The City of SAN DIEGO
Parks and Recreation Department

THERAPEUTIC RECREATION SERVICES
Fall 2019 • September, October, November

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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.

District Manager
Kristi Fenick, CTRS

Supervising Therapeutic Recreation Specialists
Julie Gregg, CTRS
Jon Richards, CTRS

Therapeutic Recreation Specialists
Gerald Cunanan
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Where to Start / Get Involved!

Programs are available for participants 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.

Payment Process

Please note: Payments can be done online with a credit card, or at the War Memorial Building (3325 Zoo Dr., 92101) room 6, Monday- Friday 9:00 a.m. to 3:00 p.m. until September 30th (see box to the right). In addition, the War Memorial Building will be open from 10 a.m. to 2 p.m. on Saturday, August 17th to assist with registration.

A credit card, check, or cash (exact change needed) can be utilized when paying in person. There is a $2.00 transaction and credit card fee that will be applied to all registrations.

To register you will need the “CODE”, which is listed by all the programs in the newsletter.

Refund Policy

If a recreation program is cancelled by the City a full refund will be issued minus transaction and credit card fees. For participant cancellations the following will apply:

Transaction and credit card fees will not be refunded • Activity fees less than $10 (excludes transaction and credit card fees) will not be refunded • No refund or transfer for non-attendance at any program • No credits to account

Written refund applications must be submitted using the City form. This must be done in person at the TRS office 20 business days prior to the activity. No refund for requests submitted less than 20 business days prior to the activity.

!! Attention Participants !!

Registration and payments can be made at the War Memorial Building (3325 Zoo Dr.) through September 30th. Starting October 1st, call the office at (619) 525-8247 for registration location due to our pending move to Park de la Cruz (3901 Landis St., San Diego 92105).

Online Registration

To be eligible for program participation, create an online profile using the Activity Registration System. Logon at SDRecConnect.com.

First Time Online Registration: Click “Create an Account”. Fill out New Account Request form completely for the primary responsible person, a parent or head of household, including all required fields, and click Submit (or Submit and 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: 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: For 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.

Scholarship Procedure

Scholarship applications are available at the TRS office or on the Disabled Service Advisory Council’s website, DSACSD.org. Submit completed applications to the TRS office. DSAC will then review and approve partial scholarships to those demonstrating a need.
**Staff Updates**

**Meet our New Staff!**

Therapeutic Recreation Leaders

Above: Casie Calip, Lucia Montiano, Shannel Turner, Alicia Bianchi

To the right: Carla Guidi

**Meet the Fall Interns!**

Jozelyn is a Senior at CSU Chico with a major in Recreation Therapy. She enjoys going to the beach, the gym, hiking and attending concerts. A hobby of hers is cooking different meals for family and friends.

Maria is a senior at CSU Fresno with a major in Recreation Therapy. She enjoys going to the beach, hiking, cooking, and learning new hobbies. Maria has volunteered with TRS in past summers and is excited to intern in the Fall.

**Meet our Newest Recreation Specialist!**

**Nikki Tajima**

Why did you want to work at TRS?
As a volunteer, I saw how much the recreation leaders and participants had fun together and I thought it would be great to experience more events.

What was your favorite TRS moment?
The Summer camps because I get to spend the whole week surrounded by amazing people!

Favorite hobby outside of work?
I like to travel, surf, hike and hammock.

Fun fact about yourself?
I just graduated from CSU Long Beach with a degree in Recreation Therapy!

**Sharon Moninger**

Sharon graduated from Point Loma Nazarene University. She began working with TRS in 2016 as a Recreation Leader. Sharon loves to spend time with her dog and husband, workout and being outdoors. She loves being a part of the TRS team and is excited to be in her new position. Sharon will lead the Leisure Seekers and Volunteer programs.
UPCOMING MOVE

At the time of newsletter printing, the TRS office is still located at the War Memorial Building (WMB). We anticipate moving to Park de la Cruz (PDLC) Community Center (3901 Landis St., 92105) in the Fall. Starting October 1, please call (619) 525-8247, prior to coming to the WMB, as programs may have moved to PDLC. We appreciate everyone’s patience during the transition.

