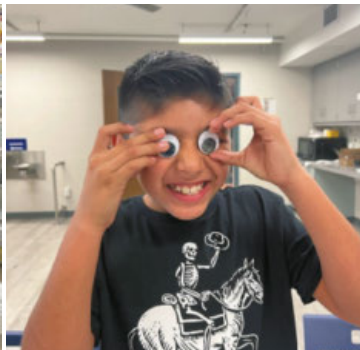


Therapeutic Recreation Services (TRS)

FALL 2024

SEPTEMBER | OCTOBER | NOVEMBER



The City of San Diego does not necessarily endorse the services offered by the advertisements and community-sponsored activities listed in this newsletter.

Scan here for
online website



**3901 Landis Street
San Diego, CA 92105**

Office | (619) 525-8247

Email | trsnewsletter@sandiego.gov

www.sandiego.gov/therapeuticrecreationservices



THERAPEUTIC RECREATION SERVICES (TRS)

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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PDLC Gymnasium Staff/Interns

Gustavo Carranza • Joseph Cuevas • Joe Henry • Dajasia Morales • Sal Partida • Mauro Ramirez • Lilyana Theus • James Williams

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Where to Start/Online Registration

Fall Registration starts **August 17, 2024** at 10:00 am

Steps to register on SD Rec Connect

First Time users: Create an online profile, using the Activity Registration System, **SDRecConnect.com**. Click "Create an Account". Fill out "New Account Request" form completely for the primary responsible person, a parent or guardian, including all required fields, and click Submit (or Submit and Add Family Member to add family members). Upon completion, a confirmation email with a first-time activation link will be sent to the email address provided. You will not be able to use your new account until you've used this link. Note: this email may go to your "spam" folder. To avoid duplication, be sure to let others in your household know you've set up the account. ****Important:** If you are registering a child for an activity, do not use the child's information when creating a New Account. You can add them as a family member after the account is created.

Returning Customers: for returning customers, click the "Sign In" or "My Account" button. Enter your login (email address) and password.

Payment Process

Payments can be made online at SDRecConnect.com or at Park de la Cruz Community Center (3901 Landis St., 92105). See page 5 for center hours.

A parent or legal guardian must register participants under the age of 18 years. Cash or paper check is NOT accepted when paying in advance. **Acceptable payment methods include: electronic check– proper ID with proof of checking account (blank or voided check) or credit, debit, or gift cards issued by qualified card service merchants (Visa, MasterCard, American Express, and Discover only).**

A \$25.00 fee will be charged for declined electronic checks. Customers should verify that bank routing and account numbers are entered correctly. Activities not meeting the minimum enrollment may be cancelled. All registration and reservation fees include a non-refundable 3.56% processing fee.

Refund Policy

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy:

Refund policy exclusions: 3.56% processing fee will be deducted from all refunds. No refund or transfer for non-attendance at activity. No credits to account. Activity fees less than \$10 will not be refunded. No refunds for requests submitted less than 20 business days prior to the activity. Refunds will take 4-8 weeks, depending on payment method. Payments made by credit card will be refunded to the credit card.

Scholarship Procedure

For information on applying for the City of San Diego low income fee waiver or the Disabled Service Advisory Council (DSAC) scholarship, please call (619) 525-8247 or stop by the Park de la Cruz (PDLC) office (3901 Landis St., 92105). Application can be submitted with a recreation center staff at PDLCL

ANNOUNCEMENTS

Welcome new TRS Staff and Interns!

Jasper



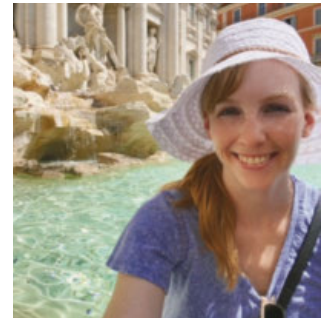
Jasper is extremely passionate about youth development and activism. His favorite hobby is making music. He plays piano, guitar, drum set, bass and more. Jasper and his partner are currently pregnant with their first child! Jasper is an avid cyclist, runner, surfer, and he also enjoys cooking. He looks forward to working with TRS!

Addison



Addison recently started interning, but before this, she volunteered for TRS for three years. She is a junior in high school, and has a brother with special needs who attends TRS. Growing up with him inspired Addison to help other people in his community. Outside of TRS, she plays tennis, track, and basketball, and loves computer programming. Her favorite part of TRS is the events and outings that TRS holds.

Bri



Congratulations to Bri for completing her Recreation Therapy internship, receiving her Master's Degree, becoming a Certified Therapeutic Recreation Specialist, and promoting to a Therapeutic Recreation Leader. She looks forward to continuing her work with TRS.

Farewell, Nancy!



Although we will miss Nancy, we wish her an enjoyable retirement. She is looking forward to spending more time with her grandchildren. We thank Nancy for all her contributions to TRS.

In Memory



Robert Titus Jr., Rec Leader for the PDLC gymnasium, passed away on July 16. Robert's positive attitude, friendly demeanor, and smile will be missed.

Staff Spotlight: Sienna Huber

Why did you want to work at TRS?

I like to help people and work with kids. I've struggled with anxiety and working at TRS has helped me overcome some of my anxiety and learn how I can help participants manage theirs.

What has been your favorite moment?

My favorite moment is helping Nancy with the Wacky Wednesday art classes because it was a way to get creative with the participants. They were able to take their art home and share with their families.

Favorite hobby outside of work?

Dancing makes me happy and feel alive. I danced ballet folklórico for 19 years and got to teach it at a Kid Zone play day! I recently got into dancing salsa and bachata!

Fun fact about yourself?

I love to do yoga, meditate, and go to the beach to enjoy the beautiful waves.



Park de la Cruz Community Park

Community Center Hours

3901 Landis Street, 92105

Phone: (619) 525-8247

sandiego.gov/park-and-recreation/activities/trs

Monday	8:30 am - 8:00 pm
Tuesday	8:30 am - 8:00 pm
Wednesday	8:30 am - 8:00 pm
Thursday	8:30 am - 8:00 pm
Friday	8:30 am - 5:00 pm
Saturday	10:00 am - 3:00 pm
Sunday	Closed

Gymnasium Hours

3911 Landis Street, 92105

Phone: (619) 516-3141

sandiego.gov/park-and-recreation/centers/recctr/parkdelacruzgym

Monday	10:00 am - 8:30 pm
Tuesday	10:00 am - 8:30 pm
Wednesday	10:00 am - 8:30 pm
Thursday	10:00 am - 8:30 pm
Friday	10:00 am - 8:30 pm
Saturday	10:00 am - 5:30 pm
Sunday	Closed

Closed September 2nd, November 11th, 28th, and 29th in observance of City Holidays.

Recreation Room

You can check out a variety of recreation equipment including basketballs, pool, ping-pong, board games and more. Individuals age 13 and older will need a picture ID (school, driver license, etc.). Children under the age of 13 must have parent or guardian present. No supervision provided. Recreation room open during community center hours.

