

The City of
SAN DIEGO
Parks and Recreation Department

THERAPEUTIC RECREATION SERVICES

Winter 2019-2020 • December, January, February



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 • Casie Calip • Kira Duffett • Janet Estrada • Samantha Greene • 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 •

Table of Contents

General Information

3. Where to Start / Online Registration / Refund Policy
4. Staff Updates & Inclusion Spotlight
5. Donor Appreciation / Scholarship Information
6. DSAC Corner / How to Donate
7. Dances / Holiday Events

TRS Group Events

- 8-9. 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. Adaptive Sports
17. Service Members/Beach Wheelchair
18. People in Recovery (ages 18+)

Volunteers

19. Volunteers of the Quarter / Getting Involved

TRS Fun

20. Guess that Baby

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. **WINTER REGISTRATION BEGINS NOVEMBER 16 at 10:00 a.m. Spring begins Feb. 15, 2020.**

Big News

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 near future. **Please call (619) 525-8247, prior to coming to the WMB, as programs may have moved to PDLC.** We appreciate your patience during the transition.

Payment Process

Payments can be done online at **SDRecConnect.com**. Please call the office at **(619) 525-8247** for registration location due to our pending move to Park de la Cruz. In addition, the War Memorial Building (3325 Zoo Drive, 92101) will be open from 10 a.m. to 2 p.m. on Saturday, November 16th to assist with registration.

Only a parent or legal guardian can register participants under the age of 18 years ■ Cash or paper check is NOT accepted when paying in advance ■ **Acceptable payment methods (online and in-person) include: electronic check—proper ID with proof of checking account required (blank or voided check) or credit, debit, or gift cards issued by qualified card service merchants (Visa, MasterCard, American Express, and Discover only).** ■ A \$25.00 fee will be charged for declined electronic checks. Customers should verify that bank routing and account numbers are entered correctly ■ Activities not meeting the minimum enrollment may be cancelled ■ All registration and reservation fees include a non-refundable 3% processing fee ■ To register you will need the "CODE", which is listed by all the programs in the newsletter.

Online Registration

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.

Refund Policy

Refund is based on the date that the written application is submitted, using the Refund Application, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy. **Refund policy exclusions:** ■ 3% processing fee will be deducted from all refunds ■ No refund or transfer for non-attendance at activity ■ No credits to account ■ Activity fees less than \$10.00 will not be refunded ■ No Refunds for requests submitted less than 20 business days prior to the activity ■ Refunds will take up to 6-8 weeks ■ Payments made by credit card will be refunded to the credit card.

Please note that we no longer accept cash or check when paying in advance.

Credit card and electronic check are accepted.

STAFF UPDATES

Spotlight on...

Sam Greene

Why did you want to work at TRS?

I knew since the first day I volunteered with TRS, at 13 years old, that I wanted to be on staff! I am extremely passionate about our mission because of all the incredible people at our programs and all the amazing opportunities for growth and friendship

What was your favorite TRS moment?

When my group raced our cardboard boat during Camp at the Bay- we may not have come in first, but we certainly laughed the hardest!

Fun fact about yourself?

Outside of work, I love to create and teach art! I am currently teaching a class to second graders in Berkeley, where I go to school.

Favorite hobby outside of work?

I love to cook, and I make a really good (and pretty) ratatouille.



Meet our Spring interns!

Chrystina is a senior at CSU Long Beach, finally finishing her degree in Recreation Therapy after a long, arduous journey. She enjoys live music, hiking/ exploring outdoors, and practicing Qi Gong. She especially enjoys uplifting others and laughing so hard her cheeks fall off!



Alyssa is a senior at CSU Chico double-majoring in Recreation Therapy and English. She enjoys the beach, reading, hiking, writing, and traveling.



Inclusion Spotlight

Did you know...

There are **57** recreation centers in San Diego offering programs for kids and teens! That's a lot of activities to choose from!

INCLUSION is available to **ALL INDIVIDUALS** in accessing and enjoying the fun opportunities the City of San Diego Parks and Recreation Department offers. Call your local recreation center to find what activities interest your child. If your child has special needs and would like to request assistance, call Julie Gregg at (619) 236-7718. Please provide a minimum of three weeks notice to the start of the program. An assessment is required.

