

The City of

SAN DIEGO

Park and Recreation Department

THERAPEUTIC RECREATION SERVICES

WINTER

2017-2018

DECEMBER • JANUARY • FEBRUARY

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.

STAFF

Kristi Fenick, CTRS
District Manager

Julie Gregg, CTRS
Supervising Therapeutic Recreation
Specialist

Jon Richards, CTRS
Supervising Therapeutic Recreation
Specialist

THERAPEUTIC RECREATION SPECIALISTS

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

THERAPEUTIC RECREATION LEADERS

Michael Bichler	Cheryl Pawlak, CTRS, RTC
Taevee Davis	Noor Raffed
Kirsten De Los Santos	Lina Rendon, CTRS
Kira Duffett	Jennifer Stevenson
Janet Estrada	Alexis Suseberry
Leslie Fajardo	Nikki Tajima
Lindsey Hollis	Sharon Tenorio
Josefina LeDay	Lauren Turner
Mark Leo	Jennifer Walsten
Andrea Murphy	Jaclyn Zamudio, CTRS
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

WINTER registration begins November 18 and SPRING registration begins February 17

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

To be eligible for program participation you must create a profile online using the Online Activity Registration System. Log on at SDRecConnect.com. In addition to the War Memorial Building open Monday—Friday, staff will be available from 10 a.m.-2 p.m. on Saturday, November 18.

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

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

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

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

LATE PICK UP FEE POLICY

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

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

TRANSACTION FEES/REFUND POLICY

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

STAFF/INTERN UPDATES

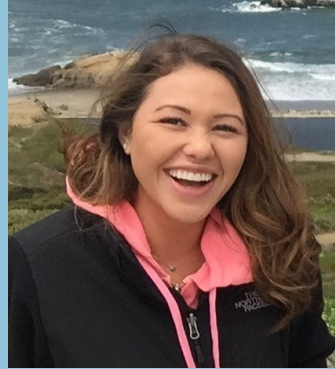
A WARM WELCOME TO OUR NEW INTERNS

Meet Alaina and Nicole



Alaina is a senior at California State University, Chico studying Recreation Therapy and Recreation Administration. She was born in London, but has spent most of her life growing up in the city of Walnut Creek, CA. She enjoys spending time hiking outdoors, doing arts and crafts, playing sports,

working out at the gym, spending time with friends, trying new foods, traveling, and reading a good book in her hammock. She is excited to begin her internship in San Diego and gain valuable experience in the field of Recreation Therapy, working with a diverse population of participants.



Nicole is a Senior at California State University, Sacramento. She is completing her academic coursework in Recreation Therapy. She was born and raised in Sacramento, CA. She loves playing soccer, going on hikes and spending a lot of time outdoors, including camping at Lake Tahoe and visiting beaches

regularly. She has a passion for animals and enjoys spending time with her dogs. She is always looking for new things to do in her community and ways to become involved with helpful organizations.



STAFF SPOTLIGHT

Why did you want to work at TRS?

I actually didn't know about the position until a family member sent me the job post, thinking it would be a great fit. I'm so glad they did! TRS has not only been the most fun, but also fulfilling job I've ever had, and has taught me a lot about the public service field.

What is your favorite moment working at TRS?

My favorite moments are summer camps, the energy is electric, and the participants make it fun. Definitely a week I look forward to each year!

What is your favorite hobby outside of work?

I love musicals! I can be found performing through out the community in classic and contemporary musicals with hopes to move to New York, someday.

What was the best vacation you've ever taken?

I worked for Carnival Cruise Lines for a year. We went to Jamaica, the Bahamas and Mexico, all really beautiful places I was so lucky and grateful to visit; working with people from all around the world was really awesome too.

What is a fun fact about yourself?

I played on the very first women's softball team at California State University, San Marcos.

What is your advice to new volunteers and staff at TRS?

Bring the fun! This program has been around for a long time and your new energy is vital to its success. If you're thinking about volunteering or interviewing, go for it! You never know what you can learn when you try something new.



DSAC CORNER

Disabled Services Advisory Council, Inc.

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



DSAC 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 *DSAC Scholarships for the annual Ski and Disneyland trips*.

Donate at: www.gofundme.com/dsac-ski-and-disneyland-trips or share this link.

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

(Disabled Services Advisory Council)



Every little bit COUNTS!

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. Please join us in thanking the agencies listed below for their contributions.

