

Park and Recreation Department

THERAPEUTIC RECREATION SERVICES









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

E-mail: JGregg@sandiego.gov

Visit our Website at:

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



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

Gerald Cunanan Nick Hurd Danny Kimpel Aly Larson, CTRS Juan Razo

RECREATION LEADERS

Taevee Davis
Kira Duffett
Janet Estrada
Lesly Fajardo
Lindsey Hollis
Mark Leo
Andrea Murphy
Monica Olivan

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

Table of Contents

General Information

- 3. Where to Start/Online Registration
- 4. New Staff/Staff Goodbye
- 5. DSAC Corner
- 6. Donations
- **7.** Summer Camp Registration

TRS Group Events

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

TRS Group Events

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

Community Events

21. Community events

Volunteers

22. Volunteer News/Top Banana

Calendar

23. TRS Calendar by Month



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

SPRING registration begins February 18 and SUMMER registration begins May 13.

Summer Camp Registration begins March 4th.

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., 92101) room 6, Monday-Friday between 8:30 a.m. and 4:30 p.m. In addition, the War Memorial Building will be open from 10 a.m.-2 p.m. on Saturdays, February 18th and March 4th to assist with registration. 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>.

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.

NEW TRS TEAM MEMBERS!

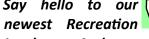
Hello to Jeimel Please welcome our

new Spring intern,



Jaime Cueto. He comes to us from Cal State University, Long Beach. He is looking forward to meeting our participants and gaining knowledge and experiences from TRS staff and programs to help him with his future

career in Recreation Therapy. In his free time he enjoys camping, hiking, volleyball and eating!



Say hello to our Welcome Andreed

Leader, Andrea Murphy. She works as a substitute teacher for K-6th grade in general and special education classrooms. She is pursuing a Teaching Credential at National University. She has 2 boys, 11 and 15.



She enjoys yoga, meditation, reading, music, traveling, watching her boys surf and play soccer, and being with her friends.

ngratulations to Our New Recreation Specialists

Aly graduated from BYU Idaho where she studied Recreation Management with an emphasis on Therapeutic Recreation and became a Certified Therapeutic Recreation Specialist (CTRS). Aly has been a TRS intern and Recreation Leader. Aly loves to play piano,

> sing, play volleyball, hike, shop, watch movies and spend time with her family. Aly will be leading SMC and IND programs.



Gerald Cunanan received his degree in Therapeutic Recreation from San Jose State University. He started working with TRS in June of 2015 as a Recreation Leader. He has also been working as a Therapeutic Recreation Specialist for the City of Chula Vista. Gerald enjoys playing basketball, going fishing, and cooking. Gerald will be leading KZ and KBC programs.

Danny Kimpel's love for recreation is what led him to pursue his degree in Recreation and Tourism Management from San Diego State University. After his graduation, Danny started working as a Recreation Leader for TRS in May of 2014. In his free time, Danny enjoys sailing, hiking, camping, skateboarding, snowboarding, playing music, rock climbing, exercising, volunteering, and spending time with friends and family. Danny will be the Volunteer Coordinator and leader of the LS programs.



Goodbye From Marisall

Goodbyes are never easy, so luckily this is a "see you later"! I have started my new venture as Volunteer



Coordinator for the City of San Diego's Park and Recreation Department and look forward to working with all of you soon! I appreciate having this wonderful opportunity to work with TRS staff, volunteers and participants. The last seven years have been filled with new experiences and they, like all of you, have helped me grow professionally and personally. I am so happy that Danny Kimpel will be taking over my position as Volunteer Coordinator. Danny has an extensive background in recreation and has managed volunteers and solicited funding for San Diego State University's Recreation and Tourism Student Association. We are all very fortunate to have a great leader who can step in and take on the TRS Volunteer Program; he will do an amazing job! I will miss you all very much, but will make sure to stop by programs to say hello.

DSAC CORNER

Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation Services. Their purpose is to offer support and promotion of quality activities, act as a liaison between the department and the community 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 at the War Memorial Building. Please call Kristi Fenick at (619) 533-6333 for more information.

ANNUAL MEETING AND ELECTIONS

DSAC held their annual meeting and elections on Wednesday, January 11, 2017. Board members and officers for 2017 are:

Chair Peter Ballantyne
Vice Chair Richard Gilbert
Secretary Renee Cookson
Treasurer Deatriz Cook

Returning Board members for 2017 include Kurt Farrington, Shirley Hesche, Meagan Nunez, Anita Paredes, Eleanor Tamayo, Lin Taylor, Betty Templeton and Cecily Thornton-Stearns and William Keesling as a returning general member. We look forward to another great year of supporting TRS!

40th Anniversary

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 participation.

