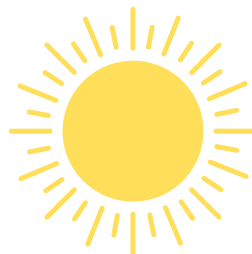




Therapeutic Recreation Services (TRS) SUMMER 2025

JUNE • JULY • AUGUST



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

Scan here for
online website



3901 Landis Street

San Diego, CA 92105

Office: (619) 525-8247

Email: trsnewsletter@sandiego.gov

www.sandiego.gov/therapeuticrecreationservices



THERAPEUTIC RECREATION SERVICES (TRS)

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

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- Rosey Heilmann, CTRS • Sienna Huber
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- Mo Haghdan • Tyler Harris • Mai Kawaguchi
- April Jackson • Irma Lara • Sean Lee • Skyler Lemire
- Mark Leo • Sharon Moninger, CTRS
- Michael Naccarato • Jolee Nieberding
- Rafael Padilla • James Rao
- Niko Rodriguez • Loretta Roiz • Yulonda Seaton
- Angel Jose Segura

PDLC Gymnasium Staff/Interns

- Gustavo Carranza • Joseph Cuevas
- Joe Henry • Clarence Hill • Dajasia Morales
- Salvador Partida • Mauro Ramirez
- Lilyana Theus • James Williams

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Where to Start/Online Registration

Summer Registration starts May 17th 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 PDLC.

Staff Updates



≡Welcome≡ Angela

Angela has recently become a CTRS and is graduating from CSULB with a Master's of Science in Recreation Administration. Her background is in fine arts with a concentration in sculpture. Aside from art, Angela is dedicated to health and wellness. She enjoys climbing, yoga, hiking, kayaking, theater, karaoke, and travel.

Staff Spotlight

Judy Wang



Why did you want to work at TRS?

I'm passionate about service and cultivating community, particularly for people with disabilities. TRS is truly a community like no other, and I wanted to be a part of supporting participants in working toward their individual goals and building meaningful connections with one another.

What has been your favorite moment?

It's hard to choose from so many, but I'd say one great moment was working with a participant at gymnastics. After a year of working with them, I saw that they had gone through all the activities without requiring any prompting or aid from me. I realized they didn't need me there to help them anymore. They had learned from my support and adjusted so much they could do it alone. To me, the most rewarding part of this work is exactly that. Helping people develop the tools that will allow them to feel empowered and achieve their goals.

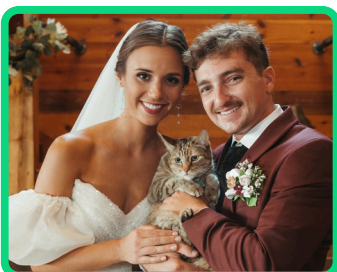
Favorite hobby outside of work?

I enjoy doing various active things, such as working out, playing basketball, pickleball, dancing, and running. Additionally, I am in school for marriage and family therapy and working toward becoming a therapist specifically for people with chronic and terminal illness and disabilities.

Goodbye to Michael, Jasper, Lucia, & Maria



Michael, Jasper, Lucia, and Maria are leaving TRS to pursue other ventures. We wish them all the best! As four wonderful staff, they will be greatly missed.



Park de la Cruz Community Park

page 5

***Hours of operation may change due to staff availability.**

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 June 19th and July 4th 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

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.

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. Register onsite.

PDLC 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.

Annual Department Meeting



Haley received a Heart of Service award for her exceptional dedication to public service to our community, participants and patrons. Yay, Haley!



To nominate a staff for the Heart of Service Award, scan the QR code.



Yummy Meals was awarded for their Outstanding Group Program. Receiving this award was amazing for the leaders of the class, Maria, Alex S., Haley and Taylor!



Harvest Ball was awarded for their amazing work creating a fun event for over 200 participants. Harvest Ball is one of TRS' most popular events.



AgeWell Services was awarded for their Cookies N' Cheer program this last winter. Congratulations to the team!

The Annual Department Meeting is an event where Parks and Recreation staff are recognized for their hard work and excellent programs. Congratulations TRS and AgeWell!

