

The City of
SAN DIEGO
Park and Recreation Department

THERAPEUTIC RECREATION SERVICES

SUMMER
2017
JUNE JULY AUGUST

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/



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

CITY OF SAN DIEGO
PARK AND RECREATION DEPARTMENT
THERAPEUTIC RECREATION SERVICES

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



RECREATION SPECIALISTS

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

RECREATION LEADERS

Taevee Davis	Cheryl Pawlak, CTRS, RTC
Kira Duffett	Noor Raffed
Janet Estrada	Jennifer Stevenson
Lesly Fajardo	Alexis Suseberry
Lindsey Hollis	Sharon Tenorio
Mark Leo	Lauren Turner
Andrea Murphy	Jennifer Walsten
Monica Olivan	

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Call 619-525-8247

WHERE TO START/GET INVOLVED!

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

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

ONLINE REGISTRATION/PAYMENT PROCESS SUMMER registration begins May 13

Please note: Checks can no longer be mailed into the office. Payment can be done with a credit card online from home/a neighbor's computer, or at the War Memorial Building (3325 Zoo Dr., San Diego) room 6, Monday-Friday between 8:30 a.m. and 4:30 p.m. A credit card, check or cash (exact change needed) can be utilized when paying in person. **There is an additional \$2.00 transaction and credit card fee that will be applied to all registrations.**

To be eligible for program participation you must create a profile online using the Online Activity Registration System. Log on at SDRecConnect.com. **The War Memorial Building will be open from 10 a.m.- 2 p.m. on Saturday, May 13th to assist with registration.**

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

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

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

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

LATE PICK UP FEE POLICY

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

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

TRANSACTION FEES/REFUND POLICY

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

STAFF UPDATE & ANNOUNCEMENTS



Rose Caldwell passed away on March 11, 2017. Few individuals have touched as many lives as Rose. She was instrumental in starting Disabled Services (now called Therapeutic Recreation Services). Throughout Rose's 34 year career, she improved the lives of thousands of individuals with disabilities, either helping them directly or through one of the hundreds of programs she facilitated. She had an amazing talent for gathering volunteers for her programs. In retirement, Rose continued to volunteer for the programs she initiated, spent many hours reading to children with "Rolling Readers," and found time to attend Barona "donation parties." Her infectious smile and upbeat personality were her hallmarks. An extraordinary woman, it was clear she cared, and cared deeply, for everyone. She had amazing talents, and always worked to the goal of helping others and society. She enjoyed music (especially the Beatles), old movies, and theater. Her values, life of service, and commitment to equality helped to shine the world. She will be sorely missed by her many friends and colleagues, and her caregivers of the past few years. In lieu of flowers, the family asks that donations are given to DSAC (contact Kristi at 619 533-6333 or kfenick@sandiego.gov).

STAFF SPOTLIGHT



Janet Estrada

Why did you want to work at TRS? I wanted to be part of an organization that incorporates community building, sports and recreation for the population we serve.

What is your favorite moment working at TRS? My very first program was the Hornblower Dinner Cruise with amazing participants and recreation leaders. This was an evening of great food, dancing, bonding and letting loose with some of our closest friends. We ended the night with everyone dancing to a participants favorite song, "Shout."

What is your favorite hobby outside of work? Traveling, learning of different cultures, eating great food and you guessed it... SOFTBALL!

What is a fun fact about yourself? I was born in a yellow Volkswagen Rabbit on our way to the hospital.

What is your advice to new volunteers and staff at TRS? TRS is about building relationships with the people we serve. Roll up your sleeves and have fun!!

What was the best vacation you've ever taken? 2008 when I traveled with a friend through the southern region of Spain, experiencing the history and culture of Spain's beautiful country side.

WELCOME INTERNS!



Anya
attends Western Washington University and loves sailing wakeboarding, dancing and swimming.

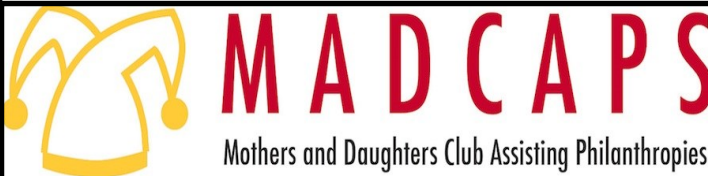
Lauren
attends Winona State University in Minnesota and enjoys kayaking, hiking and soccer.



