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  
Nick Hurd  
Aly Larson, CTRS  
Sharon Moninger  
Juan Razo

**Therapeutic Recreation Leaders**  
Alicia Bianchi, CTRS  
Michael Bichler  
Casie Calip  
Kira Duffett  
Janet Estrada  
Samantha Greene  
Mark Leo  
Lucia Montiano, CTRS  
Monica Olivan  
Victor Ortiz  
Cheryl Pawlak, CTRS/RTC  
Michael Rodriguez  
Sarali Saulog  
Jennifer Stevenson  
Nikki Tajima  
Lauren Turner  
Shannel Turner  
Alex Valencia

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Refund Policy
Refund is based on the date that the written application is submitted, using the Refund Application, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy. Refund policy exclusions: ■ 3% 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 $10.00 will not be refunded ■ No Refunds for requests submitted less than 20 business days prior to the activity ■ Refunds will take up to 6-8 weeks ■ Payments made by credit card will be refunded to the credit card.

***Please note that we no longer accept cash or check when paying in advance. Credit card and electronic check are accepted.***
Spotlight on... Sarali Saulog

Why did you want to work at TRS?
I wanted to work at TRS because of the fun, inviting environment every program has! The participants are so awesome and make programs a blast!

What has been your favorite TRS moment?
My favorite TRS moments are all the dances! They’re so much fun and I love seeing everyone’s moves.

Fun fact about yourself?
I LOVE traveling! So far I’ve been to Mexico, the Bahamas, London, Prague, Vienna, Singapore, South Korea and the Philippines.

Favorite hobby outside of work?
Eating and hanging out with my loved ones! Especially when we try new food spots.

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 near future. Starting March 2nd, please call (619) 525-8247, prior to coming to the WMB, as programs may have moved to PDLC. We appreciate your patience during the transition.

TRS is Hiring
The City of San Diego’s Therapeutic Recreation Services is hiring Therapeutic Recreation Leaders this Spring. Keep an eye out for job posting’s on the City’s personnel page, sandiego.gov/empopp. Call the TRS office for more information.

PIR Announcement
Due to a decline in participation, TRS will no longer be conducting People in Recovery programs. If you would like to learn more, please contact Juan Razo at jrazo@sandiego.gov or (619) 236-7771.

Congratulations to
Mark Leo
Therapeutic Recreation Services 2019 Recreation Leader of the year!

Gerald Cunanan
City of San Diego, Parks and Recreation, Community Parks II 2019 Supervisor of the year!

Announcements/Staff Spotlight

Big News

Spotlight on... Sarali Saulog

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Therapeutic Recreation Services sends their biggest thanks for all individual and agency donations. Thanks to this financial assistance, we are able to continue to provide quality programming to enrich the lives of those with disabilities.

Kid Zone Brunch with Santa on December 14, 2019, was a huge success with over 60 children receiving gifts from Santa. Thank you to Maher from Jack in the Box on 220 W. Washington St. and Stacy from Starbucks on 1240 University Ave. for their generous donations of food and coffee for this magical event. Special thanks to Girl Scout Troop 6180 for their generous donation of toys.

Thank you, Habit Burger for your generous donation of twenty free kids meals to be given out as prizes to our participants.

In the Fall of 2019, the California Coastal Commission announced that the City of San Diego will be awarded a grant in the amount of $13,620 to purchase three new beach wheelchairs for Ocean Beach, Mission Beach, and Pacific Beach. You can read the full article about the grant award at the following link:


Thank you to all our following Donors! TRS appreciates what you contribute to our programs!

Please contact Kristi Fenick at kfenick@sandiego.gov or (619) 525-8247 for sponsorship and/or donation inquiries.
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 2020 elections were held on January 8th, with the following results: Chair-Meagan Nunez; Vice Chair-Eleanor Tamayo; Secretary-Renee Cookson; Treasurer-Anita Paredes; Board Members; Peter Ballantyne, Kurt Farrington, Richard Gilbert, Betty Templeton, Dallin Young; General Member-Albert Pruitt. The current meeting time/location (2nd Wednesdays at 6:00 p.m./War Memorial Building) may change upon the move to Park de la Cruz Community Center. For more information go to DSACSD.org.

