

The City of

**SAN DIEGO**

Parks and Recreation Department

# THERAPEUTIC RECREATION SERVICES

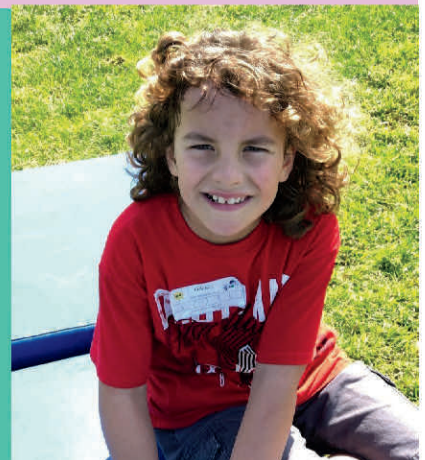
Summer 2019 • June, July, August

Office • (619) 525-8247

Fax • (619) 299-9304

Email • [trsnewsletter@sandiego.gov](mailto:trsnewsletter@sandiego.gov)

[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

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 •  
Jennifer Stevenson • Nikki Tajima •  
Lauren Turner • Alex Valencia

## Table of Contents

### General Information

3. Where to Start / Online Registration  
Refund Policy / Scholarship
4. Staff Updates & Announcements
5. Donor Appreciation
6. DSAC Corner / Fundraising Opportunities

### TRS Group Events

- 7-9. ALL Participants
10. Kid Zone (ages 3-12)
11. Kick Back Club (ages 13-18)
12. Social Motion Club (ages 18+)
13. Independent Club (ages 21+)
- 14-15. Leisure Seekers (ages 18+)
- 16-17. Adaptive Sports and Events/Beach  
Wheelchair
18. People in Recovery (ages 18+)

### Volunteers

20. Volunteer of the Quarter
21. Getting Involved

### Community Events / Calendar

22. Community Events
23. TRS Program Calendar



## Where to Start / Get Involved!

Programs are available for participants 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.

### Payment Process

**Summer** registration begins May 11

**Please note:** Payment can be done online with a credit card, or at the War Memorial Building (3325 Zoo Dr., 92101) room 6, Monday-Friday 9:00 a.m. to 3:00 p.m. until June 30th (see yellow box to the right). In addition, **the War Memorial Building will be open from 10 a.m.-2 p.m. on Saturday, May 11 to assist with registration.** A credit card, check, or cash (exact change needed) can be utilized when paying in person. **There is a \$2.00 transaction and credit card fee that will be applied to all registrations.** To register you will need the "CODE", which is listed by all the programs in the newsletter.

### !! Attention Participants !!

Registration and payments can be made at the War Memorial Building (3325 Zoo Dr.) through June 30th. Starting July 1st, call the office for registration location due to possible move to Park de la Cruz (3901 Landis St., San Diego, 92105).

### Online Registration

To be eligible for program participation, **create an online profile** using the 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, a parent or head of household, including all required fields, and click Submit (or Submit and 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: 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.

### 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 two business days from the start of the camp.

### Scholarship Procedure

Scholarship applications are available at the TRS office or on the Disabled Service Advisory Council's website, [DSACSD.org](http://DSACSD.org). Submit completed applications to the TRS office. DSAC will then review and approve partial scholarships to those demonstrating a need.



# STAFF UPDATES & ANNOUNCEMENTS

## Meet our Summer Interns **DAVID** and **SUSIE**!



**David** is a Senior at CSU San Jose studying Recreation Therapy. During his free time he enjoys rock climbing, hiking, traveling and attending concerts. He also has a passion for innovating ideas within the music business.

**Susie** is a Senior at CSU Long Beach with a major in Recreation Therapy. She enjoys dancing, hiking, running, movies, and traveling. Susie has been dancing Mexican folk dance for 6 years and enjoys performing and teaching.



Goodbye Intern



Hello TR Leader

Congratulations, Michael on your recent graduation and becoming part of our team as one of our new Therapeutic Recreation Leaders.