Both Anya and Lauren look forward to meeting everyone this summer, on their way to starting their careers in Therapeutic Recreation! Please introduce yourselves and welcome them to San Diego.

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

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



Every summer, TRS welcomes an incoming class of 9th grade MADCAPS' girls, a mother-daughter philanthropic group. The class of 2020 volunteered close to 1780 hours of service in the summer of 2016. In addition to volunteering, MADCAPS has financially supported TRS with generous donations throughout the years. MADCAPS 2017 donation will be utilized to keep program costs low, provide partial scholarships and purchase specialized equipment. We look forward to working with the class of 2021.



TRS is an extremely fortunate recipient of funding from the Hervey Family Non-endowment Fund at the San Diego Foundation. Their \$5000 donation in 2017 will be utilized for partial scholarships, summer camp expenses and recreation supplies. The Hervey family have been long time supporters of DSAC and TRS and their generosity is very much appreciated!



Thank you to "All Access Services" for their donation of a paddleboard and kayak, which will be utilized by many participants.



Thank you to **Dallin Young**, who once again asked for donations to DSAC in lieu of birthday gifts. We are very appreciative to Dallin and his friends for donating over \$1,000 to TRS Summer Camps. A special thank you to **Mark Arabo, President of Neighborhood Market Association**, for his generous contribution to Dallin's cause.

Thank you to:



Thank you *Greg Miller Toyota of Lemon Grove* for their contribution of \$450.00. Greg Miller Toyota has agreed to make a monetary donation for TRS programs for any vehicle you purchase through them and mention "Therapeutic Recreation Services."

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 CORNER

Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation Services. Their purpose is to offer support and promotion of quality activities, act as a liaison between the department and the community at-large, administer contract programs for persons with disabilities, and provide public relations and fundraising support. The Board is made up of volunteer members from various agencies that serve individuals with disabilities, parents, businesspersons, advocates, and other interested individuals. Meetings are held on the 2nd Wednesday evening of each month (excluding July and August), 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. Congratulations to DSAC for receiving a Presidential Award at the Citywide Volunteer Recognition Event for DSAC's many years of service and dedication.



DSAC has created a GoFundMe account to help find creative ways to fundraise. This quarter we have created a fundraising campaign to raise funds to help support **Harvest Ball on September 9, 2017**. It's easy to get involved! You can help fundraise by donating to: www.gofundme.com/harvestball 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!

FUNDRAISER

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!**



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
(Disabled Services Advisory Council)



Register online at www.sdreconnect.com

CODE: 39650

The City of

SAN DIEGO

Park and Recreation Department

Join us for the 3rd annual

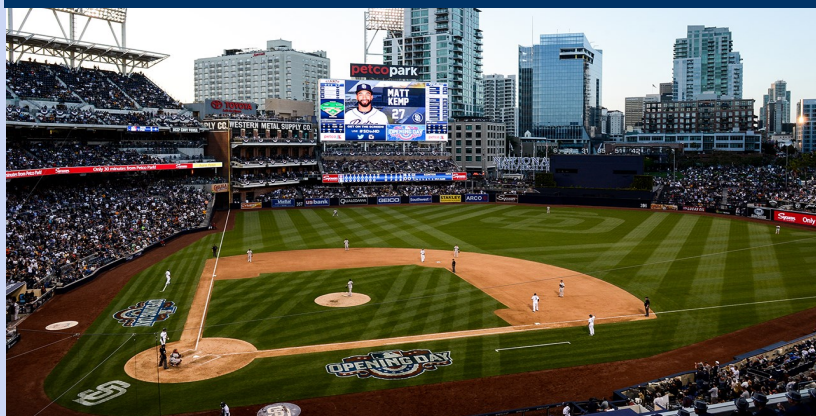
Padres **FUNDRAISER**

Sunday, July 30th @ 1:40 p.m.
vs Pittsburgh Pirates

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

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

The Skyline Patio has been reserved for this year's fundraiser!
DON'T MISS THIS AMAZING OPPORTUNITY!



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

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

SUMMER CAMPS

REGISTRATION FOR SUMMER CAMPS BEGAN MARCH 4th

No registration will be taken over the phone. You must register online or in person at the War Memorial Building. **Enrollment is limited. More information for each camp will be mailed upon registration.** Partial and/or full 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.

