

The City of  
**SAN DIEGO**  
Parks and Recreation Department  
**THERAPEUTIC RECREATION SERVICES**

Spring  
2018

MARCH \* APRIL \* MAY

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/](http://www.sandiego.gov/park-and-recreation/activities/trs/)



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

## CITY OF SAN DIEGO, PARKS AND RECREATION DEPARTMENT THERAPEUTIC RECREATION SERVICES

The City of San Diego Parks 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**  
**Taevee Davis**  
**Kirsten De Los Santos**  
**Kira Duffett**  
**Janet Estrada**  
**Leslie Fajardo**  
**Lindsey Hollis**  
**Josefina LeDay**  
**Mark Leo**  
**Andrea Murphy**  
**Monica Olivan**

**Cheryl Pawlak, CTRS, RTC**  
**Noor Raffed**  
**Lina Rendon, CTRS**  
**Jennifer Stevenson**  
**Alexis Suseberry**  
**Nikki Tajima**  
**Sharon Tenorio**  
**Lauren Turner**  
**Jennifer Walsten**  
**Jaclyn Zamudio, CTRS**

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## WHERE TO START/GET INVOLVED!

**Mission Statement:** The City of San Diego Parks 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 Therapeutic Recreation Specialist. This assessment will help place you or your child in the appropriate group to begin attending programs.

### ONLINE REGISTRATION/PAYMENT PROCESS

**SPRING** registration begins February 17 and **SUMMER** registration begins May 12.  
Summer Camp Registration begins March 3rd.

**Please note:** Checks can not be mailed into the office. Payment can be done with a credit card online from home/a neighbor's computer, or at the War Memorial Building (3325 Zoo Dr., 92101) room 6, Monday-Friday between 8:30 a.m. and 4:30 p.m. In addition, the War Memorial Building will be open from 10 a.m.-2 p.m. on Saturdays, February 17th and March 3rd to assist with registration. A credit card, check or cash (exact change needed) can be utilized when paying in person. **There is an additional \$2.00 transaction and credit card fee that will be applied to all registrations.**

To be eligible for program participation you must create a profile online using the Online Activity Registration System. Log on at [SDRecConnect.com](http://SDRecConnect.com).

**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!

### TRANSACTION FEES/REFUND POLICY

Requests for refunds 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 issued for transactions of \$10.00 or more. You will need to come into the office to request a refund. For registrations: \$2 transaction fee and a 3% processing fee will be charged for every transaction and the fees are nonrefundable. Refunds may take up to 30 days to process.

**New Check Policy:**  
**Make checks payable to**  
**CITY TREASURER**

# MEMORIES



## STAFF SPOTLIGHT



*Taereve Davis*

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

I was working at another Recreation Center for 5 years and volunteering in special education classrooms. I saw the interaction between student and aide and the huge impact it makes for the special needs population and thought, I want to be a part of that impact!

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

My favorite moment had to be the last day of the last summer camp, Camp Wet and Wild 2017, when we had the Talent Show. Our campers have so much talent!

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

Finding treasures in thrift stores and collecting Rae Dunn Pottery

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

Mexico, last spring when I got to see Chichen Itza and visit the eco water park, Xcaret

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

I have a birthmark in the shape of a heart on my left side under my arm.

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

Have fun! The participants look to you as role models and they want to see you guys having fun as well!

## 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, and provide public relations and fundraising support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested individuals. Meetings are held on the 2nd Wednesday evening of each month, at 6:00 p.m. in room 1 at the War Memorial Building. Agendas and minutes are posted in Room 6 at the War Memorial Building. Please call Kristi Fenick at (619) 533-6333 for more information.

## ANNUAL MEETING AND ELECTIONS

DSAC held their annual meeting and elections on Wednesday, January 17, 2018. Board members and officers for 2018 are:

<b>Chair</b>	<b>Kurt Farrington</b>
<b>Vice Chair</b>	<b>Peter Ballantyne</b>
<b>Secretary</b>	<b>Renee Cookson</b>
<b>Treasurer</b>	<b>Richard Gilbert</b>

Board members for 2018 include **Anita Paredes, Lin Taylor, Eleanor Tamayo, Cecily Thorton-Stearns, Shirley Hesche, Megan Nunez, Dallin Young, Betty Templeton, Deatriz Cook, and Bill Keesling** as a returning general member. We look forward to another great year of supporting TRS!

## DONOR APPRECIATION

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

Kid Zone Brunch with Santa on December 16, 2017 was a huge success with 55 children receiving gifts from Santa. Thank you to Maher from Jack In the Box on 220 W Washington Street, Janelle from Starbucks on 3801 Fifth Ave, and Nancy from Barons Market on 3231 University Ave for their generous donation of food and coffee for this magical event.



