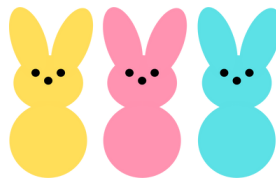




Therapeutic Recreation Services (TRS) SPRING 2025

MARCH | APRIL | MAY



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

Scan here for
online website



3901 Landis Street

San Diego, CA 92105

Office | (619) 525-8247

Email | trsnewsletter@sandiego.gov

www.sandiego.gov/therapeuticrecreationservices



THERAPEUTIC RECREATION SERVICES (TRS)

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

STAFF DIRECTORY

District Manager

Kristi Fenick, CTRS

KFenick@sandiego.gov

Supervising Therapeutic Recreation Specialists

Gerald Cunanan, CTRS

GCunanan@sandiego.gov

Julie Gregg, CTRS

JGregg@sandiego.gov

Therapeutic Recreation Specialists

Taylor Askil

TAskil@sandiego.gov

Nick Hurd

NHurd@sandiego.gov

Haley Marshall

HEMarshall@sandiego.gov

Michael Rodriguez

MichaelR@sandiego.gov

Therapeutic Recreation Leaders/Aides/Interns

• Hunter Akin • Mandy Altura • Alicia Bianchi, CTRS
• Michael Bichler • Brianna Boggs, CTRS
• Addison Bullard • Jamika Canady • Ahmad Curry • Val Domingo • Kira Duffett • Janet Estrada
• Emily Fenick • Jon Garibay • Annalise Gutkowski
• Rosey Heilmann, CTRS • Sienna Huber
• Nicole Jones • Jasper Mills • Lucia Montiano, CTRS • Maria Montiel • Monica Olivan • Victor Ortiz
• Cheryl Pawlak, CTRS/RTC • Alex Sandejas
• Courtney Sato • Jennifer Stevenson
• Alex Valencia • Judy Wang

AgeWell Services Staff/Interns

• Carmen Coutee • Lauren Davis • Morgan Furr
• Mo Haghdan • Tyler Harris • Mai Kawaguchi
• April Jackson • Irma Lara • Sean Lee
• Skyler Lemire • Mark Leo • Rashawnda McDonald • Sharon Moninger • Rafael Padilla

PDLC Gymnasium Staff/Interns

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

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Where to Start/Online Registration

Spring Registration starts **February 15** at 10:00am

Steps to register on SD Rec Connect

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

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

Payment Process

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

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

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

Refund Policy

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

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

Scholarship Procedure

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

Announcements

Farewell, Emily!

Emily's internship is concluding at the end of May. Her smile and enthusiasm at all our programs will be missed. We wish her best of luck as she continues to pursue her degree to be a Speech-Language Pathologist.



Congrats, Nick!

Nick and his wife, Rachel, welcomed their baby girl, Harper Ann Hurd, on January 7th.



Staff Spotlight: Maria Montiel

Why did you want to work at TRS?

I decided to work at TRS after volunteering in 2019 and experiencing firsthand what the program is all about. It's very rewarding to witness participants achieve their goals, try new activities, and have fun with their friends and peers. Being a part of that journey is truly fulfilling!

What has been your favorite moment?

There are so many! Recently, one of my favorite moments was seeing my Yummy Meals participants complete 11 dishes in a single class. It was incredibly rewarding to watch them feel proud of their finished dishes and have the opportunity to serve a delicious meal to DSAC, all made by their own hands.

Favorite hobby outside of work?

Crafting, coloring, and more recently, embroidery. I enjoy any activity that allows me to express my creativity. Additionally, I love practicing yoga during my free time to relax and stay balanced.

Fun fact about yourself?

I own a craft shop called Love Fern Crafts. "Love Fern" is a nickname my family has for me, and I chose this name as a tribute to them for always inspiring me and encouraging me to pursue my dreams.



Park de la Cruz Community Park

Community Center Hours

3901 Landis Street, 92105

Phone: (619) 525-8247

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

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

Gymnasium Hours

3911 Landis Street, 92105

Phone: (619) 516-3141

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

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

Closed March 31st and May 26th in observance of City Holidays.

Recreation Room

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

Sensory Room

Sensory room reservations are available Mondays, Wednesdays, and Thursdays from 9:00am - 4:00pm, Tuesdays and Fridays from 9:00am - 1:00pm, and Saturdays from 10:00am - 3:00pm. **Must have an assessment on file, orientation, and reservation prior to use.** Room is subject to availability. Please call (619) 525-8247 to make a reservation.

Fitness Center

The fitness center has various free weights, cardio machines, and adaptable equipment.

Must be 18 years or older. No direct supervision provided. Fitness center is open during community center hours. Register onsite.
REGISTRATION:

\$15 for TRS & AWS Participants

\$25 per quarter for Community Members

Computer Lab

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

Serving Seniors

Monday - Friday | 12:00 - 1:00pm

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

PDLG Gymnasium Open Play Sports Pickleball

Tuesdays | 12:30 - 2:30pm

Thursdays | 10:00am - 12:00pm

REGISTRATION: FREE | Drop-in program
Futsal

Thursdays | 6:00 - 8:30pm

REGISTRATION: FREE | Drop-in program
Walk-ins welcome! For program information, visit the gym website (listed above) or call (619) 516-3141.

