



THE CITY OF SAN DIEGO

## Park & Recreation Department THERAPEUTIC RECREATION SERVICES



*Fall 2015*

*Sept. Oct. Nov.*



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

E-mail: [JMRichards@sandiego.gov](mailto:JMRichards@sandiego.gov)

Visit our Website at:

[www.sandiego.gov/park-and-recreation/activities/trs/](http://www.sandiego.gov/park-and-recreation/activities/trs/)



All City of San Diego parks and beaches are smoke free.

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**

**Jenny Cavellier**  
**Lauren Council, CTRS**  
**Nick Hurd**  
**Marisol Mendoza**  
**Juan Razo**

**RECREATION LEADERS**

Gerald Cunanan	Janet Estrada
Jazmin Garcia	Lindsey Hollis
Jessica Johnson	Daniel Kimpe
Mark Leo	Manuel Lopez
Mylissa Magallanes	Amber McKinney
Monica Olivan	Cheryl Pawlak, CTRS, RTC
Noor Raffed	Alexis Suseberry
Roshawn Tapps	Joel Walker
Jennifer Walsten	Dallin Young

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**THANK YOU, JOE!** For creating the amazing cover art for this season's calendar. We appreciate all of the time and effort you put into making this calendar so special for us. Joe is the father of one of our Independent Club members, Steve. Search joestoons to see more of his amazing artwork.

**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](mailto:jgregg@sandiego.gov): 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 (additions can not be added, once the list is submitted).** Your information will be submitted to Disneyland, in which Disneyland will contact you via email (typically in December) if tickets are available.

# 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 22 & WINTER registration begins November 21**

**Please note:** Checks can no longer 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., San Diego) 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**.

**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, 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

SDRecConnect.com does not accommodate requests for refunds, transfers or cancellations, but with a minimum of two weeks notice **and** we are able to find a replacement, a refund or transfer may be accommodated. 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.

## UPCOMING MOVE: PARK DE LA CRUZ

On August 3rd, Mayor Faulconer announced the acquisition of Park De La Cruz (former Copley YMCA) to the City of San Diego. Many of the programs currently offered by Therapeutic Recreation Services (TRS) will be moved to Park De La Cruz (3901 Landis St., SD), upon the completion of some building renovations. TRS programs will continue to be at the War Memorial Building until future notice.

### DSAC CORNER

#### Disabled Services Advisory Council, Inc.

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 at the War Memorial Building. Please call Kristi Fenick at (619) 525-8247 for more information.

### RALPHS FUNDRAISER

Thanks to everyone who has been participating in our grocery fundraising program. Ralph's requires everyone to re-enroll in the program every September 1st. Log onto [www.ralphs.com](http://www.ralphs.com) to register or call 619-525-8247 and we can send you a Ralph's letter, which you can bring to Ralph's on your next visit. Our organization is Disabled Services Advisory Council. Every time you shop, a percentage of your purchase will be donated to DSAC.

### AMAZON SMILE FUNDRAISER

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **DSAC** when you shop at AmazonSmile. Follow these easy steps: Shop under your normal Amazon login at [smile.amazon.com](http://smile.amazon.com). Once you are prompted to choose an organization to donate to, select Disabled Services Advisory Council, Inc. in San Diego, California. All proceeds will benefit TRS programs. *Every little bit counts!*

### DONOR APPRECIATION

DSAC and TRS 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 this quarter's community sponsors, *Da Kine's*, *Friends of Rollo*, *North Park Bikes* and *BPI Custom Printing*.



Over 200 Leisure Seekers enjoyed the Luau on August 6, lead by Andre Asfour, RT intern. A special thank you to *Da Kine's* for catering the event. The authentic Hawaiian meal was delicious.



For several years, *Friends of Rollo* has generously donated a deep sea fishing trip for fifty of our participants to enjoy. For many of our participants this is the first opportunity that they've had to enjoy a deep sea fishing trip. The experiences they have had over the years are priceless and we couldn't do it without their support.

#### NORTH PARK BIKES

3022 North Park Way  
San Diego CA 92104

(619)255-3100



*North Park Bikes* generously donated their time by assessing our tandem bikes and making all the needed repairs, in order to ensure the safety of our participants.



All of our camp t-shirts and bags looked amazing this summer, thanks to *BPI Custom Printing*.

### PADRES FUNDRAISER!

Thank you to everyone who purchased tickets to the July 25th Padres Fundraiser. This event raised over \$2300.00, which will be used to keep program costs low. Everyone had such a great time that we are planning on doing it again next year!

Please contact Kristi Fenick at [kfenick@san Diego.gov](mailto:kfenick@san Diego.gov) or (619) 533-6333 for sponsorship and/or donation inquiries. All donations to DSAC are tax deductible.

## STAFF SPOTLIGHT

# MARK LEO

### Why did you want to work at Therapeutic Recreation Services?

I worked with Park and Recreation in Portland before moving to San Diego, so when I saw the opening with San Diego Park and Recreation, I immediately felt a connection.

### What is your favorite moment from your time working here?

I enjoy working with the Seniors. That is the target population that I enjoy working with.

### What was the best vacation you've ever taken?

My trip to Yosemite was wonderful.

### What is your favorite hobby outside of work?

I enjoy doing home improvement projects.

### What is a fun fact about yourself?

I love my dog named Cocoa.

### What would be your word of advice to new volunteers and staff at TRS?

Always be prepared for anything to happen because you never know when something might come up.



### Get to know Mark

Mark has been working for the City of San Diego for 8 1/2 years. He has worked every program offered at TRS and is a knowledgeable and valued staff member. Mark is often at our Beach Wheelchair Program in South Mission Beach, where he oversees the usage of power and manual beach wheelchairs. We thank Mark for all of the time and effort he has dedicated to TRS and the populations we serve.

## WELCOME TO OUR RECREATION LEADER II'S!

Please help us in welcoming our new Recreation Leaders who joined us this past summer. Welcome back to a greatly missed former RLII, **Dallin Young**. **Manuel Lopez** was also a former City of San Diego employee and we are pleased to have him as a part of our team. **Roshawn Tapps** joins us from the City of Chula Vista, where she worked in the Park and Recreation Department. **Gerlad Cunanan** joins us with a bachelors in Therapeutic Recreation from Santa Clara. Please join us in welcoming these new employees!



Roshawn Tapps



Gerald Cunanan



Manuel Lopez



Dallin Young

## HARVEST BALL 2015

# Harvest Ball

*Friday, November 6, 2015*

*6:00-10:00 p.m.*

*at the*

*San Diego Central Library*

*330 Park Boulevard*

**Cost: \$50**

(Credit card and transaction fees will apply)

**Active Net Code: 19111**

**Refunds, minus a \$10.00 processing fee, will only be granted  
if cancellation is done by October 16, 2015.**

Enjoy music, dancing and a gourmet meal in beautiful Downtown San Diego.