Garden Programs



Seed Swap

Thursday, July 17, 12:30 – 2:00pm

Led by Haley



We will supply various types of seeds and take-home bags, but you may also bring seeds to share. Light refreshments will be provided. This program is for all ages. **No direct supervision provided.**

REGISTRATION: FREE

CODE: 123051

SD County Fair Garden Show

Friday, June 13, 11:00am – 5:00pm

TRS and AWS staff and volunteers will be hosting a booth at the Community Gardens exhibit and presenting on the Garden Show Stage at the San Diego County Fair this summer. See page 12 or Purchase SD Fair tickets at <https://www.sdfair.com> to come out and visit our booth!



Green Thumb Club



Select Thursdays, 9:00 – 10:00am

June 5 | July 31 | August 28

Led by Haley

This program will start earlier during the summer to avoid being in the hot sun. This activity is for all ages. **No direct supervision provided.**

REGISTRATION: \$5

CODE: 123048

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that Support our
Community!



Inclusion Services

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, contact Julie at **(619) 236-7718** or **JGregg@sandiego.gov** (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.**

No inclusion requests accepted the weeks of TRS camps: June 23-27, July 7-11, July 21-25.

sandiego.gov/park-and-recreation/activities



See page 10 for Summer Camps and page 16 for Kid Zone programs.

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Spring Highlights



TRS participated in a demonstration of our new youth sport chairs.



Independent Club had a great time dancing for St. Patrick's Day.



Kick Back Club and Kid Zone enjoyed Spring Break at the USS Midway!



SMC, KBC, IND Club all had a blast at the WNDR Museum.



PDLC's program garden had some smelly but cute visitors!



Garden to Table Meals made delicious gnocchi from scratch.



TRS and AgeWell supported the Race for Autism as the "TRS Titans."



The Easter Bunny surprised us and shared some laughs at our Egg Hunt.



Marcelino treated the female staff for International Women's Day.

SUMMER CAMPS

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. 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. If full, join the waitlist.**

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, 92109). **Camp currently full, join the waitlist.**

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, San Diego, 92109). **Camp currently full, join the waitlist.**

REGISTRATION: \$210

CODE: 121084

Junior Adaptive Sports Camp

July 21 – 25, 9:00am – 3:30pm

This 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.

Summer Nights (KBC/SMC/IND)

Nick Hurd (619) 236-7772

NHurd@sandiego.gov

If program is full and spots become available participants will be pulled from the waitlist.
Join the waitlist if program is full.

Plunge Pool: Thursday, June 5, 6:00 – 9:30pm

Start your summer with a private pool party in Mission Beach. Wear your swimsuit and bring a towel and change of clothes. Dinner provided. Pick-up and drop-off at the round-a-bout between Hamels and the Lifeguard tower (700 Ventura Pl., San Diego, 92109).

REGISTRATION: \$25

CODE: 123148



Movie in the Park: Friday, June 20, 5:30 – 9:00pm

Sit back and enjoy the comedy film "Cool Runnings." Bring a blanket and chair. Pick-up and drop-off at Park de la Cruz Community Center. BBQ dinner will be provided before the movie

REGISTRATION: \$10

CODE : 123150



Karaoke: Thursday, July 3, 4:30 – 8:00pm

Sing your heart out at The Hive. Drop-off at and pick-up at The Hive (4428 Convoy St, San Diego, 92111). **Bring money to purchase dinner at The Hive.**

REGISTRATION: \$15 + MONEY FOR DINNER. CODE: 123151



Bowling: Thursday, July 17, 4:30 – 8:00pm

Let's keep the summer rolling with a fun-filled night attempting to roll strikes at Parkway Bowl (1280 Fletcher Pkwy, El Cajon, 92020). Cost includes dinner.

REGISTRATION: \$30

CODE: 123152



Twilight Concert in the Park: Thursday, July 31, 5:00 – 8:00pm

Enjoy the music of Matt Hill and The Black Spurs as they play Retro Rock and Country. Cost includes dinner. Pick-up and drop-off in front of the Comic-Con Museum (2131 Pan American Plaza, San Diego, 92101).