Fitness Center

The fitness center has various free weights, cardio machines, and adaptable equipment. **Must be 18 years and older. No direct supervision provided.** Fitness center is open during community center hours.

Register onsite.

**COST: \$15 for TRS & AWS Participants
\$25 per quarter Community Members**

Serving Seniors

Monday – Friday | 12:00 – 1:00 pm

Serving Seniors provides hot, nutritious lunch to seniors age 60+ at Park de la Cruz. Meals are provided at no cost to individuals age 60 and over; however, donations are accepted. There is a \$4 fee for those under 60 years of age.

Sensory Room

Sensory room reservations are available Mondays, Wednesdays, and Thursdays from 9:00 am - 4:00 pm, Tuesdays and Fridays from 9:00 am - 1:00 pm, and Saturdays from 10:00 am - 3:00 pm. Must have an assessment and orientation prior to use. Call (619) 525-8247 for more information. Room limitation may apply.

Computer Lab

There are 5 desktop computers at Park de la Cruz available for the public. The computers are available when the community center is open, except during scheduled technology classes and Digital Navigator (see page 20). For more information, call (619) 525-8247.

PDLC Gymnasium Open Play Sports Pickleball

Tuesdays | 12:30 – 2:30 pm

Thursdays | 10:00 am – 12:00 pm

COST: FREE

Drop-in program

Futsal

Thursdays | 6:00 – 8:30 pm

COST: FREE

Drop-in program

Walk-ins welcome! For program information, visit the Gym website (listed above) or call (619) 516-3141.

GARDEN PROGRAMS at PDLC

Green Thumb Club

Select Thursdays | 10:00 – 11:00 am

Sept. 12, 26 | Oct. 24 | Nov. 7, 21

Led by Lelaina

Help sustain the garden by maintaining our garden beds and harvesting produce. Program is for participants 3 years and older. **No direct staff supervision provided. Parent/guardian must attend if supervision is needed.**

COST: \$5 for the quarter

CODE: 117840



Tuesdays in the Garden

Select Tuesdays | 10:00 – 11:00 am

Sept. 3, 17 | Oct. 1, 15 | Nov. 12

Led by TRS Staff

Have fun as we get crafty with plant-based art projects. **This program is for participants 16 years and older. No direct supervision will be provided. Parent/guardian must attend if supervision is needed.**

COST: \$10

CODE: 117841

See pages 9 and 10 for our fall cooking programs that will use our garden produce. Each blurb has more program details and includes registration information.



Fall Veggie Garden

September 30 | 10:00 – 11:30 am

Master Gardener Heather Holland will present on the best vegetables to plant for the Fall season. After the presentation, we will plant vegetables in our PDLC garden.

COST: \$5

CODE: 117863

Making Gardening Accessible

October 25 | 10:00 – 11:30 am

Learn how to make gardening accessible for all with Master Gardener, Stephen Cantu. After the presentation, we will plant low maintenance plants that you can take with you to add to your home garden.

COST: \$5

CODE: 117862

Succulent Arrangements

November 4 | 10:00 – 11:30 am

Learn how to arrange succulents to grow into a beautiful display with Master Gardener, Muriel King. After the presentation, we will make our own arrangements that you can take home to add to your home garden.

COST: \$5

CODE: 117864

Happy Households, Healthy Home

November 18 | 10:00 – 11:30 am

Learn how to grow and care for household plants with Master Gardener, Linda Stewart. After the presentation, you will get the opportunity to pot your own pothos plant and take it with you to help beautify your dwelling.

COST: \$5

CODE: 117865

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

HARVEST BALL

SATURDAY, NOVEMBER 9, 2024

BAHIA RESORT HOTEL

998 W. MISSION BAY DR., SAN DIEGO, CA 92109

6:00 - 10:00 PM

COST: \$85

This evening of dinner and dancing is for participants 18 and older.

No direct supervision is provided.

Call Taylor at (619) 236-7771 for more information.

Please register through the Eventbrite link/QR code below, or
contact Taylor if you would like to send a check.

See the registration link below
to reserve a spot at Harvest Ball

Eventbrite Link: <https://www.eventbrite.com/e/trs>



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DANCES

Monster Ball

October 18 | 11:00 am - 2:00 pm

Led by Taylor

Get spooky and groovy! Please join us for our annual Halloween dance at the Balboa Park Club (2150 Pan American Way, 92101). Bring your own sack lunch. Snacks will be available for purchase. **You must be 16 years or older to attend. No direct supervision provided.** RSVP by calling (619) 525-8247 or register online by October 14th.

COST: \$2

CODE: 117890

Halloween Dance

October 26 | 5:30 - 8:30 pm

Led by Taylor

A wicked good time awaits you! Please join us at Park de la Cruz Gymnasium (3911 Landis Street, 92105). Cost includes dance admission, refreshments, and DJ entertainment. **You must be 18 years or older to attend. No direct supervision provided.** Register online by October 21st. If you need assistance, please call the office at (619) 525-8247.

COST: \$5

CODE: 117891

Holiday Dance

December 7 | 5:30 - 8:30 pm

Led by Taylor

Jingle Bell Rock your way to our annual Holiday Dance at Park de la Cruz Gymnasium (3911 Landis Street, 92105). Cost includes dance admission, refreshments, and DJ entertainment. **You must be 18 years or older to attend. No direct supervision provided.** Register online by December 2nd. If you need assistance registering call (619) 525-8247.

COST: \$8

CODE: 117892



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SPECIAL EVENTS

Intergenerational Cooking Class

October 12 | 1:30 - 3:00pm

Led by AWS Staff

There is nothing better than sharing the kitchen with friends and family. Learn a fun, simple meal that everyone can help with in the kitchen.

COST: \$5

CODE: 117861

Fall Festival

October 26 | 2:30 - 4:30 pm

Led by TRS Staff

Join us at Park de la Cruz for the start of the holiday season with carnival games, a costume contest, and a raffle! This event is fun for the whole family ages 3 and up.

Participation in the costume contest is for all ages and split into age groups. For more information, please call (619) 516-3141. This is a family and friends' event. **No direct supervision provided.**

COST: FREE

CODE: 117828



Turkey Trot

November 16 | 8:30 - 11:00 am

Led by Taylor & Michael R.

The family that trots together, stays together! Come roll, walk, trot, or run with us! Meet at Park de la Cruz Gymnasium (3911 Landis Street, 92105).

COST: \$10

CODE: 117885

Holiday Cookie Baking

December 4 | 3:00 - 6:00 pm

Led by Haley

Join us for an afternoon of cookie baking in preparation for our Winter Carnival event. Participants will assist with rolling and cutting out sugar cookies. This activity is for all ages, but **no direct supervision will be provided.**

Anyone under 16 years must attend with an accompanying parent/guardian. This is a drop-in program, so do not plan to stay for the entire 3 hours.

