



Therapeutic Recreation Services (TRS)

WINTER 2024-2025

DECEMBER | JANUARY | FEBRUARY



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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PDLC Gymnasium Staff/Interns

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

TABLE OF CONTENTS

General Information

- 3. Where to Start/Online Registration
- 4. Announcements
- 5. PDLC Community Center

TRS Programs & Events

- 6. All Programs
- 7. Dances
- 8. KBC/SMC/IND Events & Outings
- 9. Special Events
- 10-11. Park de la Cruz Weekly Programs / Garden
- 12-13. Kid Zone (3-12 years)/Inclusion Services
- 14. Kick Back Club (13-17 years)
- 15. Social Motion Club (18+ years)

- 16. Independent Club (21+ years)
- 17. Leisure Seekers (18+ years)
- 18. CVA/TBI
- 19. Adaptive Sports (8+ years)

Community Information

- 20. Co-Sponsored Programs
- 21. Beach Wheelchair Program
- 22. Volunteer Corner
- 23. DSAC Corner/Donor Appreciation
- 24. Fundraising
- 25. Community Events & Programs
- 26-27. Calendar

Where to Start/Online Registration

Winter Registration starts **November 16, 2024** 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 PDLCL

ANNOUNCEMENTS

Welcome new TRS Staff and Interns!

Ahmad



Ahmad is TRS's newest Therapeutic Recreation Leader! With a background in corrective exercise, rehabilitation, and strength training, Ahmad has the pleasure of delivering passionate service by utilizing exercise as a means of therapy. "The Journey of 1000 miles, begins with a single beath, rep, and step".

Vepsy



Vepsy is a student in their final semester at Fresno State, pursuing a degree in Recreation Therapy and a minor in Italian. Vepsy enjoys playing Dungeons and Dragons, rewatching the same five shows on repeat, a specific list of musicals, and hoarding trinkets and stickers. They love learning new recreation and, or practical skills and sharing it with others, no matter personal strife, issue, or level of ability.

Val



Val is a student at CSU Long Beach working towards his certificate in Recreation Therapy. He has a strong passion for staying active with hobbies in volleyball, surfing, film photography, climbing, and golf. Val believes that healthy relationships with the people and the environment that surrounds him give him a meaningful life. He is excited to be apart of the TRS team.

Farewell, Lelaina!



Farewell, Lelaina! She decided to move back to Bakersfield to be closer to family. We thank Lelaina for all her contributions over the past couple of years. We wish Lelaina the best in her future endeavors.

In Memory of John Agostini



It is with great sadness that we announce the passing of our good friend John Agostini. He loved the annual Harvest Ball. He will be greatly missed.

Staff Spotlight: Mika Canady

Why did you want to work at TRS?

I enjoy working with the TRS participants, as well as with AgeWell Services. It's an amazing experience getting to do different programs and getting to know everyone!

What has been your favorite moment?

Getting to work with TRS and AgeWell. I have enjoyed getting to open up and learn about different programs and becoming more comfortable with learning new things.

Favorite hobby outside of work?

I love to go shopping and take lots of pictures with my daughter and play dress up.

Fun fact about yourself?

I love to drive and cook.



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 December 24, 25, 31; January 1, 20; February 17, 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.

Fitness Center

The fitness center has various free weights, cardio machines, and adaptable equipment. **Must be 18 years and older. No direct supervision provided.** Fitness center is open during community center hours.

Register onsite.

**COST: \$15 for TRS & AWS Participants
\$25 per quarter 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.

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 and orientation prior to use. Call (619) 525-8247 for more information. Room is subject to availability.

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.

PDLC Gymnasium Open Play Sports

Pickleball

Tuesdays | 12:30 – 2:30pm

Thursdays | 10:00am – 12:00pm

COST: FREE

Drop-in program

Futsal

Thursdays | 6:00 – 8:30pm

COST: FREE

Drop-in program

Walk-ins welcome! For program information, visit the Gym website (listed above) or call (619) 516-3141.

ALL PROGRAMS

Strikeforce Bowling

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! (**Ages 16 & up**) 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). Individuals are welcome. We will place you on a team.