Brunch with Santa on December 17, 2016 was a huge success with 55 children receiving gifts from Santa. Thank you to *San Diego Gas & Electric* for donating \$750.00, truly contributing to a magical day for all of those in attendance. In addition, the following sponsors contributed to the success of this event: *Home Depot, Jack in the Box, Albertsons, Panera, Ralphs, Starbucks* and *Barons Market*.



In addition, thank you to "All Access Services" for their donation of a paddleboard, which will utilized by many participants this summer.



On February 18, 2017 Disabled Services Advisory Council, Inc. (DSAC) celebrated 40 years as a non-profit advisory organization to Therapeutic Recreation Services (TRS). TRS staff are very thankful to all of the board members who have served year after year in support and promotion of improving the lives of individuals through recreation participation. Officers and board members take time out of their busy schedules to attend monthly board meetings, share their experience with TRS staff and support TRS events throughout the year. DSAC plays an essential role in offsetting program costs through donations. An average of \$20,000 is donated to DSAC annually, in which these funds are used for partial scholarships/camperships, newsletter publications and to purchase adaptive equipment and supplies. Thank you to Torrey Pines Kiwanis who donated an additional \$50,000 in 2015/2016, on top of their annual \$4000 donation. Thank you DSAC members for your continued support!

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.



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 camper scholarships*. It's easy to get involved! You can help fundraise by donating to: www.gofundme.com/summer-camperships or sharing the link and asking your friends and family.

Please join DSAC in asking your friends and family to help support TRS programs!

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!



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)



SUMMER CAMPS

REGISTRATION FOR SUMMER CAMPS BEGIN SATURDAY, March 4, 2017 at 10:00 A.M.

Registration begins on Saturday, March 4th. You can register online starting at 10:00 a.m., or at the WMB from 10:00 a.m. - 2:00 p.m. No registration will be taken over the phone. You must register online or in person at the War Memorial Building. Enrollment is limited. Camps fill up quickly. More information for each camp will be mailed upon registration. Partial scholarships for all TRS camps are available to those who demonstrate need. Scholarship forms must be on file at the WMB. Camper must have a current assessment completed prior to attending camp. See "On-line Registration" page 3.

Cost for TRS camps: \$194.00

CAMP AT THE BAY

Monday-Friday, July 10-14, 9:30 a.m. to 3:00 p.m.

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

CODE: 36498

KIDZONE SUMMER ADVENTURE CAMP

Monday-Friday, July 24-28, 9:00 a.m. to 3:00 p.m.

Campers, ages 6 to 12, with any disability, siblings and friends, join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, daily field trips, admission, and transportation costs. Camp location is to be determined. Leader: Gerald Cunanan

CODE: 36825

JUNIOR ADAPTIVE SPORTS CAMP

Monday-Friday, July 24-28, 9:00 a.m. to 4:00 p.m.

Campers, ages 4-18, who have a physical impairment will enjoy learning various wheelchair sports taught by athletes trained in each sport. There will be an additional fee for transportation. Please contact ASRA at (619) 336-1806 for more information. **Registration for this camp is done through ASRA, not SDRecConnect.**

CAMP WET AND WILD

Monday-Friday, August 7-11, 10:00 a.m. to 3:00 p.m.

Campers, ages 10 to adult, with any disability, siblings and friends will enjoy kayaking, surfing, games, crafts and special visitors. Camp meets at S. Mission Beach, N. Jetty Rd. **Payment is due at registration.** Leader: Aly Larson **CODE:** 36826

INCLUSION SUPPORT

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

Special thanks to Torrey Pines Kiwanis Foundation, The San Diego Foundation, MADCAPS and DSAC for their ongoing financial support of these camps.

SCHEDULE OF EVENTS

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



ALL TEENS/ADULTS: Ages 13 and over, with any disability. Some events are available for children with adult supervision. Direct supervision is not provided.

TANDEM BIKE RIDE

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

Teens and adults, join us for 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 is available. Call Nick at (302) 563-2886 in the morning to see if the ride has been canceled due to weather.

March 4: Lake Murray

5540 Kiowa Drive, La Mesa 91942:

8 east/west to Lake Murray Blvd., go north, left on Kiowa Dr., meet by main building on the left.

April 1: Quivira Basin

Quivira Basin/Hospitality Point Park, Quivira Ct. 92109: 8 west to Mission Bay Dr., go right. Exit West Mission Bay Dr., turn left at Quivira Road, and follow road around and dead ends at the site.

May 21: See Pedal to the Park

NO ONLINE REGISTRATION Cost: \$2.00

PICNIC AT THE PARK AND PADRES GAME

Sunday, May 21

12:00 p.m. - 1:00 p.m.

Bring a sack lunch to enjoy while socializing with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the Arizona Diamondbacks! Cost includes games, crafts, and ballpark treats to take to the game. Game starts at 1:40 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel.

