



Park & Recreation

THERAPEUTIC RECREATION SERVICES

Winter 2016/2017



December. January. February

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

E-mail: JMRichards@san Diego.gov

Visit our Website at:

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



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

City of San Diego, Park and Recreation Department

Therapeutic Recreation Services

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

STAFF

Kristi Fenick, CTRS
District Manager

Julie Gregg, CTRS
Supervising Recreation Specialist

Jon Richards, CTRS
Supervising Recreation Specialist

RECREATION SPECIALISTS

Nick Hurd
Marisol Mendoza
Juan Razo

RECREATION LEADERS

Gerald Cunanan
Taevee Davis
Kira Duffett
Janet Estrada
Lesly Fajardo
Lindsey Hollis
Daniel Kimpel
Aly Larson, CTRS
Mark Leo

Monica Olivan
Cheryl Pawlak, CTRS, RTC
Noor Raffed
Jennifer Stevenson
Alexis Suseberry
Sharon Tenorio
Lauren Turner
Jennifer Walsten

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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

WINTER registration begins November 19 and SPRING registration begins February 18

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. In addition to the War Memorial Building open Monday—Friday, staff will be available from 10 a.m.-2 p.m. on Saturday, November 19.

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

SDRecConnect.com does not accommodate requests for refunds, transfers or cancellations, but with a minimum of two weeks notice and we are able to find a replacement, a refund or transfer may be accommodated. Refunds will only be credited for transactions of \$10.00 or more. For online registrations: \$2 transaction fee and a 3% processing fee will be charged for every transaction and the fees are nonrefundable. For in-house registrations: \$2 transaction fee will be charged for every transaction and the fee is nonrefundable.

STAFF/INTERN UPDATES

We are excited to introduce our newest Recreation Leader II's to Therapeutic Recreation Services (TRS). Please help us welcome Aly, Jennifer, Taevee, & Sharon.

Aly Larson completed her Recreation Therapy internship with us in the summer of 2016. Aly is a Certified Therapeutic Recreation Specialist and loves singing and playing music!



Taevee Davis, has been a City of San Diego Recreation Leader I at Colina Del Sol Recreation Center for the past 5 years. Her hobbies are thrift hunting and party planning.

Sharon Tenorio moved to San Diego to graduate from PLNU, has a bachelors degree in Kinesiology. She loves running, rock climbing and painting.



Jennifer Stevenson, who has been a faithful TRS volunteer since 2011, is a UC Berkeley graduate in Cognitive Science. She enjoys exploring nature and traveling.

We plan on filling the two Recreation Specialist vacancies by January 2017!

Intern

In late January, TRS is welcoming a new intern, Alejandra Jimenez. She loves helping people. Pursuing to be a Recreation Therapist would fulfill her dream of being able to make a positive difference in people's lives. She likes being outdoor, hiking, swimming, camping, and snowboarding.



STAFF SPOTLIGHT



Cheryl Pawlak

Cheryl Pawlak has been with TRS for 38 great years. She is our only staff who is Nationally (CTRS) and State (RTC) certified. In addition to working at TRS, Cheryl also works at Sharp Hospital. She has seen many changes over the years, but has been a consistent TRS component, as the longest working staff member.

Why did you want to work at TRS?

I started volunteering with them through Explorers when I was 16 years old and knew then I wanted to work here and become a Recreation Therapist.

What is your favorite moment working at TRS?

Every moment is always amazing. I grew up with many of our participants and have seen them grow into amazing adults. I do remember my 1st camp, we were expecting a small group and instead about 15 or more showed up the 1st day. So being the awesome team Disabled Services is, now Therapeutic Recreation Services, everyone in the office helped to make the day extra special.

What is your favorite hobby outside of work?

I love to dance, hike, and go to the gym.

What was the best vacation you've ever taken?

Last year my husband and I went with a group hiking in the Smokey Mountains. We hiked 3 of the 5 trails in LeConte Mountain. We hiked up one trail, stayed 2 nights at LeConte lodge and then down another trail. It was an amazing experience to see all of nature's beauty.

What is a fun fact about yourself?

I am full of energy and love being active. Oh and I am hard of hearing.

DSAC CORNER

Disabled Services Advisory Council, Inc.

Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation Services. Their purpose is to offer support and promotion of quality activities, act as a liaison between the department and the community at-large, administer contract programs for persons with disabilities, and provide public relations and fundraising support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested individuals. Meetings are held on the 2nd Wednesday evening of each month, at 6:00 p.m. in room 1 at the War Memorial Building. Agendas and minutes are posted in Room 6 at the War Memorial Building. Please call Kristi Fenick at (619) 533-6333 for more information.

DSAC's annual meeting and elections are scheduled for Wednesday, January 11, 2017, at 6:00 p.m. in Room 1 at the War Memorial Building. New officers and board members will be elected. The 2016 Chair and Treasurer will be giving their annual reports. Everyone is invited to attend.

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

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



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

Follow these easy steps:

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

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

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

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

To add your community rewards program:

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



EVERY LITTLE BIT COUNTS!

DONOR APPRECIATION

DSAC and TRS are very appreciative of individual and agency donations. With this financial assistance, we are able to continue to provide quality programming and improve the lives of individuals with disabilities through recreation.

Thank you to everyone who attended and/or donated tickets for the 2nd Annual Padres fundraiser. Everyone enjoyed themselves throughout the afternoon on top of the Western Metal Building, cheering the Padres on to victory, while raising over \$1100.00 to support the 32nd Annual Harvest Ball. Once again, all of those in attendance at the Harvest Ball had a magical evening dining and dancing on the top floor of the Central Library, overlooking downtown San Diego. The night began with many of the



attendees getting make-overs, compliments of *City College Department of Cosmetology* (see page 19, *Top Banana*) at the War Memorial Building. Thanks to the donation from the *Municipal Employees Association*, everyone rode in limousine style to the Harvest Ball.



Everyone in attendance at the 17th Annual Client Consumer Luncheon on October 7th, enjoyed a wonderful catered meal from *Da Kine's*, comradery, and well deserved recognition from their peers. Thank you to the *Rancho San Diego Chipotle* and *Casey, Gerry Law Firm* for their financial contributions, ensuring the success of the event.

Once again, *The Haunted Trail Balboa Park* and *Scream Zone*, both generously donated entrance to their haunted venues, allowing many participants an evening they won't soon forget.



GoFundMe



DSAC has created a GoFundMe account to help find creative ways to fundraise. Each quarter TRS will designate a program for funds to be distributed to. This quarter we have created a fundraising campaign to raise funds to help support **DSAC Scholarships**. It's easy to get involved! You can help fundraise by donating to:

www.gofundme.com/dsac-scholarships

or sharing the link and asking your friends and family. **Please join DSAC in making the ask to help support TRS programs!**

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

HOLIDAY EXTRAVAGANZA 2016



December 17, 2016
2:00 p.m.—5:30 p.m.
War Memorial Building
(3325 Zoo Dr, 92101)



Join us for games, fun and more!

There will be game booths, a talent show, craft fair, resource tables and other fun activities. Family and friends are welcome to attend this free event.



Sign up to be in the talent show! Come showcase your skills and perform a song, dance, or other creative act of your choice. Call 619-525-8247 to register.

Check everyone off of your shopping list at the...
open throughout the Holiday Extravaganza!

If you are interested in selling some of your homemade crafts call 619-525-8247.

Craft Fair

Teddy Bear Dance

Saturday, December 17 **6:00 p.m.-9:00 p.m.**

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

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

CODE: 34031

Cost: \$5.00 or new Teddy Bear

Holiday Fair

Thursday, December 15 **10:00 a.m.-1:00 p.m.**

'Tis the season for some holiday fun! Gather your friends and come to the War Memorial Building for an afternoon of games, crafts, bingo, and holiday music! Bring a sack lunch. Lunch is not provided. Call (619) 525-8247 to register no later than Monday, December 12th. Pay at the door. **Direct supervision is not provided. Must be 16 years or older to attend.**

NO ONLINE REGISTRATION

Cost: \$2.00

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. Direct supervision is not provided for these programs.



TANDEM BIKE RIDE

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

Teens and adults, join us for some biking fun and socialization! Tandem bikes, helmets, snacks, and water are provided. Meet at the site at 10:30 a.m. Sign up ahead of time to ensure proper amount of equipment. Call (619) 205-2834 in the morning to see if the ride has been canceled due to weather.