COST: \$85

CODE: 119091

Movie Nights

December 2, 9, 16 | 5:30 – 7:30pm

Led by Alicia B.

Celebrate the winter season with holiday movies 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 parent/guardian.**

COST: FREE

CODE: 119101

Dinner & Starlight Circle

December 16 | 5:30 – 8:00pm

Led by Alicia B.

Bring money for dinner at Round Table Pizza (9824 N. Magnolia Ave, Santee, 92071). After dinner, we will stroll through the neighborhood known as "Starlight Circle" to enjoy beautifully decorated holiday houses. This is a family and friends' program for all ages. **No direct supervision provided.**

COST: Free

CODE: 119234



Intergenerational Cooking Day

January 18 | 1:30–3:30pm

Led by AWS Staff (Tyler)

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

COST: \$5

CODE: 119196



Disney on Ice

January 26 | 2:00 – 5:30pm



Get ready to watch your favorite Disney characters come to life on the ice! **This is a family and friends' event that will not be staffed.** Tickets will be emailed to those registered ahead of time. We encourage you to eat before the show (no food can be brought into the arena), or food can be purchased at the arena with **credit card only.**

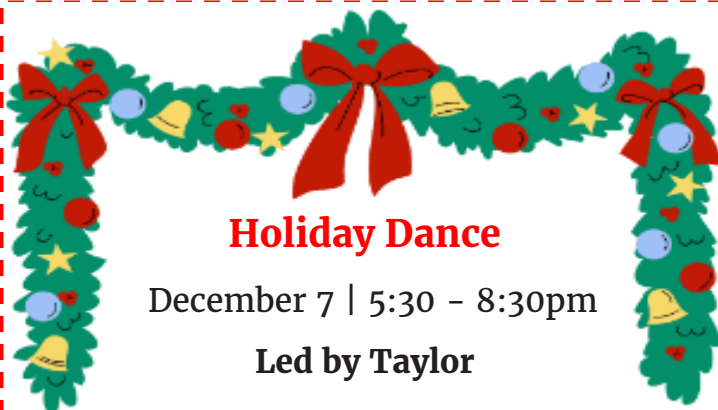
COST: \$35

CODE (All 13+): 119018

CODE (KZ only): 119017

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

DANCES



Holiday Dance

December 7 | 5:30 - 8:30pm

Led by Taylor

Jingle Bell Rock your way to our annual Holiday Dance at Park de la Cruz Gymnasium (3911 Landis Street, 92105). Cost includes dance admission, refreshments, and DJ entertainment. **You must be 18 years or older to attend. No direct supervision provided.** Register online by December 4th. If you need assistance registering, call (619) 525-8247.

COST: \$8

CODE: 117892

Valentine's Dance

February 8 | 5:30 - 8:30pm

Led by Taylor

Come dance in the name of love at our annual Valentine's Dance at Park de la Cruz Gymnasium (3911 Landis Street, 92105). Cost includes dance admission, refreshments, and entertainment. **You must be 18 years or older to attend. No direct supervision provided.**

Register online by February 3rd. If you need assistance registering, please call (619) 525-8247.



COST: \$5

CODE: 119100

KBC/SMC/IND EVENTS & OUTINGS

Holiday Shopping

December 13 | 6:00 - 9:00pm

Led By Taylor and Michael

Get your shopping list ready! Hang-out with friends while you "shop 'till you drop!" We will wrap gifts after shopping. Dinner will be provided. Drop-off and pick-up at **Westfield Mission Valley Mall (1640 Camino Del Rio North, 92108)** between Nordstrom Rack and Tender Greens Restaurant. Bring a list and money for gifts.

Kick Back Club

Ages 13-17

CODE: 117923

Social Motion Club

Ages 18+

CODE: 117924

Independent Club

Ages 21+

CODE: 117925

COST: \$5

Harlem Globetrotters

February 15 | 1:30-5:30pm

Don't be a ball hog! Be a team player as we root for the Harlem Globetrotters! Drop-off and pick-up at Chick-Fil-A (3570 Sports Arena Blvd, San Diego, 92110). Bring a sack lunch or money for food. Tickets are limited.