DONOR APPRECIATION

Therapeutic Recreation Services (TRS), in conjunction with Disabled Services Advisory Council (DSAC), sends their biggest thanks to all individual and agency donors. Thanks to this financial assistance we are able to continue to provide quality programming to enrich the lives of those with disabilities.

We are excited to announce the acquisition of 3 new handcycles thanks to Road Runner Sports, Athletes Helping Athletes and Fred Liebel. The new handcycles will be debuted at the Fall handcycling session.

Thank you to Dakines Hawaiian Catering for its donation at our Annual Leisure Seekers Luau. A special thank you to Wing Stop for hosting Picnic in the Park once again. We would also like to acknowledge and thank Souplantation for its donation to Summer Nights.

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. They even gave every child a stuffed animal to take home!

Lastly, thanks to all of the anonymous donations through the Go Fund me Account (see page 6). Your donations make a difference!

Thank you, Mission Bay Yacht Club!

Torrey Pines Kiwanis (TPK) generous donations over the years have provided funding in support of Camp at the Bay and the Leisure Seekers group. TPK’s donation for Camp at the Bay covers some of the adaptive aquatic activities such as jet/water skiing, sailing, kayaking and inter-tubing. The donation to the Leisure Seekers group helps keep program costs low throughout the year. Therapeutic Recreation Services is very grateful for the ongoing financial support of Torrey Pines Kiwanis.

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

Disabled Services Advisory Council, Inc. (DSAC) is a nonprofit advisory organization to Therapeutic Recreation and AgeWell Services. Its 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 who serve persons with disabilities/older adults, parents, businesspersons, advocates, and other interested individuals.

The current meeting time/location (2nd Wednesday at 6:00 p.m.) may change upon the move to Park de la Cruz (3901 Landis Street, 92105) Community Center. Call (619) 525-8247 for meeting information.

All donations from the below fundraisers directly support Therapeutic Recreation and AgeWell Services.

Funds from DSAC’s GoFundMe page will be utilized to purchase wish-list items that are listed in the GoFundMe comments section. TRS and AgeWell Services are in the process of moving our main headquarters to a newly renovated Park de la Cruz facility in City Heights. We are asking your suggestions for wish-list items you would like in our new facility. Please leave ideas in the comment section.

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

Please help with sharing the link and telling your friends & family to get involved!

Easy ways to DONATE

Amazon Smile Fundraiser

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

Follow these easy steps:

1. Shop under your normal Amazon account at smile.amazon.com
2. When prompted to choose an organization to donate to, select Disabled Services Advisory Council, Inc in San Diego CA and shop away!

Ralphs & Food4Less Fundraiser

Sign up online and every time you shop a percentage of your purchase will be donated to DSAC. These rewards can be used for your fuel purchases too!

To add your community rewards program:

1. Log onto www.food4less.com or www.ralphs.com and click “sign in”
2. Enter your email address and password, then click on “my account” at the top right-hand corner
3. Link your card to your organization by clicking on:
   a. Community rewards
   b. Edit community rewards program & follow the instructions
   c. Click the circle to the left of the organizations name, which is Disabled Services Advisory Council

Remember to update after September 1st each year!
Dances & Holiday Events!

**Monster Ball Dance**
Friday, October 25, 10:00 a.m. - 1:00 p.m.
Join us for some ghoulish fun at the annual Halloween Day Dance at the Balboa Park Club (2150 Pan American Way, 92101). Bring a sack lunch (lunch will not be provided). Pay at the door. **Direct supervision is NOT provided for this event.**

You must pay at the door. No online registration will be accepted.

Please call to RSVP (619) 525-8247.

Cost $2.00 per person

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**Halloween Dance**
Saturday, October 26, 6:00 - 9:00 p.m.
Teens and adults join us for our annual Halloween Dance at the War Memorial Building (3325 Zoo Drive). Cost includes dance admission, refreshments, and DJ entertainment. You must be 18 years old to attend. **Direct supervision is NOT provided for this event.**

You must pay at the door, no online registration will be accepted.

Please call to RSVP (619) 525-8247.

