

The City of

SAN DIEGO 

Parks and Recreation Department

THERAPEUTIC RECREATION SERVICES

FALL



September October November

2018

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

Sabrina Bogosian

Kira Duffett

Janet Estrada

Samantha Greene

Josefina LeDay

Mark Leo

Monica Olivan

Victor Ortiz

Cheryl Pawlak, CTRS, RTC

Lina Rendon, CTRS

Jennifer Stevenson

Melissa Scott

Nikki Tajima

Sharon Tenorio

Lauren Turner

Alex Valencia

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

ONLINE REGISTRATION/PAYMENT PROCESS

FALL REGISTRATION BEGINS AUGUST 18TH AND WINTER REGISTRATION BEGINS NOVEMBER 17TH

Please note: Checks cannot 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., 92101) 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, August 19th 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!

RECREATIONAL PROGRAMS REFUND AND TRANSFER POLICY

If a recreation class or program is cancelled by the City, a full refund of activity fees will be issued except the City will retain the following:

- Any transaction and credit card fees
- Activity fees less than \$10 (excludes transaction and credit card fees)
- No refund or transfer for non-attendance at any class
- No credits to account
- Written refund applications must be submitted, using the City form, in person at the facility where the program

occurs. Refunds will be processed in accordance with the following policy:

One-day Activity/Field Trips: - Refund requests will be granted based on the following requirements: Full refund of the activity fee - application submitted 20 business days prior to the Activity or Field Trip; No refunds - requests submitted less than 20 business days prior to the Activity or Field Trip.

Welcome New Recreation Leaders!



Sabrina Bogosian



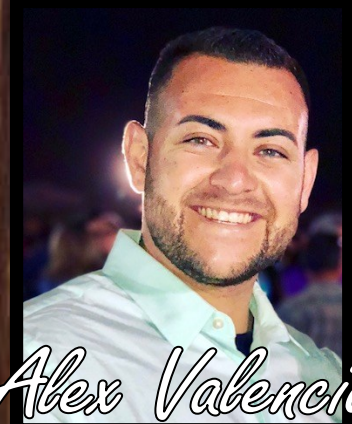
Samantha Greene



Victor Ortiz

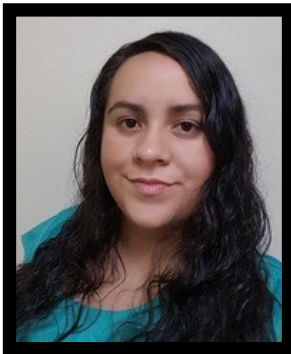


Melissa Scott



Alex Valencia

Meet Our Fall Interns!



Alma is a senior at Sacramento State University. She enjoys spending time with her friends and family, making memories and listening to music. She also likes to try new things when it comes to it being outdoors.



Jana is a senior at Brigham Young University Idaho. She grew up in a large family that loved road trips and game nights. Some of her interests include reading, hiking, figure skating, kenpo, cooking new foods and traveling.



Staff spotlight



Jennifer Stevenson

Why did you want to work at TRS? I had an excellent experience as a volunteer for TRS and it seemed like a natural progression applying for a staff position.

What is your favorite moment working at TRS? I enjoy the collective moment when you become friends with the participants after sharing fun or challenging experiences.

What is your favorite hobby outside of work? Starting all kinds of projects and never finishing.

What was the best vacation you've ever taken? My best vacation was two months of camping in the Himalayas to bird-watch for science with my friend.

What is a fun fact about yourself? I usher plays in my spare time.

ANNOUNCEMENTS

Upcoming Move!

Therapeutic Recreation Services (TRS) is very excited about our upcoming move to Park de la Cruz (PDLC) Community Center, located at 3901 Landis St. SD, 92105. PDLC is scheduled to open this Winter which will be the new home for TRS and Senior Services. The move will be bitter-sweet, as there have been many good memories and friendships formed over the past 35 years at our current location (War Memorial Building). The countless Kid Zone playdays, KBC events, Adaptive Sports, SMC, Independent Club, People in Recovery and Leisure Seekers gatherings have brought many smiles to all of our faces over the years. These memories will stay with us, and we look forward to creating new memories and more recreational opportunities at PDLC. PDLC has a number of multi-purpose rooms, including a recreation room, fitness center, gymnasium, ball field, sensory room and kitchen. We will be announcing a grand opening celebration date in in the Winter newsletter.



Thank you Ellie Marney, Recreation Aide, for joining the TRS and Senior Services' team this past Summer. Ellie has plans to transfer to a different Parks and Recreation division in the Fall, but we appreciate her spending the Summer with us.

Thank you to The Karma Experience for taking time to film, edit, and create a video resource, highlighting some of TRS programs, especially our adaptive programs/events.

Check out their work with this link:

https://www.youtube.com/watch?v=DyFP7_aCtUA&feature=youtu.be

THANK YOU TO ALL OF OUR AMAZING DONORS!

