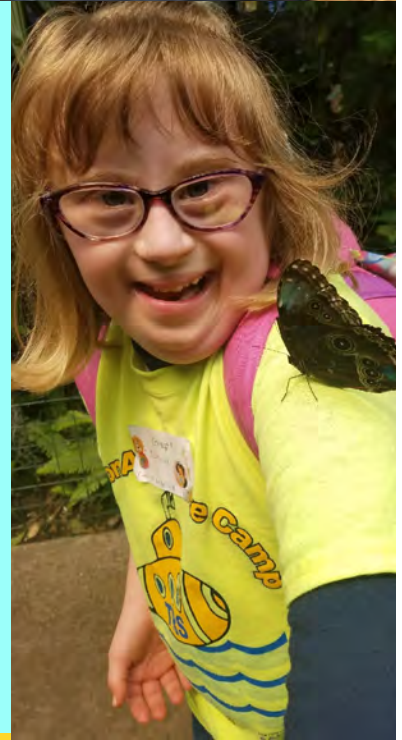




The City of  
**SAN DIEGO**  
Parks and Recreation Department

# THERAPEUTIC RECREATION SERVICES (TRS)

Spring 2019 • March, April, May



Office • (619) 525-8247

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



## 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 • Jennifer Walsten

Sabrina Bogosian • Nikki Tajima

Kira Duffett • Jennifer Stevenson

Janet Estrada • Melissa Scott

Samantha Greene • Sarali Saulog

Mark Leo • Lina Rendon, CTRS

Sharon Moninger • Lauren Turner

Monica Olivan • Alex Valencia

Cheryl Pawlak, CTRS/RTC •

Victor Ortiz

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## Where to Start / Get Involved!

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

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

## Online Registration / Payment Process

Spring registration begins February 16 and Summer Camp registration begins March 2

**Please note:** Checks cannot be mailed into the office. Payment can be done online with a credit card, or at the War Memorial Building (3325 Zoo Dr., 92101) room 6, Monday-Friday 8:30 a.m. to 4:30 p.m. In addition, the War Memorial Building will be open from 10 a.m.-2 p.m. on Saturday, February 16th and March 2nd to assist with registration. A credit card, check, or cash (exact change needed) can be utilized when paying in person. There is an additional \$2.00 transaction and credit card fee that will be applied to all registrations.

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

**First Time Online Registration:** 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:** For 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 questions, please call the office (619)525-8247.

## Refund Policy

If a recreation program is cancelled by the City, a full refund will be issued minus transaction and credit card fees. For participant cancellations the following will apply:

Transaction and credit card fees will not be refunded • Activity fees less than \$10 (excludes transaction and credit card fees) will not be refunded • 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 TRS office 20 business days prior to the activity. No refund for requests submitted less than 20 business days prior to the activity.

Camp refund policy – No transactions fees will be refunded. Full refund of the registration fee, will be given with at least 10 calendar days prior to the first day of camp. 50% of the registration fee will be given for applications submitted less than 10 calendar days prior to the first day of camp. No refunds for less than 48 hours from the start of the camp.



# Announcements / Staff Spotlight



## Upcoming Move!

As you may have heard, TRS is in the process of moving our main headquarters to Park de la Cruz (PDLC) Community Center, located at 3901 Landis St., 92105 in City Heights. While the opening date is still tentative, you can call our office at (619) 525-8247 for updates. TRS staff are excited about the increased recreation opportunities PDLC will offer, due to its number of multipurpose 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 recreation opportunities for older adults and community members.

## TRS is Hiring

The City of San Diego's Therapeutic Recreation Services is hiring Recreation Leaders this Spring. Keep an eye out for job posting's on the City's personnel page, [sandiego.gov/empopp](http://sandiego.gov/empopp), for the official posting. Call the TRS office for more information.

## Spotlight on.... VICTOR ORTIZ



Why did you want to work at TRS?

After beginning my education in recreation therapy and starting to volunteer, I was hooked on the entire concept of therapy through play. I knew TRS would be the perfect fit for me.

What has been your favorite TRS moment?

It's difficult to choose just one! My favorite moments are every time I get home, knowing I made a difference in someone's life.

Favorite hobby outside of work?

As a dance instructor, I enjoy Latin dancing and relaxing playing board games with friends.

Fun fact about yourself?

I am training to run a marathon in the next few years!

# Donor Appreciation

**Therapeutic Recreation Services sends their biggest thanks to all individual and agency donations. Thanks to this financial assistance, we are able to continue to provide quality programming to enrich the lives of those with disabilities.**

Kid Zone Brunch with Santa on December 15, 2018, was a huge success with over 60 children receiving gifts from Santa. Thank you to Maher from Jack in the Box on 220 W Washington St. and Stacy from Starbucks on 1240 University Ave for their generous donations of food and coffee for this magical event.