Once again, a big thank you to the *Haunted Trail in Balboa Park* and *Scream Zone*, who both generously donated entrance to their haunted venues. Thank you to *Captain Rollo's Kids at Sea* for treating a boatful of children/teens and their family members to an afternoon Deep Sea Fishing Adventure. The 18th Annual Consumer Recognition Luncheon on October 13th was a big success, with over 200 consumers recognized, with the following agencies making financial and/or in-kind donations: *DaKine's*, *NAMI San Diego*, *Pacific Beach Women's Club*, *RI International*, *Road to Recovery*, *San Diego Coalition for Mental Health*, and *Optum Health*. For the second year in a row, *Mission Bay Yacht Club* provided a fun-filled day, starting with breakfast followed by sailing, kayaking, and much more, during Kids Summer Adventure Camp.

Thank you to ALL for contributing to the success of TRS programs.



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

HOLIDAY EXTRAVAGANZA 2017

2017 Holiday EXTRAVAGANZA. CRAFT FAIR, and DANCE

Saturday
December 16, 2017
2:00-5:30 p.m.

War Memorial Building
3325 Zoo Drive, San Diego
92101

Park in Zoo Parking lot

MEET

Santa AND PLAY FREE
Games

WITH FRIENDS AND FAMILY
Snacks available for purchase

Check everyone off of your list at the

Craft Fair

Going on throughout the
Holiday Extravaganza

If you are interested in selling some of
your homemade crafts, please call

(619) 525-8247

CODE: 43974

GOT TALENT?!

Showcase your skills and perform a song,
dance, or other creative act of your choice.

Call 619-525-8247 to register.

Teddy Bear Dance

6:00 - 9:00 p.m.

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

Cost: \$5.00 or new Teddy Bear

The City of
SAN DIEGO
Park and Recreation Department

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 for these programs.

TANDEM BIKE RIDE

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

Teens and adults, join us for some biking fun and socialization! Tandem bikes, helmets, snacks, and water are provided. Meet at the site at 10:30 a.m. Sign up ahead of time to ensure proper amount of equipment. Call (302) 563-2886 in the morning to see if the ride has been canceled due to weather. **Cost: \$2.00**



December 2: Lake Murray & Starbucks Social (\$5)
CODE: 46378 5540 Kiowa Drive, 91942

January 20: Mission Trails Visitor Center
CODE: 46379 1 Father Junipero Serra Trail, 92119

February 3: Shelter Island (Shoreline Park)
CODE: 46380 2200 Shelter Island Drive, 92106

March 3: Lake Miramar
CODE: 46402 10304 Scripps Lake Dr., 92131



Holiday Fair

Thursday, December 14 10:00 a.m.-1:00 p.m.

'Tis the season for some holiday fun! Gather your friends and come to the War Memorial Building for an afternoon of games, crafts, and music! Bring a sack lunch. Lunch is not provided. Call (619) 525-8247 to register no later than Monday, December 11th. Pay at the door. **Direct supervision is not provided. Must be 16 years or older to attend.**

NO ONLINE REGISTRATION

Cost: \$2.00



DISNEYLAND TRIP

Wednesday, February 7 7:30 a.m.-7:30 p.m.

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



CODE: 46401

Cost: \$65.00

TICKETS FOR DISNEYLAND

To purchase discounted tickets for Disneyland, a person in your household *must have a disability and a current assessment on file*. Please call our office to set-up a meeting with our staff. This year, tickets are available for one week only. You must come into the office to pay and pick-up your tickets. **Limit 6 tickets per household.** Tickets can be purchased in the office starting December 11th.

COST: \$59 for one day, one park*

\$88 for one day, park hopper*

***Parking is included**

DATES: Tickets valid for the week of February 5-10 only



SELF-EXPRESSION THROUGH ART

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

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

Instructor: Joan McCann

Cost: \$1.00

NO ONLINE REGISTRATION

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

SCHEDULE OF EVENTS

ALL ARCHERY

Thursdays, January 4, 11, 18, 25
3:00 – 5:00 p.m.

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

CODE: 46401

Cost: \$20.00

BIG BEAR SKI TRIP

Monday, February 5 5:00 a.m.-8:00 p.m.