All donations to our fundraisers below directly support TRS and AgeWell Services.

Funds from DSAC’s GoFundMe page will be used to purchase wish-list items that are listed in the GoFundMe comments section. Please leave your suggestions for wish-list items you would like in TRS and AgeWell’s new facility in the comment section.

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

Scholarship Procedure

Scholarship applications are available at the TRS office. Submit completed applications to the TRS office. DSAC will then review and approve partial scholarships to those demonstrating a need.

Here are some easy ways to donate at no cost to you!

Amazon Smile Fundraiser
Amazon will donate 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, Disabled Services Advisory Council

Remember to update after September 1st each year!
Registration for summer camps begins

**Saturday, March 7 at 10:00 AM**

Registration may be done online or at the TRS office from 10:00 a.m. - 2:00 p.m. on March 7th. No registration will be taken over the phone. **Enrollment is limited. Camps fill up quickly. More information for each camp will be mailed upon registration.** Partial scholarships for all TRS camps are available to those who demonstrate need. Scholarship forms must be on file at the WMB. Camper must have a current assessment completed prior to attending camp. See “Online Registration” page 3. **Camp refund policy** – 97% refund of the registration fee will be given with notice at least 10 calendar days prior to the first day of camp. 50% of the registration fee will be given for applications submitted less than 10 calendar days prior to the first day of camp. No refunds for less than 48 hours from the start of the camp.

### Cost for TRS camps is $210

**Camp at the Bay**

**Monday-Friday, July 6-10, 9:30 AM to 3:00 PM**

Campers, ages 10 to adult, with any disability will experience jet skiing, water skiing, tubing, sailing, kayaking, crafts, and more. Siblings and friends are welcome to attend. Camp meets at North Crown Point Shores Park (Corner of Moorland Dr. & Corona Oriente Rd., 92109).

**CODE: 69896**  
**LEADER: Nick Hurd**

**Kid Zone Adventure Camp**

**Monday-Friday, July 20-24, 9:00 AM to 3:00 PM**

Campers, ages 6 to 12, with any disability, siblings and friends, join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, daily field trips, admission, and transportation costs. Camp meets at S. Clairemont Recreation Center (3605 Clairemont Dr., 92117).

**CODE: 69867**  
**LEADER: Gerald Cunanan**

**Camp Wet n’ Wild**

**Monday-Friday, August 3-7, 10:00 AM to 3:00 PM**

Campers, ages 10 to adult, with any disability, siblings and friends will enjoy kayaking, surfing, games, crafts and more. Camp meets at Mission Point Park (2600 Bayside Lane, 92109).

**CODE: 69897**  
**LEADER: Juan Razo**

### Inclusion Support

Other day camp opportunities are available at City of San Diego Parks and Recreation centers. Go to [www.sandiego.gov/park-and-recreation/centers](http://www.sandiego.gov/park-and-recreation/centers) for complete listing. Call Julie Gregg at (619) 236-7718 to request inclusion support, if needed. Requests are processed in the order received and according to staff availability. (Minimum three-week notice is needed)

### Junior Adaptive Sports Camp

**Monday-Friday, July 20-24, 9:00 AM to 3:30 PM**

This TRS co-sponsored camp is for ages 4-18 who have a physical impairment. Enjoy learning various wheelchair sports taught by athletes trained in each sport. There will be an additional fee for transportation. Please contact ASRA at (619) 336-1806 for camp fees or more information. **Registration for this camp is done through ASRA, not SDRecConnect.**
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.

**Tandem Bike Ride**

**Saturdays | 10:30 AM–12:30 PM**

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 AM. Sign-up ahead of time to ensure proper amount of equipment is available. Call (302) 563-2886 in the morning to see if the ride has been canceled due to weather.

**March 7 | North Crown Point Shores**

3791 Corona Orienta Rd., 92109

**April 4 | Silver Strand (Coronado)**

1999 Strand Way, 92155

This address is for Glorietta Bay Park, we will attempt to park at the end of the one-way street before the intersection of Rendova Rd.

**May 2: Liberty Station (NTC Park)**

2701 Chauncey Rd., 92106

**CODE: 69834**

**COST: $9** (for all 3 meet-ups)

---

**Self Expression Through Art**

**Fridays | 3:00 - 4:30 PM**

Call (619) 525-8247 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!