Ages: 10 to adult

Location: North Crown Point Shores Park,
Corner of Moorland Dr. & Corona Oriente Rd.,
92109.

Leader: Nick Hurd

CODE: 36498

KID ZONE SUMMER ADVENTURE CAMP

Monday-Friday, July 24-28

9:00 a.m. to 4:00 p.m.

Ages: 6 to 12

Location: South Clairemont Recreation Center
3605 Clairemont Drive, 92117

Leader: Gerald Cunanan

CODE: 36825

JUNIOR ADAPTIVE SPORTS CAMP

Monday-Friday, July 24-28

9:00 a.m. to 4:00 p.m.

Ages: 4-18, who have a physical impairment
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.

Ages: 10 to adult

Location: S. Mission Beach
N. Jetty Road, 92109

Leader: Aly Larson

CODE: 36826

SUMMER SCHOLARSHIPS

CAN'T AFFORD AN ACTIVITY?

Thanks to the generosity of donors, Disabled Services Advisory Council (DSAC) is granting partial and full scholarships for camps and year-round programs. To be considered for the scholarship, please send a request to Julie Gregg at jgregg@sandiego.gov or call (619) 525-8247. You will be sent an application which must be returned by June 12, 2017. After the review of the applications, you will be notified of the decision. Decisions will be made based on the financial need of the campers and each scholarship may be given out in varying amounts.

SCHEDULE OF EVENTS

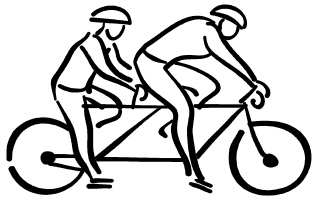
SEE PAGE 3 FOR ONLINE REGISTRATION INFORMATION LATE PICK-UP FEE AND REFUND POLICIES.
CALL 619-525-8247 FOR PROGRAMS IN WHICH ONLINE REGISTRATION IS NOT AVAILABLE



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 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 is available. Call (302) 563-2886 in the morning to see if the ride has been canceled due to weather.

June 3: North Crown Point Shores
3791 Corona Oriente Rd. 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.

CODE: 39150 Cost: \$2.00

July 1: Quivira Basin/Hospitality Pt. Park
Quivira Court 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.

CODE: 39151 Cost: \$2.00

August 5: Spanish Landing Park
3900 N Harbor Dr. 92101

5 north to Hawthorn exit (Airport), go right on North Harbor Dr., turn left onto Spanish Landing Ntc. Go left and keep right.

5 south, exit Kettner Blvd. Turn right on W. Laurel St., slight right onto N. Harbor Dr. Turn left onto Spanish Landing Ntc. Turn left and keep right.

CODE: 39153 Cost: \$2.00

SAN DIEGO FAIR TICKETS

June 2- July 4

TRS has a limited number of fair tickets: unlimited admission, family packs, ride lover packs, and carnival game coupon books. Tickets are limited to purchase a max of 10 per person/agency. The fair will be closed on June 5, 6, 12, 13, 19, 20, and 26. Tickets must be purchased prior to June 30. Tickets will be available for pick-up in the TRS office (3325 Zoo Dr., 92101), starting May 22 (Monday-Friday, 8:30am to 4:30pm). **All tickets will be sold online through SDRcConnect.com, or in the TRS office.** Use the following codes:

CODE: 39588 \$18: Unlimited Fair Admission

CODE: 39589 \$17: Carnival Ride Coupon Sheet

CODE: 39590 \$74: Value Pack

CODE: 39651 \$13: Game Sheets



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

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 & 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:



BOWLING BANQUET

Saturday, June 24th

11:00 a.m. - 12:30 p.m.

The Spring bowling league concludes on June 3rd, with a banquet on June 24th at the Balboa Park Club (2150 Pan American Plaza, 92101). Guests must register online or in person at the War Memorial Building by Friday, June 16th.

CODE: 34187

Cost: \$10 for guests, players free

VIBRATIONAL SOUND YOGA

June 21, July 19, August 16

4:00- 5:00 p.m.

