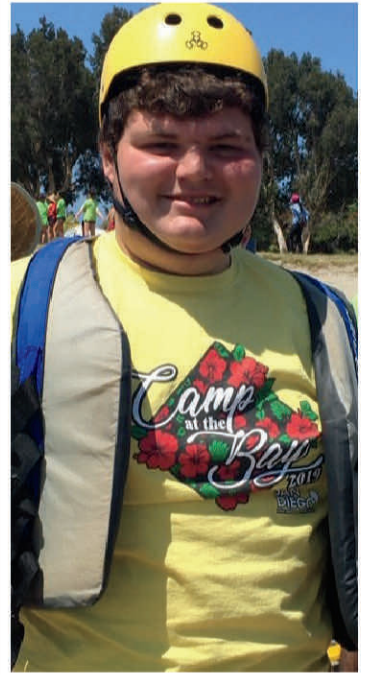




The City of
SAN DIEGO
 Parks and Recreation Department

THERAPEUTIC RECREATION SERVICES

Fall 2019 • September, October, November



Office • (619) 525-8247
 Fax • (619) 299-9304
 Email • trsnewsletter@sandiego.gov
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

Sharon Moninger

Juan Razo

Therapeutic Recreation Leaders

Alicia Bianchi, CTRS • Michael Bichler • Sabrina Bogosian • Casie Calip • Kira Duffett • Janet Estrada • Samantha Greene • Carla Guidi • Mark Leo • Lucia Montiano, CTRS • Monica Olivan • Victor Ortiz • Cheryl Pawlak, CTRS/RTC • Michael Rodriguez • Sarali Saulog • Jennifer Stevenson • Nikki Tajima • Lauren Turner • Shannel Turner • Alex Valencia •

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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.

Payment Process

Please note: Payments 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 September 30th (see box to the right). In addition, **the War Memorial Building will be open from 10 a.m. to 2 p.m. on Saturday, August 17th 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.

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. This must be done 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.

!! Attention Participants !!

Registration and payments can be made at the War Memorial Building (3325 Zoo Dr.) through September 30th. Starting October 1st, call the office at (619) 525-8247 for registration location due to our pending 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. Logon at **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.

Scholarship Procedure

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

STAFF UPDATES

Meet our New Staff!



Therapeutic Recreation Leaders

Above: Casie Calip, Lucia Montiano, Shannel Turner, Alicia Bianchi

To the right: Carla Guidi



Meet the Fall Interns!



Jozelyn is a Senior at CSU Chico with a major in Recreation Therapy. She enjoys going to the beach, to the gym, hiking and attending concerts. A hobby of hers is cooking different meals for family and friends.

Maria is a senior at CSU Fresno with a major in Recreation Therapy. She enjoys going to the beach, hiking, cooking, and learning new hobbies. Maria has volunteered with TRS in past summers and is excited to intern in the Fall.



Spotlight on...

Nikki Tajima



Why did you want to work at TRS?

As a volunteer, I saw how much the recreation leaders and participants had fun together and I thought it would be great to experience more events.

What was your favorite TRS moment?

The Summer camps because I get to spend the whole week surrounded by amazing people!

Favorite hobby outside of work?

I like to travel, surf, hike and hammock.

Fun fact about yourself?

I just graduated from CSU Long Beach with a degree in Recreation Therapy!

Meet our Newest Recreation Specialist!

Sharon Moninger



Sharon graduated from Point Loma Nazarene University. She began working with TRS in 2016 as a Recreation Leader. Sharon loves to spend time with her dog and husband, workout and being outdoors. She loves being a part of the TRS team and is excited to be in her new position. Sharon will lead the Leisure Seekers and Volunteer programs.

UPCOMING MOVE



At the time of newsletter printing, the TRS office is still located at the War Memorial Building (WMB). We anticipate moving to Park de la Cruz (PDLC) Community Center (3901 Landis St., 92105) in the Fall. Starting **October 1**, please call (619) 525-8247, prior to coming to the WMB, as programs may have moved to PDLC. We appreciate everyone's patience during the transition.

DONOR APPRECIATION

Therapeutic Recreation Services (TRS), in conjunction with Disabled Services Advisory Council (DSAC), sends their biggest thanks to all individual and agency donors. Thanks to this financial assistance we are able to continue to provide quality programming to enrich the lives of those with disabilities.