BOWLING/SPECIAL EVENTS



Strikeforce Bowling League

Select Saturdays | 9:30 – 11:30am

February 22 | March 8, 22 | April 5, 19 |
May 3, 17, 31 | June 14, 28 | July 12 (Banquet)

Led by Michael

Calling all Strikeforce players! Join us for our 10-week bowling league adapted for all skill levels at Parkway Bowl (1280 Fletcher Parkway, 92020). Cost includes shoe rental, 2 games per date, and an awards banquet for team members (extra for guests). **Program is for individuals ages 16 and older. No direct supervision provided. Call Michael at (619) 525-8247 for more information.**

REGISTRATION: \$85 | CODE: 119091



Spring Fling Dance

Friday, March 14 | 11:00am – 2:00pm

Led by Taylor

Let's spring our way to the dance floor! Located at Balboa Park Club (2150 Pan American Way, 92101). **No direct supervision provided. You must be 16 years or older to attend.** Lunch is not provided. Snacks available for purchase. Register by March 12th online or RSVP by calling (619) 525-8247.

REGISTRATION: \$2 | CODE: 120816



Race for Autism

Saturday, April 12



Join the Race for Autism Superhero 5k run/walk with your friends and family! Find race info and register online at <https://www.raceforautism.org>. Join our team when registering with team name TRS Titans. **No direct supervision provided.** This is not a TRS event, so scholarships do not apply to registration fees.

Talent Show

Saturday, April 19

5:00 – 8:00pm

Led by Taylor



Sign-up to perform or cheer on your friends at the Recital Hall (2130 Pan American W Rd, San Diego, 92101). Light refreshments will be provided.

Performers, please contact Taylor Askil at TAskil@sandiego.gov or (619) 525-8347 to RSVP by April 12th. No direct supervision provided. You must be 13 years or older to perform.

REGISTRATION: \$4 | CODE: 120817



Egg Hunt

Saturday, April 12 | 11:30am – 1:30pm

Led by Haley

Join us for our annual Egg Hunt held at the Park de la Cruz softball field (3911 Landis St, 92105). This is a family and friends' event. All ages are welcome.

No direct supervision provided.

REGISTRATION: FREE | CODE: 120773

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

GARDEN PROGRAMS



Green Thumb Club

Select Thursdays | 10:00 - 11:00am

March 13 | April 10 | May 8

Led by Haley



Get involved with our program garden by joining the Green Thumb Club! This activity is for all ages. **No direct supervision provided. Guardian must attend if supervision is needed.**

REGISTRATION: \$5 for the quarter CODE: 120774



Garden to Table Meals

Select Tuesdays | 9:30 - 11:30am

March 25 | April 22 | May 20

Led by Haley/Maria

Let's use our garden harvest to make a meal to share! This activity is for all ages. **No direct supervision provided. Guardian must attend if supervision is needed.**

REGISTRATION: \$15 for the quarter CODE: 120775



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Harvest Ball

Save the Date

Saturday, November 1, 2025

Bahia Resort Hotel

998 W. Mission Bay Dr.

Fundraising

See our GoFundMe to donate.

The more money raised, the more affordable the price will be to our participants. Please share with your friends and family!



Registration starts May 10, 2025



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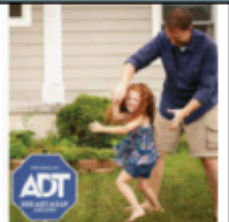
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Disabled Services Advisory Council-City of San Diego Therapeutic Recreation Services

B 4C 05-1323

SUMMER CAMPS

Summer camp registration begins March 1st at 10:00am

Registration must be done at Park de la Cruz Community Center during office hours (see page 5) or online (see "Online Registration" on page 3). **Space is limited. Enrollment is limited to one camp per participant. If you are interested in attending a second camp, or camp is full, join the waitlist.** Participants will be pulled from the waitlist if spots become available. Camp forms and information will be mailed upon registration. Partial scholarships for all TRS camps are available to those who demonstrate a need (see "Scholarships" on page 3). 2025 scholarship forms must be on file with TRS. Camper must have a current assessment completed prior to the first day of camp. Camp refund policy— Full refund (minus 3.56% processing fee) 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 refund for less than 48 hours from the start of camp.



Kid Zone Adventure Camp

June 23 – 27 | 10:00am–3:00pm

Led by Haley



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, admission to field trips and transportation costs. Camp meets at Park de la Cruz Community Center, unless specified otherwise. **We will have a field trip to Cinepolis in Vista on the Friday of camp. If your child is unable to remain inside the theater, we offer a four-day camp option at a lower cost when registering.**

REGISTRATION: \$210 | CODE: 120776



Camp at the Bay

July 7 – 11 | 10:00am–3:00pm

Led by Michael



Campers ages 13 to adult, with any disability, will experience adaptive water activities, crafts and more. Siblings and friends are welcome to attend. Camp meets at Bonita Cove (1100 W Mission Bay Dr, San Diego, CA 92109).

REGISTRATION: \$210 | CODE: 121149



Camp Wet n' Wild

July 21 – 25 | 10:00am – 3:00pm

Led by Taylor



Campers ages 13 to adult, with any disability, siblings and friends will enjoy surfing, games, crafts, and more. Meet at Mission Point Park (2600 Bayside Lane, 92109).