COST: FREE

CODE: 117837

Holiday Fair

December 6 | 11:00 am - 2:00 pm

Led by Taylor

There's no place like TRS for the Holidays! Gather your friends for an afternoon of games, crafts, and music at Park de La Cruz. Please bring a sack lunch. **No direct supervision provided. Must be 16 years or older to attend.** RSVP by calling (619) 525-8247 or register online by

COST: \$2

CODE: 117893

Winter Carnival

December 7 | 11:30 am - 2:30 pm

Led by Haley

Enjoy a light brunch with us as we ring in the holiday spirit! We will have fun games, booths to buy homemade crafts, and many more activities for everyone at Park de la Cruz.

Gifts will be provided for registered children ages 3 - 12 only. Participating families must register by Monday, December 2nd. This is a family and friends' event. **No direct supervision provided.**

COST: FREE

CODE: 117839

Park de la Cruz Weekly Programs

3901 Landis Street, 92105. See program description for age.

Walking Club

Select Mondays | 9:30 – 10:30 am

Sept. 9, 23 | Oct. 7, 21 | Nov. 25

Led by Lelaina

Start your day by strutting along a path for a morning walk! Meeting location will be announced week of program. This activity is for ages 16 and older. **No direct supervision provided.**

COST: FREE

CODE: 118024



Art in Action

Select Tuesdays | 10:30 – 11:30 am

Sept. 10, 24 | Oct. 8, 22 | Nov. 5, 19

Led by Maria

Our goal is to create personalized art and TRS swag items. **Program is for individuals ages 16 and older. No direct supervision is provided.**

COST: \$10 for the quarter

CODE: 117894

Yummy Meals on a Budget

Select Wednesdays | 4:00 – 6:30 pm

Sept. 11, 25 | Oct. 9, 23 | Nov. 13, 20 | Dec. 11

Led by Maria

Come learn to plan and make budget friendly meals while practicing kitchen safety. Must be 16 years or older to attend. **No direct supervision provided.** The second Wednesday of every month we will be cooking for the Disabled Services Advisory Council. Virtual option available.

COST: FREE (virtual)

CODE: 117895

COST: \$35 (in person)

CODE: 117896

Virtual Laugh Hour

Thursdays | 11:00 am – 12:00 pm

Volunteer Led by Alicia S.

Scientific studies show that laughter reduces pain, fights depression and more! **All ages and families welcome.** Zoom link will be sent to registered participants before program.

COST: FREE

CODE: 117897



Self-Expression Through Art

Fridays | 2:00 – 4:00 pm

Volunteer Led by Michael T., Joan and Ray

Express images hidden within using paints, colored pencils, markers, or other media without judgement. **This activity is for ages 18 and older. No staff supervision.**

COST: FREE

CODE: 117898

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

Park de la Cruz Weekly Programs

3901 Landis Street, 92105. See program description for age.

Couch to Turkey Trot

Select Fridays | 9:30 – 10:30 am

October 25 | November 1, 8, 15

Led by Lelaina

This program will help you go from beginner runner to Turkey Trot ready! We'll work on building our endurance and strength for the first 3 weeks and then our final meeting will be on the Friday before the Turkey Trot as our shake out run. Cost includes entry into the Turkey Trot, a t-shirt, and swag bag. **This program is for participants 16 years or older. No direct staff supervision provided.**

COST: \$10

CODE: [117885](#)

Sports Talk

Fridays | 3:30 – 5:00 pm

Led by Michael R.

If you like sports, join this program! Discuss various sports topics along with keeping up to date on current news. **Program is for individuals age 16 and older. No direct staff supervision provided.** Attend either virtually or in-person. Zoom link will be sent to registered participants before program.

COST: FREE

CODE: [117899](#)

End of Summer Beach Clean-Up!

September 7 | 10:00 am – 12:30 pm

Led by Maria

Bring your friends and family to help keep our beaches clean! We will meet at Mission Bay (3119 Mariners Way, San Diego, 92109). We'll enjoy lunch after at the Coaster Saloon, so please bring your own money for lunch. **No direct supervision is provided.**

COST: FREE

CODE: [117900](#)

Community Service & Lunch

Select Saturdays | 10:30 am – 1:00 pm

September 21 | October 19

Led by Alicia B.

Help make our neighborhood a more beautiful place and then enjoy lunch at a local eatery. **Bring money for lunch. For participants ages 13 and older. No direct supervision is provided.**

COST: FREE

CODE: [117901](#)

Famous Artist Factory

Select Saturdays | 1:30 – 2:30 pm

September 21 | October 19

Led by Alicia B.

Learn about a famous artist and then feel famous too when you create artwork that looks like theirs. **For participants ages 13 and older. No direct supervision is provided.**

COST: \$5 for the quarter

CODE: [117902](#)



Shake it Up on Saturday

Select Saturdays | 12:00 – 1:00 pm

Led by Maria

Sept. 14, 28 | Oct. 12, 26 | Nov. 2, 9

Let's shake our way into the weekend! Join us to learn new dances to improve coordination and practice team-building skills. **Must be 13 years or older to attend. No direct supervision is provided.** Final performance is scheduled for Saturday, December 7th, at the Winter Carnival

COST: FREE

CODE: [117903](#)

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

KID ZONE (KZ)

Haley Marshall

(619) 525-8248

HEMarshall@sandiego.gov

This group is designed to foster social skills, increase cognitive, physical, emotional, communicative, and creative abilities through play and recreation. **First time participants must be accompanied by a parent/guardian and have an assessment on file prior to registering. Register early, space limited.**

Ages 3-12

Playdays

Have fun with games, crafts, art and more! Drop-off and pick-up at Park de la Cruz's back outdoor basketball court (3911 Landis Street, 92105). We encourage dressing up to fit the themes! **Please register for one session per date (session A OR B). No day of registration. No cash accepted, card only.**

September 8 | Spartan Race Playday

Session A– 10:00 am – 12:30 pm

CODE: 117833

Session B– 1:15 – 3:45 pm

CODE: 117832

October 6 | Halloween Playday

Session A– 10:00 am – 12:30 pm

CODE: 117830

Session B– 1:15 – 3:45 pm

CODE: 117831

November 3 | Thanksgiving Playday

Session A– 10:00 am – 12:30 pm

CODE: 117834

Session B– 1:15 – 3:45 pm

COST: \$7 per playday **CODE: 117835**

Cabrillo National Monument

September 14 | 9:45 – 11:45 am

We will have fun hiking the trails, with a beautiful ocean view. Please bring a sack lunch, wear sunscreen, and walking shoes. **Drop-off and pick-up at the Visitors' Center inside the park (1800 Cabrillo Monument Dr., 92106).** Information regarding fee waiver options will follow.

