



Parks and Recreation Department
THERAPEUTIC RECREATION SERVICES



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

E-mail: JGregg@sandiego.gov

Visit our Website at:

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



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.

DISTRICT MANAGER

Kristi Fenick, CTRS

**SUPERVISING THERAPEUTIC
RECREATION SPECIALISTS**

Julie Gregg, CTRS

Jon Richards, CTRS

**THERAPEUTIC RECREATION
SPECIALISTS**

Gerald Cunanan

Nick Hurd

Danny Kimpel

Aly Larson, CTRS

Juan Razo

**THERAPEUTIC RECREATION
LEADERS**

Michael Bichler

Taevee Davis

Kira Duffett

Janet Estrada

Josefina LeDay

Mark Leo

Andrea Murphy

Monica Olivan

Cheryl Pawlak, CTRS, RTC

Noor Raffed

Lina Rendon, CTRS

Jennifer Stevenson

Nikki Tajima

Sharon Tenorio

Lauren Turner

Jennifer Walsten

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Call 619-525-8247

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 will help place you or your child in the appropriate group to begin attending programs. We look forward to hearing from you!

ONLINE REGISTRATION/PAYMENT PROCESS

SUMMER registration begins May 12

FALL registration begins August 18

Please note: Checks can not be accepted through the mail. Payment can be done with a credit card online from home/a neighbor's computer, or at the War Memorial Building (3325 Zoo Dr., San Diego) room 6, Monday-Friday between 8:30 a.m. and 4:30 p.m. A credit card, check or cash (exact change needed) can be utilized when paying in person. **There is an additional \$2.00 transaction and credit card fee that will be applied to all registrations.**

To be eligible for program participation you must create a profile online using the Online Activity Registration System. Log on at SDRecConnect.com. **The War Memorial Building will be open from 10 a.m.- 2 p.m. on Saturday, May 12th to assist with registration.**

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

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

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

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



TRANSACTION FEES/REFUND POLICY

Requests for refunds, transfers or cancellations will be allowed with a minimum of 20 business days. Refunds will only be processed for transactions of \$10.00 or more. Refund checks will be mailed and may take up to 30 days to receive. \$2 transaction fee and a 3% processing fee (if paying by credit card) will be charged for every transaction and the fees are nonrefundable.

STAFF UPDATE & ANNOUNCEMENTS

Welcome Summer Interns, Sarah and Nicole!



SARAH

Sarah is a senior at Indiana University, completing her degree in Recreation Therapy. Sarah is on the women's water polo team at Indiana University and is passionate about sports and inclusive leisure opportunities. Born and raised in San Diego, she is excited to return to the beach and warm weather!

Sarah loves being outdoors, with her favorite activities, including hiking and swimming. She has no fears when it comes to trying new foods, and hopes to one day travel around Europe. In her free time, she loves relaxing at the beach with her friends. What she looks forward to most about her internship is the opportunity to make a positive impact in participants' lives.



NICOLE

Nicole is a senior at Eastern Michigan University, where she studies Therapeutic Recreation, with a minor in Psychology. She is originally from Cleveland, Ohio, but currently lives in Ypsilanti, Michigan. She enjoys spending time with her friends and family, arts & crafts, movies and reading in her spare time. Also, she loves photography, outdoor adventures, like kayaking and hiking when the weather is nice! She is a big sports fan of her hometown Cleveland Indians, and the Pittsburgh Penguins NHL team. Nicole is very excited to complete her internship on the west coast in San Diego to gain new experiences, and broaden her knowledge in the field of recreation.

Farewell and best wishes to our staff who are moving on to other opportunities. **Alexis Suseberry, Lindsey Hollis, Leslie Fajardo, Kirsten De Los Santos and Jaclyn Zamudio** were dedicated, hard working team members and we will truly miss them! Stay tuned to see what new faces we will welcome this summer!

Staff Spotlight



Sharon Tenorio

What is your favorite moment working at TRS?

I enjoy being able to watch our participants try new things, and watching them grow with the activities and programs we have.

