The City of San Diego
Parks and Recreation Department

Therapeutic Recreation Services (TRS)
Spring 2019 • March, April, May

Office • (619) 525-8247
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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
Danny Kimpel
Aly Larson, CTRS
Juan Razo

**Therapeutic Recreation Leaders**
Michael Bichler • Jennifer Walsten
Sabrina Bogosian • Nikki Tajima
Kira Duffett • Jennifer Stevenson
Janet Estrada • Melissa Scott
Samantha Greene • Sarali Saulog
Mark Leo • Lina Rendon, CTRS
Sharon Moninger • Lauren Turner
Monica Olivan • Alex Valencia
Cheryl Pawlak, CTRS/RTC • Victor Ortiz

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

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

**Online Registration / Payment Process**

*Spring* registration begins February 16 and *Summer Camp* registration begins March 2

**Please note:** Checks cannot be mailed into the office. Payment can be done online with a credit card, or at the War Memorial Building (3325 Zoo Dr., 92101) room 6, Monday-Friday 8:30 a.m. to 4:30 p.m. In addition, the War Memorial Building will be open from 10 a.m.-2 p.m. on Saturday, February 16th and March 2nd to assist with registration. A credit card, check, or cash (exact change needed) can be utilized when paying in person. There is an additional $2.00 transaction and credit card fee that will be applied to all registrations.

To be eligible for program participation, create a profile online using the Online Activity Registration System. Log on at SDRecConnect.com.

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

**Returning Customers:** 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.

**When registering for programs online,** you will need the “CODE”, which is listed by all the programs in the newsletter. If you do not have an email, or you are requesting a scholarship, you will need to register and pay for programs at the office. For questions, please call the office (619)525-8247.

**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, 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.

**Camp refund policy** – No transactions fees will be refunded. Full refund of the registration fee, will be given with 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.
Spotlight on….  

VICTOR ORTIZ

Why did you want to work at TRS?
After beginning my education in recreation therapy and starting to volunteer, I was hooked on the entire concept of therapy through play. I knew TRS would be the perfect fit for me.

What has been your favorite TRS moment?
It’s difficult to choose just one! My favorite moments are every time I get home, knowing I made a difference in someone’s life.

Favorite hobby outside of work?
As a dance instructor, I enjoy Latin dancing and relaxing playing board games with friends.

Fun fact about yourself?
I am training to run a marathon in the next few years!

Upcoming Move!
As you may have heard, TRS is in the process of moving our main headquarters to Park de la Cruz (PDLC) Community Center, located at 3901 Landis St., 92105 in City Heights. While the opening date is still tentative, you can call our office at (619) 525-8247 for updates. TRS staff are excited about the increased recreation opportunities PDLC will offer, due to its number of multipurpose rooms, including a recreation room, fitness center, gymnasium, ball field, sensory room, and kitchen. In addition to providing programs for individuals with disabilities, PDLC will also provide recreation opportunities for older adults and community members.

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

Therapeutic Recreation Services sends their biggest thanks to 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 15, 2018, 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.

The City of San Diego Parks and Recreation Department, Therapeutic Recreation Services (TRS) in conjunction with Disabled Services Advisory Council, Inc. would like to acknowledge and thank Price Philanthropies (at the discretion of Matthew Hervey) for their generous donation of $5000. This donation could not have come at a better time, due to TRS’s upcoming move to Park de la Cruz in City Heights. The donation will be utilized to purchase adaptive and sensory equipment for our new facility. Thank you Price Philanthropies for enriching the lives of people with disabilities.

Thank you to Lea Labaco who raised over $750 in donations. For Lea’s birthday, she asked family and friends through Facebook for contributions. Her son Joshua has been a part of TRS for over ten years starting with the Kid Zone all the way through Social Motion Club.

DSAC & TRS would like to thank everyone who contributed and participated in this year’s Best of the West Quad Rugby Tournament. A special thanks goes to our volunteers, donors, and sponsors. Congratulations to our local team, Sharp Edge, for winning the 2018 championship!

