



THE CITY OF SAN DIEGO

Park & Recreation Department

THERAPEUTIC RECREATION SERVICES

Winter 2015/2016



December. January. February

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

E-mail: JMRichards@san Diego.gov

Visit our Website at:

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 |
| Lindsey Hollis | Jessica Johnson |
| Daniel Kimpel | Mark Leo |
| Manuel Lopez | Amber McKinney |
| Monica Olivan | Cheryl Pawlak, CTRS, RTC |
| Noor Raffed | Alexis Suseberry |
| Roshawn Tapps | Jennifer Walsten |
| Dallin Young | |

STAFF UPDATE

Congratulations to Recreation Leaders, Jazmin Garcia and Mylissa Magalanes, who recently promoted to Assistant Center Directors, within the City of San Diego Park and Recreation Department. Jazmin accepted a position with Senior Citizen Services and Mylissa is at Hilltop Recreation Center, in the Rancho Penasquitos area. In addition, Joel Walker accepted a position with the Water Department. We wish all of them luck in their new positions.

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In Memory of Zion



It is with great sadness that we say goodbye to our longtime



friend Zion, who passed away in October 2015. Zion began his long journey with TRS by attending Kid Zone events when he was four years old and worked his way on to our Social Motion Club. He had a passion for art and music. He recently left

San Diego to live in Los Angeles (not without several trips to our office to say goodbye). Zion was always smiling, full of joy and positivity and he will be greatly missed.

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

WINTER registration begins November 21 and SPRING registration begins February 20

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. **The War Memorial Building will be open from 10 a.m.- 2 p.m. on Saturday, November 21st 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, 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. Refunds will only be credited for transactions of \$10.00 or more. 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.

HIGHLIGHTS

2015 Successes and Looking Forward to 2016

I would like to take this opportunity to thank staff, volunteers, community partners and participants, as we look back on 2015 and move forward to 2016. In early 2015, it was announced that TRS operations would be moving from the War Memorial Building to Park De La Cruz Community Center (3901 Landis St., San Diego), in order to expand recreational opportunities for people with disabilities. Staff and participants have been patiently waiting and looking forward to this new opportunity, where an adaptive weight room, playground, ball field, recreation room and gymnasium will be available. Approaching 2016, we are still waiting, but understand that a number of renovations need to be done prior to moving in, so programming will continue at the War Memorial Building until Park De La Cruz is ready.

During 2015, we welcomed a number of new staff and participants and are always grateful for everyone that returns program after program. In addition to the many recreation nights, playdays, community outings, social gatherings, fitness programs and special events, TRS is proud of the following 2015 achievements: *Hosted the first ever World Adaptive Surf Championship in September 2015, in conjunction with the International Surf Association. *As part of San Diego Park and Recreation's Outdoor Adventure program, held an overnight camping trip at Mission Trails. *Harvest Ball is always an event that our adult participants look forward to year after year, but this year, with the addition of make over's and limo bus rides to the event venue, it truly created a "Night to Remember" for all in attendance. *The July Padres Fundraiser was a success and we look forward to another successful Padres event in 2016.

In May 2015, TRS began online registration, in which everyone stepped up to the challenge and embraced this new opportunity of registration. We understand there are some reservations regarding the online system, so we continue to thank you for your patience and understanding.

We look forward to sharing a fun filled and successful 2016 with you!

Kristi Fenick

STAFF SPOTLIGHT

Lindsey Hollis

Lindsey has been with TRS for five years, one of our longest standing RLII's. Lindsey also works for Foster Elementary in an MPC classroom (medically physically challenged). She has worked with every population that we serve. Her skills and experience in the field are especially highlighted at our Kid Zone program. We are lucky to have Lindsey as a part of the team and look forward to many years to come.



Why did you want to work at TRS?

I thought this job would be interesting, fun, and challenging all at the same time, and it is!

What is your favorite moment working at TRS?

My favorite moments from working here are the camps. They are a lot of work, but a lot of fun! I also really enjoy working the Best of the West Quad Rugby Tournament.

What is your favorite hobby outside of work?

Outside of work I like to read, play and watch sports, and hang out with my family.

What is your advice to new volunteers and staff at TRS?

Be patient and willing to help at all times. Relax and have fun!

What was the best vacation you've ever taken?

When I get to spend time with my family and not have anything to do but have fun and relax. My favorite vacation is usually to Wrigley Field in Chicago and I try to make it there once a year. Go Cubbies!

What is a fun fact about yourself?

I have a rabbit named Harvey Dent, my sister is my best friend, and I love snow!

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) 533-6333 for more information.

DSAC's annual meeting and elections is scheduled for Wednesday, January 13, 2016, at 6:00 p.m. in Room 1 at the War Memorial Building. New officers and board members will be elected. The 2015 Chair and Treasurer will be giving their annual reports. Everyone is invited to attend.