Donor Appreciation

Therapeutic Recreation Services (TRS), in conjunction with Disabled Services Advisory Council (DSAC) is very thankful for 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.



A big thank you to DSAC for providing a number of partial scholarships over the past year, allowing many participants the ability to participate in TRS outings.



We recently held the 20th Annual Consumer Luncheon for those recovering from mental illness and behavioral health disorders. With the support and donations from the Pacific Beach Woman's Club and DaKine's Catering, we were able to host 220 people for this event.



Thank you Captain Rollo's Kids at Sea for funding the fishing trip worth over \$1,500.



Thank you Road Runner Sports, Athletes Helping Athletes and Fred Liebel for the acquisition of four new handcycles.

Thank you Haunted Trails for hosting a thrilling evening for Therapeutic Recreation Services' participants.



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 Wednesdays at 6:00 p.m./War Memorial Building) may change upon the move to Park de la Cruz Community Center. For more information go to DSACSD.org.

All donations to our fundraisers below directly support TRS and AgeWell Services.

Funds from DSAC's GoFundMe page will be used to purchase wish-list items that are listed in the GoFundMe comments section. Please leave your suggestions for wish-list items you would like in TRS and AgeWell's new facility 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!

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.

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

Amazon Smile Fundraiser

Amazon will donate 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, **Disabled Services Advisory Council**

Remember to update after September 1st each year!

Dances & Holiday Events for ALL!

Holiday Fair

Friday, December 13, 10:00 a.m. - 1:00 p.m.
War Memorial Building (3325 Zoo Dr., 92101)

'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. **Direct supervision is NOT provided.** Must be 16 years or older to attend. Call (619) 525-8247 to RSVP or register online no later than Monday, December 9th.

CODE: 68054

COST: \$2.00



Holiday Dance

Saturday, December 21, 6:00 – 9:00 p.m.
War Memorial Building
3325 Zoo Dr., 92101

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

Call (619) 525-8247 to RSVP or register online by December 16th.

Leader: Juan Razo

CODE: 68051

COST: \$5.00

Brunch With Santa

Saturday, December 14, 11:30 a.m. - 2:30 p.m.
War Memorial Building (3325 Zoo Dr., 92101)

Enjoy a delicious brunch with your family and meet Santa! This event is open to individuals 12 and younger and their families. 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. Must register by December 6th.

CODE: 64619

COST: \$5.00

Valentine's Dance

Saturday, February 15, 6:00 –9:00 p.m.
Call For Location

Celebrate Valentine's Day and enjoy some of your favorite tunes. Cost includes snacks and DJ entertainment. **Direct supervision is not provided and you must be 18 years or older to attend.** Call (619) 525-8275 to RSVP or register online by February 10th.

Leader: Nick Hurd

CODE: 68052

COST: \$5.00



Check out SMC, IND, and LS Pages for a Quarterly Fee option

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.

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 and pay 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 in the area. 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.

Tandem is now available as a session

December 7: Lake Murray (Starbuck's Social)
5520 Kiowa Dr., 91942

January 4 De Anza Cove
2727 De Anza Rd., 92109

We will attempt to park closest to the roundabout at De Anza Cove, near the Mission Bay Golf Course.

February 1: Lake Murray
3791 Corona Oriente Rd., 92109

CODE: 67315 **COST: \$9.00 for**
Quarterly session

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



Disneyland Bus Trip

Wednesday, February 5
7:30 a.m. - 7:30 p.m.

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

CODE: 67899 **COST: \$80.00**

Laugh Hour *

Wednesdays, 11:00 a.m. - 12:00 p.m.
January and February
Call for location

Experience the many benefits of laughter. Open individuals 18 and older and abilities! **No direct supervision provided.**

No online registration **COST: FREE**

*** 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.

Big Bear Ski Trip

Thursday, February 20

5:00 a.m. – 8:00 p.m.

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

CODE: 67441

COST: \$120.00



Self-Expression Through Art*

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

Open to individuals 18 years and older.

No online registration

COST: FREE (Donations accepted at TRS office)



Strikeforce Bowling

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

Kearny Mesa Bowl
(7585 Clairemont Mesa Blvd, 92111)

2/8, 2/15, 2/22, 3/7, 3/14, 4/4, 4/18,

It's back! Join us for our 10-week bowling league adapted for all skill levels. Cost includes shoe rentals, 2 games per date, and awards banquet (June 20th) for team members (extra for guests). Individuals are welcome, we will place you on a team.