We are excited to announce the acquisition of 3 new handcycles thanks to Road Runner Sports, Athletes Helping Athletes and Fred Liebel. The new handcycles will be debuted at the Fall handcycling session.

Thank you to Dakines Hawaiian Catering for its donation at our Annual Leisure Seekers Luau. A special thank you to Wing Stop for hosting Picnic in the Park once again. We would also like to acknowledge and thank Souplantation for its donation to Summer Nights.

Mission Bay Yacht Club once again hosted an amazing day of water activities at their club. The members went the extra mile to create a magical day. They even gave every child a stuffed animal to take home!

Lastly, thanks to all of the anonymous donations through the Go Fund me Account (see page 6). Your donations make a difference!



Dakines
Hawaiian Catering



Souplantation
salads • soups • bakery



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



**Thank you,
Mission Bay Yacht Club!**

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

DSAC Corner

Disabled Services Advisory Council, Inc. (DSAC) is a nonprofit advisory organization to Therapeutic Recreation and AgeWell Services. Its 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 who serve persons with disabilities/older adults, parents, businesspersons, advocates, and other interested individuals.

The current meeting time/location (2nd Wednesday at 6:00 p.m.) may change upon the move to Park de la Cruz (3901 Landis Street, 92105) Community Center. Call (619) 525-8247 for meeting information.

**All donations from the below fundraisers directly support
Therapeutic Recreation and AgeWell Services.**

Funds from DSAC's GoFundMe page will be utilized to purchase wish-list items that are listed in the GoFundMe comments section. TRS and AgeWell Services are in the process of moving our main headquarters to a newly renovated Park de la Cruz facility in City Heights. We are asking your suggestions for wish-list items you would like in our new facility. Please leave ideas in the comment section.

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

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

Here are some easy ways to donate at no cost to you!

Easy ways to DONATE

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!

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 onto www.food4less.com or www.ralphs.com and click "sign in"
2. Enter your email address and password, then click on "my account" at 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 the organizations name, which is **Disabled Services Advisory Council**

Remember to update after September 1st each year!

Dances & Holiday Events!

Monster Ball Dance

Friday, October 25, 10:00 a.m. - 1:00 p.

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

You must pay at the door. No online registration will be accepted.

Please call to RSVP (619) 525-8247.

Cost \$2.00 per person



Holiday Fair

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

'Tis the Season for some holiday fun! Gather your friends for an afternoon of games, crafts, and music! Bring a sack lunch. Lunch is not provided. Call (619) 525-8247 no later than Monday, December 9th to register. Pay at the door. **Direct supervision is NOT provided. Must be 16 years or older to attend.**

Call for location.

NO ONLINE REGISTRATION **Cost \$2.00**

Brunch with Santa

Saturday, December 14, 11:30 a.m. - 2:30 p.m.

See page 10 for details.

Halloween Dance

Saturday, October 26, 6:00 - 9:00 p.m.

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

You must pay at the door, no online registration will be accepted.

Please call to RSVP (619) 525-8247.

Cost \$5.00 per person

Holiday Dance

Saturday, December 21
6:00 - 9:00 p.m.

Teens and adults join us for our annual Holiday Dance. Cost includes dance admission, refreshments, and DJ entertainment. You must be 18 years old to attend. **Direct supervision is NOT provided for this event.**

You must pay at the door. No online registration will be accepted.

Please call to RSVP (619) 525-8247.

Call for location.

Cost \$5.00

**NO TEDDY BEARS WILL BE ACCEPTED
(More information to follow in Winter Calendar)**

*** Call for location due to possible move to Park de la Cruz**

ALL PARTICIPANTS

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

Padres Outing

Saturday, September 21, 5:00 - 9:00 p.m.

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

CODE: 63414

COST: \$25.00



Haunted Trail

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

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

CODE: 63413

COST: \$5.00

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. Register ahead of time to ensure the 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 we have to set up the equipment in a different area of the park due to last minute races being announced. If you do not see the truck in the exact location, please look around for the City of San Diego truck. The truck has wooden gates on the back.

COST: \$2.00

September 7: Rob Field

2525 Bacon Street, 92107

CODE: 63811

We will be riding on the bike path parallel to the San Diego River.