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

Torrey Pines Kiwanis (TPK) generous donations over the years has provided funding in support of Camp at the Bay and the Leisure Seekers group. TPK's donation for Camp at the Bay covers some of the adaptive aquatic activities, such as jet/water skiing, sailing, kayaking and inter-tubing. The donation to the Leisure Seekers group helps keep program costs low throughout the year. Therapeutic Recreation Services is very grateful for the ongoing financial support of Torrey Pines Kiwanis.



It is with heavy hearts that we share with you the news that Ross Ehrhardt passed away on June 5th. Ross was a long time member of TPK and worked with many non-profits to serve people with disabilities. He touched the lives of many people and will be sorely missed. Thank you Ross for all that you have done for the San Diego community and beyond.



Thank you to Councilwoman Lorie Zapf, Council District 2, for the \$7,000 donation to the City of San Diego's Beach Wheelchair program. With the donation, the City purchased a new power beach wheelchair for use in Mission Beach. If you have not had a chance to try out the power beach chairs and you need physical assistance to get onto the sand, visit our staff at Mission Beach and try it out today! See page 19 for details.

Please contact Kristi Fenick at kfenick@sandiego.gov or (619) 525-8247 for sponsorship and/or donation inquiries.

Thank you MADCAPS!!!



Thanks to the MADCAP organization, (Mothers and Daughters Club Assisting Philanthropies) participants, staff, and volunteers all enjoyed catering from The Habit Burger at Camp at the Bay. Lunch was a big hit and wouldn't have been possible without the generous donation from MADCAP's. MADCAP's donation also provides participant scholarships throughout the year. In addition to their financial donation, members from their 2021 and 2020 class volunteered at all three summer camps. Participants and staff truly appreciate everything that MADCAPS does to support Therapeutic Recreation Services. Thank you MADCAPS!!!!!!!



Thank you Art Athans for another memorable summer at the Mission Bay Yacht Club. The kids from the Kid Zone Summer Adventure Camp loved the boat and pony rides, petting zoo, and all of the activities provided. You all were accommodating to our group. We appreciate your efforts to make this day special.

THANK YOU *Mission Bay Yacht Club!*



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 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/minutes are posted in Room 6.

GoFundMe

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, DSAC is raising funds for the TRS **Quad Rugby "Best of the West" Tournament**. It's easy to get involved! You can help fundraise by donating to www.gofundme.com/quad-rugby-best-of-the-west 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!

amazon smile Fundraiser

You shop. Amazon gives.

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

Follow these easy steps:

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



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 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**)



Every little bit COUNTS!

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.

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. **Cost: \$2.00**

September 15: Balboa Park

CODE: 56023 Intersection of Balboa Drive and El Prado, close to the Balboa Park Dog Park

October 6: Silver Strand, Coronado

CODE: 56024 1999 Strand Way, 92155

This is the address to Glorietta Bay Park, we will attempt to park at the end of the one-way street before the intersection at Rendova Rd.

November 3: North Crown Point Shores

CODE: 56025 3791 Corona Orienta Road, 92109

SELF-EXPRESSION THROUGH ART

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

This program is co-sponsored with Creative Arts Consortium. Express yourself using paints, colored pencils, markers, or other media without judgment or criticism. **Instructor:** Joan McCann

NO ONLINE REGISTRATION

Cost: \$1.00

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

FREE YOGA

4:00-5:00 p.m.

Wednesday, October 17 & November 21

Please arrive at least 10 minutes early and wear comfortable clothing. Yoga mats made available by Hugger Mugger.



Location: War Memorial Building (3325 Zoo Drive, 92101)

Room 2. Direct supervision is not provided. Space is limited.

Instructor: USABY NO ONLINE REGISTRATION Cost: FREE

ALL PADRES OUTING

Saturday, September 15

5:00 -9:00 p.m.

Cheer on the San Diego Padres as they take on the Texas Rangers. Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. Bring extra money for dinner at the park. *Limited tickets available.*

CODE: 56133

Cost: \$30.00

SCREAMZONE

Sunday, October 14

5:30 -10:00 p.m.

Get Ready for a spooky night as we trek over to the Del Mar Scream Zone! Meet at the War Memorial Building to take a bus to Del Mar. Bring money for dinner at Mc Donald's Cost includes bus ride and admission to Scream Zone. Space is limited.

CODE: 53901

Cost: \$15.00

ARCHERY

Thursdays: 9/6, 9/13, 9/20, 9/27

12:00 - 2:00 p.m.

Morley Field Archery Range

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

CODE: 56105

Cost: \$15.00



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

BEST OF THE WEST QUAD RUGBY TOURNAMENT

Friday, November 9—Sunday, November 11, 2018

Municipal Gymnasium, 2111 Pan American Blvd, Balboa Park

Everyone is invited to be part of this great internationally known tournament as we celebrate its 29th year of existence. It is truly one of the most exciting and intense games you can play and watch. We will host national and international teams that will give it their all to be named champion of “Best of the West.” *Games start at 9:00 a.m. This tournament is free for the public to watch.*



Come support our local team, Sharp Edge!



HARVEST BALL

Saturday, September 8

6:00-10:00 p.m.

Dance the night away at the Handlery Hotel (950 Hotel Circle North).