## Spotlight on....

### LINA RENDON



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

I wanted to work at TRS because I wanted experience as a Recreation Therapist in a community setting. It just looked like so much fun!

#### What was your favorite TRS moment?

My favorite moments at TRS have been the Summer Talent Shows! Both participants and staff always rock it!

#### Favorite hobby outside of work?

Favorite hobbies outside of work would be listening to music and adventuring outdoors!

#### Fun fact about yourself?

I was in chorus elementary- college!

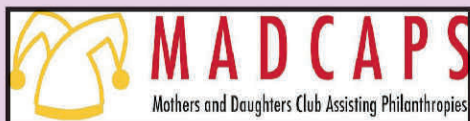
**TRS is in the process of hiring four new Therapeutic Recreation Leaders and one Therapeutic Recreation Specialist just in time for summer.**

**Announcement will be made soon, make sure to welcome them at upcoming programs.**



# Donor Appreciation

Therapeutic Recreation Services (TRS) in conjunction with Disabled Services Advisory Council (DSAC) 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.



Every summer, TRS welcomes an incoming class of Ninth grade MADCAPS', a mother-daughter philanthropic group. Thank you to the class of 2022, who volunteered close to 1550 hours in the summer of 2018. In addition to volunteering, MADCAPS has financially supported TRS with generous donations throughout the years. MADCAPS 2019 donation will be utilized to keep program costs low, provide partial scholarships and purchase specialized equipment. We look forward to working with the class of 2023.



Once again, Therapeutic Recreation Services thanks the Hervey Family Non-endowment Fund at the San Diego Foundation for their generous \$5,000 donation. Their 2019 donation will benefit thousands of participants, via partial scholarships, summer camp expenses and recreation supplies. The Hervey family have been long time supporters of Disabled Services Advisory Council, Inc. and Therapeutic Recreation Services. Their generosity is very much appreciated.



Thank you, Dallin Young, DSAC Board member and former Therapeutic Recreation Leader, for once again donating proceeds from his annual birthday celebration. Special thanks to Eaze, VitaCup, Outco, Harbor Collective, Mankind Collective, Two Roots Brewing Co., Tower Agency Inc, and Iconic in helping raise over \$10,000 for Disabled Services Advisory Council, Inc. Funds will be utilized to provide participant scholarships and to enhance programs. Thank you Dallin and crew once again for improving the lives of San Diegans.

**Special  
Thanks to  
these  
sponsors**



**outco**

**eaze**

**TWO  
ROOTS™**

**VitaCup**



**MANKIND**

Please contact Kristi Fenick at [kfenick@sandiego.gov](mailto:kfenick@sandiego.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. Meetings will be moved to Park de la Cruz (3901 Landis Street, 92105) upon opening of the community center.

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

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!

### Ralphs & 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** or **www.ralphs.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!*





# *Harvest Ball*

*Saturday, September 7, 2019*

*6:00~ 10:00 p.m.*

---

## **Handlery Hotel**

950 Hotel Circle North  
San Diego, CA 92108

**Music - Dancing - Gourmet Cuisine**

You must be 18 years or older to attend. Register early as space is limited. Last day to register is August 23, 2019. Parking \$5.00 at the gate.

**No direct supervision provided.**

**CODE: 61965**

**COST: \$50**

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



# ALL PARTICIPANTS

All teens and adults ages 13 and over, with any disability. Some events are available for children with adult supervision and some events are for 18 and older. Direct supervision is not provided.

## Bowling Banquet

Saturday, June 22, 11:00 a.m. - 1:00 p.m.

The Spring bowling league concludes on June 8th, with a banquet on June 22nd at the Balboa Park Club (2150 Pan America Plaza, 92101). **Guests must register on line or in person at the War Memorial Building by Friday, June 14th.** Come celebrate the season with food, raffle prizes and an awards ceremony with our teammates, family and friends.