COST: \$5

CODE: 117842

Pumpkin Patch

October 20 | 10:00 am – 12:30 pm

Get into the spooky spirit of Halloween at Mr. Jack O' Lantern's Pumpkin Patch. Cost includes games, activities, and a pumpkin. Bring a sack lunch. Drop-off at South Clairemont Park (3605 Clairemont Dr., 92117) and pick-up at the pumpkin patch (3901 Clairemont Dr., 92117).

COST: \$25

CODE: 117836



Trick-or-Treat on India Street

October 27 | 3:30 – 7:30 pm

Come on down with your family to Little Italy for some fun trick-or-treating! Dress in your spookiest costume and bring a bag or bucket to collect your candy. Parking is competitive, so get there early or take public transit. Collect your map of the event at the Piazza della Famiglia (555 W Date St, San Diego, 92101). **This is a family and friends' event and is not staffed by TRS. Parents/Guardians must attend with children.** Find more information at <https://littleitalysd.com/events/trick-or-treat-on-india-street>.

COST: FREE

No Registration Required

All codes are directly linked to [SDRecConnect.com](https://sdrecconnect.com), so click the code to sign up.

KID ZONE (KZ)

Haley Marshall

Ages 3-12

See page 9 for more special events for the whole family such as our Fall Festival (10/26), Turkey Trot (11/16), and Winter Carnival (12/7).



SAVE THE DATE!

Winter Adventure

December 15th & 21st

More information to come.

Inclusion Services

We can all Play Together

The City of San Diego, Parks and Recreation Department is committed to offering activities that include ALL individuals. Call your local recreation center to see what activities are offered. If your child has special needs and you would like to request inclusion assistance, call (619) 236-7718 (**minimum of three weeks notice**). Requests are processed in the order that they are received and according to staff availability. **An assessment will be required.**

Contact inclusion coordinator, Julie Gregg at JGregg@sandiego.gov for more information.

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

A person is working on a laptop, with their hands visible on the keyboard. In the background, there are several cardboard boxes and a roll of packing tape. The text "SUPPORT THE ADVERTISERS that Support our Community!" is overlaid on the image.

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KICK BACK CLUB (KBC)

Ages 13-17

Taylor Askil

(619) 236-7771

TAskil@sandiego.gov

This group for teens is designed to foster social skills, increase leisure opportunities, and create friendships in an age-appropriate environment, while enhancing developmental needs. **Register early, space is limited. Must have an assessment on file.**

See pages 6-11 for more opportunities that include garden programs, dances, special events, and weekly programs.

Meetings

We will have games, crafts, and more! Meetings are held at Park de la Cruz Community Center.

No cash accepted, card only.

5:30 – 8:00 pm

September 13 | Happy 25th Birthday KBC!

CODE: 117904

October 11 | Murder Mystery

CODE: 117905

November 1 | Friendsgiving

CODE: 117906

COST: \$10 per meeting

Mesa Rim

September 15 | 10:00 am – 1:00 pm

Reach new heights with Kick Back Club! Please bring a sack lunch and wear comfortable clothes. Drop-off and pick-up at Mesa Rim Mission Valley (405 Camino del Rio S, 92116).

COST: \$35

CODE: 117907



Haunted Trail

September 29 | 6:30 – 9:00 pm

Led by Taylor & Michael R.

Grab your Halloween costume and join your friends as we walk down the spooky Trail in Balboa Park. Drop-off and pick-up at the corner of Balboa Drive and Juniper Road. Dinner will be provided.

COST: \$5

CODE: 117911

Aztecs Football Game

October 5 | 4:00 – 8:30 pm

Led by Taylor & Michael R.

The Aztec Warriors face off against the Hawaii Rainbow Warriors! **Drop-off and pick-up at the Mission Valley Center Station (1570 Camino De La Reina, San Diego, 92108).** We will be taking the trolley to and from the game. Snapdragon stadium is a cashless park. Please bring a card to purchase snacks.

COST: \$40

CODE: 117920

Holiday Shopping

December 13 | 6:00 – 9:00 pm

Get your shopping list ready! Hang-out with friends while you “shop ‘till you drop!” We will wrap gifts after shopping. Dinner will be provided. Drop-off and pick-up **Westfield Mission Valley Mall (1640 Camino Del Rio North, 92108)** between the Nordstrom Rack and Tender Greens Restaurant. Bring a list and money for gifts.

COST: \$5

CODE: 117923

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

SOCIAL MOTION CLUB (SMC)

Ages 18+

This group is for adults with a cognitive impairment. It is designed to increase leisure independence, community functioning and build social skills through experiential opportunities within the community and at recreation centers. **Register early, space is limited. Must have an assessment on file prior to attending.**

See pages 6-11 for more opportunities that include garden programs, dances, special events, and weekly programs.

Recreation Nights

Good people, games and more! Dinner provided. **RSVP by the Wednesday before program. No cash accepted, card only.**

Central

Led by Michael R.

Park de la Cruz (3901 Landis Street, 92105)

5:30 - 8:00 pm

September 6 | SMC Olympics

CODE: 117926

October 4 | Halloween Rec Night

CODE: 117927

November 1 | Friendsgiving

COST: \$10 per meeting

CODE: 117928

South

Led by TRS Staff

Montgomery-Waller (3020 Coronado Ave., 92154)

6:00 - 8:00 pm

September 20 | SMC Olympics

CODE: 117929

October 18 | Halloween Rec Night

CODE: 117930

November 15 | Friendsgiving

CODE: 117931

COST: \$10 per meeting

North

Led by Nick

Cathy Hopper (4425 Bannock Ave., 92117)

5:30 - 8:00 pm

September 27 | SMC Olympics

CODE: 117826

October 25 | Halloween Rec Night

CODE: 117827

November 22 | Friendsgiving

CODE: 117869

COST: \$10 per meeting

Haunted Trail

September 29 | 6:30 - 9:00 pm

Led by Taylor & Michael R.

Grab your Halloween costume and join your friends as we walk down the spooky Trail in Balboa Park. Drop-off and pick-up at the corner of Balboa Drive and Juniper Road. Dinner will be provided.

COST: \$5

CODE: 117914

Aztecs Football Game

October 5 | 4:00 - 8:30 pm

Led by Taylor & Michael R.

The Aztec Warriors face off against the Hawaii Rainbow Warriors! **Drop-off and pick-up at the Mission Valley Center Station (1570 Camino De La Reina, San Diego, CA 92108).** We will be taking the trolley to and from the game. Snapdragon stadium is a cashless park. Please bring a card to purchase snacks.

Cost: \$40

CODE: 117921

Holiday Shopping

December 13 | 6:00 - 9:00 pm

Get your shopping list ready! Hang-out with friends while you "shop 'till you drop!" We will wrap gifts after shopping. Dinner will be provided. Drop-off and pick-up **Westfield Mission Valley Mall (1640 Camino Del Rio North, 92108)** between the Nordstrom Rack and Tender Greens Restaurant. Bring a list and money for gifts.