You must be 18 years or older to attend. Space is limited. Last day for registration is Friday, August 24, 2018. Parking is \$3.00 at the gate.

No direct supervision is provided.

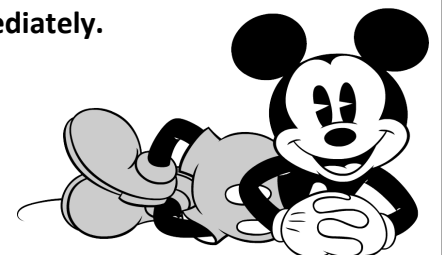
CODE: 51903

Cost: \$50.00

DISNEYLAND/CALIFORNIA ADVENTURE TICKETS

As of print time, we do not know whether or not Disneyland will be offering discounted tickets to people with special needs this Winter. **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 Active Net). If you qualify and are interested in discounted tickets, email the following information to jgregg@sandiego.gov, subject line “Disneyland”: Participant with special needs’ first and last name.

Typically, Disneyland requires the list to be submitted by October 1st, so email your information immediately.



DANCES & HOLIDAY FAIR



MONSTER BALL DANCE

Friday, October 26 10:00 a.m.-1:00 p.m.

Join us for some ghoulish fun at the annual Halloween Day Dance at the Balboa Park Club (2150 Pan American Way, 92101). Bring a sack lunch (lunch will not be provided). Pay at the door. **Direct supervision is not provided for this event.**

YOU MUST PAY AT THE DOOR—
no online registration will be accepted.

Cost: \$2.00 per person

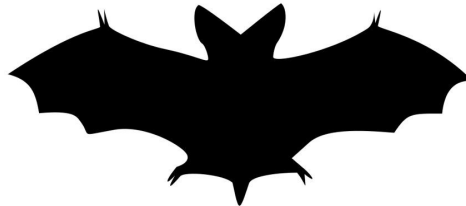
HALLOWEEN DANCE

Saturday, October 27 6:00 - 9:00 p.m.

Teens and adults join us for our annual spooktacular Halloween dance at the War Memorial Building (3325 Zoo Drive). Cost includes dance admission, refreshments, and DJ entertainment. You must be 18 years or older to attend. **Direct supervision is not provided.**

YOU MUST PAY AT THE DOOR—
no online registration will be accepted.

Cost: \$5.00 per person



Holiday Fair

Thursday, December 13 10:00 a.m.-1:00 p.m.

'Tis the season for some holiday fun! Gather your friends and come to the War Memorial Building for an afternoon of games, crafts, and music! Bring a sack lunch. Lunch is not provided. Call (619) 525-8247 to register no later than Monday, December 10th. Pay at the door. **Direct supervision is not provided. Must be 16 years or older to attend.**

NO ONLINE REGISTRATION

Cost: \$2.00

Holiday Dance

Saturday, December 15
6:00-9:00 p.m.

At the War Memorial Building

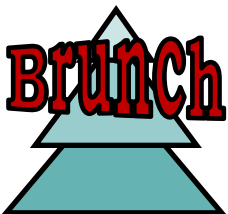
Cost: \$5

NO TEDDY BEARS WILL BE ACCEPTED

(more information to follow in Winter Calendar)

Brunch With Santa

See Page 12 for details



Ages 3-12

KID ZONE



This group, for children ages 3 to 12, is designed to foster socialization, and social skills, to increase cognitive, physical, social, emotional, and creative skills through play and recreation. Contact: Gerald Cunanan • (619) 236-7756 • gcunanan@sandiego.gov

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

OUTINGS

COASTER & FLETCHER COVE BEACH PARK

Sunday, September 23 11:30 a.m.-3:30 p.m.

Drop-off and pick-up at Presidio Recreation Center (2811 Jackson Street, 92110). Bring a sack lunch.

CODE: 56077 Cost: \$7.00

BOOMONT PARK

Sunday, October 21 11:00 a.m.-2:00 p.m.

Enjoy spooky rides and attractions with your friends. Drop-off and pick-up at Belmont Park (3146 Mission Blvd, 92109) in front of the restrooms at the South entrance of the park. Bring a sack lunch.

CODE: 56078 Cost: \$20.00

ROCKIN JUMP

Sunday, November 4 12:00 - 3:00 p.m.

Bring a sack lunch to enjoy before having a hopping good time! Cost includes 2.5 hour jumper party and socks. Drop-off and pick-up at 8190 Miralani Dr, 92126.

CODE: 56079 Cost: \$20.00



PLAYDAYS

LOCATION: War Memorial Building
3325 Zoo Drive, 92101

HALLOWEEN PLAYDAY

Sunday, October 28 12:00-3:00 p.m.

Dress up in your Halloween costume and join us for games, arts and crafts. Bring a sack lunch.

CODE: 56080 Cost: \$7.00

MARVEL PLAYDAY

Sunday, November 18 12:00 - 3:00 p.m.

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

CODE: 56081 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.

KID ZONE

Continued from previous page.

December Activities

BRUNCH WITH SANTA

Saturday, December 15 11:30 a.m.-2:30 p.m.