If you would like to Pedal to the Park

See: Pedal to the Par

CODE: 36496 Cost: \$15.00



TALENT SHOW



Cost: FREE

Cost: \$15.00

Friday, April 28

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

Sign up to perform or cheer on your friends! Light refreshments will be provided. If you want to perform, please call the office at (619) 525-8247 to register by Monday, April 24th.

CODE: 36495 Cost: \$3.00



DRAMA WORK SHOP

War Memorial Building 3325 Zoo Drive, 92101 Friday, 3/10, 4/14, 5/12 10:00 a.m. - 12:30 p.m.

Come join the fun of "lights, camera, action" at the War Memorial Building! Discover your own acting talents, play theater games and be a star on TV! Act like you know what you're doing! **Direct supervision** is not provided.

Instructor: Chris Roze

NO ONLINE REGISTRATION



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

From War Memorial Building to Petco Park

Join us as we ride bikes to Petco Park to watch the Padres take on the Diamondbacks. We will meet at the War Memorial Building (3325 Zoo Drive) and ride our bikes through an 8 mile scenic route. After the game we will ride back to the War Memorial Building for pickup. You may bring your own bike. Limited amount of bikes available; please call (619)525-8247 to reserve a bike. Game starts at 1:40 p.m.

CODE: 36147

SCHEDULE OF EVENTS

PARKS FIT SAN DIEGO 2017

Challenge: Walk, Run, Roll or Swim 30, 90, or 120 miles between June 12 and August 12

Reward: Get fit, stay healthy & SA

receive a Parks Fit SD bag!



Join this year's Parks Fit San Diego program by visiting any City of San Diego Park and Recreation Department facility (recreation center, pool, nature center, activity center or golf course) for a quick and easy enrollment process. Choose one activity or mix it up. Track your miles and turn them in by the due date for your Parks Fit SD bag!

Kickoff Event - 1 mile Fun Run & Festivities Saturday, June 17, 2017 at 8:00 a.m. Morley Field, 2221 Morley Field Drive, San Diego 92104

Finale Event - 5K Run/Walk & Family Celebration Saturday, August 12, 2017 at 7:30 a.m. NTC Park, 2455 Cushing Road, San Diego 92106 For more information:

www.sandiego.gov/park-and-recreation Proudly Presented by:





SELF-EXPRESSION THROUGH ART

War Memorial Building 3325 Zoo Drive, 92101 Fridays: 3:00 p.m. - 4:30 p.m.

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

Instructor: Joan McCann

NO ONLINE REGISTRATION

VIBRATIONAL SOUND YOGA

Cost: \$1.00

Wednesdays, 3/15, 4/12, 5/17 5:00 p.m. - 6:00 p.m.

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

Instructors: Morissa Lazar & Marbella Mondaca

NO ONLINE REGISTRATION Cost: FREE

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

This ten session league just keeps rolling forward. Cost includes two games each session, shoe rental and awards banquet for team members (\$10.00 for guests). We meet at Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, San Diego, 92111). The end of the year awards banquet will be held on June 24th at the Balboa Park Club from 11 a.m. to 12:30 p.m. Guests must register and pay in person at the War Memorial Building or online by Friday, June 16th.

Cost: \$85.00/\$10 Bowling Polo Shirt (optional)

CODE: 34187 Leader: Juan Razo



SCHEDULE OF EVENTS

Saturday, May 6 - Sunday, May 7, 2017

All TRS families are welcome to join us for our third annual TRS camping trip to beautiful Mission Trails. Meet at the Kumeyaay Lake Campground at Mission Trails Regional Park (Two Father Junipero Serra Trail). Meet at 5:30 p.m. to check in to the camp sites. Cost covers campsite, dinner, s'mores, a light breakfast, ranger led hikes and more! Campers will need to bring their own camping supplies. Don't miss this exciting opportunity. All TRS families and Independent campers are welcome!



CODE: 36141

COST: \$15.00 for 5 week session

Includes souvenir!

Bring lunch or snacks.

Direct supervision will not be provided.

Please call (619) 525-8247 for more information.

CODE: 36515 Cost: \$15.00 per person

Join us as we hike our way through San Diego! 9:00 a.m. - 12:00 p.m.



Sunday, March 5 **Mission Bay Hike**

Meet at N. Jetty Rd. (Mission Beach Jetty). Walk around Mission Bay and return back to the Jetty.

