



Park & Recreation

THERAPEUTIC RECREATION SERVICES

Summer 2016



JUNE. JULY. AUGUST.

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.



RECREATION SPECIALISTS

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

RECREATION LEADERS

Gerald Cunanan	Kira Duffett
Janet Estrada	Leslie Fajardo
Lindsey Hollis	Jessica Johnson, CTRS
Daniel Kimpel	Mark Leo
Nicole Moncado	Monica Olivan
Cheryl Pawlak, CTRS, RTC	Noor Raffed
Alexis Suseberry	Lauren Turner
Dallin Young	Jennifer Walsten

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Call 619-525-8247

WHERE TO START/GET INVOLVED!

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

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

ONLINE REGISTRATION/PAYMENT PROCESS

SUMMER registration begins May 14

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, May 14th to assist with registration.**

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

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

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

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

LATE PICK UP FEE POLICY

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

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

TRANSACTION FEES/REFUND POLICY

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

STAFF UPDATE

CONGRATULATIONS TEAM!



Therapeutic Recreation Services (TRS) received an Award of Excellence for Serving the Underserved from the California Parks and Recreation Society. On behalf of the entire TRS team, Kristi Fenick accepted the award in Long Beach at an Awards Banquet on March 11, 2016. Thank you to TRS staff and volunteers for consistently providing high quality innovative programs and always giving 100% to ensure individuals of all ability levels have the opportunity to enjoy a variety of recreational and life changing opportunities.



Please join us in welcoming the newest addition to our team, summer intern

My name is Alyssa Larson, but you can call me Aly. I am a student at Brigham Young University Idaho and am currently serving as an intern for TRS. I love to play sports, spend time with my family, hang out with friends, watch movies, laugh and smile, and I love to play and make music! I mostly just love anything active where I can be outdoors, serving, and enjoying other people's company!

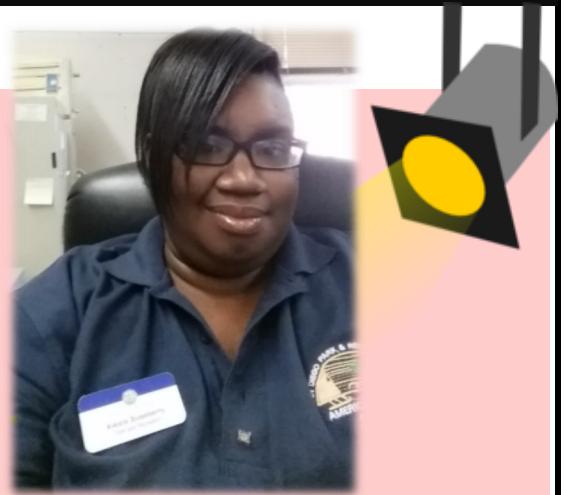


STAFF SPOTLIGHT

Alexis Suseberry

Get to know Alexis!

Alexis has been with the City of San Diego for about five years as a Recreation Leader II. Her innovative and enthusiastic personality is appreciated by fellow staff and participants. She is always willing to jump in with a fun ice breaker to get everyone interacting and having fun— the hallmark of a great recreation leader. She is a valued member of the team at Therapeutic Recreation Services both in the office and out at programs. Thank you, Alexis, for all of your year's of dedication to this program.



Why did you want to work at TRS?

I wanted to work at TRS, after reading about it, while working at a previous job. The program drew my attention at how TRS offered so many recreational activities for all ages to enjoy!

What is your favorite moment working at TRS?

My favorite moments while working at TRS are during our inclusion program and seeing the progress a child makes, and meeting new kiddos at our programs!

What is your favorite hobby outside of work?

My favorite hobby outside of work is shopping, and spending time with my kids at Chuck E Cheese!

What was the best vacation you've ever taken? When I go back home to Texas and see my family!

What is a fun fact about yourself? I love to cook & bake, like I'm on the Food Network.

What is your advice to new volunteers and staff at TRS? To just have fun and roll with the punches of life and work! Always remember tomorrow's a new day, which brings a fresh start!

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

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



Every summer, TRS welcomes an incoming class of 9th grade girls from MADCAPS, a mother-daughter philanthropic group, as new volunteers. This past year, the girls volunteered close to 1400 hours of service with TRS. In addition to volunteering, MADCAPS has financially supported TRS with generous donations throughout the years. MADCAPS 2016 donation will be utilized to keep program costs low, for partial scholarships, and specialized equipment purchases.