Kick Back Club

Ages 13-17

CODE: 119094

Social Motion Club

Ages 18+

CODE: 119096

Independent Club

Ages 21+

CODE: 119098

COST: \$45

SPECIAL EVENTS

Holiday Cookie Baking

December 4 | 3:00 – 6:00pm

Led by Haley

Join us for an afternoon of cookie baking in preparation for our Winter Carnival event. Participants will assist with rolling and cutting out sugar cookies. This activity is for all ages, but **no direct supervision provided. Anyone under 16 years must attend with an accompanying parent/guardian. This is a drop in program. Do not plan to stay for the entire three hours.**

COST: FREE

CODE: 117837

Holiday Fair

December 6 | 11:00am – 2:00pm

Led by Taylor

There's no place like TRS for the holidays. Gather your friends for an afternoon of games, crafts, and music at Park de la Cruz (3911 Landis Street, 92105). Lunch is **NOT** provided, bring a sack lunch. **No direct supervision will be provided. You must be 16 years or older to attend.** RSVP by calling (619) 525-8247 or register online by December 4th.

COST: \$2

CODE: 117893



Winter Carnival

December 7 | 11:30am – 2:30pm

Led by Haley

Enjoy a light brunch with us as we ring in the holiday spirit! We will be hosting a resource fair in addition to craft booths to purchase homemade goods. You will also find games, cookie decorating, and many more activities for everyone at Park de la Cruz (3911 Landis St., 92105).

Gifts will be guaranteed for children 12 years and under who are registered by December 2nd. This is a family and friends' event; no direct supervision provided.

COST: FREE

CODE: 117839



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 by TRS Staff. This is not a TRS event, so scholarships do not apply to registration fees. Register early to receive early bird rate.**

GARDEN PROGRAMS at PDLC

Garden to Table Meals

Select Tuesdays | 10:00 – 11:30am

Dec. 17 | Jan. 7 | Feb. 25

Led by Haley & Maria

Let's use our garden harvest to make a meal to share! This activity is for all ages (3 years and older). **No direct supervision provided. Parent/guardian must attend if supervision is needed.**

COST: \$15 for the quarter **CODE: 119016**



Green Thumb Club

Select Thursdays | 10:00 – 11:00am

Dec. 19 | Jan. 2, 16 | Feb. 6, 20

Led by TRS Staff

Become involved with our new program garden by joining the Green Thumb Club! We will learn about gardening techniques and then put what we learn into practice. This activity is for all ages (3 years old +). **No direct supervision provided. Parent/guardian must attend if supervision is needed.**

COST: \$5 for the quarter

CODE: 119015



Park de la Cruz Weekly Programs

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

Art in Action

Select Tuesdays | 10:30 – 11:30am

January 7, 21 | February 4, 18

Led by Maria

Let's get creative! Our goal is to send you home with personalized creations. **You must be 16 years or older to participate. No direct supervision provided.**

COST: \$10 for the quarter **CODE: 118587**

Healing Soul

Select Tuesdays | 10:30 – 11:30am

January 14, 28 | February 11, 25

Led by Sienna

Destress and relax in a safe space. We will be journaling, making a vision board, and learning new ways to calm ourselves in stressful situations. **You must be 18 years or older to participate. No direct supervision provided.**

COST: \$10 for the quarter **CODE: 119085**

Relax, Refresh, Rejuvenate

Wednesdays | 1:00 – 2:00pm

January 8 – February 26

Led by Maria

Join us for an 8-week session to get relaxed and refreshed by enjoying meditation, light stretching, and breath work. **You must be 16 years or older to participate. No direct supervision provided.**

COST: FREE

CODE: 118586

Virtual Laugh Hour

Thursdays | 11:00am – 12:00pm

Volunteer Led by Alicia S.

Scientific studies show that laughter reduces pain, fights depression and more! **All ages and families welcome.** Link will be sent to registered participants before program.

COST: FREE

CODE: 119348

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.



Self-Expression Through Art

Fridays | 2:00 – 4:00pm

Volunteer Led by Michael T., Joan and Ray

Express images hidden within using paints, colored pencils, markers, or other media without judgement. **You must be 18 years or older to participate. No direct supervision provided.**

COST: FREE

CODE: 117898

Sports Talk

Fridays | 3:30 – 5:00pm

Led by Michael R.

