

THERAPEUTIC RECREATION SERVICES

FALL

September October November

2017

Office (619) 525-8247 / Fax (619) 299-9304

E-mail: JGregg@sandiego.gov

Visit our Website at:

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



CITY OF SAN DIEGO
PARK AND RECREATION DEPARTMENT
THERAPEUTIC RECREATION SERVICES

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

STAFF

Kristi Fenick, CTRS
District Manager

Julie Gregg, CTRS
Supervising Recreation Specialist

Jon Richards, CTRS
Supervising Recreation Specialist

RECREATION SPECIALISTS

Gerald Cunanan
Nick Hurd
Danny Kimpel
Aly Larson, CTRS
Juan Razo

RECREATION LEADERS

Michael Bichler	Cheryl Pawlak, CTRS, RTC
Taevee Davis	Noor Raffed
Kirsten De Los Santos	Lina Rendon, CTRS
Kira Duffett	Jennifer Stevenson
Janet Estrada	Alexis Suseberry
Leslie Fajardo	Nikki Tajima
Lindsey Hollis	Sharon Tenorio
Josefina LeDay	Lauren Turner
Mark Leo	Jennifer Walsten
Andrea Murphy	Jaclyn Zamudio, CTRS
Monica Olivan	

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Call (619) 525-8247

WHERE TO START/GET INVOLVED!

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

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

ONLINE REGISTRATION/PAYMENT PROCESS

FALL REGISTRATION BEGINS AUGUST 19TH AND WINTER REGISTRATION BEGINS NOVEMBER 18TH

Please note: Checks can not be mailed into the office. Payment can be done with a credit card online from home/a neighbor's computer, or at the War Memorial Building (3325 Zoo Dr., 92101) room 6, Monday-Friday between 8:30 a.m. and 4:30 p.m. A credit card, check or cash (exact change needed) can be utilized when paying in person. **There is an additional \$2.00 transaction and credit card fee that will be applied to all registrations.**

To be eligible for program participation you **must create a profile online** using the Online Activity Registration System. Log on at **SDRecConnect.com**. **The War Memorial Building will be open from 10 a.m.- 2 p.m. on Saturday, August 19th to assist with registration.**

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

Returning Customers - (people who have an existing account online). Click the "Sign In" or "My Account" button. Enter your login (email address) and password.

Important!: If you are registering a child for an activity, please do not use the child's information when completing a New Account. Adding family members after creating an account can be completed later.

When registering for programs online, you will need the "CODE", which is listed by all the programs in the newsletter. If you do not have an email, or you are requesting a scholarship, you will need to register and pay for programs at the office. For programs that online registration is not available, for assistance setting up your profile or other questions, call (619) 525-8247. TRS staff and volunteers are here to help!

LATE PICK UP FEE POLICY

It is imperative that participants are picked up on time. If you are running late, call the leader in charge to inform them of when you will be arriving.

Regardless of cause for late pick up, a **\$15.00 fee will be assessed (after a 15 minute grace period) and an additional \$5.00 fee for every additional 5 minutes thereafter.**

TRANSACTION FEES/REFUND POLICY

Requests for refunds, transfers or cancellations will be allowed with a minimum of two weeks notice **and** if we are able to find a replacement. Refunds will only be credited for transactions of \$10.00 or more. Refund checks must be picked up in the office during normal business hours. For online registrations: \$2 transaction fee and a 3% processing fee will be charged for every transaction and the fees are nonrefundable. For in-house registrations: \$2 transaction fee will be charged for every transaction and the fee is nonrefundable.

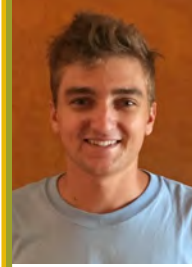
Welcome New Recreation Leaders!



Josefina has been working with children with special needs since 2008. She has a degree in criminal justice and plans to continue her education in child development. She loves outdoor adventures.



Kirsten attended SDSU and SWC as a kinesiology major emphasizing as a Fitness Specialist. In her spare time she goes camping with friends and family, hikes, and takes spontaneous roadtrips.



Michael graduated from the University of Pittsburgh with a degree in communications, writing, and American Sign Language. He plans to be nationally certified in ASL Interpreting.



Lina is from Miami, FL and graduated from Florida International University in recreation and sports management. She has worked in different settings that range from equestrian centers to hospitals.

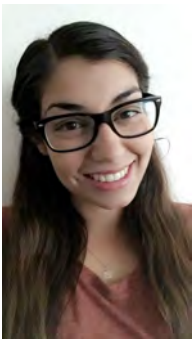


Jaclyn is a Recreation Therapist from Northern California. She loves adaptive sports and has been an athlete her whole life. She is also a skydiver!

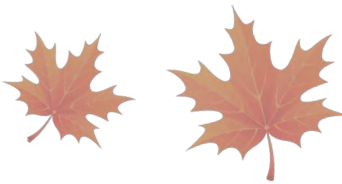


Nikki will be studying Recreation Therapy at Cal State Long Beach after discovering her passion for this field as a volunteer with Therapeutic Recreation Services.

Meet Our Fall Interns!



Rachel attends Brigham Young University- Idaho and loves Kayaking, Soccer and Hiking!



Shelby attends Fresno State and is working towards a degree in Therapeutic Recreation. She enjoys dancing, cheer, hiking, and crafting.



Why did you want to work at TRS? I started off as a volunteer for 5 years and absolutely loved it, so as soon as a position opened up after I turned 18, I applied!

What is your favorite moment working at TRS? Summer Nights (it was the very first program I ever volunteered at) and the various outings I have been able to go on as both a staff and volunteer. I will always cherish these memories!

What is your favorite hobby outside of work? I love volunteering in kindergarten classrooms! I hope to become a kindergarten teacher in the not too distant future.

What was the best vacation you've ever taken? The best vacation I have ever taken was with my family to the Big Island of Hawaii! We experienced green sand beaches, the volcano, and had a great time together.

What is a fun fact about yourself? I can wear kids sized shoes!