TRS is an extremely fortunate recipient of funding from the Hervey Family Non-endowment Fund at the San Diego Foundation. Their \$5000 donation in 2016 will be utilized for partial scholarships, summer camp expenses and recreation supplies. The Hervey family have been long time supporters of DSAC and TRS and their generosity is very much appreciated!

MADCAPS Class of 2019

(Summer 2015)



Recreation Leader, Dallin Young

Lastly, please help us in thanking our very own Dallin Young, Recreation Leader, who asked for donations to DSAC in lieu of birthday gifts. Thank you to Dallin and his friends for donating over \$500 to TRS Summer Camps.

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

All donations to DSAC are tax deductible.

DSAC CORNER

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

LOOKING FOR AN EASY WAY TO **DONATE** THAT COSTS YOU NOTHING?!

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



Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to DSAC (Disabled Services Advisory Council) when you shop at AmazonSmile.com.

Follow these easy steps:

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

Ralphs & **Food 4 Less** **FUNDRAISER**

Sign up online so that every time you shop, a percentage of your purchase will be donated to DSAC (Disabled Services Advisory Council).

Log onto www.food4less.com or www.ralphs.com to register. You can also call 619-525-8247 and we can send you a Ralphs or Food4Less letter, which you can bring on your next visit. Our organization is Disabled Services Advisory Council.

To add your community rewards program:

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



EVERY LITTLE BIT COUNTS!

TRS Needs YOUR Support!

Register online at www.sdreconnect.com

CODE: 24191

Join us for the 2nd annual



Padres FUNDRAISER

Sunday, August 21st @ 1:40 p.m.
vs Arizona Diamondbacks

Includes FOOD and BEVERAGES!*
\$100 (CRAFT BEER, SODA & WATER)
per ticket

*Food service is available one hour prior to first pitch until one hour after first pitch.
Beverage service is available one hour prior to first pitch through the 7th inning.

The Western Metal Building has been reserved for this year's fundraiser!
DON'T MISS THIS AMAZING OPPORTUNITY!



ALL PROCEEDS BENEFIT
Therapeutic Recreation
Services and fund recreation
programs for individuals
with disabilities!

The City of
SAN DIEGO

Tickets will be available for pick-up at the War Memorial Building (3325 Zoo Drive, 92101) closer to the event.
If you have any additional questions, please call the office at 619-525-8247.

SUMMER CAMPS

REGISTRATION FOR SUMMER CAMPS

Registration began on Saturday, February 20th. You can still register online at www.sdreconnect.com. You must register online or in person at the War Memorial Building (WMB). **Enrollment is limited. If the camp you are trying to register for is full, you may put yourself on the waiting list. More information for each camp will be mailed upon registration.** Partial scholarships for all TRS camps are available to those who demonstrate need. Scholarship forms must be on file at the WMB. Camper must have a current assessment completed prior to attending camp. **See page 3 for On-line Registration.**

CAMP AT THE BAY

Monday-Friday, July 11-15, 9:30 a.m. to 3:00 p.m.

Campers, ages 10 to adult, with any disability will experience jet skiing, water skiing, tubing, sailing, kayaking, crafts, and more. Siblings and friends are welcome to attend. Camp meets at North Crown Point Shores Park, Corner of Moorland Dr & Corona Oriente Rd, 92109. Leader: Nick Hurd

CODE: 24319 Cost : \$194.00

KIDZONE SUMMER ADVENTURE CAMP

Monday-Friday, July 25-29, 9:00 a.m. to 3:00 p.m.

Campers, ages 6 to 12, with any disability, siblings and friends, join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, daily field trips, admission, and transportation costs. Camp meets at Tierrasanta Recreation Center, 11220 Clairemont Mesa Blvd, 92124. Leader: Jenny Cavellier

CODE: 24189 Cost : \$194.00

JUNIOR ADAPTIVE SPORTS CAMP

Monday-Friday, July 25-29, 9:00 a.m. to 4:00 p.m.

Campers, ages 4-18, who have a physical impairment will enjoy learning various adaptive sports taught by athletes who have trained in each sport. There will be an additional fee for transportation.

Please contact ASRA at **(619) 336-1806** for camp cost and more information.

Registration for this camp is done through ASRA, not SDRecConnect.

CAMP WET AND WILD

Monday-Friday, August 8-12, 10:00 a.m. to 3:00 p.m.

