

The City of
SAN DIEGO

Parks and Recreation Department
THERAPEUTIC RECREATION SERVICES



December . January . February

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

E-mail: JGregg@sandiego.gov

Visit our Website at:

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



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

City of San Diego, Parks and Recreation Department

THERAPEUTIC RECREATION SERVICES (TRS)

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

Mark Leo

Sharon Moninger

Monica Olivan

Victor Ortiz

Cheryl Pawlak, CTRS, RTC

Lina Rendon, CTRS

Sarali Saulog

Melissa Scott

Jennifer Stevenson

Nikki Tajima

Josefina Torres

Lauren Turner

Alex Valencia

Jennifer Walsten

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WHERE TO START/GET INVOLVED!

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

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

ONLINE REGISTRATION/PAYMENT PROCESS

WINTER registration begins November 17 and SPRING registration begins February 16

Please note: Checks are not 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](#). In addition to the War Memorial Building open Monday—Friday, staff will be available from 10 a.m.-2 p.m. on Saturday, November 17.

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!

PROGRAM REFUND 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:

- 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 program
- 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:

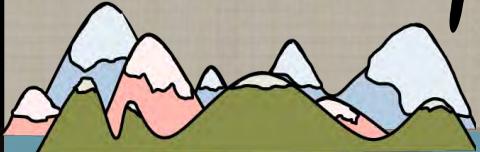
One-day Activity/Field Trips: - Refund requests will be granted based on the following requirements: Full refund of the activity fee - application submitted 20 business days prior to the Activity or Field Trip; No refunds - requests submitted less than 20 business days prior to the Activity or Field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

STAFF/INTERNS UPDATES

WELCOME TO OUR NEWEST Therapeutic Recreation Leader



Sarali Saulog



Staff spotlight



Michael Bichler

Why did you want to work at TRS? I wanted to make a difference in the community around me while doing something where I could see the immediate impact of my involvement.

What is your favorite moment working at TRS? Once I tried to explain a game in sign language to a participant who misinterpreted what I was saying. Instead of just passing candies in a cup over their head, they threw the candies in the air behind them, scattering them everywhere. To this day, that story makes me cry from laughter.

What is your favorite hobby outside of work? During the warm months, I enjoy stand up paddle boarding, snorkeling, and rollerblading. When it is cold outside, I enjoy baking treats for all of my friends and family.

What was the best vacation you've ever taken? My trip to Hawaii!! Swimming with turtles, kayaking, hiking through tropical forests to see waterfalls, and watching the sunrise from the top of a volcano all made me appreciate how beautiful the world around us is.

What is a fun fact about yourself? I am fluent in American Sign Language, making me bilingual.

Meet the Winter Interns!

Michael Rodriguez & Jimmy Nguyen



Michael is a senior at CSU, Sacramento with a major in Recreation, Parks and Tourism Administration, with a focus in Recreation Therapy. He enjoys trips to the beach, lake, hiking, games, bowling, golf, competitive sports, movies, social outings, sporting events, traveling, and sometimes just being a home body.



Jimmy is a senior at CSU, Long Beach. He has a passion for powerlifting & teaching people how to exercise. He is also a United States Army Veteran who served a tour in Afghanistan for Operation Enduring Freedom in 2014. Jimmy and Michael will be joining the TRS team from Jan-May.

ANNOUNCEMENTS

Upcoming Move to Park de la Cruz!

In the Fall newsletter, the upcoming move of Therapeutic Recreation Services (TRS) to Park de la Cruz (PDLC) Community Center, located at 3901 Landis St. SD, 92105 was announced to take place this Winter. At the time of printing the Winter newsletter an opening date has not been established, but please be assured that we are planning on announcing a grand opening celebration in the Spring newsletter. As mentioned last quarter, TRS staff are excited about the increased recreational opportunities that PDLC will offer, which has a number of multi-purpose rooms, including a recreation room, fitness center, gymnasium, ball field, sensory room and kitchen. In addition to providing programs for individuals with disabilities, PDLC will also provide recreational opportunities for older adults.



Pictured Above: TRS staff doing a site visit at Park de la Cruz Community Center.