What is your favorite hobby outside of TRS?

I like participating in fun runs, painting, and going on random hiking adventures with my dog Ranger.

What is the best vacation you have taken?

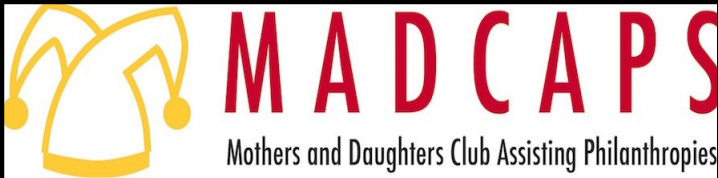
I went to India after college. The people, food and culture were amazing, and I spent a month roaming around the country.

What is a fun fact about yourself?

I LOVE movie theater popcorn. It's my absolute favorite thing.

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

Disabled Services Advisory Council (DSAC) and Therapeutic Recreation Services (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.



Every summer, TRS welcomes an incoming class of 9th grade MADCAPS', a mother-daughter philanthropic group. Thank you to the class of 2021, who volunteered close to 1600 hours in the summer of 2017. In addition to volunteering, MADCAPS has financially supported TRS with generous donations throughout the years. MADCAPS 2018 donation will be utilized to keep program costs low, provide partial scholarships and purchase specialized equipment. We look forward to working with the class of 2022.

Once again, Therapeutic Recreation Services thanks the Hervey Family Non-endowment Fund at the San Diego Foundation for their generous \$5000 donation. Their 2018 donation will benefit thousands of participants, via partial scholarships, summer camp expenses and recreation supplies. The Hervey family have been long time supporters of Disabled Services Advisory Council, Inc. and Therapeutic Recreation Services. Their generosity is very much appreciated!



Thank you to Dallin Young, former Recreation Leader II, for once again donating proceeds from his annual birthday celebration. Special thanks to Potting Pails, Direct Cannabis Network, and Cannabiniers in helping raise \$2500 for Disabled Services Advisory Council, Inc. Funds will be utilized to provide participant scholarships and to enhance programs. Thank you Dallin and crew once again for improving the lives of San Diegans.

Thank you DSAC for your donation to Happiness on 4 Hooves for the KZ Wild West Playday!



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

DSAC CORNER

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

DSAC is updating their logo! Call (619) 525-8247 to find out how you can participate in a logo contest.



DSAC has created a GoFundMe account to help find creative ways to fundraise. This quarter we have created a fundraising campaign to raise funds to help support **Harvest Ball on September 8, 2018**. It's easy to get involved! You can help fundraise by donating to: www.gofundme.com/harvestball or sharing the link and asking your friends and family.

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

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

Fundraiser

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

Follow these easy steps:

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



Fundraiser

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

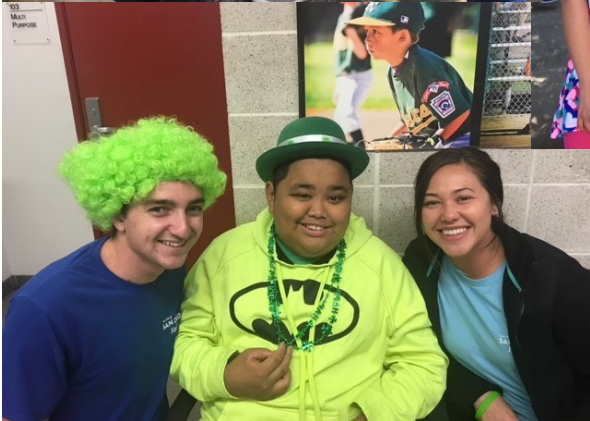
Log onto www.food4less.com or www.ralphs.com to register. You can also call also use the card for your fuel purchases, too! Our organization is "Disabled Services Advisory Council".

To add your community rewards program:

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

**Ralphs fundraiser
information must be
updated after September
1st every year!**

Every little bit COUNTS!