REGISTRATION: \$210 | CODE: 121084

Junior Adaptive Sports Camp

July 21 – 25 | 9:00am – 3:30pm

This TRS co-sponsored camp is for ages 4-18 who have a physical impairment. Enjoy learning various wheelchair sports taught by trained athletes. **Please contact Angel City Sports at (319) 331-5448 for camp fees and more information. Registration for this camp is done through Angel City Sports.**



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

Park de la Cruz Weekly Programs

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

Monday Movie Magic

Select Mondays | 5:30 - 7:30pm

March 10 | April 14 | May 12

Led by Alicia and Jon



Laugh with your friends during movie nights at Park De La Cruz. This program is for ages 13 and up. **No direct supervision provided. Anyone requiring direct supervision must attend with a guardian.**

REGISTRATION: FREE | CODE: 121096



Art in Action

Select Tuesdays | 10:30 - 11:30am

March 4, 18 | April 1, 15, 29 | May 13, 27

Led by Maria & Brianna

Let's get creative! Our goal is to make unique and personalized art. **Program is for individuals ages 16 and older. No direct supervision provided.**

REGISTRATION: \$10 | CODE: 120909



Yummy Meals on a Budget

Select Wednesdays | 4:00 - 6:30pm

March 12, 26 | April 9, 23 | May 14, 28

Led by Maria

Come learn to plan and make budget friendly meals while practicing kitchen safety. **Program is for individuals ages 16 and older. No direct supervision provided.** The second Wednesday of every month we will be cooking for the Disabled Services Advisory Council.

REGISTRATION: \$30 | CODE: 120827



Fun with Friends

Select Wednesdays | 11:30am - 12:30pm

March 5, 19 | April 2, 16, 30 | May 7, 21

Led by Tina

Play games, engage in exciting adaptive sporting activities, and enjoy artistic and social recreation activities with friends old and new! **Program is for individuals ages 16 and older. No direct supervision provided.**

REGISTRATION: FREE | CODE: 121347



Self-Expression Through Art

Fridays | 2:00 - 4:00pm

Volunteer Led by Michael T. & Joan

Express images hidden within using paints, colored pencils, markers, or other media without judgement. **Program is for individuals ages 18 and older. No direct supervision provided.**

REGISTRATION: FREE | CODE: 121095



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

Park de la Cruz Weekly Programs

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

Sports Talk

Select Fridays | 3:30 - 5:00pm

March 7, 21 | April 4, 18 | May 2, 16

Led by Michael



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

REGISTRATION: FREE | **CODE: 120812**



Community Service & Lunch

Select Saturdays | 10:30am - 1:00pm

March 22 | April 26 | May 31

Led by Alicia



Help make our neighborhood a more beautiful place and then enjoy lunch at a local eatery.

Bring money for lunch. Program is for individuals ages 13 and older. No direct supervision provided.

REGISTRATION: FREE | **CODE: 121093**



Famous Artist Factory

Select Saturdays | 1:30 - 2:30pm

March 22 | April 26 | May 31

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

REGISTRATION: \$6 | **CODE: 121094**



Intergenerational Cooking

Saturday, April 19 | 1:30 - 3:30pm

Led by AWS Staff (Tyler)

There's is nothing better than sharing the kitchen with friends and family. Learn a fun, simple meal that everyone can help with in the kitchen. Program is for all ages. **No direct supervision provided.**

REGISTRATION: \$5 | **CODE: 121083**



Shake it up on Saturdays

Select Saturdays | 12:30 - 1:30pm

March 8, 22 | April 5, 19

Led by Maria



Let's shake our way into the weekend! Join us to learn new dances to improve coordination and practice team-building skills. **Program is for individuals ages 13 and older. No direct supervision provided.** Final performance at TRS Talent show on Saturday, April 19th.

REGISTRATION: FREE | **CODE: 120908**



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

KID ZONE (KZ)

Haley Marshall

(619) 525-8248

HEMarshall@sandiego.gov

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

Ages 3-12

Playdays

Have fun with games, crafts, art and more!
Drop-off and pick-up at Park de la Cruz's back outdoor basketball court (3911 Landis Street, 92105). **No day-of registration.**
No cash accepted, card only.

Select Sundays | 11:30am - 2:30pm

March 9: Medieval Playday - CODE: 120768

*No April Playday - See Spring Adventure

May 4: Star Wars Playday - CODE: 120769

REGISTRATION: \$10 per playday



Spring Adventure



Day 1 - USS Midway Museum

Wednesday, April 2 | 10:00am - 3:00pm

Kick-off spring break with a bus ride to visit the USS Midway Museum. Wear comfortable walking shoes and bring a sack lunch.

Drop-off/pick-up at Park de la Cruz.

REGISTRATION: \$20 | CODE: 120771

Day 2 - Encinitas Breakfast for Lunch

Wednesday, April 16 | 10:00am - 3:00pm

Enjoy a Coaster ride to grab lunch at the 101 Diner (cost for food is included).

Drop-off/pick-up at Washington Square (2767 San Diego Ave, 92110) in Old Town.

REGISTRATION: \$25 | CODE: 120772



Fleet Science Center

Saturday, March 15 | 9:00 - 11:30am

Become a scientist for a day at the Fleet!
Please send a sack lunch. Drop-off at the entrance of the Fleet Science Center (1875 El Prado, 92101) and pick-up at Pepper Grove Park (map included with reminder email).