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. 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!*

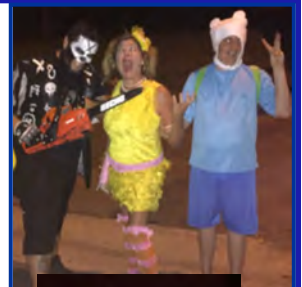
RALPHS/FOOD 4 LESS FUNDRAISER

Thank you 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 to register or call 619-525-8247 and we will send you a letter to bring to Ralph's or Food 4 Less to register or re-enroll. Our organization is Disabled Services Advisory Council and every time you shop, a percentage of your purchase will be donated to DSAC.

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.

Thank you to *The Haunted Trail Balboa Park* and *Scream Zone*, who both generously donated entrance to their haunted venues, in which many shrieks were heard throughout the evenings.



On November 6, a magical evening was held at the 31st Annual Harvest Ball, on the top floor of Central Library, overlooking downtown San Diego. Everyone was dressed and looked to impress, thanks to *City College Department of Cosmetology* for donating their valuable time and talent, along with make-up, equipment and supplies. Volunteers from the Cosmetology Department, treated many participants to a make over, prior to taking a limo bus to Harvest Ball, truly ensuring this was a special night for all of those in attendance.



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

HOLIDAY EXTRAVAGANZA 2015



2015 Holiday EXTRAVAGANZA *and* RESOURCE & CRAFT FAIR



We loved the lights of 2014 & hope you did too. So, without further adieu, here's to ROUND TWO!

Join us for games, fun and a talent show! There will be a craft and resource fair with amazing products and information. Santa will be there, too!

DON'T FORGET to bring your dancing shoes for the *Holiday Dance*
Immediately following the Extravaganza.
6:00-9:00 pm
(See page 8 for more information)

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



SATURDAY
December 19, 2015

2:00-5:30 p.m.

War Memorial Building
3325 Zoo Drive, San Diego 92101
Park in the Zoo parking lot

FREE
to attend

Snacks available for purchase. All games and fun are free!



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 the ride has been canceled due to weather.

December 5: Lake Murray and Starbucks Social
5540 Kiowa Drive, 91942

January 2: Miramar Lake
10304 Scripps Drive, 92131

February 6: Santee Lakes
9310 Fanita Parkway

Leader: Juan Razo

Cost: \$2.00

NO ONLINE REGISTRATION

DRAMA WORK SHOP

December 11, January 8, February 12
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: 21896

Cost: FREE

DISNEYLAND

Tuesday, February 9

7:30 a.m.-7:30 p.m.

Join your friends on a fun-filled trip to Disneyland for thrills, adventures, and shows. Cost includes bus transportation and admission to Disneyland. Bring extra money for meals. Must be 18 years or older and have attended at least 2 TRS programs this past year. There is no direct supervision. **Only two tickets may be purchased per family. Space is limited. Payment due Monday, January 11, 2016.**



CODE: 21671

Cost: \$65.00

BOWLING LEAGUE

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

2/6, 2/20, 3/5, 3/19, 4/2, 4/16, 4/30, 5/14, 5/21, 6/4

Ready for a striking great time with 10-pin excitement? This ten session league just keeps rolling forward, followed by an awards banquet on Saturday, June 25th. Cost includes two games each session, shoe rental and awards banquet for team members (guests extra fee). Individuals are welcome and we will find a team for you. We meet at Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, San Diego, 92111). **Payment is due by February 1st; no money will be accepted at activity.** Spaces are limited.

Leader: Lauren Council

***Banquet Details will be in Spring 2016 Calendar**

Cost: \$80.00/\$10.00 Bowling Polo Shirt (optional)

Code: 19962

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



Teddy Bear Dance

Saturday, December 19 6:00 p.m.-9:00 p.m.

Immediately following the Holiday Extravaganza join TRS and People First as we celebrate the holidays by dancing and socializing with all your friends. There will be snacks and beverages served throughout the dance. Direct supervision is not provided and you must be 18 years or older to attend.

Location: War Memorial Building.

NO ONLINE REGISTRATION

Cost: \$5.00 or new Teddy Bear

Valentine's Dance

Saturday, February 13 6:00 p.m.-9:00 p.m.

Celebrate Valentine's Day at the War Memorial Building and enjoy some of your favorite tunes. Cost includes dance admission, refreshments and DJ entertainment. Direct supervision is not provided and you must be 18 years or older to attend.

Location: War Memorial Building

CODE: 19974

Cost: \$5.00

Sweet Dance

Friday, February 19 10:00 a.m.-1:00 p.m.

Love is in the air at our annual Sweetheart Dance located at the Balboa Park Club (2150 Pan American Way). Cost includes games, crafts, and DJ entertainment. Direct supervision is not provided. You must be 14 and older to attend the event. Bring a sack lunch. Lunch is not provided. Pay at the door.