**Barons**  
market



Thank you to our special guest, Master Chef contestant and former Recreation Specialist, Jenny Cavellier, for cooking a delicious brunch for our families.



[www.sharp.com/rehab](http://www.sharp.com/rehab)

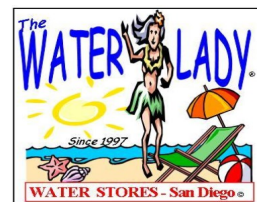


**Paralyzed Veterans of America**

Cal-Diego Chapter

Proud to be a Sponsor of "Best of the West."

[www.caldiegoopva.org](http://www.caldiegoopva.org)



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



DSAC has created a GoFundMe account to help find creative ways to fundraise. Each quarter TRS will designate a program for funds to be distributed to. This quarter we have created a fundraising campaign to raise funds to help support this year's Harvest Ball. It's easy to get involved! You can help fundraise by donating to: [www.gofundme.com/harvestball](http://www.gofundme.com/harvestball)

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



*The annual Harvest Ball is attended by over 250 adults with various disabilities. Every year, these adults count down the days for this special opportunity to dress up in their finest and enjoy dinner and dancing. The cost of renting a venue has become very expensive throughout the years. People with disabilities tend to have limited incomes. To keep costs for this wonderful event affordable to our participants, please help by donating to the go fund me account above.*

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

### amazon smile 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](http://smile.amazon.com).
2. Once you are prompted to choose an organization to donate to, select **Disabled Services Advisory Council, Inc in San Diego, CA**
3. *Shop Away!*



### Ralphs & Food4Less 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](http://www.food4less.com) or [www.ralphs.com](http://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](http://www.food4less.com) or [www.ralphs.com](http://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)**



**Every little bit COUNTS!**

# SUMMER CAMPS

## REGISTRATION FOR SUMMER CAMPS BEGIN SATURDAY, March 3, 2018 at 10:00 A.M.

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

**Cost for TRS camps: \$200.00 (includes \$2.00 transaction fee)**

### CAMP AT THE BAY

**Monday-Friday, July 9-13, 9:30 a.m. to 3:00 p.m.**

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

**CODE: 48388**

### KIDZONE SUMMER ADVENTURE CAMP

**Monday-Friday, July 23-27, 9:00 a.m. to 3:00 p.m.**

Campers, ages 6 to 12, with any disability, siblings and friends, join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, daily field trips, admission, and transportation costs. Camp meets at South Clairemont Recreation Center, 3605 Clairemont Dr., 92117. Leader: Gerald Cunanan

**CODE: 48113**

### JUNIOR ADAPTIVE SPORTS CAMP

**Monday-Friday, July 16-20, 9:00 a.m. to 4:00 p.m.**

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

### CAMP WET AND WILD

**Monday-Friday, August 6-10, 10:00 a.m. to 3:00 p.m.**

Campers, ages 10 to adult, with any disability, siblings and friends will enjoy kayaking, surfing, games, crafts and more. Camp meets at S. Mission Beach, N. Jetty Rd. Leader: Juan Razo

**CODE: 48252**

### INCLUSION SUPPORT

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

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

# SCHEDULE OF EVENTS

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

# ALL

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.**

Tandem bikes, helmets, snacks, and water are provided. 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. **Cost: \$2.00**

**March 3:** Lake Miramar  
10304 Scripps Lake Dr., 92131

**CODE: 46402**

**April 7:** Quivira Basin (Hospitality Point Gazebo)  
2542 Quivira Ct., 92109

**CODE: 47962**

**April 29:** See Pedal to the Park (\$25)

## SPRING FLING DANCE

**Friday, March 16 10:00 a.m. – 1:00 p.m.**

Located at the Balboa Park Club (2150 Pan American Way). Direct supervision is not provided. You must be 16 years or older to attend. Lunch is not provided. Snacks available for purchase

**NO ONLINE REGISTRATION Cost: \$2.00 at the door**

## PICNIC AT THE PARK & PADRES GAME

**Sunday, April 29 11:00 a.m. – 4:30p.m.**

Get into Padres' spirit with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the New York Mets. Cost includes lunch, games, crafts, and ballpark treats to take to the game. Game starts at 1:10 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel. **No staff supervision for participants under 13, an adult companion must attend.**

See: Pedal to the Park

**CODE: 47996**

**Cost: \$25.00**



## TALENT SHOW



**Friday, April 20**

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

Sign up to perform or cheer on your friends! Light refreshments will be provided. **If you wish to perform, please call our office at (619) 525-8247 to register by Monday, April 16th.**