**CODE:** **COST: \$10 for guests, players are FREE**

## Self Expression Through Art

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

June Meeting at 3325 Zoo Drive  
July and August Meetings, call for location

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! 18 years and up

no online registration **COST: FREE (Donations accepted at TRS office)**

## Laugh Hour

Wednesdays, 11:00 a.m. - 12:00 p.m.

June Meetings at 3325 Zoo Drive  
July and August Meetings, call for location.

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

no online registration **COST: FREE**

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. Sometimes the truck cannot park at the exact location, if you do not see the group at first, look for the big City of San Diego truck with wooden gates on the back.

**COST: \$2.00**

June 1:

**Bikeway Village**

536 13th Street, Imperial Beach  
91932

**CODE: 61337**

**July: No Tandem rides scheduled this month**

**August 17:**

**Lake Murray**

5520 Kiowa Drive, 91942

**CODE: 61338**



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



# Summer Camps 2019

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



## Camp at the Bay

**Monday-Friday, July 8-12**

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.

**Camp is currently full, call the office to be put on the waiting list**

**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.)

**Camp is currently full, call the office to be put on the waiting list.**

**CODE: 59679**

**LEADER: Juan Razo**





## 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.*



### Summer Adventure Camp

See page 9

### Inclusion– We can all play Together!

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

### Reptile Playday

Sunday, June 9, 12:00 –3:00 p.m.

Come join us for games, arts, crafts, and a reptile exhibit. Bring a sack lunch.

**CODE: 61996**

**COST: \$7.00**

### Mud Playday

Sunday, June 23, 10:00 a.m. –12:30 p.m.

Play in the mud...and much more! Create a fort, create nature crafts, go through a mud obstacle course, and more. Be prepared to get muddy! Participants– please bring sturdy shoes, towels, and change of clothes and bring a sack lunch.

**CODE: 61997**

**COST: \$5.00**

### Reuben H. Fleet Museum

Sunday, August 11, 12:00 –3:00 p.m.

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

**CODE: 61998**

**COST: \$20.00**



**\$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

## SUMMER NIGHTS

Register Early! Space is limited for ALL Events!

### **Cosmic Bowl**

*Thursday, June 6, 5:30 - 9:00 p.m.*

Pizza and bowling will be provided. Drop-off and pick-up at Parkway Bowl (1280 Fletcher Parkway, El Cajon, 92020).

**CODE: 61990**

**COST: \$25**

### **Boomers and Souplantation**

*Thursday, June 20, 5:30 - 9:30 p.m.*

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

**CODE: 61991**

**COST: \$30**

### **Private Pool Party**

*Friday, July 5, 5:00 - 8:00 p.m.*

Catered food and music will be provided. Drop-off and pick-up at Bud Kerns Pool (2229 Morley Field Dr, 92104).

**CODE: 61992**

**COST: \$20**

***NO KBC MEETINGS IN JUNE,  
JULY AND AUGUST.***

**Returning September 2019!**

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

### **Bonfire on the Bay**

*Thursday, July 18, 6:00 - 9:00 p.m.*

Bring blankets, lawn chairs, and warm clothes to enjoy games, crafts, dinner, s'mores and more. Drop-off and pick-up at North Crown Point Shores Park (corner of Moorland Dr. & Corona Oriente Rd., San Diego 92109).

**CODE: 61993**

**COST: \$10**

### **Dinner and Movie**

*Thursday, August 1, 6:00-10:00 p.m.*

Drop-off at B.J.'s Mission Valley (1370 Frazee Dr., 92108) to have dinner, then watch a blockbuster film! (movie will be announced night of). Please bring extra money for snacks or drinks. Pick-up in front of Ultrastar Cinema (7510 Hazard Center Dr. 92108)

**CODE: 61994**

**COST: \$25**

### **SeaWorld**

*Thursday, August 15, 10:00 a.m. - 3:00 p.m.*

Enjoy a day full of rides, shows, and fun! You should SEA what they have in store! Bring extra money for food, snacks and souvenirs. A sack lunch will be provided. Meet in front of SeaWorld.