NO ONLINE REGISTRATION

Cost: \$2.00

VIBRATIONAL SOUND YOGA

Friday, 12/5, 1/15, 2/5 5:30 p.m.-6:30 p.m.

Please arrive at least 10 minutes early, wear comfortable clothes, bring a 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

BIG BEAR SKI TRIP

Wednesday, February 17

5:00 a.m.-8:00 p.m.

Let's hit the slopes! Join us for our annual Big Bear Ski Trip. Payment includes equipment, lift ticket, lessons, and transportation. Bring your own lunch or money to purchase lunch. Individuals with any disability are welcome. Direct supervision is not provided. Adaptive skiing is available. Space is limited. Please contact Juan at (619) 236-7771 for more information.



CODE: 21658

COST: \$80.00

GOLF CLINIC

Thursday, February 18

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

Got Golf? We do! We will be hosting an exclusive golf clinic at Torrey Pines Golf Course with professional instructors. Any skill level, from beginner to advanced, are welcome. Drop-off and pick-up at Torrey Pines Golf Course (11480 N Torrey Pines Rd, La Jolla, CA 92037). Space is limited. Must be 13 or older to register.

CODE: 21666

COST: \$10.00

HOLIDAY FAIR

Thursday, December 17

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

'Tis the season for some holiday fun! Gather your friends and come to the War Memorial Building for an afternoon of games, crafts, bingo, and holiday music! Bring a sack lunch. Lunch is not provided. Call (619) 525-8247 to register no later than Monday, December 14th. Pay at the door. Direct supervision is not provided. *Must be 14 years or older to attend.*

NO ONLINE REGISTRATION

Cost: \$2.00

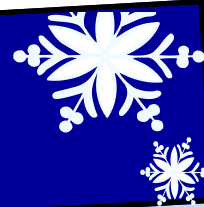
\$2.00 transaction and credit card fees will apply at check-out.



Jenny Cavellier
jcavellier@sandiego.gov

Kid Zone

(AGES 3-12 YEARS OLD)



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.

Brunch with Santa

Saturday, December 19
12:00-2:00 p.m.

Enjoy a delicious brunch with your family and meet Santa! We will have face painting, games and activities for the family to enjoy. Brunch will be served from 12:00-1:00 p.m. Gifts will be provided for each child. Meet at the grassy area at the east end of the War Memorial Building.

CODE:21654 **Cost:\$5.00**
Parents and guests' cost will be \$2.00 at the door.

Don't forget to join us for the

2015 Holiday EXTRAVAGANZA

following brunch. There will be games, talent show, craft & resource fair, and much more!

See page 6 for more information

Winter Adventure 2015

Join us for two days of adventure this Winter Break. Drop-off and pick-up at the War Memorial Building. Bring a sack lunch both days. Call to sign up and pay by **Friday, December 11, 2015**. More information to follow:

TOBY WELLS ADVENTURE **CODE: 21655**
Monday, December 21 9:00-3:00 P.M.

KNOTT'S BERRY FARM **CODE: 20085**
Monday, December 28 9:00-5:00 P.M.

\$30
per day

Playdays & Community Outings

Meet at the War Memorial Building
(3325 Zoo Drive) for playdays.

RED CARPET PLAYDAY

Sunday, January 10 12:00-3:00 p.m.
Dress to impress as we roll out the red carpet for a day of fun activities. Bring a sack lunch.

CODE: 20086 **Cost: \$7.00**

BUBBLE PLAYDAY

Sunday, February 21 12:00-3:00p.m.
We're getting bubblicious at the War Memorial Building. Bring a sack lunch.

CODE: 20087 **Cost: \$7.00**

BELMONT PARK

Sunday, January 24 11:00-2:00 P.M.
Join us for unlimited rides and attractions at Belmont Park. Drop-off and pick-up will be at the south entrance of the park (3146 Mission Boulevard, 92109). Bring a sack lunch.

CODE: 21657 **Cost: \$20.00**

NEW CHILDREN'S MUSEUM

Sunday, February 7 12:00-3:00 p.m.
Meet at the New Children's Museum for an afternoon of exploration. Bring a sack lunch. Drop off and pick up in front of the museum (200 W Island Ave, San Diego, 92101).

CODE: 21660 **Cost: \$10.00**

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 (**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.

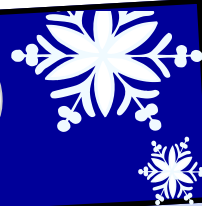


Jenny Cavellier

jcavellier@sandiego.gov

Kick Back Club

(AGES 13-18 YEARS OLD)



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.

HOLIDAY SHOPPING

Friday, December 4

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

Get your shopping list ready and come hang out with friends while you "shop 'til you drop." After shopping we will meet at the food court to wrap presents and enjoy a holiday treat. Drop-off in front of Target at the Mission Valley Mall (east entrance near Outback Steakhouse Restaurant). Pick-up will be at the food court in the middle of the mall. Bring money for gifts and dinner.