Let's hit the slopes! Join us for our annual Big Bear Ski Trip. Payment includes equipment, lift ticket, lessons, and transportation. Bring your own lunch or money to purchase lunch. All disabilities are welcome. Adaptive skiing is available. Space is limited. Please contact Nick at (619) 236-7772 or Nhurd@sandiego.gov for more information. **Pick-up and drop-off at the War Memorial Building (3325 Zoo Dr., 92101)**

CODE: 46735

COST: \$85.00



STRIKEFORCE BOWLING LEAGUE

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

2/3, 2/17, 3/3, 3/17, 4/7, 4/21, 5/5, 5/19, 6/2, 6/16

Ready for a striking great time with 10-pin excitement? This ten session league just keeps rolling forward, followed by an awards banquet on Saturday, June 23rd. Cost includes two games each session, shoe rental and awards banquet for team members (guests extra fee). Individuals are welcome and we will find a team for you. We meet at Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, San Diego, 92111). **Payment is due by February 2nd; no money will be accepted at activity.** Spaces are limited.

*Banquet Details will be in Spring 2018 Calendar

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

Code: 45969

Valentine's Dance

Saturday, February 10 6:00 p.m.-9:00 p.m.

War Memorial Building, 3325 Zoo Dr., 92101

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

NO ONLINE REGISTRATION

Cost: \$5.00



UNIVERSAL SOUND AND BLISSED YOGA

4:00-5:00 p.m.

3rd Wednesday each month: 12/20, 1/17, 2/21

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

NO ONLINE REGISTRATION

Cost: FREE

LAUGH HOUR

Every Wednesday 11:00 a.m. – 12:00 p.m.

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

Instructor: Alicia Sacks

NO ONLINE REGISTRATION

Cost: FREE

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

Ages 3-12



Kid Zone

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. Contact: Gerald Cunanan • (619) 236-7756 • gcunanan@sandiego.gov

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

Brunch with Santa

Saturday, December 16
11:30 - 2:30 p.m.

Enjoy a delicious brunch with your family and meet Santa! We will have face painting, games, and activities for the whole family. Brunch will be served from 11:30a.m.-1:00p.m. Gifts will be provided for each child, ages 3-13. Meet at the grassy area at the east end of the War Memorial Building. Stay for the Holiday Extravaganza (see page 7). Register online by Friday, December 8.

CODE: 43951

Cost: \$5.00 per person

Winter Adventure

9:00 a.m.-3:00 p.m. Drop-off and pick-up at South Clairemont Rec Center (3605 Clairemont Dr, 92117)

CHUCK E. CHEESE'S + PLAYDAY

Day 1: Monday, December 18

We will be taking public transportation to Chuck E. Cheese's, followed by a playday at the South Clairemont Recreation Center.

CODE: 45063

Cost: \$20.00

LEGOLAND

Day 2: Tuesday, December 19

We will take a bus to Legoland. Bring a sack lunch or money to purchase food.

CODE: 45064

Cost: \$50.00

Playdays

Meet at the War Memorial Building (3325 Zoo Dr., 92101) from 12:00 - 3:00 p.m. for themed activities. Bring a sack lunch. **Cost: \$7.00/playday.**

BUBBLE

Sunday, January 21

We are getting
bubbleicious!

CODE: 44898

ANIMAL

Sunday, February 25

Dress up as a cool
animal!

CODE: 44901

Outings

DISNEY ON ICE

Sunday, January 28 12:00 - 4:00 p.m.

Drop-off and pick-up at the Habit Burger Grill (3455 Sports Arena Blvd, CA 92110) across the street from Valley View Casino Center. Families and friends welcome. **Bring a sack lunch or money for food.** Tickets are limited.

CODE: 44899

Cost: \$25.00

NEW CHILDREN'S MUSEUM

Sunday, February 4 11:30 a.m. - 2:30 p.m.

Meet at the New Children's Museum for an afternoon of exploration. **Bring a sack lunch.** Drop off and pick up in front of the museum (200 W Island Ave, 92101).

CODE: 44900

Cost: \$10.00

INCLUSION — WE CAN ALL PLAY TOGETHER!

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

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

Kick Back 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.

Contact: Gerald Cunanan • (619) 236-7756 • gcunanan@sandiego.gov



Meetings

SPORTS NIGHT

Friday, January 12 6:00 - 8:30 p.m.
Dress in comfortable clothing as we will have a fun, active night playing different sports and games. Dinner will be provided.

CODE: 44903

Cost: \$5.00

TOP CHEF

Friday, February 9 6:00 - 8:30 p.m.
Get ready to show off your culinary talents! Dinner will be provided.

CODE: 44905

Cost: \$5.00

Got Talent?