REGISTRATION: \$5 | CODE: 120770

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

KID ZONE (KZ)

Haley Marshall

Ages 3-12

San Diego Mojo Volleyball Game

Saturday, May 3 | 5:00 - 8:00pm

Bump, set, spike! Come out with family and friends to cheer on San Diego's professional women's volleyball team. Please register under one participant's name and select how many tickets you would like. Held at Viejas Arena in SDSU (5500 Canyon Crest Dr., 92182). **This is a family and friends' outing. No staff supervision will be provided.**



REGISTRATION: \$25 | CODE (KZ): 120779



See page 9 for info on
Kid Zone Adventure Camp.



Registration opens March 1 at 10am

Inclusion Support

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

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



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KICK BACK CLUB (KBC)

Ages 13-17

Taylor Askil

(619) 236-7771

TAskil@sandiego.gov

This group for teens is designed to foster social skills, increase leisure opportunities, and create friendships in an age-appropriate environment, while enhancing developmental needs.

Register early, space is limited. Must have an assessment on file.


See pages 6-7 for more opportunities that include special events, dances, and garden programs, page 9 for summer camps, and pages 10-11 for weekly programs.

Meetings

We will have games, crafts, and more! Meetings are held at Park de la Cruz Community Center (3901 Landis Street, 92105).

Select Fridays | 5:30 - 8:00pm


March 21 | Happy St. Patrick's Day  **CODE: 120818**

April 18 | TRS "The Voice"  **CODE: 120819**

May 16 | Grillin' and Chillin'  **CODE: 120820**

REGISTRATION: \$10 per meeting

WNDR Museum

 Sunday, March 23 | 9:30am - 2:30pm
Immerse yourself in a journey that awakens creativity, cultivates community, and leaves you wondering what's next. Afterwards, enjoy a picnic lunch at the park (bring a sack lunch). Drop-off/pick-up at 401 K St., 92101.
REGISTRATION: \$5 | CODE: 120826



Spring Adventure



Day 1 - USS Midway Museum

Wednesday, April 2 | 10:00am - 3:00pm

Kick-off Spring Break with a bus ride to visit the USS Midway Museum! Wear comfortable walking shoes and bring a lunch or money for food at Jack-in-the-Box. Drop-off/pick-up at Park de la Cruz.

REGISTRATION: \$20 | CODE: 120787

Day 2 - Encinitas Breakfast for Lunch

Wednesday, April 16 | 10:00am - 3:00pm

Enjoy a Coaster ride to Encinitas! We will be grabbing lunch at the 101 Diner (cost for food is included). Drop-off/pick-up at Washington Square (2767 San Diego Ave, 92110) in Old Town.

REGISTRATION: \$25 | CODE: 120786



San Diego Mojo Volleyball Game

Saturday, May 3 | 5:00 - 8:00pm

Bump, set, spike! Come out with family and friends to cheer on San Diego's professional women's volleyball team. Please register under one participant's name and select how many tickets you would like. Held at Viejas Arena in SDSU (5500 Canyon Crest Dr., 92182). **This is a family and friends' outing. No staff supervision will be provided.**

REGISTRATION: \$25 | CODE (KBC): 120780

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

SOCIAL MOTION CLUB (SMC)

Ages 18+

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

See pages 6-7 for more opportunities that include special events, dances, and garden programs, page 9 for summer camps, and pages 10-11 for weekly programs.

Recreation Nights

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

Central

Led by Nick Hurd

Park de la Cruz (3901 Landis Street, 92105)

Select Fridays | 5:30 - 8:00pm

March 21 | Happy St. Patrick's Day

CODE: [120462](#)

April 18 | TRS "The Voice"

CODE: [120856](#)

May 16 | Grillin' and Chillin'

CODE: [120479](#)

REGISTRATION: \$10 per meeting

North

Led by Michael

Cathy Hopper (4425 Bannock Ave., 92117)

Select Fridays | 5:30 - 8:00pm

March 28 | Happy St. Patrick's Day

CODE: [120463](#)

April 25 | TRS "The Voice"

CODE: [120465](#)

May 23 | Grillin' and Chillin'

CODE: [120481](#)

REGISTRATION: \$10 per meeting

WNDR Museum

Sunday, March 23 | 9:30am - 2:30pm

Immerse yourself in a journey that awakens creativity, cultivates community, and leaves you wondering what's next. Afterwards, enjoy a picnic lunch at the park (bring a sack lunch). Drop-off/pick-up at 401 K St., 92101.

REGISTRATION: \$5 | CODE: [120917](#)



San Diego Mojo Volleyball Game

Saturday, May 3 | 5:00 - 8:00pm

Bump, set, spike! Come out with family and friends to cheer on San Diego's professional women's volleyball team. Please register under one participant's name and select how many tickets you would like. Held at Viejas Arena in SDSU (5500 Canyon Crest Dr., 92182). **This is a family and friends' outing. No staff supervision will be provided.**

REGISTRATION: \$25 | CODE (SMC): [120782](#)

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

INDEPENDENT CLUB (IND)

Ages 21+

Nick Hurd

(619) 236-7772

NHurd@sandiego.gov

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

See pages 6-7 for more opportunities that include special events, dances, and garden programs, page 9 for summer camps, and pages 10-11 for weekly programs.