REGISTRATION: \$10

CODE: 123154



Nighttime Zoo: Thursday, August 7, 4:00 – 8:00pm

The San Diego Zoo comes alive when the sun goes down. **Bring money for dinner or your own sack dinner.** Pick-up and drop-off in front of the War Memorial Building (3325 Zoo Dr, San Diego, 92101).

REGISTRATION:

\$40 per participant (no Zoo pass)

\$10 per participant (w/ Zoo pass)



CODE: 123162

CODE: 123215

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

SPECIAL EVENTS



Sports Festival

Saturday, June 14, 10:00am - 3:00pm

Led by Taylor and Walter (S4EA)

Bring your family and friends to enjoy a fun filled day of sports! **All ability levels and ages welcome. No direct supervision provided.**



REGISTRATION: FREE

CODE: 123073



Movie in the Park

Friday, June 20, 6:30 - 9:30pm

Led by Haley

Bring your family and friends for a showing of "Cool Runnings" across the street from Park de la Cruz at Cherokee Park. The movie will start at sunset (around 7:45pm), but arrive early for games, crafts and more! Please bring lawn chairs/blankets to sit on, and feel free to bring snacks. **This is a family and friends' activity. No direct supervision provided.** Meet at Cherokee Elementary Field (3735 38th St., San Diego, 92105).

REGISTRATION: FREE

CODE: 123040



Welcome to the first-ever

Kid Zone & Kick Back Club Art Show Reception 2024

Please help yourself to some refreshments
and check out the hanging artwork!

KZ & KBC Art Exhibit

Saturday, August 9, 10:00 - 11:30am

Led by Haley & Taylor

Whether you draw, paint, or take photos, we want to display your talent! Drop-off your art between June 20 - July 12. Art will be displayed at Park de la Cruz from July 14 - August 9, followed by a reception on August 9 from 10:00 - 11:30 am. **No direct supervision provided at the art reception. This art show is for Kid Zone (3-12 years) and Kick Back Club participants (13-17 years).**

REGISTRATION:

\$5 to attend/free for artists



CODE: 123037

See page 14 for information on our
end of summer

Family & Friends BBQ!



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



Save the Date for Harvest Ball

Saturday, November 1, 2025

Bahia Resort Hotel

998 W. Mission Bay Dr.

We are excited to announce the annual Harvest Ball will be at the beautiful Bahia Resort Hotel! This evening of dinner and dancing is for participants 18 and older.

More information to come.

Registration starts Saturday, August 16, 2025.



Scan for our
GoFundMe!



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Park de la Cruz Weekly Programs

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



Healing Soul

Select Tuesdays, 10:00 – 11:00am
June 3, 17 | July 15, 29 | August 12, 26

Led by Sienna

Destress and relax in a safe space. We will be learning new ways to calm ourselves in stressful situations. **Must be 18 years or older to participate. No direct supervision provided.**

REGISTRATION: \$10

CODE: 123072



Garden to Table Meals



Select Tuesdays, 9:30 – 11:30am
June 10 | July 1 | August 5

& Saturday, August 16, 9:00 – 11:00am

Led by Haley

Let's use our garden harvest to make a meal to share! This activity is for all ages. Cost of the Family & Friends BBQ is included. **No direct supervision provided.**

REGISTRATION: \$15

CODE: 123415



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: 123115



BBQ Meals

Select Wednesdays, 4:00 – 6:30pm

June 18 | July 16 | August 13

& Saturday, August 16, 9:00 – 11:00am

Led by Taylor

Learn to cook yummy BBQ dishes! This activity is for ages 16 years and older. Cost of the Family & Friends BBQ is included. **No direct supervision provided.**

REGISTRATION: \$15

CODE: 123417



TRS Family & Friends BBQ

Saturday, August 16, 11:30am – 1:30pm

Led by Haley & Taylor

Head down to Park de la Cruz for an end of summer BBQ in the garden! Registration in the above cooking program(s) includes BBQ lunch. **No direct supervision provided.**

REGISTRATION: \$5

CODE: 123041

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.

See pages 7 and 12 for more opportunities that include special events and garden programs, and page 10 for summer camps.