Enjoy a delicious brunch with your family and meet Santa! We will have face painting, games and activities for the whole family. Brunch will be served from 11:30-1:00 p.m. Gifts will be provided for each child ages 3-12. Meet at the grassy area at the east end of the War Memorial (3325 Zoo Drive, 92101). Register online by Friday December 7th.

CODE: 56140 Cost: \$5.00 for adults and children

WINTER ADVENTURE

Meet daily at South Clairemont Recreation Center (3605 Clairemont Dr, 92117)

DAY 1- CHUCK E. CHEESE

Monday, December 17 9:00 a.m.-3:00 p.m.

We will take public transportation from South Clairemont Recreation Center to Chuck E. Cheese. Upon returning to South Clairemont Recreation Center, we will end the day with arts and crafts, games, sensory activities and more.

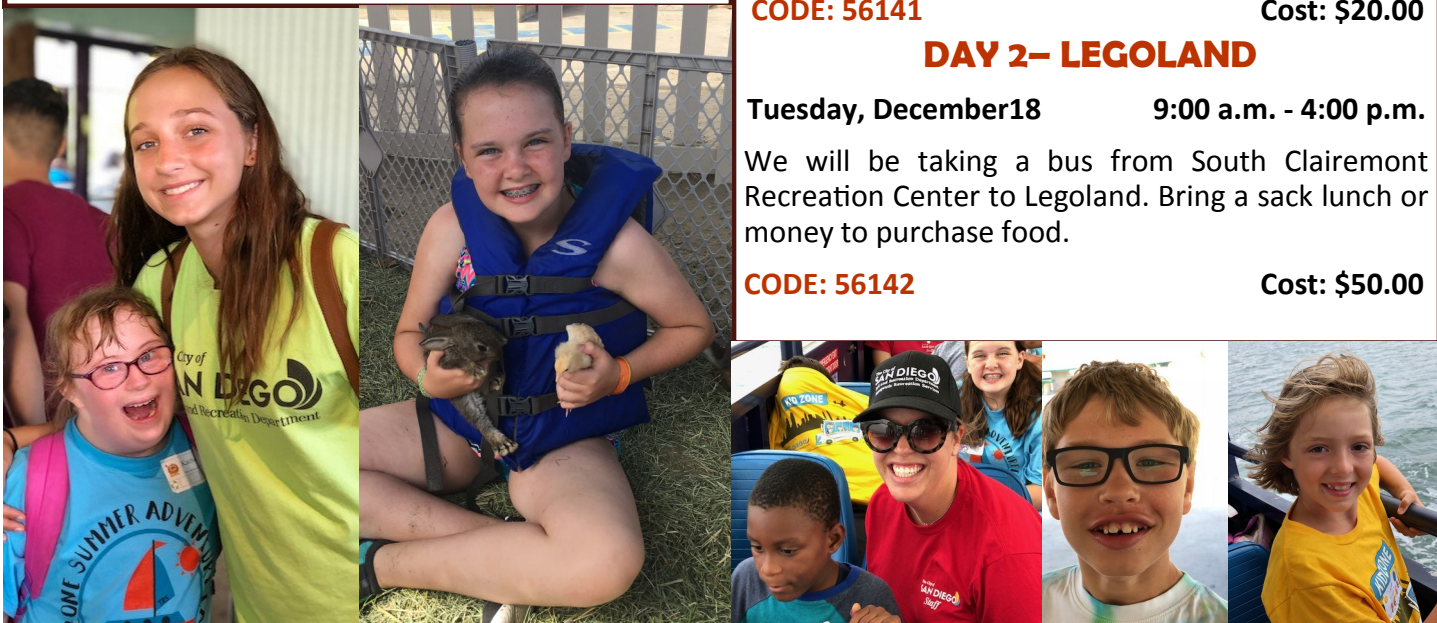
CODE: 56141 Cost: \$20.00

DAY 2- LEGOLAND

Tuesday, December 18 9:00 a.m. - 4:00 p.m.

We will be taking a bus from South Clairemont Recreation Center to Legoland. Bring a sack lunch or money to purchase food.

CODE: 56142 Cost: \$50.00



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

KICK BACK CLUB

Ages 13-18

This group, for teens (ages 13 to 18), is designed to foster social skills, increase leisure opportunities, and create friendships in a social and age-appropriate environment, while enhancing developmental needs.

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



MEETINGS

Location: War Memorial Building (3325 Zoo Drive, 92101)

SCIENCE NIGHT MEETING

Friday, September 14 6:00 - 8:30 p.m.

Join us as we try different experiments. Dinner will be provided.

CODE: 56070

Cost: \$5.00

HALLOWEEN MEETING

Friday, October 12 6:00 - 8:30 p.m.

Dress up in your Halloween Costume! We will have games, arts, and crafts. Dinner will be provided.

CODE: 56071

Cost: \$5.00

THANKSGIVING MEETING

Friday, November 23 6:00 - 8:30 p.m.

Drop-off and pick-up at the War Memorial Building. Dinner will be provided.