Please arrive at least 10 minutes early and wear comfortable clothing. Yoga mat and/or blanket optional. **Location: War Memorial Building (3325 Zoo Drive, 92101) Room 2.** Direct supervision is not provided. Space is limited. Instructor: Morissa Lazar

NO ONLINE REGISTRATION

Cost: FREE

SELF-EXPRESSION THROUGH ART

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

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

Instructor: Joan McCann

NO ONLINE REGISTRATION

Cost: \$1.00

Fundraiser

June 22

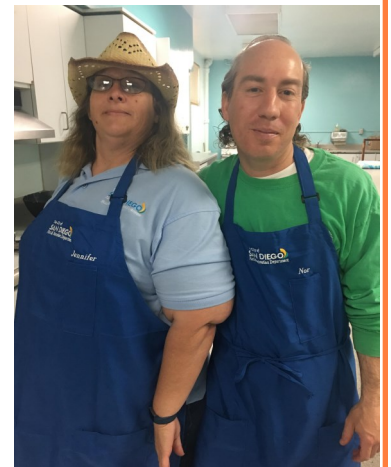
11:00 a.m. - 9:00 p.m.

7095 Clairemont Mesa Blvd. 92111

Request a flyer from the TRS office and take it with you to the Kearny Mesa Souplantation and 20% of sales generated will benefit SMC Summer Nights program.

TRS Top Chefs!

Thank you to staff member Jennifer Walsten and volunteer Nor Colon for being superstars of the kitchen! They were recently awarded their own one-of-a-kind aprons to thank them for their hard work.



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



Saturday, September 9, 2017

6:00 p.m.-10:00 p.m.

Town & Country Resort

500 Hotel Circle North

Cost: \$50 Code: 39282

Music • Dancing • Gourmet Cuisine

You must be 18 years or older to attend. Register online at www.sdreconnect.com. Registration begins June 24th. Last day to register is August 25, 2017. Register early as space is limited. Parking will cost \$3.00 at the gate. *No direct supervision provided.*



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

Kid Zone

Ages 3-12

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.

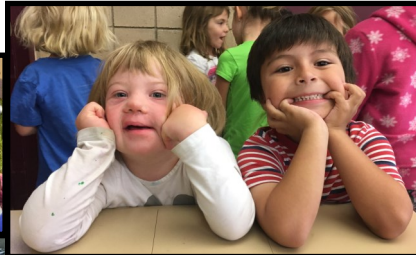
PLEASE NOTE: FIRST-TIME PARTICIPANTS MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN.

SUMMER ADVENTURE CAMP

July 24th - 28th
9:00 a.m. - 4:00 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. Drop-off and pick-up each day at South Clairemont Recreation Center (3605 Clairemont Drive, 92117).

CODE: 36825



OUTINGS

CHOLLAS LAKE

Saturday, June 10 **12:00 - 3:00 p.m.**
Come join us for a playday at the lake. We will go kayaking, hiking, scavenger hunting, and more! Bring a sack lunch. Drop-off and pick-up at 6350 College Grove Drive, 92115.

CODE: 39382

Cost: \$5.00

PEPPER GROVE PARK

Sunday, June 25 **12:00 - 3:00 p.m.**
Come have fun in the sun! Drop-off and pick-up will be at the playground at Pepper Grove Park (Pepper Grove Drive 92101). Please bring a sack lunch.

CODE: 39384

Cost: \$7.00

CHUCK E. CHEESE'S

Sunday, August 6 **10:00 - 12:30 a.m.**
Kid Zone is headed to Sensory Sensitive Sundays. Drop-off and pick-up at Chuck E Cheese (3146 Sports Arena Blvd. 92110). Pizza lunch is included.

CODE: 39586

Cost: \$14.00

INCLUSION — WE CAN ALL PLAY TOGETHER!

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

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

Kick Back Club

Ages 13-18



Gerald Cunanan

gcunanan@sandiego.gov
619-236-7756

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.

SUMMER NIGHTS!

COSMIC BOWL & PIZZA

Thursday, June 8 5:30 - 9:30 p.m.
Meet at Parkway Bowl (1280 Fletcher Parkway, El Cajon, 92020). Pizza will be provided.

CODE: 39278

Cost: \$25.00

BOOMERS & SOUPLANTATION

Thursday, June 22 5:30 - 10:00 p.m.
Drop-off at Souplantation (7095 Clairemont Mesa Blvd, 92117). We will walk over to Boomers after dinner for mini golf, games, and rides. Cost includes dinner and Boomers. Pick up at Boomers (6999 Clairemont Mesa Blvd).