Sports Talk

Select Fridays, 3:30 - 5:00pm

June 6, 20 | July 18 | August 1, 15, 29

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. Microsoft Teams link will be sent to registered participants before the program.



REGISTRATION: FREE

CODE: 123141



Monday Movie Magic

Select Mondays, 5:30 - 7:30pm

June 9 | July 14 | August 11

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.**

REGISTRATION: FREE

CODE : 123142



Community Service & Lunch

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

June 28 | July 12 | August 23

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: 123143



Fun with Friends

Select Wednesdays, 12:00 - 1:00pm

June 4, 18 | July 2, 16 | August 6, 20

Volunteer 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: 123373

Famous Artist Factory

Select Saturdays, 1:30 - 2:30pm

June 28 | July 12 | August 23

Led by Alicia

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

REGISTRATION: \$6

CODE: 123144



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 attending. Register early, space is limited.**

Ages 3-12

No Playdays in summer. We will see you in the fall!

New Children's Museum Mass Creativity

Saturday, June 14, 9:00am - 3:00pm

Celebrate Mass Creativity 2025. Enjoy music, performances, art, and free admission to the museum. **This is a family and friends' event. No direct supervision provided. Parents/guardians must attend with children.** This is a free event. Find more information at <http://thinkplaycreate.org>.



The Plunge Pool

Sunday, August 10, 10:30am - 2:00pm

Come in your swimsuit and bring a towel, an extra set of clothes, and a lunch. Drop-off and pick-up at Bonita Cove Park (1100 W Mission Bay Dr, San Diego, 92109).

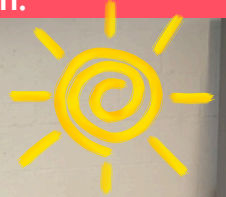
REGISTRATION: \$20

CODE: 123036



See page 10 for information on the KZ Adventure Camp from June 23-27.

See pages 7 and 14-15 for more opportunities, as well as page 3 for scholarship information.



See page 12 for more special events throughout the summer, such as...



...the Movie in the Park,



our Sports Festival,



and the KZ & KBC Art Exhibit!



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. **No direct supervision provided. Register early, space is limited. Must have an assessment on file prior to attending.**

No Social Connections in the summer.
We will see you in the fall!

See pages 7, 12 and 14-15 for more
opportunities, as well as
page 3 for scholarship information.



Movie in the Park

Friday, June 20, 5:30 - 9:00pm

Sit back and enjoy the comedy film "Cool Runnings." Bring a blanket and chair. Pick-up and drop-off at Park de la Cruz Community Center. BBQ dinner will be provided before the movie.

REGISTRATION: \$10

CODE: 123150

Twilight Concert in the Park

Thursday, July 31, 5:00 - 8:00pm

Enjoy the music of Matt Hill and The Black Spurs as they play Retro Rock and Country. Dinner is included in the cost. Pick-up and drop-off in front of the Comic-Con Museum (2131 Pan American Plaza, San Diego, 92101).

REGISTRATION: \$10

CODE: 123154



Nighttime Zoo

Thursday, August 7, 4:00 - 8:00pm



The San Diego Zoo comes alive when the sun goes down. Bring money for dinner or your own sack dinner. Pick-up and drop-off in front of the War Memorial Building (3325 Zoo Dr, San Diego, 92101).

REGISTRATION:

\$40 per participant (no Zoo pass)

CODE: 123162

\$10 per participant (w/ Zoo pass)

CODE: 123215



Hawaiian Luau

Thursday, August 21, 10:00am - 1:00pm

Aloha! It's time to bring out the Aloha shirts and grass skirts. There will be fun games, entertainment and authentic Hawaiian food. **Must register online by Friday, August 15th to be guaranteed lunch.** Meet at Ski Beach (1600 Vacation Road, San Diego, 92109).

REGISTRATION: \$5

CODE: 123140

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: 123139



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. **Must have an assessment on file prior to attending.**

See pages 7, 12 and 14-15 for more opportunities, as well as page 3 for scholarship information.