Cost $5.00 per person

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**Holiday Fair**
Friday, December 13
10:00 a.m. - 1:00 p.m.
‘Tis the Season for some holiday fun! Gather your friends for an afternoon of games, crafts, and music! Bring a sack lunch. Lunch is not provided. Call (619) 525-8247 no later than Monday, December 9th to register. Pay at the door. **Direct supervision is NOT provided. Must be 16 years or older to attend.**

Call for location.

NO ONLINE REGISTRATION  Cost $2.00

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**Holiday Dance**
Saturday, December 21
6:00 – 9:00 p.m.
Teens and adults join us for our annual Holiday Dance. Cost includes dance admission, refreshments, and DJ entertainment. You must be 18 years old to attend. **Direct supervision is NOT provided for this event.**

You must pay at the door. No online registration will be accepted.

Please call to RSVP (619) 525-8247.

Call for location.

Cost $5.00

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**Brunch with Santa**
Saturday, December 14, 11:30 a.m. - 2:30 p.m.
See page 10 for details.

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*Call for location due to possible move to Park de la Cruz*
ALL PARTICIPANTS

All teens and adults ages 13 and over, with any disability. Some events are available for children with adult supervision. Some events are for 18 and older and direct supervision is not provided.

Papres Outing
Saturday, September 21, 5:00 - 9:00 p.m.
Cheer on the San Diego Padres! Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. Bring extra money for dinner at the park.
Limited tickets available. Register early.

CODE: 63414
COST: $25.00

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. Register ahead of time to ensure the proper amount of equipment is available. Call (302) 563-2886 (in the morning) to see if the ride has been canceled due to weather. Sometimes we have to set up the equipment in a different area of the park due to last minute races being announced. If you do not see the truck in the exact location, please look around for the City of San Diego truck. The truck has wooden gates on the back.

COST: $2.00

September 7: Rob Field
2525 Bacon Street, 92107
CODE: 63811

We will be riding on the bike path parallel to the San Diego River.

October 5: Silver Strand, Coronado
1999 Strand Way, 92155
CODE: 63812

The address is for Glorietta Bay Park. Look near the end of the one-way street before the intersection at Rendova Rd.

November 2: Lake Murray
5520 Kiowa Drive, 91942
CODE: 63813

Haunted Trail
Sunday, October 6, 6:00 - 8:30 p.m.
Beware! Put on your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Meet in front of the Museum of Art (between the Museum of Man and the Prado Restaurant). Pick-up at the Haunted Trails. Pizza dinner provided.

CODE: 63413
COST: $5.00

$2 transaction and credit card fees will apply at checkout.
ALL PARTICIPANTS

All teens and adults ages 13 and over, with any disability. Some events are available for children with adult supervision. Some events are for 18 and older and direct supervision is not provided.

Archery
Every Thursday, October 3 - October 24
12:00-2:00 p.m.
Morley Field Archery Range

It’s back! Join us every Thursday in October (except Halloween) for our archery program at the Morley Field archery range. Water will be provided. Space is limited. Register ASAP!

CODE: 63926  COST: $16.00

Self-Expression Through Art*
Fridays, 3:00 - 4:00 p.m.
September: 3325 Zoo Drive
October/November: Call for location

Join instructor Joan McCann for this program co-sponsored with Creative Arts Consortium. Express images hidden within using paints, colored pencils, markers, or other media. No judgment or criticism. Just enjoy!

18 years and up only.
No online registration  COST: FREE (Donations accepted at TRS office)

Laugh Hour *
Wednesdays, 11:00 a.m. - 12:00 p.m.
September: 3325 Zoo Drive
October/November: Call for location

Experience the many benefits of laughter. Open to all ages and abilities!

No direct supervision provided.
No online registration  COST: FREE

* Call for location due to possible move to Park de la Cruz

Best of the West Quad Rugby Tournament

Come out to support Sharp Edge! See page 16 for details
This group is designed to foster socialization and social skills, to increase cognitive, physical, communicative, emotional, and creative abilities through play and recreation.

GERALD CUNANAN  
gcunanan@sandiego.gov  
(619) 236-7756

KID ZONE  
ages 3 - 12

Please note: first time participants must be accompanied by a parent or guardian and have assessment on file.