CODE: 56072

Cost: \$10.00



ALL PADRES OUTING

Saturday, September 15 5:00 - 9:00 p.m.

Cheer on the San Diego Padres as they take on the Texas Rangers. Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. Bring extra money for dinner at the park. *Limited tickets available.*

CODE: 56133

Cost: \$30.00

OUTINGS

HAUNTED TRAIL

Sunday, October 7 6:00 - 8:30 p.m.

Beware! Put on your Halloween costume and walk down the spooky trail in Balboa Park. Meet in front of The Museum of Art (between the Museum of Man and The Prado Restaurant). Pick up at the Haunted Trail. Pizza dinner provided.

CODE: 56073

Cost: \$5.00

SCREAMZONE

Sunday, October 14 5:30 - 10:00 p.m.

Get Ready for a spooky night as we trek over to the Del Mar Scream Zone! Meet at the War Memorial Building to take a bus to Del Mar. Bring money for dinner at Mc Donald's. Cost includes bus ride and admission to Scream Zone. Space is limited.

CODE: 56074

Cost: \$15.00

HIKE AND BEACH PICNIC

Sunday, November 25 11:00 a.m.-2:00 p.m.

Meet at the Torrey Pines State Reserve (12600 North Torrey Pines Road, 92037) for an afternoon hike and beach picnic. Cost includes lunch.

CODE: 56075

Cost: \$7.00

KBC/\$MC HOLIDAY SHOPPING

Friday, December 7 6:00-9:00 p.m.

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

CODE: 56076

Cost: \$10.00

PLEASE NOTE:

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

**Ages
18+**

SOCIAL MOTION CLUB



This group, for adults ages 18 and older with a cognitive impairment, is designed to increase leisure independence, community functioning and social skills through experiential opportunities within the community and at recreation centers. Contact: Aly Larson • (619) 236-7755 • allarson@sandiego.gov.

RECREATION NIGHTS

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

Register on ActiveNet no later than the Monday prior to the program. THERE MAY BE LIMITED SUPPLIES AND FOOD FOR THOSE WHO DO NOT REGISTER IN ADVANCE. *****If you have dietary restrictions: call the office prior to the event for the planned menu. We CANNOT accommodate all dietary restrictions and you may be asked to bring your own food.*****
Cost: \$7.00 (*includes transaction fee)

UNDER THE SEA

Social Motion Club is returning from the summer break for an ocean themed night.

September 14: Carmel Mountain Recreation Center
Code: 53902 10152 Rancho Carmel Drive

September 28: War Memorial Building
CODE: 53903 3325 Zoo Drive

HALLOWEEN SCREAMFEST

Come in your best costume for Halloween fun.

October 12: Carmel Mountain Recreation Center
Code: 53904 10152 Rancho Carmel Drive

October 19: War Memorial Building
Code: 53905 3325 Zoo Drive

BAKE-OFF

Be prepared for the annual homemade dessert bake-off! Bring your favorite dessert and the recipe to share with friends.

November 9: Carmel Mountain Recreation Center
Code: 53906 10152 Rancho Carmel Drive

November 23: War Memorial Building
Code: 53907 3325 Zoo Drive

COMMUNITY OUTINGS

ALL PADRES OUTING

Saturday, September 15

5:00 - 9:00 p.m.

Cheer on the San Diego Padres as they take on the Texas Rangers. Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. Bring extra money for dinner at the park. *Limited tickets available.*

CODE: 56133

Cost: \$30.00

HAUNTED TRAIL

Sunday, October 7

6:00 - 8:30 p.m.

Beware! Put on your Halloween costume and walk down the spooky trail in Balboa Park with your friends. Meet in front of The Museum of Art (between the Museum of Man and The Prado Restaurant). Pick up at the Haunted Trail. Pizza dinner provided.

CODE: 53911

Cost: \$5.00

SEAL TOURS

Saturday, November 24

8:30-11:30 a.m.

Ride the Seal Tours bus on land and on the bay! Meet in front of the Seal Tours ticket stand (500 Ketter Blvd). The tour leaves at **9 a.m. sharp** with or without you, so don't be late! After the tour we will have a picnic on the lawn by the bay, please bring a sack lunch.

CODE: 53912

Cost: \$20.00

SCREAMZONE

See page 8 for more information!

HALLOWEEN DANCES

See page 10 for more information!

PLEASE NOTE:

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

INDEPENDENT CLUB

**Ages
21+**

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

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



CLUB MEETINGS

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

Join us at the War Memorial Building for an evening of dinner and activities. If you are a new member, please set up an interview appointment prior to the meeting by calling (619) 236-7772. *****If you have dietary restrictions: call the office prior to the event for the planned menu. We CANNOT accommodate all dietary restrictions and you may be asked to bring your own food.*****

Cost: \$7.00 (*includes transaction fee)

END OF SUMMER PARTY

September 7: Welcome back from our summer break! Let's say goodbye to summer in style and get ready to kick off a start to the rest of our year!

CODE: 53908

FRIGHT NIGHT

October 5: BOO! Get ready for a night full of games, crafts, and fun! Participate with friends in Halloween themed activities and dinner.