Campers, ages 10 to adult, with any disability, siblings and friends will enjoy kayaking, surfing, games, crafts and special visitors. Camp meets at Bonita Cove. **Payment is due at registration.** Leader: Lauren Council

CODE: 24255 Cost : \$194.00

INCLUSION SUPPORT

Other day camp opportunities are available for children ages 3-12 at City of San Diego Park and Recreation centers. Go to www.sandiego.gov/park-and-recreation/centers for complete listing. Call (619) 236-7718 to request inclusion support, if needed. Requests are processed in the order received and according to staff availability. (Minimum three-week notice is needed.)

Special thanks to Torrey Pines Kiwanis Foundation, MADCAPS, The Hervey Family Non-endowment Fund at the San Diego Foundation, and DSAC for financial support of these camps.

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. *NO direct 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. Register by calling office ahead of time to ensure proper amount of equipment. Call Juan Razo at (619) 205-2834 in the morning to see if the ride has been canceled due to weather.

June 4: North Crown Point Shores
3740 Corona Oriente Rd. 92109
July 9: Quivira Basin/Hospitality Pt. Park
Quivira Court 92109
August 6: Spanish Landing Park
3900 N Harbor Dr. 92101

NO ONLINE REGISTRATION

Cost: \$2.00

DRAMA WORK SHOP

June 10, July 8 (No meeting in August)
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 R

War Memorial Building
3325 Zoo Drive, 92101



CODE: 26602

Cost: FREE

VIBRATIONAL SOUND YOGA

June 10: 5:30 p.m. - 6:30 p.m.;
July 21 & August 18: 3:00 p.m. - 5:00 p.m.

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

CODE: 27104

Cost: FREE

SAN DIEGO FAIR TICKETS

TRS has a limited number of fair tickets, buy one unlimited admission/get one day free admission, family packs, ride lover packs, and carnival ride coupon books. Tickets are limited to (5) two-for-one tickets per family or agency. Extra single tickets may be purchased up to a max of 10 purchased tickets. The fair will be closed on June 6, 7, 13, 14, 20 and 27. Purchase tickets prior to July 1. Tickets will be available for pick-up in the TRS office (3325 Zoo Dr., 92101), starting on May 23 (Monday-Friday, 8:30am to 4:30pm, office is closed on May 30). **All tickets will be sold online through SDRRecConnect.com, or in the TRS office.** Tickets are limited.

CODE: 27100

Cost: Varies

\$16: Unlimited Fair Admission

\$16: Carnival Ride Coupon Sheet

\$68: Value Pack

\$13.00: Game Sheet

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

NO ONLINE REGISTRATION

Cost: \$1.00

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

SCHEDULE OF EVENTS

BOWLING BANQUET

Saturday, June 25th 11:00 a.m. - 12:30 p.m.

This ten session league concludes on June 4th. The end of the year awards banquet will be held on June 25th at the Balboa Park Club from 11 a.m. to 12:30 p.m.

Cost for banquet: Players free, guests \$10.00. Guests must register online or in person at the War Memorial Building or online by Friday, June 17th.

CODE: 19962 Cost: \$10 for guests, players free

PARKS FIT SAN DIEGO 2016

Challenge: Walk, Run, Roll or Swim 30 miles between June 18 and August 13

Reward: Get fit, stay healthy & receive a Parks Fit SD t-shirt!

Join this year's Parks Fit San Diego program by visiting any City of San Diego Park and Recreation Department facility (recreation center, pool, nature center, activity center or golf course) for a quick and easy enrollment process. Track your miles and turn them in by the due date for your Parks Fit SD t-shirt!

Kickoff Event - 1 mile Fun Run event

Saturday, June 18, 2016 at 8:00 a.m.

Morley Field, 2221 Morley Field Drive, San Diego 92104

Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 13, 2016 at 7:30 a.m.

NTC Park, 2455 Cushing Road, San Diego 92106

For more information:

www.sandiego.gov/park-and-recreation

Proudly Presented by:



CODE: 26948 Cost: Free

ALL CAMPING TRIP

Saturday, June 11 - Sunday, June 12, 2016

(includes camp site, dinner, s'mores, light breakfast, and activities)



Join us for our second annual camping trip at beautiful Mission Trails. Meet at the Kumeyaay Lake Campground at Mission Trails Regional Park

(Two Father Junipero Serra Trail). Meet at **5:30 p.m.** to check in to the camp sites. Cost covers campsite, dinner, s'mores, a light breakfast, ranger led hikes and more! Campers will need to bring their own camping supplies. Don't miss this exciting opportunity. All TRS families and independent campers are welcome! *Please call (619)525-8247 for more information.*

CODE:24188 Cost: \$15.00 per person

ADAPTIVE GOLF

Thursdays, June 2, June 9, June 23, June 30

5:30pm – 7:30pm

Torrey Pines Golf Course

(11480 N Torrey Pines Rd, La Jolla, CA 92037)

Got Golf? We do! Sign up for an Adaptive Golf session. We will meet at the driving range of the Torrey Pines Golf Course (11480 N Torrey Pines Rd, La Jolla,



CA 92037). All levels of experience welcome, we will have 2-3 professional instructors from Torrey Pines leading the group.