**NO ONLINE REGISTRATION**

**Cost: \$3.00**



## ZOO TICKETS

**Saturday, May 12**

Grab your friends, hat, sunscreen, and camera as we enjoy a day of exotic animals at the San Diego Zoo. Meet at the War Memorial Building to pick-up your tickets between 9:30 and 10:30 a.m. on May 12. Direct supervision is not provided. Once you pick up your tickets you are on your own. **Register online or in person no later than Wednesday, May 9th.**

**CODE: 48131**

**Cost: \$10.00**



**Sunday, April 29**

**9:00 a.m. – 5:00 p.m.**

**From War Memorial Building to Petco Park**

Join us as we ride bikes to Petco Park to watch the Padres take on the New York Mets. We will meet at the War Memorial Building (3325 Zoo Drive) and ride our bikes through an 8 mile scenic route. After the game we will ride back to the War Memorial Building for pickup. You may bring your own bike. Lunch will be provided. Limited amount of bikes available. Please call (619) 525-8247 to reserve a bike.

Game starts at 1:10 p.m.

**CODE: 47963**

**Cost: \$25.00**

# SCHEDULE OF EVENTS

Run, walk, swim, golf, skate, bike, hike, or recreate your way to health in 2018. Visit various recreation centers between June 16 and August 18 to complete designated activities and receive your very own SD Parks Fitness Goal Book to help you establish and achieve your fitness goals.



Participate in the 2 month program with free and easy registration at your local Park and Recreation facility or at [sdreconnect.com](http://sdreconnect.com)

## Calling All Pups!

"Barks Fit" participants will receive a bandana at the events.

Tag your snaps and selfies with #ParksFitSD

## Kickoff Event - 1 Mile Fun Run & Festivities

Saturday, June 16, 2018 at 8:00am

Dolores Magdaleno Memorial Recreation Center,  
2902 Marcy Ave., San Diego 92113

## Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 18, 2018 at 7:30am

NTC Park, 2455 Cushing Rd, San Diego 92106  
Stay Fit San Diego!

Visit: [www.sandiego.gov/parksfitsd](http://www.sandiego.gov/parksfitsd) for more information.

Proudly Presented by:



Official financial partner of the City of San Diego

## MADCAPS Benefit Show 2018 American Road Trip

Every year, MADCAPS (Mothers and Daughters Club Assisting Philanthropies) puts on a benefit show to raise money for the philanthropies they support. Last year, the organization raised \$17,500 for TRS. Join us in supporting this amazing organization and the important work they do. Visit [www.SDMADCAPS.org](http://www.SDMADCAPS.org) for tickets and information.



## SELF-EXPRESSION THROUGH ART

War Memorial Building 3325 Zoo Drive, 92101

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**

## VIBRATIONAL SOUND YOGA

Wednesdays, 3/21, 4/18, 5/16

5:00 - 6:00 p.m.

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

**NO ONLINE REGISTRATION**

**Cost: FREE**

## 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 are an extra fee). Individuals are welcome and we will find a team for you. We meet at Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, 92111). **Payment is due by February 2; no money will be accepted at activity.** Space is limited.

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

**CODE: 45969**



**\$2.00 transaction and credit card fees will apply at check-out.  
Checks payable to CITY TREASURER**

## SCHEDULE OF EVENTS

# ALL CAMPING TRIP

Saturday, May 19 - Sunday, May 20, 2018

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

**Direct supervision will not be provided. TRS staff will be available from 5:30-9:30 p.m. on May 19th.**

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

**CODE: 47995**

**Cost: \$15.00 per person**



*Happy New Year  
from our family to yours!*



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

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

## SPRING ADVENTURE!

Drop-off and pick-up at South Clairemont Recreation Center (3605 Clairemont Dr, 92117).

### Playday and Swimming CODE: 47919

Monday, March 26 9:00 a.m. - 3:00 p.m.

Bring a sack lunch, swimsuit, towel, and change of clothes for a play day at the South Clairemont Rec Center. Cost: \$20.00

### Safari Park CODE: 47920

Tuesday, March 27 9:00 a.m. - 4:00 p.m.

Lions and tigers and bears, oh my! Off to Safari Park we go! Cost: \$30.00

## PICNIC AT THE PARK & PADRES GAME

Sunday, April 29

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

Get into Padres' spirit with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the New York Mets. Cost includes lunch, games, crafts, and ballpark treats to take to the game. Game starts at 1:10 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel. No staff supervision for participants under 13, an adult companion must attend.

**CODE: 47996**

**Cost: \$25.00**

## 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.

### WILD WILD WEST PLAYDAY

Sunday, April 8

**CODE: 47922**

### PIRATES PLAYDAY

Sunday, May 6

**CODE: 47923**



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

## OUTINGS

### BOOMERS

Sunday, April 22

12:00- 3:00 p.m.