CODE: 21662

Cost: \$3.00

LIBERTY STATION FARMERS MARKET

Saturday, January 23

11:00 a.m.- 2:00 p.m.

Join us as we explore San Diego's only year round farmers market. Bring some extra cash to spend on healthy snacks as we peruse local shops and enjoy the beautiful scenery at Liberty Station. Drop off and pick-up in front of Soda & Swine (2750 Dewey Rd #104, San Diego, 92106). Cost includes lunch.

CODE: 21667

Cost: \$5.00

SOFTBALL & SWEETS

Saturday, February 6

11:00 a.m. - 2:00 p.m.

Take on your friends in a friendly game of softball, or simply kick back with some sweet crafts in honor of Valentine's Day. Lunch will be provided. Drop-off and pick-up at the War Memorial building.

CODE: 21669

Cost: \$5.00

2015 Holiday EXTRAVAGANZA

See page 6 for more information



POWAY WINTER FESTIVAL

Saturday, January 9

9:30 a.m.- 1:30 p.m.

Join us for an afternoon of ice skating, snow play area and hill, crafts, s'mores, and photo booth at the City of Poway Winter Festival. Meet at the War Memorial Building to take the bus to Poway. Bring a sack lunch. Cost covers the bus fee and s'mores. Sign-up and pay by Monday, January 4th. *Space is limited.*

CODE: 19972

Cost: \$10.00

HARLEM GLOBETROTTERS

Friday, February 19

7:00 p.m.- 10:00 p.m.

Meet at Chik-fil-a (3570 Sports Arena Blvd, San Diego, 92110) in front of the Valley View Casino Center for an evening of high energy entertainment. Bring money for food. *Space is limited.*



CODE: 21664

Cost: \$25.00

OUT & ABOUT IN THE COMMUNITY

PLEASE NOTE:

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



Nick Hurd
nhurd@sandiego.gov

Social Motion Club

(AGES 18 AND UP)



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.

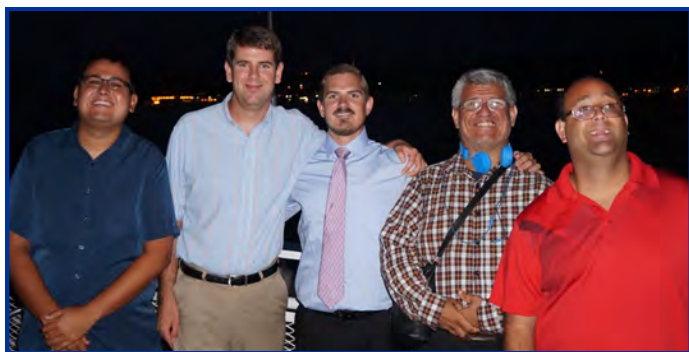
Recreation Nights

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

Join us for fun, food, and friendship. **Please call to register 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: \$7.00

***No Recreation Night in December**



MOVIE NIGHT

Enjoy a night with your closest friends watching a newly released blockbuster movie. Treat yourself with snacks and popcorn throughout the evening.

January 8: Carmel Mountain Recreation Center
Code: 20905 10152 Rancho Carmel Drive
January 22: War Memorial Building
Code: 20909 3325 Zoo Drive

MASQUERADE BALL

Come dressed with your best looking Masquerade mask, it's okay if you don't have one, we will be making them throughout the night.

February 12: Carmel Mountain Recreation Center
Code: 20914 10152 Rancho Carmel Drive

February 26: War Memorial Building
Code: 20920 3325 Zoo Drive

COMMUNITY OUTINGS

HOLIDAY SHOPPING

Friday, December 4 6:00 p.m. - 9:00 p.m.

Get your shopping list ready and come hang out with friends while you "shop til you drop." After shopping we will meet at the food court to wrap presents and enjoy a holiday treat. Drop-off in front of Target at the Mission Valley Mall (east entrance near Outback Steakhouse Restaurant). Pick-up will be at the food court in the middle of the mall. Bring money for gifts and dinner.

CODE: 21662

Cost: \$3.00

POWAY WINTER FESTIVAL

Saturday, January 9 9:30 a.m.-1:30 p.m.

See page 10 for more information. **Sign up and pay online or in person by January 4th.**

CODE: 19972

Cost: \$10.00

VALENTINES DANCE

Saturday, February 13 6:00 p.m. - 9:00 p.m.

See page 8 for more information. You must be 18 years or older to attend. **No direct supervision provided.**

NO ONLINE REGISTRATION

Cost: \$5.00

2015 Holiday EXTRAVAGANZA

See page 6 for more information

PLEASE NOTE:

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



Nick Hurd

nhurd@sandiego.gov

Independent Club

(AGES 21 AND UP)



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.**

Club Meetings

Don't forget to run for club office!

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: \$7.00

Holiday Dinner

December 11: Bring a gift to exchange with your friends. Please have your gift wrapped (\$7-\$10).