Thank you,
Best of the West

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 non-profit advisory organization to Therapeutic Recreation 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. Meetings are held at 6:00 p.m. on the 2nd Wednesday of each month in room 1 at the War Memorial Building (agendas and minutes are posted in room 6). January Election results are as follows: Deatriz Cook, Chair; Meagan Nunez, Vice Chair; Shirley Hesche, Secretary; Anita Paredes, Treasurer; Board members include Peter Ballantyne, Renee Cookson, Kurt Farrington, Richard Gilbert, Eleanor Tamayo, Betty Templeton, Cecily Thomson-Steeves, Dallin Young; General member is Albert Pruitt.

Funds from DSAC’s GoFundMe page will be utilized to purchase wish-list items that are listed in the GoFundMe comments section. TRS and Senior Services is in the process of moving our main headquarters to a newly renovated Park de la Cruz facility in City Heights. We are asking your help in giving ideas of wish-list items you would like in our new facility. Please leave ideas in the comment section of what pieces of equipment or items that you would like to see being provided or offered. Donate at:

www.gofundme.com/Winter-office-fundraiser

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

Here are some easy ways to donate that cost you nothing!

**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](http://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 into [www.food4less.com](http://www.food4less.com) or [www.ralphs.com](http://www.ralphs.com) and click “sign in"
2. Enter your email address and password, then click on “my account” in 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 your organizations name, Disabled Services Advisory Council

Remember to update after September first each year!
Summer Camps

registration for summer camps begins
SATURDAY, MARCH 2 at 10:00 a.m.

Registration may be done online or at the WMB from 10:00 a.m. - 2:00 p.m. 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 – No transactions fees will be refunded. Full refund of the registration fee, will be given with 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 $200, including a $2 transaction fee

Camp at the Bay
Monday-Friday, July 8-12, 9:30 a.m. to 3:00 p.m.
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: 59561
LEADER: Nick Hurd

Kid Zone Adventure Camp
Monday-Friday, July 22-26, 9:00 a.m. to 3:00 p.m.
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 South Clairemont Recreation Center (3605 Clairemont Dr.)

CODE: 59461
LEADER: Gerald Cunanan

Camp Wet n’ Wild
Monday-Friday, August 5-9, 10:00 a.m. to 3:00 p.m.
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: 59679
LEADER: Juan Razo

Inclusion Support

Other day camp opportunities are available for children ages 3-12 at City of San Diego Parks and Recreation centers. Go to 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 22-27, 9:00 a.m. to 4:00 p.m.
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 available for children with adult supervision. Direct supervision is not provided.

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**Self Expression Through Art**

Fridays, 3:00-4:00 p.m. at the War Memorial Building

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 without judgment or criticism. Just enjoy! Meet at 3325 Zoo Dr., 92101, room 3.

**COST:** FREE

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See Pedal to the Park information below($25)

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**Tandem Bike Ride**

Saturdays, 10:30 a.m.-12:30 p.m.

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

**COST:** $25.00

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**Picnic at the Park & Padres Game**

Sunday, May 19, 11:00 a.m.-4:00 p.m.

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 p.m. to see the Padres take on the Pittsburg Pirates! Game starts at 1:10 p.m. 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.**

**CODE:** 58611  **COST:** $25.00

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**Pedal to the Park**

Sunday, May 19, 9:00 a.m.-5:00 p.m., from War Memorial Building to Petco Park

Join us as we ride bikes to Petco Park to watch the Padres take on the Pittsburgh Pirates. Meet at the War Memorial Building (WMB) (3325 Zoo Dr., 92101) and ride bikes through an eight mile scenic route, stopping at the picnic on the way. After the game, we will ride back to the WMB for pickup. You may bring your own bike. Limited amount of bikes available.

Please call (619) 525-8247 to reserve a bike. Game starts at 1:10 p.m.