CODE: 53909

FRIENDSGIVING

November 2: Friends are the family you choose. Come celebrate another year with your closest friends with food and fun.

CODE: 53910

HALLOWEEN DANCES

See page 10 for more information!

◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆
Keep an eye out for an Independent Club
Overnight Trip Coming Early 2019!

COMMUNITY OUTINGS

SEA PORT VILLAGE AND LUNCH

Saturday, September 29 10:00 a.m. –2:00 p.m.

Lets go window shopping by the bay! Meet in front of the Seal Tours ticket stand (500 Kettner Blvd). Bring money for lunch and any shopping you would like to do.

CODE: 53913

Cost: FREE

DAVE & BUSTERS

Thursday, October 25 5:00 - 10:00 p.m.

Come enjoy a fun evening with friends. Everyone will be responsible for bringing their own money for food and games. (recommended to bring at least \$30)

CODE: 53914

Cost: FREE

DEL MAR HORSE RACES

Saturday, November 17 9:00 a.m.- 4:30 p.m.

Drop-off and pick up at the Old Town Coaster station (4005 Taylor St, 92110). We will ride the train to and from the track to watch the races. Bring extra money for food, drinks, and fun. We will watch the horse races and then ride the coaster home. It will be a long day so wear comfortable clothes and bring water, a hat, sunglasses, and sunscreen.

CODE: 53915

Cost: \$25.00

ALL PADRES OUTING

Saturday, September 15 5:00 -9:00 p.m.

Cheer on the San Diego Padres as they take on the Texas Rangers. Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. Bring extra money for dinner at the park. *Limited tickets available.*

CODE: 56133

Cost: \$30.00

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

Ages 18+

LEISURE SEEKERS



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

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

SOCIAL CONNECTION

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

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

Cost: \$4.00

LABOR DAY CELEBRATION

September 6: Let's celebrate the end of summer and beginning of fall by having one last BBQ and playing disc golf!

CODE: 55480

NO OCTOBER SOCIAL CONNECTION-

Please attend THE 19TH ANNUAL CONSUMER RECOGNITION LUNCHEON on October 12th

See page 17 for details

THANKSGIVING PARTY

November 1: Join us as we share thanks and feast on a delicious Thanksgiving meal. We will create festive crafts and enjoy activities while stuffing our faces with Turkey!

CODE: 55490

LEISURE STRIKERS BOWLING LEAGUE

Parkway Bowl (1280 Fletcher Parkway, 92020)

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

9/12, 9/26, 10/10, 10/24, 11/7, 11/21, 12/5, 12/19

Get your Strike on! Sharpen your skills at our yearly bowling league while socializing and making new friends. We meet at Parkway Bowl (1280 Fletcher Parkway). We will have an awards banquet at the end of the season.

CODE: 56104

Cost: \$35.00



Monster Ball Dance & Holiday Fair

See page 10

PLEASE NOTE:

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

19TH ANNUAL CONSUMER RECOGNITION LUNCHEON

Friday, October 12th
10:00 a.m.-2:00 p.m.

This event, held at the Balboa Park Club (2150 Pan American Rd. West, 92101) will honor fellow consumers' achievements and host a resource fair, featuring an array of community resources. If you are interested in being a part of the planning committee, please call Danny Kimpel at (619) 236-7753 or email him at Dkimpel@sandiego.gov. If you plan to pay at the door, you must register no later than Friday, October 5th by calling (619) 525-8247. *Lunch is not guaranteed for those who show up without registering.*

CODE: 55828

Cost: \$4.00 by the deadline, \$6.00 at the door

Resource Fair Table: \$20.00 (includes admission for two)

LS community outings

DAY AT THE BAY

Wednesday, September 19 10:00 a.m.-2:00 p.m.

Santa Clara Recreation Center (1008 Santa Clara Pt)

Soak up the sun at beautiful Mission Bay! We have many activities for you to enjoy while you take in the San Diego scenery. Activities include: kayaking, paddle boarding, softball, basketball, bike rides, and swimming in the bay. Lunch will not be provided so please bring your own. Don't forget to bring sunscreen, water, bathing suit, and a towel!

CODE: 55724

Cost: \$3.00

MISSION TRAILS

Thursday, November 15 10:00 a.m.-1:00 p.m.

Mission Trails Visitor's Center (One Father Junipero Serra Trail, 92119)

Join us for an afternoon guided nature walk at Mission Trails Regional Park. Meet in front of the Visitor Center at 11a.m. Bring a sack lunch as we will eat at the outdoor amphitheater before we begin our walk at noon. Be sure to dress in layers and bring a water bottle. **You must register online with the code or call (619) 525-8247 by Tuesday, November 13. Space is limited.**

CODE: 55827

Cost: FREE

No October Community Outing:
Attend the

CONSUMER RECOGNITION LUNCHEON

DETAILS ABOVE

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

Ages 8+

ADAPTIVE SPORTS



Adaptive programs (designed for individuals with physical disabilities) promote health and fitness by building 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.

BEGINNER RIDERS: 10:00-11:00 a.m.