CODE: 39277

Cost: \$30.00

PICNIC & ZOO

Thursday, July 6 5:00 - 9:00 p.m.
Drop-off at the War Memorial Building (3325 Zoo Drive, 92101). We will serve a picnic on the grass and then walk over to the zoo. Pick-up at the Zoo.

CODE: 39281

Cost: \$20.00

BONFIRE ON THE BAY

Thursday, July 20 5:30 - 8:30 p.m.

Drop-off and pick-up in front of restrooms on Vacation Island (Vacation Road and Ingraham Street, 92109). Dinner will be provided.

CODE: 39276

Cost: \$10.00

DINNER & A MOVIE

Thursday, August 3 5:30 - 9:30 p.m.

Drop-off at BJ's Restaurant (1370 Frazee Road, 92108). Pick-up at 7510 Hazard Center Drive #100, 92108. Cost includes movie and dinner. Bring extra money for movie snacks.

CODE: 39279

Cost: \$25.00

HORNBLOWER DINNER CRUISE

Thursday, August 17 5:30 - 10:00 p.m.

This event is open for any KBC member (friends, and family welcome) 13 and over. Meet at the Hornblower Dinner Cruise (Grape St. Pier 1800 N. Harbor Dr. 92101). Please be on time, the boat will leave with or without you! Minimal supervision provided.

CODE: 39280

Cost: \$60.00

(18 and over use code: 39149)



See page 8 for registration information.

\$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.

NO SMC RECREATION NIGHTS IN JUNE, JULY, AND AUGUST (Returning September 2017!)

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

SUMMER NIGHTS!

COSMIC BOWL & PIZZA

Thursday, June 8 5:30 - 9:30 p.m.
Meet at Parkway Bowl (1280 Fletcher Parkway, El Cajon, 92020). Pizza will be provided.

CODE: 39136 Cost: \$25.00

BOOMERS & SOUPLANTATION

Thursday, June 22 5:30 - 10:00 p.m.
Drop-off at Souplantation (7095 Clairemont Mesa Blvd 92117). We will walk over to Boomers after dinner for mini golf, games, and rides. Cost includes dinner and Boomers. Pick up at Boomers (6999 Clairemont Mesa Blvd).

CODE: 39137 Cost: \$30.00

PICNIC & ZOO

Thursday, July 6 5:00 - 9:00 p.m.
Drop-off at the War Memorial Building (3325 Zoo Drive, 92101). We will serve a picnic on the grass then walk over to the zoo. Pick-up at the Zoo.

CODE: 39140 Cost: \$20.00

BONFIRE ON THE BAY

Thursday, July 20 5:30 - 8:30 p.m.
Drop-off and pick-up in front of restrooms on Vacation Island (Vacation Road and Ingraham Street, 92109). Dinner will be provided.

CODE: 39143 Cost: \$10.00

DINNER & A MOVIE

Thursday, August 3 5:30 - 9:30 p.m.
Drop-off at BJ's Restaurant (1370 Frazee Road, 92108). Pick-up at 7510 Hazard Center Drive #100, 92108. Cost includes movie and dinner. Bring extra money for movie snacks.

CODE: 39147 Cost: \$25.00

HORNBLOWER DINNER CRUISE

Thursday, August 17 5:30 - 10:00 p.m.
This event is open for anyone 18 and over. Friends and family are welcome! Meet at the Hornblower Dinner Cruise (Grape St. Pier 1800 N. Harbor Dr., 92101). Please be on time, the boat will leave with or without you! Minimal supervision provided.

CODE: 39149 Cost: \$60.00



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

Independent Club

Ages 21+

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.**



Aly Larson

allarson@sandiego.gov
619-236-7755

**NO MEETINGS IN JUNE,
JULY, OR AUGUST**

OUTINGS!

AQUATICA

Saturday, August 26

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

Celebrate the end of summer with your friends! Drop-off and pick-up in front of Aquatica (2052 Entertainment Circle, Chula Vista, 91911). Bring a sack lunch or money to buy lunch.

CODE: 39152

Cost: \$15.00

CERAMIC CAFÉ AND LUNCH

Saturday, June 17

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

Meet in front of Ceramic Café (5500 Grossmont Center Drive, La Mesa, 91942) at Grossmont shopping center. Bring money for the food court.

CODE: 39154

Cost: \$16.00

BONFIRE ON THE BAY

Thursday, July 20

5:30 - 8:30 p.m.