The City of San Diego Parks and Recreation Department, Therapeutic Recreation Services (TRS) in conjunction with Disabled Services Advisory Council, Inc. would like to acknowledge and thank Price Philanthropies (at the discretion of Matthew Hervey) for their generous donation of \$5000. This donation could not have come at a better time, due to TRS's upcoming move to Park de la Cruz in City Heights. The donation will be utilized to purchase adaptive and sensory equipment for our new facility. Thank you Price Philanthropies for enriching the lives of people with disabilities.

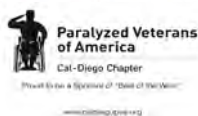
Thank you to Lea Labaco who raised over \$750 in donations. For Lea's birthday, she asked family and friends through Facebook for contributions. Her son Joshua has been a part of TRS for over ten years starting with the Kid Zone all the way through Social Motion Club.



DSAC & TRS would like to thank everyone who contributed and participated in this year's Best of the West Quad Rugby Tournament. A special thanks goes to our volunteers, donors, and sponsors. Congratulations to our local team, Sharp Edge, for winning the 2018 championship!

Thank you,  
Best of the  
West

**SHARP** Rehabilitation  
Services



**Please contact Kristi Fenick at [kfenick@sanidiego.gov](mailto:kfenick@sanidiego.gov) or (619) 525-8247 for sponsorship and/or donation inquiries.**

## 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, 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 at 6:00 p.m. on the 2nd Wednesday of each month in room 1 at the War Memorial Building (agendas and minutes are posted in room 6). January Election results are as follows: Deatriz Cook, Chair; Meagan Nunez, Vice Chair; Shirley Hesche, Secretary; Anita Paredes, Treasurer; Board members include Peter Ballantyne, Renee Cookson, Kurt Farrington, Richard Gilbert, Eleanor Tamayo, Betty Templeton, Cecily Thornton-Stearns, Dallin Young; General member is Albert Pruitt.

Funds from DSAC's GoFundMe page will be utilized to purchase wish-list items that are listed in the GoFundMe comments section. TRS and Senior Services is in the process of moving our main headquarters to a newly renovated Park de la Cruz facility in City Heights. We are asking your help in giving ideas of wish-list items you would like in our new facility. Please leave ideas in the comment section of what pieces of equipment or items that you would like to see being provided or offered. Donate at:

[www.gofundme.com/Winter-office-fundraiser](http://www.gofundme.com/Winter-office-fundraiser)

*Please help with sharing the link, and telling your friends & family to get involved!*

## Easy ways to DONATE

Here are some easy ways to donate that cost you nothing!

### Amazon Smile Fundraiser

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

Follow these easy steps:

1. Shop under your normal Amazon account at smile.amazon.com
2. When prompted to choose an organization to donate to, select Disabled Services Advisory Council, Inc in San Diego CA and shop away!

### Ralphps & Food4Less Fundraiser

Sign up online and every time you shop, a percentage of your purchase will be donated to DSAC. These rewards can be used for your fuel purchases too!

To add your community rewards program:

1. Log into [www.food4less.com](http://www.food4less.com) or [www.ralphps.com](http://www.ralphps.com) and click "sign in"
2. Enter your email address and password, then click on "my account" in the top right-hand corner
3. Link your card to your organization by clicking on:
  - a. Community rewards
  - b. Edit community rewards program & follow the instructions
  - c. Click the circle to the left of your organizations name, Disabled Services Advisory Council

*Remember to update after September first each year!*



# Summer Camps

registration for summer camps begins

**SATURDAY, MARCH 2 at 10:00 a.m.**

Registration may be done online or at the WMB from 10:00 a.m. - 2:00 p.m. No registration will be taken over the phone. Enrollment is limited. Camps fill up quickly. More information for each camp will be mailed upon registration. Partial scholarships for all TRS camps are available to those who demonstrate need. Scholarship forms must be on file at the WMB. Camper must have a current assessment completed prior to attending camp. See "Online Registration" page 3. Camp refund policy – No transactions fees will be refunded. Full refund of the registration fee, will be given with at least 10 calendar days prior to the first day of camp. 50% of the registration fee will be given for applications submitted less than 10 calendar days prior to the first day of camp. No refunds for less than 48 hours from the start of the camp.

