at an event for her class at SDSU. She enjoys volunteering with TRS because she says that everyone is so positive, and she has lots of fun. In her spare time she likes to shop, go on walks with friends, and she student teaches at College Park Preschool. Ariel’s advice to volunteers is to just be happy, have a good attitude, and always remember to follow all the safety rules.

Interested in becoming an ongoing volunteer, what’s next?

<table>
<thead>
<tr>
<th>Required to</th>
<th>Qualifications</th>
<th>Volunteer Assignments</th>
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<tbody>
<tr>
<td>• Attend a volunteer orientation</td>
<td>• At least 13 years old</td>
<td>• Assist with supervision of participants with disabilities during dances, community outings, sporting events, summer camps, and more!</td>
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<td>• Clear background check</td>
<td>• Must have patience</td>
<td>• Set-up equipment for activities and events</td>
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<td>• Commit to one or more events each month</td>
<td>• Enjoy working with people</td>
<td>• Prepare meals for programs</td>
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<td>• Work an average 10-20 hours monthly</td>
<td>• Be dependable and flexible</td>
<td>• Provide hands-on assistance during activities</td>
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Please contact the Volunteer Coordinator at: (619) 236-7753, or e-mail dkimpel@sandiego.gov, if you are available to help with any of the listed activities or to sign-up for an orientation.
DEAF SENIORS CLUB
Wednesdays: 10:00 a.m. - 3:00 p.m.
This club, for seniors who are deaf or hard of hearing, meets at Deaf Community Services (1545 Hotel Circle, 92108) for social and recreation activities, along with fellowship. Enjoy a variety of table and card games, as well as bingo. Donuts and coffee are served, and members bring a sack lunch. New members are always welcome. Call (619) 398-2441 or VP (619) 550-3436 for more information. Cost: $3.00/week

WOUNDED WARRIOR TENNIS
Wounded, ill, and injured service members and veterans are invited to free tennis clinics each Tuesday at Balboa Tennis Club, 2221 Morley Field Dr., 92014. Beginners are welcome. Racquets available for loan. Contact: Steve Kappes, stevekappes@hotmail.com, (619) 948-4596. More information: www.sdwoundedwarriortennis.org.

SUSIE’S DANCE PARTY
Weekly dance parties are held at the Carmel Mountain Recreation Center, 10152 Rancho Carmel Drive. Saturdays, 4:15-7:00 p.m.
CONTACT: Susie D’Agostino Cost: $12.00-$15.00 Susiedanceparty@aol.com, (619) 303-4865

DEAD SENIORS CLUB
Wednesdays: 10:00 a.m. - 3:00 p.m.
This club, for seniors who are deaf or hard of hearing, meets at Deaf Community Services (1545 Hotel Circle, 92108) for social and recreation activities, along with fellowship. Enjoy a variety of table and card games, as well as bingo. Donuts and coffee are served, and members bring a sack lunch. New members are always welcome. Call (619) 398-2441 or VP (619) 550-3436 for more information. Cost: $3.00/week

WOUNDED WARRIOR TENNIS
Weekly adaptive sport team practices are held Tuesdays, Wednesdays, and Saturdays throughout the county. www.adaptivesportsandrec.org.

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Weekly dance parties are held at the Carmel Mountain Recreation Center, 10152 Rancho Carmel Drive. Saturdays, 4:15-7:00 p.m.
CONTACT: Susie D’Agostino Cost: $12.00-$15.00 Susiedanceparty@aol.com, (619) 303-4865

STARS ACTING WORKSHOP
Weekly dramatic arts classes for adults with developmental and/or cognitive challenges. Check us out at northparkvaudeville.com
CONTACT: Summer Golden zgolden1@cox.net, (619) 647-4958

GUACAMOLE BOWL
Saturday, February 16 10:00 a.m. - 2:00 p.m.
Join more than 1,000 guests who will help judge who makes the best guacamole at the Balboa Park Club (2150 Pan American Rd. West, 92101). The entry fee is $25 per team. Sponsorship opportunities from $50 for an Entertainment Sponsor up to $5,000 for the Championship Round Sponsor. Proceeds benefit S4EA.
Call (858) 565-7432 for more information or visit www.guacamolebowl.com.

SANDI-CAN
Tuesdays: January 29 & February 26
10:30 a.m. - 12:00 p.m.
Our vision is that older adults and adults with disabilities and those who care for them are able to maintain their purpose, voice and independence, living healthy, safe and fulfilling lives with dignity and respect. Our mission is to be San Diego City’s consumer and service provider network, collectively advocating for and affecting policy changes to ensure the equality and advancement of older adults and adults with disabilities. Meetings are at the War Memorial Building, are open to the public and there is no charge. For more information contact Brian Rollins: brian.rollins@sdcounty.ca.gov or call (858) 505-6305.
### December 2018

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Email Julie at: jgregg@sandiego.gov

then, starting with the next newsletter, you’ll receive the newsletter on your own computer.