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

COST: FREE

CODE: 119090

Community Service & Lunch

Select Saturdays | 10:30am – 1:00pm

January 11, February 15

Led by Alicia B.

Help make our neighborhood a more beautiful place and then enjoy lunch at a local eatery. **Bring money for lunch. Program is for individuals age 13 and older. No direct supervision provided.**

COST: FREE

CODE: 119095

Famous Artist Factory

Select Saturdays | 1:30 – 2:30pm

January 11, February 15

Led by Alicia B.

Learn about a famous artist and then feel famous too when you create artwork that looks like theirs. **Program is for individuals age 13 and older. No direct supervision provided.**

COST: \$5 for the quarter

CODE: 119099



Shake it Up on Saturday's

Select Saturdays | 12:00 – 1:00pm

February 8 and 22

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. Must be 13 years or older to attend. **No direct supervision provided.** Final performance will be at our annual TRS Talent Show in April!

COST: FREE

CODE: 118585

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

KID ZONE (KZ)

Ages 3-12

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 is limited.**

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). We encourage dressing up to fit the themes! **Please register for one session per date (session A or B). No day of registration. No cash accepted, card only.**

***No December playday - see Winter Adventure**

January 12 | Wild West Playday

Session A- 10:00am - 12:30pm

CODE: 119004

Session B- 1:15 - 3:45pm

CODE: 119003

February 23 | Pizza Playday

Session A- 10:00am - 12:30pm

CODE: 119001

Session B- 1:15 - 3:45pm

CODE: 119002

COST: \$7 per playday

Inclusion Services

We can all Play Together

The City of San Diego, Parks and Recreation Department is committed to offering activities that include ALL individuals. Call your local recreation center to see what activities are offered. If your child has special needs and you would like to request 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.**



Winter Adventure

Day 1-Living Coast Discovery Center

Sunday, December 15 | 10:00am - 3:00pm

Kick off winter break with a trolley ride to visit The Living Coast! Wear comfortable walking shoes and bring a lunch. Drop-off/pick-up at Washington Square (2767 San Diego Ave, San Diego, 92110) within Old Town.

COST: \$17

CODE: 119005

Day 2-San Diego Zoo

Saturday, December 21 | 10:00am - 3:00pm

Bring out your wild side at the San Diego Zoo! Wear comfortable walking shoes and bring sunscreen and a lunch. Drop-off and pick-up at the War Memorial Building (3325 Zoo Dr., 92101).

COST: \$35 (without pass)

CODE: 119011

COST: \$15 (with pass)

CODE: 119012

All codes are directly linked to [SDRecConnect.com](https://sdrecconnect.com), so click the code to sign up.

KID ZONE (KZ)

Haley Marshall

Ages 3-12

Skateworld Sensory Friendly Morning

February 2 | 9:30am - 12:00pm

Lace up your skates for a fun morning with your friends! Cost includes admission and skate rental. Please bring a sack lunch and wear comfortable clothes. Drop-off at Skateworld (6907 Linda Vista Rd., 92111) and pick-up at Kelly Street Neighborhood Park (6626 Kelly St, 92111). Learn more at <https://skateworld.com/>.

COST: \$12

CODE: 119013

Disney on Ice

January 26 | 2:00 - 5:30pm

For more details, see page 6.



See pages 9 & 10 for additional programs.



SAVE THE DATE: Spring Adventure

Registration begins February 15th

Day 1: April 2nd

Day 2: April 16th

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

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 6-11 for more opportunities that include garden programs, dances, special events, outings, and weekly programs.

Meetings

Join us for good people, fun times, games, crafts, and more! Dinner will be provided. Meetings are held at Park de la Cruz Community Center (3901 Landis Street, 92105).

5:30 - 8:00pm

***No December meeting – see page 8 for holiday programs.**

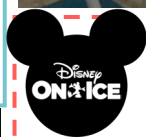
January 24 | Happy New Year!

CODE: 119102

February 21 | Movie Night

CODE: 119103

COST: \$10 per meeting



Disney on Ice

January 26 | 2:00 - 5:30pm

For details, see page 6.