**CODE:** 58907  **COST:** $25.00

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$2 transaction and credit card fees will apply at checkout.
Spring Fling Dance  
Friday, March 15, 10:00 a.m.-1:00 p.m.  
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.  
**COST:** $2.00 **at the door**  
no online registration

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San Diego Zoo Tickets  
Sunday, April 14  
Meet at the War Memorial Building to pick-up your tickets between 9:30 and 10:30 a.m. Direct supervision is not provided. Once you pick-up your tickets you are on your own.  
**Last day to purchase tickets is April 5.**  
**CODE:** 59144  
**COST:** $15.00

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Talent Show  
Friday, April 19, 6:00-9:00 p.m. at the War Memorial Building (3325 Zoo Dr.)  
Sign up to perform or cheer on your friends! Light refreshments provided. **If you wish to perform, please call (619) 525-8247 to register by Monday, April 15th.**  
**COST:** $3.00 **at the door**  
no online registration

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Strikeforce Bowling League  
Saturdays, 10:00 a.m.-12:00 p.m.  
3/2, 3/16, 4/6, 4/20, 5/4, 5/18, 6/1, 6/15  
Ready for a striking great time with 10-pin excitement? This eight session league just keeps rolling forward, followed by an awards banquet on Saturday, June 22. Cost includes two games per date, shoe rental, and awards banquet for team members (guests are an extra fee). **Everyone is welcome, regardless of skill level. No direct supervision provided.** Individuals will be placed on a team. Located at Kearny Mesa Bowl (7585 Clairemont Mesa Blvd.). No money will be taken at bowling. **Register by February 27.**  
**CODE:** 57505  
**COST:** $85.00  
$15 bowling shirt

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Laugh Hour  
Wednesdays, 11:00 a.m.-12:00 p.m.  
at the War Memorial (3325 Zoo Dr.)  
Experience the many benefits of laughter. **Open to all ages and abilities! No direct supervision provided.**  
no online registration  
**COST:** FREE

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$2 transaction and credit card fees will apply at checkout.
All Family Camping
May 4-5
Saturday 5:30 p.m.– Sunday 11:00 a.m.

TRS families and independent campers are welcome to join us for our annual TRS camping trip at beautiful Mission Trails. Meet at the Kumeyaay Lake Campground at the Mission Trails Regional Park (Two Father Junipero Serra Trail). Meet at 5:30 p.m. to check into the campsites, hike starts around 6:30 p.m. Cost covers campsite, dinner, s’mores, a light breakfast and a ranger-led hike! Campers will need to bring their own camping supplies.

Don’t miss this exciting opportunity!

Direct supervision is not provided.

Please call (619) 525-8247 for more information.

CODE: 59524
COST: $15.00/person
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

Please note: first time participants must be accompanied by a parent or guardian.

Spring Adventure
Join us for two days of exciting adventure! Drop off and pickup at South Clairemont Recreation Center (3605 Clairemont Dr.) both days. Bring a sack lunch both days.

Spring Playday
Sunday, April 28, 12:00-3:00 p.m.
Join us for a day filled with arts and crafts, games and an egg hunt! Please bring sack lunch. Drop-off and pick-up at the War Memorial Building.

Code: 58730 | Cost: $7.00

Mission Trails Hike
Saturday, May 4, 1:30-4:30 p.m.
Meet at Mission Trails Visitor Center (1 Father Junipero Serra Trail, 92119) for hiking and exploration fun. Bring a sack lunch.

Code: 58733 | Cost: $5.00

Chollas Lake Playday
Saturday, May 18, 11:00 a.m.-2:00 p.m.
Join us for a day of hiking, gardening, scavenger hunting, and more at the lake! Bring a sack lunch. Drop-off and pick-up at 5805 College Grove Drive, 92115.

Code: 58732 | Cost: $7.00

Boomers
Sunday, April 7, 12:00-3:00 p.m.
Meet us at Boomers (6999 Clairemont Mesa Blvd, 92111) for games, rides, and mini-golf. Bring a sack lunch.

Code: 58727 | Cost: $20.00

$2 transaction and credit card fees will apply at checkout.
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
Dinner included. Drop-off and pick-up at War Memorial Building (3325 Zoo Dr., 92101).