**Cost for TRS camps is \$200, including a \$2 transaction fee**

## Camp at the Bay

**Monday-Friday, July 8-12, 9:30 a.m. to 3:00 p.m.**

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

CODE: 59561

LEADER: Nick Hurd

## Kid Zone Adventure Camp

**Monday-Friday, July 22-26, 9:00 a.m. to 3:00 p.m.**

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

CODE: 59461

LEADER: Gerald Cunanan

## Camp Wet n' Wild

**Monday-Friday, August 5-9, 10:00 a.m. to 3:00 p.m.**

Campers, ages 10 to adult, with any disability, siblings and friends will enjoy kayaking, surfing, games, crafts and more. Camp meets at Mission Point Park (2600 Bayside Lane, 92109.)

CODE: 59679

LEADER: Juan Razo

## Inclusion Support

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

## Junior Adaptive Sports Camp

**Monday-Friday, July 22-27, 9:00 a.m. to 4:00 p.m.**

This TRS co-sponsored camp is for ages 4-18 who have a physical impairment. Enjoy learning various wheelchair sports taught by athletes trained in each sport. There will be an additional fee for transportation. Please contact ASRA at (619) 336-1806 for camp fees or more information.

Registration for this camp is done through ASRA, not SDRcConnect.

# ALL PARTICIPANTS

All teens and adults ages 13 and over, with any disability. Some events available for children with adult supervision. Direct supervision is not provided.

## Self Expression Through Art

Fridays, 3:00-4:00 p.m. at the War Memorial Building

Join instructor Joan McCann for this program co-sponsored with Creative Arts Consortium. Express images hidden within using paints, colored pencils, markers, or other media without judgment or criticism. Just enjoy! Meet at 3325 Zoo Dr., 92101, room 3.

no online registration      COST: FREE

## Picnic at the Park & Padres Game

Sunday, May 19, 11:00 a.m.-4:00 p.m.

Get into the Padres' spirit with the TRS team, fellow participants, family and friends, everyone is welcome! There will be games, snacks and activities before we take a short walk at 12:30 p.m. to see the Padres take on the Pittsburgh Pirates! Game starts at 1:10 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel. No staff supervision for participants under 13, an adult companion must attend.

CODE: 58611      COST: \$25.00

Interested in riding your bike? See "Pedal to the Park" to the right!

See page 3 for online registration information & refund policies. Call (619) 525-8247 if online registration is not available.

## Tandem Bike Ride

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

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

COST: \$2.00

March 2: North Crown Point Shores  
3791 Corona Oriente Rd., 92109  
CODE: 58905

April 6: Silver Strand (Coronado)  
1999 Strand Way, 92155  
CODE: 58906

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

May 19: See Pedal to the Park information below(\$25)

## Pedal to the Park

Sunday, May 19, 9:00 a.m.- 5:00 p.m.,  
from War Memorial Building to Petco Park

Join us as we ride bikes to Petco Park to watch the Padres take on the Pittsburgh Pirates. Meet at the War Memorial Building (WMB) (3325 Zoo Dr., 92101) and ride bikes through an eight mile scenic route, stopping at the picnic on the way. After the game, we will ride back to the WMB for pickup. You may bring your own bike. Limited amount of bikes available.

Please call (619) 525-8247 to reserve a bike. Game starts at 1:10 p.m.

CODE: 58907      COST: \$25.00

**\$2 transaction and credit card fees will apply at checkout.**



## Spring Fling Dance

Friday, March 15, 10:00 a.m.-1:00 p.m.

Located at the Balboa Park Club (2144 Pan American Rd W, 92101). Direct supervision is not provided. You must be 16 years or older to attend. Lunch not provided. Snacks available for purchase.

*no online registration* COST: \$2.00 at the door



## Strikeforce Bowling League

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

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

Ready for a striking great time with 10-pin excitement? This eight session league just keeps rolling forward, followed by an awards banquet on Saturday, June 22. Cost includes two games per date, shoe rental, and awards banquet for team members (guests are an extra fee). Everyone is welcome, regardless of skill level. No direct supervision provided. Individuals will be placed on a team. Located at Kearny Mesa Bowl (7585 Clairemont Mesa Blvd.). No money will be taken at bowling. Register by February 27.

CODE: 57505

COST: \$85.00

\$15 bowling shirt

## Laugh Hour

Wednesdays, 11:00 a.m.-12:00 p.m.  
at the War Memorial (3325 Zoo Dr.)

Experience the many benefits of laughter.  
Open to all ages and abilities!  
No direct supervision provided.

*no online registration*

COST: FREE

## San Diego Zoo Tickets

Sunday, April 14

Meet at the War Memorial Building to pick-up your tickets between 9:30 and 10:30 a.m. Direct supervision is not provided. Once you pick-up your tickets you are on your own.