Sign up for the Holiday Extravaganza Talent Show December 16
Register: 619-525-8247

2017 Holiday
EXTRAVAGANZA!
See page 7 for details

Disneyland Trip

See page 8 for details



Community Outings

HOLIDAY SHOPPING

Friday, December 1 6:00 - 9:00 p.m.
Get your shopping list ready and come hang out with friends while you "shop til you drop." After shopping, we will meet at the food court to wrap presents and enjoy a holiday treat. Drop-off and pick-up between Target and Outback Steakhouse at Mission Valley Mall. Bring money for gifts. Dinner will be provided.

CODE: 44902

Cost: \$5.00

MONSTER JAM

Saturday, January 20 5:30 - 10:00 p.m.
Drop-off and pick up at 4th and K Street, in front of the Hilton Hotel for this exciting Monster Truck event. Foam earplugs will be provided or you may bring your own headphones. This is a loud event. Bring money for food at the stadium. Space is limited.

CODE: 44904

Cost: \$23.00

HARLEM GLOBETROTTERS

Friday, February 16 7:00 - 10:00 p.m.
Meet at Chick-fil-a (3750 Sports Arena Blvd, 92110) in front of the Valley View Casino Center for an evening of high energy entertainment. Bring money for food at the arena. Space is limited.

CODE: 44906

Cost: \$28.00

PLEASE NOTE:

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

Ages 18+



Social Motion Club

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.

Contact: Aly Larson • (619) 236-7755 • allarson@sandiego.gov.

Recreation Nights Community Outings

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

Join us for fun, food, and friendship.

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

No December Recreation Night

Attend the...



HEALTH AND FITNESS NIGHTS

Join your friends in learning new workout routines, healthy eating, and more!

January 12: Carmel Mountain Recreation Center

Code: 46538 10152 Rancho Carmel Drive

January 26: War Memorial Building

Code: 46539 3325 Zoo Drive

DISNEY NIGHT

It's almost the happiest place on Earth! Enjoy some Disney games and fun.

February 9: Carmel Mountain Recreation Center

Code: 46540 10152 Rancho Carmel Drive

February 23: War Memorial Building

Code: 46541 3325 Zoo Drive

Got Talent?

**Sign up for the Holiday Extravaganza
Talent Show December 16
Register: 619-525-8247**

PLEASE NOTE:

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

HOLIDAY SHOPPING

Friday, December 1

6:00 - 9:00 p.m.

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

CODE: 46546

Cost: \$5.00

MONSTER JAM

Saturday, January 20

5:30 - 10:00 p.m.

Drop-off and pick up at 4th and K Street, in front of the Hilton Hotel for this exciting Monster Truck event. Foam earplugs will be provided or you may bring your own headphones; this is a loud event. Bring money for food at the stadium. Space is limited.

CODE: 46536

Cost: \$23.00

HARLEM GLOBETROTTERS

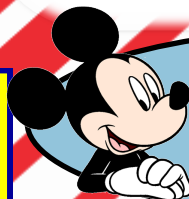
Friday, February 16

7:00 - 10:00 p.m.

Meet at Chick-fil-a (3750 Sports Arena Blvd, 92110) in front of the Valley View Casino Center for an evening of high energy entertainment. Bring money for food at the arena. Space is limited.

CODE: 46537

Cost: \$28.00



Disneyland Trip

See page 8 for details

Valentines Dance

See page 13 for details

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 provided.

Contact: Aly Larson • (619) 236-7755 • allarson@sandiego.gov.



Club Meetings

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

Join us at the War Memorial Building for an evening of dinner and activities. If you are a new member, please set up an interview appointment prior to the meeting by calling (619) 525-8247.

Cost: \$7.00*

***includes transaction fee**

HOLIDAY GIFT EXCHANGE

December 8: Bring a wrapped gift to exchange with your friends (\$7 - \$10 price range for gifts).

CODE: 46542

ELECTION SPEECHES

January 5: Prepare your speeches to run for office.

CODE: 46543

TRS'S AMAZING RACE

February 2: Compete with a partner to be the next winners of the TRS Amazing Race!

CODE: 46544

VALENTINES DANCE

Saturday, February 10 6:00 - 9:00 p.m.

War Memorial Building, 3325 Zoo Dr., 92101

Cost includes snacks and DJ entertainment. Direct supervision is not provided and you must be 18 years or older to attend. Pay at the door.

NO ONLINE REGISTRATION

Cost: \$5.00

Community Outings

No December Outing

Attend the...



IN CAHOOTS

Thursday, January 18

5:00 - 8:30 p.m.

Howdy Partner! Get your cowboy boots ready for some fun line dancing and delicious dinner! Pick-up and drop-off in front of In Cahoots (5373 Mission Center Rd.)