Harlem Globetrotters

February 15 | 1:30-5:30pm

For details, see page 8.

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 6-11 for more opportunities that include garden programs, dances, special events, outings, and weekly programs.

Recreation Nights

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

Central

Led by Nick

Park de la Cruz (3901 Landis Street, 92105)

5:30 – 8:00pm

***No December meeting** – see page 8 for holiday programs.

January 17 | Party in your PJ's

CODE: [119087](#)

February 14 | Lego Extravaganza

CODE: [119092](#)

COST: \$10 per meeting

North

Led by Nick

Cathy Hopper (4425 Bannock Ave., 92117)

5:30 – 8:00pm

***No December meeting** – see page 8 for holiday programs

January 31 | Party in your PJ's

CODE: [119153](#)

February 28 | Lego Extravaganza

CODE: [119154](#)

COST: \$10 per meeting

Holiday Shopping

December 13 | 6:00 – 9:00pm

For details, see page 8.



Disney on Ice

January 26 | 2:00 – 5:30pm

For details, see page 6.



Harlem Globetrotters

February 15 | 1:30–5:30pm

For details, see page 8.

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 6-11 for more opportunities that include garden programs, dances, special events, outings, and 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.

5:30 - 8:00pm

December 6 | Holiday Party

CODE: 119814

January 10 | Election Night

CODE: 119155

February 7 | Fabulous February

CODE: 119156

COST: \$10 per meeting



Holiday Shopping

December 13 | 6:00 - 9:00pm

For details, please view page 8.



Disney on Ice



January 26 | 2:00 - 5:30pm

For details, see page 6.



Harlem Globetrotters

February 15 | 1:30-5:30pm

For details, see page 8.

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

LEISURE SEEKERS (LS)

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 6-9 for more opportunities that include garden programs, dances, and special events, pages 10-11 for weekly programs, and page 3 for scholarship information.

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.**

2:00 - 4:30pm

December 5 | Holiday Sweater Party

CODE: 119146

January 2 | Hello 2025!

CODE: 119147

February 6 | Fun & Fitness

CODE: 119148

COST: \$5 per social

Tinsel & Tails Night at Liberty Station

December 13 | 5:00 - 8:30pm

Tinsel and Tails is a dog friendly event at Liberty Station (2863 Historic Decatur Rd) filled with holiday cheer, paws, and fun! There will be games, activities, crafts, raffles and more. Meet-up spot will be provided prior to the event.

COST: FREE



CODE: 119251

NTC Park Day

January 16 | 10:00am - 12:00pm

We will play games and have social activities. Please bring a sack lunch. Snacks and light refreshments will be provided. Meet in front of Trader Joe's (2401 Truxtun Rd., 92106).

COST: FREE

CODE: 119150

Mama's Kitchen Volunteer Opportunity

February 3 | 9:00 - 11:00am

Be grateful and give back to the community. Join us to package groceries for people with medical complications at Mama's Kitchen (3960 Home Ave. San Diego, 92105). **Space is limited.**

COST: FREE

CODE: 119818



Bocce Ball

February 20 | 10:00am - 12:00pm

Join us for a game that has been played for centuries around the world, Bocce! All equipment is provided. Meet at the Morley Field Bocce Ball Courts (2221 Morley Field Drive, 92104).

COST: FREE

CODE: 119149

Artful Mind

Thursdays | 5:30 - 6:30pm

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!

COST: FREE

CODE: 119227

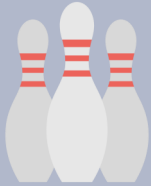
All codes are directly linked to SDRecConnect.com, so click the code to sign up.

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.

Bowling

January 24 | 11:00am - 2:00pm



Led by Alicia B.



Meet at Parkway Bowl (1280 Fletcher Parkway, El Cajon, 92020). Cost includes shoe rental and 2 games of bowling. Bring a sack lunch or bring money to purchase food. Must register by January 18th.

COST: \$7

COST: 119093

Mama's Kitchen Volunteer Opportunity

January 6 | 9:00 - 11:00am

Be grateful and give back to the community. Join us to package groceries for people with medical complications at Mama's Kitchen (3960 Home Ave. San Diego, 92105). Space is limited.