Meetings

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

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

Select Fridays | 5:30 - 8:00pm

March 7 | Happy St. Patrick's Day

CODE: 120547

April 4 | TRS "The Voice"

CODE: 120548

May 2 | Grillin' and Chillin'

CODE: 120550

REGISTRATION: \$10 per meeting



San Diego Mojo Volleyball Game

Saturday, May 3 | 5:00 - 8:00pm

Bump, set, spike! Come out with family and friends to cheer on San Diego's professional women's volleyball team. Please register under one participant's name and select how many tickets you would like. Held at Viejas Arena in SDSU (5500 Canyon Crest Dr., 92182). **This is a family and friends' outing.**

No staff supervision will be provided.

REGISTRATION: \$25 | CODE (IND): 120782

WNDR Museum

Sunday, March 23 | 9:30am - 2:30pm
Immerse yourself in a journey that awakens creativity, cultivates community, and leaves you wondering what's next. Afterwards, enjoy a picnic lunch at the park (bring a sack lunch). Drop-off/pick-up at 401 K St., 92101.

REGISTRATION: \$5 | CODE: 120918



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

LEISURE SEEKERS

Ages 18+

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

See pages 6-7 and 10-11 for more opportunities, as well as page 3 for scholarship information.

Call (619) 525-8247 if you are interested in participating in a softball league.

Social Connection

This is a wonderful opportunity to make new friends and socialize. Socials are held at Park de la Cruz (3901 Landis St., 92015). Activities and refreshments are provided. Must RSVP by the Tuesday before program date. No cash accepted, card only.

Select Thursday | 2:00 - 4:30pm

March 6 | Luck of the Irish

CODE: 121086

April 3 | Spring is here

CODE: 121087

May 1 | Cinco de Mayo

CODE: 121088

REGISTRATION: \$5 per social

San Diego Mojo Volleyball Game

Saturday, May 3 | 5:00 - 8:00pm

Bump, set, spike! Come out with family and friends to cheer on San Diego's professional women's volleyball team. Please register under one participant's name and select how many tickets you would like. Held at Viejas Arena in SDSU (5500 Canyon Crest Dr., 92182).

This is a family and friends' outing. No staff supervision provided.

REGISTRATION: \$25 | CODE (LS): 120781

Pirates of Penzance

Saturday, March 29 | 1:30 - 4:30pm

Led by Alicia

Enjoy a day at the theater with Gilbert and Sullivan's, Pirates of Penzance. It is a fun-filled comic operetta packed with young love, daring daughter's, footloose pirates and fleet-footed police. Meet at Grossmont College Theatre, Building 22, 8800 Grossmont College Dr. El Cajon, 92920. Please register by March 18 to secure your space.

REGISTRATION: \$12

CODE: 120732



Spring Training

Friday, May 30 | 11:30am - 2:30pm

Led by Alicia

Join our "Spring Training" event where we will do stretching exercises, baseball skills and a baseball game all modified to be safe, successful, and fun! Meet at Park de la Cruz Softball Field. Bring a picnic lunch.

REGISTRATION: FREE | CODE: 121090

Water Safety Class

Friday, April 25 | 11:00am - 1:00pm

Led by City of San Diego Aquatics Staff



Learn how to properly use a life jacket, practice how to get to the side of the pool safely, and learn how to help someone in trouble. Location Swanson Pool (3585 Governor Dr.)

REGISTRATION: FREE

CODE: 121092

Artful Mind

Thursdays | 6:00 - 7:00pm

Volunteer Led by Jessica



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

REGISTRATION: FREE

CODE: 121085

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

CVA/TBI GROUP

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

Pirates of Penzance

Saturday, March 29 | 1:30 - 4:30pm

Led by Alicia

Enjoy a day at the theater with Gilbert and Sullivan's, Pirates of Penzance. It is a fun-filled comic operetta packed with young lovers, daring daughter's, footloose pirates and fleet-footed police. Meet at Grossmont College Theatre, Building 22, 8800 Grossmont College Dr. El Cajon, 92920. Please register by March 18 to secure your spot.

REGISTRATION: \$12

CODE: 120732



Water Safety Class

Friday, April 25 | 11:00am - 1:00pm

Led by City of San Diego Aquatics Staff



Learn how to properly use a life jacket, practice how to get to the side of the pool safely and learn how to help someone in trouble. Location Swanson Pool (3585 Governor Dr.)

REGISTRATION: FREE

CODE: 121360

Spring Training

Friday, May 30 | 11:30am - 2:30pm

Led by Alicia



Join our "Spring Training" event where we will do stretching exercises, baseball skills and a baseball game all modified to be safe, successful, and fun! Meet at Park de la Cruz Community Center.

REGISTRATION: FREE

CODE: 121089

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

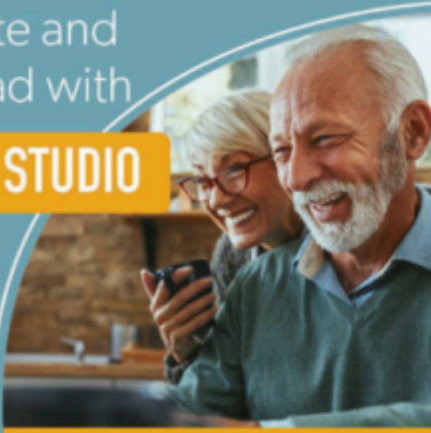
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Disabled Services Advisory Council-City of San Diego Therapeutic Recreation Services

D 4C 05-1323

ADAPTIVE SPORTS (ADP)

Ages 8+

Michael Rodriguez

(619) 236-7755

MichaelR@sandiego.gov

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

See pages 6-7 and pages 9-11 for more opportunities, as well as page 3 for scholarship information.

