

THERAPEUTIC RECREATION SERVICES



## SEPTEMBER OCTOBER NOVEMBER

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

E-mail: JMRichards@sandiego.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
Janet Estrada
Lindsey Hollis
Daniel Kimpel
Monica Olivan
Noor Raffed
Lauren Turner

Kira Duffett Leslie Fajardo Jennifer Walsten Mark Leo Cheryl Pawlak, ctrs,rtc

**Alexis Suseberry** 

## TABLE OF CONTENTS

#### **General Information**

- 3. Where to Start/Online Registration
- 4. Staff Update/Staff Spotlight
- **5.** Staff Good-byes/Donor Appreciation
- 6. Donor/Volunteer Appreciation
- 7. DSAC Corner/Fundraiser Opportunities

#### TRS Group Events

- 8 10. ALL Participants
- 11. Holiday Extravaganza
- **12.** Kid Zone (ages 3-12)
- 13. Kick Back Club (ages 13-18)
- 14. Social Motion Club (ages 18 and older)
- 15. Independent Club (ages 21 and older)

#### TRS Group Events

- 16 17. Leisure Seekers (ages 18 and older)
- **18 19.** Adaptive Sports & Events
- **20.** People in Recovery (ages 18 and older)

#### **Volunteers**

21. Volunteer News/Top Banana

#### **Community Events/Calendar**

- 22. Community events
- 23. TRS Program Calendar

*Questions?*Call 619-525-8247

#### WHERE TO START/GET INVOLVED!

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

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

#### **ONLINE REGISTRATION/PAYMENT PROCESS**

FALL REGISTRATION BEGINS AUGUST 20TH AND WINTER REGISTRATION BEGINS NOVEMBER 19TH

Please note: Checks can not be mailed into the office. Payment can be done with a credit card online from home/a neighbor's computer, or at the War Memorial Building (3325 Zoo Dr., 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 <u>must create a profile online</u> using the Online Activity Registration System. Log on at <u>SDRecConnect.com</u>. <u>The War Memorial Building will be open from 10 a.m.-2 p.m. on Saturday, August 20th to assist with registration.</u>

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 <u>and</u> 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**

## PLEASE JOIN US IN WELCOMING THE NEWEST MEMBERS TO OUR TEAM!

#### FALL 2016 INTERNS



My name is Andi Curl, I am a Cal-State University, Long Beach student in the Recreational Therapy program finishing up my degree in San Diego. I am from Santa Monica California. I spend almost all of my free time at the beach surfing, paddle boarding, body surfing and playing volleyball. My passion

is working with a diverse population with multiple abilities in the ocean. I am excited and honored to be a part of the City of San Diego team and really looking forward to learning how you integrate Recreation Therapy in your community recreation programs.

Hello everyone my name is Keyona Hopkins and I will be one of the new Fall 2016 interns. I am from Southern Chester County in Pennsylvania and attended Lock Haven University of Pennsylvania. I love the outdoors but especially the beach. What I'm looking forward to most is the opportunity to meet new people and be impactful in peoples lives.



#### STAFF SPOTLIGHT

## NOOR RAFFED

Get to know Noor!

Noor began as a volunteer for TRS in 2011 and has since become a highly valued staff member on our team. Noor is always willing to help wherever she is needed—taking on various roles including the position of inclusion coordinator at different recreation centers in San Diego. Her passion for serving different populations is evident in the way that she works programs. We are lucky to have her as a part of the team!



#### Why did you want to work at TRS?

When I started as a volunteer I completely fell in love with the programs and how the staff tirelessly worked to perfect their programs, so as soon as a Recreation Leader position opened up I made sure I applied. Working for TRS has been a great milestone.

#### What is your favorite moment working at TRS?

It's hard to pick just one! The most memorable is probably working my first camp. It was Camp at the Bay and as exhausting as it was, I loved every moment of it.

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

I enjoy taking photos, particularly street photography and landscapes.