SUMMER CAMPS

REGISTRATION FOR SUMMER CAMPS BEGAN MARCH 3rd

No registration will be taken over the phone. You must register online or in person at the War Memorial Building. **Enrollment is limited. More information for each camp will be mailed upon registration.** Partial and/or full scholarships for all TRS camps are available to those who demonstrate need. Scholarship forms must be on file at the WMB. Camper must have a current assessment completed prior to attending camp. See "On-line Registration" page 3.

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

CAMP AT THE BAY

(currently full, call to be added to waitlist)

Monday-Friday, July 9-13

9:30 a.m. to 3:00 p.m.

Ages: 10 to adult

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

Leader: Nick Hurd

CODE: 48388

KID ZONE SUMMER ADVENTURE CAMP

Monday-Friday, July 23-27

9:00 a.m. to 3:00 p.m.

Ages: 6 to 12

Location: South Clairemont Recreation Center
3605 Clairemont Drive, 92117

Leader: Gerald Cunanan

CODE: 48113

JUNIOR ADAPTIVE SPORTS CAMP

Monday-Friday, July 16-20

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

Ages: 4-18, who have a physical impairment
Please contact ASRA at (619) 336-1806 for
more information.

**Registration for this camp is done through
ASRA, not SDRecConnect.**

CAMP WET AND WILD

(currently full, call to be added to waitlist)

Monday-Friday, August 6-10

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

Ages: 10 to adult

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

Leader: Juan Razo

CODE: 48252

SCHOLARSHIPS

Can't afford AN ACTIVITY?

Thanks to the generosity of donors, Disabled Services Advisory Council (DSAC) is granting partial and full scholarships for camps and year-round programs. To be considered for the scholarship, please call (619) 525-8247 to request an application. After the review of the applications, you will be notified of the decision. Decisions will be made based on the financial need of the participant and each scholarship may be given out in varying amounts.

SCHEDULE OF EVENTS

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



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

TANDEM BIKE RIDE

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

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

June 2: Shelter Island

Shoreline Park: Shelter Island Dr, 92106

Meet in the parking lot across the street from Humphrey's Hotel on Shelter Island. Make a right turn at the roundabout and parking lot will be on your left.

CODE: 50554

Cost: \$2.00

July 21: Harbor Island

Harbor Island Park: 1875 Harbor Island Dr, 92101

Once you turn onto Harbor Island, make a slight right and drive down Harbor Island Drive until you reach the park on the left.

CODE: 50555

Cost: \$2.00

August 4: Liberty Station

NTC Park: Dewey Rd. and Cushing Rd., 92106

Park along Cushing Road next to NTC Park between Dewey Rd. and Chauncey Rd.

CODE: 50556

Cost: \$2.00



SAN DIEGO FAIR TICKETS

June 1 - July 4

As of print time, we do not know whether or not we will be offering discounted tickets to the San Diego Fair for people with special needs. **This program is for people with special needs and their families ONLY.** You or your family member must be an active participant in TRS programs to be considered for tickets (current assessment and profile on SDRcConnet.com). If you qualify and are interested, please call the office after May 28th to get more information on ticket availability (619) 525-8247.



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!

NO ONLINE REGISTRATION

Cost: FREE



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

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

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!

www.sandiego.gov/parksfitsd for more information.

Proudly Presented by:



Official financial partner of the City of San Diego

BOWLING BANQUET

Saturday, June 23

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

The Spring bowling league concludes on June 9th, with a banquet on June 23rd at the Balboa Park Club (2150 Pan American Plaza, 92101). Guests must register online or in person at the War Memorial Building by Friday, June 15th.

CODE: 51471

Cost: \$10 for guests, players free

FREE YOGA

June 20, July 18, August 16 (Room 3)

4:00 - 5:00 p.m.

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

Instructor: USABY <http://usaby.org/>

NO ONLINE REGISTRATION **Cost: FREE**



SELF-EXPRESSION THROUGH ART

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

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

Instructor: Joan McCann

NO ONLINE REGISTRATION

Cost: \$1.00



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



Harvest Ball 2018

Saturday, September 8th
6:00 -10:00 p.m.