DONOR APPRECIATION



Once again, a big thank you to the *Haunted Trail in Balboa Park* and *Scream Zone*, who generously donated entrance to their haunted venues.



Please contact Kristi Fenick at kfenick@sandiego.gov or (619) 533-6333 for sponsorship and/or donation inquiries.

DSAC CORNER

Disabled Services Advisory Council, Inc.

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



Funds from DSAC's GoFundMe page will be utilized to purchase "wish list" items that are listed in the GoFundMe comments section. Therapeutic Recreation Services and Senior Services is starting the process of moving our main headquarters to a newly renovated Park De La Cruz (PDLC) facility in City Heights. The staff is excited about the opportunities that we have for programs and events at PDLC. We are asking for your help in giving ideas of "wish list" items that you would like to see being housed in the new facility. Please leave ideas in the comment's section of what pieces of equipment or items that you would like to see provided or offered.

Donate at: <https://www.gofundme.com/Winter-office-fundraiser>

EASY WAYS TO DONATE THAT COST YOU NOTHING!

amazon smile Fundraiser

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

Follow these easy steps:

1. Shop under your normal Amazon login at smile.amazon.com.
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 or 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!

SCHEDULE OF EVENTS

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

ALL TEENS AND ADULTS

Ages 13 and over, with any disability. Some events are available for children with adult supervision.
Direct supervision is not provided at these programs.

TANDEM BIKE RIDE

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

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

December 1: Lake Murray & Starbucks Social (\$5.00)

CODE: 57330 5540 Kiowa Drive, 91942

January 5: Bikeway Village (\$2.00)

CODE: 57331 536 13th St. Imperial Beach, 91932

February 2: Spanish Landing Park (\$2.00)

CODE: 57332 3900 N. Harbor Drive, 92101

The Adaptive Sports population, especially the Tandem Cycling program would like to thank **Dave and Shirley Bechtel** for the donation of their Tandem bike. The Bechtel's owned the bike for 45 years with many of miles ridden on the bike. The tandem bike has seen both coastline's from wine county in Northern California to the beautiful roads of New England. The Bechtel's even rode on the tandem bike on a 1000 mile trip through parts of Canada to Alaska. We thank them for the donation and hope to achieve a lot more miles with the Tandem cycling program.

STRIKEFORCE BOWLING LEAGUE

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

2/2, 2/16, 3/2, 3/16, 4/6, 4/20, 5/4, 5/18, 6/1, 6/15

Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, 92111)

It's back! Join us for our 10-week bowling league adapted for all skill levels. Cost includes shoe rentals, 2 games per date, and awards banquet (June 22nd) for team members (extra for guests). Individuals are welcome, we will place you on a team.

CODE: 57505

Cost: \$85.00

LAUGH HOUR

Wednesdays: 11:00 a.m. – 12:00 p.m.

War Memorial Building (3325 Zoo Drive, 92101)

Experience the many benefits of laughter. Open to all ages and abilities!

NO ONLINE REGISTRATION

Cost: FREE

UNIVERSAL SOUND AND BLISSED YOGA

War Memorial Building (3325 Zoo Drive, 92101)

Wednesday, December 19 4:00-5:00 p.m.

Please arrive at least 10 minutes early, wear comfortable clothes, bring a yoga mat, and/or blanket. Instructor: Morissa Lazar. www.usaby.org

NO ONLINE REGISTRATION

Cost: FREE

ALL ARCHERY

Thursdays: February 7, 14, 21, 28

3:00 – 5:00 p.m.

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

CODE: 57530

Cost: \$15.00

SELF-EXPRESSION THROUGH ART

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

War Memorial Building (3325 Zoo Drive, 92101)

Join 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!

No class December 28, 2018

Instructor: Joan McCann

NO ONLINE REGISTRATION

Cost: \$1.00

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

SCHEDULE OF EVENTS

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.

War Memorial Building, 3325 Zoo Dr., 92101

Celebrate the holiday season by dancing and socializing with your friends and making new ones. There will be snacks and beverages served throughout the dance. **Direct supervision is not provided and you must be 18 years or older to attend.**

NO ONLINE REGISTRATION Cost: \$5.00

Unlike past years, no Teddy Bears will be collected.