Halloween Playday *  
Sunday, October 27, 12:00 - 3:00 p.m.  
Dress up in your Halloween costume and join us for games, arts, and crafts. Bring a sack lunch.

CODE: 63473  
COST: $7.00

Superhero Playday *  
Sunday, November 24, 12:00 p.m. - 3:00 p.m.  
Dress up as your favorite superhero! Join us for games, arts, crafts, and more. Bring a sack lunch.

CODE: 63475  
COST: $7.00

Coaster and Fletcher Cove Beach Park  
Sunday, September 22, 11:30 a.m. - 3:30 p.m.  
Drop-off and pick-up at Presidio Recreation Center (2811 Jackson St., 92110). Bring a sack lunch.

CODE: 63471  
COST: $7.00

Boo-mont Park  
Sunday, October 20, 11:00 a.m. - 2:00 p.m.  
Enjoy spooky rides and attractions with your friends. Drop-off and pick-up at Belmont Park (3146 Mission Blvd., San Diego, 92109) under the roller coaster at the ticket booth. Please bring a sack lunch.

CODE: 63472  
COST: $20.00

Rockin’ Jump Outing  
Sunday, November 3, 12:00 - 3:00 p.m.  
Bring a sack lunch to enjoy before having a hopping good time! Cost includes 2.5 hour jumper party and socks. Drop-off and pick-up at 8190 Miralani Dr., 92126.

CODE: 63474  
COST: $20.00

Brunch With Santa *  
Saturday, December 14, 11:30 a.m. - 2:30 p.m.  
Enjoy a delicious brunch with your family and meet Santa! We will have 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 ages 3-12 only. This is a friends and family event. No supervision will be provided.

CODE: 64619  
COST: $5.00

Inclusion—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 assistance, call Julie Gregg at (619) 236-7718 (minimum of three weeks notice). An assessment will be required.

* Call for location due to possible move to Park de la Cruz
This group for teens is designed to foster social skills, increase leisure opportunities, and create friendships in a social and age-appropriate environment, while enhancing developmental needs.

GERALD CUNANAN
gcunanan@sandiego.gov
(619) 236-7756

**Padres Outing**
Saturday, September 21, 5:00 - 9:00 p.m.
Cheer on the San Diego Padres! Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. Bring extra money for dinner at the park.
CODE: 63477  COST: $25.00

**Haunted Trail**
Sunday, October 6, 6 - 8:30 p.m.
Put on your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Meet in front of the Museum of Art (between the Museum of Man and the Prado Restaurant), Pick-up at the Haunted Trails. Pizza dinner provided.
CODE: 63478  COST: $5.00

**Scream Zone**
Sunday, October 13, 6:00 - 8:30 p.m.
Get ready for a spooky night as we trek over to the Del Mar Scream Zone! Meet at the War Memorial Building to take a bus to Del Mar. Bring money for dinner. Cost includes a bus ride and admission to the Scream Zone. Space is limited. Drop-off and pick-up at 3325 Zoo Drive.
CODE: 63480  COST: $20.00

**Torrey Pines Hike**
Sunday, November 17, 10:00 a.m. - 1:00 p.m.
Meet at the North Beach Lot located on McGonigle Rd. and Del Mar Scenic Pkwy. for an afternoon hike and beach picnic. Cost includes lunch.
CODE: 63484  COST: $7.00

**Meetings**

**Science Night** *
Friday, September 13, 6:00 - 8:30 p.m.
Come join us as we try different experiments. Dinner will be provided.
CODE: 63476  COST: $5.00

**Halloween Meeting** *
Friday, October 18, 6:00 p.m. - 8:30 p.m.
Dress up in your Halloween costume! We will have games, crafts, and our very own escape room!
CODE: 63479  COST: $5.00

**Thanksgiving Meeting** *
Friday, November 22, 6:00 p.m. - 8:30 p.m.
Special holiday dinner will be provided.
CODE: 63482  COST: $5.00

**Holiday Shopping**
Friday, December 6th, 6:00 - 9:00 p.m.
Get your shopping list ready and come hang out with friends while you “shop til you drop” for your friends and family. After shopping, we will wrap presents and have dinner. Drop-off at the side in between Target and Outback Steakhouse at Mission Valley Mall. Bring money for gifts.
CODE: 63485  COST: $10.00

* Call for location due to possible move to Park de la Cruz
This group is for adults with a cognitive impairment. It is designed to increase leisure independence, community functioning, and social skills through experiential opportunities within the community.