Last day to purchase tickets is April 5.

CODE: 59144

COST: \$15.00

## Talent Show

Friday, April 19, 6:00-9:00 p.m. at the  
War Memorial Building (3325 Zoo Dr.)

Sign up to perform or cheer on your friends! Light refreshments provided. If you wish to perform, please call (619) 525-8247 to register by Monday, April 15th.

*no online registration*

COST: \$3.00

at the door



**\$2 transaction and credit card fees will apply at checkout.**



# All Family Camping

May 4-5

Saturday 5:30 p.m. – Sunday 11:00 a.m.

TRS families and independent campers are welcome to join us for our annual TRS camping trip at beautiful Mission Trails. Meet at the Kumeyaay Lake Campground at the Mission Trails Regional Park (Two Father Junipero Serra Trail). Meet at 5:30 p.m. to check into the campsites, hike starts around 6:30 p.m. Cost covers campsite, dinner, s'mores, a light breakfast and a ranger-led hike! Campers will need to bring their own camping supplies.

**Don't miss this exciting opportunity!**

Direct supervision is not provided.

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

CODE: 59524

COST: \$15.00/person





# KID ZONE

ages 3 - 12

This group is designed to foster socialization and social skills, to increase cognitive, physical, communicative, emotional, and creative abilities through play and recreation.



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

Please note: first time participants must be accompanied by a parent or guardian.

## Spring Adventure

Join us for two days of exciting adventure! Drop off and pickup at South Clairemont Recreation Center (3605 Clairemont Dr.) both days. Bring a sack lunch both days.

### Playday and Swimming

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

Bring a swimsuit, towel, and change of clothes for a playday at the S. Clairemont Recreation Center.

CODE: 56796

COST: \$20.00

### San Diego Safari Park

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

Lions and tigers and bears, oh my! Off to the safari we go!

CODE: 56797

COST: \$30.00

## Spring Playday

**Sunday, April 28, 12:00-3:00 p.m.**

Join us for a day filled with arts and crafts, games and an egg hunt! Please bring sack lunch. Drop-off and pick-up at the War Memorial Building.

CODE: 58730

COST: \$7.00

## Mission Trails Hike

**Saturday, May 4, 1:30-4:30 p.m.**

Meet at Mission Trails Visitor Center (1 Father Junipero Serra Trail, 92119) for hiking and exploration fun. Bring a sack lunch.

COST: \$5.00

CODE: 58733

## Boomers

**Sunday, April 7, 12:00-3:00 p.m.**

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

CODE: 58727

COST: \$20.00

## Chollas Lake Playday

**Saturday, May 18, 11:00 a.m.-2:00 p.m.**

Join us for a day of hiking, gardening, scavenger hunting, and more at the lake! Bring a sack lunch. Drop-off and pick-up at 5805 College Grove Drive, 92115.

CODE: 58732

COST: \$7.00



**\$2 transaction and credit card fees will apply at checkout.**



# KICK BACK CLUB

ages 13 - 18

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



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

## Meetings

Dinner included. Drop-off and pick-up at War Memorial Building (3325 Zoo Dr., 92101).

### St. Patrick's Day

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

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

CODE: 58736

COST: \$5.00

### Spring Fling

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

Spring has sprung! Join us for a night of games and crafts.

CODE: 58738

COST: \$5.00

### BBQ Cook-Out

Friday, May 10, 6:00 p.m.- 8:30 p.m.

Kick off summer early with a cook-out! We will make tie-dye shirts, play games, and more!

CODE: 58953

COST: \$5.00

## Living Coast Discovery Center

Friday, March 29, 9:00 a.m.-3:00 p.m.

We will take public transit to the Discovery Center to learn about and interact with marine life. Bring a sack lunch. Drop-off and pick-up at War Memorial Building (3325 Zoo Dr., 92101).

CODE: 56802

COST: \$20.00

## Coronado Ferry

Saturday, April 20, 11:00 a.m.- 2:00 p.m.

Meet at the Fish Market (750 N Harbor Dr., 92101). We will take a cruise over to Coronado Island for a picnic at the beach. Bring a sack lunch, or money to purchase food. Space is limited.

CODE: 58739

COST: \$10.00



## KBC Picnic at the Park

Sunday, May 19, 11:00 a.m.-4:00 p.m.