Dynamic Inclusive Dance Wednesdays | 10:00 – 11:00am Volunteer Led by Jason Rivers

Wednesday dance class sessions are open to standing and seated people of all abilities. Come learn the basics of a variety of dance styles including the Cha Cha, Rumba and Foxtrot. When time permits, line dancing is included. We have customized wheelchairs for those using a walker, cane or power wheelchair. Nothing should stop someone from learning the joy of dance. Meet at PDLC Gymnasium. (3911 Landis St., 92105).

REGISTRATION: FREE | **CODE: 120814**

Wheelchair Basketball Open Gym Wednesdays | 5:30 – 8:15pm Saturdays | 1:00 – 5:00pm Volunteer Led by JT (Roll to Success)

This program will teach fundamentals, skills, and drills of playing wheelchair basketball to those 8 years and older with physical disabilities. Meet at Park de la Cruz Gymnasium. Please contact Michael two days prior to attending if you will need to borrow a sports wheelchair.

REGISTRATION: FREE | **CODE: 120815**



Adaptive Fitness

Tuesdays & Thursdays | 1:00 – 2:30pm
Volunteer Led by Jaime (Roll to Success)

Get your workout on in our new instructor-led adaptive fitness program! This program is **for individuals with a physical impairment with intermediate gym knowledge**. This is a **non-supervised** program. Anyone requiring support must bring an aide. Ages 16 and up at PDLC (3901 Landis St., 92105).

REGISTRATION: FREE | **CODE: 120813**



Wheels

Select Saturdays | 11:00am – 1:30pm
March 1, 15, 29 | April 26 | May 10, 24
Led by Michael

Bring or borrow numerous wheeled devices to enjoy the day with your peers. Whether you want to ride a handcycle or tandem bike, if you have roller skates, a skateboard, or even if you want to roll with your wheelchair, come enjoy the outdoors on a safe and secure bike path. The Wheels program is a fun way to meet people and explore San Diego, while building strength and endurance. Look for the City of San Diego truck with wooden gates on the back for where the group is. **Locations TBD.**

REGISTRATION: \$15 | **CODE: 120811**

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

CO-SPONSORED PROGRAMS

Sports for Exceptional Athletes **Volunteer led by S4EA Coaches**

S4EA is a sports program serving athletes with developmental disabilities. A \$20 donation per season to S4EA is requested. For more information contact Walter Jackson at (858) 565-7432 or sds4ea@gmail.com.

Park de la Cruz – Basketball & Pickleball

Mondays | 5:30 – 8:30pm

March 17 – May 5

Ages 5 – adults

CODE: 121340

Kearny Mesa Gym – Junior Open Sports

Thursdays | 4:00 – 5:30pm

March 20 – May 8

Ages 5 – 18

CODE: 121341

Strength Training

Mondays | 8:30 – 9:30am

Wednesdays | 8:30 – 9:30am

Volunteer led by RT (Wounded Warriors)

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

Drop-in program

Deaf Seniors Club

Wednesdays | 10:00am – 3:00pm

Volunteer led by Richard and Cheryl

Senior who are deaf or hard of hearing or children of deaf adults are invited to join this social group! American Sign Language (ASL) is primarily used. Text (619) 851-0850 or video call (619) 259-5049 for more information.

Drop-in program

Access 4 All – Technology Program

Mondays | 9:30am – 12:00pm

Led by SDFF staff at PDL C

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

REGISTRATION: FREE Drop-in program

Digital Navigators

Tuesdays | 9:00am – 12:00pm

Thursdays | 9:00am – 12:00pm

Volunteer led at PDL C

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

Drop-in program



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

BEACH WHEELCHAIR PROGRAM



Take a free ride on our beach wheel 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 *

January - February: (CLOSED)

March - April

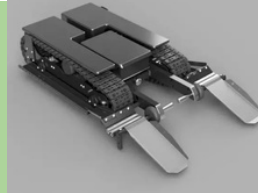
- Fri, Sat, Sun: 11:30am - 3:30pm

May - October

- Mon-Sun, Closed Tuesdays:
11:30am - 3:30pm

November - December

- Fri, Sat, Sun: 11:30am - 3:30pm



Freedom Trax will soon be available to borrow at our Mission Beach location. This device allows users to use their own personal wheelchair on the beach. Please call for more information.

Access Trax are **now available** to borrow at Mission Beach. These durable, lightweight, and portable mats allow easier access throughout the beach.

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

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

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VOLUNTEER CORNER

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

Requirements

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

Qualifications

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

Volunteer of the Quarter: CJ Tessmer

How did you first get involved with TRS? Through Point Loma Nazarene University's disability ministry, AGAPE.

What is your favorite memory so far? Being completely outclassed by the participants at the haunted trail who have a way higher fear tolerance than I do!

Fun Fact about CJ: I won the Highlands Ranch Mutton Bustin' championship when I was 6 years old.