CODE: 26349 Cost: \$20.00

Harvest Ball

Masquerade

Friday, September 30, 2016
6:00 p.m.-10:00 p.m.



San Diego Downtown Public Library
330 Park Boulevard

Cost: \$50

(Credit card and transaction fees will apply)

Code: 19111

Enjoy music, dancing and a gourmet meal in beautiful Downtown San Diego. You must be 18 years or older to attend. You must register online at www.sdreconnect.com. Registration begins June 22nd. Last day to pay is September 19, 2016. Register early as space is limited.

Two hour parking validation available through the library.





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.

Kid Zone Summer Adventure Camp

Campers, ages 6 to 12, with any disability, siblings and friends, join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, daily field trips, admission, and transportation costs. Camp meets at Tierrasanta Recreation Center, 11220 Clairemont Mesa Blvd, 92124.

CODE: 24189

Don't miss this Summer Fun! 

MISSION TRAILS OUTING

Saturday, June 11

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

Don't miss this afternoon of adventure at Mission Trails. Meet at 1 Father Junipero Serra Trail, 92119 for a late afternoon of hiking and exploration. Immediately following the play day, we are inviting all families to join us for an overnight camping experience. See "ALL CAMPING TRIP" on page 10 for details regarding the overnight camping experience.

CODE: 25593

Cost: \$7.00

REUBEN H. FLEET MUSEUM

Sunday, June 26

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

Drop-off and pick-up at Reuben H. Fleet Museum in front of the big fountain (1875 El Prado, San Diego, CA 92101). Remember to bring a sack lunch.

CODE: 25594

Cost: \$20.00

THE BOARDWALK

Sunday, August 14

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

Join us for day of non-stop fun at the Boardwalk. Drop-off and pick-up in front of The Boardwalk (1280 Fletcher Parkway, El Cajon, CA 92020).

CODE: 25595

Cost: \$15.00



FAMILY CAMPING SEE PAGE 10 FOR DETAILS

INCLUSION — WE CAN ALL PLAY TOGETHER!

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

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



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.

FAMILY CAMPING

Saturday - Sunday, June 11-12
5:30 p.m. (Saturday) - 10:00 a.m. (Sunday)



Please see "ALL CAMPING TRIP" on page 10 for details regarding overnight camping experience.

PADRES GAME

Friday, September 23 6:30 p.m.-10:30 p.m.

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

CODE: 25596

Cost: \$30.00



Summer Camps

See page 8 for registration information.

PLEASE NOTE:

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

SUMMER NIGHTS

Cost: \$160.00 for all 6 events. Cost includes dinner, all entrance fees/tickets and a souvenir. Locations and times are subject to change.

RUBY'S DINER & MOVIE

Thursday, June 2 5:30 -10:00 p.m.

Drop-off and pick-up at Westfield Mission Valley in between Target and Outback Steakhouse (1640 Camino Del Rio N #125, 92018). Ruby's dinner provided.

PRIVATE POOL PARTY

Saturday, June 18 3:00-7:00 p.m.

Drop-off and pick-up at Clairemont Pool (3600 Clairemont Dr, San Diego, CA 92117). Private pool party, catered food and DJ entertainment.

DINNER & KARAOKE

Thursday, July 7 5:30-9:00 p.m.

Drop off at KFC (7770 Othello Ave). Pick-up at Chorus Karaoke (4428 Convoy St). KFC dinner provided.

BONFIRE ON THE BAY

Thursday, July 21 6:00-10:00 p.m.

Drop-off and pick-up in front of the restrooms on Vacation Island (Vacation Road and Ingraham Street). Catered dinner provided.

PARKWAY BOWL

Thursday, August 4 5:30-9:00 p.m.

Meet at Parkway Bowl (1280 Fletcher Parkway, El Cajon, CA 92020). Dinner provided.

PIRATE'S DINNER ADVENTURE

Thursday, August 18 3:00-10:30 p.m.