Get into the Padres' spirit with the TRS team, fellow participants, family and friends, everyone is welcome! There will be games, snacks and activities before we take a short walk at 12:30 p.m. to see the Padres take on the Pittsburg Pirates! Game starts at 1:10 p.m. Meet at 4th & K St, at the park in front of the Hilton Hotel. *No staff supervision for participants under 13, an adult companion must attend.*

CODE: 58740

COST: \$25.00

**\$2 transaction and credit card fees will apply at checkout.**

# SOCIAL MOTION CLUB

ages 18+

This group, for adults with a cognitive impairment, is designed to increase leisure independence, community functioning, and social skills through experiential opportunities within the community.



Aly Larson

allarson@sandiego.gov

(619) 236-7755

## Recreation Nights

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

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

**COST: \$7.00 (includes \$2 transaction fee)**

### PJ & Movie Night

Wear your pajamas and come watch a movie!

March 8: Carmel Mountain Recreation  
10152 Rancho Carmel Dr., 92128

**CODE: 58612**

March 22: War Memorial Building  
3325 Zoo Dr., 92101

**CODE: 58613**

### Western Night

Yeehaw! Giddy up for a night of cowgirls and cowboys having a boot-scootin' good time!

April 12: Carmel Mountain Recreation

**CODE: 58614**

April 26: War Memorial Building

**CODE: 58615**

### Disney Night

It's almost the happiest place on earth! Come enjoy Disney themed games and fun.

May 10: Carmel Mountain Recreation

**CODE: 58616**

May 17: War Memorial Building

**CODE: 58617**

## Rockin' Jump Neon Night

**Sunday, March 10, 5:30-8:00 p.m.**

Wear your best neon clothes & have a good time neon glow jumping! Cost includes 2 hour jumper party and grip socks. Bring a sack dinner. Drop-off & pick-up at 8190 Miralani Dr., 92126.

**CODE: 58618**

**COST: \$20.00**



## Talent Show

*see page 9*

## Picnic at the Park

*see page 8*

**\$2 transaction and credit card fees will apply at checkout.**

# INDEPENDENT CLUB ages 21+

This club, for adults 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, and meet with Aly one on one, before attending an outing. Minimal staffing is provided at club functions.

Aly Larson

allarson@sandiego.gov

(619) 236-7755



## Meetings

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

Join us at the War Memorial Building for an evening of dinner and activities. If you are a new member, please set up an interview appointment prior to the meeting by calling Aly at (619) 236-7755.

COST: \$7.00 (includes \$2 transaction fee)

## Hollywood March 1

Come enjoy a night filled with fun, awards, and smiles for the paparazzi!

CODE: 58607

## Health & Fitness Night April 5

Get ready to learn more about health and fitness, & to burn some calories!

CODE: 58608

## Fiesta Night May 3

Happy almost Cinco de Mayo!  
Let's have a fiesta!

CODE: 58609

## Talent Show see page 9



## Bowlero

**Tuesday, March 12, 6:00-9:00 p.m.**

Grab your bowling shoes and get ready for a fun night of bowling and arcade games! Bring \$15 for bowling (includes shoe rental), and extra money for arcade and dinner.

Drop-off and pick-up at 845 Lazo Ct., 91910, Chula Vista

CODE: 58610

COST: See Above

## Staycation

**Friday, May 31 - Saturday, June 1**

Enjoy an awesome getaway swimming, relaxing, and having fun at the Bahia Resort in Mission Bay! This trip is made possible through your snack bar fundraiser sales! You must have attended at least 3 Club meetings in 2018-2019 to be eligible. Staff will be NOT be present from 10:00 p.m. 5/31-9:00 a.m. 6/1. More information upon registration. Space is limited.

CODE: 59163

COST: \$100.00

## Picnic at the Park see page 8

**\$2 transaction and credit card fees will apply at checkout.**



# LEISURE SEEKERS

ages 18+

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. *Direct supervision is not provided.*



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

## Social Connections

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

We meet the first Thursday of the month at the War Memorial Building (3325 Zoo Dr., 92101). This is a wonderful opportunity to make new friends and socialize. Call (619) 525-8247 to register by the Wednesday prior to the activity. No online registration.

COST: \$4.00 at the door

## St. Patty's Day Celebration March 7

Celebrate St. Patrick's Day with friends by creating fun crafts, testing your luck with casino games, and enjoying a baked potato bar and dessert. Wear green!

CODE: 58603

## Spring & Earth Day Celebration April 4

Let's celebrate the end of winter & arrival of spring by creating recycled crafts, playing lawn games, and enjoying a barbeque!

CODE: 58604

## Cinco de Mayo May 2

Join us as we honor our region's Mexican heritage by participating in crafts, games, and festivities inspired by the rich culture of Mexico. We will build our own tacos for dinner and enjoy dessert!