December 3: Lake Murray & Starbucks Social (\$5)

5540 Kiowa Drive, 91942

January 7: Santee Lakes

9310 Fanita Parkway, 92071

February 4: Miramar Lake

10304 Scripps Lake Drive, 92131

Leader: Juan Razo

CODE: 33186

Cost: \$2.00

DRAMA WORK SHOP

December 9, January 13, February 10

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!

Instructor: Chris Roze

War Memorial Building
3325 Zoo Drive, 92101

CODE: 34138 Cost: FREE

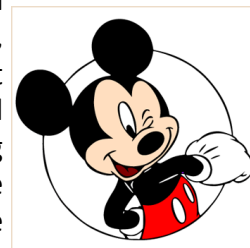


DISNEYLAND

Tuesday, February 7

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

Join your friends on a fun-filled trip to Disneyland for thrills, adventures, and shows. Cost includes bus transportation and admission to Disneyland. Bring extra money for meals. Must be 18 years or older and have attended at least 2 TRS programs this past year. **Direct supervision is not provided. Space is limited.**



CODE: 32982

Cost: \$65.00

BOWLING LEAGUE

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

2/4, 2/18, 3/4, 3/18, 4/1, 4/15, 4/29, 5/13, 5/20, 6/3

Ready for a striking great time with 10-pin excitement? This ten session league just keeps rolling forward, followed by an awards banquet on Saturday, June 24th. Cost includes two games each session, shoe rental and awards banquet for team members (guests extra fee). Individuals are welcome and we will find a team for you. We meet at Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, San Diego, 92111). **Payment is due by January 30th; no money will be accepted at activity.** Spaces are limited.

***Banquet Details will be in Spring 2017 Calendar**

Cost: \$85.00/\$10.00 Bowling Polo Shirt (optional)

Code: 34187

SELF-EXPRESSION THROUGH ART

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

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

Instructor: Joan McCann

Cost: \$1.00

NO ONLINE REGISTRATION

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

SCHEDULE OF EVENTS

UNIVERSAL SOUND AND BLISSED YOGA

Wednesdays: 5:00 p.m.-6:00p.m.

December 21, January 18, February 15

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

Instructor: Morissa Lazar

www.usaby.org

CODE: 32985

Cost: FREE

ADAPTIVE ARCHERY

Thursdays, January 5 – January 26

4 p.m. – 6 p.m.

It's back! Join us every Thursday in January for our Adaptive Archery program at the **Morley Field archery range**. Water will be provided. Space is limited, sign up ASAP.

CODE: 33184

Cost: \$15.00

WORKOUT WEDNESDAY

Every Wednesday, January 4 - February 22

1:00 p.m.-2:00 p.m.

Want to lose some unwanted pounds? Attend a workout program at the War Memorial Building (3325 Zoo Drive). You must wear proper workout attire (sneakers, and comfortable clothes). Please bring a water bottle. The classes will consist of warm-ups, stretching, and body-weight workouts. **Meet at War Memorial Building (3325 Zoo Dr, 92101)**

NO ONLINE REGISTRATION

COST: Free

BIG BEAR SKI TRIP

Monday, January 30

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

Let's hit the slopes! Join us for our annual Big Bear Ski Trip. Payment includes equipment, lift ticket, lessons, and transportation. Bring your own lunch or money to purchase lunch. All disabilities are welcome. Adaptive skiing is available. Space is limited. Please contact Juan at (619) 205-2834 for more information. **Meet at War Memorial Building (3325 Zoo Dr., 92101)**

CODE: 34032

COST: \$85.00

Valentine's Dance

Saturday, February 11

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

Celebrate Valentine's Day and enjoy some of your favorite tunes. Cost includes snacks and DJ entertainment. **Direct supervision is not provided and you must be 18 years or older to attend.** Pay at the door.

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

NO ONLINE REGISTRATION

Cost: \$5.00

Sweet Dance

Friday, February 17

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

Love is in the air at our annual Sweetheart Dance located at the Balboa Park Club (2150 Pan American Way). **Direct supervision is not provided. You must be 16 and older to attend.** Bring a sack lunch; lunch is not provided. Snacks available for purchase. Pay at the door.

NO ONLINE REGISTRATION

Cost: \$2.00

ADAPTIVE GOLF

Thursdays, February 2 – February 23

4:30 p.m. – 6 p.m.