Meet at War Memorial Building (3325 Zoo Drive) to take a bus to Pirate's Dinner Adventure and enjoy a show and gourmet meal!

CODE: 25586



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.

NO SMC RECREATION NIGHTS IN JUNE, JULY AND AUGUST

If you are a new member, please set up an interview appointment by calling (619) 525-8247.

Returning September 2016



PADRES GAME

Friday, September 23 6:30 p.m.-10:30 p.m.

Help us cheer on the San Diego Padres as they take on the San Francisco Giants. Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. Bring extra money for dinner at the park. *Limited tickets.*



CODE: 25596

Cost: \$30.00

CAMPING TRIP

Saturday - Sunday, June 11 -12
5:30 p.m. (Saturday) - 10:00 a.m. (Sunday)

Please see "ALL CAMPING TRIP" on page 10 for details regarding overnight camping experience.

PLEASE NOTE:

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Thursday, July 7 5:30-9:00 p.m.

Drop off at KFC (7770 Othello Ave). Pick-up will be at Chorus Karaoke (4428 Convoy St). KFC dinner provided.

BONFIRE ON THE BAY

Thursday, July 21 6:00-10:00 p.m.

Drop-off and pick-up in front of the restrooms on Vacation Island (Vacation Road and Ingraham Street). Catered dinner provided.

PARKWAY BOWL

Thursday, August 4 5:30-9:00 p.m.

Meet at Parkway Bowl (1280 Fletcher Parkway, El Cajon, CA 92020). Dinner provided.

PIRATE'S DINNER ADVENTURE

Thursday, August 18 3:00-10:30 p.m.

Meet at War Memorial Building (3325 Zoo Drive) to take bus up to Pirate's Dinner Adventure and enjoy a show and gourmet meal!

CODE: 26534



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.**

SUMMER FUN!

MINIATURE GOLF & DINNER

Saturday, June 25

3:00 p.m.-7:00 p.m.

Meet at Boomers (6999 Clairemont Mesa Blvd) for a round of miniature golf. Afterwards, we will head to Applebee's for dinner. Cost includes dinner and golf.

CODE:26539

Cost: \$20.00



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: \$7.00

NO MEETINGS IN JUNE OR JULY

GO FOR THE GOLD MEETING

August 5: Participate in the Independent Club games! We will host various events and games to win prizes and medals for your team.

CODE: 26538



BEACH DAY AND LUNCH

Saturday, August 20

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

Enjoy a day on the beach with your friends. Remember to bring sunscreen, towel, water and a beach chair if desired. Price includes lunch at Kono's Café. Meet in front of Crystal Pier (Garnet Ave. and Mission Blvd.) in Pacific Beach.

CODE: 26541

Cost: \$13.00

CAMPING TRIP

Saturday - Sunday, June 11 -12

5:30 p.m. (Saturday) - 10:00 a.m. (Sunday)

Please see "ALL CAMPING TRIP" on page 10 for details regarding overnight camping experience.



Upcoming Events:
ALL Padres Game!
See page 14 for details.



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

(*Please note time change)

CODE: 25577

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 Wednesday (deadline) prior to program and pay at the door. Call (619) 525-8247 to register.

Cost: \$4.00

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

COOKING DAY

June 2: Join us and discover how easy it is to make a delicious, healthy and inexpensive meal.

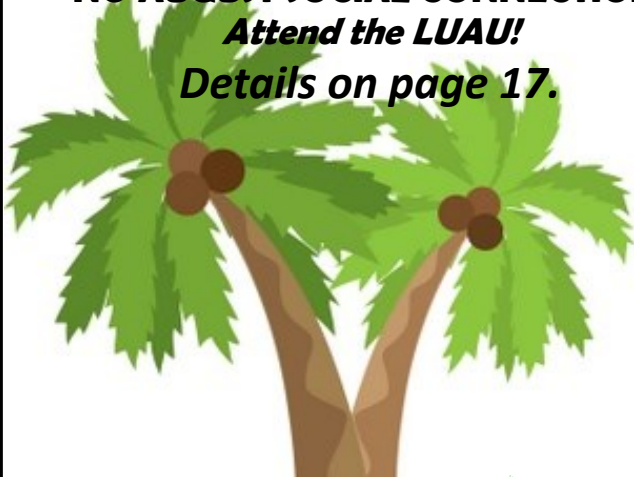
PATRIOTIC PICNIC

July 7: Bring your patriotic spirit and join us for games, activities and burgers & dogs on the grass.

NO AUGUST SOCIAL CONNECTION.