VALENTINE'S DANCE

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

War Memorial Building, 3325 Zoo Dr., 92101

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

NO ONLINE REGISTRATION Cost: \$5.00



BIG BEAR SKI TRIP

Tuesday, February 26

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

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

CODE: 57485

Cost: \$100.00



DISNEYLAND BUS TRIP

Wednesday, February 6

7:30 a.m.-7:30 p.m.

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



CODE: 56856

Cost: \$75.00

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

KID ZONE

Ages
3-12

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



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

Winter 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! There will be face painting, games, and activities, for the whole family. Brunch will be served from 11:30 a.m. - 1:00 p.m. Gifts will be provided for each child. Meet at the grassy area at the east end of the War Memorial. Register online by **Friday, December 7**.

CODE: 56140

Cost: \$5.00

WINTER ADVENTURE DAY 1- NEW CHILDREN'S MUSEUM

Wednesday, January 2nd 9:00 a.m. - 3:00 p.m.
We will be taking public transportation from the War Memorial Building to the New Children's Museum. We will end the day with a playday filled with arts and crafts, games, sensory activities and more. Bring a sack lunch.

CODE: 56141

Cost: \$15.00

WINTER ADVENTURE DAY 2- LEGOLAND

Thursday, January 3rd 9:00 a.m. - 4:00 p.m.
We will be taking public transportation from the War Memorial Building (3325 Zoo Drive, 92101) to Legoland. Please bring a sack lunch or money to purchase food.

CODE: 56142

Cost: \$50.00

Community Outings

DISNEY ON ICE

Sunday, January 27 11:30 a.m. - 4:00 p.m.
Drop-off and pick-up at the Habit Burger Grill (3555 Sports Arena Blvd, 92110) across the street from Valley View Casino Center. Families and friends are welcome to attend. Bring a sack lunch or money for food. Tickets are limited.

CODE: 56793

Cost: \$25.00

CHUCK E. CHEESE'S

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

CODE: 56794

Cost: \$15.00



Playday

MAGIC

Saturday, February 24 12:00 - 3:00 p.m.
Abracadabra! Learn magic tricks and make new friends appear! Bring a sack lunch. Drop-off and pick-up at the War Memorial Building, 3325 Zoo Dr., 92101

CODE: 56792

Cost: \$7.00

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

**Ages
3-12**

KID ZONE

Continued from page 9

Spring Activities

SPRING ADVENTURE DAY 1 – PLAYDAY AND SWIMMING

Monday, March 25 9:00 a.m. - 3:00 p.m.

Bring a sack lunch, swimsuit, towel, and change of clothes for a playday at the South Clairemont Recreation Center (3605 Clairemont Dr., 92117).

CODE: 56796

Cost: \$20.00



SPRING ADVENTURE DAY 2 – SAN DIEGO SAFARI PARK

Tuesday, March 26th 9:00 a.m. - 4:00 p.m.

Lions and tigers and bears, oh my! Off to Safari Park we go! Bring a sack lunch. Drop-off and pick-up at South Clairemont Recreation Center (3605 Clairemont Dr., 92117).

CODE: 56797

Cost: \$30.00



INCLUSION — WE CAN ALL PLAY TOGETHER!

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

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

KICK BACK CLUB

Ages
13-18



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

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

Meetings

War Memorial Building
3325 Zoo Dr., 92101

HOLLYWOOD

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

Lights...camera...action! Join us for a night of acting, games, and arts and crafts. Dinner is included.

CODE: 56798 Cost: \$5.00

GAME NIGHT

Friday, February 8 6:00-8:30 p.m.

Join us for a night of minute to win it games, trivia, and more. Dinner will be provided.

CODE: 56800 Cost: \$5.00



Community Outings

KBC/SMC HOLIDAY SHOPPING

Friday, December 7

6:00 - 9:00 p.m.

Get your shopping list ready and come "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 to purchase gifts. Dinner will be provided.

CODE: 56076

Cost: \$10.00

MONSTER JAM

Saturday, January 26

5:30 - 10:00 p.m.

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

CODE: 56799

Cost: \$25.00

OLD TOWN TROLLEY TOURS

Sunday, February 17

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

Take a tour with us to see the wonderful sites of San Diego. Please bring a sack lunch.