CODE: 46545

COST: \$10.00

HARLEM GLOBETROTTERS

Friday, February 16

7:00 - 10:00 p.m.

Meet at Chick-fil-a (3750 Sports Arena Blvd, 92110) in front of the Valley View Casino Center for an evening of high energy entertainment. Bring money for food at the arena. Space is limited.

CODE: 46537

Cost: \$28.00

Save the Date

March 17th, 2018

Gulls Game

Disneyland Trip

See page 8 for details



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

Ages 18+

Leisure Seekers



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.

Contact: Danny Kimpel • (619) 236-7753 • dkimpel@sandiego.gov.



Social Connection

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

CODE: 46175

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! Call (619) 525-8247 to register by the Wednesday prior to the activity.

No online registration. Cost: \$4.00 AT THE DOOR

WINTER WONDERLAND PARTY & GIFT MAKING

December 7: Celebrate the holiday season by making gifts for our loved ones. Bring a friend and enjoy a wonderful dinner and holiday movie.

CODE: 46176

NEW YEAR CELEBRATION

January 4: Join us as we celebrate the New Year with games, activities, and a delicious meal. We will also have a planning meeting for our Summer Calendar and activities.

CODE: 46177

MARDIS GRAS CELEBRATION

February 1: We will be bringing the sights, sounds, tastes, and smells of New Orleans to Balboa Park. Join us for a fun filled afternoon!

CODE: 46178



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

Softball League

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

3/7, 3/21, 4/4, 4/18, 5/2, 5/16, 5/30, 6/13

Individual and team options. We meet at Morley Field (2221 Morley Field Drive, 92104) for an eight session series. *Spaces are limited.* Register and pay online or in person at the War Memorial Building by Wednesday, February 28. Payment will not be accepted on site. **Mandatory coaches meeting at 9 a.m. on March 7th at Morley field.** The Awards BBQ will be on June 20th. Details to follow in Spring Calendar. **Contact Juan Razo at (619) 236-7771.**

CODE: 46400 Cost: \$50.00 team/\$5.00 individual

Community Outings

NO DECEMBER OUTING

CHECK OUT THE 2017 HOLIDAY EXTRAVAGANZA

See page 7 for details

ARCHERY OUTING

Wednesday, January 17

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

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

Session C: 2:30 - 4:00 p.m.

Join us at the Morley Field Archery Range. All equipment is provided. *Limited spots available.*

CODE: 46172

Cost: \$2.00

SAN DIEGO HARBOR CRUISE

Thursday, February 22

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

Meet 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 is not allowed. Bring extra money if you would like to purchase food on the ship. Register online or in person by Friday, February 16th. *Limited tickets available.*

CODE: 46174

Cost: \$12.00

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 • (619) 236-7772 • nhurd@san Diego.gov.

Ages 18+



Hiking

Wednesdays: 9:30 - 11:30 a.m.

This will be an introductory hiking program for the Injured Service Members population. We will start the program hiking and walking at more flat terrain locations and get use to walking for a longer distance. Throughout the weeks, we will start advancing to more difficult un-even terrain.

January 3: Mission Bay Pedestrian Path

North Getty Rd. 92109

Meet at the Mission Beach Jetty
Restrooms, next to the lifeguard tower.

January 24: Oak Canyon Trail

2 Father Junipero Serra Trail, 92119
Meet at Old Mission Dam Parking lot

January 10: Mission Trails Visitor Center

1 Father Junipero Serra Trail, 92119

January 31: Cowles Mountain

Corner of Navajo Rd. and Golfcrest Dr.,
92119

Cowles Mountain Trail Head

January 17: Los Peñasquitos Canyon Trail

12350 Black Mountain Rd, 92129

Meet at Canyonside Recreation Center,
behind the baseball fields in the dirt lot

CODE: 46403



Cost: FREE

Big Bear Ski Trip

Monday, February 5

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

Let's hit the slopes! Join us for our annual Big Bear Ski Trip. Payment includes equipment, lift ticket, lessons, and transportation. Bring your own lunch or money to purchase lunch. All disabilities are welcome. Adaptive skiing is available. Space is limited. Please contact Nick at (619) 236-7772 or Nhurd@san Diego.gov for more information. **Pick-up and drop-off at the War Memorial Building (3325 Zoo Dr., 92101)**

CODE: 46735

COST: \$85.00



Bowling

Wednesdays

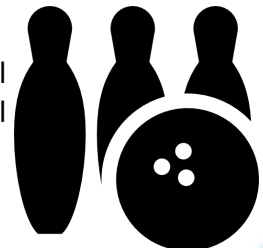
2/7, 2/14, 2/21, 2/28

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

Let the good times roll! There's no time to spare, we're going bowling and we want you there! Call Nick at (619) 236-7772 to sign-up. You must register for this program prior to attending. *Limited space available.*

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

Cost: FREE



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

Ages 8+



Adaptive Sports

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.
Contact: Nick Hurd • (619) 236-7772 • nhurd@sandiego.gov.