**Open to individuals 18 years and older.**

No online registration

**COST: FREE**

(Donations accepted at TRS office)

**Picnic at the Park & Padres Game**

**Sunday, June 14 | 11:00 AM - 4:00 PM**

Get into the Padres’ spirit with the TRS team, fellow participants, family and friends. Everyone is welcome! There will be games, snacks and activities before we take a short walk at 12:30 PM to see the Padres take on the AZ Diamondbacks! Game starts at 1:10 PM. Meet at 4th & K St, at the park in front of the Hilton Hotel. **No staff supervision for participants under 13, an adult companion must attend.**

Interested in riding your bike? See “Pedal to the Park” to the right!

**CODE: 69940**

**COST: $25**

---

**Pedal to the Park**

**Sunday, June 14 | 9:00 AM- 5:00 PM**

Join us as we ride bikes to Petco Park to watch the Padres take on the Arizona Diamondbacks. We will meet at the Balboa Park Activity Center (2145 Park Blvd, 92101) and ride our bikes through an 8 mile scenic route to meet up with the Picnic at the Park group. After the game we will ride back to the Balboa Park Activity Center for pick-up. You may bring your own bike (please inform TRS if you are doing this). Limited number of bikes are available. Please email Nick at Nhurd@sandiego.gov to reserve a bike.

**CODE: 69936**

**COST: $25**
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Description</th>
<th>Code</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Fling Dance</td>
<td>Friday, March 20</td>
<td>10:30 AM - 1:30 PM</td>
<td>Balboa Park Club, 2144 Pan American Rd W, 92101</td>
<td>Located at the Balboa Park Club (2144 Pan American Rd W, 92101). Direct supervision is not provided. You must be 16 years or older to attend. Lunch not provided. Snacks available for purchase.</td>
<td>69970</td>
<td>$2</td>
</tr>
<tr>
<td>Strikeforce Bowling League</td>
<td>Saturdays</td>
<td>10:00 AM - 12:00 PM</td>
<td>Kearny Mesa Bowl, 7585 Clairemont Mesa Blvd, 92111</td>
<td>It’s back! Join us for our bowling league adapted for all skill levels. Cost includes shoe rentals, 2 games per date, and awards banquet (June 20th) for team members (extra for guests). Individuals are welcome, we will place you on a team. No direct supervision is provided.</td>
<td>67729</td>
<td>$90</td>
</tr>
<tr>
<td>San Diego Zoo Tickets</td>
<td>Sunday, April 19</td>
<td>9:30 AM - 10:30 AM</td>
<td>War Memorial Building, 2144 Pan American Rd W, 92101</td>
<td>Grab your friends, hat, sunscreen, and camera as we enjoy a day of exotic animals at the San Diego Zoo. Meet at the War Memorial Building to pick up your tickets between 9:30 and 10:30 AM. Direct supervision is not provided. Once you pick up your tickets you are on your own. Register and pay for tickets by April 13th.</td>
<td>69008</td>
<td>$16</td>
</tr>
<tr>
<td>Talent Show</td>
<td>Friday, April 24th</td>
<td>6:00 PM - 9:00 PM</td>
<td>War Memorial Building, 2144 Pan American Rd W, 92101</td>
<td>Sign up to perform or cheer on your friends! Light refreshments will be provided. If you wish to perform, please call our office at (619) 525-8247 to register by Monday, April 13th (space is limited).</td>
<td>69654</td>
<td>$5</td>
</tr>
<tr>
<td>Archery</td>
<td>Thursdays, May 7-28</td>
<td>2:00 PM - 4:00 PM</td>
<td>Morley Field Archery Range, 2144 Pan American Rd W, 92101</td>
<td>It’s back! Join us every Thursday in May for our Archery program at the Morley Field archery range. Water will be provided. Space is limited, Register by May 6th.</td>
<td>69009</td>
<td>$5</td>
</tr>
<tr>
<td>Camping Trip</td>
<td>May 2-3</td>
<td>5:30 PM - 11:00 AM</td>
<td>Kumeyaay Lake Campground, 2144 Pan American Rd W, 92101</td>
<td>All TRS families are welcome to join us for our annual camping trip to beautiful Mission Trails. Meet at the Kumeyaay Lake Campground at Mission Trails Regional Park (Two Father Junipero Serra Trail). Meet at 5:30 p.m. to check in to the camp sites. Cost covers campsite, dinner, s’mores, a light breakfast, ranger led hikes and more! Campers will need to bring their own camping supplies. Don’t miss this exciting opportunity. All TRS families and Independent campers are welcome! Direct supervision will not be provided. TRS staff will not be on site from 9pm-8am. Please call (619) 525-8247 for more information.</td>
<td>69661</td>
<td>$10</td>
</tr>
<tr>
<td>Laugh Hour</td>
<td>Wednesdays</td>
<td>11:00 AM - 12:00 PM</td>
<td>War Memorial Building, 2144 Pan American Rd W, 92101</td>
<td>Experience the many benefits of laughter. Open to individuals 18 and older and all abilities! No direct supervision provided.</td>
<td>69661</td>
<td>FREE</td>
</tr>
</tbody>
</table>
This group is designed to foster socialization and social skills, increase cognitive, physical, communicative, emotional, and creative abilities through play and recreation.