No direct supervision is provided.

CODE: 67729

COST: \$90.00

*** 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, 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.

Winter Adventure

DAY 1: San Diego Zoo

Thursday, January 2, 9:00 a.m. - 3:00 p.m.
Meet at the War Memorial Building. Bring a sack lunch.

COST: \$20.00 (\$5.00 with Zoo Pass, pay in office)

CODE: 66983

DAY 2: Legoland

Friday, January 3, 9:00 a.m. - 4:00 p.m.
We will be taking a bus from the War Memorial Building to Legoland. Please bring a sack lunch or money if you want to purchase food at Legoland.

COST: \$50.00 **CODE: 66984**

Brunch with Santa

See page 7 for details.

Disney on Ice Outing

Sunday, January 26, 11:30 a.m. - 4:00 p.m.

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

CODE: 66985 **COST: \$25.00**

Chuck E Cheese Outing

Sunday, February 2, 10:00 a.m. - 12:30 p.m.

Kid Zone is headed to Sensory Sensitive Sundays. Drop-off and pick-up at Chuck E Cheese (3146 Sports Arena Blvd, 92110). Pizza lunch is included.

CODE: 66986

COST: \$20.00

Olympic Play Day

Saturday, February 23, 12:00 - 3:00 p.m.

Compete with one another in the Kid Zone Olympics Games! Bring a sack lunch.

CODE: 66987

COST: \$7.00

Spring Adventure

DAY 1: Playday and Swimming

Thursday, April 2, 9:00 a.m. - 3:00 p.m.

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

CODE: 66988

COST: \$20.00

DAY 2: San Diego Safari Park

Friday, April 3, 9:00 a.m. - 4:00 p.m.

Bring a sack lunch. Drop-off and pick-up at South Clairemont Recreation Center (3605 Clairemont Dr., 92117).

COST: \$30.00 (\$15.00 with Zoo Pass, pay in office)

CODE: 66989

*** 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

Bowling

Saturday, January 5, 10:00 a.m.– 12:30 p.m.

Join us for a morning of bowling. Cost include shoe rentals and pizza lunch. Meet at Parkway Bowl (1280 Fletcher Pkwy, El Cajon, 92020)

CODE: 66990

COST: \$15.00

Holiday Shopping

Friday, December 6, 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 in Mission Valley Mall. Bring money for gifts.

CODE: 63485

COST: \$10.00

Monster Jam

Saturday, February 1, 5:30 - 10:00 p.m.

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

CODE: 67730

COST: \$25.00

Meetings

Game Night *

Friday, January 17, 6:00 - 8:30 p.m.

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

CODE: 66992

COST: \$7.00

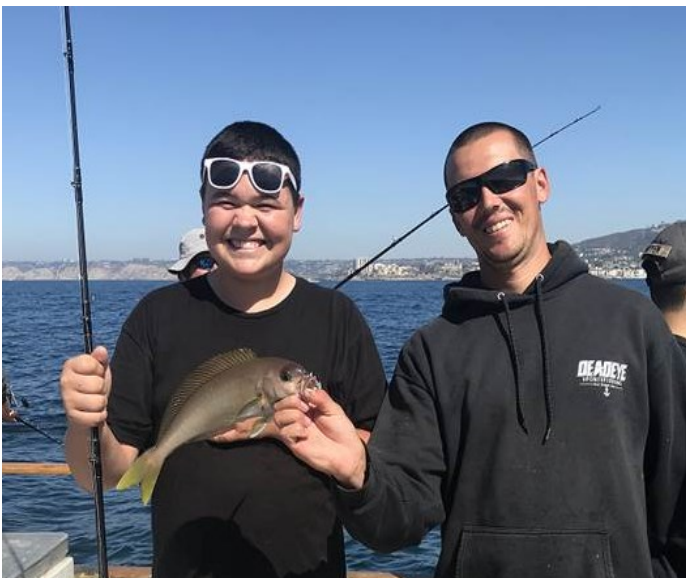
Escape Room Night *

Friday, February 21, 6:00 - 8:30 p.m.