Drop-off and pick-up in front of restrooms on Vacation Island (Vacation Road and Ingraham Street, 92109). Dinner will be provided.

CODE: 39143

Cost: \$10.00

HORNBLOWER DINNER CRUISE

Thursday, August 17

5:30 - 10:00 p.m.

This event is open for anyone 18 and over. Friends and family are welcome! Meet at the Hornblower Dinner Cruise (Grape St. Pier 1800 N. Harbor Dr., 92101) Please be on time, the boat will leave with or without you! Minimal supervision provided.

CODE: 39149

Cost: \$60.00



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

Leisure Seekers

Ages 18+

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



Danny Kimpel

dkimpel@sandiego.gov
619-236-7753

SOCIAL CONNECTION

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

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! Register online or call by Wednesday (deadline) prior to program and pay at the door. Call (619) 525-8247 to register.

Cost: \$4.00

BEACH AT BALBOA PARK

June 1: Join us for a beach themed celebration as we welcome summer by creating beach inspired crafts, playing lawn games, and enjoying great food with friends!

CODE: 38966

PATRIOTIC BBQ

July 6: Bring your patriotic spirit and join us for lawn games, crafts, and burgers and dogs on the grass.

CODE: 38967

NO AUGUST SOCIAL CONNECTION.

Attend the LUAU!

Details on page 17.



SOFTBALL LEAGUE

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

Two sessions remaining: 6/7, 6/21

Come cheer on the teams as the games continue at Morley Field Softball Fields in Balboa Park. Who will win the sportsmanship award this year?

SOFTBALL AWARDS BBQ

Wednesday, June 21nd

1:00 - 3:00 p.m.

Mark your calendars for our awards celebration beginning with leisurely softball games, then enjoy a BBQ lunch and award ceremony held at Morley Field softball field. Bring lawn chairs and sunscreen! **Sign up and register you and your guests by Friday, June 16th.**

BBQ Cost: \$4.00 per person



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



Hawaiian Luau Party

The refreshments are chosen. The theme is set. We are having a Luau you'll never forget. Dress up Hawaiian, as you've done in the past. Get ready for some fun in the sun and a grand feast at last!

Thursday, August 24 11:00 a.m.-2:00 p.m.
Mariner's Point, 1100 West Mission Bay Drive, 92109

Registrations taken at the War Memorial Building, online or call (619) 525-8247.
Lunch will only be guaranteed to those paying by August 18th.

CODE: 38975 **Early Registration (by August 18): \$4.00**
Late registration: \$5.00

Space is limited. Register and pay ahead to guarantee lunch!

IS Community Outings

SUMMER CONCERT

Thursday, June 22 5:30 - 7:30 p.m.

Join us for a rocking time as we listen to the contemporary blues stylings of "145th Street." We will have a social hour before the concert. Bring a sack dinner to enjoy. Please call (619) 552-8247 to register yourself for the outing by Wednesday, June 21st.

CODE: 38952 **Cost: Free**



MISSION BEACH

Thursday, July 20 12:00 - 3:00 p.m.

Bring your swimsuit, towel, and sunscreen for an afternoon at the beach! Meet us at the Mission Beach Lifeguard Tower (3141 Ocean Front Walk, 92109). Bring a lunch or money to purchase food at the beach. We will finish the afternoon with a round of miniature golf at Belmont Park.

CODE: 38955 **Cost: \$5.00**

ARCHERY

Wednesday, August 16th

Session A: 11:00a.m. - 1:00p.m.

Session B: 1:30 - 3:30p.m

Join us for an afternoon of archery lessons with a certified archery instructor at the Morley Field Archery Range. All equipment is provided. Space is limited. Register by Friday, August 11th.

CODE: 38961 **Cost: \$2.00**

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



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

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.

Pedal through some of San Diego's most beautiful bike trails meeting people and building endurance.

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

August 19: North Crown Point Shores
(3791 Corona Oriente Rd. 92109)

September 9: Glorietta Bay Park (Coronado)
(1813 Strand Way, Coronado 92118)

September 23: Robb Field (Ocean Beach)
(2525 Bacon St., 92107)

October 14: Miramar Lake
(10304 Scripps Lake Dr., 92131)

October 28: Fiesta Island
(1200 East Mission Bay Dr., 92109)

November 11: North Crown Point Shores
(3791 Corona Oriente Rd. 92109)

CODE: 39155

ADAPTIVE SPORTS-MUNI GYM

Thursday's: 6:00 - 8:00 p.m.