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

### Playdays

**Pixar Playday***  
Sunday, March 22nd  
12:00 – 3:00 PM

Come dressed as your favorite Pixar movie character. We will have games, arts and crafts, slime, bubbles, and more! Bring a sack lunch.

**CODE: 69804**  
**COST: $7**

**Space Playday***  
Sunday, May 17th  
12:00 – 3:00 PM

Get ready to be astronauts for the day! We will have games, arts and crafts, sensory stations, and more!

**CODE: 69807**  
**COST: $7**

**Boomers**  
Sunday, March 8th  
10:30 AM – 1:30 PM

Meet us at Boomers (6999 Clairemont Mesa Blvd, 92111) for games, rides, and mini putt-putt. Bring a sack lunch.

**CODE: 69803**  
**COST: $20**

**Kid Zone Spring Adventure**  
Day 1 | Playday and Swimming  
Wednesday, April 1st | 9:00 AM – 3:00 PM

We will have a fun filled day with arts and crafts, games, sensory stations, and more. Please bring a swimsuit, towel, and change of clothes for swimming.

**CODE: 66988**  
**COST: $20**

Day 2 | Safari Park  
Thursday, April 2nd | 9:00 AM – 4:00 PM

Lions and tigers and bears, oh my! Off to Safari Park we go! Bring a sack lunch.

**CODE: 66989**  
**COST: $30**

**New Children’s Museum**  
Sunday, May 3rd  
11:00 AM – 1:30 PM

Meet at the New Children's Museum for an afternoon of exploration. Bring a sack lunch. Drop-off and pick-up at the playground across from the museum (200 W Island Ave, 92101).

**CODE: 69805**  
**COST: $15**

**Call (619) 525-8247 for location**
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

Meetings
**Call (619) 525-8247 for location**

Fun and Fit Night*
Friday, March 20th 6:00 – 8:30 PM
Get ready to exercise! We will have some fun activities to get you moving! Dinner will be provided.
CODE: 69811 COST: $7

Under the Sea*
Friday, April 17th 6:00 – 8:30 PM
Take a dive under the deep blue sea! Join us for an exciting night of nautical crafts, games, and fun with friends.
CODE: 69813 COST: $7

Pancakes and Pajamas*
Friday, May 15th 6:00 – 8:30 PM
Come dressed in your pajamas. We will have games, crafts, watch a movie and have breakfast for dinner.
CODE: 69815 COST: $7

Belmont Park
Friday, April 3rd
9:00 AM – 3:30 PM
Enjoy your favorite rides. We will take public transportation from the War Memorial Building to Belmont Park. Drop-off and pick-up at the War Memorial Building (3325 Zoo Drive, 92101). Bring a sack lunch.
CODE: 69810 COST: $25

Coaster and Beach Picnic
Sunday, April 5th
10:30 AM – 2:30 PM
Drop-off and pick-up at Presidio Recreation Center (2811 Jackson Street, 92110). We will take the coaster from Old Town to Solana Beach and have a picnic at Fletcher Cove Beach Park. There will be a lot of walking for this activity.
CODE: 69812 COST: $10

Coronado Ferry
Sunday, May 31st
10:30 AM – 1:30 PM
Meet at Joe’s Crab Shack (525 E Harbor Dr., 92101) to take a cruise to Coronado Island for a picnic at the beach. Please bring a sack lunch.
CODE: 69818 COST: $7

Picnic at the Park
See page 8
SOCIAL MOTION
AGES 18+

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.