CODE: 58605

## Softball League

### Morley Field

(2221 Morley Field Dr., 92101)

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

Play ball! Bring your team or just yourself to our softball league at Morley Field. You will play three games each day. Register online or in person at the War Memorial Building by Wednesday, February 27. Mandatory coaches meeting at 9 a.m. on March 6 at Morley Field. The awards barbeque will be on June 19. More details will be available in the summer calendar.

Questions? Contact Juan at (619) 525-8247

CODE: 57511

COST: \$50.00 team  
\$5.00 person



**\$2 transaction and credit card fees will apply at checkout.**

# LEISURE SEEKERS ages 18+

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. *Direct supervision is not provided.*



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

## Stadium Golf Driving Range

Thursday, March 21, 12:00-2:30 p.m.

Join us for an afternoon of fun at Stadium Golf driving range (2990 Murphy Canyon Rd., 92123). Meet outside the golf shop at 12:00p.m. Bring water, snacks, and sun protection. Brand new golfers and golfers with experience are welcome. All levels are invited to join us. Golf clubs are available to use, or you may bring your own. Register online or call (619) 525-8247 to sign up by Friday, March 15. *Limited spaces available.*

CODE: 58601

COST: FREE



## San Diego Zoo

Thursday, April 18, 11:00 a.m. -3:00 p.m.

Grab your friends, a sack lunch, and a camera as we enjoy the sights and sounds of the exotic animals at the world-famous San Diego Zoo. Meet at the War Memorial Building at 11a.m. to walk over to the zoo as a group. You must enter the zoo with the group, as individual tickets won't be provided. Register online or in person no later than Friday, April 12. *Limited spaces available.*

CODE: 58602

COST: \$15.00

## Picnic at the Park

see page 8



**\$2 transaction and credit card fees will apply at checkout.**

## ADAPTIVE SPORTS ages 8+

Adaptive programs, designed for individuals with physical disabilities, promote health & fitness by working on increasing cardiovascular endurance, upper body strength, wheelchair mobility skills, & leisure independence in a recreational environment.



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

### Handcycling

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

CODE: 58971

COST: \$25.00 / 6 week program • \$8.00 with own bike

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.

March 16

North Crown Point Shores  
3791 Corona Oriente Rd., 92109

March 30

Glorietta Bay Park (Coronado)  
1845 Strand Way, 92118

April 13

Liberty Station  
NTC Park; corner of Dewey Rd.  
and Cushing Rd., 92106

April 27

De Anza Cove  
2900 N. Mission Bay Dr., 92109

May 11

**Mariner's Basin**  
2600 Bayside Walk, 92109

May 18

North Crown Point Shores  
3791 Corona Oriente Rd., 92109

## Service Members

programs are designed to promote health, fitness, and an improved quality of life while focusing on leisure independence and education in a community environment.

## Golf

### Balboa Park Golf Course

(2600 Golf Course Dr., 92102)

**Wednesdays, 10:00 a.m.-12:30 p.m.**

**3/20, 3/27, 4/3, 4/10, 4/17, 4/24**

New to golf? Want to improve your swing? Join the Service Members golf program at the Balboa Park course for opportunities to improve your game with a certified golf instructor. This six week session is for all levels and will provide equipment if needed. Spaces are limited. Register by March 15. Contact Nick with any additional questions at nhurd@sandiego.gov.

CODE: 59677

COST: \$60.00 / person



# ADAPTIVE EVENTS

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

## All Can Dance on Wheels or Walk!

Thursdays, 10:00-11:00 a.m. (social dancing) & 11:00 a.m.-12:00 p.m. (dance instruction)

**5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20**

**Location to be announced**

Dancing is for everyone! Whether you already know how or want to learn, this FREE 8-week dance class is for you! You'll learn line dancing, cha cha, disco, and more while making amazing new friends and being a part of a great group of people who use a wheelchair, walker, or cane. Able-bodied volunteers are needed to partner with wheelchair dancers. We invite you to try a free class with no obligation, as a volunteer or a dancer, and come back as often as you wish!



For more information, visit:

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



## Beach Wheelchair

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 otherwise unable to walk unaided on the beach. Reservations recommended. Go to:

[www.sandiego.gov/park-and-recreation/activities/trs](http://www.sandiego.gov/park-and-recreation/activities/trs) and select "Beach Accessibility and Wheelchair Program" to find other beach accessible locations in San Diego.