**CODE: 61995**

**COST: \$60**

**\$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

## SUMMER NIGHTS

Register Early! Space is limited for ALL Events!

### Cosmic Bowl

Thursday, June 6, 5:30 -9:00p

Pizza and bowling will be provided. Drop-off and pick-up at Parkway Bowl (1280 Fletcher Parkway, El Cajon, 92020).

**CODE: 61941**

**COST: \$25**

### Boomers and Souplantation

Thursday, June 20, 5:30 -9:30 p.m.

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

**CODE: 61942**

**COST: \$30**

### Private Pool Party

Friday, July 5, 5:00 -8:00 p.m.

Catered food and music provided. Drop-off and pick-up at Bud Kerns Pool (2229 Morley Field Dr, 92104).

**CODE: 61943**

**COST: \$20**

**NO SMC RECREATION  
NIGHTS IN JUNE, JULY AND  
AUGUST.**

**Returning September 2019!**

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

### Bonfire on the Bay

Thursday, July 18, 6:00 -9:00 p.m.

Bring blankets, lawn chairs, and warm clothes to enjoy games, crafts, dinner, s'mores and more. Drop-off and pick-up at North Crown Point Shores Park (corner of Moorland Dr. & Corona Oriente Rd., 92109).

**CODE: 61944**

**COST: \$10**

### Dinner and Movie

Thursday, August 1, 6:00-10:00 p.m.

Drop-off at B.J.'s Mission Valley (1370 Frazee Dr., 92108) to have dinner, then watch a blockbuster film! (movie will be announced night of). Please bring extra money for snacks or drinks. Pick-up in front of Ultrastar Cinema (7510 Hazard Center Dr. 92108)

**CODE: 61945**

**COST: \$25**

### SeaWorld

Thursday, August 15, 10:00 a.m. -3:00 p.m.

Enjoy a day full of fun rides, shows, and fun! You should SEA what they have in store! Bring extra money for food, snacks and souvenirs. A sack lunch will be provided. Meet in front of SeaWorld (500 SeaWorld Dr., 92109).

**CODE: 61946**

**COST: \$60**

**\$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.



**ALY LARSON**

allarson@sandiego.gov

(619) 236-7755

## Independent Summer Nights

There will be **NO** staff support at these programs. Those wishing to attend these programs **MUST** be independent, can utilize the buddy system, **AND** be pre-approved by a TRS supervisor.

### Karaoke

**Thursday, June 13, 5:00 -8:30 p.m.**

We will be singing the night away! Meet at Spot KTV Karaoke (7327 Clairemont Mesa Blvd). Bring extra money for dinner at the karaoke restaurant or we can walk next door to the taco shop.

**CODE: 61948**

**COST: \$16**

### Bonfire on the Bay

**Thursday, July 18, 6:00 -9:00 p.m.**

Bring blankets, lawn chairs, and warm clothes to enjoy games, crafts, dinner, s'mores and more! Meet at North Crown Point Shores Park (corner of Moorland Dr. & Corona Oriente Rd., 92109).

**CODE: 61947**

**COST: \$10**

### Corvette Diner

**Thursday, August 22, 6:00 -9:00 p.m.**

We will be eating dinner, enjoying games and socializing with peers. Bring money for games and dessert. Dinner will be provided. Meet in front of Corvette Diner (2965 Historic Decatur Rd.).

**CODE: 61964**

**COST: \$15**

### Harvest Ball

**Saturday, September 7, 6:00 - 10:00 p.m.**

Please see page 7 for more information.



**NO CLUB MEETINGS  
JUNE, JULY AND  
AUGUST. Returning  
September 2019**

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

**\$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.*

**Jon Richards**

jmrichards@sandiego.gov  
(619) 525-8247

## Social Connections

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

June meeting is the first Thursday of the month at the War Memorial Building (3325 Zoo Dr., 92101). For July meeting, call for location. 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: \$2.00 at the door**

### Beach Day at the Park

**June 6**

Join us for a beach themed celebration as we welcome summer by creating beach inspired crafts, play lawn games and enjoy great food with friends!