St. Patrick’s Day
Friday, March 8, 6:00-8:30 p.m.
Don’t forget to wear your green! We will have a leprechaun scavenger hunt, games, and crafts!
CODE: 58736  COST: $5.00

Spring Fling
Friday, April 12, 6:00 p.m.-8:30 p.m.
Spring has sprung! Join us for a night of games and crafts.
CODE: 58738  COST: $5.00

BBQ Cook-Out
Friday, May 10, 6:00 p.m.-8:30 p.m.
Kick off summer early with a cook-out! We will make tie-dye shirts, play games, and more!
CODE: 58953  COST: $5.00

Coronado Ferry
Saturday, April 20, 11:00 a.m.-2:00 p.m.
Meet at the Fish Market (750 N Harbor Dr., 92101). We will take a cruise over to Coronado Island for a picnic at the beach. Bring a sack lunch, or money to purchase food. Space is limited.
CODE: 58739  COST: $10.00

Living Coast Discovery Center
Friday, March 29, 9:00 a.m.-3:00 p.m.
We will take public transit to the Discovery Center to learn about and interact with marine life. Bring a sack lunch. Drop-off and pick-up at War Memorial Building (3325 Zoo Dr., 92101).
CODE: 56802  COST: $20.00

KBC Picnic at the Park
Sunday, May 19, 11:00 a.m.-4:00 p.m.
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 p.m. to see the Padres take on the Pittsburg Pirates! Game starts at 1:10 p.m. 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.
CODE: 58740  COST: $25.00

$2 transaction and credit card fees will apply at checkout.
This group, for adults with a cognitive impairment, 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
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)

PJ & Movie Night
Wear your pajamas and come watch a movie!
March 8: Carmel Mountain Recreation
10152 Rancho Carmel Dr., 92128
CODE: 58612
March 22: War Memorial Building
3325 Zoo Dr., 92101
CODE: 58613

Western Night
Yeehaw! Giddy up for a night of cowgirls and cowboys having a boot-scootin’ good time!
April 12: Carmel Mountain Recreation
CODE: 58614
April 26: War Memorial Building
CODE: 58615

Disney Night
It’s almost the happiest place on earth! Come enjoy Disney themed games and fun.
May 10: Carmel Mountain Recreation
CODE: 58616
May 17: War Memorial Building
CODE: 58617

Rockin’ Jump Neon Night
Sunday, March 10, 5:30-8:00 p.m.
Wear your best neon clothes & have a good time neon glow jumping! Cost includes 2 hour jumper party and grip socks. Bring a sack dinner. Drop-off & pick-up at 8190 Miralani Dr., 92126.
COST: $20.00
CODE: 58618

Talent Show
see page 9

Picnic at the Park
see page 8

$2 transaction and credit card fees will apply at checkout.
This club, for adults with cognitive impairments or brain injuries, is designed to promote independence as members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the “buddy system” on outings. Members are required to attend club meetings on a regular basis in order to attend outings. New members must sign up and attend a club meeting, and meet with Aly one on one, before attending an outing. Minimal staffing is provided at club functions.

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

Meetings
Fridays, 6:00-9:00 p.m.

Join us at the War Memorial Building for an evening of dinner and activities. **If you are a new member, please set up an interview appointment prior to the meeting by calling Aly at (619) 236-7755.**

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

**Hollywood**
March 1
Come enjoy a night filled with fun, awards, and smiles for the paparazzi!

**CODE:** 58607

**Health & Fitness Night**
April 5
Get ready to learn more about health and fitness, & to burn some calories!

**CODE:** 58608

**Fiesta Night**
May 3
Happy almost Cinco de Mayo! Let’s have a fiesta!

**CODE:** 58609

Bowlero
Tuesday, March 12, 6:00-9:00 p.m.

Grab your bowling shoes and get ready for a fun night of bowling and arcade games! **Bring $15 for bowling (includes shoe rental), and extra money for arcade and dinner.**

Drop-off and pick-up at 845 Lazo Ct., 91910, Chula Vista

**CODE:** 58610 **COST:** See Above

Staycation
Friday, May 31 - Saturday, June 1

Enjoy an awesome getaway swimming, relaxing, and having fun at the Bahia Resort in Mission Bay! This trip is made possible through your snack bar fundraiser sales! You must have attended at least 3 Club meetings in 2018-2019 to be eligible. **Staff will be NOT be present from 10:00 p.m. 5/31-9:00 a.m. 6/1.** More information upon registration. Space is limited.

**CODE:** 59163 **COST:** $100.00

**Picnic at the Park**
see page 8

$2 transaction and credit card fees will apply at checkout.
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, day treatment programs, board and care facilities, and drop-in centers are welcome to attend. Direct supervision is not provided.