Get your thinking cap on as we work together as a team to make it out of the escape room.

CODE: 66993

COST: \$7.00



Check out pages 7-9 for more holiday events and our programs for All.

*** 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, and Balboa Park location, or both! Dinner and activity supplies provided.

COST: \$7.00 per meeting or

\$20.00 Quarterly Membership

Quarterly Membership Includes:

Recreation Nights, Dances (Holiday and Valentines) and the Holiday Fair.

Must call (619) 525-8247 prior to event to let us know if you will be attending.

CODE: 67722

Cost: \$20.00

No Meeting in DECEMBER

Pajama Party

Wear your favorite pajamas, and come for a night of fun, laughter and making your dreams come true!

Jan. 10: Carmel Mountain Recreation
CODE: 67716

Jan. 24: See below *
CODE: 67717

Hollywood Night

You're the STAR! Come and enjoy a night of fame, fortune, friends, and walk the red carpet!

Feb. 14: Carmel Mountain Recreation
CODE: 67718

Feb. 28: See below *
CODE: 67719

Holiday Shopping

Friday, December 6, 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

Rockin' Jump

Sunday, January 12, 4:30 - 7:00 p.m.

Get ready to jump in to this new year! We will be doing a 2 hour jump party starting at 5 pm. Cost includes party and grip socks. Bring a sack lunch if you want to eat prior to jumping. Drop-off and pick-up at 8190 Miralani Dr 92126.

CODE: 67720

COST: \$20.00

Monster Jam

Saturday, February 1, 5:30 - 10:00 p.m.

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

CODE: 67721

COST: \$25.00

Check out pages 7-9 for more holiday events and our programs for All.

*** 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 per meeting or
\$20.00 Quarterly Membership**

Quarterly Membership Includes:

Meetings, Dances (Holiday and Valentines) and the Holiday Fair.

Must call (619) 525-8247 prior to event to let us know if you will be attending.

CODE: 67722 Cost: \$20.00

December 20 Holiday Dinner *

Celebrate the holiday season with friends. We will be doing a white elephant gift exchange so bring a **NEW WRAPPED** gift (\$10 value.)

CODE: 67724

January 3 New Year, New Me! *

Come make new goals, learn new skills, and learn to be the best you that you can be!

CODE: 67725

February 7 Valentines Day *

Come make valentines for your loved ones, eat delicious food, and enjoy a night full of love and friendship!

CODE: 67726

Holiday Shopping

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

Get your shopping list ready and 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

National Comedy Theater

Sunday, January 26, 6:00 - 9:00 p.m.

Based on audience suggestions, the cast of the NCT creates a comedy show from scratch. Meet at El Indio (3695 India Street, 92103) for dinner at 6 p.m. (bring money for dinner). We will walk to the theater after dinner.

CODE: 67727

COST: \$16.00

Fashion Valley Dinner and Movie

Thursday, February 13, 5:00 - 9:00 p.m.

Meet in front of the AMC theaters (7007 Friars Rd). We will walk to the food court for dinner, then watch a movie. We will use the buddy system to see different movies, depending on start times. Bring your own money for dinner, the movie and possible shopping!

CODE: 67728

COST: FREE

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

LEISURE SEEKERS

ages 18+

This group provides recreational opportunities, teaches leisure skills, increases socialization and self-esteem for individuals recovering from mental illness or behavioral health disorders. Individuals 18 and over, day treatment programs, board and care facilities, and drop-in centers are welcome to attend. 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 (February 13 will be on the second Thursday). This is an opportunity to make new friends and socialize. **Must call (619) 525-8247 to register by the Wednesday prior to the activity.**

COST: \$4.00 per meeting

Quarterly Membership Available (see details)

Deck the Halls Holiday Party

December 5

3325 Zoo Drive

Join us for an afternoon of holiday ornament making. Bring a friend and enjoy a holiday dinner, crafts and games.

CODE: 67652

Hello 2020! *

January 2

Let's welcome in a new year with our best of friends! Come enjoy crafts, activities and a dinner fit for a new year, new you.

CODE: 67654

Hollywood Red Carpet Event *

February 13

Come dressed to impress and enjoy an evening of 'Red Carpet' treatment! We will be casting our votes for the Oscars.