COST: \$5

CODE: 117924

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

INDEPENDENT CLUB (IND) Ages 21+

Michael Rodriguez

(619) 236-7755

MichaelR@sandiego.gov

This club is for **independent adults with cognitive impairments**. It is designed to promote independence as members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the "buddy system" on outings. **Minimal staffing is provided. Register early, space is limited. Must have an assessment on file.**

See pages 6-11 for more opportunities that include garden programs, dances, special events, and weekly programs.

Meetings

MUST register at least 5 days before program! **No cash accepted, card only.** (Club members only). Those wishing to attend these programs MUST be independent, able to utilize the buddy system, AND be pre-approved by a TRS supervisor.

If you are a new member, please set-up an interview appointment prior to meeting by calling (619) 525-8247.

5:30 – 8:00 pm

September 6 | IND Club Olympics

CODE: 117933

October 4 | Spooktacular

CODE: 117934

November 1 | Friendsgiving

CODE: 117935

COST: \$10 per meeting

Haunted Trail

September 29 | 6:30 – 9:00 pm

Grab your Halloween costume and join your friends as we walk down the spooky Trail in Balboa Park. Drop off and pick-up at the corner of Balboa Drive and Juniper Road. Dinner will be provided.

COST: \$5

CODE: 117918

Aztecs Football Game

October 5 | 4:00 – 8:30 pm

Led by Taylor & Michael R.

The Aztec Warriors face off against the Hawaii Rainbow Warriors! Drop-off and pick-up at the Mission Valley Center Station (1570 Camino De La Reina, San Diego, 92108). We will be taking the trolley to and from the game.

Snapdragon stadium is a cashless park.

Please bring a card to purchase snacks.

COST: \$5

CODE: 117922

Old Town Outing

November 7 | 5:00 – 8:00 pm

Come explore Old Town with your fellow IND Club members! Bring money to pay for your food and shopping. Drop-off and pick-up at the Old Town Tequila Factory Restaurant (2467 Juan Street, 92110). **No direct staff supervision provided.**

COST: FREE

CODE: 117936

Holiday Shopping

December 13 | 6:00 – 9:00 pm

Get your shopping list ready! Hang-out with friends while you "shop 'till you drop!" We will wrap gifts after shopping. **Dinner will be provided.** Drop-off and pick-up at Westfield Mission Valley Mall (1640 Camino Del Rio North, 92108) between the Nordstrom Rack and Tender Greens Restaurant. **Bring a list and money for gifts.**

COST: \$5

CODE: 117925

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

LEISURE SEEKERS (LS)

Ages 18+

This group is for independent adults recovering from a mental or behavioral health diagnosis. It is designed to increase socialization, self-esteem, and leisure skills through recreation opportunities and education. **Direct supervision is not provided. Register early, space limited. Must have an assessment on file prior to attending.**

See pages 6-11 for more opportunities that include garden programs, dances, special events, and weekly programs, as well as page 3 for scholarship information.

Social Connection

This is a wonderful opportunity to make new friends and socialize. Activities and refreshments are provided. **Must RSVP by the Tuesday before program date. No cash accepted, card only.**

2:00 – 4:30 pm

September 5 | Fall Cookoff

CODE: 117937

***No October Social Connection**

See Consumer Luncheon

November 7 | Friendsgiving

COST: \$5 per social

CODE: 117938

Haunted Trail

September 29 | 6:30 – 9:00 pm

Grab your Halloween costume and join your friends as we walk down the spooky Trail in Balboa Park. Drop off and pick-up at the corner of Balboa Drive and Juniper Road. Dinner will be provided.

COST: \$5

CODE: 117919

Haunted Happenings Tour

October 24 | 1:00 – 3:00 pm

Discover all the incredible history on a haunting happenings walking tour of Hotel del Coronado. Tour is an hour long, walking through Coronado's most iconic buildings. After, we will have lunch and explore the island. **Lunch is not provided, please bring a sack lunch for a picnic.**

COST: \$17

CODE: 117845

Consumer Luncheon

October 11 | 10:00 am – 1:00 pm

We are celebrating our 25th annual Consumer Luncheon for World Mental Health Day. This event honors fellow consumers' achievements and provides attendees a resource fair. Meet at Balboa Park Club (2150 American Rd. 92101) to enjoy guest speakers, activities, food and more. **Must register by October 4th to be guaranteed lunch.**

COST: FREE

CODE: 117846

Bowling League

Contact Main Office at
(619) 525-8247 for Dates/Times

Sharpen your bowling skills while socializing and meeting new people. Meet at Parkway Bowl (1280 Fletcher Parkway, 92020). Awards banquet will be at the end of the season.

COST: \$30

Artful Mind

Thursdays | 5:30 – 6:30 pm

Volunteer Led by Jessica

Artful Mind was born out of a passion for art and the desire to help others. Their goal is to create, have fun, and add to your toolbox for healing. Artful Mind wants to help people realize their potential through art. Join our class to see what it is all about and have fun!

COST: FREE

CODE: 115004

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

CVA/TBI GROUP

Programs are designed for individuals recovering from brain attacks (stroke, brain injury or illness). Programs are provided by TRS in conjunction with UCSD Health Comebackers Neuro Club, Sharp YESS group, and the San Diego Brain Injury Foundation.



Harbor Cruise



September 27 | 10:00 am – 3:00 pm

Led by Alicia B.

The best way to see San Diego Bay is on the Hornblower's Harbor Cruise. Meet at the boarding dock (990 N. Harbor Dr.). **Purchase your ticket prior to arrival on Groupon (\$27) or at the ticket booth (\$35).** Enjoy time with friends at the waterfront before boarding the ship at 11:00 am. No outside food allowed. Bring a sack lunch or money to purchase food at Carnitas' Snack Shack after the cruise. The dock and lower level of the ship is wheelchair accessible.

COST: FREE

CODE: 118021

Mission Trails Talk & Walk

October 25 | 11:00 am – 1:30 pm

Led by Alicia B.

Explore Mission Trails visitor's center and enjoy a Ranger-led walk & talk. Meet at Mission Trails Visitor Center, 1 Father Junipero Serra Trail, 92119. Bring a picnic lunch.

COST: FREE

CODE: 118022

Virtual Reality

November 22 | 11:30 am – 1:30 pm

Led by Jon

Try out virtual reality! Travel anywhere, ride a roller coaster, or play some VR games! Virtual reality is perfect for newcomers and is a fun way to help form new neural pathways. Please bring a lunch. Held at Park de la Cruz Community Center.

COST: FREE

CODE: 117912

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Disabled Services Advisory Council-City of San Diego Therapeutic Recreation Services

D 4C 05-1323

ADAPTIVE SPORTS (ADP)

Ages 8+

Nick Hurd

(619) 236-7772

NHurd@sandiego.gov

Programs are designed for individuals with physical disabilities, to promote health & fitness by working on increasing endurance, upper body strength, mobility skills, & leisure independence in a recreation environment. **Register early, space is limited.**

See pages 6-11 for more opportunities that include garden programs, dances, special events, and weekly programs.