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.

Cost: \$15.00 or \$8.00 if you bring your own bike.

CODE: 46303

January 13: North Crown Point Shores
3791 Corona Oriente Rd., 92109

January 27: Glorietta Bay Park (Coronado)
1813 Strand Way, 92118

February 10: Shelter Island (Shoreline Park)
2200 Shelter Island Drive, 92106

February 24: North Crown Point Shores
3791 Corona Oriente Rd., 92109



Adaptive Sports – Injured Service Members
programs for Archery and Stand Up Paddle Board in action! See page 15 for more information on this quarter's opportunities.

Big Bear Ski Trip

Monday, February 5

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

Let's hit the slopes! Join us for our annual Big Bear Ski Trip. Payment includes equipment, lift ticket, lessons, and transportation. Bring your own lunch or money to purchase lunch. All disabilities are welcome. Adaptive skiing is available. Space is limited. Please contact Nick at (619) 236-7772 or Nhurd@sandiego.gov for more information. **Pick-up and drop-off at the War Memorial Building (3325 Zoo Dr., 92101)**

CODE: 46735

COST: \$85.00

Adaptive Kayaking

North Crown Point Shores

Thursdays, February 1, 8, 15, 22

3:00 - 5:00 p.m.

This kayaking session is perfect for the beginner or a kayaker who wants review of the basics. The class begins with instruction on land; then, we take it to the water and will enjoy short kayak paddles around Mission Bay.

CODE: 46304

Cost: \$5.00



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

Adaptive Events

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

YES, YOU CAN DANCE!

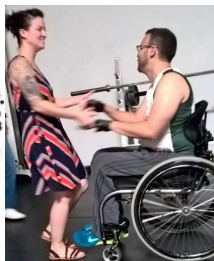
Thursdays, January 4 - February 22, 2018

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 welcome at every session. 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. Try it—no obligation, come back as often as you wish.

Meet at : War Memorial Bldg., 3325 Zoo Dr., 92101.



www.wheelchairdancers.org

2017 STANCE ISA WORLD

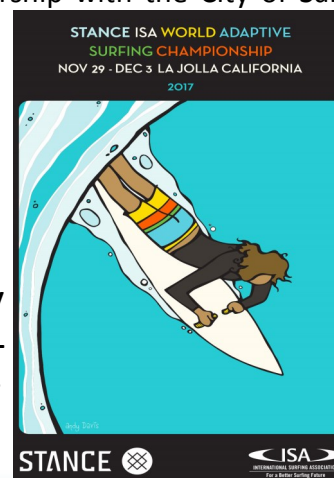
ADAPTIVE SURFING CHAMPIONSHIP

& ADAPTIVE SURFING CLINIC

November 29—December 3, 2017

The 3rd Annual Stance ISA World Adaptive Surfing Championship is set to take place in La Jolla and bring together the adaptive surfing community from around the world through a partnership with the City of San Diego, Therapeutic Recreation Services.

For more info,
please visit:
[www.isasurf.org/
events/isa-world-
adaptive-surfing-](http://www.isasurf.org/events/isa-world-adaptive-surfing-)



BEACH WHEELCHAIR PROGRAM

Take a free one-hour ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility disabilities or those who are not otherwise able to walk unaided on the beach. Reservations are not required, but are recommended. Go to www.sandiego.gov/park-and-recreation/activities/trs and select "Beach Accessibility and Wheel Chair Program" to find other beach and bay accessible locations in San Diego.



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.

Ages 18+



People in Recovery

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.

Contact: Juan Razo • (619) 236-7771 • jrazo@sandiego.gov.

NEW YEAR'S DANCE

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

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

CODE: 46179 Cost: \$5.00 at the door/\$3 pre-pay

VALENTINE'S DANCE—AMIGOS SOBRIOS

Friday, February 16 7:00– 11:00 p.m.
War Memorial Building (3325 Zoo Dr., 92101)

Amigos Sobrios is hosting a Valentines Dance for the Recovery community. Join us as we celebrate another year of love and friendship. Food will be sold during the dance.