CODE: 56801

Cost: \$25.00

LIVING COAST DISCOVERY CENTER

Friday, March 29

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

We will take public transportation to the Discovery Center to learn and interact with marine life. Please bring a sack lunch. Drop-off and pick-up at **War Memorial Building, 3325 Zoo Dr., 92101**

CODE: 56802

Cost: \$20.00

\$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.

Join us for fun, food, and friendship.

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

No December Recreation Night

Attend the Holiday Dance (see page 8)

TRS' GREATEST SHOW

TRS is where the impossible comes true! Enjoy a night of fun and prepare to be amazed!

January 11: Carmel Mountain Recreation Center

Code: 56842 10152 Rancho Carmel Drive

January 25: War Memorial Building

Code: 56843 3325 Zoo Drive

TRS SURVIVOR ISLAND

Get ready to join a tribe, compete in challenges to win immunity, and try to be the ultimate SURVIVOR!

February 8: Carmel Mountain Recreation Center

Code: 56845 10152 Rancho Carmel Drive

February 22: War Memorial Building

Code: 56846 3325 Zoo Drive



Community Outings

HOLIDAY SHOPPING

Friday, December 7

6:00 - 9:00 p.m.

Get your shopping list ready and come hang out while you "shop until you drop." After shopping we will meet at the food court to wrap presents and enjoy a holiday treat. Drop-off and pick-up in front of the Target at the Mission Valley Mall (east entrance near Outback Steakhouse Restaurant). Bring money for gifts. Dinner will be provided.

CODE: 56591

Cost: \$10.00

MONSTER JAM

Saturday, January 26

5:30 - 10:00 p.m.

Monster trucks face off in two different forms of competition, racing and freestyle, throughout the night. Foam ear buds will be provided or you may bring your own headphones. Drop-off and pick-up at the Downtown Hilton (4th and K Street). **This is a loud event. Limited tickets available.**

CODE: 56849

Cost: \$25.00

MISSION TRAILS VISITOR CENTER TOUR AND HIKE

Saturday, February 2

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

Come learn about different animals and natural habitats in San Diego! We will be hiking so wear comfortable clothes and appropriate shoes. Bring a sack lunch and water. Light snacks will be provided.

CODE: 56850

Cost: \$5.00

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

INDEPENDENT CLUB

Ages
21+

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

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



Club Meetings

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

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

Cost: \$7.00 (includes transaction fee)

December 14: HOLIDAY GIFT EXCHANGE

Bring a wrapped gift to exchange with your friends (\$7 -\$10 value).

CODE: 56851

January 4: ELECTION SPEECHES

Prepare your speeches and be ready to vote!

CODE: 56852

February 1: GAME NIGHT!

Get ready to play cards and board games galore and learn all sorts of new games!

CODE: 56853

INDEPENDENT CLUB "STAYCATION"

Friday-Saturday May 31-June 1, 2019

Enjoy an awesome getaway, swimming, relaxing, and having fun on the bay at the Bahia Resort in Mission Bay. You must have attended AT LEAST 3 Independent Club meetings in 2018-2019 to be eligible to come! Stay tuned for more details!



Community Outings

HOLIDAY SHOPPING

Friday, December 7

6:00 - 9:00 p.m.

Get your shopping list ready and come hang out while you "shop until you drop." After shopping we will meet at the food court to wrap presents and enjoy a holiday treat. Drop-off and pick-up in front of the Target at the Mission Valley Mall (east entrance near Outback Steakhouse Restaurant). Bring money for gifts. Dinner will be provided.

CODE: 56591

Cost: \$10.00

NATIONAL COMEDY THEATER

Saturday, January 12

6:30 - 9:30 p.m.

3717 India Street, 92103

Based on audience suggestions, the cast of the National Comedy Theater creates a comedy show from scratch. Bring money for dinner at El Indio.

CODE: 56854

Cost: \$20.00

IN CAHOOTS!

Thursday, February 21

5:00 - 8:30 p.m.