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

Our trip to Algeria! We spent a month exploring the Sahara, the Mediterranean and even made it to Morocco.

#### What is a fun fact about yourself?

I've lived in three countries!

## IT IS WITH SADNESS AND EXCITEMENT FOR THEIR NEW OPPORTUNITIES, THAT WE BID FAREWELL TO A FEW OF OUR AMAZING STAFF MEMBERS.



Longtime RLII and past intern, Jessica Johnson, has left to pursue a career as a full time Recreation Therapist working with special populations. Join us in wishing her good-luck on her new endeavor. She will be missed!

Nicole Moncada will be leaving San Diego to pursue her Masters of Physical Therapy. She put off her moving date to join us for summer camps this year and we are so grateful! We will miss her.



In addition, TRS will be saying goodbye to two of our Recreation Specialists. Please see page 12 for a note from Jenny Cavellier and page 16 from Lauren Council.

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

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



SAN DIEGO SAND CASTLES

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



Thank you to Sycuan Band of the Kumeyaay Nation for their generous donation of \$3000. This funding will help keep program costs low and provide partial scholarships to those who demonstrate a need.

Thank you to San Diego Sand Castles for providing Camp Wet and Wild with a beautiful sand castle display and teaching our participants to make their own!

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



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.

## THANK YOU MISSION BAY YACHT CLUB!

We cannot thank Art Athans and everyone at Mission Bay Yacht Club enough for hosting our Kid Zone Adventure Camp at their beautiful facility this past July! They donated their time and resources, providing our Kid Zone campers with kayak rides, stand up paddle board rides, power boat rides and more! It was a wonderful experience for the children, staff and volunteers—many of them experiencing these things for the first time. Thank you, Mission Bay Yacht Club for your generous support of our programs.













## THANK YOU TO EVERYONE WHO DONATED THEIR TIME & TALENTS TO OUR PROGRAMS THIS SUMMER



YOGA WITH DOROTHY



**TORREY PINES GOLF COURSE** 





**LOVE ON A LEASH** 

OVER 5,000 VOLUNTEER HOURS WERE LOGGED THIS SUMMER ALONE!!





#### **DSAC CORNER**

**GoFundMe** 

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 atlarge, administer contract programs for persons with disabilities, and provide public relations and fundraising support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested individuals. Meetings are held on the 2nd Wednesday evening of each month, at 6:00 p.m. in room 1 at the War Memorial Building & agendas and minutes are posted in Room 6. Call Kristi Fenick at (619) 525-8247 for information.

DSAC has created a GoFundMe account to help find creative ways to fundraise. Each quarter TRS will designate a program for funds to be distributed to. DSAC's first GoFundMe (this Summer) raised \$1,200 to go towards Harvest Ball and TRS programs! Thank you to everyone who supported this great cause. The next donation page is raising funds for the TRS Holiday Extravaganza in December. It's easy to get involved! You can help fundraise by donating to <a href="https://www.gofundme.com/DisabledSvcHoliday">www.gofundme.com/DisabledSvcHoliday</a> or sharing the link and asking your friends and family.

Please join DSAC in <u>making the ask</u> to help support TRS programs!

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



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



- 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!



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

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

#### To add your community rewards program:

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

Ralphs fundraiser information must be updated after September 1st every year!

#### **SCHEDULE OF EVENTS**

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

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

**September 3: North Crown Point Shores** 

3740 Corona Oriente Rd. 92109

Santee Lakes October 1:

9310 Fanita Parkway, Santee 92071

November 5: Silver Strand

1834 Strand Way, Coronado 92118

CODE: 30437 Cost: \$2.00

#### UNIVERSAL SOUND AND BLISSED YOGA

Wednesdays: 5:00-6:00 p.m. September 21, October 19, November 16

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: 30596** Cost: FREE

#### **SCREAMZONE**

Sunday, October 16th

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

Get ready for a spooky night at the Del Mar Scream

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



Cost: \$1.00

**CODE: 30714** Cost: \$15.00

#### DRAMA WORK SHOP

September 9, October 14 (No meeting in November) 10:00 a.m. - 12:30 p.m.