Sunday, March 19 Los Penasquitos Canyon Trail

Meet at Canyonside Recreation Center (12350 Black Mountain Rd, 92129, past the baseball fields)

Sunday, April 2 **Tecolote Canyon**

Meet at Tecolote Canyon Visitor Center, past the baseball fields. (5180 Tecolote Rd, 92110)

Sunday, April 9

Mission Trails Regional Park: Oak Canyon Trail

Meet at Mission Trails Old Mission Dam Parking lot (1

Father Junipero Serra Trail, San Diego, CA 92119 is the closest physical address, but you must drive through

Sunday, April 30 **Cowles Mountain**

Meet at the Trailhead (Corner of Mission Gorge Rd & Navajo Rd, San Diego, CA 92119). Parking lot with restrooms located at the trailhead.

the park to get to the Mission Dam parking lot.)



Kid Zone (Ages 3-12)



Gerald Cunanan gcunanan@sandiego.gov 619-236-7756

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.

Join us for two days of adventure. Drop-off and pickup at War Memorial (3325 Zoo Drive, 92101). a sack lunch both days. Register online.

Safari Park CODE: 36380

Monday, March 27 9:00 a.m. - 4:00 p.m. Lions and tigers and bears, oh my! Off to Safari Park Cost: \$25.00 we go!

Sea World **CODE: 36374**

Tuesday, March 28 9:00 a.m. - 4:00 p.m. We will take the City bus to see the animals with our friends. Cost: \$40.00

SUPERHERO PLAYDAY

Sunday, April 9 12:00 p.m. - 3:00 p.m. War Memorial (3325 Zoo Drive, 92101)

Dress up as your favorite superhero and join us for games, arts, and crafts. Bring a sack lunch.

Cost: \$7.00 CODE: 36383



PICNIC AT THE PARK & PADRES GAME

Sunday, May 21

12:00 p.m. - 1:00 p.m.

Bring a sack lunch to enjoy while socializing with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the Arizona Diamondbacks! If you would like to Pedal to the Park, see page 8. Cost includes games, crafts, and ballpark treats. Game starts at 1:40 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel.

Cost: \$15.00 **CODE: 36496**



KIDVENTURES OUTING

Sunday, April 23

12:00 p.m. - 2:30 p.m.

Drop-off and pick-up at Kid Ventures (2865 Sims Rd, 92106). Bring a sack lunch.

CODE: 36412 Cost: \$12.00

MISSION TRAILS HIKE

Saturday, May 6

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

Meet at Mission Trails Kumeyaay Lake Campground (2 Father Junipero Serra Trail, 92119) for an evening of hiking and exploration. Bring a sack lunch.

CODE: 36413 Cost: \$7.00

Talent Show!! See page 8 Family Camping!! See page 10

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.



Kich Bach Club (Ages 13-18)

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.



gcunanan@sandiego.gov 619-236-7756

ST. PATRICK'S DAY

Friday, March 10

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

Don't forget to wear your green! We will have a leprechaun scavenger hunt, games, and arts and crafts. Dinner will be provided.

CODE: 36414 Cost: \$5.00

SPRING FLING

Friday, April 21

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

Spring has sprung! Join us for a night of games and arts and crafts. Dinner is included

CODE: 36415 Cost: \$5.00

FUN & FIT NIGHT

Friday, May 12

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

Come in your workout clothes as we will get active! Dinner is included.

CODE: 36417 Cost: \$5.00

Talent Show!! See page 8

PICNIC AT THE PARK & PADRES GAME

Sunday, May 21

12:00 p.m. - 1:00 p.m.

Bring a sack lunch to enjoy while socializing with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch. take a short walk to see the Padres beat the Arizona Diamondbacks! If you would like to Pedal to the Park, see page 8. Cost includes games, crafts, and ballpark treats to take to the game. Game starts at 1:40 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel.

CODE: 36496 Cost: \$15.00



AFTERNOON MOVIE

Saturday, March 25

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

Be our guest...to see Beauty and the Beast! Meet at BJ's Restaurant (1370 Fraze Rd., 92108). We will walk to the theatre after lunch. Pick up at Smashburger (7610 Hazard Center Dr., 92108). Cost includes movie ticket and lunch at BJs. Bring extra money for movie

CODE: 36362 Cost: \$25.00

BOOMERS

Saturday, April 8

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

Meet us at Boomers (6999 Clairemont Mesa Blvd, 92111) for games, rides, and mini putt putt. Bring a sack lunch.

CODE: 36416 Cost: \$20.00



PLEASE NOTE:

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



Aly Larson allarson@sandiego.gov 619-236-7755

Social Motion Club (Ages 18+)



This group, for adults ages 18 and older with 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 at the North County or Balboa Park location (or both!). Dinner and activity supplies are provided.

Cost: \$7.00 (includes \$2.00 Transaction Fee)

INDIANA JONES ADVENTURE

Help Indy on his journey to find ancient artifacts!