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

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



DSAC meets on the 2nd Wednesday of each month (excluding July and August) at 6:00 pm at Park de la Cruz (3901 Landis St., 92105). DSAC is a non-profit advisory organization to Therapeutic Recreation and AgeWell Services. Their purpose is to offer support and promotion of quality activities, provide public relations and fundraising/scholarship support. The board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested individuals. The 2025 DSAC election results are as follows: Eleanor Tamayo (Chairperson), Nancy Ciullo (Vice Chairperson), Jeanette Alden (Treasurer), Megan Nunez (Secretary), Dallin Young (Board Member), Betty Templeton (Board Member), Deatriz Cook (Board Member), Diana Testa (Board Member), and Ally Budoff (General Member). www.dsacsd.org

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

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

Contact Julie Gregg at jgregg@sandiego.gov or (619) 525-8247 for more information.

DONATIONS

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



Leon Produce



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

FUNDRAISING

Ralph's & 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 or 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

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Community Events & Programs

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

Civic Dance...You Can Dance!

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

If you are in need of inclusion support for classes, please see page 13.

**Registration opens Saturday, June 21 at 10am.
Classes begin the week of June 23.**

Classes at Park de la Cruz (3901 Landis Street, 92105) are scheduled for Tuesdays from 4:45 - 7:15pm. Classes include: Pre-Ballet, Beg Ballet 1A, Beg/Adv Beg Ballet 1B/2A, Pre Hip Hop and Beg Tap 1A. Summer dance classes are visible on SDRcConnect on May 9 with registration opening Saturday, June 21 at 10am, and classes beginning the week of June 23.

Stars Acting Workshop

Summer Golden | (619) 647-4958

zgolden1@cox.net

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

www.northparkvaudeville.com

Driving Simulator

Ryan F. | (619) 704-2430

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

Infant/Toddler Brain Dance Class

Tuesdays | 10:00 - 11:30am

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

SoCal Special Olympics

Lynne Allen | (619) 704-3343

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

www.sosc.org/sandiego

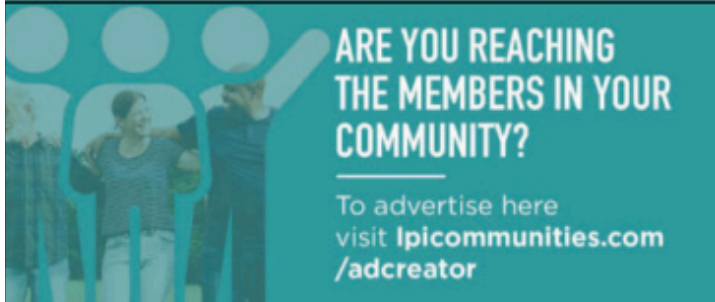
iCan Bike San Diego

Kim Sullivan | bikecampsd@gmail.com

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

www.icanbikesd.org

MARCH						
SUN	MON	TUES	WED	THURS	FRI	SAT
						1 Wheels WC BBall
2	3 SM Strength Training Access 4 All	4 Digital Navigators Adaptive Fitness Art in Action	5 WC BBall / Dance Fun with Friends Deaf Seniors SM Strength Training	6 Artful Mind Digital Navigators LS Social Adaptive Fitness	7 Self-Expression Art Sports Talk IND Meeting	8 Strikeforce Bowling Shake it Up WC BBall
9 KZ Playday	10 SM Strength Training Access 4 All Monday Movie	11 Digital Navigators Adaptive Fitness	12 WC BBall WC Dance Deaf Seniors SM Strength Training YummyMeals	13 Artful Mind Digital Navigators Green Thumb Club Adaptive Fitness	14 Spring Fling Dance Self-Expression Art	15 Wheels WC BBall KZ Fleet Science Center
16	17 SM Strength Training Access 4 All S4EA - PDLC	18 Digital Navigators Adaptive Fitness Art in Action	19 WC BBall / Dance Fun with Friends Deaf Seniors SM Strength Training	20 Artful Mind Digital Navigators Adaptive Fitness S4EA - Kearney Mesa	21 Self-Expression Art Sports Talk SMC/KBC Meetings	22 Strikeforce Bowling Saturdays at PDLC Shake it Up WC BBall
23 WNDR Museum	24 SM Strength Training Access 4 All S4EA - PDLC	25 Digital Navigators Adaptive Fitness Garden to Table	26 WC BBall WC Dance Deaf Seniors SM Strength Training Yummy Meals	27 Artful Mind Digital Navigators Adaptive Fitness S4EA - Kearney Mesa	28 Self-Expression Art SMC Meeting – Cathy Hopper	29 Wheels CVA/TBI & LS Pirates of Penzance WC BBall
30	31 Holiday Observed - Office Closed					



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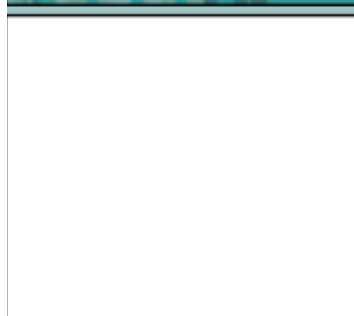