CODE: 21129

Election Night

January 15: have your speeches prepared to run for office.

CODE: 21132

Fun with Fitness

February 5: Try new fitness and sports throughout the night.

CODE: 21653

BOWLING NIGHT

Thursday, January 28

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

Let the good times roll! There's no time to spare, we're going bowling and we want you there! Dinner and refreshments included in the cost. Drop-off and pick-up at Parkway Bowl (1280 Fletcher Pkwy, El Cajon, CA 92020).

CODE: 21134

COST: \$20.00



GOT TALENT?!

Sign up to be in this year's Holiday Extravaganza talent show!

Call 619-525-8247 to register.



SAN DIEGO GULLS ICE HOCKEY

Wednesday, February 17

6:00 p.m.- 9:30 p.m.

The Gulls are back in San Diego! Cheer on your local ice hockey team as they take on the Texas Stars at the Sports Arena. Drop-off and pick-up at Chik-fil-a (3570 Sports Arena Blvd, San Diego, CA 92110). Bring money for dinner. Team hat will be included with the ticket! Space is limited.

Code: 21135

Cost: \$20.00

2015 Holiday EXTRAVAGANZA

See page 6 for more information

PLEASE NOTE:

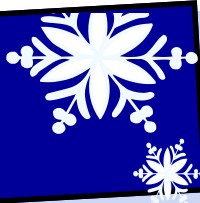
**\$2.00 TRANSACTION AND CREDIT
CARD FEES WILL APPLY AT
CHECK-OUT.**



Lauren Council
lcouncil@sandiego.gov

Leisure Seekers

(AGES 18+)



This group provides recreational opportunities, teaches leisure skills, 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: 3:00 p.m. - 5:30 p.m.

CODE: 19965

We meet the first Thursday of the month at the War Memorial Building. This is a wonderful opportunity to make new friends and socialize! Please register by the Wednesday prior to the activity.

Call (619) 525-8247 to register. **Pay at the door.**

No online registration.

Cost: \$4.00

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

HOLIDAY PARTY & GIFT MAKING

December 3: Let's celebrate the holiday season by making some ornaments and gifts for our loved ones. Bring a friend to enjoy some delicious treats and listen to holiday music.

NEW YEAR, NEW YOU!

January 7: Join us for an afternoon celebrating the New Year beginning with a session of Tai Chi and games in the recreation room, followed by a planning meeting for the Spring Calendar. We need your ideas to plan fun events!

ARE YOU READY FOR SOME FOOTBALL?!

February 4: We will enjoy some classic Super Bowl Party appetizers, games and activities. Be sure to wear your football jersey or the color of the team you will be supporting!

SOFTBALL LEAGUE

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

3/2, 3/16, 3/30, 4/13, 4/27, 5/11, 5/25, 6/8

Let's root for the teams as we celebrate with friends at this year's best ever softball league! Come as a



team or sign up individually.

We meet at Morley Field (2221 Morley Field Drive, 92104) in Balboa Park for an eight session series followed by a BBQ lunch and award ceremony on June 22nd. BBQ details will be in the Spring 2016 calendar.

Spaces are limited to 8 teams. Register and pay online or in person at the War Memorial Building by **Friday, February 26th**. **Payment will not be accepted at the first day of softball.**

There will be a mandatory coaches meeting at 9 a.m. on March 2nd at Morley field.

Code: 19959

Cost: \$50.00 team/\$5.00 individual



**2015 Holiday
EXTRAVAGANZA**

See page 6 for more information

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



Lauren Council
lcouncil@sandiego.gov

Leisure Seekers

(AGES 18+)



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.

Community Opportunities

Register online or in person by deadline

HOUSE OF PACIFIC RELATIONS INTERNATIONAL COTTAGES

Sunday, December 13 1:00 p.m. -5:00 p.m.

Join us for an afternoon of cultural experiences at the House of Pacific Relations International Cottages, 2191 Pan American Rd San Diego, 92101. Meet in front of the International Cottages for an afternoon of music, dance, costumes and activities. Bring extra money to purchase ethnic food. The cost is free, but you must register online with the code or call (619) 525-8247 by Wednesday, December 9th.

CODE: 19969

Cost: FREE

MISSION TRAILS

Wednesday, January 20 11:00 a.m.-2:30 p.m.

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

CODE: 19969

Cost: FREE

PLEASE NOTE:

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

POWAY WINTER FESTIVAL

Saturday, January 9

9:30 a.m.-1:30 p.m.

Join us for an afternoon of ice skating, snow play area and hill, crafts, s'mores, and photo booth at the City of Poway Winter Festival. We will meet at the WMB to take the bus up to Poway. Bring a sack lunch. The cost covers the bus fee and s'more. Sign up and pay by Monday, January 4th. Space is limited.



CODE: 19972

Cost: \$10.00



Thank you Dorothy Guthrie for volunteering your time to teach TRS participants yoga!