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)**. We will have professional instructors from Torrey Pines leading the group.

CODE: 33183

Cost: \$25.00

LAUGH HOUR

Every Wednesday, January 4 - February 22

11:00 a.m. – 12:00 p.m.

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

NO ONLINE REGISTRATION

Cost: FREE

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



Kid Zone

(AGES 3-12 YEARS OLD)



Julie Gregg

jgregg@sandiego.gov

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

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

Brunch with Santa

Saturday, December 17 12:00-2:30 p.m.

Enjoy a delicious brunch with your family and meet Santa! We will have face painting, games, and activities for the family to enjoy. Brunch will be served from 12:00-1:00p.m. Gifts will be provided for each child. Meet at the grassy area at the east end of the War Memorial Building. **Register online by Friday, December 9.**

CODE: 34094

Cost: \$5.00 per person

Winter Adventure

JUNGLE BELLS— SAN DIEGO ZOO

Monday, December 19 10:00 a.m. - 4:00 p.m.

Don't miss this fun-filled adventure day when the San Diego Zoo is transformed into a magical winter wonderland. Drop-off and pick-up at the War Memorial Building. Bring a sack lunch. **Register online by Friday, December 9. Family Welcome.**

CODE: 34091

Cost: \$10.00

Playdays

DISNEY

Sunday, January 8 12:00 p.m. - 3:00 p.m.

Hakuna Matata! Join us for a day of games, arts, and crafts. Dress up as your favorite Disney character. Bring a sack lunch.

CODE: 34077

Cost: \$7.00

KZ Outings

BOOMERS

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

Meet us at Boomers (6999 Clairemont Mesa Blvd., 92111) for games, rides, and mini putt-putt. Bring a sack lunch. **Register online by Tuesday, January 17.**

CODE: 34092

Cost: \$20.00

JUMP AROUND

Sunday, February 26 11:00 a.m. - 2:00 p.m.

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

Register online by Monday, February 20.

CODE: 34092

Cost: \$25.00

CIRCUS

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

Wear your favorite circus themed costume for a day of games, entertainment, and arts and crafts.

Bring a sack lunch.

CODE: 34087

Cost: \$7.00

INCLUSION — WE CAN ALL PLAY TOGETHER!

The City of San Diego, Park and Recreation Department has made the commitment to offer activities that include ALL individuals. Call your local recreation center to find out what activities are offered. If your child has special needs and you would like to request assistance, call Julie Gregg, (619) 236-7718 **(we need a**

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



Kick Back Club

(AGES 13-18 YEARS OLD)



Julie Gregg

jgregg@sandiego.gov

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.

Meetings

NEW YEAR CELEBRATION

Friday, January 13 6:00 p.m. – 8:30 p.m.

It's a new year! Join us for a night of games and arts and crafts to celebrate the New Year!

CODE: 34088

Cost: \$5.00

MOVIE NIGHT

Friday, February 3 6:00 p.m. - 8:30 p.m.

Bring your blanket and wear your pajamas. Dinner and movie snacks will be provided.

CODE: 34089

Cost: \$5.00



Out and About in the Community

HOLIDAY SHOPPING

Friday, December 2

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

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

CODE: 32779



Cost: \$10.00

MONSTER JAM

Saturday, January 21

5:30 p.m. - 10:30 p.m.

You haven't seen Petco Park with monster trucks and racing before. At Monster Jam shows, monster trucks face off in two different forms of competition, Racing and Freestyle throughout the night. Foam ear buds will be provided or you may bring your own headphones. Drop-off and pick-up will be at the Downtown Hilton (4th Avenue and K Street). **This is a loud event. Limited tickets available.**

CODE: 32979

Cost: \$23.00

HARLEM GLOBETROTTERS

Friday, February 17

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

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

CODE: 34093

Cost: \$28.00



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

Call 619-525-8247 to register.

2016 Holiday EXTRAVAGANZA

See page 7 for more information

PLEASE NOTE:

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



Nick Hurd

nhurd@sandiego.gov

Social Motion Club

(AGES 18 AND UP)

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

Recreation Nights

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

Join us for fun, food, and friendship.

Cost: \$7.00 - Includes \$2.00 Transaction fee.

No December Recreation Night

Attend the...



PANCAKES AND PAJAMAS

We will be making a pancake breakfast for dinner followed by various games, activities and crafts.