**CODE: 60882**

### Patriotic BBQ

**July 3**

Bring your patriotic spirit and join us for lawn games, crafts, burgers and hot dogs on the grass. Wear Red, White and Blue!

**CODE: 60883**



## Hawaiian Luau Party

### Mariner's Point

(3200 Mariners Way, 92109)

**Thursday, August 22, 11:00 a.m. -2:00 p.m.**

The refreshments have been chosen. The theme is set. We are having a Luau you'll never forget. Dress up Hawaiian, as you've done in the past. Get ready for some fun in the sun and a grand feast at last! You must register online or call (619) 585-8247 to sign up by Friday, August 16th to be guaranteed lunch.

**CODE: 60885**

**COST: \$4.00**



**\$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.*

**Jon Richards**

jmrichards@sandiego.gov  
(619) 525-8247

## Archery Outing

Thursday, June 13

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

**Code: 62213**

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

**Code:62214**

Join us for an afternoon of archery with a certified archery instructor at Morley Field Archery Range (2221 Morley Field Dr. 92104). All equipment is provided. Limited spots available.

**COST: \$2.00**



## Coaster & Fletcher Cove Beach Park

Wednesday, July 31, 12:00 -5:00 p.m.

Meet with friends and/or make new Social Connections as we head up the San Diego coast on the Coaster. We will meet at the Santa Fe Depot to board the train to Solana Beach. Fletcher Cove is located just a short walking distance from the train station. Bring a sack lunch to enjoy a picnic in the park!

**CODE W/Transit Pass: 62215**

**COST: \$7.00**

**CODE W/O Transit Pass: 62216**

**COST: \$13.00**

## Twilight Concert in the Park

Thursday, August 15, 5:00 -8:00 p.m.

Come out and enjoy a FREE concert at the Spreckles Organ Pavilion in Balboa Park! Seats are first come first serve! Meet at the fountain, next to the Ruben H. Fleet Science Center in Balboa Park.

**CODE: 62217**

**COST: FREE**



**\$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

## Open Gym



**Thursdays, 6:00 -8:00 p.m.**

**June 6th, 13th, 20th, and 27th**

**Muni Gym (2111 Pan America Plaza, 92101)**

Come play wheelchair basketball during open gym time. Every skill level is welcome, from beginner to advanced. Meet great people while you are improving your strength and conditioning. We will be waiting for you!

**CODE: 61339**

**COST: Free**

## 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.

## Stand-up Paddle Boarding

**Santa Clara Recreation Center**

(1008 Santa Clara Place, 92109)

**Wednesdays, 9:00 -11:00 a.m.**

**6/5, 6/12, 6/19, 6/26**

Stand-up paddle boarding is an excellent opportunity to get out on the water, meet people and have fun. Instruction is provided. After you feel comfortable on the water, you'll set out on a guided tour around Mission Bay. You must pre-register for this program. Limited space available. All equipment is provided. Be sure to wear appropriate attire. You could get wet during this program. Contact Nick Hurd at NHurd@sandiego to register.

**CODE: 61340**

**COST: \$10.00**



# 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)

**May 2, 9, 16, 23, 30, June 6, 13, and 20**

**War Memorial Building (3325 Zoo Drive, 92101)**

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](mailto:jrazo@sandiego.gov)

(619) 236-7771



## Fun in the Sun

Wednesday, June 26 10:00 a.m. -2:00 p.m.

Morley Field (2221 Morley Field Drive, 92101)

Let's enjoy the sun as we have some fun in the park. We have a few games and competitions planned for everyone to enjoy. The event will take place at Morley Field (2221 Morley Field Drive). No lunch will be provided, please bring your own lunch. Activities include softball, football, volleyball, watermelon eating contest, tug of war, table games, and an ice cream making station.

**CODE: No online registration**

**COST: \$1.00**



## Softball Tournament

Wednesday, August 28

9:00 a.m. -2:00 p.m.