BIRCH AQUARIUM

Wednesday, February 17

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

Join us for an afternoon to "explore where the wonders of the ocean come alive" at the Birch Aquarium. Bring a sack lunch as we will enjoy a picnic outside of the Aquarium. Dessert will be included. We will then spend the afternoon exploring the aquarium. Register and pay online or in person by Friday, February 12th. Space is limited. Drop off and pick up at Birch Aquarium (2300 Expedition way, La Jolla 92037).

CODE: 19969

Cost: \$3.00



Juan Razo

jrazo@sandiego.gov

ADAPTIVE SPORTS

(AGES 8+)

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.

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 old to adults with a physical disability. The cost covers equipment rental and maintenance of bikes. Please register online at www.SDReconnect.com. **CODE: 20864**

January 9: North Crown Point Shores — (3740 Corona Oriente Rd. 92109)

January 23: Silver Strand— (1834 Strand Way, Coronado 92118)

February 13: Mission Bay Park— (3101 Mission Blvd., San Diego 92109)

February 27: Miramar Lake— (10304 Scripps Lake Dr, San Diego 92131)

March 12: De Anza Cove— (4200 Mission Bay Drive, San Diego 92109)

March 26: North Crown Point Shores—(3740 Corona Oriente Rd. 92109)



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



*See page 16 for more
on Adaptive Sports*

\$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.

January 7 - March 3
(No class January 14)

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 WheelchairDancers.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: War Memorial Building (3325 Zoo Dr.)

www.wheelchairdancers.org

Cost: Free

CODE: 21342



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.



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.



Juan Razo

jrzo@sandiego.gov

PEOPLE IN RECOVERY

(AGES 18+)

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.

RECOVERY GAMES MEETINGS

Wednesdays: January 27, February 24
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. Meetings will be held on the fourth Wednesday of every month from 10am-11am. **Meetings are held at the War Memorial Building (3325 Zoo Drive, 92101).**

NO ONLINE REGISTRATION

Cost: Free



NEW YEAR'S DANCE

Friday, January 8 **7:00 p.m. - 11:00 p.m.**

We want to start the new year with a bang. Join us as we celebrate another year of sobriety and friendship. Music will be provided by DJ Eddie-G. Meeting starts at 7pm and dance starts at 8pm. Food and drinks will be sold during the dance. You must be 18 years or older to attend. No children allowed.



CODE: 21343

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

**Give your feedback & help
us grow our programs**

TABLE TENNIS TOURNAMENT

Saturday, February 20

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

Paddle Up!!! Everyone is invited to participate in our annual table tennis tournament. Never played before? No problem, we accommodate all skill levels with beginner, intermediate, and advanced divisions. Medals will be awarded to the top three of each division.

Equipment is provided. **Location: Balboa Park Activity Center (2145 Park Blvd.)**

CODE: 21345

Cost: \$3.00/person



\$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. 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
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.

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) 303-4865

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

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.

GUACAMOLE BOWL

Saturday, February 20 10:00 a.m. - 2:00 p.m.

Join more than 1,000 guests who will taste guacamole from more than 35 teams and help judge who makes the best guacamole at the Balboa Park Club (2150 Pan American Rd. West, 92101). Teams compete in Law Enforcement, Kiwanis, Professional and Open Divisions. The entry fee is \$25 per team.

Each division has sponsorship opportunities from \$50 for an Entertainment Sponsor up to \$5,000 for the Championship Round Sponsor. Proceeds benefit S4EA and DSAC.

The Guacamole Bowl is cosponsored by Therapeutic Recreation Services, DSAC, and Sports for Exceptional Athletes.

Call (858) 565-7432 for more information or visit www.guacamolebowl.com.

SANDI-CAN

**Tuesdays: January 26 & February 23
10:30 a.m.- 12:00 p.m.**

Action Network that develops community partnerships that work on projects that enhance the lives of older adults and adults with disabilities living in the neighborhoods within the City of San Diego.

Our vision is that older adults and adults with disabilities and those who care for them are able to maintain their purpose, voice and independence, living healthy, safe and fulfilling lives with dignity and respect. Our mission is to be San Diego City's consumer and service provider network, collectively advocating for and affecting policy changes to ensure the equality and advancement of older adults and adults with disabilities. Meetings are at the War Memorial Building, are open to the public and there is no charge.

For more information call Brian Rollins at brian.rollins@sdcounty.ca.gov or Call (858) 505-6305

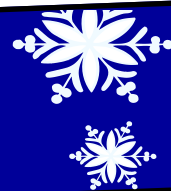


Marisol Mendoza

mamendoza@sandiego.gov

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.