COST: FREE

COST: 119819

Old Town Tour

February 28 | 11:00am - 2:00pm

Led by Alicia B.

Meet at Robinson-Rose Visitor Center (4001 Wallace Street, 92110). Please bring water, snacks, a sack lunch or money to buy lunch, comfortable shoes, and sun protection. There will be time after the tour to explore on our own and eat lunch.

COST: FREE

COST: 119095

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

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

Wheelchair Dance

Wednesdays | 10:00 - 11:00am

Led by Professional Dance Instructor Jason Rivers

This is an 8-wk dance session beginning **January 8**. Open to standing and seated dancers ages 16+. Come learn the basics of Ballroom/Latin dance styles in a welcoming environment. Recent dance/partnering experience strongly recommended but not required for participation. Students requiring direct support for participation are requested to bring their own assistant or ASL interpreter. Manual loaner chairs available for in-class use. WDO Inclusive Dance provides free dance classes to people of all ages with physical disabilities. Location is Park de la Cruz Gymnasium (3911 Landis St., 92105). **No direct supervision provided.**

COST: FREE

CODE: 119088

Wheelchair Basketball Open Gym

Wednesdays | 5:30 - 8:15pm

Saturdays | 1:00 - 5:00pm

Volunteer Led by JT (Roll to Success)

Everyone is invited to participate in wheelchair basketball. Every skill level is welcome. If you are looking for recreation or competition, we can help. Meet great people while improving your strength and conditioning. Please call prior to reserve a sport wheelchair if you do not currently have one.

COST: FREE

CODE: 119089

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 further support must bring a parent/guardian/aide. Ages 16 and up at PDLC (3901 Landis St., 92105).

COST: FREE

CODE: 119228

Coming Soon

Youth Wheelchair Basketball League

Contact Michael at MichaelR@sandiego.gov for more information.

Wheels

Select Saturdays | 11:00am - 1:30pm

January 4, 18 | February 1, 15

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. Please look for the City of San Diego truck with wooden gates on the back for where the group is. **Locations TBD.**

COST: \$15 for 4 meet-ups

CODE: 119086



Big Bear Ski Trip

Date: February 26

5:00am - 8:00pm

Led by Michael

Let's hit the slopes! Limited spots will be available for adaptive skiers. Flyer to come with details, including cost. For more information, please email Michael Rodriguez at MichaelR@sandiego.gov.

Boccia

Select Tuesdays | 11:00am - 12:30pm

December 3, 17 | January 7, 21 | February 4, 18

Led by Michael

Come learn and play the sport of Boccia! Participants will learn the rules, learn the techniques, and play the game. We will meet on select Tuesdays at PDLC Gymnasium (3911 Landis St., 92105). **No direct supervision provided.**

COST: FREE

CODE: 119084

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. S4EA offers over 20 sports in 4 sports seasons. 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 Gym (Basketball and Winter Sports)

Mondays | 5:30 – 8:30pm

Season is January 6 – March 10

Ages 5 - adult

CODE: 119151

Kearny Mesa Recreation Center Gym (Junior Basketball)

Thursdays | 4:00 – 5:30 pm

Season is January 9 – March 13

Ages 5 - 18 years old

CODE: 119152

To register, create an account on SDRecConnect.com and enter the code for the practice program.

For more information, contact SPORTS for Exceptional Athletes (S4EA) at (858) 565-7432 or San Diego Park & Recreation - Therapeutic Recreation Services (TRS) at (619) 525-8247.

Program is sponsored by the San Diego Parks & Recreation Department, Therapeutic Recreation Services and SPORTS for Exceptional Athletes.

Strength Training

Mondays & Wednesdays | 8:30 – 9:30am

Volunteer Led – 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 members (active-duty or veterans). 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

This club is for seniors who are deaf or hard of hearing. Meet at Park de la Cruz for social and recreation activities. A \$4 donation is requested by the Deaf Seniors Club. American Sign Language (ASL) is primarily used. Bring a sack lunch or see page 5 for Serving Seniors. Text only (619) 249-2558 or VP (video phone) (619) 357-4536 for more information.