Wheelchair Dance

Wednesdays | 10:00 am - 12:00 pm

Volunteer Led by Jason and Karma

If you've thought about learning Ballroom and Latin dance, here's your chance! Wheelchair Dancers Organization (WDO) brings you the best in inclusive dance whether you roll or walk. Meet at Park de la Cruz Gymnasium (3911 Landis St., 92105). All abilities and levels welcome! Dance, get some exercise, and meet new people. For more information visit www.wdoinclusivedance.org. Be sure to check out our other classes and workshops, too. We have something for everyone! **No direct staff supervision.**

COST: FREE

CODE: 118005

Wheelchair Basketball Open Gym

Wednesdays | 5:30 - 8:15 pm

Saturdays | 1:00 - 5:00 pm

Volunteer Led by JT (Roll to Success)

Everyone is invited to participate in wheelchair basketball. Every skill level is welcome. If you are looking for recreation or competition, we can help. Meet great people while improving your strength and conditioning. Please call prior to reserve a sport wheelchair if you do not currently have one.

COST: FREE

CODE: 118014

Wheels

Select Saturdays | 11:00 am - 1:30 pm

Sept. 7, 14 | Oct. 5, 19 | Nov. 2, 16

Led by Nick

Bring or borrow numerous wheeled devices to enjoy the day with your peers. Whether you want to ride a handcycle or tandem bike, if you have roller skates, a skateboard, or even if you want to roll with your wheelchair, come enjoy the outdoors on a safe and secure bike path. The Wheels program is a fun way to meet people and explore San Diego, while building strength and endurance. Please look for the City of San Diego truck with wooden gates on the back for where the group is located at North Crown Point Shores (3600 Corona Oriente Rd., 92109).

COST: \$25 for 6 meet-ups

CODE: 118011



All codes are directly linked to SDRecConnect.com, so click the code to sign up.

CO-SPONSORED PROGRAMS

SPORTS for Exceptional Athletes **Volunteer Led by S4EA Coaches**

S4EA is a sports program serving athletes with developmental disabilities. S4EA offers over 20 sports in 4 sports seasons. A \$20 donation per season to S4EA is requested. For more information contact Walter Jackson at (858) 565-7432 or Sds4ea@gmail.com.

Park de la Cruz Gym (Floor Hockey/Volleyball)

Mondays | 5:30 – 8:30 pm

Season is September 16th – December 2nd

Ages 5 - adult

CODE: 118020

Morley Field Softball Fields (Flag Football)

Wednesdays | 5:30 – 8:30 pm

Season is September 11th – October 16th

Ages 5 - adult

CODE: 118023

Kearny Mesa Recreation Center Gym (Floor Hockey)

Thursdays | 4:00 – 5:30 pm

Season is September 19th – December 5th

Ages 5 - 18

CODE: 118025

To register, create an account on SDRecConnect.com and enter the code for the practice program.

For more information, contact SPORTS for Exceptional Athletes (S4EA) at (858) 565-7432 or San Diego Park & Recreation - Therapeutic Recreation Services (TRS) at (619) 525-8247.

Program is sponsored by the San Diego Parks and Recreation Department, Therapeutic Recreation Services and SPORTS for Exceptional Athletes.

Strength Training

Mondays & Wednesdays | 8:30 – 9:30 am

Volunteer Led – RT (Wounded Warriors)

Class offers adaptable and customizable functional movement-based exercises to meet individual needs. Includes dynamic warm-up, body weight, resistance band, kettle bell, and core exercises in combination with cardiovascular activities. Program is for service members (active-duty or veterans). Meet at Park de la Cruz Fitness Center.

Drop-in program

Deaf Seniors Club

Wednesdays | 10:00 am – 3:00 pm

Volunteer Led by Richard and Cheryl

This club is for seniors who are deaf or hard of hearing. Meet at Park de la Cruz for social and recreation activities. A \$4 donation is requested by the Deaf Seniors Club. American Sign Language (ASL) is primarily used. Bring a sack lunch or see page 5 for Serving Seniors. Text only (619) 249-2558 or VP (video phone) (619) 357-4536 for more information.

Drop-in program

Access 4 All – Technology Program

Mondays | 9:30 am – 12:00 pm

Led by SDFP Staff at PDLF

Free technology program led by San Diego Futures Foundation (SDFP) staff. SDFP conduct trainings, Q&A, and provide information on how to purchase low-cost devices to individuals who qualify. **For independent participants age 60 years or older.** Call (619) 525-8247 for information.

Drop-in program

Digital Navigators

Tuesdays & Thursdays | 9:00 am – 12:00 pm

Volunteer Led at PDLF

Trained staff provide one on one instruction with basic technical support, assistance using online programs to access education, work, telehealth, government services, and more. They also assist with enrollment into programs that offer free or low cost devices and affordable internet. Call (619) 525-8247 for more information.

Drop-in program

San Diego People First

Select Fridays | 2:00 – 3:30 pm

Sept. 20 | Oct. 18 | Nov. 15

Volunteer Led by Debbie Marshall

Come to the San Diego People First meeting at Park de la Cruz to learn about new events and see if you want to join the team.

For independent participants 21 years or older.

Call (619) 525-8247 for more information.

COST: FREE

Drop-in program

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

BEACH WHEELCHAIR PROGRAM

Take a free ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility impairments or those otherwise unable to walk unaided on the beach. Reservations recommended. Go to:

www.sandiego.gov/park-and-recreation/activities/trs and select "Beach Accessibility and Wheelchair Program" to find other beach accessible locations in San Diego.

Hours of Operation*

Closed January- February

March- April/November – December

Friday, Saturday, Sunday 11:30 am - 3:30 pm

May – October

Monday, Wednesday, Thursday, Friday

11:30 am - 4:30 pm

Saturday, Sunday 11:30 am - 5:30 pm



*Hours subject to change, due to weather and staff availability.

Reserve by calling (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.

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VOLUNTEER CORNER

TRS is proud to offer a wide variety of volunteer opportunities for anyone **13 years and older**. We rely heavily on volunteers to help provide quality programming to enrich the lives of individuals with disabilities.

Requirements

- At least 13 years old
- Attend a volunteer orientation
- Clear a background check
- Commit to two or more activities a month

Qualifications

- Patient
- Enjoy working with people
- Dependable
- Desire to work with a diverse population
- Energetic, enthusiastic, and eager to have fun



Volunteer of the Quarter:

Kera Heimlich

How did you first get involved with TRS?

I came across the garden on a walk about a year ago when I moved a couple blocks away and immediately knew I wanted to get involved!

What is your favorite memory so far?

I really enjoy helping out with programs in the garden. I've loved having the opportunity to get to know members of the community and help them connect with nature!

What is a fun fact about yourself?

I've lived in Australia!