Howdy Partner! Get your Cowboy boots ready for some fun line dancing and delicious dinner! Pick-up and drop-off in front of In Cahoots (5373 Mission Center Rd.) Bring money to buy dinner (approximately \$15 which includes dinner and a beverage).

CODE: 56855

Cost: FREE

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

**Ages
18+**



LEISURE SEEKERS

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

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

Social Connection

Thursdays: 2:30 - 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.

Cost: \$4.00 AT THE DOOR

WINTER WONDERLAND PARTY & GIFT MAKING

Thursday, December 6: Celebrate the holiday season by making gifts for our loved ones. Bring a friend and enjoy a wonderful dinner and holiday movie.

CODE: 57107

NEW YEAR CELEBRATION!

Thursday, January 3: Join us as we celebrate the New Year with games, a yoga session, and a delicious meal.

CODE: 57108

ARE YOU READY FOR SOME FOOTBALL

Thursday, February 7: We will enjoy some classic Super Bowl party appetizers, games, and activities. Be sure to wear your football jersey or the color of the team you will be supporting! We will also have a planning meeting for our Summer Calendar and activities.

CODE: 57109

Community Outings

ICE SKATING

Sunday, December 9th

12:30 - 3:30 p.m.

Join us for a fun session of ice skating at the Joan Kroc Center Ice Arena (6845 University Ave, 92115). We will meet in front of the ice arena at 12:30 p.m. Register online or in person by Wednesday, December 5th.

CODE: 57168

Cost: \$8.00 (includes admission & skate rental)

ARCHERY

Thursday, January 17th

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

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

Join us for an afternoon of archery with a certified archery instructor at the Morley Field Archery Range (2221 Morley Field Dr., 92104). All equipment is provided. Call our office at (619) 525-8247 for more information. Register online or in person by Friday, January 11th.

CODE: 57110

Cost: \$2.00

SAN DIEGO HARBOR CRUISE

Thursday, February 21

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

The best way to see San Diego Bay is on Hornblower's two hour Harbor Cruise! We will be meeting at Hornblower's Ticket Booth (970 North Harbor Drive, 92101) at 11:30 a.m. Bring a sack lunch to enjoy before we board the ship at 12:15 p.m. Outside food and beverage is not allowed on the ship. Bring extra money if you would like to purchase food or beverages. Register online or in person by Friday, February 15th. *Limited tickets available.*

CODE: 57169

Cost: \$12.00

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

LEISURE SEEKERS

Continued

Leisure Seekers Softball

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

3/6, 3/20, 4/3, 4/17, 5/1, 5/15, 5/29, 6/12

Individual and team options. We meet at Morley Field (2221 Morley Field Drive, 92104) for an eight session series. *Spaces are limited.* Register and pay online or in person at the War Memorial Building by Wednesday, February 27. Payment will not be accepted on site. **Mandatory coaches meeting at 9 a.m. on March 6th at Morley field.** The Awards BBQ will be on June 19th. Details to follow in Spring Calendar.

Contact Juan Razo at (619) 236-7771.

CODE: 57511

Cost: \$50.00 team/\$5.00 individual

Leisure Seekers - Luau

Thank you to **HEALI'I'S Polynesian Revue**

for donating their time and talent by entertaining our participants at our annual Luau event held on August 23, 2018. All of the participants loved the performance and said it was their favorite part of the day!



Thank you as well to

Da Kine's

for supplying their delicious food at an amazing discount!



Thank You!!!

Leisure Seekers - 19th Annual Consumer Recognition Luncheon

Thank you to all of our wonderful sponsors who gave us the opportunity to put on this event for the mental health community, held on October 12, 2018 at the Balboa Park Club.

San Diego Coalition for Mental Health, Pacific Beach Women's Club, National Alliance on Mental Health- San Diego, Optum, and Da Kine's .



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

Ages

8+



ADAPTIVE SPORTS

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

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

HANDCYCLING

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

Join us as we pedal our way through some of San Diego's most beautiful bike trails. Handcycling is a fun way to meet people and explore San Diego, while building strength and endurance.