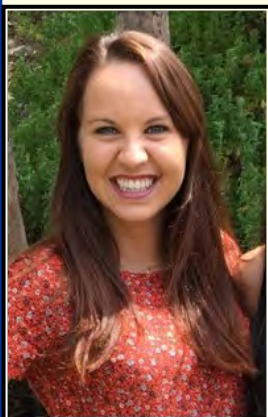
A Note from Marisol:

Thanks for helping us kickoff the holiday season. We had A LOT of Halloween parties and Thanksgiving feasts. The staff and participants truly appreciate your dedication to TRS. Volunteering has a positive impact on our participant's lives due to your compassion and enthusiasm! We can't thank you enough for your support. This next quarter is full of awesome activities and programs, so don't miss out!



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 her call of duty. Please congratulate Emily if you see her at a program. Great job!



Emily Buckley

Emily first heard of Therapeutic Recreation Services (TRS) when she was required to volunteer as a freshman in High School. She wanted to volunteer in a fun and rewarding way and found that TRS was the place to do so. Emily adores the kids and their contagious smiles when they are having a great time at Kid Zone. Her work at TRS has inspired her to pursue a career in the field and is currently studying Recreation Therapy at Indiana University. Emily enjoys reading, running, and anything that involves her being outdoors. We appreciate Emily's selfless dedication to our programs and participants. Thank you Emily!

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@sandiego.gov, if you are available to help with any of the listed activities or to sign-up for an orientation.

Happy Birthday!

to all volunteers with December, January, & February birthdays



VOLUNTEERS IN ACTION



THANK YOU FOR ALL YOU DO!

FALL MEMORIES



December 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 Sharp Quad Rugby 6-8p.m. Muni | 4 CAC Art 3:00 p.m.- 4:30 p.m. WMB KBC/SMC Shopping 6:00-9:30p.m. Mission Valley Mall Vibrational Sound Yoga 5:30-6:30p.m. WMB | 5 ALL Tandem 10:30 a.m.-12:30 p.m. Lake Murray |
| 6 | 7 | 8 | 9 DSAC Meeting 6p.m. WMB | 10 ADP Deaf Seniors 10:00 a.m.- 3:00 p.m. WMB Sharp Quad Rugby 6-8p.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 ND Club Meeting 6:00-9:00p.m. WMB | 12 |
| 13 LS International Cottages 1:00-5:00p.m. 2191 Pan American Rd | 14 | 15 | 16 | 17 ADP Deaf Seniors 10:00 a.m.- 3:00 p.m. WMB Holiday Fair 10:00-1:00p.m. WMB Sharp Quad Rugby 6-8p.m. Muni | 18 CAC Art 3:00 p.m.- 4:30 p.m. WMB | 19 KZ Brunch w/ Santa 12:00-2:00p.m. WMB Holiday Extravaganza 2:00-5:30p.m. WMB Holiday Teddy Bear Dance 6:00-9:00p.m. WMB |
| 20 | 21 KZ Winter Adventure 9:00-3:00p.m. WMB | 22 | 23 | 24 | 25 HOLIDAY Office Closed | 26 |
| 27 | 28 KZ Winter Adventure 9:00-5:00p.m. WMB | 29 | 30 | 31 <u>KEY:</u> ALL : All programs ADP : Adaptive Sports & Events BPC : Balboa Park Club CAC : Creative Art Consortium | CVR : Carmel Mountain Recreation CRUZ : Park de la Cruz DSAC : Disabled Services Advisory Council IND : Independent Club KBC : Kick Back Club KZ : Kid Zone LS : Leisure Seekers Muni : Municipal Gymnasium | NCPs : North Crown Point Shores PDLC : Park De La Cruz PIR : People in Recovery SMC : Social Motion Club VOL : Volunteers WC : Wheelchair WMB : War Memorial Building |