If you are interested in becoming a volunteer, please contact Michael Rodriguez at (619) 236-7755 or MichaelR@sandiego.gov

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Disabled Services Advisory Council (DSAC) Therapeutic Recreation & AgeWell Services' Group (TR & AWS)



DSAC meets on the 2nd Wednesday of each month (excluding July and August) at 6:00 pm at Park de la Cruz (3901 Landis St., 92105). DSAC is a non-profit advisory organization to Therapeutic Recreation and AgeWell Services. Their purpose is to offer support and promotion of quality activities, 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.

www.dsacsd.org

The TR & AWS group meets quarterly on the 2nd Wednesdays immediately following (approximately 6:30 pm) the September, December, March, and June DSAC meetings.

The role of the TR & AWS group is to make recommendations to City Council and the Parks and Recreation Department, about recreation programs and services for individuals with disabilities and older adults, in addition to providing recommendations on expenditures of TR & AWS Recreation Center Funds.

Contact Kristi Fenick at kfenick@sandiego.gov or (619) 525-8247 for more information.

DONATIONS

Therapeutic Recreation Services, in conjunction with Disabled Services Advisory Council, sends their biggest thanks to all the individual and agency donors. Thanks to this financial assistance, we are able to provide quality programming to enrich the lives of those with disabilities. The following agencies contributed to the success of Summer events.

Atkins Plumeria

waterhorse
charters



AGUSTIN EL MORO
FLAMENCO FUSION GUITAR



The Hervey Family Fund

Once again, Therapeutic Recreation Services thanks the Hervey Family Nonendowment Fund at the San Diego Foundation for their generous \$5,000 donation. Their 2024 donation will benefit thousands of participants, via partial scholarships, summer camp expenses and specialized equipment.

The Hervey family have been long time supporters of Disabled Services Advisory Council, Inc. and Therapeutic Recreation Services. Their generosity is greatly appreciated.



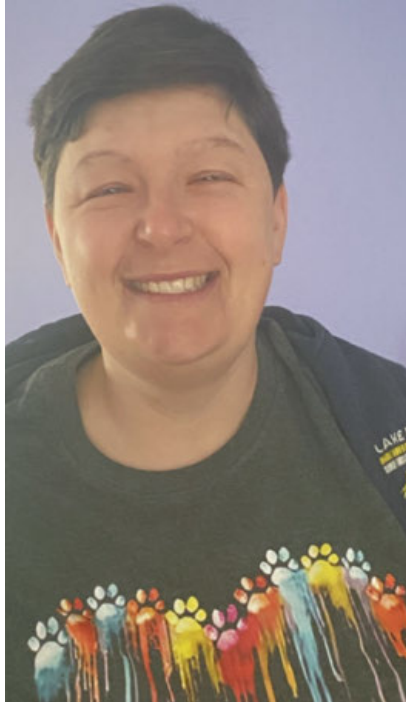
Every summer, TRS welcomes an incoming freshman class of MADCAPS' members, a mother-daughter philanthropic group. Thank you to the class of 2028 who volunteered numerous hours this past summer. In addition to volunteering, MADCAPS has financially supported TRS with generous donations throughout the years. Donations will be utilized to keep program costs low, provide partial scholarships and purchase recreation supplies.

Mission Bay Yacht Club once again hosted an amazing day of water activities at their club. The members went the extra mile to create a magical day for the Kid Zone Adventure Camp participants. They also donated two brand new motorized jeep toys for our Kid Zone program.

Thank you to Art and the members of the Mission Bay Yacht Club.

Please contact Kristi Fenick at kfenick@sandiego.gov or (619) 525-8247 for sponsorship and/or donation inquiries.

Talent Show Highlight - Kelley's Poem



UPLIFTING YOURSELF BY KELLEY ELLIS

KEEP ON TRYING NEVER GIVE UP. HAVE FAITH IF YOU FALL DOWN YOU CAN GET BACK UP AGAIN AND ACHIEVE WHAT YOU WANT TO BE. YOU HAVE GOALS, DON'T LET HATERS PUT YOU DOWN AND MAKE YOU FEEL WORSE ABOUT YOURSELF. TELL YOURSELF YOU CAN REACH FOR THE STARS YOU CAN DO IT DON'T LET THEM TELL YOU OTHERWISE. BELIEVE IN YOUR DREAMS AND DON'T LET THEM SAY YOU ARE TOO SMALL, NOT STRONG ENOUGH OR NOT SMART ENOUGH TO ACHIEVE YOUR GOALS. THERE ARE HATERS IN THE WORLD THAT TRY TO TELL YOU THAT YOU ARE NOT SMART OR STRONG BUT YOU NEED TO BELIEVE THAT YOU CAN ACHIEVE WHATEVER YOU WANT TO BE IN THE WORLD.

EXAMPLE: IF SOMEONE SAYS YOU CAN'T BE A FOOTBALL PLAYER JUST SAY TO THEM, DO NOT MAKE ME FEEL BAD ABOUT MYSELF I CAN BE WHATEVER I WANT TO BE. YOU CAN'T MAKE ME FEEL BAD.

THANK YOU FOR LISTENING TO MY POEM ABOUT UPLIFTING YOURSELF AND TO BELIEVE IN YOUR DREAMS AND DO NOT LET THEM TALK TO YOU LIKE THAT.

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Disabled Services Advisory Council-City of San Diego Therapeutic Recreation Services

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Community Events & Programs

The following organizations provide additional recreation and leisure opportunities for all. Don't miss these great events.

Civic Dance...You Can Dance!

Since 1942, The San Diego Parks and Recreation Departments' Civic Dance Arts program has been offering high quality, affordable dance lessons to individuals of all ages and abilities. For more information call the Dance office at (619) 235-5255 or visit www.civicedancearts.org.

If you are in need of inclusion support for classes, please see page 13. Registration opens September 14th at 10am. Classes begin the week of September 23rd.

Classes at Park de la Cruz (3901 Landis Street, 92105) are scheduled for Tuesdays from 4:45 - 7:00 pm. Classes include: Pre-Ballet, Beg Ballet 1A, Beg/Adv Beg Ballet 1B/2A, Pre Hip Hop and Beg Tap 1A.

Stars Acting Workshop

Summer Golden | (619) 647-4958
zgolden1@cox.net

STARS is a GB Productions' theater arts program for adults with disabilities. They offer four separate groups, meeting each week to learn and practice acting, directing and other theater skills. Call or e-mail for more information.

www.northparkvaudeville.com

Driving Simulator

Ryan F. | (619) 704-2430

Getting a driving license is one of the most significant milestones in a person's life. It means freedom, independence, adventure, and responsibility. The goal of the driving simulator is to make getting a driver's license a fun experience while learning the road rules of defensive driving skills. Call for more information.

Infant/Toddler Brain Dance Class

Tuesdays | 10:00 am – 12:00 pm

September 3 – January 21

Class includes music-based movement and dance, rhymes and singing. This course meets at Park de la Cruz and will explore how physical activity supports cognitive learning and social-emotional development in children 0-23 months old. Using multi-sensory props and instruments, students will experience how music and movement promote and sustain early development patterns necessary for building a strong foundation between body and brain. Register at San Diego College of Continuing Education. E-mail mschaude@sdccd.edu for questions.