Closed January-February

March-April / November-December

**Friday, Saturday, Sunday 11:30a.m.-3:30p.m.**

May-October

**Monday, Wednesday, Friday 11:30a.m.-4:30p.m.**

**Saturday, Sunday 11:30a.m.-5:30p.m.**

**Reserve by calling  
(619) 980-1876 during  
beach hours**

**(619) 525-8247 during  
non-beach hours.**

# PEOPLE IN RECOVERY

ages 18+

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



Juan Razo

jrazo@sandiego.gov

(619) 236-7771

## Recovery Games Meetings

March 27, April 24, May 22

War Memorial Building (3325 Zoo Dr., 92101)

10:00 -11:00 a.m.

Help with the development of the recovery games programs, developed theme and give your suggestions. All recovery homes are encouraged to have a representative attend our meetings and give input based on the benefit of the program.

*no online registration*

COST: FREE

## Table Games Tournament

Friday, March 15, 5:00-10:00 p.m.

War Memorial Building (3325 Zoo Dr.)

It's that time again! Show off your skills at our annual Table Games Tournament at the War Memorial Building. Medals will be awarded for each game. We will play pinochle, spades, scrabble, checkers, dominoes, backgammon, chess and connect four. Lighthouse will provide chili for dinner. You must be 18+ to attend.

To register, or if you have any questions,  
call (619) 525-8247.

CODE: 59126

COST: \$5.00

## Spaghetti Dinner

Saturday, March 23, 6:00-8:00 p.m.

War Memorial Building (3325 Zoo Dr., 92101)

Turning Point is hosting their annual Spaghetti Dinner and you are invited! For more information and to register please call (619) 233-0067. This is a TRS Co-Sponsor activity.

COST: \$10.00

## 3 on 3 Basketball Tournament

Monday, April 15

9:00 a.m.- 1:00 p.m.

Ready to hoop it up? We are hosting our annual 3 on 3 Basketball Tournament at Municipal Gymnasium (2111 Pan American Plaza, 92101). The tournament will be double elimination, with men's and women's divisions. A trophy will be awarded to the top three teams of each division. There will also be a 3-point contest with medals for the top three shooters.

CODE: 59140

COST: \$15.00/ team

## Banner Contest

Wednesday, May 8,

10:00 a.m.- 2:00 p.m.

Join us for banner making as we celebrate recovery at Morley Field (2221 Morley Field Dr., 92104). Every house/organization is invited to attend with a 4ft by 6ft banner with this year's theme represented on it. There will be additional activities to participate in, such as a 40 yard dash, softball throw, 1 mile run, and relay race. This program is free and open to families.

For more information, contact  
Juan at (619) 525-8247.

*no online registration*

COST: FREE

**\$2 transaction and credit card fees will apply at checkout.**



## VOLUNTEER CORNER

A variety of volunteer opportunities are available for those ages 13 and above, including students who need service hours. Therapeutic Recreation Services also offers an outstanding internship program for college students majoring in Therapeutic Recreation. See the next page for how to get involved!



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



### Volunteer of the Quarter: **Nicole Denton**

After moving to San Diego from NYC, Nicole wanted to commit to something she was passionate about. She came across the City of San Diego website, found TRS, and right away she knew it would be a perfect match. Volunteering with TRS provides her the opportunity to improve her leadership and recreation skills with diverse populations. Volunteerism provides the opportunity for her to make a difference in the community, while gaining experience and facing new challenges. It brings her joy knowing that participants look forward to seeing her at programs. In her free time, Nicole enjoys outdoor recreation such as soccer, hiking, and boxing. We appreciate all of Nicole's hard work and we are lucky to have her on our team!



Please contact the Volunteer Coordinator at  
(619) 236-7753 or [dkimpel@sandiego.gov](mailto:dkimpel@sandiego.gov)  
to get more information on volunteering.



# Getting Involved

Whether you are an ongoing volunteer, providing a summer of service or completing an internship, TRS is proud to offer a wide variety of volunteer opportunities for anyone to get involved. We rely on our volunteers to help us provide quality programming to enrich the lives of individuals with disabilities. We are excited to welcome you to the team!

## Requirements

- Attend a volunteer orientation
- Clear a background check
- Commit to one or more events each month



## Qualifications

- At least 13 years old
- Patient
- Enjoy working with people
- Dependable and flexible
- Desire to work with a diverse population
- Energetic, enthusiastic, and eager to have fun!



## Activities

- Assist with supervision of participants with disabilities during dances, community outings, sporting events, and other activities
- Set-up equipment for activities and events
- Help prepare meals for programs
- Provide hands-on assistance during activities
- Perform various office duties



# COMMUNITY EVENTS

The following agencies provide more leisure & recreation opportunities for all. Don't miss these great events.

## **Adaptive Sports and Recreation Association**

**Contact: Lindsay H. • (619) 336-1806**

Weekly adaptive sports team practices held Tuesdays, Wednesdays, and Saturdays throughout the county.