CODE: 67655

Quarterly Membership

Membership includes: Winter Quarter Social Connections, Holiday Dance, Valentine's Dance and Holiday Fair.

Must call (619) 525-8247 prior to the event to let us know if you will be attending.

CODE: 67680

COST: \$11.00

Holiday Shopping

Thursday, December 19, 2:00 - 5:00 p.m.

Come hang out while you "shop 'til you drop!" Whether you are window shopping or shopping for that perfect gift, enjoy the holiday spirit with good friends. After shopping, we will go to the food court to wrap presents. We will meet in front of Target, at the Mission Valley Mall (East entrance near Outback Steakhouse Restaurant). Bring money for lunch and gifts. Must pre-register for this event online or by calling (619) 525-8247

CODE: 67658

COST: Free

Mama Mia!

Sunday, January 19, 2:30 - 6:00 p.m.

Come join us for a live theatre production of Mama Mia, a musical about an independent hotelier in the Greek islands, preparing for her daughter's wedding with the help of two old friends. We will meet at the JCompany Youth Theatre (4126 Executive Drive, 92037). A late lunch will be provided before the show and then we will enjoy the performance together. Tickets are limited.

CODE: 67659

COST: \$3.00

*** 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

Archery

Thursday, February 6

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

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

Join us for an afternoon of archery at Morley Field Archery Range (2221 Morley Field Drive, 92104). All equipment is provided. For more information, call (619) 525-8247. Registration fills up quickly.

CODE: **COST: \$2.00**

Session A: 67661

Session B: 67662

Bowling League

Parkway Bowl

1280 Fletcher Parkway, 92020

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

Dates left in season: 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 the last day of the season.

Call (619) 525-8247 for payment information.

Softball League

Wednesdays

3/14, 3/18, 4/1, 4/15, 4/29, 5/13, 5/27, 6/10, 6/24

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

Morley Field (2221 Morley Field Drive, 92101)
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 26. Mandatory coaches meeting on the first day (March 4) of the season at Morley Field. There will be an awards banquet at the end of the season. Contact Juan at (619) 525-8247 with any questions.

COST: \$50.00 / team or

CODE: 68053

\$5.00/person



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

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

4 week winter session

Saturdays: 10:00 am – 12:30 pm

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 set up equipment in different areas due to last minute races. Please look for the City of San Diego truck with wooden gates on the back.

January 11: North Crown Point Shores

North Crown Point Shores,
3791 Corona Oriente Rd., 92109

January 25: 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.

February 8: 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.

February 22: De Anza Cove Park

2727 De Anza Rd., 92109

CODE: 67442

COST: \$15.00

Big Bear Ski Trip

Thursday, February 20

5:00 a.m. – 8:00 p.m.

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

CODE: 67441

COST: \$120.00

Open Gym *

Thursdays until February 13th

6:00 – 8:00 p.m.

Muni Gym

2111 Pan America Plaza, 92101

Everyone is invited to participate in wheelchair basketball. Every skill level is welcome. If you are looking for recreation or competition, we can help. Meet great people while improving your strength and conditioning.

Call (619) 525-8247 for possible move

No online Registration COST: FREE

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

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

Archery

Morley Field Archery Range

2221 Morley Field Drive, 92104

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

1/8, 1/15, 1/22, 1/29, 2/5, 2/12

Join us at the Morley Field Archery Range for our Service Member Archery program. Please bring your own water to the range. **Space is limited, you must register and pay for this program before attending.** For more information, email Nick at Nhurd@sandiego.gov.

CODE: 67443

COST: \$5.00



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

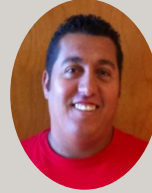
during non-beach

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

Picnic at the Park

Thursday, January 23
10:00 a.m. - 2:00 p.m.
Morley Field
2229 Morley Field Dr.

Kick off the year with a Picnic at the Park. We will have softball, football, volleyball, lawn games, card games, tug of war, music, and much more. We will have food and drinks for sale during the event. **Register by January 17th by calling (619) 525-8247.**

No online registration

COST: FREE

Valentine's Dance

Amigos Sobrios

Friday, February 14, 7:00 - 11:00 p.m.
War Memorial Building
3325 Zoo Dr., 92101

Amigos Sobrios is hosting a Valentine's Dance for the recovery community. Join us as we celebrate another year of love and friendship. Food will be sold during the dance. Any questions please contact Diane at (619) 381-1574.