Attend the LUAU!

Details on page 17.



SOFTBALL LEAGUE

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

Three sessions remaining: 5/11, 5/25, 6/8

Come cheer on the teams as the games continue at Morley Field Softball Fields in Balboa Park. We are having our best year ever! Who will win the sportsmanship award this year?

SOFTBALL AWARDS BBQ

Wednesday, June 22nd

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

Mark your calendars for our awards celebration beginning with leisurely softball games, then enjoy a BBQ lunch and award ceremony held at Morley Field softball field. Bring lawn chairs and sunscreen! **Sign up and register you and your guests by Monday, June 15th.**

Code: 19959

BBQ Cost: \$4.00 per person



CAMPING TRIP

SEE PAGE 10 FOR DETAILS

PLEASE NOTE:

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



Hawaiian Luau Party

The refreshments are chosen. The theme is set. We are having a Luau you'll never forget. Dress up Hawaiian, as you've done in the past.

Get ready for some fun and a grand feast at last!

Thursday, August 25 11:00 a.m.-2:00 p.m.

Mariner's Point, 1100 West Mission Bay Drive, 92109

Cost: \$4.00

Register online or pay in person at the Luau.

You must register online or call (619) 525-8247 to sign up by Friday, August 12th.

SPECIAL THANKS TO THE TORREY PINES KIWANIS FOR SUPPORTING THIS EVENT

CODE: 25580



PADRES GAME

Wednesday, June 15th

12:00 p.m.-5:00 p.m.

Let's pull out our blue and white to wear as we root for our San Diego Padres as they take on the Miami Marlins at Petco Park. We will be meeting at 12 p.m. at the Park Blvd. entrance to go into the stadium together (Park Blvd. and 10th Ave.) Bring extra money for food at the ballpark! Spaces are limited. Register online or in person by Friday, June 3rd.



CODE: 25581

Cost: \$15.00

Register online or in person by deadline

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

MISSION BEACH

Wednesday, August 17th

12:00 p.m. - 3:00 p.m.

Bring your swimsuit, towel, and sunscreen for an afternoon at the beach followed by a round of miniature golf at Belmont Park! Meet us at the Mission Beach Lifeguard Tower, 3141 Ocean Front Walk, 92109. Bring a lunch or money to purchase food at the beach. Spaces are limited. Register online or pay in person at the War Memorial Building by Monday, August 15th.

CODE: 25581

Cost: \$5.00

CONCERT IN THE PARK

Friday, July 29th

4:30 p.m.- 8:30 p.m.

Let's get together for a blast to the past with an evening of some rock 'n' roll at the Point Loma Concerts in the Park. Come and listen to rock 'n' roll from your favorite hard rock bands of the mid '70s to early '80s! We will meet at 4:30 p.m. sharp in front of Fire Station 22 (1055 Catalina Blvd) next to Point Loma Park. Be sure to bring a lounge chair or blanket and food and/or money to purchase food from the local vendors. The cost is free, but you must register online or call (619) 525-8247 by Wednesday, July 27th.

CODE: 25581

Cost: FREE



Juan Razo
jrzo@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 and maintenance of bikes. Please register online at www.SDReconnect.com. **CODE: 22971**

2 Sessions Remaining in current 6 week session:

June 11: De Anza Cove— (4200 Mission Bay Drive, San Diego 92109)

June 25: North Crown Point Shores—(3740 Corona Oriente Rd. 92109)

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



ADAPTIVE GOLF

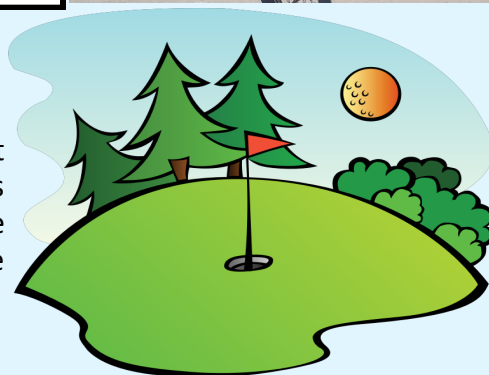
Thursdays, June 2, June 9, June 23, June 30

5:30pm – 7:30pm

Got Golf? We do! Sign up for an Adaptive Golf session. We will meet at the driving range of the Torrey Pines Golf Course (11480 N Torrey Pines Rd, La Jolla, CA 92037). All levels of experience welcome, we will have 2-3 golf professionals from Torrey Pines GC leading the group. Must be 13 years or older to participate.