Municipal Gym (2111 Pan American Plaza, 92101)

•••••Cost: Free•••••

Wheelchair Soccer

6/8, 6/15, 6/22, 6/29, 7/6

Test your skills with this exciting and fast sport! We will pair you up with other players. Use team work to score as many goals as possible by throwing the ball into a soccer-style goal. Bring your own sports wheelchair, or borrow one of ours. Call (619) 525-8247 to sign up ahead of time to ensure proper amount of equipment is available.

Wheelchair American Football

7/20, 8/3, 8/17, 8/24, 8/31

Are you ready for some football?! This sport is open to people of all ability levels who enjoy the game and want to get in on the action. We will pair you up with other players. Bring your own sports wheelchair, or borrow one of ours. Call (619) 525-8247 to sign up ahead of time to ensure proper amount of equipment is available.

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. Contact: Nick Hurd

FAMILY DAY ON THE BAY

Date: TBD **8:00 a.m.- 1:00 p.m.**

Soak up the sun at beautiful Mission Bay and participate in paddle boarding, surfing, tandem bike rides, handcycling, and other outdoor games. This program is for Injured Service Members and their families. Lunch will be provided. Don't forget to bring plenty of sunscreen and water! Call (619) 525-8247 for more information.

NO ONLINE REGISTRATION

Cost: Free

**See above
Adaptive Sports for
WHEELCHAIR SOCCER
AND AMERICAN
FOOTBALL.**

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

Adaptive Events



Nick Hurd

nhurd@sandiego.gov
619-236-7772

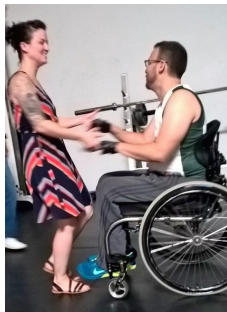
Adaptive programs (designed for persons with physical disabilities) promote health and fitness by working on increasing cardio-vascular endurance, upper body strength, wheelchair mobility skills, and leisure independence in a recreational environment.

YES, YOU CAN DANCE!

Thursdays, May 4 - 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

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

This club, for seniors who are deaf or hard of hearing, **meets every Wednesday at Deaf Community Services (1545 Hotel Circle, 92108)** 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.

Call (619) 398-2441 or VP (619) 550-3436 for more information.
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 impairments or those who are not otherwise able to walk unaided on the beach. Reservations are not required, but are recommended.



Closed January - February

March - April/November - December

Friday, Saturday, Sunday 11:30 a.m. - 3:30 p.m.

May - October

Monday, Wednesday-Friday 11:30 a.m. - 4:30 p.m.

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

Closed Tuesdays (May - October)

To reserve, please call (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.



Juan Razo

jrazo@sandiego.gov
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.

RECOVERY GAMES MEETINGS

War Memorial Building (3325 Zoo Drive, 92101)
Wednesdays: June 28, (No July meeting), August 23
10:00 - 11:00 a.m.

Help with the development of the Recovery Games programs and events. All recovery homes are encouraged to have a representative attend our meetings and give input based on the benefit of the program. Meetings will be held once a month. Contact Juan with any questions at (619) 525 - 8247.

CODE: 35715

Cost: Free

BANNER CONTEST

Morley Field (2221 Morley Field Dr. 92104)
Wednesday, June 14 10:00 a.m. - 2:00 p.m.

"We will succeed in 2017" is this year's Recovery Games theme. Celebrate Recovery as each house/organization is invited to attend with a 4ft. by 6ft. banner with this year's theme represented. Activities include: 40 yard dash, softball throw, 1 mile run, tug of war, and relay race. This program is open to families. Please contact Juan with any questions at (619) 525 - 8247.

CODE: 38812

Cost: FREE



2017 Table Tennis Winners

SOFTBALL TOURNAMENT

Morley Field (2221 Morley Field Dr. 92104)
Wednesday, August 30 9:00 a.m. - 2:00 p.m.

Think you have the best softball team? Test your skills at our annual double elimination softball tournament. Top three teams will receive a trophy and the biggest trophy will be awarded to the team with the best sportsmanship. Teams who want T-shirts please contact Juan at (619) 525-8247. T-shirts are \$10 each. **Your team must register and pay by Wednesday, August 23.**

CODE: 38936

Cost: \$50.00 per team



HOM END OF SUMMER DANCE

War Memorial Building (3325 Zoo Drive, 92101)
Friday, August 25 7:00 - 11:00 p.m.