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

CODE: 30592

War Memorial Building 3325 Zoo Drive, 92101



Cost: FREE

Instructor: Joan McCann

**NO ONLINE REGISTRATION** 



#### -EXPRESSION THROUGH ART

Fridays: 3:00 p.m. - 4:30 p.m. (No Class November 11)

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!

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

#### **BEST OF THE WEST QUAD RUGBY TOURNAMENT**

Friday, November 18—Sunday, November 20, 2016

Municipal Gymnasium, 2111 Pan American Blvd, Balboa Park

Everyone is invited to be part of this great internationally known tournament as we celebrate its 27<sup>th</sup> year of existence. It is truly one of the most exciting and intense games you can play and watch. We will host 8 national and international teams that will give it their all to be named champion of Best of the West.

#### This tournament is free for spectators to watch.

Friday: 10:00 a.m.-4:00 p.m.
Saturday: 9:00 a.m.-3:00 p.m.
Sunday: 9:00 a.m.-2:00 p.m.



#### **NUTCRACKER BALLET DRESS REHEARSAL**

Friday, December 9th

7:00 p.m.

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

Enjoy this classic ballet by the California Ballet

Company. Payment must be made online or in person by November 4th. Please arrange to pick up your tickets between 8:30 a.m. on December 7th through 4:30 p.m. on Friday, December 9th at the War Memorial Building. No tickets will be mailed. Tickets are limited. TRS staff will not be attending this event. Limit to 25 tickets per group.



CODE: 30368 Cost: \$5.00

## DISNEYLAND/CALIFORNIA ADVENTURE TICKETS

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

#### **SCHEDULE OF EVENTS**

#### MONSTER BALL DANCE

Friday, October 28th

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

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

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

No online registration Cost: \$2.00 per person

#### HALLOWEEN DANCE

Saturday, October 29th

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

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

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

No online registration Cost: \$5.00 per person

#### **EASY WAYS TO GIVE BACK: GoFundMe**

DSAC has created a GoFundMe account to help find creative ways to fundraise. Each quarter TRS will designate a program for funds to be distributed to. DSAC's first GoFundMe (this Summer) raised \$1,200 to go towards Harvest Ball and TRS programs! Thank you to everyone who supported this great cause. The next donation page is raising funds for the TRS Holiday Extravaganza in December. It's easy to get involved! You can help fundraise by donating to <a href="https://www.gofundme.com/DisabledSvcHoliday">www.gofundme.com/DisabledSvcHoliday</a> or sharing the link and asking your friends and family.

Please join DSAC in making the ask to help support TRS programs!





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

> DON'T FORGET to bring your dancing shoes for the Immediately following the Extravaganza.

> > Cost: \$5 or donated Teddy Bear

(more information to follow in Winter Calendar)

Check everyone off of your list at the Going on throughout the Holiday Extravaganza If you are interested in selling some of your homemade crafts,

CODE: 31442

## **SATURDAY** December 17, 2016

2:00-5:30 p.m.

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

## FKEE

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

The City of

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.

### UPCOMING KID ZONE FUN!

#### **DEEP SEA FISHING TRIP**

#### Sunday, September 11th

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

Join us for a deep sea fishing adventure! Friends of Rollo has provided a wonderful opportunity for our participants, age 6 to 21 years, to go on a half-day fishing trip. Meet at Seaforth Sportsfishing Dock, 1717 Quivira Road. Poles, bait, and lunch (1 hot dog, chips, drink) will be provided for participants. NO coolers are allowed on the boat. All participants must be accompanied by an adult. Anyone 16 years and older needs to purchase a one-day fishing license (can be purchased at SeaForth for about \$15.00, cash only). You must have attended at least 2 TRS events this year to attend this event. Space is limited, so sign up soon!