January 2016

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|--|---|
| KEY : ALL : All programs ADP : Adaptive Sports & Events BPC : Balboa Park Club CAC : Creative Art Consortium CMR : Carmel Mountain Recreation | CRUZ : Park de la Cruz DSAC : Disabled Services Advisory Council IND : Independent Club KBC : Kick Back Club KZ : Kid Zone | LS : Leisure Seekers Muni : Municipal Gymnasium NCPS : North Crown Point Shores PDLC : Park De La Cruz PIR : People in Recovery | SMC : Social Motion Club VOL : Volunteers WC : Wheelchair WMB : War Memorial Building | | HOLIDAY Office Closed | ALL Tandem 10:30a.m.-12:30p.m. Miramar Lake |
| 3 | 4 | 5 | 6 | 7 ADP Deaf Seniors 10:00a.m.-3:00p.m. WMB WC Dance 10:00a.m.-12:00p.m. WMB LS Social Connection 3:00-5:30p.m. WMB Sharp Quad Rugby 6-8p.m. Muni | 8 ALL Drama 10:00a.m.-12:30p.m. WMB CAC Art 3:00p.m.-4:30p.m. WMB SMC Rec. Night 6:00p.m.-8:30p.m. CMR PIR New Years Dance 7:00-11:00p.m. WMB | 9 Handcycling 10 a.m.-12:30p.m. NCPS KBC/SMC Winter Festival 9:30-1:30p.m. WMB LS Winter Festival 9:30-1:30p.m. WMB |
| 10 KZ Playday 12:00-3:00p.m. WMB | 11 | 12 | 13 | 14 ADP Deaf Seniors 10:00a.m.-3:00p.m. WMB Sharp Quad Rugby 6-8p.m. Muni | 15 CAC Art 3:00p.m.-4:30p.m. WMB IND Club Meeting 6:00-9:00p.m. WMB | 16 |
| 17 | 18 HOLIDAY Office Closed | 19 | 20 LS Mission Trails 11:00-2:30p.m. Mission Trails Center | 21 ADP Deaf Seniors 10:00a.m.-3:00p.m. WMB WC Dance 10:00a.m.-12:00p.m. WMB Sharp Quad Rugby 6-8p.m. Muni | 22 CAC Art 3:00p.m.-4:30p.m. WMB SMC Rec. Night 6:00p.m.-8:30p.m. WMB | 23 Handcycling 10 a.m.-12:30p.m. Silver Strand KBC Farmers Market 11:00-2:00p.m. 2750 Dewey Rd |
| 24 KZ Playday 11:00-2:00p.m. Belmont Park | 25 | 26 | 27 PIR Meeting 10:00a.m.-11:00a.m. WMB | 28 ADP Deaf Seniors 10:00a.m.-3:00p.m. WMB WC Dance 10:00a.m.-12:00p.m. WMB IND Club Bowling 6:30-9:30p.m. Parkway Bowl Sharp Quad Rugby 6-8p.m. Muni | 29 CAC Art 3:00p.m.-4:30p.m. WMB | 30 |
| 31 | | | | | | |

February 2016

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------------------------------|---------------------------------------|---|---|--|---|
| | | | | | | |
| | 1 | 2 | 3 | 4 WC Dance 10:00 a.m.- 12:00 p.m. WMB LS Social Connection 3:00 p.m.- 5:30 p.m. WMB Sharp Quad Rugby 6-8 p.m. Muni | 5 CAC Art 3:00 p.m.- 4:30 p.m. WMB IND Club Meeting 6:00-9:00 p.m. WMB | 6 ALL Tandem 10:30 a.m.-12:30 p.m. Santee Lakes KBC Softball 11:00-2:00 p.m. WMB All Bowling League 11:00-1:00 p.m. Kearny Mesa Bowl |
| 7 KZ Playday 12:00-3:00 p.m. New Children's Musuem | 8 | 9 ALL Disneyland 7:30-7:30 p.m. | 10 | 11 WC Dance 10:00 a.m.- 12:00 p.m. WMB Sharp Quad Rugby 6-8 p.m. Muni | 12 ALL Drama 10:00 a.m.- 12:30 p.m. WMB CAC Art 3:00 p.m.- 4:30 p.m. WMB SMC Rec. Night 6:00 p.m.- 8:30 p.m. CMR | 13 Handcycling 10:00-12:30 p.m. Mission Bay Park SMC Valentines Dance 10:00-2:00 p.m. Valentines Dance 6:00-9:00 p.m. WMB |
| 14 | 15 HOLIDAY Office Closed | 16 | 17 LS Birch Aquarium 11:00-3:00 p.m. Birch Aquarium IND Club Hockey 6:00-9:30 p.m. Chik-fil-A Big Bear Ski Trip 5 a.m.-8:00 p.m. | 18 WC Dance 10:00 a.m.- 12:00 p.m. WMB ALL Golf Clinic 3:00-5:30 p.m. Torrey Pines Golf Couse Sharp Quad Rugby 6-8 p.m. Muni | 19 CAC Art 3:00 p.m.- 4:30 p.m. WMB KBC Globetrotters 7:00-10:00 p.m. Chik fil A Sweetheart Dance 10:00-1:00 p.m. BPC | 20 PIR Table Tennis Tournament 9:00-2:00 p.m. BPAC Guacamole Bowl 10:00-2:00 p.m. BPC All Bowling League 11:00-1:00 p.m. Kearny Mesa Bowl |
| 21 KZ Playday 12:00-3:00 p.m. WMB | 22 | 23 | 24 PIR Meeting 10:00 a.m.- 11:00 a.m. WMB | 25 WC Dance 10:00 a.m.- 12:00 p.m. WMB Sharp Quad Rugby 6-8 p.m. Muni | 26 CAC Art 3:00 p.m.- 4:30 p.m. WMB SMC Rec. Night 6:00 p.m.- 8:30 p.m. WMB | 27 Handcycling 10:00-12:30 p.m. Miramar Lake |
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THE CITY OF SAN DIEGO

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

PRESORTED
STANDARD

U.S. POSTAGE
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Would you rather receive our calendar via e-mail?

Email Jon at: JMRichards@sandiego.gov

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



“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.