**SOCIAL MOTION CLUB**

*ages 18+

**Recreation Nights**

Fridays, 6:00 - 8:30 p.m.

Join us for food, fun, and friendship at the North County, Balboa Park location, or both!

Dinner and activity supplies provided.

**COST: $7.00 (includes $2 transaction fee)**

**SMC Olympics**

SMC is returning from the summer break. Come compete with the best of the SMC gang!

- **Sept. 13:** Carmel Mountain Recreation
  10152 Rancho Carmel Dr., 92128
  **CODE: 63407**

- **Sept. 27:** War Memorial Building
  3325 Zoo Dr., 92101
  **CODE: 63408**

**Halloween Scream Night**

Come in your best costume and enjoy a night with your friends participating in Halloween games, crafts, and activities.

- **Oct. 11:** Carmel Mountain Recreation
  **CODE: 63409**

- **Oct. 18:** See below *
  **CODE: 63410**

**Thanksgiving Fest**

Celebrate the season early with a special holiday celebration.

- **Nov. 8:** Carmel Mountain Recreation
  **CODE: 63411**

- **Nov. 22:** See below *
  **CODE: 63412**

**Scream Zone**

Sunday, October 13, 5:00 - 8:30 p.m.

Get ready for a spooky night as we trek over to the Del Mar Scream Zone! Meet at the War Memorial Building to take a bus to Del Mar. Bring money for dinner.

**COST: $20.00**

**Torrey Pines Hike and Picnic**

Saturday, November 2, 11:00 a.m. - 2:00 p.m.

Meet at Torrey Pines State Reserve (12600 North Torrey Pines Road, 92037) for an after hiking and picnic on the beach.

**COST: FREE**

**Holiday Shopping**

Saturday, December 14, 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. 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.

**COST: $10.00**

See page 8 for Padres Outing and Haunted Trail!

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*Call for location due to possible move to Park de la Cruz*
INDEPENDENT CLUB
ages 21+

This club is for adults with cognitive impairments or brain injuries. 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. Members are required to attend club meetings on a regular basis in order to attend outings.

ALY LARSON
allarson@sandiego.gov
(619) 236-7755

Independent Club Policy
There will be limited staff support at these programs. Those wishing to attend these programs MUST be independent, able to utilize the buddy system, AND be pre-approved by a TRS supervisor.

Meetings
Fridays, 6:00 - 9:00 p.m.
Join us 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 Aly at (619) 236-7755.

COST: $7.00 (includes $2 transaction fee)

Summer Farewell Cookout
September 6
Welcome back from our summer break! Let’s have one last hurrah for summer with a BBQ and lawn games!
CODE: 63400

Spooktacular *
October 4
Spiders, Goblins, and Witches — OH MY! Get ready for a night full of games, crafts, and fun Halloween themed activities and dinner.
CODE: 63401

Friendsgiving *
November 1
Friends are the family you choose. Come celebrate another year with food and fun.
CODE: 63402

Dave and Busters
Thursday, October 17, 5:30 - 9:00 p.m.
Come play games and enjoy dinner! Bring money for games and dinner. It is recommended to bring at least $30.
CODE: 63404
COST: FREE

Torrey Pines Hike and Picnic
Saturday, November 2, 11:00 a.m. - 2:00 p.m.
Meet at Torrey Pines State Reserve (12600 North Torrey Pines Road, 92037) for an afternoon hike and picnic on the beach. Bring a sack lunch and water.
CODE: 63405
COST: FREE

Holiday Shopping
Saturday, December 14, 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. 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: 63435
COST: $10.00

Old Town
Thursday, September 19, 6:00 - 9:00 p.m.
Come explore Old Town, shop the shops, and see what is all there! Bring money for dinner and shopping. It is recommended to bring at least $25.
CODE: 63403
COST: FREE

* Call for location due to possible move to Park de la Cruz
LEISURE SEEKERS
ages 18+

This group provides recreational opportunities, teaches leisure skills, and increases socialization and self-esteem for individuals recovering from behavioral health disorders. Individuals 18 and over, from day treatment programs, board and care facilities, and drop-in centers are welcome to attend. Direct supervision is not provided.