Handlery Hotel
950 Hotel Circle North
San Diego, CA 92108

Cost: \$50
Code: 51903

Music • Dancing • Gourmet Cuisine

You must be 18 years or older to attend. Register online at www.sdreconnect.com. Register early as space is limited. Last day to register is August 24, 2018. Parking will cost \$3.00 at the gate. *No direct supervision provided.*



Ages 3-12

Kid Zone

Gerald Cunanan

gcunanan@sandiego.gov
619-236-7756

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

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

Summer ADVENTURE Camp

July 23rd - 27th
9:00 a.m. - 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. Activities include a playday and swimming, *The San Diego Zoo, Wave Waterpark, San Diego Seal Tours, and Mission Bay Yacht Club*. Drop-off and pick-up at South Clairemont Recreation Center on the first day (3605 Clairemont Drive, 92117). More information will be sent after registration.

CODE: 48113

Cost: \$200.00

CHOLLAS LAKE OUTING

Sunday, June 10 11:00 a.m. - 2:00 p.m.

Come join us for a playday at the lake. We will go kayaking, hiking, scavenger hunting, and more! Bring a sack lunch. Drop-off and pick-up at 6350 College Grove Drive, 92115.

CODE: 50758

Cost: \$5.00

NATURE MUD PLAYDAY

Saturday, June 23 10:00 a.m. - 1:00 p.m.

Explore reptiles and other parts of nature through a magnifying glass. Create a fort, walking stick, or bird feeder. Learn about animal tracks, and cooking s'mores in a solar oven. Play in the mud and much more! Participants please wear shoes, clothes suitable for mud, and bring a sack lunch. Drop-off and pick-up at Golden Hill Recreation Center (2600 Golf Course Drive, 92101).

CODE: 50759

Cost: \$5.00

RUBEN H. FLEET SCIENCE MUSEUM

Sunday, August 26 12:00 - 3:00 p.m.

Drop-off and pick-up at Ruben H. Fleet Museum in front of the big fountain (1875 El Prado, 92101). Bring a sack lunch.

CODE: 50760

Cost: \$20.00

INCLUSION — WE CAN ALL PLAY TOGETHER!

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

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

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.



Gerald Cunanan

gcunanan@sandiego.gov

619-236-7756

Summer Nights

REGISTER EARLY! SPACE IS LIMITED FOR ALL EVENTS!

Night #1: BOWLING & PIZZA

Thursday, June 7

5:30 - 9:00 p.m.

Meet at Parkway Bowl (1280 Fletcher Parkway, El Cajon, 92020). Pizza and bowling will be provided.

CODE: 50761

Cost: \$25.00

Night #2: POOL PARTY

Friday, June 22

5:00-8:00 p.m.

Drop-off and pick-up at Memorial Pool (2902 Marcy Ave, San Diego, CA 92113). Catered food and music will be provided.

CODE: 50765

Cost: \$20.00

Night #3: BOOMERS & SOUPLANTATION

Thursday, July 5

5:30 - 10:00 p.m.

Drop-off at Souplantation (7095 Clairemont Mesa Blvd, 92117). We will walk over to Boomers after dinner for mini golf, games, and rides. Cost includes dinner and Boomers. Pick up at Boomers (6999 Clairemont Mesa Blvd).

CODE: 50763

Cost: \$30.00

Night #4: SAN DIEGO ZOO

Thursday, July 19

5:00 - 9:00 p.m.

Drop-off at the War Memorial Building (3325 Zoo Drive, 92101). Sack lunches will be provided and then we will walk over to the zoo. Pick-up at the Zoo (2950 Zoo Drive, 92101).

CODE: 50766

Cost: \$20.00 or \$10.00 with zoo pass, but you must register in the office for the discounted price

Night #5: BONFIRE & MOVIE ON THE BAY

Thursday, August 2

5:30 - 8:30 p.m.