Shorter routes (2 miles or less) to build strength and learn to ride

NOVICE/ADVANCED RIDERS: 11:00 a.m.-12:30 p.m.

Longer, faster, group ride routes (5 miles or more)

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

Cost: \$25.00/5 week session or \$8.00 if you bring your own bike.

CODE: 50689

September 8: Silver Strand (Coronado)

(1999 Strand Way, 92155)

The address is for Glorietta Bay Park; the ride starts at the end of the one-way street before the intersection at Rendova Rd.

September 22: Liberty Station, NTC Park

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

The ride starts across from Ace Hardware.

October 13: De Anza Cove Park, Mission Bay

(3000 N. Mission Bay Dr., 92109)

October 27: Fiesta Island, Mission Bay Park

(1200 East Mission Bay Dr., 92109)

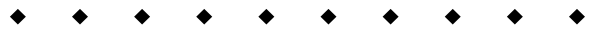
November 17: North Crown Point Shores

(3791 Corona Oriente Rd., 92109)

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



STAND-UP PADDLE BOARDING

Wednesdays: 9/5, 9/12, 9/19, 9/26, 10/3, 10/10

9:00 - 10:30 a.m.

Santa Clara Recreation Center

This starter course is an opportunity to learn the basic strokes and skills for maneuvering a paddle board. Once comfortable on the water, you'll set out on a guided tour skimming across the water. Limited space available. Call in advance to register.

NO ONLINE REGISTRATION

Cost: FREE



ARCHERY

Thursdays: 10/18, 11/1, 11/15, 11/29

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

Morley Field Archery Range

Join us at the Morley Field Archery Range for our Adaptive Archery program. Water will be provided. Space is limited. Call in advance to register.

NO ONLINE REGISTRATION

Cost: FREE

BEST OF THE WEST Quad Rugby Tournament

*****SEE PAGE 9 FOR DETAILS*****

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

ADAPTIVE EVENTS

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



FREE DANCE LESSONS War Memorial Building

3325 Zoo Dr. SD, 92101
Thursdays, 9/6, 9/13, 9/20, 9/27
10/4, 10/11, 10/18, 10/25
(8-Weeks)

Dancing Rollers & Walkers!

10 a.m. - 11 a.m. Social Dancing
11 a.m. - 12 p.m. Dance Instructions

Spin your wheels to the rhythm of Cha-Cha, line dance and "Soul Train" with a dance volunteer.

Danceability Showcase Fundraiser Sept. 29

12pm—4pm
See Page 22 for details



WHEELCHAIRDANCERS.ORG

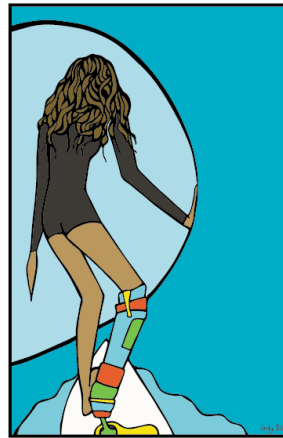
Like our Facebook Page too!

ISA-WORLD ADAPTIVE SURFING CHAMPIONSHIP & SURFING CLINIC

December 12—December 16

The 4th Annual (ISA) World Adaptive Surfing Championship is set to take place in La Jolla and bring together the adaptive surfing community from around the world. The event will commence on December

World Adaptive Surfing
Championship



12th at La Jolla Shores with an Olympic-style Opening Ceremonies, complete with a "Parade of Nations" and a "Sands of the World" ceremony. The International Surfing Association (ISA) is excited to unify global efforts for the advancement of Adaptive Surfing through a partnership with the City of San Diego, Therapeutic Recreation Services. For more info, visit:

www.isasurf.org/events/isa-world-adaptive-surfing-championship/

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.



PEOPLE IN RECOVERY

This program is designed to increase personal growth, self-esteem, independence and confidence through participation in a variety of recreational activities for individuals 18 and older recovering from drug and alcohol addictions.

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

Ages 18+

DAY AT THE BAY

Santa Clara Recreation Center (1008 Santa Clara Pl)
Wednesday, September 19 10:00 a.m.-2:00 p.m.

Soak up the sun at beautiful Mission Bay! We have many activities for you to enjoy while you take in the San Diego scenery. Activities include: kayaking, paddle boarding, softball, basketball, bike rides, arts and crafts, and swimming in the bay. Lunch will not be provided so please bring your own lunch. Don't forget to bring plenty of sunscreen and water!

CODE: 56102

Cost: \$3.00

HALLOWEEN DANCE

War Memorial Building (3325 Zoo Drive)

Friday, October 26 7:00 – 11:00 p.m.

Trick or Treat! I hope you picked treat because we have one for you. Join us as we celebrate Halloween by dancing in our costumes. This event is strictly 18 and older, anyone under age will be asked to leave. Food and beverages will be sold during the dance. Don't be scared to come!

CODE: 56103 Cost: \$3.00 pre-pay/\$5.00 @ door

RECOVERY GAMES MEETINGS

September 27 & October 31

War Memorial Building (3325 Zoo Drive, 92101)
10:00 - 11:00 a.m.