Handcycling: Friday, June 13, 11:00am - 1:30pm

Try out a handcycle for fitness and fun. Bring a picnic lunch. You are also welcome to bring your own bicycle, scooter, etc. Meet at North Crown Point Shores (3600 Corona Oriente Rd., San Diego, 92109).

REGISTRATION: FREE

CODE: 123137

Picnic & Twilight Concert: Wednesday, August 6, 5:00 - 7:30pm

Enjoy an evening of music at the Organ Pavilion. Moxie is a band playing Pop, Country, and Rock Music. Bring a picnic dinner. Meet at the Recital Hall (2130 Pan American Plaza, San Diego, 92101).

REGISTRATION: FREE

CODE: 123138



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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 7 and 14-15 for more opportunities, as well as page 3 for scholarship information.

Adaptive Fitness

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

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: 123167

MCAP Adaptive Sports, Recreation, and Resource Fair

July 26, 2:00 - 6:00 pm

Open to individuals who use a wheelchair for mobility, their families, and anyone interested. Meet at Miramar College (10440 Black Mountain Rd, San Diego, 92126). **Contact Michael at MichaelR@sandiego.gov for more information.**

REGISTRATION: FREE

Drop-in program



Dynamic Inclusive Dance

Wednesdays, 10:00 - 11:00am

Volunteer Led by Jason Rivers

Dance class sessions are open to standing and seated people of all abilities. Learn the basics of a variety of dance styles. We have custom 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.).

REGISTRATION: FREE

CODE: 123165

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 (MichaelR@sandiego.gov) two days prior to attending if you will need to borrow a sports wheelchair.

REGISTRATION: FREE

CODE: 123164

Wheelchair Basketball Training Camp

August 23-24, Time TBD

Come ball out and learn the fundamental skill sets of Wheelchair Basketball. The training camp is open to youth, adults, and veterans of all skill levels, from beginners to advanced players. **Contact**

RolltoSuccess@yahoo.com for more info or Michael at MichaelR@sandiego.gov.

REGISTRATION: FREE

Drop-in program

Thank you to the San Diego Parks Foundation & the Christopher and Dana Reeve Foundation for their contributions that allowed us to purchase nine sport chairs.



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 Soccer Field - Soccer

Mondays, 5:45 - 8:30pm

June 9 - August 18

Ages 5 - adult

CODE: 123212

Morley Field Bocce Courts - Bocce

Tuesdays, 4:45 - 7:30pm

June 10 - September 9

Ages 5 - adult

CODE: 123213

Location to be announced - Softball

Wednesdays, 10:00am - 12:00pm

June 11 - September 3

Ages 5 - adult

CODE: 123214



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

Seniors 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 PDLC

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.

Drop-in program

Digital Navigators

Tuesdays, 9:00am - 12:00pm

Thursdays, 9:00am - 12:00pm

Volunteer Led at PDLC

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 wheelchairs located at Mission Beach lifeguard tower at Belmont Park. 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.

Freedom Trax are 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 of Operation*:

May - October

- Mon-Friday, closed Tuesdays:
11:30am - 4:30pm
- Saturday-Sunday:
11:30am - 5:30pm

***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.



A huge thank you to Council President Joe LaCava of District 1 and Councilmember Jennifer Campbell of District 2 for their contributions that allowed us to purchase one Freedom Trax and ten Access Trax mats to increase access to San Diego beaches.

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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!



Volunteers of the Quarter Mia & Marcus Heppner



How did you first get involved with TRS?

Mia: While finding ways to connect with my community, TRS caught my eye because of its fun and inclusive programs.

Marcus: I wanted to find ways to aid my community, and I felt that my own interests and experiences could be applied to the sports programs offered by TRS.

What is your favorite memory so far?

Mia: My favorite memory so far is the summer pool party held at The Plunge in 2024.

Marcus: My favorite memory so far is the cooking program held during the summer.

Fun Fact about you:

Mia: I play for the varsity softball team at my school.

Marcus: I am on the track & field team at my school.