January 13: Carmel Mountain Recreation Center
Code: 32736 10152 Rancho Carmel Drive

January 27: War Memorial Building
Code: 32737 3325 Zoo Drive

GAME TIME!

Participate in various board, card, and sport games throughout the night.

February 10: Carmel Mountain Recreation Center
Code: 32739 10152 Rancho Carmel Drive

February 24: War Memorial Building
Code: 32744 3325 Zoo Drive

PLEASE NOTE:

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

SMC Outings

HOLIDAY SHOPPING

Friday, December 2

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

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

CODE: 32779

Cost: \$10.00

MONSTER JAM

Saturday, January 21

5:30 p.m. - 10:30 p.m.

You haven't seen Petco Park with monster trucks and racing before. At Monster Jam shows, monster trucks face off in two different forms of competition, racing and freestyle, throughout the night. Foam ear buds will be provided or you may bring your own headphones. Drop-off and pick-up will be at the Downtown Hilton (4th Avenue and K Street). **This is a loud event. Limited tickets available.**

CODE: 32979

Cost: \$23.00



GOT TALENT?!

Sign up to be in this year's Holiday Extravaganza talent show on December 17!

Call 619-525-8247 to register.





Nick Hurd

nhurd@sandiego.gov

Independent Club

(AGES 21 AND UP)



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

Club Meetings

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***

***includes transaction fee**

Holiday Gift Exchange

December 9: Bring a gift to exchange with your friends. Please have your gift wrapped (\$10 maximum gift).

CODE: 32785

Election Speeches

January 6: Prepare your speeches to run for office.

CODE: 32789

Fiesta Night

February 3: Come learn how to make your own salsa or guacamole.

CODE: 32980

WORKOUT WEDNESDAY

Every Wednesday, January 4—February 22

1:00 p.m.-2:00 p.m.

Want to lose some unwanted pounds? Attend a workout program at the War Memorial Building (3325 Zoo Drive). You must wear proper workout attire (sneakers, and comfortable clothes). Please bring a water bottle. The classes will consist of warm-ups, stretching, and body-weight workouts.

Meet at War Memorial Building (3325 Zoo Dr, 92101)

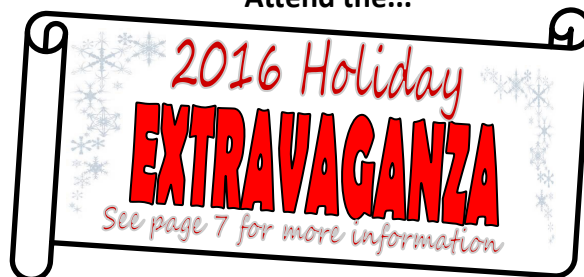
NO ONLINE REGISTRATION

COST: Free

IND Outings

No December Outing

Attend the...



Fashion Valley Mall

Saturday, January 14

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

Meet at the Fashion Valley Mall for a day of window shopping (bring money if you would like to purchase anything) and lunch. Drop-off and pick-up location at the AMC Theaters near the food court. Bring money for lunch.

CODE: 32981

COST: Free

VALENTINES DANCE

Saturday, February 11

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

Celebrate Valentine's Day and enjoy some of your favorite tunes. Cost includes snacks and DJ entertainment. **Direct supervision is not provided and you must be 18 years or older to attend.** Pay at the door.

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

NO ONLINE REGISTRATION

Cost: \$5.00

PLEASE NOTE:

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



Leisure Seekers

(AGES 18+)



Jon Richards

jmrichards@sandiego.gov

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.

CODE: 34147

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

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

No online registration.

Cost: \$4.00

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

HOLIDAY PARTY & GIFT MAKING

December 1: Let's celebrate the holiday season by making some ornaments and gifts for our loved ones. Bring a friend to enjoy some delicious treats and listen to holiday music.

NEW YEAR, NEW YOU!

January 5: Join us for an afternoon celebrating the New Year beginning with a session of yoga and games in the recreation room, followed by a planning meeting for the Spring Calendar. We need your ideas to plan fun events!

ARE YOU READY FOR SOME FOOTBALL?!

February 2: We will enjoy some classic Super Bowl Party appetizers, games and activities. Be sure to wear your football jersey or the color of the team you will be supporting!