October 5: Silver Strand, Coronado

1999 Strand Way, 92155

CODE: 63812

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

November 2: Lake Murray

5520 Kiowa Drive, 91942

CODE: 63813



\$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. Some events are for 18 and older and direct supervision is not provided.

Archery

Every Thursday, October 3 - October 24
12:00-2:00 p.m.

Morley Field Archery Range

It's back! Join us every Thursday in October (except Halloween) for our archery program at the Morley Field archery range. Water will be provided. Space is limited. Register ASAP!

CODE: 63926

COST: \$16.00



Self-Expression Through Art*

Fridays, 3:00 - 4:00 p.m.
September: 3325 Zoo Drive
October/November: 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. No judgment or criticism. Just enjoy!

18 years and up only.

No online registration

COST: FREE (Donations accepted at TRS office)



Laugh Hour *

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

September: 3325 Zoo Drive

October/November: Call for location

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

No direct supervision provided.

No online registration

COST: FREE



Best of the West Quad Rugby Tournament

Come out to support Sharp Edge!
See page 16 for details

* Call for location due to possible move to Park de la Cruz

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 and have assessment on file.



Halloween Playday *

Sunday, October 27, 12:00 - 3:00 p.m.

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

CODE: 63473

COST: \$7.00

Superhero Playday *

Sunday, November 24, 12:00 p.m. - 3:00 p.m.

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

CODE: 63475

COST: \$7.00

Coaster and Fletcher Cove Beach Park

Sunday, September 22, 11:30 a.m. - 3:30 p.m.

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

CODE: 63471

COST: \$7.00

Boo-mont Park

Sunday, October 20, 11:00 a.m. - 2:00 p.m.

Enjoy spooky rides and attractions with your friends. Drop-off and pick-up at Belmont Park (3146 Mission Blvd., San Diego, 92109) under the roller coaster at the ticket booth. Please bring a sack lunch.

CODE: 63472

COST: \$20.00

Rockin' Jump Outing

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

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

CODE: 63474

COST: \$20.00

Brunch With Santa *

Saturday, December 14, 11:30 a.m. - 2:30 p.m.

Enjoy a delicious brunch with your family and meet Santa! We will have face painting, games, and activities for the whole family. Brunch will be served from 11:30 a.m. - 1:00 p.m. Gifts will be provided for each child **ages 3-12 only**. This is a friends and family event. No supervision will be provided.

CODE: 64619

COST: \$5.00

Inclusion- We can all play Together!

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

*** Call for location due to possible move to Park de la Cruz**

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

Padres Outing

Saturday, September 21, 5:00 - 9:00 p.m.

Cheer on the San Diego Padres! Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. Bring extra money for dinner at the park.

CODE: 63477 **COST: \$25.00**

Haunted Trail

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

Put on your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Meet in front of the Museum of Art (between the Museum of Man and the Prado Restaurant). Pick-up at the Haunted Trails. Pizza dinner provided.

CODE: 63478 **COST: \$5.00**

Scream Zone

Sunday, October 13, 5:00 - 8:30 p.m.

Get ready for a spooky night as we trek over to the Del Mar Scream Zone! Meet at the War Memorial Building to take a bus to Del Mar. Bring money for dinner. Cost includes a bus ride and admission to the Scream Zone. Space is limited. Drop-off and pick-up at 3325 Zoo Drive.

CODE: 63480 **COST: \$20.00**

Torrey Pines Hike

Sunday, November 17, 10:00 a.m. - 1:00 p.m.

Meet at the North Beach Lot located on McGonigle Rd. and Del Mar Scenic Pkwy. for an afternoon hike and beach picnic. Cost includes lunch.

CODE: 63484 **COST: \$7.00**

Meetings

Science Night *

Friday, September 13, 6:00 - 8:30 p.m.

Come join us as we try different experiments. Dinner will be provided.

CODE: 63476 **COST: \$5.00**

Halloween Meeting *

Friday, October 18, 6:00 p.m. - 8:30 p.m.

Dress up in your Halloween costume! We will have games, crafts, and our very own escape room!

CODE: 63479 **COST: \$5.00**

Thanksgiving Meeting *

Friday, November 22, 6:00 p.m. - 8:30 p.m.

Special holiday dinner will be provided.