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

## **Wounded Warrior Tennis**

**Contact: Steve Kappes • (619) 948-4596**  
[stevekappes@hotmail.com](mailto:stevekappes@hotmail.com)

Wounded, ill, and injured service members and veterans are invited to the free tennis clinics each Tuesday at the Balboa Tennis Club (2221 Morley Field Dr., 92014). Beginners welcome. Racquets available to loan.

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

## **SoCal Special Olympics**

**Contact: Brian Richter • (619) 283-6100**

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

[www.sosc.org/sandiego](http://www.sosc.org/sandiego)

## **San Diego Festival of the Arts**

**June 8-9, 10:00 a.m.-6:00/5:00 p.m.. (Sun)**

Meet artists, experience entertainment, and enjoy delicious cuisine with fine wine and craft beer. The festival, by Torrey Pines Kiwanis, benefits adaptive sports and recreation opportunities for San Diegans with disabilities.

For tickets and more information, visit:

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

## **Deaf Seniors Club**

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

**Deaf Community Services (1545 Hotel Circle)**

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

**COST: \$3.00 / week**

## **Sports for Exceptional Athletes**

**Contact: Walter Jackson • (858) 565-7432**

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

[sd4ea@gmail.com](mailto:sd4ea@gmail.com)

## **Susie's Dance Party**

**Contact: Susie D'Agostino • (619) 303-4865**  
[susiedanceparty@aol.com](mailto:susiedanceparty@aol.com)

Weekly dance parties are held at the Carmel Mountain Recreation Center, Saturdays, 4:15-7:00 p.m.

**COST: \$12.00 - \$15.00**

## **Stars Acting Workshop**

**Contact: Summer Golden • (619) 647-4958**  
[zgolden1@cox.net](mailto:zgolden1@cox.net)

Weekly dramatic arts classes for adults with developmental challenges.

[northparkvaudeville.com](http://northparkvaudeville.com)



# March

sun	mon	tues	wed	thurs	fri	sat
					1 CAC Art IND Club Meeting	2 ALL Tandem ALL Bowling
3	4	5	6 LS Softball	7 LS Social Connection	8 CAC Art KBC Meeting SMC Rec Night (CMR)	9
10 SMC Jump Around	11	12 IND Bowlero	13	14	15 CAC Art PIR Table Games ALL Spring Dance	16 ALL Bowling Handcycle 1
17	18	19	20 LS Softball ISM Golf	21	22 CAC Art SMC Rec Night (WMB)	23 PIR Spaghetti Dinner
24	25 KZ Adventure (Play & Swim)	26 KZ Adventure (Safari Park)	27 ISM Golf PIR Meeting	28	29 CAC Art KBC Outing	30 Handcycle 2
31						

# April

sun	mon	tues	wed	thurs	fri	sat
	1 CLOSED — City Holiday Cesar Chavez Day Observed	2	3 LS Softball ISM Golf	4 LS Social Connection	5 CAC Art IND Club Meeting	6 ALL Tandem ALL Bowling
7 KZ Outing	8	9	10 ISM golf	11	12 CAC Art SMC Rec Night (CMR) KBC Rec Night	13 Handcycle 3
14 Zoo Tickets	15 PIR Basketball Tournament	16	17 LS Softball ISM Golf	18 LS Outing	19 CAC Art ALL Talent Show	20 ALL Bowling KBC Outing
21	22	23	24 ISM Golf PIR Meeting	25	26 CAC Art SMC Rec Night (WMB)	27 Handcycle 4
28 KZ Playday	29	30				

# May

sun	mon	tues	wed	thurs	fri	sat
			1 LS Softball	2 WC Dance LS Social Connection	3 CAC Art IND Club Meeting	4 ALL Bowling Camping Trip KZ Hike
5 Camping Trip	6 Sharp Day at the Bay	7	8 PIR Banner Contest	9 WC Dance	10 CAC Art SMC Rec Night (CMR) KBC Meeting	11 Handcycle 5
12	13	14	15 LS Softball	16 WC Dance	17 CAC Art SMC Rec Night (WMB)	18 ALL Bowling Handcycle 6 KZ Outing
19 ALL Pedal to / Picnic at the Park	20	21	22 PIR Meeting	23 WC Dance	24 CAC Art	25
26	27 CLOSED — Holiday	28	29 LS Softball	30 WC Dance	31 CAC Art IND Staycation 1	IND Staycation 2



Therapeutic Recreation Services

War Memorial Building

3325 Zoo Drive

San Diego, CA 92101

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