Thanks to the MADCAP organization, (Mothers and Daughters Club Assisting Philanthropies) participants, staff, and volunteers all enjoyed catering from The Habit Burger at Camp at the Bay. Lunch was a big hit and wouldn't have been possible without the generous donation from MADCAP's. In addition to their financial donation, members from their 2021 and 2020 class volunteered at all three summer camps. Participants and staff truly appreciate everything that MADCAPS does to support Therapeutic Recreation Services. Thank you MADCAPS!!!!!!



We had a blast dancing, playing in the bay, hanging out, and eating a delicious Habit Burger lunch at camp. Thanks for a great summer!



THANK YOU TO ALL OF OUR **AMAZING** DONORS!

Disabled Services Advisory Council and Therapeutic Recreation Services are very appreciative of individual and agency donations. With this financial assistance, we are able to continue to provide quality programming and improve the lives of individuals with disabilities through recreation.



Please help us in thanking Torrey Pines Kiwanis (TPK) for once again donating funding for Camp at the Bay and the Leisure Seekers group. TPK's donation for Camp at the Bay covers some of the adaptive aquatic activities, such as jet/water skiing, sailing, kayaking, inter-tubing. The donation to the Leisure Seekers group helps keep program costs low for the participants who attend the monthly Social Connections, Summer Luau and Softball League. Therapeutic Recreation Services is very grateful for the ongoing financial support of Torrey Pines Kiwanis.

Thank you to everyone who supported the 3rd Annual Padres Fundraiser on July 30, 2017.



Dave White and Blind Stokers Club

Thank you for financially supporting Pedal to the Park and for the tandem bike donations.



Paralyzed Veterans of America Cal-Diego Chapter
Thank you for the Alinker Bike.



mission bay aquatic center

Thank you to San Diego Bowling Supply Company for donating a bowling ball to our Bowling League



Thank you to George Moya from Optimum Advertising Specialties for your generous contribution of camp T-shirts for our Kid Zone Summer Adventure camp. Your generous donation of t-shirts worth \$500 has given us more financial opportunity for our camp. If you are interested in printing t-shirts, hats, bags, and many more, contact George at (209) 470-3277 or their website at www.OptimumAdvertising.org

Please contact Kristi Fenick at kfenick@sandiego.gov or (619) 525-8247 for sponsorship and/or donation inquiries.
All donations to DSAC are tax deductible.

DSAC CORNER

Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation Services. Their purpose is to offer support and promotion of quality activities, act as a liaison between the department and the community at-large, administer contract programs for persons with disabilities, and provide public relations and fundraising support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested individuals. Meetings are held on the 2nd Wednesday evening of each month, at 6:00 p.m. in room 1 at the War Memorial Building & agendas and minutes are posted in Room 6. Call Kristi Fenick at (619) 525-8247 for information.

GoFundMe

DSAC has created a GoFundMe account to help find creative ways to fundraise. Each quarter TRS will designate a program for funds to be distributed to. This quarter, DSAC is raising funds for the TRS Holiday Extravaganza in December. It's easy to get involved! You can help fundraise by donating to www.gofundme.com/DisabledSvcHoliday or sharing the link and asking your friends and family.

Please join DSAC in asking your friends and family to help support TRS programs!

EASY WAYS TO **DONATE** THAT COSTS YOU NOTHING!

amazonsmile **FUNDRAISER**
You shop. Amazon gives.



Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to DSAC when you shop at AmazonSmile.com.

Follow these easy steps:

1. Shop under your normal Amazon login at smile.amazon.com.
2. Once you are prompted to choose an organization to donate to, select **Disabled Services Advisory Council, Inc in San Diego, CA**
3. **Shop Away!**

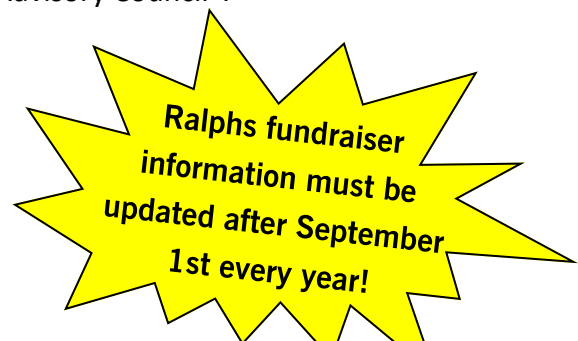
Ralphs & **FOOD 4 LESS** **FUNDRAISER**

Sign up online so that every time you shop, a percentage of your purchase will be donated to DSAC.

Log onto www.food4less.com or www.ralphs.com to register. You can also call also use the card for your fuel purchases, too! Our organization is "Disabled Services Advisory Council".

To add your community rewards program:

1. Log in to www.food4less.com or www.ralphs.com
2. Click Sign In
3. Enter your email address and password
4. Click on 'My Account' (In the top right hand corner)
5. View all your information and edit as necessary
6. Link your card to your organization by clicking on:
 - a. Community Rewards
 - b. Edit community rewards program and follow the instructions
 - c. Remember to click on the circle to the left of your organizations' name (**Disabled Services Advisory Council**)



EVERY LITTLE BIT COUNTS!

SCHEDULE OF EVENTS

SEE PAGE 3 FOR ONLINE REGISTRATION INFORMATION, LATE PICK-UP FEE AND REFUND POLICIES.
CALL (619)525-8247 FOR PROGRAMS IN WHICH ONLINE REGISTRATION IS NOT AVAILABLE



ALL TEENS/ADULTS: Ages 13 and over, with any disability. Some events are available for children with adult supervision. Direct supervision is not provided.

TANDEM BIKE RIDE

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

Teens and adults, join us for some biking fun and socialization! Tandem bikes, helmets, snacks, and water are provided. Meet at the site at 10:30 a.m. Sign-up ahead of time to ensure proper amount of equipment is available. Call (302) 563-2886 in the morning to see if the ride has been canceled due to weather. **Cost: \$2.00**



September 16: Robb Field (Ocean Beach)

CODE: 43134 2525 Bacon Street, 92107

October 7: Silver Strand, Coronado

CODE: 43236 1845 Strand Way, 92118

November 4: North Crown Point Shores

CODE: 43237 3791 Corona Orienta Road, 92109

DRAMA WORK SHOP

September 8, October 13 (No meeting in November)

10:00 a.m. - 12:30 p.m.