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

**CODE: 47921**

**Cost: \$20.00**

### MISSION TRAILS HIKE

Saturday, May 19

2:30- 5:30 p.m.

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

**CODE: 47924**

**Cost: \$7.00**

## INCLUSION — WE CAN ALL PLAY TOGETHER!

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

**Ages 13-18**



# Kick Back Club

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

### ST. PATRICK'S DAY

**Friday, March 16** 6:00-8:30 p.m.

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

**CODE: 47925**

**Cost: \$5.00**

### SPRING FLING

**Friday, April 13** 6:00- 8:30 p.m.

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

**CODE: 47949**

**Cost: \$5.00**

### PANCAKES AND PAJAMAS

**Friday, May 11** 6:00 - 8:30 p.m.

Come dressed in your pajamas! We will be having breakfast for dinner which includes pancakes, sausage, and eggs.

**CODE: 47951**

**Cost: \$5.00**

## Talent Show!! See page 8

### PICNIC AT THE PARK & PADRES GAME

**Sunday, April 29** 11:00 a.m.- 4:30 p.m.

Get into Padres' spirit with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the New York Mets. Cost includes lunch, games, crafts, and ballpark treats to take to the game. Game starts at 1:10 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel. **No staff supervision for participants under 13, an adult companion must attend.**

**CODE: 47996**

**Cost: \$25.00**



## OUTINGS

### CORONADO FERRY

**Saturday, March 24** 12:00- 3:00 p.m.

Meet at the basketball courts at Seaport Village (200 Marina Park Way) to take a cruise over to Coronado for an afternoon at the beach. Bring a sack lunch, swimsuit, towel, and change of clothes. *Space is limited.*

**CODE: 47929**

**Cost: \$10.00**

### BRUNCH AND A MOVIE

**Sunday, May 27** 10:00 a.m.-3:00 p.m.

Enjoy a pancake and egg brunch at BJ's Restaurant then head over to the UltraStar Theater to watch the new AVENGERS movie! Drop-off in front of BJ's (1370 Frazee Rd., 92108) and pick-up in front of the Theater (7510 Hazard Center Dr, San Diego, CA 92108).

**CODE: 47952**

**Cost: \$25.00**

## Family Camping See page 10 for details

**\$2.00 transaction and credit card fees  
will apply at check-out.  
Checks payable to CITY TREASURER**

# 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.

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

## RECREATION NIGHTS

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

Join us for fun, food, and friendship at the North County or Balboa Park location (or both!). Dinner and activity supplies are provided.

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

### ST. PATRICK'S DAY

Test your luck as we chase the leprechaun's and look for pots of gold. Don't forget to wear GREEN!

**Friday, March 9: Carmel Mountain Recreation Center**

**CODE: 47987** 10152 Rancho Carmel Drive, 92128

**Friday, March 23: War Memorial Building**

**CODE: 47988** 3325 Zoo Drive, 92101

### EARTH DAY

Celebrate our Earth! Hear about ways to help our environment and how to reduce, reuse, and recycle.

**Friday, April 13: Carmel Mountain Recreation Center**

**CODE: 47989** 10152 Rancho Carmel Drive, 92128

**Friday, April 27: War Memorial Building**

**CODE: 47990** 3325 Zoo Drive, 92101

### AROUND THE WORLD

Learn about different cultures of other countries. We will play various games, eat foods from different countries.

**Friday, May 11: Carmel Mountain Recreation Center**

**CODE: 47991** 10152 Rancho Carmel Drive, 92128

**Friday, May 25: War Memorial Building**

**CODE: 47992** 3325 Zoo Drive, 92101

## PICNIC AT THE PARK & PADRES GAME

**Sunday, April 29**

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

Get into Padres' spirit with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the New York Mets. Cost includes lunch, games, crafts, and ballpark treats to take to the game. Game starts at 1:10 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel. **No staff supervision for participants under 13, an adult companion must attend.**

**CODE: 47996**

**Cost: \$25.00**

## SMC OUTING

### WILLY WONKA- ARMS WIDE OPEN

**Saturday, March 3**

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

Support your friends and see the play Willy Wonka and the Chocolate Factory! Drop-off and pick-up in front of the Lyceum Theater (866 Broadway Circle, 92101). Please eat dinner prior to arrival, refreshments will be for sale during the intermission. *Space is limited.*

**CODE: 47993**

**Cost: \$25.00**

### BRUNCH AND A MOVIE

**Sunday, May 27**

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

Come enjoy a pancake and egg brunch at BJ's Restaurant then head over to the UltraStar Theater to watch the new AVENGERS movie! Drop-off in front of BJ's (1370 Frazee Rd., 92108) and pick-up in front of the Theater (7510 Hazard Center Dr, San Diego, CA 92108).