CODE: 31162 Cost: \$10.00

#### **BOOMONT PARK OUTING**

#### Saturday, October 8th

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

Enjoy spooky rides and attractions with your friends. Drop-off and pick-up at Belmont Park (3146 Mission Blvd, San Diego, CA 92109) in front of the restrooms at the South entrance of the park. Bring a sack lunch.

CODE: 31161 Cost: \$20.00

#### **HALLOWEEN PLAYDAY**

#### Sunday, October 23rd

12:00-3:00 p.m.

Who do vampires buy their cookies from? The Ghoul Scouts! Join us for games, tricks, treats, and tons of fun! Wear your costume and bring a sack lunch.

CODE: 31160 Cost: \$7.00

#### **NEW CHILDREN'S MUSEUM OUTING**

Sunday, November 27th

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

Meet at the New Children's Museum (200 W Island Ave, San Diego, CA 92101) for a day of exploration. Bring a sack lunch.

CODE: 31163 Cost: \$10.00

#### Dear Kid Zone and Kick Back Club Families,

#### Thank you for everything!

It is with a heavy heart that I will be saying good-bye to my leadership role at TRS. I cannot thank you all enough for the impact you have had on my life. I have been a part of TRS since I was fourteen years old and I can say with certainty that it has changed my life for the better in so many ways. I will cherish the friendships I have made here forever.



A new opportunity has arisen and I will be pursuing it temporarily. I will be back out at events upon my return and I look forward to seeing you all then. I am a better person for having known all of you— thank you for everything!!

Love, Jenny

#### 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.

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.

#### **PADRES GAME**

Friday, September 23rd

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 4<sup>th</sup> Avenue and K Street. Bring extra money for dinner at the park. Limited tickets available.

DIEGO TM

Saseball City

6:30 p.m.-10:30 p.m.

Upcoming Events:

DEEP SEA FISHING TRIP

See page 12 for details.

**CODE: 25596** 

Cost: \$30.00

## DON'T MISS THESE UPCOMING EVENTS!

#### **HAUNTED TRAIL**

Sunday, October 2nd

6:00 p.m.—8:30 p.m.

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

CODE: 30708 Cost: \$5.00

#### **SCREAMZONE**

#### Sunday, October 16th

3:00 p.m.—7:00 p.m.

Get ready for a spooky night as we trek over to the Del Mar Scream Zone! We will be meeting at the War Memorial Building at 5:00pm to take a bus up to Del Mar. **Bring money for dinner** as we will be stopping for a quick bite before heading to the Scream Zone. Cost includes the bus ride and admission to the Scream Zone. Space is limited.

CODE: 30714 Cost: \$15.00

#### **TORREY PINES HIKE AND PICNIC**

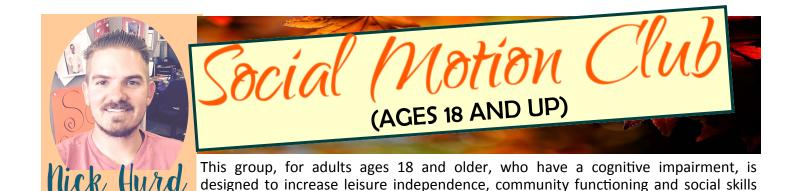
#### Saturday, November 26th

11:00 a.m.—2:00 p.m.

Meet at the Torrey Pines State Reserve (12600 North Torrey Pines Road, San Diego CA 92037) for an afternoon hike and beach picnic. Cost includes lunch.