Bring blankets, lawn chairs, and warm clothes to enjoy games, crafts, dinner and a movie. Drop-off and pick-up in front of restrooms at Ski Beach (Vacation Road and Ingraham Street, 92109). Dinner will be provided.

CODE: 50767

Cost: \$10.00

Night #6: PIRATE'S DINNER ADVENTURE

Thursday, August 16

3:00 - 11:00 p.m.

Meet at the War Memorial Building (3325 Zoo Drive) to take a bus to Pirate's Dinner Adventure in Buena Park for a show and gourmet meal.

BUS WILL LEAVE AT 3pm, NO EXCEPTIONS!

CODE: 50768

Cost: \$60.00



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

Ages 18+



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

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.

Summer Nights

REGISTER EARLY! SPACE IS LIMITED FOR ALL EVENTS!

Night #1: BOWLING & PIZZA

Thursday, June 7 5:30 - 9:00 p.m.

Meet at Parkway Bowl (1280 Fletcher Parkway, El Cajon, 92020). Pizza and bowling will be provided.

CODE: 51782 Cost: \$25.00

Night #2: POOL PARTY

Friday, June 22 5:00-8:00 p.m.

Drop-off and pick-up at Memorial Pool (2902 Marcy Ave, San Diego, CA 92113). Catered food and music will be provided.

CODE: 51783 Cost: \$20.00

Night #3: BOOMERS & SOUPLANTATION

Thursday, July 5 5:30 - 10:00 p.m.

Drop-off at Souplantation (7095 Clairemont Mesa Blvd, 92117). We will walk over to Boomers after dinner for mini golf, games, and rides. Cost includes dinner and Boomers. Pick up at Boomers (6999 Clairemont Mesa Blvd).

CODE: 51785 Cost: \$30.00

Night #4: SAN DIEGO ZOO

Thursday, July 19 5:00 - 9:00 p.m.

Drop-off at the War Memorial Building (3325 Zoo Drive, 92101). Sack lunches will be provided and then we will walk over to the zoo. Pick-up at the Zoo (2920 Zoo Drive, 92101).

CODE: 51784

Cost: \$20.00 or \$10.00 with zoo pass, but you must register in the office for the discounted price

Night #5: BONFIRE & MOVIE ON THE BAY

Thursday, August 2 5:30 - 8:30 p.m.

Bring blankets, lawn chairs, and warm clothes to enjoy games, crafts, dinner and a movie. Drop-off and pick-up in front of restrooms at Ski Beach (Vacation Road and Ingraham Street, 92109). Dinner will be provided.

CODE: 51786 Cost: \$10.00

Night #6: PIRATE'S DINNER ADVENTURE

Thursday, August 16 3:00 - 10:30 p.m.

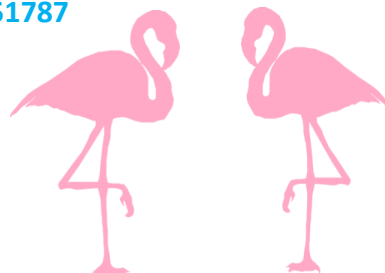
Meet at the War Memorial Building (3325 Zoo Drive) to take a bus to Pirate's Dinner Adventure in Buena Park for a show and gourmet meal.

BUS WILL LEAVE AT 3pm, NO EXCEPTIONS!

CODE: 51787 Cost: \$60.00

NO SMC RECREATION NIGHTS IN JUNE, JULY, AND AUGUST

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



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

Ages 21+

Independent Club



Aly Larson

allarson@sandiego.gov
619-236-7755

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

Meeting

Outings

MOVIE NIGHT

Friday, June 1 6:00 - 9:00 p.m.

Come hang out for a relaxing summer evening watching movies with your friends. Dinner provided.

CODE: 51904

Cost: \$5.00

BEACH DAY

Saturday, June 16 10:00 a.m. - 2:00 p.m.

Meet at Mission Beach in front of the roller coaster at Belmont Park, enjoy a day at the beach with your friends! Wear your swimsuit, bring a towel, beach games, sunscreen, and a sack lunch.