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

Recreation Nights

Join us on each month for dinner, games, crafts and activities.

Fridays, 6:00 - 8:30 PM  
COST: $7 per meeting

**Call (619) 525-8247 for location**

Quarterly Membership Includes:
Recruitment Nights, Spring Fling dance, and Talent Show. Must call (619) 525-8247 prior to event to let us know if you will be attending. Please call the office with any questions regarding the membership.

COST: $20

Sock Hop | March 13 & 27 *

Enjoy a night based in the 1950's. We will sing, dance, play games, crafts, and enjoy our time in the past!

3/13: Carmel Mountain Rec | CODE: 69627
3/27: Call for location* | CODE: 69628

Movie Night | May 8 & 29 *

Enjoy a great movie, projected on the big screen. Movie will be voted on the night of the program. Bring your pillows, blankets and chairs!

5/8: Carmel Mountain Rec | CODE: 69651
5/29: Call for location* | CODE: 69652

Talent Night | April 10th

Show the group your talents or hidden skills throughout the night. Also includes karaoke and various games.

Carmel Mountain Rec | CODE: 69650
No April meeting- See page 9 for Talent Show

**See Page 14 for Outings!**
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

Meetings

Join us on the first Friday of each month for dinner, games, crafts and activities.

Fridays, 6:00-9:00 PM
COST: $7 per meeting

**Call (619) 525-8247 for location**

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.

Quarterly Membership Includes:
Club Meetings, Spring Fling Dance, and Talent Show. Must call (619) 525-8247 prior to event to let us know if you will be attending.

CODE: 69657
COST: $20

St. Patrick’s Day * | March 6th
Enjoy games, dinner, fun, and be ready to GO GREEN!

**Call for location**

CODE: 69658

Spring Soiree | April 3rd *
Spring has sprung! Let’s get together to celebrate!

**Call for location**

CODE: 69659

Lets Taco bout’ it! | May 1st *
Come for our annual fiesta and party like there’s no tomorrow! There will be Mexican food, games, fun, and more!

**Call for location**

CODE: 69660

**See Page 14 for Outings!**
These outings are designed for adults with a cognitive impairments. They are designed to increase leisure independence, community functioning, and social skills through experiential opportunities within the community.

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

Outings
Both Independent Club and Social Motion Club will be on the same outings this quarter. Social Motion Club will be split into groups with Recreation Leaders, while Independent Club Members will utilize the buddy system.

Matilda The Musical
Sunday, March 15th
3:00 – 6:00 PM
Come enjoy a performance of Matilda at the JCompany Youth Theatre. We will be going in quickly as the play begins at 3:30, so please be on time. Drop-off and pick-up will be at the theater (4126 Executive Drive, 92037). Tickets are limited.
CODE: 69653 COST: $2

Talent Show
Friday, April 24th at the War Memorial
6:00 – 9:00 PM
Sign-up to perform or cheer on your friends! Light refreshments will be provided. If you wish to perform, please call our office at (619) 525-8247 to register by Monday April 13th (spaces will fill up!).
CODE: 69654 COST: $5

Yoga and Picnic on the Bay
Saturday, May 9th
3:00 – 5:30 PM
Come enjoy doing yoga on the beach with beautiful views and company! Meet on the bay side at South Mission Beach by the Jetty (S. Mission Beach, N. Jetty Rd.). We will do yoga, have a picnic and enjoy a beach walk. Please bring your own beach towel or yoga mat and wear comfortable clothes!
CODE: 69655 COST: $5

Picnic at the Park See page 8
Social Connections

Thursdays, 2:30 - 5:00 PM
We meet the first Thursday of the month. This is a wonderful opportunity to make new friends and socialize. Must call (619) 525-8247 to register by the Wednesday prior to the activity and to confirm location.