You must be 18 years or older to attend. **Must register online at  
[www.sdreconnect.com](http://www.sdreconnect.com).** Registration begins August 22nd. Register early as  
space is limited. Last day to pay is October 19, 2015.

Two hour parking validation available through the library.

### *Volunteers Needed!*

To help with hair and make-up prior to the event. We will be meeting at 2:00 p.m. for preparation  
for the evening. Don't miss your chance to make a difference.



# 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

ALL TEENS/ADULTS: Ages 13 and over, with any disability. Some events are available for children with adult supervision.

## 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. Call (619) 205-2834 in the morning to see if ride has been cancelled due to weather.

**September 19: Harbor Island**

1960 Harbor Island Drive

**October 3: Santee Lakes**

9310 Fanita Parkway

**November 7: Lake Miramar**

10304 Scripps Lake Drive

Leader: Juan Razo

Cost: \$2.00

**NO ONLINE REGISTRATION**

## MONSTER BALL HALLOWEEN DANCE

Friday, October 30

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). Cost includes activities, costume contest, and DJ entertainment. Bring a sack lunch. Lunch is not provided. Call (619) 525-8247 to register no later than Monday, October 26th. Pay at the door. **You must be 18 or older to attend.** Direct supervision is not provided.

**NO ONLINE REGISTRATION**

Cost: \$1.00

## EXPLORE MISSION BAY

Sundays: September-  
November



Join us in our outdoor adventures as we explore Mission Bay on select Sundays this Fall. Anyone age 13 and up is welcome to join our exploring team. *Space is limited.*

**September 13:** 11:30 a.m.-5:30 p.m.

**October 4, 18:** 12:00 p.m.-3:00 p.m.

**November 1:** 12:00 p.m.-3:00 p.m.

\*Specific events to be announced

**CODE: 18884**

Cost: \$30.00

## DRAMA WORK SHOP

September 11, October 9, November 13

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

Come join the fun of "lights, camera, action" at the War Memorial Building! 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 Roze

War Memorial Building  
3325 Zoo Drive, 92101



**CODE: 18330**

Cost: FREE

## LOVE TO SURF?

Call 619-525-8248 for the opportunity to participate in a surfing clinic with professional athletes.

**See page 18 for more details.**

**Cost: \$20.00**



## SELF-EXPRESSION THROUGH ART

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

Join us for this program co-sponsored with Creative Arts Consortium. Express images hidden within, using paints, colored pencils, markers, or other media without judgment or criticism. Just enjoy!

Instructor: Joan McCann

Cost: \$1.00

**NO ONLINE REGISTRATION**

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

# SCHEDULE OF EVENTS

## BIG BEAR SKI TRIP

Winter 2016

Exact trip date and registration code for the annual ski trip to Big Bear Mountain will be announced in November. All levels of skiers and snowboarders, from ages 8 to adult are welcome. Cost includes bus transportation from the War Memorial Building, ski/snowboard rental, lift tickets and lessons. Adaptive equipment and lessons will be available, but limited enrollment. **This trip is very popular and space is limited (registration begins November 21st).**

Leader: Juan Razo

## HALLOWEEN DANCE

Saturday, October 31 6:00 p.m.-9:00 p.m.

Teens and adults, join us for our annual spooktacular Halloween dance at the War Memorial Building. Prizes awarded for best costumes, so dress to impress! Cost includes dance admission, refreshments, snacks, and DJ entertainment. You must be 18 or older to attend. Direct supervision is not provided. **Sign up no later than Tuesday, October 27.**

CODE: 18887

Cost: \$5.00

## VIBRATIONAL SOUND YOGA

September 11, October 9, November 6

Fridays: 5:30 p.m.-6:30 p.m.

Please arrive at least 10 minutes early, wear comfortable clothes, bring yoga mat, and blanket. Location: War Memorial Building (3325 Zoo Drive, 92101).

**\*Direct supervision is not provided\*** Space is limited.

Instructors: Morissa Lazar & Marbella Mondaca

CODE: 18326

Cost: FREE

Coming Soon...

HOLIDAY EXTRAVAGANZA & DANCE

December 19, 2015

3:00 p.m.-9:00 p.m.

HOLIDAY FAIR

December 10, 2015

10:00 a.m.-1:00 p.m.

## SCREAMZONE

October 18, 2015

5:00 p.m.-10:00 p.m.

Get ready for a spooky night at the Del Mar Scream Zone! Meet at the War Memorial Building to take a bus up to Del Mar. Bring extra money for dinner as we will be stopping on our way to get a bite to eat. **Direct supervision is not provided.** You must be 13 or older to attend. Space is limited.



Sign up and pay by **Monday, October 12.**

CODE: 16618

Cost: \$15.00

## BEST OF THE WEST QUAD RUGBY TOURNAMENT

Friday, November 13—Sunday, November 15, 2015

Would you like to see one of the most intense games in the world! We are hosting the 26th Annual Best of the West Quad Rugby Invitational Tournament at the Municipal Gymnasium (2111 Pan American Plaza, 92101) in Balboa Park. These highly skilled athletes come from different nations to compete to be the Best of the West Champions. **This tournament is free for spectators to watch. Come cheer on our local team, Sharp Edge!**

Friday: 10:00 a.m.-4:00 p.m.

Saturday: 9:00 a.m.-3:00 p.m.

Sunday: 9:00 a.m.-2:00 p.m.

## NUTCRACKER BALLET DRESS REHEARSAL

Friday, December 11

7:00 p.m.

San Diego Civic Theater, 1100 3rd Avenue, San Diego, CA 92101 (3rd & B)

Enjoy this classic ballet by the California Ballet Company. Payment must be made online or in person by November 4th. Please arrange to pick up your tickets between 8:30 a.m. on December 9th through 4:30 p.m. on Friday, December 11th at the War Memorial Building. No tickets will be mailed. Tickets are limited. TRS staff will not be attending this event. Limit to 25 tickets per group.

CODE: 16628

Cost: \$5.00

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

## KID ZONE

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.

Jcavellier@sandiego.gov



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

### FRIENDS OF ROLLO DEEP SEA FISHING TRIP

**Sunday, September 13 11:30 a.m.-5:30 p.m.**

Friends of Rollo have provided a wonderful opportunity for our participants, age 6 to 21 years, to go on a half-day fishing trip. Meet at Seaforth Sportfishing Dock, 1717 Quivira Road. Poles, bait and lunch (one hot dog, chips, drink) will be provided to participants. NO coolers are allowed on the boat. All participants must be accompanied by an adult. Anyone 16 years and older needs to purchase a one-day fishing license (can be purchased at Seaforth for \$14.86, cash only). You must have attended at least 2 TRS events this year to attend this event. Space is limited.