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

Social Connections
Thursdays, 2:30-5:00 p.m.
We meet the first Thursday of the month at the War Memorial Building (3325 Zoo Dr., 92101). This is a wonderful opportunity to make new friends and socialize. Call (619) 525-8247 to register by the Wednesday prior to the activity. No online registration.

COST: $4.00 at the door

St. Patty's Day Celebration
March 7
Celebrate St. Patrick’s Day with friends by creating fun crafts, testing your luck with casino games, and enjoying a baked potato bar and dessert. Wear green!

CODE: 58603

Spring & Earth Day Celebration
April 4
Let’s celebrate the end of winter & arrival of spring by creating recycled crafts, playing lawn games, and enjoying a barbecue!

CODE: 58604

Cinco de Mayo
May 2
Join us as we honor our region’s Mexican heritage by participating in crafts, games, and festivities inspired by the rich culture of Mexico. We will build our own tacos for dinner and enjoy dessert!

CODE: 58605

Softball League
Morley Field
(2221 Morley Field Dr., 92101)
Wednesdays, 10:00 a.m.-1:00 p.m.
3/6, 3/20, 4/3, 4/17, 5/1, 5/15, 5/29, 6/12

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 27. Mandatory coaches meeting at 9 a.m. on March 6 at Morley Field. The awards barbecue will be on June 19. More details will be available in the summer calendar.

Questions? Contact Juan at (619) 525-8247

CODE: 57511 COST: $50.00 team $5.00 person

$2 transaction and credit card fees will apply at checkout.
Stadium Golf Driving Range
Thursday, March 21, 12:00-2:30 p.m.

Join us for an afternoon of fun at Stadium Golf driving range (2990 Murphy Canyon Rd., 92123). Meet outside the golf shop at 12:00p.m. Bring water, snacks, and sun protection. Brand new golfers and golfers with experience are welcome. All levels are invited to join us. Golf clubs are available to use, or you may bring your own. Register online or call (619) 525-8247 to sign up by Friday, March 15. Limited spaces available.

CODE: 58601 COST: FREE

San Diego Zoo
Thursday, April 18, 11:00 a.m. -3:00 p.m.

Grab your friends, a sack lunch, and a camera as we enjoy the sights and sounds of the exotic animals at the world-famous San Diego Zoo. Meet at the War Memorial Building at 11a.m. to walk over to the zoo as a group. You must enter the zoo with the group, as individual tickets won’t be provided. Register online or in person no later than Friday, April 12. Limited spaces available.

CODE: 58602 COST: $15.00

Picnic at the Park
see page 8

$2 transaction and credit card fees will apply at checkout.
Adaptive programs, designed for individuals with physical disabilities, 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
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.

Saturdays, 10:00 a.m.-12:30 p.m.  
CODE: 58971
COST: $25.00 / 6 week program  ●  $8.00 with own bike

March 16
North Crown Point Shores
3791 Corona Oriente Rd., 92109

March 30
Glorietta Bay Park (Coronado)
1845 Strand Way, 92118

April 13
Liberty Station
NTC Park; corner of Dewey Rd. and Cushing Rd., 92106

April 27
De Anza Cove
2900 N. Mission Bay Dr., 92109

May 11
Mariner’s Basin
2600 Bayside Walk, 92109

May 18
North Crown Point Shores
3791 Corona Oriente Rd., 92109

Golf
Balboa Park Golf Course
(2600 Golf Course Dr., 92102)
Wednesdays, 10:00 a.m.-12:30 p.m.
3/20, 3/27, 4/3, 4/10, 4/17, 4/24

New to golf? Want to improve your swing? Join the Service Members golf program at the Balboa Park course for opportunities to improve your game with a certified golf instructor. This six week session is for all levels and will provide equipment if needed. Spaces are limited. Register by March 15. Contact Nick with any additional questions at nhurd@sandiego.gov.

CODE: 59677  
COST: $60.00 / person
Adaptive programs, designed for individuals with physical disabilities, promote health and fitness by working on increasing cardiovascular endurance, upper body strength, wheelchair mobility skills, and leisure independence in a recreational environment.

All Can Dance on Wheels or Walk!