CODE: 31164 Cost: \$7.00

#### **PLEASE NOTE:**



**RECREATION NIGHTS** 

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

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

Cost: \$7.00 (\*includes transaction fee)

nhurd@sandiego.gov

#### **WELCOME BACK**

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

September 9: Carmel Mountain Recreation Center

Code: 30671 10152 Rancho Carmel Drive

**September 16**: War Memorial Building

Code: 30672 3325 Zoo Drive

#### FRIGHT FEST MEETING

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

October 14: Carmel Mountain Recreation Center

Code: 30673 10152 Rancho Carmel Drive

October 21: War Memorial Building

Code: 30674 3325 Zoo Drive

#### **THANKSGIVING FEAST & BAKE-OFF**

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

November 18: Carmel Mountain Recreation Center

Code: 30675 10152 Rancho Carmel Drive November 25: War Memorial Building

Code: 30676 3325 Zoo Drive

## COMMUNITY OUTINGS

#### **PADRES GAME**

Friday, September 23rd

through experiential opportunities within the community and at recreation centers.

6:30 p.m.-10:30 p.m.

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 4<sup>th</sup> Avenue and K Street. Bring extra money for dinner at the park. Limited tickets available.



**CODE: 25596** 

Cost: \$30.00

## SEE PAGE 10 FOR UPCOMING HALLOWEEN DANCES



#### **HAUNTED TRAIL**

Sunday, October 2nd

6:00-8:30 p.m.

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

CODE: 30708 Cost: \$5.00

#### PLEASE NOTE:



# 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

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) 236-7772

Cost: \$7.00 (\*includes transaction fee)

#### **WESTERN NIGHT**

**September 2:** Howdy Partner! Round up the posse for a rootin' tootin' night. Price includes dinner, crafts and games. Giddy up!

CODE: 30689

#### FRIGHT FEST

**October 7:** Participate in Halloween themed crafts, games, and dinner with your friends.

**CODE: 30690** 

#### FRIENDSGIVING NIGHT

**November 4:** Friends are the family you choose. Celebrate another year with your closest friends with food and fun.

**CODE: 30694** 





**Upcoming Events:** 

ALL Padres Game! See page 14 for details.

#### **SCREAMZONE**

Sunday, October 16th 5:00 p.m.-10:00 p.m.

Get ready for a spooky night as we trek over to the Del Mar Scream Zone! We will be meeting at the

War Memorial Building at 5:00pm, to take a bus up to Del Mar. Bring money for dinner as we will be stopping for a quick bite before heading to the Scream Zone. Cost includes the bus ride and admission to the Scream Zone.





#### **HALLOWEEN DANCE**

Saturday, October 29th

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

See page 10 for more information!

YOU MUST PAY AT THE DOOR – NO pre-registration will be accepted.

No online registration. Cost: \$5.00 per person

#### **PLEASE NOTE:**

## eisure Sei (AGES 18+)

Farewell, Lauren



group provides recreational opportunities, teaches leisure skills, increases socialization and It is with mixed feelings that I 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.

Thursdays: 2:30 p.m. - 5:00 p.m. (\*Please note time change)

CODE: 28935

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

#### LABOR DAY PARTY

September 1: Let's celebrate the end of summer and beginning of fall by having one last BBQ!

#### NO OCTOBER SOCIAL CONNECTION Attend the CONSUMER LUNCHEON (Details on page 17)



November 3: We will share thanks and feast on a delicious Thanksgiving meal. We will do some festive activities and crafts before you get too stuffed on the turkey.



#### Dear Leisure Seekers Family,

say farewell to the TRS Family as I have accepted a position in Northern California. I first

fell in love with TRS as an intern and was lucky enough to be hired just 6 months after my completion. My experiences with my colleagues, volunteers, and participants have helped me grow professionally and personally. I have made some incredible friendships along the way and have gained invaluable knowledge in the field that I will take with me to my next journey. Thank you for the memories that I will cherish forever!

Best wishes,

Lauren

#### LEISURE STRIKERS **BOWLING LEAGUE**

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

9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7

We're marinating the turkeys and seasoning the hambones in preparation this seven game bowling league held at Parkway Bowl, 1280



Fletcher Parkway, El Cajon. Cost includes 2 games, bowling shoes, and banquet for players only. Register and pay by Monday, September 5th. Awards lunch will follow after 12/7 game from 12:00 -2:00 p.m. Lunch is free for players, guests \$12.00. Guests must register online or in person at the WMB by Monday, December 5th. Money will not be accepted at the bowling alley or at the awards lunch.