Come join the fun of "lights, camera, action" at the **War Memorial Building (3325 Zoo Drive, 92101)!** Discover your own acting talents, play theater games and be a star on TV! Act like you know what you're doing! **Direct supervision is not provided.**

Instructor: Chris R

NO ONLINE REGISTRATION

Cost: FREE

SELF-EXPRESSION THROUGH ART

Fridays: 3:00 - 4:30 p.m.

(No Class November 10)

This program is co-sponsored with Creative Arts Consortium. Express yourself using paints, colored pencils, markers, or other media without judgment or criticism. **Instructor:** Joan McCann

NO ONLINE REGISTRATION

Cost: \$1.00

UNIVERSAL SOUND AND BLISSED YOGA

Wednesdays: 4:00-5:00 p.m.

September 20, October 18, November 15

Please arrive at least 10 minutes early, wear comfortable clothes, bring a yoga mat, and/or blanket. Location: War Memorial Building (3325 Zoo Drive, 92101). Direct supervision is not provided. Space is limited. Instructor: Morissa Lazar

NO ONLINE REGISTRATION

Cost: FREE

SCREAMZONE

Sunday, October 8

5:00 -10:00 p.m.

Get Ready for a spooky night! Meet at the War Memorial Building to take a bus up to Del Mar. Bring money for dinner. Cost includes bus ride and admission to Scream Zone. Space is limited.



CODE: 43947

Cost: \$15.00

ALL PADRES OUTING

Saturday, September 23

5:00 -9:00 p.m.

Cheer on the San Diego Padres as they take on the Colorado Rockies. Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. Bring extra money for dinner at the park. *Limited tickets available.*

CODE: 43944

Cost: \$30.00

LAUGH HOUR

Every Wednesday

11:00 a.m. – 12:00 p.m.

Experience the many benefits of laughter with laugh hour at the War Memorial Building in Room 2. Free for all ages and abilities!

NO ONLINE REGISTRATION

Cost: FREE

ARCHERY

Thursdays: 9/7, 9/14, 9/21, 9/28

3:00 - 5:00 p.m.

Morley Field Archery Range

It's back! Join us for our Adaptive Archery program. Water will be provided. Space is limited.

CODE: 42791

Cost: \$20.00

\$2.00 transaction and credit card fees will apply at check-out.

BEST OF THE WEST QUAD RUGBY TOURNAMENT

Friday, November 17—Sunday, November 19, 2017
Municipal Gymnasium, 2111 Pan American Blvd, Balboa Park

Everyone is invited to be part of this great internationally known tournament as we celebrate its 28th year of existence. It is truly one of the most exciting and intense games you can play and watch. We will host 8 national and international teams that will give it their all to be named champion of Best of the West.

Games start at 9:00 a.m. This tournament is free for the public to watch.



Come cheer on our local team,
San Diego Sharp Edge



NUTCRACKER BALLET DRESS REHEARSAL

Friday, December 8

7:00 p.m.

Enjoy this classic performance by the California Ballet Company. Payment must be made by November 9th. Please arrange to pick-up your tickets between 8:30 a.m. on December 6th through 4:30 p.m. on December 8th at the War Memorial Building (3325 Zoo Drive). Tickets will not be mailed. Limit to 25 tickets per group.



NO STAFF SUPERVISION

CODE: 43945

Cost: \$5.00

HARVEST BALL

Saturday, September 9

6:00-10:00 p.m.

Dance the night away at the Town and Country Resort (500 Hotel Circle North). You must be 18 years or older to attend. Last day for registration is August 25, 2017. Parking is \$3.00 at the gate.

No direct supervision is provided. CODE: 39282

DISNEYLAND/CALIFORNIA ADVENTURE TICKETS

As of print time, we do not know whether or not Disneyland will be offering discounted tickets to people with special needs this winter. **This program is for people with special needs and their families ONLY.** You or your family member must be an active participant in TRS programs to be considered for tickets (current assessment and profile on Active Net). If you qualify and are interested in discounted tickets, email the following information to jgregg@sandiego.gov, subject line "Disneyland": Participant with special needs' first and last name, Parent/guardian first and last name, Email address, Mailing address, & Phone number. **Typically, Disneyland requires the list to be submitted by October 1st, so email your information immediately.** One week will be chosen and clients will purchase tickets through Active Net.

SCHEDULE OF EVENTS

MONSTER BALL DANCE

Friday, October 27 10:00 a.m.-1:00 p.m.

Join us for some ghoulish fun at the annual Halloween Day Dance at the Balboa Park Club (2150 Pan American Way, 92101). Bring a sack lunch (lunch will not be provided). Pay at the door. Direct supervision is not provided for this event.

YOU MUST PAY AT THE DOOR— no pre-registration will be accepted.

No online registration Cost: \$2.00 per person

HALLOWEEN DANCE

Saturday, October 28 6:00 - 9:00 p.m.

Teens and adults join us for our annual spooktacular Halloween dance at the War Memorial Building (3325 Zoo Drive). Prizes awarded for best costumes, so dress to impress! Cost includes dance admission, refreshments, light snacks and DJ entertainment. You must be 18 years or older to attend. Direct supervision is not provided.

YOU MUST PAY AT THE DOOR— no pre-registration will be accepted.

No online registration Cost: \$5.00 per person

Therapeutic Recreation Services Presents A:

FAMILY MOVIE NIGHT IN THE PARK!

BBQ Dinner
Face Painting
Games
Prizes

Friday September 22, 2017

6:00-9:30pm

War Memorial Building

3325 Zoo Drive, 92101

(619) 525-8247



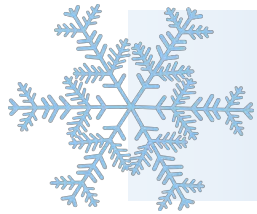
Join us for a fun-filled evening with a BBQ dinner and a family friendly movie!