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

CODE: 47844

Cost: Free



2018 Banner Contest Winners



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

Volunteer Opportunities



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

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

Ages 13+

Check out this quarter's "Top Bananas," exceptional volunteers who rise above and beyond their call of duty. Please help us in thanking Joanne Bryant and Sean Stevenson for everything they have done for our programs and participants!

TOP Bananas!

Joanne Bryant



Joanne found out about TRS through taking the Disability and Society class at San Diego State University. She loves volunteering at TRS and interacting with all the participants. It makes her happy knowing that she is making a positive impact in other people's lives and well-being. In her spare time, Joanne loves dancing and Zumba! Her advice for future volunteers is that you get out what you put in. If you engage and interact with all the participants, you will have a positive experience. Most of all, just have fun! Ultimately seeing other people happy makes you happy! Thank you Joanne for all of your hard work and energy that you bring to programs!

Sean Stevenson

Sean first found out about TRS by being a participant in the programs. He really enjoys volunteering with the Kid Zone and Kick Back Club programs because he has fun hanging out with everyone and being a role model for the kids and teens. In his spare time, Sean enjoys playing sports and hanging out with friends and family. Sean's advice to volunteers is to try volunteering at all the different programs to figure out which program you enjoy volunteering with the most. We can't thank Sean enough for all of his hard work and dedication to our programs!



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 happening.



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 throughout the county.

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 (858) 565-7432

Sporting opportunities are held throughout the week at various City of San Diego Park & Recreation Centers. On November 17th, TRS will be co-sponsoring S4EA's annual volleyball & table tennis tournament at the Balboa Park Activity Center.

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

WHEELCHAIR DANCERS ORGANIZATION "A 10 YEAR TRIBUTE"

DANCE-ABILITY SHOWCASE & FUNDRAISER

Date: Saturday, September 29, 2018

Time: 12:00 to 4:00 p.m.

Location: Balboa Park Club at Balboa Park
2150 Pan American Rd. West, 92101

Cost: Free Admission— Families Welcome!

(Donations are tax deductible and all proceeds go toward the cost of FREE dance classes for students (K-12), young adults, seniors, and veterans)

Activities: Silent auction, opportunity drawing, music, and gourmet food by Chef Syd of San Diego

Visit Event Brite for your free tickets:

<https://goo.gl/127N3n>

For more information: 858-573-1571

www.wheelchairdancers.org

DEAF SENIORS CLUB

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

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

Cost: \$3.00/week



September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 HOLIDAY-CLOSED	4	5 ISM SUP	6 LS Social Connection WC Dance Archery	7 CAC Art IND Club Meeting	8 Handcycle 1 Harvest Ball
9	10	11	12 LS Bowling ISM SUP	13 WC Dance Archery	14 CAC Art SMC Rec night KBC Meeting	15 Tandem ALL- Padres
16	17	18	19 LS & PIR-Day at the Bay ISM SUP	20 WC Dance Archery	21 CAC Art	22 Handcycle 2
23 KZ Outing	24	25	26 LS Bowling ISM SUP	27 WC Dance Archery PIR Meeting	28 CAC Art SMC Rec Night	29 IND Club Outing

October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 ISM SUP	4 WC Dance	5 CAC Art IND Club Meeting	6 Tandem
7 KBC/SMC Haunted Trail	8	9	10 ISM SUP LS Bowling	11 WC Dance	12 CAC Art SMC Rec night KBC Meeting LS Consumer Luncheon	13 Handcycle 3
14 ALL- Screamzone	15	16	17 Yoga	18 WC Dance ISM Archery	19 SMC Rec night CAC Art	20
21 KZ Outing	22	23	24 LS Bowling	25 WC Dance IND Outing	26 Halloween Dance CAC Art PIR Dance	27 Halloween Dance Handcycle 4
28 KZ Playday	29	30	31 Halloween PIR Meeting			

November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 LS Social Connection ISM Archery	2 CAC Art IND Meeting	3 All Tandem
4 KZ Outing	5	6	7 LS Bowling	8	9 CAC Art Quad Rugby SMC Rec night CMR	10 Quad Rugby
11 HOLIDAY Quad Rugby	12 HOLIDAY- VETERANS DAY	13	14	15 LS Outing ISM Archery	16 CAC Art	17 S4EA volleyball Handcycle 5 IND Club Outing
18 KZ Playday	19	20	21 Yoga LS Bowling	22 HOLIDAY- OFFICE CLOSED THANKSGIVING	23 KBC/SMC Rec night WMB CAC Art	24 SMC Outing
25 KBC Outing	26	27	28	29 ISM Archery	30 CAC Art	

The City of
SAN DIEGO
Parks and Recreation Department
Therapeutic Recreation Services
War Memorial Building, Balboa Park
3325 Zoo Drive
San Diego, CA 92101

PRESORTED
STANDARD

U.S. POSTAGE
PAID

PERMIT NO 134

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 (TRANSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER [619] 525-8247 OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240). THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.