**CODE: 16724 Cost: \$5.00 per person**

### PUMPKIN STATION

**Sunday, October 11 10:00 a.m.-1:00 p.m.**

Drop-off and pick-up at the Mission Valley Pumpkin Station (1640 1/2 Camino Del Rio North, San Diego, 92108) for an afternoon of games, rides and fun. Cost includes pumpkin, unlimited rides and a private party tent. Bring a sack lunch.

**CODE: 18888 Cost: \$20.00**

## PLAYDAYS

### HALLOWEEN PLAYDAY

**Sunday, October 25 12:00 p.m.-3:00 p.m.**

Which monster is the best dancer? The Boogie Man! Come join us for games, tricks, treats and tons of fun! Meet at the War Memorial Building (3325 Zoo Drive, 92101). Wear your costume and bring a lunch.

**CODE: 18889 Cost: \$7.00**

### LIBRARY PLAYDAY

**Saturday, November 14 10:00 a.m.-12:00 p.m.**

Meet at the Downtown San Diego Library, 330 Park Blvd, 92101 (first floor children's section) for sensory play, music, books and more put on by the library. Bring a sack lunch. Snack will be provided. Two hour parking validation available through the library.

**CODE: 18890 Cost: \$5.00**

### JUMP AROUND OUTING

**Sunday, November 8 11:00 a.m.-2:00 p.m.**

Join us for an afternoon of adrenaline seeking adventure. Drop-off and pick-up at Jump Around (1675 Brandywine Ave, Chula Vista, 91911). Pizza lunch included.

**CODE: 18891 Cost: \$25.00**



### Coming Soon!

**BREAKFAST WITH SANTA** December 12

**WINTER ADVENTURE** December 21  
December 28

### 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 (**we need a minimum of three weeks advance notice**). An assessment will be given to determine participant's needs.

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

## KICK BACK CLUB

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. **Leader:** Jenny Cavellier Jcavellier@sandiego.gov

**CODE: 16741**



## RECREATION NIGHTS

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

One Friday of each month. Please call (619) 525-8247 to register **no later than the Monday prior to the program.**

**War Memorial Building  
3325 Zoo Drive, 92101**

**Cost: \$5.00**

**CODE: 16741**

### HALLOWEEN MEETING

**October 9:**

Wear your favorite costume for this evening of haunts. We will be watching a Halloween classic on the big screen while snacking on treats and creating ghoulish works of art. Dinner will be provided.

### AROUND THE WORLD MEETING

**November 13:**

In celebration of World Kindness Day, we will be celebrating diversity this Friday with an evening of crafts and activities from around the world. Dinner



## PADRES VS. DIAMONDBACKS

**Saturday, September 26 4:30 p.m.-9:00 p.m.**

*Limited tickets. See page 11 for more information.*

**CODE: 14448**

**Cost: \$25.00**

## HAUNTED TRAIL

**Sunday, October 4 6:00-9:00 p.m.**

Beware! We will be venturing once again down the Haunted Trail. 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. Dinner provided.

Sign up and pay by **Monday, September 29.**

**CODE: 16759**

**Cost: \$5.00**

## FRIENDS OF ROLLO DEEP SEA FISHING TRIP

**Sunday, September 13 11:30 a.m.-5:30 p.m.**

Friends of Rollo have provided a wonderful opportunity for our participants, age 6 to 21 years, to go on a half-day fishing trip. Meet at Seaforth Sportfishing Dock, 1717 Quivira Road. Poles, bait and lunch (one hot dog, chips, drink) will be provided to participants. NO coolers are allowed on the boat. All participants must be accompanied by an adult. Anyone 16 years and older needs to purchase a one-day fishing license (can be purchased at Seaforth for \$14.86, cash only). You must have attended at least 2 TRS events this year to attend this event. Space is limited. **Sign up and pay by September 8.**



**CODE: 16724**

**Cost: \$5.00 per person**

## SAN DIEGO LIBRARY- HUNGER GAMES

**Thursday, November 19 4:00 pm-6:30pm**

Meet at the Downtown San Diego Library courtyard (330 Park Boulevard, 92101) for a Hunger Games-inspired obstacle course put on by the Teen Center at the Downtown Library. Cost includes dinner.

**CODE: 16741**

**Cost: \$5.00**

## COMING SOON! HOLIDAY SHOPPING



**December 4th**



### PLEASE NOTE:

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



## SOCIAL MOTION CLUB

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

**Leader:** Nick Hurd

NHurd@sandiego.gov

## RECREATION NIGHTS

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

Join us for fun, food and friendship. Feel free to attend one or both events each month. Please register on activenet **no later than the Monday prior to the program.** If you are a new member, please set up an interview appointment prior to the meeting by calling (619) 525-8247.  
**Cost: \$5.00**

### WELCOME BACK

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

**September 11: Carmel Mountain Recreation Center**  
**Code: 16767** 10152 Rancho Carmel Drive

**September 25: War Memorial Building**  
**Code: 16768** 3325 Zoo Drive

### HALLOWEEN SPOOKTACULAR

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

**October 9: Carmel Mountain Recreation Center**  
**Code: 16769** 10152 Rancho Carmel Drive

**October 16: War Memorial Building**  
**Code: 16770** 3325 Zoo Drive

### BAKE OFF

Back by popular demand, the homemade dessert bake-off! Prizes awarded to everyone that bakes their favorite dessert item.

**November 13: Carmel Mountain Recreation Center**  
**Code: 16771** 10152 Rancho Carmel Drive

**November 27: War Memorial Building**  
**Code: 16772** 3325 Zoo Drive



## PADRES VS. DIAMONDBACKS

**Saturday, September 26**

**4:30 p.m.-9:00 p.m.**



Help us cheer on the San Diego Padres as they take on the Arizona Diamondbacks. Drop-off and pick-up will be in front of the Hilton at the intersection of 4<sup>th</sup> Avenue and K Street. Bring extra money for dinner at the park.  
*Limited tickets.*

**Sign up and pay by Tuesday, September 8.**

**CODE: 14448**

**Cost: \$25.00**

## HAUNTED TRAIL

**Sunday, October 4**

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

Beware! We will be venturing again down the Haunted Trail this October. 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. Dinner provided. **Sign up and pay by Monday, September 29.**



**CODE: 16759**

**Cost: \$5.00**

## JUMP AROUND OUTING

**Saturday, November 28**

**1:00 p.m.- 4:00 p.m.**

"I came to get down, I came to get down, So get out your seats and jump around." Come jump the day away with your friends (1675 Brandywine Avenue, Chula Vista, 91911) Wear athletic clothes with socks and closed toe shoes. Price includes lunch.