- *CODE: 43235 Cost: \$5.00 per person
- *Bring your own chairs and blankets
- * Direct supervision is not provided



2017 HOLIDAY Extravaganza and CRAFT FAIR



**Saturday
December 16, 2017
2:00-5:30 p.m.**

Talent Show



**War Memorial Building
3325 Zoo Drive, San Diego 92101
Park in Zoo Parking lot**

Games



**All games and fun are FREE!!
Snacks available for purchase.**

Santa 

Check everyone off of your list at the

Craft Fair

Going on throughout the
Holiday Extravaganza

If you are interested in selling some
of your homemade crafts, please
call (619) 525-8247
CODE: 43974

DON'T FORGET to bring your dancing shoes for the

Holiday Dance

Immediately following the Extravaganza.

6:00-9:00 pm.

Cost: \$5 or donated Teddy Bear

(more information to follow in Winter Calendar)

The City of
SAN DIEGO
Park and Recreation Department



KID ZONE Ages 3-12

Gerald Cunanan
gcunanan@sandiego.gov
(619)236-7756

This group, for children ages 3 to 12, is designed to foster socialization, and social skills, to increase cognitive, physical, social, emotional, and creative skills through play and recreation.

PLEASE NOTE: FIRST-TIME PARTICIPANTS MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN.

OUTINGS

COASTER & FLETCHER COVE BEACH PARK

Sunday, October 29 11:30 a.m.-3:30 p.m.

Drop-off and pick-up at Presidio Recreation Center (2811 Jackson Street, 92110). Bring a sack lunch.

CODE: 43939 Cost: \$7.00

ROCKIN JUMP OUTING

Sunday, November 26 12:00 - 3:00 p.m.

Bring a sack lunch to enjoy before having a hopping good time! Cost includes 2.5 hour jumper party and socks. Drop-off and pick-up at 8190 Miralani Dr, 92126)

CODE: 43942 Cost: \$20.00

BRUNCH WITH SANTA

Saturday, December 16 11:30 a.m.-2:30 p.m.

Enjoy a delicious brunch with your family and meet Santa! We will have face painting, games and activities for the whole family. Brunch will be served from 11:30-1:00 p.m. Gifts will be provided for each child. Meet at the grassy area at the east end of the War Memorial. Stay for the Holiday Extravaganza (see page 11). Register online by Friday December 8th.

CODE: 43951 Cost: \$5.00 for adults and children

PLAYDAYS

LOCATION: War Memorial Building
3325 Zoo Drive, 92101

HALLOWEEN PLAYDAY

Sunday, October 22 12:00-3:00 p.m.

Dress up in your Halloween costume and join us for games, arts, and crafts. Bring a sack lunch.

CODE: 43936 Cost: \$7.00

REPTILE PLAYDAY

Sunday, November 12 12:00 - 3:00 p.m.

Come join us for games, arts, crafts, and a reptile exhibit. Bring a sack lunch.

CODE: 43940 Cost: \$7.00

FAMILY MOVIE NIGHT IN THE PARK

Friday, September 22 6:00-9:30 p.m.

Join us for a fun-filled evening of games and activities, a BBQ dinner, prizes and more. A family friendly movie will follow. Bring your own chairs and blankets. **NO DIRECT SUPERVISION PROVIDED**

CODE: 43235 Cost: \$5.00



INCLUSION — WE CAN ALL PLAY TOGETHER!

The City of San Diego, Park and Recreation Department has made the commitment to offer activities that include ALL individuals. Call your local recreation center to find out what activities are offered. If your child has special needs and you would like to request assistance, call Julie Gregg, (619) 236-7718 (minimum of three weeks advance notice). An assessment will be conducted to determine participant's needs.

\$2.00 transaction and credit card fees will apply at check-out.

KICK BACK CLUB

Ages 13-18



This group, for teens (ages 13 to 18), is designed to foster social skills, increase leisure opportunities, and create friendships in a social and age-appropriate environment, while enhancing developmental needs.

Gerald Cunanan
gcunanan@sandiego.gov
(619)236-7756

MEETINGS

War Memorial Building (3325 Zoo Drive, 92101)
Dinner will be provided
Cost: \$5.00

AROUND THE WORLD MEETING

Friday, September 8 6:00 - 8:30 p.m.
Come join us at the as we travel the world and learn about different countries and cultures. Dinner will be provided.

CODE: 43943 Cost: \$5.00

HALLOWEEN MEETING

Friday, October 13 6:00 - 8:30 p.m.
Dress up in your Halloween Costume! We will have games, arts, and crafts. Dinner will be provided.

CODE: 43948 Cost: \$5.00

THANKSGIVING MEETING

Friday, November 24 6:00 - 8:30 p.m.
We will have games, arts, and crafts. Dinner will be provided.

CODE: 43949 Cost: \$5.00

FAMILY MOVIE NIGHT IN THE PARK

Friday, September 22 6:00-9:30 p.m.

Join us for a fun-filled evening of games and activities, a BBQ dinner, prizes and more. A family friendly movie will follow. Bring your own chairs and blankets. **NO DIRECT SUPERVISION PROVIDED**

CODE: 43235 Cost: \$5.00

OUTINGS

HAUNTED TRAIL

Sunday, October 1 6:00 - 8:30 p.m.
Beware! Put on your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Meet in front of The Museum of Art (between the Museum of Man and The Prado Restaurant). Pick up at the Haunted Trail. Pizza dinner provided.

CODE: 43946 Cost: \$5.00

SCREAMZONE

Sunday, October 8 5:00 -10:00 p.m.
Get Ready for a spooky night as we trek over to the Del Mar Scream Zone! Meet at the War Memorial Building to take a bus to Del Mar. Bring money for dinner. Cost includes bus ride and admission to Scream Zone. Space is limited.

CODE: 43947 Cost: \$15.00

PADRES GAME

Saturday, September 23 5:00 -9:00 p.m.
Cheer on the San Diego Padres as they take on the Colorado Rockies. Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. Bring extra money for dinner at the park.

Limited tickets available.
CODE: 43944 Cost: \$30.00

GULLS HOCKEY GAME

Saturday, November 11 6:00-10:00 pm
Meet at The Habit Bar and Grill (3455 Sports Arena Blvd, 92110) Bring money for food. Space is limited.