Thursdays, 10:00-11:00 a.m. (social dancing) & 11:00 a.m.-12:00 p.m. (dance instruction)

5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20

Location to be announced

Dancing is for everyone! Whether you already know how or want to learn, this FREE 8-week dance class is for you! You’ll learn line dancing, cha cha, disco, and more while making amazing new friends and being a part of a great group of people who use a wheelchair, walker, or cane. Able-bodied volunteers are needed to partner with wheelchair dancers. We invite you to try a free class with no obligation, as a volunteer or a dancer, and come back as often as you wish!

For more information, visit:

www.wheelchairdancers.org

Beach Wheelchair

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

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

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

Recovery Games Meetings  
March 27, April 24, May 22  
War Memorial Building (3325 Zoo Dr., 92101)  
10:00 -11:00 a.m.

Help with the development of the recovery games programs, developed theme and give your suggestions. All recovery homes are encouraged to have a representative attend our meetings and give input based on the benefit of the program.

COST: FREE

Table Games Tournament  
Friday, March 15, 5:00-10:00 p.m.  
War Memorial Building (3325 Zoo Dr.)

It's that time again! Show off your skills at our annual Table Games Tournament at the War Memorial Building. Medals will be awarded for each game. We will play pinochle, spades, scrabble, checkers, dominoes, backgammon, chess and connect four. Lighthouse will provide chili for dinner. You must be 18+ to attend.

To register, or if you have any questions, call (619) 525-8247.

CODE: 59126  
COST: $5.00

3 on 3 Basketball Tournament  
Monday, April 15  
9:00 a.m.- 1:00 p.m.

Ready to hoop it up? We are hosting our annual 3 on 3 Basketball Tournament at Municipal Gymnasium (2111 Pan American Plaza, 92101). The tournament will be double elimination, with men's and women's divisions. A trophy will be awarded to the top three teams of each division. There will also be a 3-point contest with medals for the top three shooters.

CODE: 59140  
COST: $15.00/ team

Spaghetti Dinner  
Saturday, March 23, 6:00-8:00 p.m.  
War Memorial Building (3325 Zoo Dr., 92101)

Turning Point is hosting their annual Spaghetti Dinner and you are invited! For more information and to register please call (619) 233-0067. This is a TRS Co-Sponsor activity.

COST: $10.00

Banner Contest  
Wednesday, May 8,  
10:00 a.m.- 2:00 p.m.

Join us for banner making as we celebrate recovery at Morley Field (2221 Morley Field Dr., 92104). Every house/organization is invited to attend with a 4ft by 6ft banner with this year’s theme represented on it. There will be additional activities to participate in, such as a 40 yard dash, softball throw, 1 mile run, and relay race. This program is free and open to families.

For more information, contact Juan at (619) 525-8247.

COST: FREE

$2 transaction and credit card fees will apply at checkout.
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 the next page for how to get involved!

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

Volunteer of the Quarter: Nicole Denton

After moving to San Diego from NYC, Nicole wanted to commit to something she was passionate about. She came across the City of San Diego website, found TRS, and right away she knew it would be a perfect match. Volunteering with TRS provides her the opportunity to improve her leadership and recreation skills with diverse populations. Volunteerism provides the opportunity for her to make a difference in the community, while gaining experience and facing new challenges. It brings her joy knowing that participants look forward to seeing her at programs. In her free time, Nicole enjoys outdoor recreation such as soccer, hiking, and boxing. We appreciate all of Nicole’s hard work and we are lucky to have her on our team!

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

Whether you are an ongoing volunteer, providing a summer of service or completing and 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
**COMMUNITY EVENTS**

The following agencies provide more leisure & recreation opportunities for all. Don’t miss these great events.

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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.sdwoundedwarriotennis.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

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**San Diego Festival of the Arts**  
June 8-9, 10:00 a.m.-6:00/5:00 p.m. (Sun)  
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

**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. Call (619) 398-2441 or (619) 550-3436 for more information.  
COST: $3.00 / week

**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.  
sd4ea@gmail.com

**Susie’s Dance Party**  
Contact: Susie D’Agostino • (619) 303-4865  
susiedanceparty@aol.com  
Weekly dance parties are held at the Carmel Mountain Recreation Center, Saturdays, 4:15-7:00 p.m.  
COST: $12.00 - $15.00

**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>25 KZ Adventure (Play &amp; Swim)</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.”

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