SHARON MONINGER
SMoninger@sandiego.gov
(619) 236-7753

Social Connections
Thursdays, 2:30 - 5:00 p.m.

We meet the first Thursday of the month. This is a wonderful opportunity to make new friends and socialize. Call (619) 525-8247 to register by the Tuesday prior to the activity. No online registration.

COST: $2.00 at the door

Labor Day Bash
September 5

Let's celebrate the end of Summer with one last BBQ Bash. We'll be enjoying traditional BBQ food, games, and crafts. Let's end summer with a bang! Meeting at War Memorial Building (3325 Zoo Drive).

CODE: 65168

Mad Masquerade *
October 3

What says Halloween more than a Masquerade? Come dressed up for a day of mystery and fun. We will be watching a classic Halloween movie and feasting on some delicious treats.

CODE: 65169

Bounti-Fall Harvest Party *
November 7

We're kicking off the month of thanks by spending time with the ones we are grateful for! Join us for an early Thanksgiving meal, holiday crafts, and activities!

CODE: 65170

* Call for location due to possible move to Park de la Cruz
This group provides recreational opportunities, teaches leisure skills, and increases socialization and self-esteem for individuals recovering from behavioral health disorders. Individuals 18 and over, from day treatment programs, board and care facilities, and drop-in centers are welcome to attend. Direct supervision is not provided.

**SHARON MONINGER**  
SMoninger@sandiego.gov 
(619) 236-7753

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**Day at the Bay**
**Santa Clara Recreation Center**  
Wednesday, September 18  
10:00 a.m. - 2:00 p.m.

Let's enjoy a beautiful day at Mission Bay! We will have many water and outdoor activities for you to enjoy while you soak up the sunny San Diego weather. Activities include: kayaking, paddle boarding, bike rides, ice cream making, swimming in the bay, and more! Lunch will NOT be provided, please bring your own lunch. Don’t forget to bring plenty of sunscreen and water! Register by September 13th.

**CODE: 63929**  
**COST: $3.00**

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**Bowling League**
**Parkway Bowl**  
(1280 Fletcher Parkway, 92020)  
**Wednesdays, 10:00 a.m.- 12:00 p.m.**  
9/11, 9/25, 10/9, 10/23, 11/6, 11/20, 12/4, 12/18

Get your strike on! Join us for our yearly bowling league. Sharpen your bowling skills while socializing and making new friends. We meet at Parkway Bowl. We will have an awards banquet at the end of the season.

**CODE: 63928**  
**COST: $30.00 for all season**

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**Mission Trails Hike**
**Thursday, November 14**  
11:00 a.m. - 2:30 p.m.

Join us for a guided nature walk at Mission Trails Regional park. Meet in front of the Visitor Center (One Father Junipero Serra Trail, 92119) at 11:00 a.m. Bring a sack lunch as we will eat at the outdoor amphitheater before we begin our walk at noon. Please remember your water, hats, sunscreen, etc. **You must register online with the code or call (619) 525-8247 prior to the event so we know how many will be in attendance.**

**CODE: 63931**  
**COST: FREE**

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$2 transaction and credit card fees will apply at checkout.
Adaptive programs, designed for individuals with physical disabilities, to promote health & fitness by working on increasing cardiovascular endurance, upper body strength, wheelchair mobility skills, & leisure independence in a recreational environment.

Nick Hurd
nhurd@sandiego.gov
(619) 236-7772

Handcycling
Saturdays: 10:00 am – 12:30 pm

Beginner Riders: 10:00 - 11:00 am
Shorter Routes to build strength, endurance, and technique.

Novice/Advanced Riders: 11:00 am-12:30 p.m.
Longer, Faster, group rides.

Join us as we pedal 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. Sometimes we setup equipment in different areas due to last minute races. Please look for the City of San Diego truck with wooden gates on the back.

September 14: North Crown Point Shores
3791 Corona Oriente Rd., 92109

September 28: Glorietta Bay Park (Coronado)
Glorietta Bay Park, 1813 Strand Way, Coronado 92118
This address is the community center. Drive south down Strand Way. We will park near the end by the intersection of Rendova Rd.