CODE: 51905

Cost: FREE

NO MEETINGS in July or August

AQUATICA

Saturday, July 28 10:00 a.m. - 4:00 p.m.

Come enjoy a day at the waterpark with fun waterslides, lazy rivers, and more! Wear your swimsuit, bring a towel, sunscreen, and extra money for lunch.

CODE: 51906

Cost: \$25.00

CONCERT IN THE PARK

Friday, August 17 5:30 - 8:30 p.m.

Attend the Point Loma Summer Concert and rock out to “Who’s Bad, “A Michael Jackson Tribute.” We will meet at **5:30 p.m. sharp** in front of Fire Station 22 (1055 Catalina Blvd, 92106) next to Point Loma Park. Be sure to bring a lounge chair or blanket and food and/or money to purchase food from the local vendors.

CODE: 51788

Cost: FREE



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

Ages 18+

Leisure Seekers



Danny Kimpel

dkimpel@sandiego.gov
619-236-7753

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

Social Connection

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

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

No online registration.

Cost: \$4.00 at the door

PARENT CODE: 50690

BEACH AT BALBOA PARK

June 7: Join us for a beach themed celebration as we welcome summer by creating beach inspired crafts, playing lawn games, and enjoying great food with friends!

CODE: 50691

PATRIOTIC BBQ

July 5: Bring your patriotic spirit and join us for lawn games, crafts, and burgers and dogs on the grass.

CODE: 50692

NO AUGUST SOCIAL CONNECTION.

Attend the LUAU!

Details on page 17.

Softball

SOFTBALL LEAGUE

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

One session remaining: 6/13

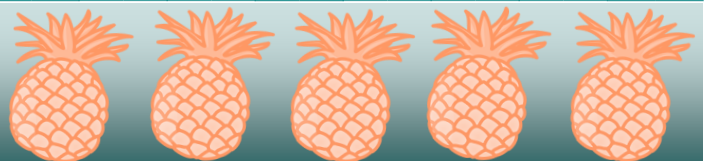
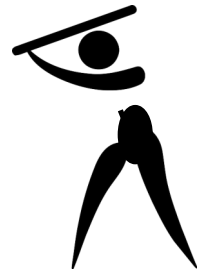
Come cheer on the teams as the games continue at Morley Field Softball Fields in Balboa Park. Who will win the sportsmanship award this year?

SOFTBALL AWARDS BBQ

Wednesday, June 20 10:00 a.m. - 1:00 p.m.

Mark your calendars for our award celebration beginning with leisurely softball games, then enjoy a BBQ lunch and award ceremony held at Morley Field softball field. Bring lawn chairs and sunscreen! **Sign up and register you and your guests by Wednesday, June 13.**

BBQ Cost: \$4.00 per person



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

Hawaiian Luau Party

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

Thursday, August 23

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

Mariner's Point (3200 Mariners Way, 92109)

You must register online or call (619) 525-8247 to sign up by Friday, August 17th to be guaranteed lunch.

CODE: 51314 Cost: \$4.00

LS Community Outings

ARCHERY

Thursday, June 28

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

Session A CODE: 50696

Session B: 1:00 - 2:30 p.m.

Session B CODE: 50697

Join us for an afternoon of archery lessons with a certified archery instructor at the Morley Field Archery Range. All equipment is provided. You must register online or call (619) 525-8247 by Friday, June 22nd at 5 p.m. **Parent CODE: 50695; Cost: \$2.00.**

MISSION BEACH

Thursday, July 19

12:00 - 3:30 p.m.

Bring your swimsuit, towel, and sunscreen for an afternoon at the beach! Meet us at the Mission Beach Lifeguard Tower (3141 Ocean Front Walk, 92109). Bring a lunch or money to purchase food at the beach. We will finish the afternoon with a round of miniature golf at Belmont Park. You must register by Friday, July 13th.

CODE: 51313

Cost: \$6.00

CONCERT IN THE PARK

Friday, August 17 5:30 - 8:30 p.m.