SMC members are invited as well.
CODE: 43950 Cost: \$20.00

PLEASE NOTE:

\$2.00 TRANSACTION AND CREDIT CARD FEES WILL APPLY AT CHECK-OUT.



SOCIAL MOTION CLUB

Ages 18+

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

This group, for adults ages 18 and older with a cognitive impairment, is designed to increase leisure independence, community functioning and social skills through experiential opportunities within the community and at recreation centers.

RECREATION NIGHTS

Fridays: 6:00 - 8:30 p.m.

Join us for fun, food and friendship. Please register on Active Net **no later than the Monday prior to the program.**

Cost: \$7.00 (*includes transaction fee)

WELCOME BACK

Social Motion Club is returning from the summer break. Hang out with your friends while participating in various activities throughout the night.

September 15: Carmel Mountain Recreation Center
Code: 43967 10152 Rancho Carmel Drive

September 22: War Memorial Building
CODE: 43235 3325 Zoo Drive
(Stay for Movie in the Park See p.10)

HALLOWEEN FRIGHT NIGHT

Enjoy a night with your closest friends participating in various Halloween activities. Bring your appetites for Halloween sweets and snacks.

October 13: Carmel Mountain Recreation Center
Code: 43971 10152 Rancho Carmel Drive

October 20: War Memorial Building
Code: 43969 3325 Zoo Drive

BAKE-OFF

Be prepared for the annual homemade dessert bake-off! Prizes awarded to everyone who bakes their favorite dessert item.

November 17: Carmel Mountain Recreation Center
Code: 43972 10152 Rancho Carmel Drive

November 24: War Memorial Building
Code: 43973 3325 Zoo Drive

COMMUNITY OUTINGS

PADRES GAME

Saturday, September 23 5:00 -9:00 p.m.

Cheer on the San Diego Padres as they take on the Colorado Rockies. Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. Bring extra money for dinner at the park. *Limited tickets available.*

CODE: 43944 Cost: \$30.00

HAUNTED TRAIL

Sunday, October 1 6:00 - 8:30 p.m.

Beware! Put on your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Meet in front of The Museum of Art (between the Museum of Man and The Prado Restaurant). Pick up at the Haunted Trail. Pizza dinner provided.

CODE: 43946 Cost: \$5.00

SCREAMZONE

See page 8 for more information!

HALLOWEEN DANCE

See page 10 for more information!

GULLS HOCKEY GAME

See page 13 for more information!

FAMILY MOVIE NIGHT IN THE PARK

Friday, September 22 6:00-9:30 p.m.

Join us for a fun-filled evening of games and activities, a BBQ dinner, prizes and more. A family friendly movie will follow. Bring your own chairs and blankets. **NO DIRECT SUPERVISION PROVIDED**

CODE: 43235 Cost: \$5.00



PLEASE NOTE:

\$2.00 TRANSACTION AND CREDIT CARD FEES WILL APPLY AT CHECK-OUT.

INDEPENDENT CLUB

Ages 21+



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

The Club, for individuals ages 21 and over with cognitive impairments or brain injuries, is designed to promote independence as members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the "buddy system" on outings. Members are required to attend Club meetings on a regular basis in order to attend outings. New members must sign up and attend a Club meeting before attending an outing. Minimal staffing provided.

CLUB MEETINGS

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

Join us at the War Memorial Building for an evening of dinner and activities. If you are a new member, please set up an interview appointment prior to the meeting by calling (619) 236-7772.

Cost: \$7.00 (*includes transaction fee)

SAFARI NIGHT

September 1: Let's take a walk on the wild side! Grab your binoculars and hats and get ready for a fantastic night full of surprises. Cost includes dinner, crafts, games, and more!

CODE: 43978

SPOOKTACULAR!

October 6: BOO! Get ready for a night full of games, crafts, and fun! Participate with friends in Halloween themed activities and dinner.

CODE: 43979

FRIENDSGIVING

November 3: Friends are the family you choose. Come celebrate another year with your closest friends with food and fun.

CODE: 43980

FAMILY MOVIE NIGHT IN THE PARK

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Join us for a fun-filled evening of games and activities, a BBQ dinner, prizes and more. A family friendly movie will follow. Bring your own chairs and blankets. **NO DIRECT SUPERVISION PROVIDED**

CODE: 43235

Cost: \$5.00

OUTINGS

SCREAMZONE

Sunday, October 8 5:00 -10:00 p.m.

Meet at the War Memorial Building to take a bus to Del Mar. Bring money for dinner. Cost includes bus ride and admission to Scream Zone. Space is limited.

CODE: 43947

Cost: \$15.00

DAVE & BUSTERS

Thursday, November 9 5:00 - 10:00 p.m.

Come enjoy a fun evening playing games and enjoying dinner with your friends! Cost includes dinner and some games. Bring extra money to play more games when your card runs out!

CODE: 43981

Cost: \$25.00

PADRES GAME

Saturday, September 23 5:00 -9:00 p.m.

Cheer on the San Diego Padres as they take on the Colorado Rockies. Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. Bring extra money for dinner at the park. *Limited tickets available.*

CODE: 43944

Cost: \$30.00



HALLOWEEN DANCES

See page 10 for more information!

PLEASE NOTE:

\$2.00 TRANSACTION AND CREDIT CARD FEES WILL APPLY AT CHECK-OUT.



LEISURE SEEKERS

Ages 18+

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

This group provides recreational opportunities, teaches leisure skills and increases socialization and self-esteem for individuals recovering from mental illness or behavioral health disorders. Individuals 18 and over, day treatment programs, board and care facilities, and drop-in centers are welcome to attend.

Social Connection

Thursdays: 2:30 p.m. - 5:00 p.m.

We meet the first Thursday of the month at the **War Memorial Building (3325 Zoo Drive, 92101)**. This is a wonderful opportunity to make new friends and socialize! Register online or call by Wednesday (deadline) prior to program and pay at the door. Call (619) 525-8247 to register.

Cost: \$4.00

LABOR DAY PARTY

September 7: Let's celebrate the end of summer and beginning of fall by having one last BBQ!