October 12: Liberty Station; NTC Park
NTC Park: Corner of Dewey Rd. and Cushing Rd., 92106
Look for us along Cushing Road next to NTC Park between Dewey Rd. and Chauncey Rd.

October 26: De Anza Cove Park; Mission Bay
3000 N Mission Bay Dr, San Diego, CA 92109
Look for us in the parking lot near the start of the path (by the roundabout)

November 16: Lake Murray
5540 Kiowa Drive, La Mesa, 91942

November 30: North Crown Point Shores
3791 Corona Oriente Rd., 92109

Open Gym
Thursdays, 6:00 - 8:00 p.m.
Muni Gym (2111 Pan America Plaza, 92101)
9/5, 9/12, 9/19, 9/26, 10/3, 10/10

Everyone is invited to participate in wheelchair basketball. Every skill level is welcome, from beginner to advanced. If you are looking for recreation or competition, we can help. The program is free. All you must do is fill out a waiver form, and you are ready to experience this exciting game. Meet great people while improving your strength and conditioning. We will be waiting for you!

CODE: 63814 COST: FREE

Best of the West Quad Rugby Tournament
November 9 - 10 (Saturday - Sunday)
Games start at 9 a.m.

Everyone is invited to be part of this great, internationally known tournament as we celebrate its 30th year in existence. It is truly one of the most exciting and intense games you can play and watch. We will host four national and international teams that will give their all to be named “Best of the West” champion. This tournament is free for the public to watch.

Come Support our local team, Sharp Edge!
Programs are designed to promote health, fitness, and an improved quality of life while focusing on leisure independence and education in a community environment.

NICK HURD
nhurd@sandiego.gov
(619) 236-7772

Standup Paddle Boarding
Santa Clara Recreation Center
(1008 Santa Clara Place, 92109)
Wednesdays, 9:00 - 10:30 a.m.
9/4, 9/11, 9/18, 9/25, 10/2, 10/9

Standup paddle boarding is an excellent opportunity to get out on the water, meet people and have fun. Instruction is provided. After you feel comfortable on the water, you'll set out on a guided tour around Mission Bay. You must pre-register for this program. Limited space available. All equipment is provided. Be sure to wear appropriate attire. You could get wet during this program. Contact Nick Hurd at NHurd@sandiego to register.

CODE: 63817
cost: $10.00

Beach Wheelchair

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 11:30a.m. - 3:30p.m.
May - October
Monday, Wednesday, Friday 11:30a.m. - 4:30p.m.
Saturday, Sunday 11:30a.m. - 5:30p.m.

Reserve by calling
(619) 980-1876
during beach hours
(619) 525-8247
during non-beach hours
This program is designed to increase personal growth, self-esteem, independence, and confidence through participation in a variety of recreational activities for individuals recovering from drug and alcohol addictions.

JUAN RAZO
jrazo@sandiego.gov
(619) 236-7771

South East Alano Dance
Saturday, September 21, 7:00 - 11:00 p.m.
War Memorial Building
(3325 Zoo Dr., 92101)

Join South East Alano as they host an evening of entertainment and fun. This event is strictly 18 and older. Anyone under age will be asked to leave. This is a TRS co-sponsored dance. Please contact James for more information: (619) 651-6322 james.brown.cbrr@hotmail.com.

No online registration COST: $25.00

Day at the Bay
Wednesday, September 18, 10:00 a.m. - 2:00 p.m.
Santa Clara Recreation Center
(1008 Santa Clara Pk., 92109)

Soak up the sun at beautiful Mission Bay! We have many activities for you to enjoy while taking in the San Diego scenery. Activities include kayaking, paddle boarding, softball, basketball, bike rides, arts and crafts, and swimming in the bay. Lunch will not be provided, so please bring your own lunch. Don’t forget to bring plenty of sunscreen and water. Register by September 13th.