**2016 Holiday
EXTRAVAGANZA**

See page 7 for more information

SOFTBALL LEAGUE

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

3/1, 3/15, 3/29, 4/12, 4/26, 5/10, 5/24, 6/7



Let's root for the teams as we celebrate with friends at this year's best ever softball league! Come as a team or sign up individually. We meet at Morley Field (2221 Morley Field Drive, 92104) in Balboa Park for an eight session series followed by a BBQ lunch and award

ceremony on June 21st. BBQ details will be in the Spring 2017 calendar.

Spaces are limited. Register and pay online or in person at the War Memorial Building by **Monday, February 27. Payment will not be accepted at the first day of softball.**

There will be a mandatory coaches meeting at 9 a.m. on March 1st at Morley field.

Code: 34153

Cost: \$50.00 team/\$5.00 individual



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



Leisure Seekers

(AGES 18+)



Jon Richards

jmrichards@sandiego.gov

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Community Opportunities

Register online or in person by deadline

BALBOA PARK MUSEUMS

Tuesday, February 14th

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

Join us for an afternoon at beautiful Balboa Park. Bring a bag lunch as we will be meeting at the Organ Pavilion for lunch. Our next stop will be Hall of Champions, then the Museum of San Diego History. Lastly, we will walk over to the Museum of Photographic Arts. The cost is free, but you must register online or call (619) 525-8247 to sign up by Monday, February 13th.

CODE: 34164

Cost: FREE



2016 Holiday EXTRAVAGANZA

See page 7 for more information



GOT TALENT?!

Sign up to be in this year's Holiday Extravaganza talent show on December 17!

Call 619-525-8247 to register.

MISSION TRAILS

Wednesday, January 18

11:00 a.m. - 2:30 p.m.

Join us for an afternoon guided nature walk at Mission Trails. Meet in front of the Visitor Center (One Father Junipero Serra Trail, 92119) at 11 a.m. Bring a sack lunch as we will eat at the outdoor amphitheater before we begin our walk at noon. Be sure to dress warm and bring a water bottle. The cost is free, but you must register online with the code or call (619) 525-8247 by Tuesday, January 17th. Space is limited.

CODE: 34163

Cost: FREE

PLEASE NOTE:

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



Juan Razo

jrazo@sandiego.gov

ADAPTIVE SPORTS

(AGES 8+)



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

HANDCYCLING

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

Join us as we pedal our way through some of San Diego's most beautiful bike trails. Handcycling is a fun way to meet people and explore San Diego, while building strength and endurance.

CODE: 32987 Cost: \$25.00 or \$8.00 if you bring your own bike.

January 14: North Crown Point Shores

3740 Corona Oriente Rd. 92109

January 28: Bonita Cove—Across from roller coaster

3101 Mission Blvd., San Diego 92109

February 11: Miramar Lake

10304 Scripps Lake Dr, San Diego 92131

February 25: De Anza Cove

4200 Mission Bay Drive, San Diego 92109

March 11: Silver Strand

1834 Strand Way, Coronado 92118

March 25: North Crown Point Shores

3740 Corona Oriente Rd. 92109



ADAPTIVE GOLF

Thursdays, February 2 – February 23

4:30 p.m. – 6 p.m.

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)**. We will have professional instructors from Torrey Pines leading the group.

CODE: 33183

Cost: \$25.00

ADAPTIVE ARCHERY

Thursdays, January 5 – January 26

4 p.m. – 6 p.m.

It's back! Join us every Thursday in January for our Adaptive Archery program at the **Morley Field archery range**. Water will be provided. Space is limited, sign up ASAP.

CODE: 33184

Cost: \$15.00



ARCHERY FOR INJURED SERVICE MEMBERS (ISM)

Thursdays, January 5 – January 26 1 p.m. – 3 p.m

Join us for our archery program for ISM at the Morley Field archery range every Thursday in January from 1pm - 3pm. All equipment is provided. **This program is for ISM only. Thank you to UHC for funding this program.**

CODE: 33185



UnitedHealthcare

Cost: FREE

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

ADAPTIVE EVENTS

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

YES, YOU CAN DANCE!