Contact Diane at (619)381-1574 with any questions
No Online Registration

Cost: \$5.00 per person or \$8.00 for couples in advance; or \$10.00 per person at the door

RECOVERY GAMES MEETINGS

Wednesdays: January 24, February 28
10:00 - 11:00 a.m.

War Memorial Building (3325 Zoo Drive, 92101)

Join us and help with the development of the Recovery Games programs and events. All recovery homes are encouraged to have a representative attend our meetings and give input based on the benefit of the program.

CODE: 35715

Cost: Free

TABLE TENNIS TOURNAMENT

Saturday, February 24 9:00 a.m. - 1:00 p.m.
Balboa Park Activity Center (2145 Park Blvd., 92101)

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

CODE: 46180

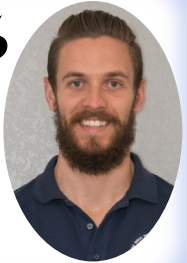
Cost: \$3.00



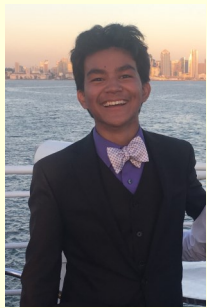
\$2.00 transaction and credit card fees will apply at check-out.

Volunteer Opportunities

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. **Ages 13+**
Contact: Danny Kimpel • (619) 236-7753 • dkimpel@sandiego.gov.



We are grateful for all of our wonderful volunteers who dedicate so much time and energy to make our programs possible. This quarter's "Top Bananas," exceptional volunteers who rise above and beyond their call of duty are:



Adrian De Leon

Adrian first found out about TRS while looking for a way to keep himself busy in December of 2016. He saw a post online looking for volunteers for the Annual Holiday Extravaganza event and decided to sign up... and he's been with us ever since. Adrian enjoys working with the participants and looks forward to volunteering at every event. Adrian says that he "loves being able to get to know the participants and watch them grow (even after only a year)." He also enjoys working with the staff, interns, and volunteers. When Adrian isn't volunteering with TRS, he's practicing trombone and trumpet, exercising, making origami, reading, and cooking or baking. Adrian says "it's such an amazing feeling to be someone's buddy for the day and watch them have fun and encourage them to conquer their fears. If you volunteer long enough, you get to see the participants grow and it changes you."



Victor Ortiz

Victor did online research looking for volunteering opportunities with the City of San Diego in 2016. In spring of 2017, the Volunteer Coordinator presented about Therapeutic Recreation Services and their volunteer opportunities in one of his classes at SDSU. Victor reached out afterwards and the rest is history! Victor really enjoys interacting with each participant and seeing them have fun! When Victor isn't having a blast volunteering with TRS, you can find him being a "total nerd" with his friends playing board games as well as enjoying salsa dancing. For any first timers volunteering with TRS, Victor suggests that you "take cues from the TRS staff, experienced volunteers, and have fun! If you have a great time, the participants will too!"

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



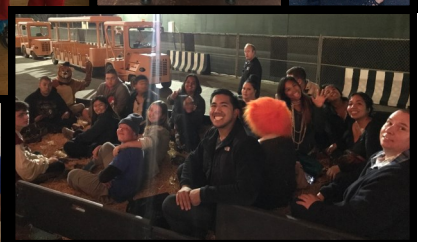
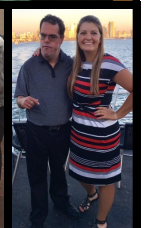
Please contact the Volunteer Coordinator at:

(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.

VOLUNTEERS IN ACTION



FALL MEMORIES



COMMUNITY EVENTS

TRS is proud to collaborate with several community agencies to provide more leisure and recreation opportunities for all. Don't miss these great events happening.



CONTACT: Lindsay H.
Office: (619) 336-1806

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



CONTACT: Brian Richter
San Diego County
Regional Director

Office: (619) 283-6100, www.sosc.org/sandiego
Weekly sports team practices are held throughout the county and city recreation facilities.

WOUNDED WARRIOR TENNIS PROGRAM

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



CONTACT: Walter Jackson
Executive Director
sds4ea@gmail.com, (858) 565-7432

Sporting opportunities are held throughout the week at various City of San Diego Park & Recreation Centers.