CODE: 63482 **COST: \$5.00**

Holiday Shopping

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

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

CODE: 63485 **COST: \$10.00**

*** Call for location due to possible move to Park de la Cruz**

SOCIAL MOTION CLUB

ages 18+

This group is for adults with a cognitive impairment. It 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)

SMC Olympics

SMC is returning from the summer break. Come compete with the best of the SMC gang!

Sept. 13: Carmel Mountain Recreation
10152 Rancho Carmel Dr., 92128

CODE: 63407

Sept. 27: War Memorial Building
3325 Zoo Dr., 92101

CODE: 63408

Halloween Scream Night

Come in your best costume and enjoy a night with your friends participating in Halloween games, crafts, and activities.

Oct. 11: Carmel Mountain Recreation
CODE: 63409

Oct. 18: See below *
CODE: 63410

Thanksgiving Fest

Celebrate the season early with a special holiday celebration.

Nov. 8: Carmel Mountain Recreation
CODE: 63411

Nov. 22: See below *
CODE: 63412

Scream Zone

Sunday, October 13, 5:00 - 8:30 p.m.

Get ready for a spooky night as we trek over to the Del Mar Scream Zone! Meet at the War Memorial Building to take a bus to Del Mar. Bring money for dinner. Cost includes a bus ride and admission to the Scream Zone. Space is limited. Drop-off and pick-up at 3325 Zoo Drive, 92101.

CODE: 63415

COST: \$20.00

Torrey Pines Hike and Picnic

Saturday, November 2, 11:00 a.m. - 2:00 p.m.

Meet at Torrey Pines State Reserve (12600 North Torrey Pines Road, 92037) for an afternoon hike and picnic on the beach. Bring a sack lunch and water.

CODE: 63406

COST: FREE

Holiday Shopping

Saturday, December 14, 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. 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: 63435

COST: \$10.00

See page 8 for Padres Outing and Haunted Trail!

*** Call for location due to possible move to Park de la Cruz**

INDEPENDENT CLUB ages 21+

This club is for adults with cognitive impairments or brain injuries. It 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 Club Policy

There will be **limited staff support** at these programs. Those wishing to attend these programs **MUST** be independent, able to utilize the buddy system, **AND** be pre-approved by a TRS supervisor.

Meetings

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

Join us 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)

Summer Farewell Cookout

September 6

Welcome back from our summer break! Let's have one last hurrah for summer with a BBQ and lawn games!

CODE: 63400

Spooktacular *

October 4

Spiders, Goblins, and Witches — OH MY! Get ready for a night full of games, crafts, and fun Halloween themed activities and dinner.

CODE: 63401

Friendsgiving *

November 1

Friends are the family you choose. Come celebrate another year with food and fun.

CODE: 63402

Old Town

Thursday, September 19, 6:00 - 9:00 p.m.

Come explore Old Town, shop the shops, and see what is all there! Bring money for dinner and shopping. It is recommended to bring at least \$25.

CODE: 63403

COST: FREE

Dave and Busters

Thursday, October 17, 5:30 - 9:00 p.m.

Come play games and enjoy dinner! Bring money for games and dinner. It is recommended to bring at least \$30.

CODE: 63404

COST: FREE

Torrey Pines Hike and Picnic

Saturday, November 2, 11:00 a.m. - 2:00 p.m.

Meet at Torrey Pines State Reserve (12600 North Torrey Pines Road, 92037) for an afternoon hike and picnic on the beach. Bring a sack lunch and water.

CODE: 63405

COST: FREE

Holiday Shopping

Saturday, December 14, 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. 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: 63435

COST: \$10.00

*** Call for location due to possible move to Park de la Cruz**

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, from day treatment programs, board and care facilities, and drop-in centers are welcome to attend. *Direct supervision is not provided.*



SHARON MONINGER

SMoninger@sandiego.gov
(619) 236-7753

Social Connections

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

We meet the first Thursday of the month. This is a wonderful opportunity to make new friends and socialize. **Call (619) 525-8247 to register by the Tuesday prior to the activity.** No online registration.

COST: \$2.00 at the door

Labor Day Bash September 5

Let's celebrate the end of Summer with one last BBQ Bash. We'll be enjoying traditional BBQ food, games, and crafts. Let's end summer with a bang! Meeting at War Memorial Building (3325 Zoo Drive).