Cost: \$15.00 for 4 weeks, \$8.00 if you bring your own bike

CODE: 57416

January 12: North Crown Point Shores

3791 Corona Oriente Rd., 92109

January 26: Glorieta Bay Park (Coronado)

1845 Strand Way, Coronado, 92118

February 9: Liberty Station

NTC Park; Corner of Dewey Rd. and Cushing Rd..
92106

February 23: North Crown Point Shores

3791 Corona Oriente Rd., 92109

BIG BEAR SKI TRIP

Tuesday, February 26 5:00 a.m.-8:00 p.m.

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

CODE: 57485

Cost: \$100.00



INJURED SERVICE MEMBERS

ISM programs are designed to promote health, fitness and an improved quality of life while focusing on leisure independence and education in a community recreation environment. **18+ Contact: Nick Hurd**



DISC GOLF THURSDAYS

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

Disc Golf is a flying disc sport in which players throw a disc at a target; it is played using rules like golf. Players complete a hole by throwing a disc from a tee area toward a target, throwing again from the landing position of the disc until the target is reached. Usually, the number of throws a player uses to reach each target are tallied, and players seek to complete each hole, and the course, in the lowest number of total throws.

January 3 & January 17:

War Memorial Building 3325 Zoo Drive, 92101

⇒ For the first two weeks will be practicing different throwing techniques, with obstacles.

January 31 & February 14:

Morley Field Disc Golf Course: 3090 Pershing Dr., 92102

⇒ Next we will meet at Morley Field Disc Golf to put our skills to use.

February 28:

Mission Bay Golf Course: 2702 N Mission Bay Dr., 92109

⇒ Our last meet-up will be at Mission Bay Golf Course to finalize a full round of disc golf.

CODE: 57560

Cost: \$10.00

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

ADAPTIVE EVENTS

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

FREE DANCE LESSONS

War Memorial Building
3325 Zoo Dr. SD, 92101

Thursdays: 1/3, 1/10, 1/17, 1/24, 1/31,
2/7, 2/14, 2/21 (8-Weeks)
10:00 - 11:00 a.m. Social Dancing
11:00 a.m. - 12:00 p.m. Dance Instructions

Dancing is for everyone! If you know how or want to learn 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.

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 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.

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

**Ages
18+**



PEOPLE IN RECOVERY

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

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

PICNIC AT THE PARK

Wednesday, January 16 10:00 a.m. - 2:00 p.m.

Morley Field: 2221 Morley Field Dr, 92104

Kick off the year with a Picnic at the Park. We will have softball, football, volleyball, lawn games, card games, tug of war, music, and much more. Food and drinks will be sold throughout the event.

NO ONLINE REGISTRATION Cost: \$1.00/person



TABLE TENNIS TOURNAMENT

Wednesday, February 13 9:00 a.m. – 1:00 p.m.

Balboa Park Activity Center (2145 Park Blvd., 92101)

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

CODE: 57510

Cost: \$3.00

RECOVERY GAMES MEETINGS

War Memorial Building (3325 Zoo Dr., 92101)

Wednesdays: January 23 and February 27

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. Meetings are held on the fourth Wednesday of every month.

CODE: 47844

Cost: FREE



VALENTINES DANCE - AMIGOS SOBRIOS

Friday, February 15 7:00 - 11:00 p.m.

War Memorial Building (3325 Zoo Dr., 92101)

Amigos Sobrios is hosting a Valentines Dance for the Recovery community. Join us as we celebrate another year of love and friendship. Food will be sold during the dance. For questions please contact Diane at (619) 381-1574. Pay at the door.

NO ONLINE REGISTRATION

Cost: \$5.00

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

**Ages
13+**

VOLUNTEER OPPORTUNITIES

A variety of volunteer opportunities are available for those ages 13 and above, including students who need service hours. Therapeutic Recreation Services offers an outstanding internship program for college students majoring in therapeutic recreation. Contact: Danny Kimpel • (619) 236-7753 • dkimpel@sandiego.gov.



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



Emily Walker

Emily found out about TRS through a family friend who attends TRS programs. She enjoys volunteering with TRS because of the supportive environment and the variety of activities offered. She says that we're "always doing something new and fun, which allows the participants to learn new activities and skills." In her spare time, Emily likes to read, hike, swim, and spend time with her cat. Emily's advice for volunteers is to always enjoy yourself. She says that "working with the special needs community is a very special thing, and not everyone has the right temperament for it. If you do decide to volunteer, know that you're truly making a difference in people's lives."