Friday, March 10: Carmel Mountain Recreation Center

CODE: 36557 10152 Rancho Carmel Drive, 92128

Friday, March 24: War Memorial Building CODE: 36556 3325 Zoo Drive, 92101

TALENT NIGHT

Show the group your talents or hidden skills throughout the night. Also included, karaoke and various games.

Friday, April 14: Carmel Mountain Recreation Center CODE: 36356 10152 Rancho Carmel Drive, 92128

Friday, April 28: No Rec Night-

Attend the Talent Show (see page 8)

MOVIE NIGHT

Enjoy a blockbuster movie on the big screen with your friends.

Friday, May 12: Carmel Mountain Recreation Center CODE: 36358 10152 Rancho Carmel Drive, 92128

Friday, May 26: War Memorial Building CODE: 36361 3325 Zoo Drive, 92101



PICNIC AT THE PARK & PADRES GAME

Sunday, May 21

12:00 p.m. - 1:00 p.m.

Bring a sack lunch to enjoy while socializing with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the Arizona Diamondbacks! *If you would like to Pedal to the Park, see page 8.* Cost includes games, crafts, and ballpark treats to take to the game. Game starts at 1:40 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel.

CODE: 36496 Cost: \$15.00

SMCOUTING

AFTERNOON MOVIE

Saturday, March 25

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

Be our guest...to see Beauty and the Beast! Meet at BJ's Restaurant (1370 Frazee Rd., 92108). We will walk to the theatre after lunch. Pick up at Smashburger (7610 Hazard Center Dr., 92108). Cost includes movie ticket and lunch at BJs. Bring extra money for movie snacks.

CODE: 36362 Cost: \$25.00

TALENT SHOW

Friday, April 28

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

Sign up to perform or cheer on your friends! Light refreshments will be provided. If you wish to perform, please call the offices at (619) 525-8247 to register by Monday, April 24th.

CODE: 36495 Cost: \$3.00

PLEASE NOTE:

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



Independent Club (Ages 21+)

or brain n leisure "buddy

Aly Larson allarson@sandiego.gov 619-236-7755

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.**

METING

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 Aly at: (619) 236-7755.

Cost: \$7.00

ST. PATRICK'S DAY

March 3: Enjoy authentic Irish cuisine and various traditional Irish games and activities.

CODE: 36363

ROCK N' ROLL

April 7: Rock the night away playing themed games and activities.

CODE: 36365

CINCO DE MAYO

May 5: Celebrate Cinco de Mayo enjoying traditional cuisine with your friends.

CODE: 36366

PICNIC AT THE PARK & PADRES GAME

Sunday, May 21

12:00 p.m. - 1:00 p.m.

Bring a sack lunch to enjoy while socializing with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the Arizona Diamondbacks! If you would like to Pedal to the Park, see page 8. Cost includes games, crafts, and ballpark treats to take to the game. Game starts at 1:40 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel.

CODE: 36496 Cost: \$15.00

TALENT SHOW

Friday, April 28

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

Sign up to perform or cheer on your friends! Light refreshments will be provided. If you wish to perform, please call the office at (619) 525-8247 to register by Monday, April 24th.

CODE: 36495 Cost: \$3.00



OLD TOWN AND DINNER

Wednesday, March 8

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

Take a stroll through historic Old Town before having dinner at O'Hungry's Restaurant. Drop-off and pick-up at the corner of Heritage Park (Harney St and Juan St.). Dinner is included.

CODE: 36367 COST: \$10.00

PLEASE NOTE:

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





619-236-7753

Leisure Seekers

(Ages 18+)



This group provides recreational opportunities, teaches leisure skills, increases socialization and self-esteem for individuals recovering from mental illness or behavioral health disorders. Individuals 18 and over, day treatment programs, board and care facilities, and drop-in centers are welcome to attend.

SOCIAL CONNECTION

Thursdays: 2:30 p.m. - 5:00 p.m. Parent Activity CODE: 36378 Cost: \$4.00

We meet the first Thursday of the month at the War Memorial Building (3325 Zoo Drive, 92101). This is a wonderful opportunity to make new friends and socialize! Please register by the Wednesday prior to the activity online or by calling (619) 525-8247. Pay at the door.

ST. PADDY'S DAY

March 2: Celebrate St. Patrick's Day with friends by eating Irish inspired food, creating fun crafts, playing casino games, and by wearing green!

CODE: 36470

SPRING CELEBRATION

April 6: Let's celebrate the end of winter and the arrival of spring by creating recycled crafts, playing lawn games, and by enjoying some great food with friends.

CODE: 36471

CINCO DE MAYO

May 4: Join us as we honor the holiday and participate in Mexican inspired crafts, games, and festivities. We will build our own taco salad for dinner and, of course, enjoy dessert!