SoCal Special Olympics

Lynne Allen | (619) 704-3343

We enrich the lives of almost 3,000 athletes with and without intellectual disabilities through sports, education and health. Athletes have the opportunity to participate in athletics, basketball, bocce, flag football, and swimming. Visit the website to sign up and learn more.

www.sosc.org/sandiego

iCan Bike San Diego

Kim Sullivan | bikecampsd@gmail.com

iCan Bike uses adapted bicycles, a specialized instructional program, and trained staff to enable individuals with disabilities to learn to ride a conventional two-wheel bicycle. This achievement, in turn, creates a gateway of opportunity, helping riders gain assurance and self-reliance in many other aspects of their lives. Please visit the website for more information on programs and to enroll or volunteer.

www.icanbikesd.org

SEPTEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 Holiday Observed— Office Closed	3 Tuesdays in the Garden Digital Navigators	4 SM Strength Training WC Dance WC BBall Deaf Seniors	5 Laugh Hour Artful Mind LS Social Digital Navigators	6 Self Expression Art Sports Talk SMC/IND Rec Night - PDLC	7 ADP Wheels WC BBall Beach Clean-Up
8 KZ Playday	9 SM Strength Training Access 4 All Walking Club	10 Art in Action Digital Navigators	11 SM Strength Training WC Dance WC BBall Yummy Meals Deaf Seniors S4EA Morley Field	12 Green Thumb Club Laugh Hour Artful Mind Digital Navigators	13 Self Expression Art Sports Talk KBC Meeting	14 ADP Wheels WC BBall Shake it Up KZ Cabrillo
15 KBC Mesa Rim	16 S4EA PDLC SM Strength Training Access 4 All	17 Tuesdays in the Garden Digital Navigators	18 SM Strength Training WC Dance WC BBall Deaf Seniors S4EA Morley Field	19 Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa	20 Self Expression Art Sports Talk SMC Rec Night - Montgomery-Waller SD People First	21 WC BBall Community Service & Lunch Famous Artist Factory
22	23 S4EA PDLC SM Strength Training Access 4 All Walking Club	24 Art in Action Digital Navigators	25 SM Strength Training WC Dance WC BBall Yummy Meals Deaf Seniors S4EA Morley Field	26 Green Thumb Club Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa	27 CVA/TBI Harbor Cruise Self Expression Art Sports Talk SMC Rec Night - Cathy Hopper	28 WC BBall Shake it Up
29 KBC/SMC/IND Haunted Trail	30 Fall Veggie Garden S4EA PDLC SM Strength Training Access 4 All					

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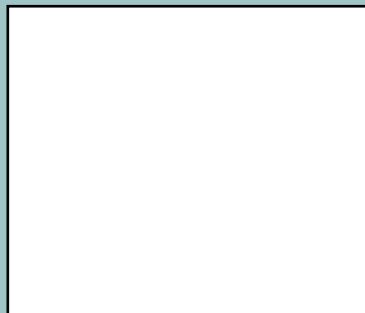
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OCTOBER

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 Tuesdays in the Garden Digital Navigators	2 SM Strength Training WC Dance WC BBalll Deaf Seniors S4EA Morley Field	3 Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa	4 Self Expression Art Sports Talk SMC/IND Rec Night - PDLC	5 ADP Wheels WC BBalll KBC/SMC/IND Aztec Football Game
6 KZ Playday	7 S4EA PDLC SM Strength Training Access 4 All Walking Club	8 Art in Action Digital Navigators	9 SM Strength Training WC Dance WC BBalll Yummy Meals Deaf Seniors S4EA Morley Field	10 Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa	11 LS Consumer Luncheon Intergenerational Cooking Class Self Expression Art Sports Talk KBC Meeting	12 WC BBalll Shake it Up Intergenerational Cooking Class
13	15 S4EA PDLC SM Strength Training Access 4 All	15 Tuesdays in the Garden Digital Navigators	16 SM Strength Training WC Dance WC BBalll Deaf Seniors S4EA Morley Field	17 Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa	18 Monster Ball Self Expression Art Sports Talk SMC Rec Night - Montgomery-Waller SD People First	19 ADP Wheels WC BBalll Community Service & Lunch Famous Artist Factory
20 KZ Pumpkin Patch	21 S4EA PDLC SM Strength Training Access 4 All Walking Club	22 Art in Action Digital Navigators	23 SM Strength Training WC Dance WC BBalll Yummy Meals	24 Green Thumb Club LS Haunted Happenings Tour Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa	25 CVA/TBI Mission Trails Couch to Turkey Trot Making Gardening Accessible Self Expression Art Sports Talk SMC Rec Night - Cathy Hopper	26 WC BBalll Fall Festival Shake it Up Halloween Dance
27 KZ Trick-or-Treat	28 S4EA PDLC SM Strength Training Access 4 All	29 Digital Navigators	30 SM Strength Training WC Dance WC BBalll Deaf Seniors	31 Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa		

NOVEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Couch to Turkey Trot Sports Talk KBC/SMC/IND Friendsgiving- PDLC	2 ADP Wheels WC BBalll Shake it Up
3 KZ Playday	4 Succulent Arrangements S4EA PDLC SM Strength Training Access 4 All	5 Art in Action Digital Navigators	6 SM Strength Training WC Dance WC BBalll Deaf Seniors	7 Green Thumb Club Laugh Hour Artful Mind LS Social Digital Navigators IND Old Town Outing S4EA Kearny Mesa	8 Couch to Turkey Trot Self Expression Art Sports Talk	9 WC BBalll Shake it Up Harvest Ball
10	11 Holiday Observed— Office Closed	12 Tuesdays in the Garden Digital Navigators	13 SM Strength Training WC Dance WC BBalll Yummy Meals Deaf Seniors	14 Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa	15 Couch to Turkey Trot Self Expression Art Sports Talk SMC Rec Night - Montgomery-Waller SD People First	16 ADP Wheels WC BBalll Turkey Trot
17	18 Happy Households, Healthy Home S4EA PDLC SM Strength Training Access 4 All	19 Art in Action Digital Navigators	20 SM Strength Training WC Dance WC BBalll Yummy Meals Deaf Seniors	21 Green Thumb Club Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa	22 Self Expression Art Sports Talk SMC Rec Night - Cathy Hopper CVA/TBI Virtual Reality	23 WC BBalll
24	25 S4EA PDLC SM Strength Training Access 4 All Walking Club	26 Digital Navigators	27 SM Strength Training WC Dance WC BBalll Deaf Seniors	28 Holiday Observed— Office Closed	29 Holiday Observed— Office Closed	30 WC BBalll

Therapeutic Recreation Services
Parks and Recreation Department
3901 Landis Street, MS 38
San Diego, CA 92105

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