**Sign up and pay by Friday, November 13.**

**CODE: 16739**

**Cost: \$25.00**

## PLEASE NOTE:

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

## INDEPENDENT CLUB (IND)

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 is provided at Club functions.** **Leader:** Nick Hurd NHurd@sandiego.gov



### CLUB MEETINGS

**Fridays: 6:00 p.m. - 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) 525-8247.

**Cost: \$5.00**

### "The Happiest Meeting on Earth"

**September 4:** Participate in Disney themed trivia, games, and crafts. Price includes dinner.

**CODE: 18904**



### Fright Fest Meeting

**October 2:** Participate in Halloween activities with your friends.

**CODE: 16774**

**There will be no meeting at the WMB in November.**

### PADRES VS. DIAMONDBACKS

**Saturday, September 26**

**4:30 p.m.-9:00 p.m.**



Help us cheer on the San Diego Padres as they take on the Arizona Diamondbacks. Drop-off and pick-up will be in front of the Hilton at the intersection of 4<sup>th</sup> Avenue and K Street. Bring extra money for dinner at the park. *Limited tickets.*

**Sign up and pay by Tuesday, September 8.**

**CODE: 14448**

**Cost: \$25.00**

### SCREAMZONE

**October 18, 2015**

**5:00 p.m.-10:00 p.m.**

Get ready for a spooky night at the Del Mar Scream Zone! Meet at the War Memorial Building to take a bus up to Del Mar. Bring extra money for dinner, as we will be stopping on our way to get a bite to eat. Direct supervision is not provided.

**Sign up and pay by Monday, October 12.**

**CODE: 16618**

**Cost: \$15.00**

### CHARGERS VIEWING PARTY

**November 9, 2015**

**5:00 p.m.-10:00 p.m.**

Watch the San Diego Chargers take on the Chicago Bears for an exciting Monday night football game at Islands Restaurant (7637 Balboa Ave, San Diego, 92111). Choose an Islands famous sandwich, burger or wrap with endless french fries. We will also hold the Independent Club meeting during the outing.



**Sign up and pay by Monday, November 2.**

**CODE: 16766**

**Cost: \$15.00**

### PLEASE NOTE:

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

## Harvest Ball

**Friday, November 6, 2015**

**6:00 p.m.-10:00 p.m.**

**at the**

**San Diego Central Library**

**330 Park Boulevard**

**\$50**

**See page 6 for more information.**



## LEISURE SEEKERS

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.

**Leader:** Lauren Council  
[LCouncil@sandiego.gov](mailto:LCouncil@sandiego.gov)

SEE PAGE 14 FOR MORE  
EXCITING LS ACTIVITIES!

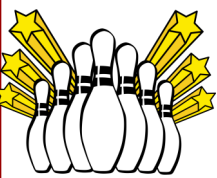


### BOWLING LEAGUE

**Wednesdays: 10:00 a.m.-12:00 p.m.**

**9/9, 10/14, 11/18, 12/9**

We're marinating the turkeys and seasoning the hambones in preparation for this four session bowling league held at Parkway Bowl (1280 Fletcher Parkway, 92020). Cost includes 2 games each session, bowling shoes, and banquet for players only. **Sign up and pay by Wednesday, September 2.** \$10.00 per guest for the banquet. Banquet details will be in the Winter Calendar.



**CODE: 15387**

**Cost: \$28.00**

### SOCIAL CONNECTION

**Thursdays: 3:00 p.m. - 5:30 p.m.**

**CODE: 16516**

We meet the first Thursday of the month at the War Memorial Building. This is a wonderful opportunity to make new friends and socialize! **Register online or call by Monday and pay at the door.**

**War Memorial Building**  
**3325 Zoo Drive, 92101**

**Cost: \$4.00**

### LABOR DAY PARTY

**September 3:** Let's celebrate the end of summer and beginning of fall by having a Labor Day Party and one last BBQ of the season.

### HALLOWEEN PARTY

**October 1:** Join us for a spooooooky night. We will watch a classic Halloween movie and feast on some delicious treats. Come dressed in your favorite costume, as awards will be given out for the best one!

### THANKSGIVING PARTY

**November 5:** We will share and feast on a delicious Thanksgiving meal. We will do some festive activities and crafts before you get too stuffed on the turkey. Be sure to save some room for pumpkin pie!

### PLEASE NOTE:

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

### 16TH ANNUAL CLIENT CONSUMER LUNCHEON

**Friday, October 9**

**10:00 a.m.-1:00 p.m.**

This event, held at the Balboa Park Club (2150 Pan American Rd. West) 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 Lauren Council at 619-236-7755 or email her at [LCouncil@sandiego.gov](mailto:LCouncil@sandiego.gov). **Payment will be collected at the door. Those that register and do not show up, will be asked to pay the fee after the event.** Call 619-525-8247 to register by Wednesday, September 23.

**NO ONLINE REGISTRATION**

**Cost: \$4.00**

## LEISURE SEEKERS

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.

**Leader:** Lauren Council

[LCouncil@sandiego.gov](mailto:LCouncil@sandiego.gov)



# EXCITING OUTINGS

**Register online or in person by deadline**

### CORONADO ISLAND

**Thursday, September 17 11:30 a.m. - 3:00 p.m.**

Meet at the Coronado Ferry, 900 N Harbor Drive to take the ferry to Coronado Island for some yoga activities on the beach. Bring a sack lunch and towel or yoga mat. Call (619) 525-8247 to register. Payment must be made online or at the War Memorial Building, 3325 Zoo Drive, San Diego, 92101. Space is limited.

**Sign up and pay by September 14th.**

**CODE: 16612**

**Cost: \$4.00**



### THANK YOU KEV 'N KYLE

Thanks for coming out and playing live music at our Hawaiian Luau on August 6th!



### FUN WITH SPORTS

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

Join us to meet new friends, build relationships, and have fun playing different sports, including; volleyball, softball, and bocce ball. We will meet at various locations (see below). Wear tennis shoes and comfortable clothes. Bring your own lunch.

**August 19, Morley Field (2221 Morley Field Dr.)**

**CODE: 15411**

**September 30, Balboa Park Activity Center (2145 Park Blvd.)**

**CODE: 16608**

**October 21, Balboa Park Activity Center (2145 Park Blvd.)**

**CODE: 16608**

**November 25, Morley Field (2221 Morley Field Dr.)**

**CODE: 16608**

*Call to register or register online with listed codes.*

**Free**

### SCREAM ZONE

**October 18, 2015**

**5:00 p.m.-10:00 p.m.**

Get ready for a spooky night at the Del Mar Scream Zone! Meet at the War Memorial Building to take a bus to Del Mar. Bring extra money for dinner as we will be stopping on our way to get a bite to eat. Direct supervision is not provided. **Sign up and pay by Monday, October 12.**

**CODE: 16618**

**Cost: \$15.00**

# Harvest Ball

See page 6 for more information.