COST: $4.00 per meeting
Quarterly Membership available (see details to the right)

Mardi Gras | March 5th *
Let the good times roll! Get the green, gold and purple ready to celebrate this loud, food-loving holiday without leaving San Diego.
Code: 68942

Earth Day | April 2nd *
Celebrate our Earth! Hear about ways to help our environment and how to reduce, reuse, and recycle.
Code: 68943

Cinco de Mayo | May 7th *
Let’s have a fiesta! Join us as we do crafts, play games and enjoy festivities inspired by the rich culture of Mexico.
Code: 68948

**Call (619) 525-8247 for location**

Quarterly Membership

Membership includes: Social Connections (March, April, May), Spring Fling dance and Talent Show. Must call (619) 525-8247 prior to event to let us know if you will be attending.
Code: 68981 Cost: $11

San Diego Harbor Cruise
Thursday, March 19th
11:30 AM - 2:45 PM
The best way to see San Diego Bay is on Hornblower’s two-hour Harbor Cruise! We will be meeting at Hornblower’s Ticket Booth (970 North Harbor Drive, 92101) at 11:30 AM Bring a sack lunch to enjoy before we board the ship at 12:15 p.m. Outside food and beverages are not allowed on the ship. Bring extra money if you would like to purchase food or beverages. Register online or in person by Thursday, March 5th. Limited tickets available.
CODE: 68976 COST: $13

Picnic at the Park See page 8
LEISURE SEEKERS
AGES 18+

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

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

San Diego Zoo
Sunday, April 19th
10:00 AM - 2:00 PM

Grab your friends, a sack lunch, and a camera as we enjoy the San Diego Zoo. Come as a group or individual. Meet at the War Memorial Building at 10:00 AM sharp before walking over to the zoo. Register online or in person no later than Monday, April 13th.

CODE: 69007  COST: $16

Mission Beach Day
Thursday, May 21st
12:00 – 3:30 PM

Bring your swimsuit, towel and sunscreen for an afternoon at the beach! Meet at the Mission Beach Lifeguard Tower (3141 Ocean Front Walk, 92109). Snacks and water will be provided. Please bring money to purchase additional food. Register online or in person by Wednesday, May 20th.

CODE: 68980  COST: $2

SOFTBALL LEAGUE

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

Wednesdays | 10:00 AM - 1:00 PM
March 4 & 18, April 1, 15, 29, May 13 & 27, June 10
Morley Field | 2221 Morley Field Drive, 92101

Play Ball! Bring your team or just yourself to our Softball League at Morley Field. You will play three games each day. Register online or in person at the War Memorial Building by Wednesday, February 26. Mandatory coaches meeting on the first day (March 4) of the season at Morley Field. On June 24th there will be an awards banquet at Morley Field. Contact Juan at (619) 525-8247 with any questions.

CODE: 68053  COST: $50.00 / team or $5.00/person
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

Saturday’s | 10:00 AM - 12:30 PM
6 week Spring Session

Join us as we pedal our way through some of San Diego’s most beautiful bike trails. Handcycling is a fun way to meet people and explore San Diego, while building strength and endurance.

March 21: North Crown Point Shores
3791 Corona Orienta Road, 92109

March 28: Glorietta Bay Park (Coronado)
1845 Strand Way, Coronado, 92118

April 11: Lake Murray
5520 Kiowa Drive, 91942

April 18: De Anza Cove
2900 North Mission Bay Drive, 92109

May 9: Liberty Station
NTC Park; Corner of Chauncey Rd. and Cushing Rd., 92106

May 16: North Crown Point Shores
3791 Corona Orienta Road, 92109

CODE: 69835 COST: $25
Programs are designed to promote health, fitness, and an improved quality of life while focusing on leisure education and independence in a community environment.

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

**Golf**

March 19, 26, April 2, 9, 16, 23
Thursday’s | 10:00 AM -12:30 PM
Balboa Park Course | 2600 Golf Course Dr., 92102

New to golf? Want to improve your swing? Join the Service Members golf program at Balboa Municipal Golf Course for opportunities to improve your golf game with a certified golf instructor. This 6-week session will host all levels of golfers whether you have your own equipment or need to borrow it. Meet at San Diego’s premier 9-hole course in Balboa Park. Sign up in advance and let us know if you need golf clubs. Contact Nick at Nhurd@sandiego.gov or (619) 236-7772.