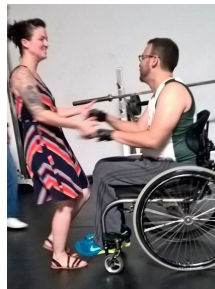
Thursdays, January 5 - February 23, 2017

10 a.m. to 11 a.m. is Social Dancing &

11 a.m. to 12 p.m. is Dance Instruction

Whether you've always loved to dance, have never danced or want to learn, **this FREE 8-week dance session is for you!** You'll learn the Tango, Cha Cha, or Rumba. New dancers are welcome at every session. You will meet a great group of people who use a wheelchair, walker, or cane. We also need able-bodied volunteers to partner with our wheelchair dancers. It's a lot of fun. Try it—no obligation, come back as often as you wish or whenever you want to.

LOCATION: War Memorial Building, 3325 Zoo Dr. SD 92101.



DEAF SENIORS CLUB

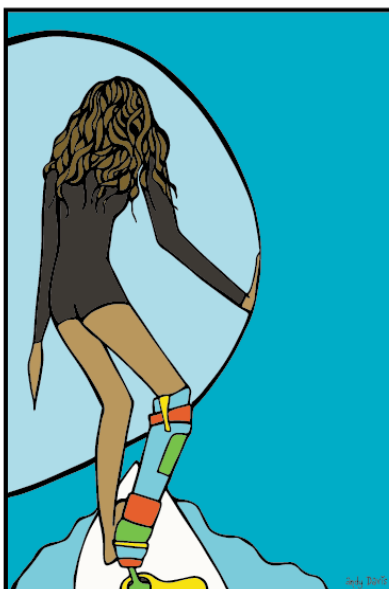
Thursdays: 10:00 a.m.- 3:00 p.m.

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



2016 STANCE ISA World Adaptive Surfing Championship



DECEMBER 8-11 LA JOLLA, CALIFORNIA

WORLD ADAPTIVE SURFING CHAMPIONSHIP & ADAPTIVE SURFING CLINIC

December 8—11, 2016

The 2nd Annual Stance 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-surfing-championship/



Juan Razo

jrazo@sandiego.gov

PEOPLE IN RECOVERY

(AGES 18+)

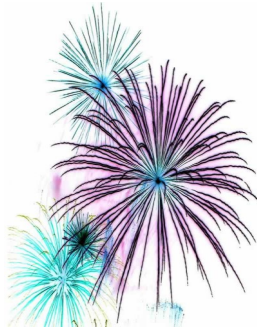
This program is designed to increase personal growth, self-esteem, independence and confidence through participation in a variety of recreational activities for individuals 18 and older recovering from drug and alcohol addictions. Call (619) 525-8247 for more information.



NEW YEAR'S DANCE

Friday, January 20 7:00 p.m. - 11:00 p.m.
War Memorial Building (3325 Zoo Dr., 92101)

Happy New Year!!! We want to start the New Year with a bang. Join us as we celebrate another year of sobriety and friendship. Meeting starts at 7pm and dance starts at 8pm. Food and drinks will be sold during the dance. **Must be 18 years or older to attend.**



CODE: 34011 Cost: \$5.00 at the door/\$4 pre-pay

RECOVERY GAMES MEETINGS

Wednesdays: January 25, February 22
10:00 a.m. - 11:00 a.m.

War Memorial Building (3325 Zoo Drive, 92101).

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.

CODE: 34022

Cost: Free

VALENTINES DANCE – AMIGOS SOBRIOS

Friday, February 10 7 p.m. – 11 p.m.

War Memorial Building (3325 Zoo Dr., 92101)

Amigos Sobrios is hosting a Valentines Dance for the Recovery community. Join us as we celebrate another year of love and friendship. Food will be sold during the dance. Contact Diane at (619) 381-1574 with any questions.

No Online Registration

Cost: \$5.00



TABLE TENNIS TOURNAMENT

Saturday, February 18 9:00 a.m. - 1:00 p.m.
Balboa Park Activity Center (2145 Park Blvd.)

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



CODE: 34020

Cost: \$3.00

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



Marisol Mendoza
mamendoza@sandiego.gov

Volunteer Opportunities

(AGES 13+)



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

A Note from Marisol:

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

Top Banana San Diego City College Cosmetology



Check out this quarter's "Top Banana" volunteers who rise above and beyond their call of duty:

San Diego City College Cosmetology has gone above and beyond for the 2nd annual Harvest Ball Pre-Party. This year we had 33 volunteers who logged in over 115 hours of volunteer service. Their willingness to share their talents and skills to assist our participants get primped before the ball was greatly appreciated by our participants, their parents, and the staff at Therapeutic Recreation Services. With their assistance we were able to host over 40 adult participants with various disabilities. They were not only given the

chance to get pampered, but they confidently headed to the Harvest Ball, knowing they looked fabulous!