Drop-in program

Access 4 All – Technology Program

Mondays | 9:30am – 12:00pm

Led by SDFP Staff at PDLF

Free technology program led by San Diego Futures Foundation (SDFP) staff. SDFP 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 & Thursdays | 9:00am – 12:00pm

Volunteer Led at PDLF

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

San Diego People First

Select Fridays | 2:00 – 3:30pm

December 20, January 17, February 21

Volunteer Led by Debbie Marshall

Come to the San Diego People First meeting at Park de la Cruz to learn about new events and see if you want to join the team.

For independent participants 21 years or older.

Call (619) 525-8247 for more information.

COST: FREE

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 power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility impairments or those otherwise unable to walk unaided on the beach. Reservations recommended. Go to: www.sandiego.gov/park-and-recreation/activities/trs and select "Beach Accessibility and Wheelchair Program" to find other beach accessible locations in San Diego.

Hours of Operation*

Closed January- February

March- April/November – December

Friday, Saturday, Sunday 11:30am - 3:30pm

May – October

Monday, Wednesday, Thursday, Friday

11:30am - 3:30pm

Saturday, Sunday 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.

VOLUNTEER CORNER

TRS is proud to offer a wide variety of volunteer opportunities for anyone **13 years and older**. 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 a 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:

Grace

How did you first get involved with TRS?

We get to work with TRS through ministry work at our college, Point Loma Nazarene University. We lead a group called Agape & visit a few times a month!

What is your favorite memory so far?

I loved volunteering at Friendsgiving and watching the Talent Show!

What is a fun fact about yourself?

My favorite fruit is an avocado.

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

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

San QR code to visit the DSAC homepage:



The TR & AWS group meets quarterly on the 2nd Wednesdays immediately following (approximately 6:45pm) 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 Fall events.



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

FUNDRAISING

Ralphs & Food4Less Fundraiser

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

To add your community rewards program:

1. Log into www.food4less.com 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 to donate to DSAC:



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 Departments' 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.civildancearts.org.

If you are in need of inclusion support for classes, please see page 13. Registration opens December 14th at 10am. Classes begin the week of January 6th.

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. **Please note that priority is given to Fall students in these continuing classes. New students should call the dance office for assistance with enrolling.**

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

Starts February 4

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

DECEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 SM Strength Training Access 4 All Movie Night	3 Digital Navigators Adaptive Fitness Boccia	4 SM Strength Training WC Dance WC BBall Deaf Seniors Holiday Cookie Baking	5 Laugh Hour Artful Mind LS Social Digital Navigators Adaptive Fitness	6 Self-Expression Art Sports Talk Holiday Fair IND Meeting	7 ADP Wheels WC BBall Winter Carnival Holiday Dance
8	9 SM Strength Training Access 4 All Movie Night	10 Art in Action Digital Navigators Adaptive Fitness	11 SM Strength Training WC Dance WC BBall Yummy Meals Deaf Seniors	12 Laugh Hour Artful Mind Digital Navigators Adaptive Fitness	13 Self-Expression Art Sports Talk Holiday Shopping LS Tinsel and Tails	14 ADP Wheels WC BBall
15 KZ Winter Adventure— Living Coast	16 SM Strength Training Access 4 All Movie Night Dinner & Starlight Circle	17 Garden to Table Digital Navigators Adaptive Fitness Boccia	18 SM Strength Training WC Dance WC BBall Deaf Seniors	19 Laugh Hour Artful Mind Digital Navigators Green Thumb Club Adaptive Fitness	20 Self-Expression Art Sports Talk SD People First	21 KZ Winter Adventure—Zoo WC BBall
22	23 SM Strength Training Access 4 All	24 Holiday Observed— Office Closed	25 Holiday Observed— Office Closed	26 Laugh Hour Artful Mind Digital Navigators Adaptive Fitness	27 Self-Expression Art Sports Talk	28 WC BBall
29	30 SM Strength Training Access 4 All	31 Holiday Observed— Office Closed				