Cost: \$35.00 **CODE: 28958** 

#### **PLEASE NOTE:**

#### 17TH ANNUAL CLIENT CONSUMER LUNCHEON

Friday, October 7<sup>th</sup>

10:00 a.m.-2:00 p.m.

This event, held at the Balboa Park Club (2150 Pan American Rd. West) will honor fellow consumers' achievements and host a resource fair, featuring an array of community resources. If you are interested in being a part of the planning committee, please call Jon Richards at (619) 525-8248 or email him at



JMRichards@sandiego.gov. You must register online or in person at the War Memorial Building no later than Friday, September 30th. The cost is \$4.00 by the deadline, \$6.00 at the door. Call (619) 525-8247 by September 30th if you plan to pay at the door. Lunch will not be guaranteed for those who show up without registering by phone by the deadline.

Cost: \$4.00 by the deadline, \$6.00 at the door

Resource Fair Table \$15.00

**CODE: 28949** 

# LS COMMUNITY OUTINGS

#### CORONADO ISLAND

#### Tuesday, September 13th

11:30 a.m.-4:00 p.m.

We will meet at the Coronado Ferry (900 N Harbor Drive) to take the ferry to Coronado Island. We will enjoy yoga, beach activities, and finish at the Farmer's Market before taking the ferry back to San Diego. Cost includes the ferry ticket. Spaces are limited. If you wish to drive yourself to Coronado, meet at Ferry Landing Market Place (1201 1st Street, Coronado, CA 92118) at noon. Register online or in person by Friday, September 9<sup>th</sup>. Call (619) 525-8247 by the deadline to sign up if you plan to drive yourself.

**CODE: 28940** 

Cost: \$10.00 Round trip ferry ticket,

FREE if you drive yourself

## Register online or in person by deadline

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



#### **SAN DIEGO ZOO**

Thursday, October 13th

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

Grab your friends, a sack lunch, and a camera as we enjoy a day of exotic animals at the San Diego Zoo! Come as a group or as an individual. Meet at the War Memorial Building at 11 a.m. sharp before walking over to the Zoo. Register online or in person no later than Friday, October 7th. Spaces are limited.

CODE: 28940 Cost: \$7.00



# 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.SDRecconnect.com.

CODE: 30431

September 10: North Crown Point Shores – 3740 Corona Oriente Rd., 92109

September 24: Silver Strand- 1834 Strand Way, Coronado, CA 92118

October 8: Bonita Cove – 3101 Mission Blvd. San Diego, 92109

October 22: De Anza Cove- 4200 Mission Bay Dr., San Diego, 92109

Cost: \$15.00/4 week session or \$8.00 if you bring your own bike.



## NEW PROGRAM: INJURED SERVICE MEMBERS

TRS is starting a new program to benefit Injured Service Members who are either Active Duty or Veteran's. Key components of the program will promote health and fitness in recovery through community re-integration, improved socialization and a healthy and active lifestyle, while learning about recreation opportunities within the City of San Diego. For the months of September and October, see wheelchair basketball information.

To find out more about this program, please contact Juan Razo at jrazo@sandiego.gov.

#### WHEELCHAIR BASKETBALL

Thursday Nights
September 1st—October 27th
5:30 p.m. – 7:30 p.m.



Everyone is invited to participate in this great sport. Every skill level is welcome, from beginner to advanced. If you are looking for recreation or competitive, we can help. No sports chair? No problem! We have different sizes of sports chairs we can lend you. You get to meet great people while you are improving your strength and conditioning.

Location: Muni Gym -2111 Pan American Plz, 92101 CODE: 30455 Cost: FREE

#### **BEST OF THE WEST QUAD RUGBY TOURNAMENT!**

November 18—20, SEE PAGE 9 FOR DETAILS!

Come to cheer on these amazing teams!!