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

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

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

Volunteer Opportunities

Ages 13+



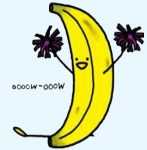
Danny Kimpel

dkimpel@sandiego.gov
619-236-7753

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.

Check out this quarter's "Top Banana," exceptional volunteers who rise above and beyond their call of duty. Please help us in thanking Nikki Tajima for everything she has done for our programs and participants!

Top Banana Nikki Tajima



Nikki came across TRS while looking for summer volunteer opportunities to gain more experience for her major/career in Occupation Therapy. She heard about TRS summer camps through a friend whose brother is an avid participant. Nikki started out as a volunteer for Camp Wet and Wild and now volunteers at multiple programs per month. She enjoys TRS because she loves seeing the participants and volunteers enjoying their time together. Nikki says that "the participants never fail to make her smile." Nikki's advice to future and fellow volunteers is to "attend one event from each age group because there are so many wonderful people of all different ages that attend TRS events. Every single program is fun and eventful, and it's worth the time to get to know all of the participants well."

When Nikki isn't volunteering with TRS she enjoys hiking, cliff diving, listening to music, and trying new types of cuisine. Nikki will be attending California State University, Long Beach in the fall to pursue her degree and we know that she will do great! Thank you Nikki for all of your hard work, commitment to our programs, and for giving back to the community!



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.

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: Lindsay H.
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. More information: www.sdwoundedwarriortennis.org.

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) 303-4685



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.

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! Tickets are being offered at a 50% discount to all beneficiaries, using code: **CHARITY**. Purchase tickets at:

www.sdfestivalofthearts.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE				1 WC Dance ADP Sports- Dance LS Social Connection	2 CAC Art Peoples Ist Conference	3 All Tandem All Bowling League 10
4	5	6	7 LS Softball League 8	8 WC Dance ADP Sports- Soccer SMC/KBC Summer Nights 1	9 Drama CAC Art	10 Handcycle 5 LJ Arts Festival KZ Chollas Lake
11 LJ Arts Festival	12	13	14 PIR Banner Contest DSAC Meeting	15 WC Dance ADP Sports- Soccer	16 CAC Art	17 IND Club Outing
18	19	20	21 LS Softball League 9 LS Softball League Awards BBQ	22 LS Outing SMC/KBC Summer Nights 2 WC Dance ADP Sports- Soccer	23 CAC Art	24 ALL Bowling Banquet Handcycle 6 BBQ
25 KZ Pepper Grove Park	26	27	28 PIR RG Meeting	29 Deaf Seniors ADP Sports- Soccer	30 CAC Art	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY						1 ALL Tandem
2	3	4 Holiday- OFFICE CLOSED	5	6 LS Social Connection ADP Sports- Soccer SMC/KBC Summer Nights 3	7 CAC Art	8
9	10	11	12	13	14 CAC Art Drama	15
CAMP AT THE BAY (NORTH CROWN POINT) 9:30 a.m.- 3:00 p.m.						
16	17	18	19	20 ADP Sports- Football SMC/KBC Summer Nights 4 LS Outing	21 CAC Art	22
23	24	25	26	27	28 CAC Art	29
Junior Adaptive Sports Camp 9:00 a.m. to 4:00 p.m.						
KID ZONE SUMMER ADVENTURE CAMP 9:00 a.m.- 4:00 p.m.						
30	31					



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST						
			2	3 ADP Sports- Football SMC/KBC Summer Nights 5	4 CAC Art	5 ALL Tandem
6 KZ Outing	7	8	9	10 ADP Sports- Football	11 Drama CAC Art	12
CAMP WET AND WILD (MISSION BEACH, N.JETTY) 10:00 a.m.- 3:00 p.m.						
13	14	15	16 LS –Archery	17 ADP Sports- Football SMC/KBC Summer Nights 6 Hornblower	18 CAC Art	19 Handcycle 1
20	21	22	23 PIR Meeting	24 ADP Sports- Football LS Luau	25 CAC Art PIR Dance	26 IND Aquatica
27	28	29	30 PIR softball	31 ADP Sports- Football		

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.**

The City of
SAN DIEGO
Park and Recreation Department

“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.