CODE: 65168

Mad Masquerade * October 3

What says Halloween more than a Masquerade? Come dressed up for a day of mystery and fun. We will be watching a classic Halloween movie and feasting on some delicious treats.

CODE: 65169

Bounti-Fall Harvest Party * November 7

We're kicking off the month of thanks by spending time with the ones we are grateful for! Join us for an early Thanksgiving meal, holiday crafts, and activities!

CODE: 65170

20th Annual Consumer Luncheon

Friday, October 11, 10:00 a.m. - 2:00 p.m.

This event, held at the Balboa Park Club (2150 Pan American Rd. West) will honor fellow consumers' achievements and host a resource fair, featuring an array of community resources. If you plan to pay at the door, you must register no later than Friday, October 4th by calling (619) 525-8247. Lunch is not guaranteed to those who show up without registering.

CODE: 63930

**COST: \$4.00 presale
\$6.00 at the door**

**CODE: 65525 Resource Fair Table: \$20.00
(includes admission for 2)**



*** Call for location due to possible move to Park de la Cruz**

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, from day treatment programs, board and care facilities, and drop-in centers are welcome to attend. *Direct supervision is not provided.*



SHARON MONINGER

SMoninger@sandiego.gov

(619) 236-7753

Day at the Bay

Santa Clara Recreation Center

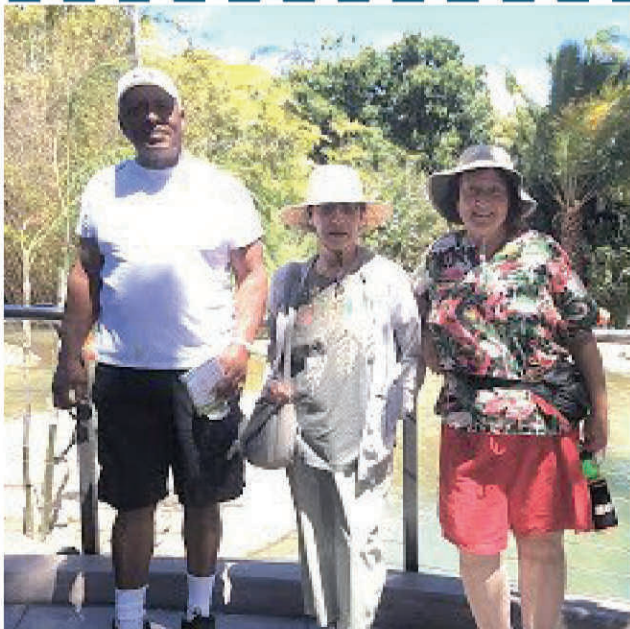
Wednesday, September 18

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

Let's enjoy a beautiful day at Mission Bay! We will have many water and outdoor activities for you to enjoy while you soak up the sunny San Diego weather. Activities include: kayaking, paddle boarding, bike rides, ice cream making, swimming in the bay, and more! Lunch will **NOT** be provided, please bring your own lunch. Don't forget to bring plenty of sunscreen and water! Register by September 13th.

CODE: 63929

COST: \$3.00



Bowling League

Parkway Bowl

(1280 Fletcher Parkway, 92020)

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

9/11, 9/25, 10/9, 10/23,
11/6, 11/20, 12/4, 12/18

Get your strike on! Join us for our yearly bowling league. Sharpen your bowling skills while socializing and making new friends. We meet at Parkway Bowl. We will have an awards banquet at the end of the season.

CODE: 63928

COST: \$30.00 for
all season

Mission Trails Hike

Thursday, November 14

11:00 a.m. - 2:30 p.m.

Join us for a guided nature walk at Mission Trails Regional park. Meet in front of the Visitor Center (One Father Junipero Serra Trail, 92119) at 11:00 a.m. Bring a sack lunch as we will eat at the outdoor amphitheater before we begin our walk at noon. Please remember your water, hats, sunscreen, etc. **You must register online with the code or call (619) 525-8247 prior to the event** so we know how many will be in attendance.

CODE: 63931

COST: FREE

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

ADAPTIVE SPORTS

ages 8+

Adaptive programs, designed for individuals with physical disabilities, to 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 am – 12:30 pm

Beginner Riders: 10:00 - 11:00 am

Shorter Routes to build strength, endurance, and technique.