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

## Adaptive Events

Adaptive programs (designed for persons with physical disabilities) promote health and fitness by working on increasing cardio-vascular endurance, upper body

strength, wheelchair mobility skills, and leisure independence in a recreational environment.

#### **YES, YOU CAN DANCE!**

September 1st-October 20th Thursdays: 10:00 a.m. - 12:00 p.m.

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

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

www.wheelchairdancers.org

CODE: 31344





#### **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.



# 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: September 28, October 26 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 are held at the War Memorial Building (3325 Zoo Drive, 92101).

NO ONLINE REGISTRATION Cost: Free



#### **PIR SOFTBALL TOURNAMENT**

Morley Field (2221 Morley Field Drive)
Sunday, November 13th 9:00 a.m.-2:00 p.m.

Think you have the best softball team? Test your skills at our annual double elimination softball tournament at Morley Field (2221 Morley Field Dr). Professional umpires will be provided. Top three

teams will receive a trophy and the biggest trophy will be awarded to the team with the best sportsmanship. Every team will receive 10 t-shirts with their enrollment, extra t-shirts will have an additional cost. Please contact Juan

Razo at (619) 205-2834 with any questions.

CODE: 30486 Cost: \$60.00 per team

#### **PIR DAY AT THE BAY**

Santa Clara Recreation Center
Wednesday, September 14th 10:00 a.m.-2:00 p.m.

Soak up the sun at beautiful Mission Bay! We have many activities for you to enjoy while you take in the San Diego scenery. Activities include: paddle boarding, softball, basketball, bike rides, arts and crafts, and swimming in the bay. Lunch will not be provided so please bring your own lunch. Please have waiver forms filled out before you arrive to speed up the check in process (call Juan for waiver). Don't forget to bring plenty of sunscreen and water.

CODE: 30441 Cost: \$3.00

#### **PIR HALLOWEEN DANCE**

War Memorial Building (3325 Zoo Drive)
Friday, October 28th 7:00 p.m. – 11:00 p.m.

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

CODE: 30472 Cost: \$5.00

\$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.







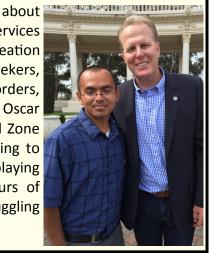


We are grateful for all of our wonderful volunteers who dedicate so much time and energy to help make our programs possible. Check out this quarter's "Top Banana," an exceptional volunteer who rises above and beyond the call of duty.



Oscar first heard about Therapeutic Recreation Services while researching recreation

opportunities throughout the City of San Diego. As a participant in Leisure Seekers, a group for adults recovering from mental illness and behavioral health disorders, Oscar not only wanted to enhance his quality of life, but help others in need. Oscar enjoys volunteering for the setup and breakdown for programs and the Kid Zone program. He enjoys seeing the children's energy, and the challenge of trying to keep up with them! During his free time, he watches anime, movies, TV, playing video games, and reading. Oscar has currently completed over 100 hours of volunteer service with us, finding time to go above and beyond while juggling school at San Diego State University, work, and his recovery.



#### THANK YOU TO ALL OF OUR AMAZING SUMMER VOLUNTEERS!



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

#### **Required to**

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

#### Qualifications

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

#### **Volunteer Assignments**

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

#### **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 sports team practices are held throughout the county and city recreation facilities.

#### **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 loan. available for Contact: Steve Kappes, stevekappes@hotmail.com, 619-948-4596. More information: www.sdwoundedwarriortennis.org.