Think you have the best softball team? Test your skills at our annual double elimination softball tournament at Morley Field (2221 Morley Field Drive). Top three teams will receive a trophy and the biggest trophy will be awarded to the team with the best sportsmanship. **You must register your team by Wednesday, August 21.**

**CODE: 62220**

**COST: \$50 per team**



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



# TRS Memories



Thank you for joining us for our  
awesome Spring adventures! We  
can't wait to see you for our  
Summer Programs!





## 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!



**JUAN RAZO**

jrazo@sandiego.gov  
(619) 236-7771

### Volunteer of the Quarter: **Anita Paredes**



Anita has been involved with TRS as a Disabled Services Advisory Council board member for over 15 years. During this time, Anita served as Chair and Vice Chair and is currently the Treasurer. Throughout the years, she also volunteered at a number of TRS events, such as Archery, Holiday Extravaganza, Wheelchair Sports Camp, Camp at the Bay, Summer Nights and Brunch with Santa. Congratulations to Anita for completing the requirements to become a Certified Emergency Response Team (CERT) volunteer. She recently retired from working at Jewish Family Services and is enjoying her retirement, where she traveled to England and Scotland last year, with plans of visiting Peru this summer. Thank you, Anita for all your contributions to TRS.



Please contact the Volunteer Coordinator at  
**(619) 236-7771** or **JRazo@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 organizations provide additional recreation and leisure 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. **Use Coupon Code for 50% of the ticket cost to be donated to DSAC: CITYOFSD**

[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.

[sds4ea@gmail.com](mailto:sds4ea@gmail.com)

## 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)



# June

sun	mon	tues	wed	thurs	fri	sat
						1 ALL Tandem ALL Bowling 9
2	3	4	5 PIR Fun in the Sun SM Paddle Board	6 WC Dance ADP Sports Summer Nights 1 LS Social Connect	7 CAC Art	8 LJ Arts Festival
9 KZ Playday LJ Arts Festival	10	11	12 LS Softball 8 SM Paddle Board	13 WC Dance ADP Sports LS Archery IND Summer Night 1	14 CAC Art	15 ALL Bowling 10
16	17	18	19 LS Softball awards BBQ SM Paddle Board	20 WC Dance ADP Sports Summer Nights 2	21 CAC Art	22 ALL Bowling Banquet
23 KZ Mud Playday	24	25	26 SM Paddle Board	27 ADP Sports	28 CAC Art	29 KZ Outing
30						

# July

sun	mon	tues	wed	thurs	fri	sat
	1	2	3 LS Patriotic BBQ	4 HOLIDAY- Closed	5 CAC Art Summer Nights 3	6
7	8 Camp at the Bay	9 Camp at the Bay	10 Camp at the Bay	11 Camp at the Bay	12 CAC Art Camp at the Bay	13
14	15	16	17	18 ADP Sports Summer Nights 4 LS Social Connection IND Summer Night 2	19 CAC Art	20
21	22 Kids Camp	23 Kids Camp	24 Kids Camp	25 Kids Camp	26 CAC Art Kids Camp	27
28	29	30	31 LS Outing			

# August

sun	mon	tues	wed	thurs	fri	sat
				1 ADP Sports Summer Nights 5	2 CAC Art IND Club Meeting	3
4	5 Camp Wet & Wild	6 Camp Wet & Wild	7 Camp Wet & Wild	8 Camp Wet & Wild	9 CAC Art Camp Wet & Wild	10
11 KZ Outing	12	13	14	15 ADP Sports Summer Nights 6 LS Outing	16 CAC Art	17 ALL Tandem
18	19	20	21	22 ADP Sports LS Luau IND Summer Night 3	23 CAC Art PIR Dance	24
25	26	27	28 PIR Softball Tournament	29 ADP Sports	30 CAC Art PIR Dance	31



**Therapeutic Recreation Services**

**War Memorial Building**

**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 [trsnewsletter@sandiego.gov](mailto:trsnewsletter@sandiego.gov)**

**and you'll receive the next calendar digitally.**

## ***“Enriching 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.