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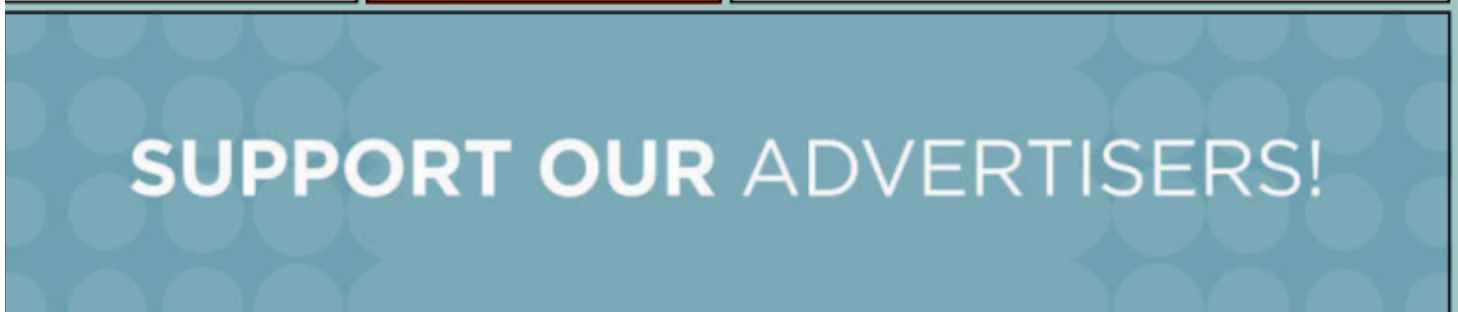


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SUN	MON	TUES	WED	THURS	FRI	SAT
		1 Digital Navigators Adaptive Fitness Art in Action	2 KZ/KBC Spring Adv. WC BBall / Dance Fun with Friends Deaf Seniors SM Strength Training	3 Artful Mind Digital Navigators LS Social Adaptive Fitness S4EA - Kearney Mesa	4 Self-Expression Art Sports Talk IND Meeting	5 Strikeforce Bowling Shake it Up WC BBall
6	7 SM Strength Training Access 4 All S4EA - PDLC	8 Digital Navigators Adaptive Fitness	9 WC BBall WC Dance Deaf Seniors SM Strength Training Yummy Meals	10 Artful Mind Digital Navigators Green Thumb Club Adaptive Fitness S4EA - Kearney Mesa	11 Self-Expression Art	12 Race 4 Autism Egg Hunt
13	14 SM Strength Training Access 4 All Monday Movie S4EA - PDLC	15 Digital Navigators Adaptive Fitness Art in Action	16 KZ/KBC Spring Adv. WC BBall / Dance Fun with Friends Deaf Seniors SM Strength Training	17 Artful Mind Digital Navigators Adaptive Fitness S4EA - Kearney Mesa	18 Self-Expression Art Sports Talk SMC/KBC Meetings	19 Strikeforce Bowling Shake it Up Intergen. Cooking WC BBall Talent Show
20	21 SM Strength Training Access 4 All S4EA - PDLC	22 Digital Navigators Adaptive Fitness Garden to Table	23 WC BBall WC Dance Deaf Seniors SM Strength Training Yummy Meals	24 Artful Mind Digital Navigators Adaptive Fitness S4EA - Kearney Mesa	25 CVA/TBI & LS Spring Training Self-Expression Art SMC Meeting - Cathy Hopper	26 Wheels Saturdays at PDLC WC BBall
27	28 SM Strength Training Access 4 All S4EA - PDLC	29 Digital Navigators Adaptive Fitness Art in Action	30 WC BBall / Dance Fun with Friends Deaf Seniors SM Strength Training			

MAY						
SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Artful Mind Digital Navigators LS Social Adaptive Fitness S4EA - Kearney Mesa	2 Self-Expression Art Sports Talk IND Meeting	3 Strikeforce Bowling WC BBall ALL SD Mojo Outing
4 KZ Playday	5 SM Strength Training Access 4 All S4EA - PDLC	6 Digital Navigators Adaptive Fitness	7 WC BBall / Dance Fun with Friends Deaf Seniors SM Strength Training	8 Artful Mind Digital Navigators Green Thumb Club Adaptive Fitness S4EA - Kearney Mesa	9 Self-Expression Art	10 Wheels WC BBall
11	12 SM Strength Training Access 4 All Monday Movie	13 Digital Navigators Adaptive Fitness Art in Action	14 WC BBall WC Dance Deaf Seniors SM Strength Training Yummy Meals	15 Artful Mind Digital Navigators Adaptive Fitness	16 Self-Expression Art Sports Talk SMC/KBC Meetings	17 Strikeforce Bowling WC BBall
18	19 SM Strength Training Access 4 All	20 Digital Navigators Adaptive Fitness Garden to Table	21 WC BBall / Dance Fun with Friends Deaf Seniors SM Strength Training	22 Artful Mind Digital Navigators Adaptive Fitness	23 Self-Expression Art SMC Meeting - Cathy Hopper	24 Wheels WC BBall
25	26 Holiday Observed - Office Closed	27 Digital Navigators Adaptive Fitness Art in Action	28 WC BBall WC Dance Deaf Seniors SM Strength Training Yummy Meals	29 Artful Mind Digital Navigators Adaptive Fitness	30 CVA/TBI & LS Water Safety Class Self-Expression Art	31 Strikeforce Bowling Saturdays at PDLC WC BBall



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Therapeutic Recreation Services

Parks and Recreation Department

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