CODE: 43315

HALLOWEEN PARTY

October 5: We will celebrate Halloween early this year by watching a classic Halloween movie and feasting on delicious treats. Come dressed in your favorite costume, as awards will be given out for the best one!

CODE: 43316

THANKSGIVING PARTY

November 2: Join us as we share thanks and feast on a delicious Thanksgiving meal. We will create festive crafts and enjoy activities while stuffing our faces with Turkey!

CODE: 43318

LEISURE STRIKERS BOWLING LEAGUE

Parkway Bowl (1280 Fletcher Parkway, 92020)

11:00 a.m.-1:00 p.m.

9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 11/29, 12/13

Get your Strike on! Sharpen your skills at our yearly bowling league while socializing and making new friends. We meet at Parkway Bowl (1280 Fletcher Parkway). We will end the season with a banquet. Details to follow in Winter Calendar

CODE: 42796

Cost: \$35.00



PLEASE NOTE:

\$2.00 TRANSACTION AND CREDIT CARD FEES WILL APPLY AT CHECK-OUT.

18TH ANNUAL CONSUMER RECOGNITION LUNCHEON

Friday, October 13th
10:00 a.m.-2:00 p.m.

This event, held at the Balboa Park Club (2150 Pan American Rd. West, 92101) will honor fellow consumers' achievements and host a resource fair, featuring an array of community resources. If you are interested in being a part of the planning committee, please call Danny Kimpel at (619) 236-7753 or email him at Dkimpel@sandiego.gov. You must register no later than Friday, October 6th. Call (619) 525-8247 by October 6th if you plan to pay at the door. *Lunch is not guaranteed for those who show up without registering.*

Cost: \$4.00 by the deadline, \$6.00 at the door
Resource Fair Table \$20.00 (includes admission for two)

CODE: 43209

LS COMMUNITY OUTINGS

DAY AT THE BAY

Thursday, September 14 10:00 a.m.-2:00 p.m.

Santa Clara Recreation Center

Soak up the sun at beautiful Mission Bay! We have many activities for you to enjoy while you take in the San Diego scenery. Activities include: paddle boarding, softball, basketball, bike rides, and swimming in the bay. Lunch will not be provided, so please bring your own. Don't forget to bring plenty of sunscreen and water!

CODE: 43224

Cost: \$2.00

MISSION TRAILS

Thursday, November 16 11:00 a.m.-2:30 p.m.

Join us for an afternoon guided nature walk at Mission Trails Regional Park. Meet in front of the Visitor Center (One Father Junipero Serra Trail, 92119) at 11a.m. Bring a sack lunch as we will eat at the outdoor amphitheater before we begin our walk at noon. Be sure to dress in layers and bring a water bottle. The cost is free, but you must register online with the code or call (619) 525-8247 by Tuesday, November 14th. Space is limited.

CODE: 43229

Cost: FREE

No October Community Outing

**Attend the Consumer
Recognition Luncheon**

Details Above



PLEASE NOTE: \$2.00 TRANSACTION AND CREDIT CARD FEES WILL APPLY AT CHECK-OUT.



ADAPTIVE SPORTS

Ages 8+

Nick Hurd
nhurd@sandiego.gov
619-236-7772

Adaptive programs (designed for individuals with physical disabilities) promote health and fitness by working on increasing cardio-vascular endurance, upper body strength, wheelchair mobility skills, and leisure independence in a recreational environment.

HANDCYCLING

Saturdays: 10:00 a.m. - 12:30 p.m.

Ride through some of San Diego's most beautiful bike trails meeting people and building endurance.

Cost: \$25.00/6 week session or \$8.00 if you bring your own bike. **CODE: 43238**

August 19: North Crown Point Shores
(3791 Corona Oriente Rd. 92109)

8 west to Mission Bay Dr., turn right. Follow road to Crown Point Dr., turn right, and go to furthest parking lot on right-hand side by the playground.

September 9: Glorietta Bay Park (Coronado)
(1813 Strand Way, Coronado 92118)

September 23: Robb Field (Ocean Beach)
(2525 Bacon St., 92107)

October 14: Miramar Lake
(10304 Scripps Lake Dr., 92131)

October 28: Fiesta Island
(1200 East Mission Bay Dr., 92109)

November 11: North Crown Point Shores
(3791 Corona Oriente Rd. 92109)

ADAPTIVE SPORTS-MUNI GYM

Thursdays: 6:00 - 8:00 p.m.

Municipal Gym (2111 Pan American Plaza, 92101)

•••••**Cost: Free**•••••

Wheelchair Soccer

9/7, 9/14, 9/21, 9/28, 10/5, 10/12

This is a fast, dynamic team sport which is played indoors. The aim of the game is to score as many goals as possible by throwing the ball into a soccer-style goal. Play generally involves one team forming a defensive line along their goal area, while the other team attacks by passing the ball and trying to score.

CODE: 43239

Wheelchair Dance

10/19, 10/26, 11/2, 11/9, 11/16

New dancers are welcome at every session. You will meet a great group of people who use a wheelchair, walker, or cane. We also need able-bodied volunteers to partner with our wheelchair dancers.

CODE: 43243

BEST OF THE WEST Quad Rugby Tournament

SEE PAGE 9 FOR DETAILS

INJURED SERVICE MEMBERS

ISM programs are designed to promote health, fitness and an improved quality of life while focusing on leisure independence and education in a community recreation environment. Contact: Nick Hurd

STAND-UP PADDLE BOARDING

Wednesdays: 9/6, 9/20, 9/27, 10/4, 10/11
10:00 a.m. - 12:00 p.m.

Santa Clara Recreation Center

This starter course is an opportunity to learn the basic strokes and skills for maneuvering a paddle board. Once comfortable on the water, you'll set out on a guided tour skimming across the water. You must pre-register for this program. Limited space available.

CODE: 43252

Cost: FREE

ARCHERY

Thursdays: 9/7, 9/14, 9/21, 9/28

Time: 12:00 - 2:00 p.m.

Morley Field Archery Range

Join us every Thursday in September at the Morley Field Archery Range for our Adaptive Archery program. Water will be provided. Space is limited.

CODE: 43269

Cost: FREE

\$2.00 transaction and credit card fees will apply at check-out.