CODE: 36472



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

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. 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

SOFTBALL AWARDS BBQ

Wednesday, June 21 10:00 a.m.- 1:00p.m. Mark your calendars for our awards celebration beginning with leisurely softball games, then enjoy a BBQ lunch and award ceremony held at Morley Field. Bring lawn chairs and sunscreen! Sign up and register you and your guests by Wednesday, June 14th.

BBQ Cost: \$4.00/player and guest



PLEASE NOTE:

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



Leisure Seekers (Ages 18+)

ases as or

Danny Kimpel dkimpel@sandiego.gov 619-236-7753

This group provides recreational opportunities, teaches leisure skills and increases socialization and self-esteem for individuals recovering from mental illness or behavioral health disorders. Individuals 18 and over, day treatment programs, board and care facilities, and drop-in centers are welcome to attend.

OUTINGS

SAN DIEGO HARBOR CRUISE

Wednesday, March 22

11:30 a.m. - 2:45 p.m.

The best way to see San Diego Bay is on Hornblower's two-hour Harbor Cruise! We will be meeting at Hornblower's Ticket Booth at 970 North Harbor Drive, 92101 at 11:30 a.m. Bring a sack lunch to enjoy before we board the ship at 12:15 p.m. Outside food and beverage are not allowed. Bring extra money if you would like to purchase food on the ship. Register online or in person by Friday, March 18th.

Limited tickets available.

CODE: 36148 Cost: \$12.00

SAN DIEGO ZOO

Thursday, April 20

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

Grab your friends, a sack lunch, and a camera as we enjoy the sights, sounds, and smells of the exotic animals at the San Diego Zoo. Come as a group or individual. Meet at the War Memorial Building at 11:00 a.m. sharp before walking over to the zoo. Register online or in person no later than Friday, April 15th.

CODE: 36150 Cost: \$10.00

PLEASE NOTE:

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

PICNIC AT THE PARK & PADRES GAME

Sunday, May 21

12:00 p.m. - 1:00 p.m.

Bring a sack lunch to enjoy while socializing with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the Arizona Diamondbacks! *If you would like to Pedal to the Park, see page 8.* Cost includes games, crafts, and ballpark treats to take to the game. Game starts at 1:40 p.m.Meet at 4th & K St, at the park in front of the Hilton Hotel.





In Memory of Mark Grumsen

Mark Grumsen was a member of Leisure Seekers for approximately 10 years. Mark enjoyed skiing and snowboarding Bear Mountain, jet skiing Mission Bay and Laughlin, and roller coasters at Disney and Knotts. Mark was a landscaper by trade, and also a volunteer fire and rescue paramedic and lifeguard. Mark passed away on November 19th, 2016, he was 56 years old. Mark was a guy with keen intelligence, brave courage, a great sense of humor, and a social, kind and gentle heart. He will be greatly missed.





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 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: 36146

Cost: \$25.00/6 week session or \$8.00 if you bring

your own bike.

April 8: North Crown Point Shores

North Crown Point Shores, 3791 Corona Oriente Road, 92109: 8 west to Mission Bay Dr., turn right. Follow road to Crown Point Dr., turn right, and go to furthest parking lot on right-hand side by the playground.

April 22: Glorietta Bay Park (Coronado)

(1813 Strand Way, Coronado 92118)

May 13: Robb Field (Ocean Beach)

(2525 Bacon Street, San Diego 92107)

May 20: Miramar Lake

(10304 Scripps Lake Dr, San Diego 92131)

June 10: Fiesta Island

(1200 East Mission Bay Drive, San Diego 92109)

June 24: North Crown Point Shores

North Crown Point Shores, 3791 Corona Oriente Road, 92109: 8 west to Mission Bay Dr., turn right. Follow road to Crown Point Dr., turn right, and go to furthest parking lot on right-hand side by the playground.



FITNESS AND DANCE CLASS

Thursdays: 4/20, 4/27, 5/4 6:30 p.m.- 7:15 p.m. Municipal Gym (2111 Pan American Plaza, 92101)

The Wheelchair Dancers Organization offers you a new Dance It Out Adaptive Fitness Class. Come on down get some exercise and have fun while dancing to over 20 dance styles from around the world. Invite your friends, bring the whole family, and join us for a 45-minute fun fitness dance class. Attend all or one! More Information: Call Michele Jones, (619) 203-8074

YOUTH HIP HOP & FITNESS DANCE CLASS

Thursdays: 5/11, 5/18, 5/25, 6/1 6:30 p.m.- 7:15 p.m. Municipal Gym (2111 Pan American Plaza, 92101)

Get Physical! This FREE, all-inclusive hip hop and fitness dance class will have you moving and grooving to upbeat music. Improve your physical strength, range of motion and coordination, while having fun and socializing. Invite your friends to join in a 45 minute high energy fitness and hip hop dance class.