CODE: 26349

Cost: \$20.00



ADAPTIVE ARCHERY

Thursdays, 5 p.m. - 7 p.m.

August 4, August 11, August 18, August 25

**Morley Field Archery Range
(Across parking lot from the baseball fields)**

It's back! Join us every Thursday in August for an Adaptive Archery program at the Morley Field archery range. A USA Archery certified instructor will attend every program. Water and snacks will be provided. Space is limited, sign up ASAP. Must be 13 years or older to participate.

CODE: 26350

Cost: \$15.00



\$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. June 2nd-June 23rd

Would you like to spin your wheels to the rhythms of Cha-Cha, Rumba, Tango, or Hip Hop while dancing with one of our fabulous dance volunteers? Join us for a free 8 week dance session (session began in May) and enjoy dancing and socializing with others! You can still join us in June for the second half of the session.

Location: Park De La Cruz Gym (3911 Landis Drive)

www.wheelchairdancers.org

CODE: 22980

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.



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
jrazo@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: June 22, July 20, August 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



PIR BANNER CONTEST

Morley Field (2221 Morley Field Dr. 92104)
Wednesday, June 15 10:00 a.m.-2:00 p.m.

"We came to believe in 2016" is this year's Recovery Games theme. Join us for the banner celebration as we celebrate Recovery at Morley Field (2221 Morley Field Dr. 92104). Every house/organization is invited to attend with a 4ft. by 6ft. banner with this year's theme represented on the banner. There will also be additional activities to participate in, such as: 40 yard dash, softball throw, 1 mile run, tug of war, and relay race. This is a free program and open to families. Please contact Juan with any questions at (619) 205-2834. Bring a sack lunch.

NO ONLINE REGISTRATION

Cost: FREE

2015 WINNERS!



HOM End of Summer Dance

War Memorial Building (3325 Zoo Drive)
Friday, August 26 8:00 p.m. – 11:00 p.m.

House of Metamorphosis is hosting a dance to say goodbye to the summer. Food and beverages will be sold onsite. If you have any questions or want to sign up, please contact Leslie at (619) 236-9217.

Cost: \$3 pre-pay/\$5 at the door

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



Marisol Mendoza
mamendoza@sandiego.gov
(619) 236-7753

Volunteer Opportunities

(AGES 13+)

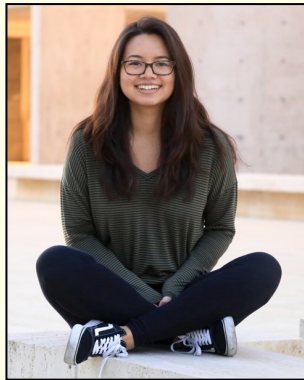
A variety of volunteer opportunities are available for those ages 13 and above, including students who need service hours. Therapeutic Recreation Services offers an outstanding internship program for college students majoring in therapeutic recreation.

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," an exceptional volunteer who rises above and beyond the call of duty.

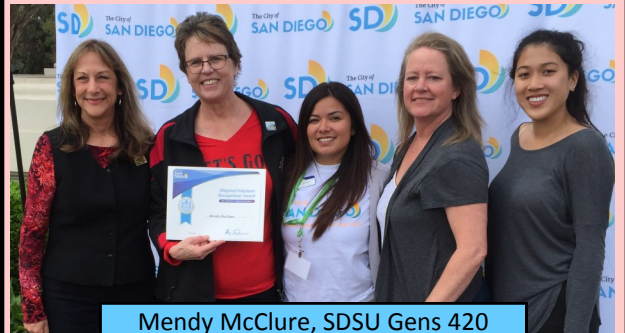
Pranett Chhunpen

Pranett learned of Therapeutic Recreation Services in July of 2015 while looking to assist a nonprofit with administrative duties. Since then, she has completed over 100 hours of volunteer service. She exhibits a working knowledge of the characteristics and conditions of the clientele as well as compassion, patience and understanding required to provide great customer service to the variety of populations served. During her free time, she enjoys exploring new places and going on adventures with her friends. She loves going on road trips, listening to music, and reading. Pranett volunteers because she is able to meet new people and learn new skills, while giving back to her community. Pranett is currently assisting with administrative duties, one of her favorite tasks is creating birthday cards to show our appreciation for our volunteers. She is well liked by participants, staff, and volunteers. Thank you, Pranett, for all of your hard work, compassion, and dedication to TRS!