If you are interested in becoming a volunteer, please contact Michael Rodriguez at MichaelR@sandiego.gov

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



DSAC meets on the 2nd Wednesday of each month (excluding July and August) at 6:00 pm at Park de la Cruz (3901 Landis St., 92105). DSAC is a non-profit advisory organization to Therapeutic Recreation and AgeWell Services. Their purpose is to offer support and promotion of quality activities, provide public relations and fundraising/scholarship support. The board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested individuals. www.dsacsd.org

The TR & AWS group meets quarterly on the 2nd Wednesdays immediately following (approximately 6:30 pm) the September, December, March, and June DSAC meetings. The role of the TR & AWS group is to make recommendations to City Council and the Parks and Recreation Department, about recreation programs and services for individuals with disabilities and older adults, in addition to providing recommendations on expenditures of TR & AWS Recreation Center Funds.

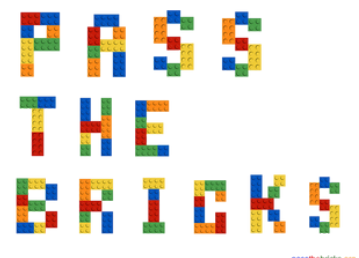
Contact Julie Gregg at JGregg@sandiego.gov or (619) 525-8247 for more information.

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.



**San Diego
Parks Foundation**



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

Disabled Services Advisory Council.



Scan QR Code
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DSAC.



See page 13
for Harvest Ball
GoFundMe or
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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 8.

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

Classes at Park de la Cruz (3901 Landis Street, San Diego, 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 SDRecConnect.com.



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

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

Infant/Toddler Brain Dance Class

We are taking a break in the summer.

See you this Fall!

E-mail mschaude@sdccd.edu for questions.

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.



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

JUNE						
SUN	MON	TUES	WED	THURS	FRI	SAT
1 SM Strength Training Access 4 All	2 Digital Navigators Healing Soul Adaptive Fitness	3 WC BBall / Dance Deaf Seniors SM Strength Training Fun with Friends	4 Artful Mind Digital Navigators Green Thumb Club Adaptive Fitness Summer Nights - The Plunge	5 Self-Expression Art Sports Talk	6 Strikeforce CPRS Workshop WC BBall/Soccer	7
8 SM Strength Training Access 4 All S4EA - PDLC Movie Magic	9 Digital Navigators Garden to Table Adaptive Fitness	10 WC BBall / Dance Deaf Seniors SM Strength Training S4EA	11 Artful Mind Digital Navigators Adaptive Fitness	12 CVA/TBI - Handcycling Self-Expression Art SD Fair- Garden Show	13 Sports Festival	14
15 SM Strength Training Access 4 All S4EA - PDLC	16 Digital Navigators Healing Soul Adaptive Fitness	17 WC BBall / Dance Deaf Seniors SM Strength Training S4EA Fun with Friends Famous Artist Fair BBQ Meals	18 Holiday Observed - Office Closed	19 Self-Expression Art Sports Talk Movie in the Park - (Summer Nights)	20	21
22 SM Strength Training Access 4 All KZ Adv. Camp S4EA - PDLC	23 Digital Navigators Adaptive Fitness KZ Adv. Camp	24 WC BBall / Dance Deaf Seniors SM Strength Training S4EA KZ Adv. Camp	25 Artful Mind Digital Navigators Adaptive Fitness KZ Adv. Camp	26 Self-Expression Art KZ Adv. Camp	27 Community Service Famous Artist Factory Strikeforce Banquet WC BBall/Soccer	28
29 SM Strength Training Access 4 All S4EA - PDLC	30					