No online registration

COST: \$5.00



Table Tennis Tournament

Wednesday, February 19
9:00 a.m. - 1:00 p.m.
Balboa Park Activity Center
2145 Park Blvd., 92101

Paddle Up!!! Everyone is invited to participate in our annual table tennis tournament. Never played before? No problem, we accommodate all skill levels, we have beginner, intermediate, and advanced divisions. Medals will be awarded to the top three of each division. Equipment is provided. Registration deadline: February 14th

CODE: 67995

COST: \$3.00

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 below for how to get involved!



SHARON MONINGER

SMoninger@sandiego.gov

(619) 236-7753

Volunteers of the Quarter:

Rose Algover



"I'm a mental health advocate with a passion for working with people. I grew up volunteering with a lot of different populations but have always loved being with kids and teenagers most.

I love TRS not only for the relationships between other volunteers and employees, but the friendships and support shared with all the members of TRS. At each event, everyone is doing their best to help each other stay happy and involved."

Jake Wood



"I am a graphic designer, artist, photographer, and a San Diego native. I love to hike and cook, and have been passionate about creating things in my life. My favorite thing about volunteering with TRS is the people. Every participant,

staff member, and volunteer is unique and a joy to be around. Volunteering at TRS is always my favorite part of my day/week and one of the most rewarding experiences of my life."

**Please contact the Volunteer Coordinator at
(619) 236-7753 or SMoninger@sandiego.gov
to get more information on volunteering.**

Requirements

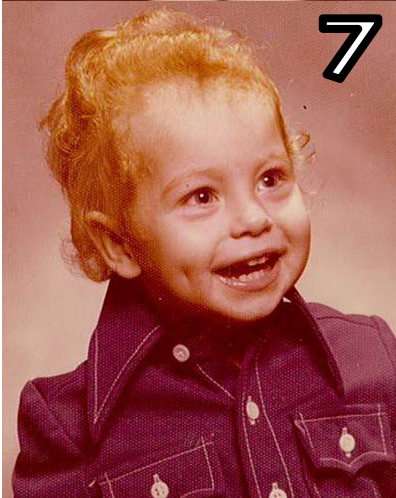
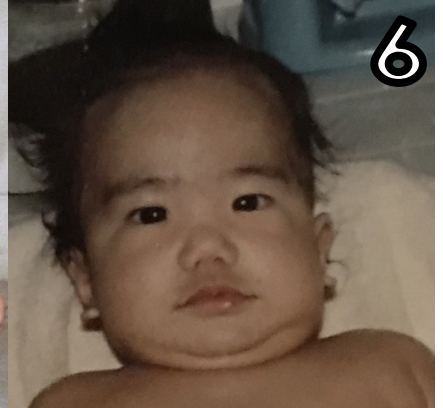
- Attend a volunteer orientation
- Clear a background check
- Commit to one or more events each month

Qualifications

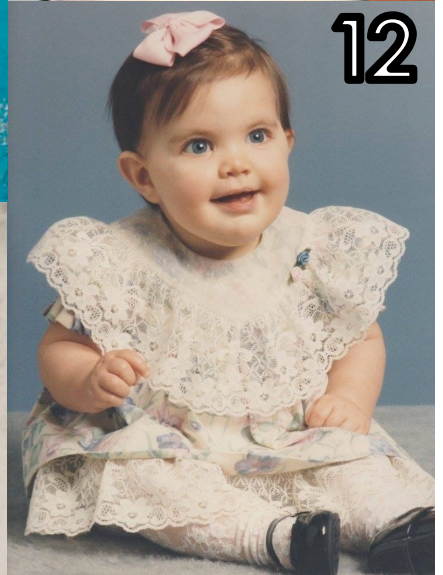
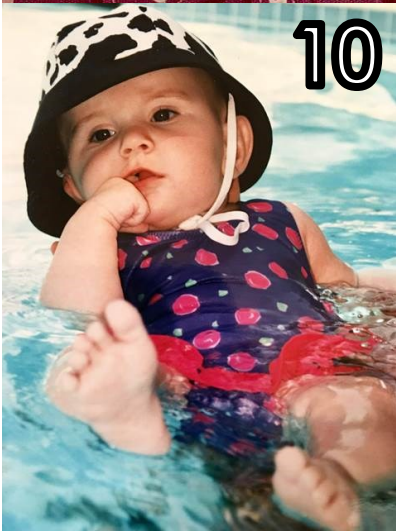
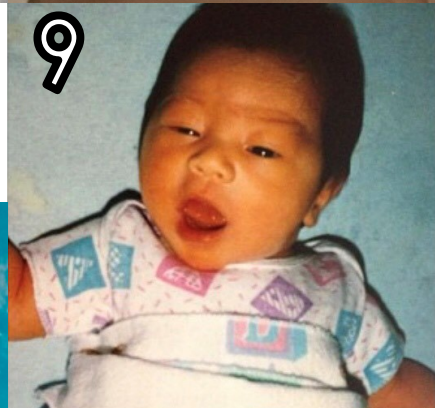
- At least 13 years old
- Patient
- Enjoy working with people
- Dependable and flexible
- Desire to work with a diverse population
- Energetic, enthusiastic, and eager to have fun!