CONTACT: Walter Jackson

opportunities 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

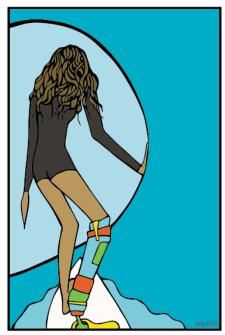
#### STARS ACTING WORKSHOP

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

#### **2016 STANCE ISA World Adaptive Surfing** Championship



**DECEMBER 8-11 LA JOLLA, CALIFORNIA** 

#### WORLD ADAPTIVE SURFING CHAMPIONSHIP & SURFING CLINIC

December 8—11, 2016

The 2nd Annual (ISA) World Adaptive Surfing Championship is set to take place in La Jolla and bring together the adaptive surfing community from around the world. The event will commence on December 8th at La Jolla Shores with an Olympic-style Opening Ceremonies. complete with a "Parade of Nations" and a "Sands of the World" ceremony. The International Surfing Association (ISA) is excited to unify global efforts for the advancement of Adaptive Surfing through a partnership with the City of San Diego, Therapeutic Recreation Services.

For more info, please visit:

www.isasurf.org/events/isa-world-adaptive-surfingchampionship/

sunday	f	monday	tuesday	wednesda	y	thursday	friday	saturday
se	0	tem	ber			LS SOCIAL CONN. 1 WC DANCE Deaf Seniors ADP Sports	CAC Art 2 IND Club meeting	ALL Tandem 3
	4	OFFICE CLOSED	6	LS Bowling	7	WC Dance 8 Deaf Seniors ADP Sports	Drama 9 CAC Art SMC Rec Night CMR	ADP-Handcycling 10
KZ/KBC Deep S Fishing Trip	ea 11	12	LS Outing 13	PIR Day at the Bay	14	WC Dance Deaf Seniors ADP Sports	CAC Art 16 SMC Rec Night– WMB	17
PATRIOT D. GRANDPARENT	AY 'S' DAY						STEPFAMILY DAY	CITIZENSHIP DAY
	18	19	20	LS Bowling	21	WC Dance 22 Deaf Seniors ADP Sports	CAC Art 23 ALL- Padres Outing	ADP-Handcycling $24$
	25	26	27	PIR Meeting	28	Deaf Seniors 29 ADP Sports WC Dance	CAC Art Class 30 HARVEST BALL	
sunday	ŀ	monday	tuesday	wednesda	c <b>a</b>	thursday	friday	saturday
	1				<b>J</b>	<i>y</i>	0 - 3	ALL Tandem 1
UL	V	UNU						
ALL Haunted Tr	ail 2	3	4	LS Bowling	5	Deaf Seniors ADP Sports WC Dance	CAC Art 7 IND Club Meeting LS Consumer Luncheon	ADP-Handcycling 8 KZ BOOmont Park Outing
	9	10	11		12	WC Dance 13 Deaf Seniors ADP Sports LS Outing	CAC Art 14 Drama SMC Rec Night- CMR	15
ALL Screamzon	<sup>e</sup> 16	17	18	LS Bowling	19	WC Dance 20 Deaf Seniors ADP Sports	CAC Art 21 SMC Rec Night- WMB	ADP-Handcycling 22
KZ Playday	23	BOSS'S DAY	25	PIR Meeting	26	Deaf Seniors 27 ADP Sports	Monster Ball 28 CAC Art PIR Dance	Halloween Dance 29
	30	31	notes:					
sunday	ŀ	monday	tuesday	wednesday	+	thursday	friday	saturday
sunday	V	emb	er 1	LS Bowling	,	Deaf Seniors 3 LS Social Connection	CAC Art 4. IND Club Meeting	ALL Tandem 5
	6	7	8		9	Deaf Seniors 10	OFFICE CLOSED	12
PIR Softball Tournament	13	14	15	LS Bowling 1	6	Deaf Seniors 17	CAC Art 18 SMC Rec Night-CMR	19
								QUAD RUGBY
	20	21	22	PIR Meeting	23	24 OFFICE CLOSED	SMC Rec Night 25 CAC Art	KBC Outing 26
QUAD RUG	BY					THANKSGIVING	BLACK FRIDAY	
KZ Outing	27	28	29		30			
		CYBER MONDAY						



PRESORTED STANDARD

U.S. POSTAGE PAID PERMIT NO 134 SAN DIEGO, CA

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.