**Code: 19111**

### SAN DIEGO ZOO

**Thursday, November 19**

**11:00 a.m. - 3:00 p.m.**

Grab your friends, a sack lunch, and a camera as we enjoy a day of exotic animals at the San Diego Zoo! Meet at War Memorial Building at 11 a.m. sharp before walking over to the Zoo.

**Sign up and pay by Monday, November 9.**

**CODE: 16612**

**Cost: \$10.00**

### PLEASE NOTE:

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



## ADAPTIVE SPORTS

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.

**Leader:** Juan Razo

JRazo@sandiego.gov

### Handcycling

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

Join us as we pedal our way through some of San Diego's most beautiful bike trails. Handcycling is a fun way to meet people and explore San Diego, while building strength and endurance. This program is for people from 8 years to adult with a physical disability. The cost covers equipment rental and maintenance of bikes. Please register online at [www.SDReconnect.com](http://www.SDReconnect.com).

**September 12:** North Crown Point Shores – (3740 Corona Oriente Rd.)

**September 26:** Silver Strand – (1834 Strand Way, Coronado 92118)

**October 10:** Mission Bay Park – (3101 Mission Boulevard, 92109)

**October 24:** Miramar Lake – (10304 Scripps Lake Drive, 92131)

**November 21:** De Anza Cove – (4200 Mission Bay Drive, 92109)

**December 12:** North Crown Point Shores – (3740 Corona Oriente Rd.)

**CODE: 15388**

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



### Wheelchair Basketball

**Thursdays: 5:00 p.m. - 8:30 p.m.**

**September 3-October 29, 2015**



Everyone is invited to participate in wheelchair basketball. Every skill level is welcome, from beginner to advanced. If you are looking for recreation or competition, we can help. The program is free, all you have to do is fill out a waiver form and you are ready to experience this exciting game. You get to meet great people while you are improving your strength and conditioning. We will be waiting for you!

**Municipal Gymnasium**

**2111 Pan American Blvd, Balboa Park**

**CODE: 14272**

**Cost: Free**

### BEST OF THE WEST QUAD RUGBY TOURNAMENT

**Friday, November 13 - Sunday, November 15, 2015**

Would you like to see one of the most intense games in the world? We are hosting the 26th Annual Best of the West Quad Rugby Invitational Tournament at the Municipal Gymnasium (address) in Balboa Park. These highly skilled athletes come from different nations to compete to be the Best of the West Champions. ***This tournament is free for spectators to watch. Come cheer on our local team, Sharp Edge!***

**Friday: 10:00 a.m.-4:00 p.m.**

**Saturday: 9:00 a.m.-3:00 p.m.**

**Sunday: 9:00 a.m.-2:00 p.m.**



**\$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!

**Thursdays: 10:00 a.m.-12:00 p.m. Sept. 17—November 5**  
JOIN US for a **complimentary**, 8 week wheelchair dance session and enjoy dancing and socializing. The program is led by Joe Torres, a professional dance teacher and the Dance Director of Wheelchair Dancers Org. We encourage all ages, 18 & over to participate. There are a limited number of customized wheelchairs available for those using walkers or wheelchair users who can transfer. **Space is limited. Call Beverly Weurding at (858) 573-1571 to register.**  
**Location: Park De La Cruz Gym, 3901 Landis St, 92105.**

[www.wheelchairdancers.org](http://www.wheelchairdancers.org)

**Cost: Free**

**CODE: 14307**

### DANCING THROUGH THE DECADES

**Saturday, August 29: 12:30 p.m.-4:30 p.m.**

Wheelchair dancers, their partners, and local dance groups create a dazzling display of dance styles from the 20's to the present. Join us to celebrate Balboa Park's 100th year celebration and enjoy refreshments, while participating in an opportunity drawing. **Location: Balboa Park Club, 2150 Pan American Rd., 92101**

**Cost: Free**

### DEAF SENIORS CLUB

**Thursdays: 10:00 a.m.-3:00 p.m.**

This club, for seniors who are deaf or hard of hearing, meets every Thursday at the War Memorial Building for social and Recreational 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.

**Cost: \$3.00/week**

**NO ONLINE REGISTRATION**



## BEACH WHEELCHAIR

Take a free one-hour ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility disabilities or those who are not otherwise able to walk unaided on the beach. Reservations are not required, but are recommended.



### 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)**

### November-December / March-April

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

### Closed January - February

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

## PEOPLE IN RECOVERY

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. Call (619) 525-8247 for more information. **Leader: Juan Razo** JRazo@sandiego.gov



### PIR Day at the Bay

**Wednesday, September 16 9:30 a.m.-2:30 p.m.**

Soak up the sun at beautiful mission bay! We have many activities for you to enjoy while relaxing at Santa Clara Recreation Center (1008 Santa Clara Pl, 92109 ). Activities include: sailing, kayaking, softball, basketball, bike rides, arts and crafts, and swimming in the bay. Lunch will not be provided so please bring your own lunch. Please have waiver forms filled out before you arrive to speed up the check in process. Don't forget to bring plenty of sunscreen and water.

**CODE: 17309**

**Cost: \$5.00 per person**



### PIR HALLOWEEN DANCE

**Friday, October 30, 2015**

**7:00 p.m.-11:00 p.m.**

Trick or Treat! I hope you picked treat because we have one for you. Join us at the War Memorial Building (3325 Zoo Drive, San Diego) 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, anyone under age will be asked to leave. DJ, Eddie-G, will be providing the music and food and beverages will be sold during the dance. Don't be scared to come!

**Cost: \$5.00**

**CODE: 17344**

### RECOVERY GAMES MEETINGS

**Wednesdays: Sept. 23, Oct. 28, Nov. 25**

**10:00 a.m. - 11:00 a.m.**

Join us and help with the development of the Recovery Games programs and events. All recovery homes are encouraged to have a representative attend our meetings and give input based on the benefit of the program. Let's work together to build strong programs where we can all come together and have fun in a sober environment. Everyone's input is appreciated.