ADAPTIVE EVENTS

Adaptive programs (designed for persons with physical disabilities) promote health and fitness by working on increasing cardio-vascular endurance, upper body strength, wheelchair mobility skills, and leisure independence in a recreational environment.

YES, YOU CAN DANCE!

September 7th-October 20th

Thursdays: 10:00 a.m. - 12:00 p.m.

Would you like to spin your wheels to the rhythms of Cha-Cha, Rumba, Tango, or Hip Hop while dancing with one of our fabulous dance volunteers? Join us for a free 8 week dance session and enjoy dancing and socializing with others! **Cost: FREE**

Location: War Memorial Building (3325 Zoo Dr., 92101)

www.wheelchairdancers.org



ISA-WORLD ADAPTIVE SURFING CHAMPIONSHIP & SURFING CLINIC

November 30—December 3

The 3rd Annual (ISA) World Adaptive Surfing Championship is set to take place in La Jolla and bring together the adaptive surfing

World Adaptive Surfing Championship



community from around the world.

The event will commence on November 30th at La Jolla Shores with an Olympic-style Opening Ceremonies, complete with a "Parade of Nations" and a "Sands of the World" ceremony. The International Surfing Association (ISA) is excited to unify global efforts for the advancement of Adaptive Surfing through a partnership with the City of San Diego, Therapeutic Recreation Services. For more info, visit: www.isasurf.org/events/isa-world-adaptive-surfing-championship/

BEACH ACCESS PROGRAM

Take a trip out to the beach and access the sand while using FREE power beach chairs, manual beach chairs and accessible beach mats. Go to www.sandiego.gov/park-and-recreation/activities/trs to find more information, times available and maps with the placement of the equipment.

Power-driven beach chairs are located at Mission Beach and are available during the below hours. This program is for individuals with mobility impairments or those who are not able to walk unaided on the beach. Reservations are not required, but are recommended.



Closed January - February

March - April/November - December

Friday, Saturday, Sunday 11:30 a.m. - 3:30 p.m.

May - October

Monday, Wednesday-Friday 11:30 a.m. - 4:30 p.m.

Saturday-Sunday 11:30 a.m. - 5:30 p.m.

Closed Tuesdays (May - October)

To reserve, please call (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.



PEOPLE IN RECOVERY

Ages 18+

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

This program is designed to increase personal growth, self-esteem, independence and confidence through participation in a variety of recreational activities for individuals 18 and older recovering from drug and alcohol addictions.

RECOVERY GAMES MEETINGS

Wednesdays: September 27, October 25
10:00 - 11:00 a.m.

All recovery homes are encouraged to have a representative attend our meetings and give input based on the benefit of the program. **Meetings will be held on the fourth Wednesday of every month from 10:00 - 11:00 a.m. at the War Memorial Building (3325 Zoo Drive, 92101)**

CODE: 35715

Cost: Free

GIRLS JUST WANT TO HAVE FUN

Recovery in the 80's

Friday, November 17 7:00-11:00 p.m.

Come dressed in your best 80's outfits and be ready to dance the night away! Dance hosted by Crossroads. Contact is Chris Davis at (619) 296-1151.

Cost: \$5.00 in advance, \$7.00 at the door

HALLOWEEN DANCE

War Memorial Building (3325 Zoo Drive)

Friday, October 27 7:00 – 11:00 p.m.

Trick or Treat! I hope you picked treat because we have one for you. Join us as we celebrate Halloween by dancing in our costumes. There will be a costume contest and the top three costumes will receive cash prizes. This event is strictly 18 and older. Food and beverages will be sold during the dance. Don't be scared to come!

DAY AT THE BAY

Santa Clara Recreation Center (1008 Santa Clara Pl)
Wednesday, September 13 10:00 a.m.-2:00 p.m.

We have many activities for you to enjoy while you take in the San Diego scenery, including: kayaking, paddle boarding, softball, basketball, bike rides, ice cream making, and swimming in the bay. Bring plenty of sunscreen, water and a lunch.

CODE: 42438

Cost: \$3.00

CODE: 42791 Cost: \$3 pre-pay/\$5.00 at the door

BANNER



FIRST PLACE

WINNERS



SECOND PLACE



THIRD PLACE

\$2.00 transaction and credit card fees will apply at check-out.

Volunteer Opportunities

Ages 13+



A variety of volunteer opportunities are available for those ages 13 and above, including students who need service hours. Therapeutic Recreation Services offers an outstanding internship program for college students majoring in therapeutic recreation.

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

Check out this quarter's "Top Banana," exceptional volunteers who rise above and beyond their call of duty. Please help us in thanking Alyson Brown for everything she has done for our programs and participants!

Top Banana Alyson Brown




Alyson began volunteering with TRS in 8th grade at all three of the summer camps. She loves working with the participants, because whether they're playing in the pool, sailing, or just having some down time after finishing an activity, everyone in the group is happy and excited throughout the day. She also enjoys working as a team with all of the other passionate volunteers and staff. In her spare time, she enjoys playing tennis, singing, reading, and writing poetry and short stories. Alyson is also a member of the National Charities League Seaside Chapter and she does a great deal of volunteering through the organization. This is the first year that TRS will be part of our Seaside Chapter's list of philanthropies and she is hopeful that many of her NCL friends will be encouraged to volunteer. She advises volunteers to really get involved in the activity because if the volunteer enjoys the activity, then so will the participants, and this leads to a better experience for everyone.

THANK YOU TO ALL OF OUR AMAZING SUMMER VOLUNTEERS!



Interested in becoming an ongoing volunteer, what's next?

Required to

- Attend a volunteer orientation
- Clear background check
- Commit to one or more events each month
- Work an average 10-20 hours monthly

Qualifications

- At least 13 years old
- Must have patience
- Enjoy working with people
- Be dependable and flexible
- Have the desire to work with a diverse population
- Energetic, enthusiastic, and a desire to have fun

Volunteer Assignments

- Assist with supervision of participants with disabilities during dances, community outings, sporting events, summer camps, and more!
- Set-up equipment for activities and events
- Prepare meals for programs
- Provide hands-on assistance during activities
- Perform various office duties

Please contact the Volunteer Coordinator at: (619) 236-7753, or e-mail dkimpel@sandiego.gov, if you are available to help with any of the listed activities or to sign-up for an orientation.