SUSIE'S DANCE PARTY

Weekly dance parties are held at the Carmel Mountain Recreation Center, 10152 Rancho Carmel Drive. Saturdays, 4:15-7:00 p.m. Cost: \$12.00-15.00
CONTACT: Susie D'Agostino

Susiedanceparty@aol.com, (619) 303-4865

STARS ACTING WORKSHOP

Weekly dramatic arts classes for adults with developmental and/or cognitive challenges. Check us out at northparkvaudeville.com

CONTACT: Summer Golden

zgolden1@cox.net, (619) 647-4958

DEAF SENIORS CLUB

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

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

GUACAMOLE BOWL

Saturday, February 24 10:00 a.m. - 2:00 p.m.

Join more than 1,000 guests who will help judge who makes the best guacamole at the Balboa Park Club (2150 Pan American Rd. West, 92101). The entry fee is \$25 per team. Sponsorship opportunities from \$50 for an Entertainment Sponsor up to \$5,000 for the Championship Round Sponsor. Proceeds benefit S4EA.

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

SANDI-CAN

Tuesdays: January 30 & February 27

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

Our vision is that older adults and adults with disabilities and those who care for them are able to maintain their purpose, voice and independence, living healthy, safe and fulfilling lives with dignity and respect. Our mission is to be San Diego City's consumer and service provider network, collectively advocating for and affecting policy changes to ensure the equality and advancement of older adults and adults with disabilities. Meetings are at the War Memorial Building, are open to the public and there is no charge. **For more information contact Brian Rollins: brian.rollins@sdcounty.ca.gov or Call (858) 505-6305.**



DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			29 ISA Surf Laugh Hour	30 ISA Surf	1 ISA Surf CAC Art KBC/SMC Shopping	2 ISA Surf All Tandem
3 ISA Surf	4	5	6 Laugh Hour	7 LS Social Connection Quad Rugby-- Sharp	8 CAC Art IND Club Meeting	9 Handcycle 6 BBQ
10	11	12	13 LS Bowling Laugh Hour	14 ALL Holiday Fair Quad Rugby-- Sharp	15 CAC Art	16 Brunch with Santa Holiday Extravaganza Holiday Dance
17	18 KZ Winter Adventure	19 KZ Winter Adventure	20 Yoga Laugh Hour	21 Quad Rugby-- Sharp	22 CAC Art	23
24	25 CLOSED- HOLIDAY	26	27 Laugh Hour	28 Quad Rugby-- Sharp	29 CAC Art	30
31						



JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED- HOLIDAY	2	3 ISM Hiking Laugh Hour	4 WC Dance LS Social Connection All Archery Quad Rugby-- Sharp	5 CAC Art IND Club Meeting	6
7	8	9	10 ISM Hiking Laugh Hour	11 WC Dance All Archery Quad Rugby-- Sharp	12 CAC Art SMC Rec Night CMR KBC Meeting	13 Handcycle 1
14	15 CLOSED- HOLIDAY	16	17 ISM Hiking LS Archery Yoga Laugh Hour	18 WC Dance IND Club Outing All Archery Quad Rugby-- Sharp	19 CAC Art PIR Dance	20 Tandem SMC/KBC Monster Jam
21 KZ Bubble Playday	22	23	24 ISM Hiking PIR-- RG Meeting Laugh Hour	25 WC Dance All Archery Quad Rugby-- Sharp	26 CAC Art SMC Rec Night WMB	27 Handcycle 2
28 KZ Disney on Ice	29	30	31 ISM Hiking Laugh Hour			



FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 WC Dance LS Social Connection ADP Kayak Quad Rugby-- Sharp	2 CAC Art IND Club Meeting	3 All Tandem All Bowling League 1
4 KZ New Children's Museum Outing	5 ADP Ski Trip	6	7 Laugh Hour ALL-Disneyland ISM Bowling	8 WC Dance ADP Kayak Quad Rugby-- Sharp	9 CAC Art SMC Rec Night CMR KBC Meeting	10 All-- Valentines Dance Handcycle 3
11	12	13	14 Laugh Hour ISM Bowling	15 WC Dance ADP Kayak Quad Rugby-- Sharp	16 CAC Art All Harlem Globetrotters PIR Dance	17 All Bowling League 2
18	19 CLOSED- HOLIDAY	20	21 Yoga Laugh Hour ISM Bowling	22 LS Harbor Cruise WC Dance ADP Kayak Quad Rugby-- Sharp	23 CAC Art SMC Rec Night WMB	24 Handcycle 4 PIR Table Tennis
25 KZ Animal Playday	26	27	28 PIR-- RG Meeting Laugh Hour ISM Bowling			

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 (TRANSEXUAL 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.