**War Memorial Building (3325 Zoo Drive, 92101)**

**NO ONLINE REGISTRATION**

**Cost: Free**



### SOFTBALL TOURNAMENT

**Sunday, November 22**

**9:00 a.m.-3:00 p.m.**

Think you have the best softball team? Test your skills at our annual double elimination softball tournament at Morley Field (2221 Morley Field Dr). Professional umpires will be provided. Top three teams will receive a trophy and the biggest trophy will be awarded to the team with the best sportsmanship. Every team will receive 10 t-shirts with their enrollment, extra t-shirts will have an additional cost. Please contact Juan Razo at (619) 236-7771 with any questions and for tournament rules questions. Register by Monday, November 9.



**CODE: 17842**

**Cost: \$60/Team**

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

## COMMUNITY EVENTS

*TRS 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: Peg Dermody  
Office: (619) 336-1806

[www.adaptivesportsandrec.org](http://www.adaptivesportsandrec.org). Weekly adaptive sport team practices are held Tuesdays, Wednesdays, and Saturdays throughout the county.



CONTACT: Allie Margis  
San Diego County  
Program Manager

Office: (619) 283-6100, [www.sosc.org/sandiego](http://www.sosc.org/sandiego)  
Weekly sport team practices are held Tuesdays, at the City Heights Mid City Gymnasium.

### WHEELCHAIR TENNIS

Every Tuesday and Thursday the Barnes Tennis Center, 4490 W. Point Loma Blvd., San Diego, 92017, hosts free tennis lessons from 6:00 to 9:00 p.m. Every other Tuesday there is a professional instructor onsite.



Call (619) 221-9000 for information.

CONTACT: Walter Jackson



Executive Director

[sds4ea@gmail.com](mailto:sds4ea@gmail.com), (858) 565-7432

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

### 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](mailto:Susiedanceparty@aol.com), (619) 303-4865

### SAN DIEGO DOWN SYNDROME

**September 12**

Come out to support San Diego Down Syndrome in their Special Heroes Car Show and Festival. For more information, contact (619) 208-7152.

This is a TRS Co-sponsored event.

### STARS ACTING WORKSHOP

Weekly dramatic arts classes for adults with developmental and/or cognitive challenges. Check us out at [northparkvaudeville.com](http://northparkvaudeville.com)

CONTACT: Summer Golden

[zgolden1@cox.net](mailto:zgolden1@cox.net), (619) 647-4958

### WHEELCHAIR BASKETBALL CAMP

**September 18-20**

Want to learn wheelchair basketball, or learn new skills? Come out and improve your game, get classified, prepare for new season, and train with collegiate coaches. FREE for local wheelchair basketball athletes, until spaces are filled. To register, contact Marla Knox: [marla.n.knox.civ@mail.mil](mailto:marla.n.knox.civ@mail.mil)

**Location: Muni Gym, 2111 Pan American Plaza, 92101**

This is a TRS Co-sponsored event.

### WORLD ADAPTIVE SURFING CHAMPIONSHIPS & SURFING CLINIC

**September 24-27**

The first-ever International Surfing Association (ISA) World Adaptive Surfing Championship is set to take place in La Jolla and bring together the adaptive surfing community from around the world. The event will be recognized as part of Balboa Park's Centennial Celebration on September 24th at the Spreckels Organ Pavilion at 5pm. There will be an Olympic-style Opening Ceremonies, complete with a "Parade of Nations" and a "Sands of the World" ceremony. The ISA is excited to unify global efforts for the advancement of Adaptive Surfing through partnerships with TRS & CAF.  
**For more info: [www.isasurf.org/events/](http://www.isasurf.org/events/)**

### SHARP DAY AT THE BAY

**October 5**

Want to get outside for some exercise? Come out to Crown Point Park to have fun on Mission Bay! Activities will include: handcycling, sailing, kayaking & more. For more information, please contact Wendy at Sharp Rehab (858) 939-3048. This is a TRS Co-sponsored event.



## VOLUNTEER OPPORTUNITIES

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.

**Volunteer Coordinator:** Marisol Mendoza

[MAMendoza@san Diego.gov](mailto:MAMendoza@san Diego.gov)

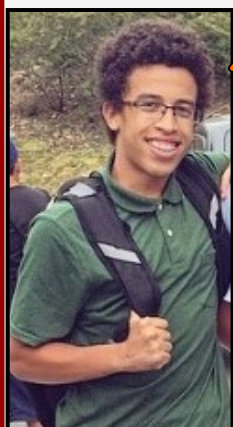
### A Note from Marisol:

As always, another summer has flashed before our eyes. We appreciate all of your help during our camps and summer programs. With the holidays around the corner, the Fall offers lots of fun opportunities for volunteers, including Halloween parties, Thanksgiving feasts, and the Holiday Extravaganza! Before you know it, we'll be celebrating the New Year! Don't forget to check your emails and sign up for programs. Volunteer slots fill up fast! In addition, our annual Best of the West Quad Rugby Tournament requires lots of volunteer help. Contact Marisol for more information on this and other exciting volunteer opportunities.



## TOP BANANA

We are grateful for all of our wonderful volunteers who dedicate so much time and energy to help make our programs possible. Check out this quarter's "Top Banana," exceptional volunteer who rises above and beyond his call of duty. Please congratulate Adel if you see him at programs. Great job!



## Adel Raffed

Adel began volunteering with TRS 3 years ago, shortly after he turned 13. He came in with knowledge of TRS programs since his older sister, Noor, had been volunteering for many years and is now a Recreation Leader II. Since then, Adel has volunteered over 580 hours at our programs, becoming a staple at Kid Zone and our Summer Camps. Adel enjoys surfing, skating, playing video games, and hanging out with his friends. He enjoys volunteering because it is fun and to better the lives of individuals with disabilities. Thank you, Adel, for all you have contributed to our programs. We look forward to your continued success as a TRS Top Banana!

### 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 [MAMendoza@san Diego.gov](mailto:MAMendoza@san Diego.gov), if you are available to help with any of the listed activities and to sign-up for an orientation.

#### Happy Birthday!

to all our volunteers with September, October and November birthdays.



## VOLUNTEERS IN ACTION



THANK YOU FOR ALL YOU DO!