**CODE: 47994**

**Cost: \$25.00**



**\$2.00 transaction and credit card fees will apply at check-out.**  
**Checks payable to CITY TREASURER**

Ages 21+



# Independent Club

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.

## 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 Aly at: (619) 236-7755.

**Cost: \$7.00 (includes \$2.00 transaction fee)**

### ST. PATRICK'S DAY

**March 2:** Come enjoy a night filled with fun and friends, and don't forget to wear GREEN!

**CODE: 47982**

### 80'S NIGHT

**April 6:** Wear your best 80's outfit for a night of 80's themed games, music, and entertainment.

**CODE: 47983**

### STAR WARS

**May 4:** May the 4th be with you! Join your fellow Jedi's and save the galaxy.

**CODE: 47984**

## PICNIC AT THE PARK & PADRES GAME

**Sunday, April 29 11:00 a.m.- 4:30 p.m.**

Get into Padres' spirit with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the New York Mets. Cost includes lunch, games, crafts, and ballpark treats to take to the game. Game starts at 1:10 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel. **No staff supervision for participants under 13, an adult companion must attend.**

**CODE: 47996**

**Cost: \$25.00**

## IND OUTING

### GULLS HOCKEY GAME

**Saturday, March 17 5:00- 10:00 p.m.**

Meet at The Habit Bar and Grill (3455 Sports Arena Blvd, 92110). Bring money for food. *Space is limited.*

**CODE: 47985**

**COST: \$20.00**

### TALENT SHOW

**Friday, April 20 6:00 - 9:00 p.m.**

Sign up to perform or cheer on your friends! Light refreshments will be provided. **If you wish to perform, please call our office at (619) 525-8247 to register by Monday, April 16th.**

**NO ONLINE REGISTRATION**

**Cost: \$3.00**

### SAN DIEGO ZOO

**Saturday, May 12 11:00 a.m. - 3:00 p.m.**

Grab your friends, a sack lunch, and a camera as we enjoy the sights and sounds of the exotic animals at the San Diego Zoo. Come as a group or individual. Meet at the War Memorial Building at 11:00 a.m. sharp before walking over to the zoo. **Register online or in person no later than Wednesday, May 9th.**

**CODE: 47986**

**Cost: \$10.00**

**Family Camping! See page 10**

**\$2.00 transaction and credit card fees will apply at check-out.**  
**Checks payable to CITY TREASURER**

# 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.

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



## SOCIAL CONNECTION

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

Parent Activity CODE: 47891

Cost: \$4.00

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

## ST. PADDY'S DAY

**March 1:** Celebrate St. Patrick's Day with friends by eating Irish inspired food, creating fun crafts, playing casino games, and by wearing green!

CODE: 47892

## SPRING CELEBRATION

**April 5:** Let's celebrate the end of winter and the arrival of spring by creating recycled crafts, playing lawn games, Frisbee Golf in the park, and by enjoying some barbeque.

CODE: 47894

## CINCO DE MAYO

**May 3:** Join us as we honor the holiday and participate in Mexican inspired crafts, games, and festivities. We will build our own tacos for dinner and, of course, enjoy dessert!

CODE: 47895

## 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

Come as a team or sign up individually. We meet at **Morley Field (2221 Morley Field Drive, 92104)** in Balboa Park for an eight session series. Spaces are limited. Register and pay online or in person at the War Memorial Building by **Wednesday, February 28**. **Payment will not be accepted at the first day of softball.** There will be a mandatory coaches meeting at 9 a.m. on March 7 at Morley Field.

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

## SOFTBALL AWARDS BBQ

Wednesday, June 20

10:00 a.m.- 1:00 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. Bring lawn chairs and sunscreen! **Sign up and register you and your guests by Wednesday, June 13.**

BBQ Cost: \$4.00/player and guest



**\$2.00 transaction and credit card fees will apply at check-out.**  
**Checks payable to CITY TREASURER**



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@san Diego.gov](mailto:dkimpel@san Diego.gov).

## OUTINGS

### BALBOA PARK MUSEUMS

**Tuesday, March 20 11:00 a.m. - 3:00 p.m.**

Join us for an afternoon at beautiful Balboa Park. Bring a bag lunch. We will meet at the Spreckels Organ Pavillion (2125 Pan American Rd, 92101) for lunch. Our next stop will be the Japanese Friendship Garden for some beautiful views and relaxation. Lastly, we will walk to the Museum of Man.