Rock out with us to "Who's Bad: A Michael Jackson Tribute" at the Point Loma Summer Concerts. Meet at 5:30 p.m. sharp in front of Fire Station 22 (1055 Catalina Blvd, 92106) next to Point Loma Park. Bring a lounge chair or blanket and food and/or money to purchase food from the local vendors. The cost is free, but you must register by calling (619) 525-8247 by Wednesday, August 15th.

CODE: 51312

Cost: Free

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

Ages 8+



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

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.

HANDCYCLING

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

Pedal through some of San Diego's most beautiful bike trails meeting people and building endurance. Call (302) 563-2886 in the morning to see if the ride has been canceled due to weather, or for more detailed information.

CODE: 50689 **Cost: \$20.00/5 week session or \$8.00 if you bring your own bike.**

September 8: Glorietta Bay Park (Coronado)

(1813 Strand Way, Coronado 92118)

The address is to the community center. Drive south on Strand Way and park at the end of the park near the intersection of Rendova Rd.

September 22: Liberty Station; NTC Park

(Dewey Rd. and Cushing Rd. 92106)

Park along Cushing Rd. next to NTC Park between Dewey Rd. and Chauncey Rd.

October 13: De Anza Cove Park; Mission Bay

(3000 N Mission Bay Dr. 92109)

October 27: Fiesta Island

(1200 East Mission Bay Dr., 92109)

November 17: North Crown Point Shores

(3791 Corona Oriente Rd. 92109)

ADAPTIVE SPORTS-MUNI GYM

July 26 - Aug 30 (No program on Aug 9)

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

Municipal Gym (2111 Pan American Plaza, 92101)

Improve your flexibility, strength, and endurance in a fun, energetic, and encouraging fitness workout program for individuals with any disability.

Call (619) 525-8247 to register.

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 at (619) 236-7772

**Stand-up Paddle boarding
Coming in the Fall at
Santa Clara Recreation Center**



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

Adaptive events



Nick Hurd

nhurd@sandiego.gov

619-236-7772



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

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

Dancing is for everyone at the War Memorial Building (3325 Zoo Dr., 92101)! 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! **For more information, contact Karma LaDonna at (562) 631-9494/email dancinfoole@hotmail.com or visit 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 and select "Beach Accessibility and Wheel Chair Program" to find 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+



Juan Razo

jrazo@sandiego.gov
619-236-7771

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. Call (619) 525-8247 for more information.

RECOVERY GAMES MEETINGS

War Memorial Building (3325 Zoo Drive, 92101)
Wednesdays: June 27, (No July meeting), August 22
10:00 - 11:00 a.m.

Help with the development of the Recovery Games programs and events. All recovery homes are encouraged to have a representative attend our meetings and give input based on the benefit of the program. Meetings will be held once a month.

CODE: 47844

Cost: Free

CRASH GRADUATION DANCE

War Memorial Building (3325 Zoo Drive, 92101)
Friday, August 24 7:00 - 11:00 p.m.

Celebrate alongside CRASH graduates before their graduation. Food and beverages will be sold onsite. For more information please contact Laura at (619) 554-5182 or Arturo at (619) 704-4404.

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

FUN IN THE SUN

Morley Field (2221 Morley Field Dr. 92104)
Wednesday, June 6 10:00 a.m. - 2:00 p.m.

Bring some fun to our sunny event of games and competitions. Swimming will be available for an additional \$2.00. No lunch will be provided, please bring your own lunch. Activities include softball, football, volleyball, watermelon eating contest, tug of war, table games, and ice cream making.

NO ONLINE REGISTRATION

Cost: \$1.00

HOM END OF SUMMER DANCE

War Memorial Building (3325 Zoo Drive, 92101)
Friday, August 31 7:00 - 11:00 p.m.

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

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

SOFTBALL TOURNAMENT

Morley Field (2221 Morley Field Dr. 92104)
Wednesday, August 29 9:00 a.m. - 2:00 p.m.