Ariel Cohen

Ariel first found out about TRS through a friend who volunteered at an event for her class at SDSU. She enjoys volunteering with TRS because she says that everyone is so positive, and she has lots of fun. In her spare time she likes to shop, go on walks with friends, and she student teaches at College Park Preschool. Ariel's advice to volunteers is to just be happy, have a good attitude, and always remember to follow all the safety rules.

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

<u>Required to</u>	<u>Qualifications</u>	<u>Volunteer Assignments</u>
<ul style="list-style-type: none">• Attend a volunteer orientation• Clear background check• Commit to one or more events each month• Work an average 10-20 hours monthly	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Assist with supervision of participants with disabilities during dances, community outings, sporting events, summer camps, and more!• Set-up equipment for activities and events• Prepare meals for programs• Provide hands-on assistance during activities• Perform various office duties



Please contact the Volunteer Coordinator at:

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

VOLUNTEERS IN ACTION



FALL MEMORIES



COMMUNITY EVENTS

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



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

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



CONTACT: Brian Richter
San Diego County
Regional Director

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

WOUNDED WARRIOR TENNIS

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 available for loan. Contact: Steve Kappes, stevekappes@hotmail.com, (619) 948-4596. More information: www.sdwoundedwarriortennis.org.



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

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

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

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.

CONTACT: Susie D'Agostino Cost: \$12.00-\$15.00
Susiedanceparty@aol.com, (619) 303-4865

STARS ACTING WORKSHOP

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

CONTACT: Summer Golden

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

GUACAMOLE BOWL

Saturday, February 16 10:00 a.m. - 2:00 p.m.
Join more than 1,000 guests who will help judge who makes the best guacamole at the Balboa Park Club (2150 Pan American Rd. West, 92101). The entry fee is \$25 per team. Sponsorship opportunities from \$50 for an Entertainment Sponsor up to \$5,000 for the Championship Round Sponsor. Proceeds benefit S4EA.

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

SANDI-CAN

Tuesdays: January 29 & February 26

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

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

December 2018

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

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CLOSED- HOLIDAY	2 Laugh Hour KZ Winter Adventure	3 LS Social Connection ISM Disc Golf KZ Winter Adventure WC Dance	4 CAC Art IND Club Meeting	5 All Tandem
6	7	8	9 Laugh Hour	10 WC Dance	11 CAC Art SMC Rec Night CMR KBC Meeting	12 Handcycle I IND- Outing
13	14	15	16 PIR Picnic Laugh Hour	17 LS Outing ISM Disc Golf WC Dance	18 CAC Art	19
20	21 HOLIDAY- CLOSED	22	23 PIR-RG Meeting Laugh Hour	24 WC Dance	25 CAC Art SMC Rec Night WMB	26 Handcycle 2 KBC/SMC Outing
27 KZ Outing	28	29	30	31 ISM Disc Golf WC Dance		

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CAC Art IND Club Meeting	2 All Tandem All Bowling League I SMC- Mission Trails
3	4	5	6 All Disneyland Laugh Hour	7 LS Social Connection All Archery WC Dance	8 CAC Art SMC Rec Night CMR KBC Meeting	9 Handcycle 3 All Valentine Dance PIR-RG Table Tennis
10 KZ Outing	11	12	13 Laugh Hour PIR Table Tennis	14 All Archery ISM Disc Golf WC Dance	15 CAC Art KBC Outing PIR Dance	16 Guacamole Bowl All Bowling League 2
17 KBC Outing	18 HOLIDAY- CLOSED	19	20 Laugh Hour	21 All Archery IND- In Cahoots LS Outing WC Dance	22 SMC Rec Night WMB CAC Art	23 Handcycle 4
24 KZ Playday	25	26 ALL- Ski Trip	27 PIR-RG Meeting Laugh Hour	28 All Archery ISM- Disc Golf		



Parks and Recreation Department

Therapeutic Recreation Services
War Memorial Building, Balboa Park
3325 Zoo Drive
San Diego, CA 92101

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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.