The cost is free, but you must register online or call (619) 823-8903 to sign up by Friday, March 16.

**CODE: 48125**

**Cost: FREE**

**Family Camping!**  
**See page 10 for details.**

### SAN DIEGO ZOO

**Saturday, May 12 11:00 a.m. - 3:00 p.m.**

Grab your friends, a sack lunch, and a camera as we enjoy the sights, sounds, and smells of the exotic animals at the San Diego Zoo. Come as a group or individual. Meet at the War Memorial Building at 11:00 a.m. sharp before walking over to the zoo. **Register online or in person no later than Wednesday, May 9th.**

**CODE: 48129**

**Cost: \$10.00**

**\$2.00 transaction and credit card fees will apply at check-out.**  
**Checks payable to CITY TREASURER**



### PICNIC AT THE PARK & PADRES GAME

**Sunday, April 29 11:00 a.m.- 4:30 p.m.**

Get into Padres' spirit with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the New York Mets. Cost includes lunch, games, crafts, and ballpark treats to take to the game. Game starts at 1:10 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel. **No staff supervision for participants under 13, an adult companion must attend.**

**CODE: 47996**

**Cost: \$25.00**



# Injured Service Members Ages 18+

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@sandiego.gov.



## ISM ARCHERY

**Thursdays: 3/1, 3/8, 3/15, 3/29, 4/5**  
**10:00 a.m. – 12:00 p.m**

Practice your aim alongside fellow injured service members every Thursday in March and the first Thursday in April. All equipment is provided. **Space is limited, please call Nick at (619) 236-7772 to**

**NO ONLINE REGISTRATION**

**Cost: FREE**

## ISM GOLF

**Mission Bay Golf Course**

**Wednesdays: 4/18, 4/25, 5/2, 5/9, 5/16, 5/23**  
**10:00 a.m. - 12:00 p.m.**

The first four sessions will consist of practice on the driving range and the last two sessions will take those skills out on the course with a round of golf. **Space is limited, please call Nick at (619) 236-7772.**

**NO ONLINE REGISTRATION**

**COST: Free**

## PICNIC AT THE PARK & PADRES GAME

**Sunday, April 29**

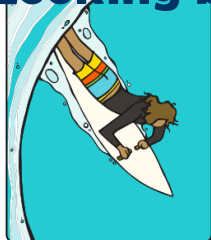
**11:00 a.m.- 4:30 p.m.**

Get into Padres' spirit with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the New York Mets. Cost includes lunch, games, crafts, and ballpark treats to take to the game. Game starts at 1:10 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel. **No staff supervision for participants under 13, an adult companion must attend.**

**CODE: 47996**

**Cost: \$25.00**

## Looking back at...



## 2017 STANCE ISA WORLD ADAPTIVE SURFING CHAMPIONSHIP

NOV 29 - DEC 3, LA JOLLA, CA, USA



presented by:



Photo Credits: Chris Grant



Ages



# 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.

**CODE: 47964**

**Cost: \$25.00/6 week session    Scholarship: \$13.00**

**March 10: North Crown Point Shores**

3791 Corona Oriente Road, 92109

**March 24: Glorietta Bay Park (Coronado)**

1845 Strand Way, Coronado, 92118

**April 14: Shelter Island (Shoreline Park)**

2200 Shelter Island Drive, 92106

**April 28: Harbor Island**

1875 Harbor Island Drive, 92101

**May 12: Fiesta Island**

1200 East Mission Bay Drive, 92109

**May 19: North Crown Point Shores**

3791 Corona Oriente Road, 92109



**\$2.00 transaction and credit card fees will apply at check-out.**  
**Checks payable to CITY TREASURER**

## INDOOR BOCCIA

Thursdays: 4/12, 4/19, 4/26, 5/3, 5/10, 5/17

6:00 - 7:30 p.m.

**Municipal Gym (2111 Pan American Plaza, 92101)**

What is boccia? Boccia— pronounced as botch-ya or botch-ee and also spelled as bocce— is a game of throwing a ball towards a target, first played by the ancient Egyptians with polished rocks. Meet some new friends while giving boccia a try. All Equipment is provided.

**CODE: 47965**

**Cost: Free**



## PICNIC AT THE PARK & PADRES GAME

**Sunday, April 29**

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

Get into Padres' spirit with the TRS team, fellow participants, parents, friends, and family members...everyone is welcome! After lunch, take a short walk to see the Padres take on the New York Mets. Cost includes lunch, games, crafts, and ballpark treats to take to the game. Game starts at 1:10 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel. **No staff supervision for participants under 13, an adult companion must attend.**

**CODE: 47996**

**Cost: \$25.00**

# 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.

## ALL CAN DANCE ON WHEELS OR WALK!

Thursdays, May 3 - June 28, 2017 (No June 7 class)  
 10 to 11 a.m. - Social Dancing & 11 a.m. to 12 p.m. - Dance Instruction  
 War Memorial Building (3325 Zoo Dr., 92101).