Think you have the best softball team? Test your skills at our annual double elimination softball tournament. Top three teams will receive a trophy and the biggest trophy will be awarded to the team with the best sportsmanship. **Your team must register and pay by Wednesday, August 22.**

CODE: 51470

Cost: \$50.00 per team



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

Ages 13+

Volunteer Opportunities



Danny Kimpel

dkimpel@sandiego.gov
619-236-7753

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

Check out this quarter's "Top Banana," exceptional volunteers who rise above and beyond their call of duty. Please help us in thanking A Better Life Together for everything they have done for our programs!

Top Bananas



A Better Life Together

Please join us in congratulating clients from "A Better Life Together" (ABLT) for being this quarter's "Top Bananas." Clients from ABLT volunteer in the office twice a week by helping keep our office and Recreation Room clean and by assisting with various tasks each week. Clients help us clean up before and after events so that our rooms and offices are ready for each program. We can't thank the clients enough for all of their hard work and for being such an important part of our team behind the scenes. Clients also learn valuable job skills through volunteering for TRS and we are proud to see everyone's growth. Our staff really enjoy working with ABLT clients each week and the office wouldn't be the same without them. Thank you "A Better Life Together!"

(Pictured: Alex, Pam, Sammy, and Peter)

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

Required to

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

Qualifications

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

Volunteer Assignments

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

Please contact the Volunteer Coordinator at: (619) 236-7753, or e-mail dkimpel@sandiego.gov, if you are available to help with any of the listed activities or to sign-up for an orientation.

COMMUNITY EVENTS

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



CONTACT: Lindsay
Office: (619) 336-1806

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
Weekly sport team practices are held Tuesdays, at the City Heights Mid City Gymnasium.

WOUNDED WARRIOR TENNIS PROGRAM

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

SUSIE'S DANCE PARTY

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

CONTACT: Susie D'Agostino
Susiedanceparty@aol.com, (619) 303-4685



CONTACT: Walter Jackson

Executive Director
sds4ea@gmail.com,
(858) 565-7432

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

STARS ACTING WORKSHOP

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

CONTACT: Summer Golden
zgolden1@cox.net; (619) 647-4958



Saturday & Sunday, June 9 - 10, 2018
10:00 a.m. - 5:00 p.m.

Meet nearly 200 artists in an intimate setting of original fine art, entertainment and delicious cuisines with fine wine and craft beer as you stroll the turf of Waterfront Park. The Festival is conducted by Torrey Pines Kiwanis and benefits adaptive sports and recreation opportunities for San Diegans with disabilities. Take the opportunity to help support your community, meet special people and enjoy a wonderful day of fun and excitement! Purchase tickets at: www.sdfestivalofthearts.org

DEAF SENIORS CLUB

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

This club, for seniors who are deaf or hard of hearing, **meets every Wednesday at Deaf Community Services (1545 Hotel Circle, 92108)** for social and recreational activities, along with fellowship. Enjoy a variety of table and card games, as well as bingo. Donuts and coffee are served, and members bring a sack lunch. New members are always welcome. Call (619) 398-2441 or VP (619) 550-3436 for more information. **Cost: \$3.00/week**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE					1 CAC Art IND Club Meeting	2 All Tandem All Bowling League 9
3	4	5	6 PIR Fun in the Sun	7 ADP Sports SMC/KBC Summer Nights 1 LS Social Connection	8 Drama CAC Art	9 LJ Arts Festival All Bowling 10
10 LJ Arts Festival KZ Outing	11	12	13 LS Softball League 8	14 WC Dance ADP Sports	15 CAC Art	16 Parks Fit Kick-off IND Outing
17	18	19	20 Yoga LS Softball League 9 LS Softball League Awards BBQ	21 WC Dance ADP Sports	22 CAC Art SMC/KBC Summer Nights 2	23 ALL Bowling Banquet KZ Playday
24	25	26	27 PIR RG Meeting	28 WC Dance ADP Sports LS Archery	29 CAC Art	30



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



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



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

Parks and Recreation Department

"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER [619] 525-8247 OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240). THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.