COMMUNITY EVENTS

TRIS is proud to collaborate with several community agencies to provide more leisure and recreation opportunities for all. Don't miss these great events happening.



CONTACT: Lindsay H.
Office: (619) 336-1806

www.adaptivesportsandrec.org. Weekly adaptive sport team practices are held Tuesdays, Wednesdays, and Saturdays throughout the county.



CONTACT: Joe Gilltrap
San Diego County
Program Manager

Office: (619) 283-6100, www.sosc.org/sandiego
Weekly sport team practices are held throughout the county.

WOUNDED WARRIOR TENNIS PROGRAM

Wounded, ill, and injured service members and veterans are invited to free tennis clinics each Tuesday at Balboa Tennis Club, 2221 Morley Field Dr., 92014. Beginners are welcome. Racquets are available for loan. Contact: Steve Kappes, stevekappes@hotmail.com, 619-948-4596. More information: www.sdwoundedwarriortennis.org.

SUSIE'S DANCE PARTY

Weekly dance parties are held at the Carmel Mountain Recreation Center, 10152 Rancho Carmel Drive. Saturdays, 4:15-7:00 p.m. Cost: \$12.00-15.00

CONTACT: Susie D'Agostino

Susiedanceparty@aol.com, (619) 303-4685



CONTACT: Walter Jackson
Executive Director

sds4ea@gmail.com,
(858) 565-7432

Sporting opportunities are held throughout the week at various City of San Diego Park & Recreation Centers.

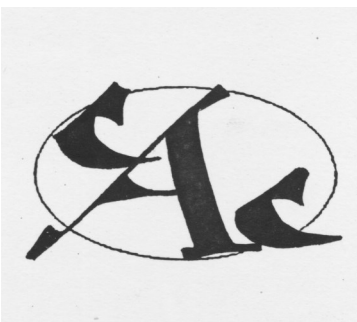
STARS ACTING WORKSHOP

Weekly dramatic arts classes for adults with developmental and/or cognitive challenges. Check us out at northparkvaudeville.com

CONTACT: Summer Golden

zgolden1@cox.net; (619) 647-4958

THE CREATIVE ARTS CONSORTIUM PRESENTS: 4TH ANNUAL EXPRESSIVE ARTS IN RECOVERY PERFORMANCE AND ART EXHIBIT



September 13, 2017
1:00 PM – 2:30 PM
Vista Library,
700 Eucalyptus Ave,
Vista 92084

Reception to follow
performance.

For more information: 619 536-5241
FACEBOOK <https://www.facebook.com/groups/120211731800470/>
Email: ca.lynnparrish@gmail.com

DEAF SENIORS CLUB

Wednesdays: 10:00 a.m. - 3:00 p.m.

This club, for seniors who are deaf or hard of hearing, meets at Deaf Community Services (1545 Hotel Circle, 92108) for social and recreation activities, along with fellowship. Enjoy a variety of table and card games, as well as bingo. Donuts and coffee are served, and members bring a sack lunch. New members are always welcome. Call (619) 398-2441 or VP (619) 550-3436 for more information. Cost: \$3.00/week



September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CAC Art IND Club Meeting	2
3	4 HOLIDAY- CLOSED	5	6 ISM SUP Archery	7 LS Social Connection ADP Sports- Soccer WC Dance Archery	8 CAC Art Drama KBC Meeting	9 Handcycle 2 Harvest Ball
10	11	12	13 PIR Day at the Bay	14 ADP Sports- Soccer WC Dance Archery LS Outing	15 CAC Art SMC Rec night CMR	16 Tandem
17	18	19	20 Bowling ISM SUP	21 ADP Sports- Soccer WC Dance Archery	22 CAC Art ALL -Movie in the Park WMB	23 Handcycle 3 All- Padres
24	25	26	27 PIR Meeting ISM SUP	28 ADP Sports- Soccer WC Dance Archery	29 CAC Art	30

October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 All Haunted Trail	2	3	4 ISM SUP	5 ADP Sports- Soccer WC Dance LS Social Connection	6 CAC Art IND Club Meeting	7 Tandem
8 ALL- Screamzone	9	10	11 ISM SUP	12 ADP Sports- Soccer WC Dance	13 CAC Art Drama SMC Rec night CMR KBC Meeting LS Consumer Luncheon	14 Handcycle 4
15	16	17	18	19 ADP Sports- Dance WC Dance	20 SMC Rec night WMB CAC Art	21
22 KZ Playday	23	24	25 PIR Meeting	26 ADP Sports- Dance WC Dance	27 Halloween Dance CAC Art PIR Dance	28 Halloween Dance Handcycle 5
29 KZ Coaster	30	31 Halloween				

November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 LS Social Connection ADP Sports- Dance	3 CAC Art IND Meeting	4 All Tandem
5	6	7	8	9 ADP Sports- Dance IND-Dave and Buster's	10 HOLIDAY- VETERANS DAY	11 Handcycle 6 ASRA B-ball Tourn SMC/KBC-Gulls
12 KZ Playday	13	14	15 LS Bowling	16 LS Outing Sharp ADP Sports	17 CAC Art PIR Dance Quad Rugby SMC Rec night CMR	18 S4EA volleyball Quad Rugby
19 Quad Rugby	20	21	22 PIR RG Meeting	23 HOLIDAY- OFFICE CLOSED THANKSGIVING	24 SMC Rec night WMB CAC Art KBC-Meeting	25
26 KZ Outing	27	28	29	30		

The City of
SAN DIEGO
Park and Recreation Department
Therapeutic Recreation Services
War Memorial Building, Balboa Park
3325 Zoo Drive
San Diego, CA 92101

PRESORTED
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Would you rather receive our calendar via e-mail?

Email Julie at: jgregg@sandiego.gov

Then, starting with the next calendar,
you'll receive yours on your own computer.

The City of
SAN DIEGO
Park and Recreation Department

“WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS”

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER [619] 525-8247 OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240). THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.