More Information: Call Sarah Vaaler, (703) 424-8132

Classes offered by the Wheelchair Dancers Organization www.wheelchairdancers.org

PICNIC AT THE PARK & PADRES GAME

Sunday, May 21

12:00 p.m. - 1:00 p.m.

Bring a sack lunch to enjoy while socializing with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the Arizona Diamondbacks! If you would like to Pedal to the Park, see page 8. Cost includes games, crafts, and ballpark treats to take to the game. Game starts at 1:40 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel.

CODE: 36496 Cost: \$15.00



Adaptive Events





Nick Hurd nhurd@sandiego.gov 619-236-7772

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

YES, YOU CAN DANCE!

Thursdays, May 5 - June 22, 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.

War Memorial Building (3325 Zoo Dr., 92101). www.wheelchairdancers.org







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** (3325 Zoo Drive, 92101) 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.

NO ONLINE REGISTRATION Cost: \$3.00/week



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.



Injured Service Members

ISM programs are designed to promote health, fitness and an improved quality of life while focusing on leisure independence and education in a community recreation environment.

UnitedHealthcare®

Thank you to United Healthcare for awarding a grant to TRS to help fund the Injured Service Members Programs. Many costs of this program are supported through the grant.

ARCHERY FOR INJURED SERVICE MEMBERS

Thursdays: 4/6, 4/13, 4/20, 4/27 12:00 p.m. – 2:00 p.m

Join us for an archery program for ISM at the Morley Field archery range every Thursday in April from 12 p.m. - 2 p.m. All equipment is provided.

CODE: 33185 Cost: FREE



PICNIC AT THE PARK & PADRES GAME

Sunday, May 21

12:00 p.m. - 1:00 p.m.

Bring a sack lunch to enjoy while socializing with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres beat the Arizona Diamondbacks! *If you would like to Pedal to the Park, see page 8.* Cost includes games, crafts, and ballpark treats. Game starts at 1:40 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel.





ISM WORKOUTS

War Memorial Building (3325 Zoo Dr, 92101)
Wednesdays: March 1 - May 31
12:00 p.m. - 1:00 p.m.

Feel healthier and happier through exercise at our weekly workout program designed specifically for injured service members. Wear proper workout attire (sneakers, and comfortable clothes) and bring a water bottle. The classes will consist of warm-ups, stretching, and body-weight workout in a social and fun setting.

NO ONLINE REGISTRATION COST: Free





Juan Razo jrazo@sandiego.gov 619-236-7771

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.

SPAGHETTI DINNER

War Memorial Building (3325 Zoo Drive, 92101)
Saturday, March 4 7:00 p.m.- 10:00 p.m.

Join us for Turning Point's Annual Spaghetti Dinner. For more information and to register please call (619) 233-0067. This is a TRS Co-Sponsor activity.

Cost: \$8.00

TABLE GAMES TOURNAMENT

War Memorial Building (3325 Zoo Drive, 92101)

Friday, March 17

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

Show off your skills in our annual Table Games Tournament. Medals will be awarded to the top three players in each game. The games will be: Pinochle, Spades, Chess, Scrabble, Checkers, Dominoes, Backgammon, and Connect Four. Lighthouse will once again provide their great chilli for dinner. You must be 18 years or older to attend. To register or if you have any questions please call (619) 525-8247.

CODE: 35714 Cost: \$3.00

RECOVERY GAMES MEETINGS

Wednesdays: March 22, April 19, May 31 10:00 a.m. - 11:00 a.m.

Help develop 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).

CODE: 35715 Cost: Free

3 on 3 BASKETBALL TOURNAMENT

Municipal Gymnasium (2111 Pan American Plaza, 92101)

Monday, April 10

9:00 a.m. - 1:00 p.m.

Ready to hoop it up at our annual 3 on 3 basketball tournament? It is double elimination with a Men's and Women's Division. The top three teams of each division will be awarded a trophy. We will also have a 3 point contest with medals for the top 3 shooters.

CODE: 35723 Cost: \$15.00 per team



FUN IN THE SUN

Morley Field (2221 Morley Field Drive, 92101)

Wednesday, May 17

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

Lets enjoy the sun as we have some fun in the park. We have games and competitions planned for everyone. Please bring your own lunch, no lunch will be provided. Activities include softball, football, volleyball, watermelon eating contest, tug of war, and an ice cream making station.

CODE: 36173 Cost: \$1.00

RECOVERY GAMES DANCE

War Memorial Building (3325 Zoo Drive, 92101) Friday, May 19 7:00 p.m. - 11:00 p.m.

Come celebrate the Recovery Games and be part of a fun positive environment where you can socialize with great people and dance to great music. Only people 18 years or older will be allowed to enter the dance.