Dancing is for everyone! Learn at your own pace and interact with new friends! If you know how or want to learn, **This FREE 8-week dance class is for you!** Come learn line dancing, Cha Cha, Disco or Rumba with a great group of people who use a wheelchair, walker or cane. Able-bodied volunteers are needed to partner with our wheelchair dancers. We invite you to "Try it" you will love it! It is FREE to both wheelchair dancers and able-bodied dancers with no obligation; come dance with us every week!

[www.wheelchairdancers.org](http://www.wheelchairdancers.org)



War Memorial Class with 10 News Kimberly Hunt dancing then surprising Founder Beverly Weurding with "10 News Leadership Award"



At Joan Kroc Center for "Special Olympics" performance for Disabled youth. These kids danced "YMCA" with us jumping out of the stands!

## 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 impairments 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](http://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**

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@sanidiego.gov](mailto:jrazo@sanidiego.gov).

## **SPAGHETTI DINNER**

War Memorial Building (3325 Zoo Drive, 92101)

**Saturday: March 3                      6:30– 8:30 p.m.**

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

**NO ONLINE REGISTRATION**

**Cost: \$10.00**

## **3 on 3 BASKETBALL TOURNAMENT**

Municipal Gym (2111 Pan American Plaza, 92101)

**Sunday, April 15                      9:00 a.m. - 1:00 p.m.**

Our annual 3 on 3 basketball tournament is double elimination with a Men's and Women's Division. The top three teams of each division will be awarded a trophy. We will have a 3 point contest with medals for the top 3 shooters.

**CODE: 47845**

**Cost: \$15.00 per team**

## **TABLE GAMES TOURNAMENT**

War Memorial Building (3325 Zoo Drive, 92101)

**Friday, March 9                      5:00- 10:00 p.m.**

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

**CODE: 47843**

**Cost: \$5.00**

## **SOUTH EAST ALANO DANCE**

War Memorial Building (3325 Zoo Drive, 92101)

**Friday: April 21                      7:00– 11:00 p.m.**

Join us for South East Alano's Dance. For more information, pricing, and to register please call (619) 200-5901. This is a TRS Co-Sponsor activity.

**NO ONLINE REGISTRATION**

**Pay at the door**

## **BANNER CONTEST**

Morley Field (2221 Morley Field Drive, 92101)

**Wednesday, May 9                      10:00 a.m. - 2:00 p.m.**

Join us as we celebrate Recovery. Every house and organization is invited to attend with a 4ft. by 6ft. banner with this year's theme represented on it. There will also be a 40 yard dash, softball throw, one mile run, tug of war, and relay race. This program is open for families to attend.

**CODE: 47847**

**Cost: Free**

## **RECOVERY GAMES MEETINGS**

War Memorial Building (3325 Zoo Drive, 92101)

**Wednesdays: March 28, April 25, May 23**

**10:00 - 11:00 a.m.**

Help develop the Recovery Games programs and events. All recovery homes are encouraged to have a representative attend our meetings and give input based on the benefit of the program. Meetings are held at the War Memorial Building (3325 Zoo Drive, 92101).

**CODE: 47844**

**Cost: Free**

## **RECOVERY GAMES DANCE**

War Memorial Building (3325 Zoo Drive, 92101)

**Friday, May 18                      7:00- 11:00 p.m.**

Celebrate the Recovery Games by being with great people and dancing to great music. Only people 18 years or older will be allowed to enter the dance.

**CODE: 47848**

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

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

**Checks payable to CITY TREASURER**

# 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](http://www.adaptivesportsandrec.org). Weekly adaptive sport team practices are held Tuesdays, Wednesdays, and Saturdays throughout the county.



CONTACT: Brian Richter  
San Diego County  
Regional Director

Office: (619) 283-6100, [www.sosc.org/sandiego](http://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](mailto:stevekappes@hotmail.com), 619-948-4596. More information: [www.sdwoundedwarriortennis.org](http://www.sdwoundedwarriortennis.org).



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

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

## SANDI-CAN

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

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

**For more information call Brian Rollins at**  
[brian.rollins@sdcounty.ca.gov](mailto:brian.rollins@sdcounty.ca.gov) or  
Call (858) 505-6305

## SUSIE'S DANCE PARTY

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

CONTACT: Susie D'Agostino  
[Susiedanceparty@aol.com](mailto: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](http://northparkvaudeville.com)

CONTACT: Summer Golden  
[zgolden1@cox.net](mailto: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 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/week.