JANUARY						
SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Holiday Observed— Office Closed	2 Laugh Hour Artful Mind Digital Navigators Green Thumb Club LS Social Adaptive Fitness	3 Self-Expression Art Sports Talk	4 ADP Wheels WC BBall
5	6 SM Strength Training S4EA PDLC Access 4 All S4EA - PDLC Mama's Kitchen	7 Art in Action Digital Navigators Garden to Table Adaptive Fitness Boccia	8 SM Strength Training WC Dance WC BBall Yummy Meals Deaf Seniors S4EA Morley Field	9 Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa Adaptive Fitness	10 Self-Expression Art Sports Talk IND Meeting	11 WC BBall Community Service Famous Artist Factory
12 KZ Playday	13 SM Strength Training S4EA PDLC Access 4 All S4EA - PDLC	14 Digital Navigators Healing Soul Adaptive Fitness	15 SM Strength Training WC Dance WC BBall Deaf Seniors S4EA Morley Field	16 Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa Green Thumb Club LS NTC Park Day Adaptive Fitness	17 Self-Expression Art Sports Talk SMC Rec Night - PDLC SD People First	18 ADP Wheels WC BBall Intergenerational Cooking Day
19	20 Holiday Observed— Office Closed	21 Art in Action Digital Navigators Adaptive Fitness Boccia	22 SM Strength Training WC Dance WC BBall Yummy Meals	23 Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa Adaptive Fitness	24 Self-Expression Art Sports Talk KBC Meeting CVA/TBI Bowling	25 WC BBall
26 Disney on Ice	27 SM Strength Training S4EA PDLC Access 4 All S4EA - PDLC	28 Digital Navigators Healing Soul Adaptive Fitness	29 SM Strength Training WC Dance WC BBall Deaf Seniors	30 Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa Adaptive Fitness	31 Self-Expression Art Sports Talk SMC Rec Night - Cathy Hopper	

FEBRUARY						
SUN	MON	TUES	WED	THURS	FRI	SAT
						1 ADP Wheels WC BBall
2 KZ Skateworld	3 SM Strength Training S4EA PDLC Access 4 All S4EA - PDLC Mama's kitchen	4 Art in Action Digital Navigators Adaptive Fitness Boccia	5 SM Strength Training WC Dance WC BBall Deaf Seniors	6 Green Thumb Club Laugh Hour Artful Mind LS Social Digital Navigators Adaptive Fitness S4EA Kearny Mesa	7 Self-Expression Art Sports Talk IND Meeting	8 WC BBall Valentine's Dance Shake it Up
9	10 SM Strength Training Access 4 All S4EA - PDLC	11 Digital Navigators Healing Soul Adaptive Fitness	12 SM Strength Training WC Dance WC BBall Yummy Meals Deaf Seniors	13 Laugh Hour Artful Mind Digital Navigators Adaptive Fitness S4EA Kearny Mesa	14 Self-Expression Art Sports Talk SMC Rec Night - PDLC	15 ADP Wheels WC BBall Community Service Famous Artist Factory Globetrotters
16	17 Holiday Observed— Office Closed	18 Art in Action Digital Navigators Adaptive Fitness Boccia	19 SM Strength Training WC Dance WC BBall Yummy Meals Deaf Seniors	20 Green Thumb Club Laugh Hour Artful Mind Digital Navigators S4EA Kearny Mesa Adaptive Fitness LS Bocce Ball	21 Self-Expression Art Sports Talk KBC Meeting SD People First	22 WC BBall Strikeforce Bowling Shake it Up
23 KZ Playday	24 SM Strength Training S4EA - PDLC Access 4 All	25 Digital Navigators Garden to Table Healing Soul Adaptive Fitness	26 SM Strength Training WC Dance WC BBall Deaf Seniors Big Bear Ski Trip	27 Laugh Hour Artful Mind Digital Navigators Adaptive Fitness S4EA Kearny Mesa	28 Self-Expression Art Sports Talk CVA/TBI Old Town Tour SMC Rec Night - Cathy Hopper	



Parks and Recreation Department

Therapeutic Recreation Services
Parks and Recreation Department
3901 Landis Street, MS 38
San Diego, CA 92105

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Email: trsnewsletter@sandiego.gov



Parks and Recreation Department

“Enriching lives through quality parks and programs.”

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619) 525-8247, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.