CODE: 63927 COST: $3.00

Halloween Dance
Friday, October 25, 7:00 - 11:00 p.m.
War Memorial Building
(3325 Zoo Dr., 92101)

Trick or Treat! We hope you picked treat because we have one for you! Join us as we celebrate Halloween by dancing in your costumes. This event is strictly 18 and older. Anyone under age will be asked to leave. Food and beverages will be sold during the dance. Don’t be scared to come!

No online registration COST: $3.00 presale $5.00 at the door
Thank you for joining us for our awesome summer adventures! We can’t wait to see you for our Fall Programs!
A variety of volunteer opportunities are available for those ages 13 and above, including students who need service hours. Therapeutic Recreation Services also offers an outstanding internship program for college students majoring in Therapeutic Recreation. See page 21 for how to get involved!

SHARON MONINGER
SMoninger@sandiego.gov
(619) 236-7753

Volunteer of the Quarter:
Albert Pruitt

Shelby my service dog and I made a life change and moved to San Diego from Dallas Texas on January 2, 2014. I began volunteering for TRS in October 2014 shortly after reading a TRS quarterly newsletter made available at “Day on the Bay” adaptive event. I reached out to the volunteer coordinator at that time and the rest is still making history. I’ve enjoyed being involved with TRS over the years, albeit behind the scenes assisting with computer related stuff. More importantly, I’ve made long lasting friendships through the process. I enjoy all water sports particularly scuba diving, riding my sit down hydrofoil ski and most recently adaptive surfing. A fun fact about me that not too many know is I rode calves (no bull) Jr Rodeo in Amarillo Texas when I was 5 years old.

Please contact the Volunteer Coordinator at (619) 236-7753 or SMoninger@sandiego.gov to get more information on volunteering.
Getting Involved

Whether you are an ongoing volunteer, providing a summer of service or completing an internship, TRS is proud to offer a wide variety of volunteer opportunities for anyone to get involved. We rely on our volunteers to help provide quality programming to enrich the lives of individuals with disabilities. We are excited to welcome you to the team!

Requirements
- Attend a volunteer orientation
- Clear a background check
- Commit to one or more events each month

Qualifications
- At least 13 years old
- Patient
- Enjoy working with people
- Dependable and flexible
- Desire to work with a diverse population
- Energetic, enthusiastic, and eager to have fun!

Activities
- Assist with supervision of participants with disabilities during dances, community outings, sporting events, and other activities
- Set-up equipment for activities and events
- Help prepare meals for programs
- Provide hands-on assistance during activities
- Perform various office duties
COMMUNITY EVENTS
The following organizations provide additional recreation and leisure opportunities for all. Don’t miss these great events.

**Adaptive Sports and Recreation Association**
Contact: Lindsay H. • (619) 336-1806
Weekly adaptive sports team practices held Tuesdays, Wednesdays, and Saturdays throughout the county.
www.adaptivesportsandrec.org

**Wounded Warrior Tennis**
Contact: Steve Kappes • (619) 948-4596
stevekappes@hotmail.com
Wounded, ill, and injured service members and veterans are invited to the free tennis clinics each Tuesday at the Balboa Tennis Club (2221 Morley Field Dr., 92014). Beginners welcome. Racquets available to loan.
www.sdwoundedwarrior.org

**SoCal Special Olympics**
Contact: Brian Richter • (619) 283-6100
Sporting opportunities are held throughout the week at various City of San Diego Recreation Centers.
www.sosc.org/sandiego

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

**Wheelchair Dancers**
Contact: Karma LaDonna • (658) 573-1571
dancinfoole@hotmail.com
Wheelchair dancing classes are provided for anyone who would like to dance! Beginners and volunteer dancers are welcome. Location and time of classes vary. Call for more information.
www.wheelchairdancers.org

**SPORTS for Exceptional Athletes**
Contact: Walter Jackson • (658) 565-7432
Sporting opportunities are held throughout the week at various City of San Diego Recreation Centers.
sds4ea@gmail.com

**Stars Acting Workshop**
Contact: Summer Golden • (619) 647-4958
zgolden1@cox.net
Weekly dramatic arts classes for adults with developmental challenges.
northparksdvaudeville.com
## September

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Would you rather receive our newsletter via e-mail? Email trsnewsletter@sandiego.gov and you’ll receive the next newsletter digitally.

“Enriching lives through quality parks and programs.”

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