**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.

**Hours of Operation:**
Closed January - February
March - April / November - December
Friday, Saturday, Sunday 11:30 AM- 3:30 PM
May - October
Monday, Wednesday, Friday 11:30 AM- 4:30 PM
Saturday, Sunday 11:30 AM- 5:30 PM

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.

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

CODE:69937 COST: $60
TRS WINTER MEMORIES
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 below for how to get involved!

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

Volunteer of the Quarter:
ERIC GRUBE

I am a high school Senior with a passion for music, the outdoors, and helping people. I have enjoyed volunteering with TRS for almost 5 years. I love working at the summer camps. My favorite part about TRS is working with the amazing staff, fellow volunteers, and awesome participants. Volunteering is not only fun, but rewarding!

In December of 2019, Eric completed his Eagle Scout project with TRS. His project was to recondition an accessible picnic table and build a kitchen cart for Park de la Cruz Community Center. The picnic table is displayed above. Thank you Eric for supporting TRS!

Please contact the Sharon at
(619) 236-7753 or SMoninger@sandiego.gov
to get more information on volunteering.
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 us 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
San Diego Festival of the Arts

June 13-14, 10:00 AM - 6:00/5:00 PM.
Meet artists, experience entertainment, and enjoy delicious cuisine with fine wine and craft beer. The festival, by Torrey Pines Kiwanis, benefits adaptive sports and recreation opportunities for San Diegans with disabilities.

For tickets and more information, visit: sdfestivalofthearts.org

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<th>Community Events</th>
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| **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.sd woundedwarriortennis.org |
| **SoCal Special Olympics** | Contact: Brian Richter | (619) 283-6100
Weekly sports team practices are held Tuesdays at the City Heights Mid City Gymnasium. | www.sosc.org/sandiego |
| **SPORTS for Exceptional Athletes** | Contact: Walter Jackson | (858) 565-7432
Sporting opportunities are held throughout the week at various City of San Diego Recreation Centers. | sds4ea@gmail.com |
| **Turning Point Spaghetti Dinner** | Contact: Stephanie Sobka | (619) 233-0067
Saturday, March 7 | 6:00 - 8:00 PM
War Memorial Building (3325 Zoo Dr., 92101)
Turning Point is hosting their annual Spaghetti Dinner and you are invited. Please help support this wonderful organization. To register or for more information contact Turning Point. This is a TRS Co-Sponsored activity for people with substance use disorders. | turningpointhome.org |
| **Wheelchair Dancers** | Contact: Karma LaDonna | (858) 573-1571
dancinfoole@hotmail.com
Wheelchair dance 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. wheelchairedancers.org |
| **Stars Acting Workshop** | Contact: Summer Golden | (619) 647-4958 zgolden1@cox.net
Weekly dramatic arts classes for adults with developmental challenges. | northparkvaudeville.com |
### March

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<td>1</td>
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<td>3</td>
<td>4 LS Softball 1 Laugh Hour</td>
<td>5 LS Social</td>
<td>6 CAC Art IND Meeting</td>
<td>7 ALL Tandem ALL Bowling 4 PIR Dinner</td>
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<td>8 KZ Outing</td>
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<td>11 DSAC Laugh Hour</td>
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<td>13 CAC Art SMC Rec Night</td>
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<td>15 IND/SMC Outing</td>
<td>16</td>
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<td>18 LS Softball 2 Laugh Hour</td>
<td>19 SM Golf LS Outing</td>
<td>20 CAC Art KBC Meeting ALL Spring Dance</td>
<td>21 Handcycle 1 ALL Bowling 5</td>
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<td>22 KZ Playday</td>
<td>23</td>
<td>24</td>
<td>25 Laugh Hour</td>
<td>26 SM Golf</td>
<td>27 CAC Art SMC Rec Night</td>
<td>28 Handcycle 2 BBQ</td>
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<td>19 LS Outing Zoo Outing</td>
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<td>23 SM Golf</td>
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<td>3 KZ Outing All Camping Trip</td>
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<td>8 CAC Art SMC Rec Night</td>
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Would you rather receive our calendar via e-mail?

Email trsnewsletter@sandiego.gov
and you’ll receive the next calendar digitally.

“Enriching lives through quality parks and programs.”