Novice/Advanced Riders: 11:00 am-12:30 p.m.

Longer, Faster, group rides.

Join us as we pedal 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. Sometimes we setup equipment in different areas due to last minute races. Please look for the City of San Diego truck with wooden gates on the back.

September 14: North Crown Point Shores

3791 Corona Oriente Rd., 92109

September 28: Glorietta Bay Park (Coronado)

Glorietta Bay Park, 1813 Strand Way, Coronado 92118

This address is the community center. Drive south down Strand Way. We will park near the end by the intersection of Rendova Rd.

October 12: Liberty Station; NTC Park

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

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

October 26: De Anza Cove Park; Mission Bay

3000 N Mission Bay Dr, San Diego, CA 92109

Look for us in the parking lot near the start of the path (by the roundabout)

November 16: Lake Murray

5540 Kiowa Drive, La Mesa, 91942

November 30: North Crown Point Shores

3791 Corona Oriente Rd., 92109

CODE: 63815

COST: \$25.00 OR \$8 with own bike

Open Gym

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

Muni Gym (2111 Pan America Plaza, 92101)

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

Everyone is invited to participate in wheelchair basketball. Every skill level is welcome, from beginner to advanced. If you are looking for recreation or competition, we can help. The program is free. All you must do is fill out a waiver form, and you are ready to experience this exciting game. Meet great people while improving your strength and conditioning. We will be waiting for you!

CODE: 63814

COST: FREE

Best of the West Quad Rugby Tournament

November 9 - 10 (Saturday - Sunday)

Games start at 9 a.m.

Everyone is invited to be part of this great, internationally known tournament as we celebrate its 30th year in existence. It is truly one of the most exciting and intense games you can play and watch. We will host four national and international teams that will give their all to be named "Best of the West" champion. This tournament is free for the public to watch.

**Come Support our local team,
Sharp Edge!**

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.



NICK HURD

nhurd@sandiego.gov

(619) 236-7772

Standup Paddle Boarding

Santa Clara Recreation Center

(1008 Santa Clara Place, 92109)

Wednesdays, 9:00 - 10:30 a.m.

9/4, 9/11, 9/18, 9/25, 10/2, 10/9

Standup 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: 63817

COST: \$10.00



Beach Wheelchair

Take a free 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 and select "Beach Accessibility and Wheelchair Program" to find other beach accessible locations in San Diego.

Hours of Operation:

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



Day at the Bay

Wednesday, September 18, 10:00 a.m. - 2:00 p.m.

Santa Clara Recreation Center

(1008 Santa Clara Pt., 92109)

Soak up the sun at beautiful Mission Bay! We have many activities for you to enjoy while taking in the San Diego scenery. Activities include kayaking, paddle boarding, softball, basketball, bike rides, arts and crafts, and swimming in the bay. Lunch will not be provided, so please bring your own lunch. Don't forget to bring plenty of sunscreen and water. Register by September 13th.

CODE: 63927

COST: \$3.00



South East Alano Dance

Saturday, September 21, 7:00 - 11:00 p.m.

War Memorial Building
(3325 Zoo Dr., 92101)

Join South East Alano as they host an evening of entertainment and fun.

This event is strictly 18 and older.

Anyone under age will be asked to leave.

This is a TRS co-sponsored dance. Please contact James for more information: (619) 651-6322 james.brown.cbrr@hotmail.com.

No online registration

COST: \$25.00

Halloween Dance

Friday, October 25, 7:00 - 11:00 p.m.

War Memorial Building
(3325 Zoo Dr., 92101)

Trick or Treat! We hope you picked treat because we have one for you! Join us as we celebrate Halloween by dancing in your costumes. **This event is strictly 18 and older. Anyone under age will be asked to leave.**

Food and beverages will be sold during the dance. Don't be scared to come!

No online registration

**COST: \$3.00 presale
\$5.00 at the door**

TRS Memories



Thank you for joining us for our awesome summer adventures! We can't wait to see you for our Fall 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 page 21 for how to get involved!