CODE:36176 Cost: \$5 at the door/\$3 pre-pay

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.



CONTACT: Teresa Miller

Office: (619) 336-1806

www.adaptivesportsandrec.org. Weekly adaptive sport team practices are held Tuesdays,

Wednesdays, and Saturdays throughout the county.



CONTACT: Joe Gilltrap San Diego County Program Manager

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

WOUNDED WARRIOR TENNIS PROGRAM

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



CONTACT: Walter Jackson

sds4ea@gmail.com, (858) 565-7432 Sporting opportunities are held throughout the week at various City of

San Diego Park & Recreation Centers.

SANDI-CAN

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

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

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

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



Saturday & Sunday, June 10 - 11, 2017 10:00 a.m. - 5:00 p.m.

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

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

www.sdfestivalofthearts.org



Danny Kimpel dkimpel@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," exceptional volunteers who rise above and beyond their call of duty. Please help us in thanking John Scales for everything he has done for our Tandem Bike Ride program.

John is the parent of a special needs child, so he has always kept an eye out for programs which could benefit his daughter. John is an amateur bicycle builder and built his first tandem bike over thirty years ago. John signed on as a tandem program volunteer in 2005. Since then he has volunteered at over one

hundred different tandem programs. John really enjoys working with participants at the tandem program and says that volunteering is fun and rewarding. He often brings four or five participants with him to each program. In his tenure, he has built a special combination hand cycle and conventional tandem for the program.

When John is not riding his bike, he most likely has a camera in his hand. John's advice to fellow or prospective volunteers is to try to focus on activities which you personally enjoy because joy is contagious. The staff and participants truly appreciate everything that John has done for the tandem program over the years. Thank you!



CITY WIDE VOLUNTEER RECOGNITION EVENT

SAVE THE DATE: Saturday, April 22nd, 9:00 a.m.

LOCATION: Speckles Organ Pavilion - Balboa Park Pan American Rd. E, San Diego, CA 92101

There will be entertainment, Mayoral Awards, Civic Dance, and refreshments for volunteers and their families!

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	M	ARC		I LS Softball League I ISM Workout	2 Deaf Seniors LS Social Connection Quad Rugby - Sharp	3 CAC Art IND Club meeting	4 All Tandem All Bowling League 3 PIR Spaghetti Dinner
5	All Hiking I	6	7	B DSAC Meeting IND Outing ISM Workout	9 Deaf Seniors Quad Rugby - Sharp	IO Drama CAC Art KBC meeting SMC Rec Night CMR	II Handcycle 5
12		13	14	I5 Yoga LS Softball League 2 ISM Workout	I6 Deaf Seniors Quad Rugby - Sharp	I7 CAC Art PIR Table Games	I8 All Bowling League 4 KZ Outing
19	All Hiking 2	20	21	22 PIR - RG Meeting LS Outing ISM Workout	23 Deaf Seniors Quad Rugby - Sharp	24 CAC Art SMC Rec Night WMB	25 Handcycle 6 BBQ KBC/SMC Outing
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16		17	18	19 PIR Meeting ISM Workout	20 Deaf Seniors ADP Sports LS Outing ISM Archery	21 CAC Art KBC Meeting	22 Handcycle2 Citywide Volunteer Recognition
23	KZ Outing	24	25	26 LS Softball League 5 ISM Workout	27 Deaf Seniors ADP Sports ISM Archery	28 CAC Art All-Talent Show	29 All Bowling League 7
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	Sunday	Monday	Tuesday	Wednesday 3 ISM Workout	Thursday	Friday 5 CAC Art	Saturday
		M A	Ý	3 ISM Workout	4 WC Dance LS Social Connection Deaf Seniors ADP Sports	5 CAC Art IND Club Meeting TR Workshop	6 KZ Outing All Camping
7	All Camping	8	9	IO DSAC Meeting LS Softball League 6 ISM Workout	II WC Dance Deaf Seniors ADP Sports	I2 Drama CAC Art SMC Rec Night CMR KBC Meeting	13 Handcycle 3 All Bowling League 8
14		15	16	I7 Yoga PIR RG Fun in the Sun ISM Workout	I8 WC Dance Deaf Seniors ADP Sports	I9 CAC Art PIR Dance	20 All Bowling League 9 Handcycl4
21	All Tandem - Pedal to the Park Picnic at the Park	22	23	24 LS Softball League 7 ISM Workout	25 WC Dance Deaf Seniors ADP Sports	26 CAC Art SMC Rec Night WMB	27
28		29 Closed– Holiday	30	3I PIR RG Meeting ISM Workout			



PRESORTED STANDARD

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

Would you rather receive our calendar via e-mail?

Email Julie at: JGregg@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.