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JULY							page 27
SUN	MON	TUES	WED	THURS	FRI	SAT	
		1 Digital Navigators Garden to Table Adaptive Fitness	2 WC BBall / Dance Deaf Seniors SM Strength Training S4EA Fun with Friends	3 Artful Mind Digital Navigators Adaptive Fitness Summer Nights - Karaoke	4 Holiday Observed - Office Closed	5 WC BBall/Soccer	
6 SM Strength Training Access 4 All CAB S4EA - PDLC	7 Digital Navigators Adaptive Fitness CAB	8 WC BBall / Dance Deaf Seniors SM Strength Training S4EA CAB	9 Artful Mind Digital Navigators Adaptive Fitness CAB	10 Self-Expression Art CAB	11 Community Service Famous Artist Factory WC BBall/Soccer	12	
13 SM Strength Training Access 4 All S4EA - PDLC Movie Magic	14 Digital Navigators Healing Soul Adaptive Fitness	15 WC BBall / Dance Deaf Seniors SM Strength Training S4EA Fun with Friends BBQ Meals	16 Artful Mind Digital Navigators Seed Swap Adaptive Fitness Summer Nights - Bowling	17 Self-Expression Art Sports Talk	18 WC BBall/Soccer	19	
20 SM Strength Training Access 4 All AZRA Camp CWW S4EA - PDLC	21 Digital Navigators Adaptive Fitness AZRA Camp CWW	22 WC BBall / Dance Deaf Seniors SM Strength Training S4EA AZRA Camp CWW	23 Artful Mind Digital Navigators Adaptive Fitness AZRA Camp CWW	24 Self-Expression Art AZRA Camp CWW	25 WC BBall/Soccer	26	
27 SM Strength Training Access 4 All S4EA - PDLC	28 Digital Navigators Healing Soul Adaptive Fitness	29 WC BBall / Dance Deaf Seniors SM Strength Training S4EA	30 Digital Navigators Green Thumb Club Adaptive Fitness Summer Nights - Twilight Concert	31			
AUGUST							
SUN	MON	TUES	WED	THURS	FRI	SAT	
					1 Self-Expression Art Sports Talk	2 WC BBall/Soccer	
3 SM Strength Training Access 4 All S4EA - PDLC	4 Digital Navigators Garden to Table Adaptive Fitness	5 WC BBall / Dance Deaf Seniors SM Strength Training S4EA Fun with Friends CVA/TBI - Concert	6 Artful Mind Digital Navigators Adaptive Fitness Summer Nights - Nighttime Zoo	7 Self-Expression Art	8 KZ/KBC Art Show WC BBall/Soccer	9	
10 KZ Plunge Pool	11 SM Strength Training Access 4 All S4EA - PDLC Movie Magic	12 Digital Navigators Healing Soul Adaptive Fitness	13 WC BBall / Dance Deaf Seniors SM Strength Training S4EA BBQ Meals	14 Artful Mind Digital Navigators Adaptive Fitness	15 Self-Expression Art Sports Talk	16 Family & Friends BBQ WC BBall/Soccer	
17 SM Strength Training Access 4 All S4EA - PDLC	18 Digital Navigators Adaptive Fitness	19 WC BBall / Dance Deaf Seniors SM Strength Training S4EA Fun with Friends	20 LS Luau Artful Mind Digital Navigators Adaptive Fitness	21 Self-Expression Art	22 Community Service Famous Artist Factory WC BBall/Soccer	23	
24 SM Strength Training Access 4 All	25 Digital Navigators Healing Soul Adaptive Fitness	26 WC BBall / Dance Deaf Seniors SM Strength Training S4EA	27 Green Thumb Club Artful Mind Digital Navigators Adaptive Fitness	28 Self-Expression Art Sports Talk	29 WC BBall/Soccer	30	
31							

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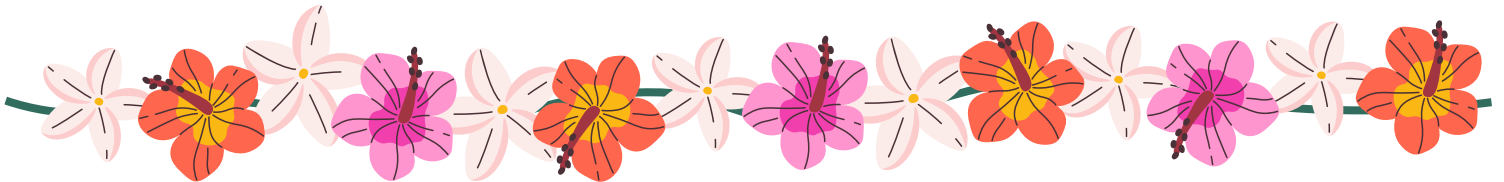
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