**Saturday & Sunday,  
June 9 - 10, 2018**

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

Meet artists of original fine art, experience entertainment and delicious cuisines, complemented with fine wine and craft beer. The Festival by Torrey Pines Kiwanis and benefits adaptive sports and recreation opportunities for San Diegans with disabilities. Purchase tickets at:

[www.sdfestivalofthearts.org](http://www.sdfestivalofthearts.org)

Ages 13+



# 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.

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

## Top Banana

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



## Richard Gilbert



Richard first found out about Therapeutic Recreation Services through a friend who was volunteering for the Tandem bicycle program. The program sounded like something he would like to do, so he contacted the volunteer coordinator at the time, Connie Hegey. Richard was immediately impressed with Connie because she was warm and kind to the clients and never "ordered anyone around". If she wanted something, she would ask in a nice way if she could help. As he did more volunteer work for TRS, he found that all of the staff were like Connie. He said it was refreshing to see employees who were there to serve and enjoyed doing so. She encouraged him to be on the Advisory Council and Richard has been with us ever since. He has found volunteering with TRS to be "fun and rewarding." Richard is also our go-to "fix it guy" and has fixed our popcorn machine, kitchen cabinets, cotton candy machine, and the list goes on! Richard says that "TRS is a wonderful organization that provides opportunities for folks they probably couldn't find any place else. If you think it would be something you would enjoy volunteering for, I say check it out!"



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MARCH</b>				1 LS Social Connection Quad Rugby - Sharp ISM Archery	2 CAC Art IND Club meeting	3 All Tandem All Bowling League 3 PIR Spaghetti Dinner SMC Outing
4	5	6	7 LS Softball League 1	8 Quad Rugby - Sharp ISM Archery	9 CAC Art PIR Table Games SMC Rec Night CMR	10 Handcycle 1
11	12	13	14 DSAC	15 ISM Archery Quad Rugby - Sharp	16 CAC Art KBC meeting Spring Dance	17 All Bowling League 4 IND Club- Gulls
18	19	20 LS Outing	21 Yoga LS Softball League 2	22 ISM Archery Quad Rugby - Sharp	23 CAC Art SMC Rec Night WMB	24 Handcycle 2 KBC Outing
25	26 KZ Spring Adventure	27 KZ Spring Adventure	28 PIR- RG Meeting	29	30 Holiday- Office Closed	31 Holiday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	2	3	4 LS Softball League 3	5 ISM Archery LS Social Connection ADP Sports	6 CAC Art IND Club Meeting	7 ALL Tandem ALL Bowling League 5
8 KZ Playday	9	10	11 DSAC ISM Golf	12 ADP Sports	13 CAC Art SMC Rec Night CMR KBC Meeting	14 Handcycle 3
15 PIR Basketball Tournament	16	17	18 LS Softball League 4 ISM Golf Yoga	19 ADP Sports	20 CAC Art ALL - Talent Show	21 All Bowling League 6 PIR Co-sponsor Dance
22 KZ Outing	23	24	25 ISM Golf PIR Meeting	26 ADP Sports	27 CAC Art SMC Rec Night WMB	28 Handcycle 4
29 Pedal to the Park KBC/SMC Picnic at the Park	30					



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MAY</b>		1	2 ISM Golf LS Softball League 5	3 WC Dance LS Social Connection ADP Sports	4 CAC Art IND Club Meeting TR Workshop	5 All Bowling League 7
6 KZ Playday	7 Sharp Day at the Bay	8	9 DSAC PIR RG Banner Contest ISM Golf	10 WC Dance ADP Sports	11 CAC Art SMC Rec Night CMR KBC Meeting	12 Handcycle 5 IND Outing LS Outing
13	14	15	16 ISM Golf LS Softball League 6 Yoga	17 WC Dance ADP Sports	18 CAC Art KBC Outing PIR Dance	19 All Camping All Bowling League 8 Handcycle 6 KZ Outing
20 All Camping	21	22	23 ISM Golf PIR RG Meeting	24 WC Dance IND Outing	25 CAC Art SMC Rec Night WMB	26 Holiday Weekend
27 KBC/SMC Outing	28 Closed- Holiday	29	30 LS Softball League 7	31 WC Dance		

**Would you rather receive our calendar via e-mail?**

**Email Julie at: [JGregg@sandiego.gov](mailto:JGregg@sandiego.gov)**

**Then, starting with the next calendar,  
you'll receive yours on your own computer.**

The City of  
**SAN DIEGO**  
Parks and Recreation Department

**“WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS”**

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