## Summer Memories



# SEPTEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 ADP Deaf Seniors 10:00 a.m.- 3:00 p.m. WMB LS Social Connection 3:00 p.m.- 5:30 p.m. WMB WC Sports 5 p.m.-8:30 p.m. MUNI	4 CAC Art 3:00 p.m.- 4:30 p.m. WMB IND Club Meeting 6:00 p.m.- 9:00 p.m. WMB	5
6	7	8	9 ALL Bowling 10:00-12:00 p.m. Parkway Bowl DSAC Meeting 6p.m. WMB	10 ADP Deaf Seniors 10:00 a.m.- 3:00 p.m. WMB WC Sports 5:00 p.m.-8:30 p.m. MUNI	11 ALL Drama 10:00 a.m.- 12:30 p.m. WMB CAC Art 3:00 p.m.- 4:30 p.m. WMB Universal Yoga 4:30 p.m.-5:30 p.m. WMB SMC Rec. Night 6:00 p.m.-8:30 p.m. CMR	12 Handcycling 10 a.m.-12:30 p.m. NCPS
13 KZ /KBC Fishing Trip 11:30 a.m.-5:30 p.m. Quivira Rd.  ALL Explore Mission Bay 11:30 a.m.-5:30 p.m.	14	15	16 PIR Bay Day 9:30 a.m.-2:30 p.m. Santa Clara Rec.	17 ADP Deaf Seniors 10:00 a.m.- 3:00 p.m. WMB WC Dance 10:00 a.m.- 12:00 p.m. PDLC LS Coronado Cruise 11:30 a.m.-3:00 p.m. Harbor Drive WC Sports 5:00 p.m.-8:30 p.m. MUNI	18 CAC Art 3:00 p.m.- 4:30 p.m. WMB NMCS D W/C Basketball Camp 8:00 a.m.-5:00 p.m. Muni Gym	19 ALL Tandem 10:30 a.m.-12:30 p.m. Harbor Island NMCS D W/C Basketball Camp 8:00 a.m.-5:00 p.m. Muni Gym
20 NMCS D W/C Basketball Camp 8:00 a.m.-5:00 p.m. Muni Gym	21	22	23 PIR Meeting 10:00 a.m.-11:00 a.m. WMB	24 ADP Deaf Seniors 10:00 a.m.- 3:00 p.m. WMB WC Dance 10:00 a.m.- 12:00 p.m. PDLC WC Sports 5:00 p.m.-8:30 p.m. MUNI Adaptive Surfing & Opening Ceremony La Jolla Shores & Spreckels Organ Pav.	25 CAC Art 3:00 p.m.- 4:30 p.m. WMB SMC Rec. Night 6:00 p.m.-8:30 p.m. WMB Adaptive Surfing 8:00 a.m.-5:00 p.m. La Jolla Shores	26 Handcycling 10 a.m.-12:30 p.m. Silver Strand KBC/SMC/IND Padres Game 4:30 p.m.-9:00 p.m. 4th and K Street Adaptive Surfing 8:00 a.m.-5:00 p.m. CAFOffices
27 Adaptive Surfing 8:00 a.m.-5:00 p.m. La Jolla Shores	28	29	30 LS Fun with Sports 11:00 a.m.-1:00 p.m. Morley Field  <u>KEY : [page]</u>  ALL : [8,9] ADP : [16,17] Adaptive Sports & Events BPC : Balboa Park Club CAC : [9] Creative Art Consortium	CMR : Carmel Mountain Recreation CRUZ : Park de la Cruz DSAC : Disabled Services Advisory Council IND : [12] Independent Club KBC : [10] Kick Back Club	KZ : [9] Kid Zone LS : [13,14] Leisure Seekers Muni : Municipal Gymnasium NCPS : North Crown Point Shores PDLC : Park De La Cruz PIR : [17] People in Recovery	SCPS : South Crown Point Shores SMC : [11] Social Motion Club VOL : Volunteers WC : Wheelchair WMB : War Memorial Building

# OCTOBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>KEY : [page]</b> <b>ALL</b> : [7,8] <b>ADP</b> : [15,16] Adaptive Sports & Events <b>BPC</b> : Balboa Park Club <b>CAC</b> : [7] Creative Art Consortium <b>CMR</b> : Carmel Mountain Recreation	<b>CRUZ</b> : Park de la Cruz <b>DSAC</b> : Disabled Services Advisory Council <b>IND</b> : [12] Independent Club <b>KBC</b> : [10] Kick Back Club <b>KZ</b> : [9] Kid Zone	<b>LS</b> : [13,14] Leisure Seekers <b>Muni</b> : Municipal Gymnasium <b>NCPS</b> : North Crown Point Shores <b>PDLC</b> : Park De La Cruz <b>PIR</b> : [17] People in Recovery	<b>SCPS</b> : South Crown Point Shores <b>SMC</b> : [11] Social Motion Club <b>VOL</b> : Volunteers <b>WC</b> : Wheelchair <b>WMB</b> : War Memorial Building	<sup>1</sup> <b>ADP Deaf Seniors</b> 10:00 a.m.-3:00 p.m. WMB <b>WC Dance</b> 10:00 a.m.-12:00 p.m. PDLC <b>LS Social Connection</b> 3:00 p.m.-5:30 p.m. WMB <b>WC Sports</b> 5:00 p.m.-8:30 p.m. MUNI	<sup>2</sup> <b>CAC Art</b> 3:00 p.m.-4:30 p.m. WMB <b>IND Club Meeting</b> 6:00 p.m.-9:00 p.m. WMB	<sup>3</sup> <b>ALL Tandem</b> 10:30 a.m.-12:30 p.m. Santee Lakes
<sup>4</sup> <b>ALL</b> Explore Mission Bay 12:00 p.m.-3:00 p.m. <b>KBC/SMC Haunted Trail</b> 6:00 p.m.-9:00 p.m. Museum of Art	<sup>5</sup> <b>Sharp Day at the Bay</b> Crown Point Park	<sup>6</sup>	<sup>7</sup>	<sup>8</sup> <b>ADP Deaf Seniors</b> 10:00 a.m.-3:00 p.m. WMB <b>WC Dance</b> 10:00 a.m.-12:00 p.m. PDLC <b>WC Sports</b> 5:00 p.m.-8:30 p.m. MUNI	<sup>9</sup> <b>ALL Drama</b> 10:00 a.m.-12:30 p.m. WMB <b>LS Consumer Luncheon</b> 10:00 a.m.-1:00 p.m. BPC <b>CAC Art</b> 3:00 p.m.-4:30 p.m. WMB <b>Universal Yoga</b> 4:30 p.m.-5:30 p.m. WMB <b>KBC Rec. Night</b> 6:00 p.m.-8:30 p.m. WMB <b>SMC Rec. Night</b> 6:00 p.m.-8:30 p.m. CMR	<sup>10</sup> <b>Handcycling</b> 10 a.m.-12:30 p.m. Mission Bay Park
<sup>11</sup> <b>KZ Pumpkin</b> 10 a.m.-1:00 p.m. Camino Del Rio N	<sup>12</sup>	<sup>13</sup>	<sup>14</sup> <b>ALL Bowling</b> 10:00-12:00 p.m. Parkway Bowl <b>DSAC Meeting</b> 6 p.m. WMB	<sup>15</sup> <b>ADP Deaf Seniors</b> 10:00 a.m.-3:00 p.m. WMB <b>WC Dance</b> 10:00 a.m.-12:00 p.m. PDLC <b>WC Sports</b> 5:00 p.m.-8:30 p.m. MUNI	<sup>16</sup> <b>CAC Art</b> 3:00 p.m.-4:30 p.m. WMB <b>SMC Rec. Night</b> 6:00 p.m.-8:30 p.m. WMB	<sup>17</sup>
<sup>18</sup> <b>ALL ScreamZone</b> 5:00-10:00 p.m. WMB <b>ALL</b> Explore Mission Bay 12:00 p.m.-3:00 p.m.	<sup>19</sup>	<sup>20</sup>	<sup>21</sup> <b>LS Fun with Sports</b> 11:00 a.m.-1:00 p.m. BPAC	<sup>22</sup> <b>ADP Deaf Seniors</b> 10:00 a.m.-3:00 p.m. WMB <b>WC Dance</b> 10:00 a.m.-12:00 p.m. PDLC <b>WC Sports</b> 5:00 p.m.-8:30 p.m. MUNI	<sup>23</sup> <b>CAC Art</b> 3:00 p.m.-4:30 p.m. WMB	<sup>24</sup> <b>Handcycling</b> 10 a.m.-12:30 p.m. Miramar Lake
<sup>25</sup> <b>KZ Playday</b> Halloween Playday 12:00 p.m.-3:00 p.m. WMB	<sup>26</sup>	<sup>27</sup>	<sup>28</sup> <b>PIR Meeting</b> 10:00 a.m.-11:00 a.m. WMB	<sup>29</sup> <b>ADP Deaf Seniors</b> 10:00 a.m.-3:00 p.m. WMB <b>WC Dance</b> 10:00 a.m.-12:00 p.m. PDLC <b>WC Sports</b> 5:00 p.m.-8:30 p.m. MUNI	<sup>30</sup> <b>CAC Art</b> 3:00 p.m.-4:30 p.m. WMB <b>PIR Dance</b> 7:00 p.m.-11:00 p.m. WMB <b>Monster Ball!</b> 10:00 a.m.-1:00 p.m. BPC	<sup>31</sup> <b>Halloween Dance</b> 6:00 p.m.-9:00 p.m. WMB

# NOVEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>ALL</b> Explore Mission Bay 12:00 p.m. – 3:00 p.m.	2	3	4	5 <b>ADP Deaf Seniors</b> 10:00 a.m. – 3:00 p.m. WMB <b>WC Dance</b> 10:00 a.m. – 12:00 p.m. PDLC <b>LS Social Connection</b> 3:00 p.m. – 5:30 p.m. WMB	6 <b>CAC Art</b> 3:00 p.m. – 4:30 p.m. WMB <b>Universal Yoga</b> 4:30 p.m. – 5:30 p.m. WMB <b>Harvest Ball</b> 6:00 p.m. – 10:00 p.m. SD Central Library	7 <b>ALL Tandem</b> 10:30 a.m. – 12:30 p.m. Lake Miramar
8 <b>KZ Jump Around</b> 11 a.m. – 2:00 p.m. Brandywine Ave.	9 <b>IND Outing Chargers</b> 5:00 – 10:00 p.m. Islands – Balboa	10	11 <b>Veteran's Day Holiday.</b>  <b>Office Closed.</b>	12 <b>ADP Deaf Seniors</b> 10:00 a.m. – 3:00 p.m. WMB	13 <b>ALL Drama</b> 10:00 a.m. – 12:30 p.m. WMB <b>CAC Art</b> 3:00 p.m. – 4:30 p.m. WMB <b>Best of the West</b> 10:00 a.m. – 4:00 p.m. MUNI <b>KBC Rec. Night</b> 6:00 p.m. – 8:30 p.m. WMB <b>SMC Rec. Night</b> 6:00 p.m. – 8:30 p.m. CMR	14 <b>Best of the West</b> 9:00 a.m. – 3:00 p.m. MUNI <b>KZ Playday</b> Library Day 10:00 a.m. – 12:00 p.m.
15 <b>Best of the West</b> 9:00 a.m. – 2:00 p.m. MUNI	16	17	18 <b>ALL Bowling</b> 10:00 – 12:00 p.m. Parkway Bowl	19 <b>ADP Deaf Seniors</b> 10:00 a.m. – 3:00 p.m. WMB <b>LS Zoo Trip</b> 11:00 a.m. – 3:00 p.m. WMB <b>KBC Hunger Games</b> 4:00 p.m. – 6:00 p.m. Downtown Library	20 <b>CAC Art</b> 3:00 p.m. – 4:30 p.m. WMB <b>PIR Dance</b> 7:00 p.m. – 11:00 p.m. WMB	21 <b>Handcycling</b> 10 a.m. – 12:30 p.m. DeAnza Cove <b>ASRA W/C Basketball Tournament</b> 9:00 a.m. – 5:00 p.m. Muni Gym
22 <b>PIR Softball Tournament</b> 9:00 a.m. – 3:00 p.m. Morley Field	23	24	25 <b>PIR Meeting</b> 10:00 a.m. – 11:00 a.m. WMB <b>LS Fun with Sports</b> 11:00 a.m. – 1:00 p.m. BPAC	26 <b>Thanksgiving Holiday.</b>  <b>Office closed.</b>	27 <b>CAC Art</b> 3:00 p.m. – 4:30 p.m. WMB <b>SMC Rec. Night</b> 6:00 p.m. – 8:30 p.m. WMB	28 <b>SMC Jump Around</b> 1:00 p.m. – 4:00 p.m. Brandywine Ave.
29	30		<u>KEY : [page]</u> <b>ALL</b> : [7,8] <b>ADP</b> : [15,16] Adaptive Sports & Events <b>BPC</b> : Balboa Park Club <b>CAC</b> : [7] Creative Art Consortium <b>CMR</b> : Carmel	<b>CRUZ</b> : Park de la Cruz <b>DSAC</b> : Disabled Services Advisory Council <b>IND</b> : [12] Independent Club <b>KBC</b> : [10] Kick Back Club <b>KZ</b> : [9] Kid Zone	<b>LS</b> : [13, 14] Leisure Seekers <b>Muni</b> : Municipal Gymnasium <b>NCPS</b> : North Crown Point Shores <b>PDLC</b> : Park De La Cruz <b>PIR</b> : [17] People in Recovery	<b>SCPS</b> : South Crown Point Shores <b>SMC</b> : [11] Social Motion Club <b>VOL</b> : Volunteers <b>WC</b> : Wheelchair <b>WMB</b> : War Memorial Building



THE CITY OF SAN DIEGO

Park & Recreation Department  
Therapeutic Recreation Services  
War Memorial Building, Balboa Park  
3325 Zoo Drive  
San Diego, CA 92101

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