SHARON MONINGER
SMoninger@sandiego.gov
(619) 236-7753



Volunteer of the Quarter: Albert Pruitt

Shelby my service dog and I made a life change and moved to San Diego from Dallas Texas on January 2, 2014. I began volunteering for TRS in October 2014 shortly after reading a TRS quarterly newsletter made available at "Day on the Bay" adaptive event. I reached out to the volunteer coordinator at that time and the rest is still making history. I've enjoyed being involved with TRS over the years ,albeit behind the scenes assisting with computer related stuff. More importantly, I've made long lasting friendships through the process. I enjoy all water sports particularly scuba diving, riding my sit down hydrofoil ski and most recently adaptive surfing. A fun fact about me that not too many know is I rode calves (no bull) Jr Rodeo in Amarillo Texas when I was 5 years old.



Please contact the Volunteer Coordinator at
(619) 236-7753 or **SMoninger@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 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

Wounded Warrior Tennis

Contact: Steve Kappes • (619) 948-4596
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

SoCal Special Olympics

Contact: Brian Richter • (619) 283-6100

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

www.sosc.org/sandiego



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. **For more information call (619) 398-2441 or (619) 550-3436.**

COST: \$3.00 / week

Wheelchair Dancers

Contact: Karma LaDonna • (858) 573-1571
dancinfoole@hotmail.com

Wheelchair dancing classes are provided for anyone who would like to dance! Beginners and volunteer dancers are welcome. Location and time of classes vary. Call for more information.

www.wheelchairdancers.org

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

Stars Acting Workshop

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

Weekly dramatic arts classes for adults with developmental challenges.

northparkvaudeville.com

September

sun	mon	tues	wed	thurs	fri	sat
1	2 Holiday Office Closed	3	4 SM Paddle Board Laugh Hour	5 WC Dance ADP Sports LS Social Connection	6 CAC Art IND Club Meeting	7 ALL Tandem ALL Harvest Ball
8	9	10	11 LS Bowling SM Paddle Board Laugh Hour	12 WC Dance ADP Sports	13 CAC Art SMC Rec Night (CMR) KBC Meeting	14 Handcycle 1
15	16	17	18 Laugh Hour LS Day at the Bay PIR Day at the Bay SM Paddle Board	19 WC Dance ADP Sports IND Club Outing	20 CAC Art	21 ALL Padres
22 KZ Outing	23	24	25 LS Bowling SM Paddle Board Laugh Hour	26 WC Dance ADP Sports	27 CAC Art SMC Rec Night (WMB)	28 Handcycle 2
29	30					

October

sun	mon	tues	wed	thurs	fri	sat
		1	2 SM Paddle Board Laugh Hour	3 WC Dance LS Social Connection ADP Sports ALL Archery	4 CAC Art IND Club Meeting	5 ALL Tandem
6 ALL Haunted Trail	7	8	9 LS Bowling SM Paddle Board Laugh Hour	10 WC Dance ADP Sports ALL Archery	11 CAC Art SMC Rec Night (CMR) LS Consumer Luncheon	12 Handcycle 3
13 KBC/SMC Scream Zone	14	15	16 Laugh Hour	17 WC Dance IND Club Outing ALL Archery	18 CAC Art SMC Rec Night (TBD) KBC Meeting	19
20 KZ Outing	21	22	23 LS Bowling Laugh Hour	24 WC Dance ALL Archery	25 CAC Art Monster Ball Dance PIR Dance	26 Halloween Dance Handcycle 4
27 KZ Playday	28	29	30 Laugh Hour	31		

November

sun	mon	tues	wed	thurs	fri	sat
					1 CAC Art IND Club Meeting	2 ALL Tandem SMC/IND Hike
3 KZ Outing	4	5	6 LS Bowling Laugh Hour	7 LS Social Connection	8 CAC Art SMC Rec Night (CMR) QUAD Rugby	9 QUAD Rugby
10 QUAD Rugby	11 Holiday Office Closed	12	13 Laugh Hour	14 LS Outing	15 CAC Art	16 Handcycle 5
17 KBC Hike	18	19	20 LS Bowling Laugh Hour	21	22 CAC Art SMC Rec Night (TBD) KBC meeting (TBD)	23
24 KZ Playday	25	26	27 Laugh Hour	28 Holiday Office Closed	29 CAC Art	30 Handcycle 6 and BBQ

Therapeutic Recreation Services

War Memorial Building

3325 Zoo Drive

San Diego, CA 92101

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