CONGRATULATIONS

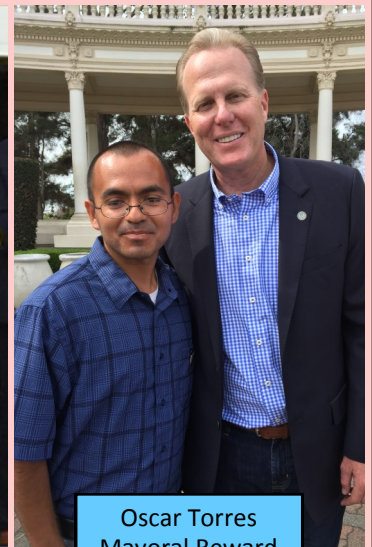
TO OUR VOLUNTEERS HONORED AT THIS YEAR'S CITYWIDE VOLUNTEER RECOGNITION!



Mendy McClure, SDSU Gens 420
Mayoral Award



Vicki George
Mayoral Reward



Oscar Torres
Mayoral Reward

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

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

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



CONTACT: Joe Gilltrap
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.

WOUNDED WARRIOR TENNIS PROGRAM

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



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.

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

SANDI-CAN

Last Tuesday: June 28, July 26, August 30
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



Saturday & Sunday, June 11-12, 2016

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

Meet nearly 200 artists in an intimate setting of original fine art, entertainment and delicious cuisines, complemented with fine wine and craft beer as you stroll the turf of Waterfront Park.

The Festival is conducted by Torrey Pines Kiwanis and benefits adaptive sports and recreation opportunities for San Diegans with disabilities. Take the opportunity to help support your community, meet special people and enjoy a wonderful day of fun and excitement!

www.sdfestivalofthearts.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 2016			1	LS SOCIAL CONN. WC DANCE SMC/KBC Summer Nights ADP Sports Deaf Seniors	2 CAC Art	3 ALL Tandem ALL Bowling League
TRS Volunteer Recognition	6	7	SOFTBALL LEAGUE 10:00 A.M.-1:00 P.M. DSAC	WC Dance Deaf Seniors ADP Sports	Drama CAC Art All Yoga- Auditorium	KZ MISSION TRAILS HANDCYCLING
12	13	14	LS PADRES GAME PIR Banner Contest	WC Dance Deaf Seniors ADP Sports	CAC Art	ALL CAMPING TRIP KBC/SMC SUMMER NIGHTS- Pool Party
ALL CAMPING TRIP	20	21	LS SOFTBALL AWARDS BANQUET PIR Recovery Games Meeting	WC Dance Deaf Seniors ADP Sports	CAC Art	HANDCYCLING NCPS ALL Bowling Banquet IND Club Outing
FATHER'S DAY KZ- Rebuen H. Fleet Science Center	27	28	29	Deaf Seniors ADP Sports	30	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 2016					CAC Art Class	KZ REUBEN H. FLEET
3	4	5	6	7	8	9
	INDEPENDENCE DAY			LS SOCIAL CONN. Deaf Seniors SMC/KBC Summer Nights- KARAOKE ADP Sports	CAC Art Class Drama	
10	11	12	13	14	15	16
				Deaf Seniors ADP Sports	CAC Art	
CAMP AT THE BAY (North Crown Point) 9:30-3:00 p.m.						
17	18	19	20	21	22	23
			PIR Meeting	SMC/KBC Summer Nights- BONFIRE Deaf Seniors ADP Sports	CAC Art	
24	25	26	27	28	29	30
					CAC Art LS Outing- Concert	
JUNIOR WHEELCHAIR SPORTS CAMP (9:00 AM-4:00 PM)						
31	KID ZONE SUMMER ADVENTURE CAMP (Tierrasanta) 9:00-3:00 p.m.					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 2016			3	4	5	6
	8	9	10	11	12	13
				Deaf Seniors ADP Sports	CAC Art Drama	
CAMP WET AND WILD (Mission Beach, Bonita Cove) 10:00-3:00 p.m.						
KZ BOARDWALK	15	16	17	18	19	20
			LS Outing- Mission Beach	SMC/KBC Summer Nights- PIRATES DIN ADP Sports Deaf Seniors	CAC Art	IND CLUB BEACH DAY
21	22	23	24	25	26	27
PADRES FUNDRAISER			PIR Meeting	Deaf Seniors ADP Sports LS LUAU	CAC Art PIR Dance- HOM Co- Sponsor	
28	29	30	31			

Would you rather receive our calendar via e-mail?

Email Jon at: JMRichards@san Diego.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.