Thanks again to the students who participated, the City College Cosmetology Department staff, and a special thanks to Edgar L. Henderson III who coordinated with TRS staff.

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

Required to

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

Qualifications

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

Volunteer Assignments

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



Please contact the Volunteer Coordinator at:

(619) 236-7753, or e-mail MAmendoza@sandiego.gov, if you are available to help with any of the listed activities or to sign-up for an orientation.

Happy Birthday!

to all volunteers with December, January, & February birthdays



VOLUNTEERS IN ACTION



THANK YOU FOR ALL YOU DO!



FALL MEMORIES



BEACH WHEELCHAIR PROGRAM

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.



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: Teresa Miller
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 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

Tuesdays: January 31 & February 28
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 contact Brian Rollins: brian.rollins@sdcounty.ca.gov or Call (858) 505-6305**

GUACAMOLE BOWL

Saturday, February 18 10:00 a.m. - 2:00 p.m.
Join more than 1,000 guests who will taste guacamole from more than 35 teams and help judge who makes the best guacamole at the Balboa Park Club (2150 Pan American Rd. West, 92101). Teams compete in Law Enforcement, Kiwanis, Professional and Open Divisions. The entry fee is \$25 per team.

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

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

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

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 LS Gift Making Deaf Seniors	2 CAC Art KBC/SMC Shopping	3 All Tandem
4	5	6	7 LS Bowling	8 Deaf Seniors WASC	9 CAC ART Drama IND Club Dinner WASC	10 WASC
11 WASC	12	13	14 DSAC	15 Deaf Seniors Holiday Fair	16 CAC Art	17 Brunch with Santa Holiday Extravaganza Holiday Dance
18	19 KZ Winter Adventure	20	21 Yoga	22 Deaf Seniors??	23 CAC Art??	24
25 Holiday	26 Closed Holiday Observed	27	28	29 Deaf Seniors??	30 CAC Art??	31

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Holiday	2 Closed Holiday Observed	3	4 All - Workout Laugh Hour	5 WC Dance Deaf Seniors LS Social Connection Archery 1	6 CAC Art IND Club Meeting	7 All Tandem
8 KZ Playday	9	10	11 DSAC All - Workout Laugh Hour	12 Deaf Seniors IND Outing WC Dance Archery 2	13 Drama CAC Art SMC Rec Night CMR KBC Meeting	14 ADP Handcycle IND Outing
15	16 Closed Holiday	17	18 LS Outing All - Workout Yoga Laugh Hour	19 WC Dance Deaf Seniors Archery 3	20 CAC Art PIR Dance	21 KBC/SMC Outing
22 KZ Outing	23	24	25 PIR RG Meeting All - Workout Laugh Hour	26 WC Dance Deaf Seniors Archery 4	27 SMC Rec Night WMB CAC Art	28 ADP Handcycle
29	30 Big Bear	31				

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 All - Workout Laugh Hour	2 WC Dance Deaf Seniors LS Social Connection Golf 1	3 CAC Art IND Club Meeting KBC Meeting	4 All Tandem All Bowling League 1
5	6	7 Disneyland	8 DSAC All - Workout Laugh Hour	9 Deaf Seniors IND Outing WC Dance Golf 2	10 Drama CAC Art PIR Dance SMC Rec Night CMR	11 Valentine Dance ADP Handcycle
12 KZ Playday	13	14 LS Outing	15 All - Workout Yoga Laugh Hour	16 WC Dance Deaf Seniors Golf 3	17 Sweetheart Dance CAC Art KBC Outing	18 Guacamole Bowl All Bowling League 2 PIR Table Tennis
19	20 Closed Holiday	21	22 PIR RG Meeting All - Workout Laugh Hour	23 WC Dance Deaf Seniors Golf 4	24 SMC Rec Night WMB CAC Art	25 ADP Handcycle
26 KZ Outing	27	28				

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.**



**Park &
Recreation**

“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.