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



These are TRS staff as babies!
Can you guess who they are?
Answers at the top of page 22





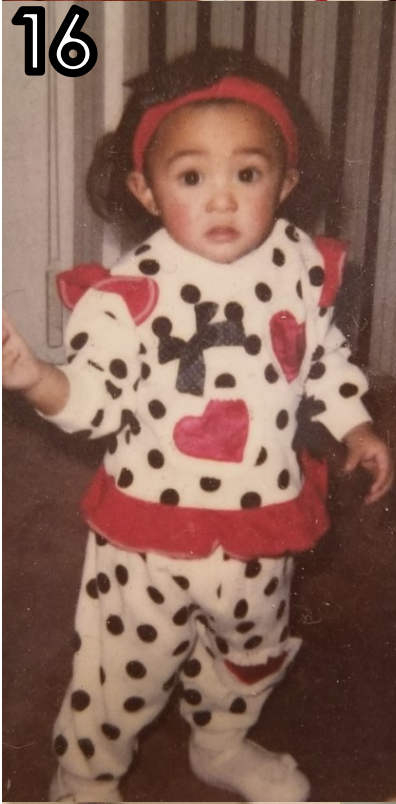
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23

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

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

GUESS THE BABY ANSWERS!!!

1. Cheryl Pawlak, 2. Juan Razo, 3. Sharon Moninger, 4. Kira Duffet, 5. Michael Rodriguez, 6. Gerald Cunanan, 7. Jon Richards, 8. Michael Bichler, 9. Casie Calip, 10. Lucia Montiano, 11. Alicia Bianchi, 12. Aly Larson, 13. Janet Estrada, 14. Julie Gregg, 15. Kristi Fenick, 16. Shannel Turner, 17. Samantha Greene, 18. Nick Hurd, 19. Alex Valencia, 20. Monica Olivan, 21. Victor Ortiz, 22. Sarali Saulog, 23. Jennifer Stevenson

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

Stars Acting Workshop

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

Weekly dramatic arts classes for adults with developmental challenges.

northparkvaudeville.com

December

sun	mon	tues	wed	thurs	fri	sat
1	2	3	4 LS Bowling	5 LS Social Connection	6 CAC Art KBC/SMC/ IND Shopping	7 All Tandem
8	9	10	11	12	13 CAC Art All Holiday Fair	14 Brunch with Santa
15	16	17	18 LS Bowling	19 LS Outing	20 CAC Art IND Meeting	21 Holiday Dance
22	23	24	25 Holiday-OFFICE CLOSED	26	27	28
29	30	31				

January

sun	mon	tues	wed	thurs	fri	sat
			1 Holiday-OFFICE CLOSED	2 LS Social Connection KZ Winter Adventure	3 CAC Art KZ Winter Adventure IND Meeting	4 All Tandem
5 KBC Outing	6	7	8 SM Archery Laugh Hour	9	10 CAC Art SMC Rec Night (CMR)	11 Handcycle 1
12 SMC Outing	13	14	15 SM Archery Laugh Hour	16	17 CAC Art KBC Meeting	18
19 LS Outing	20 Holiday-OFFICE CLOSED	21	22 SM Archery Laugh Hour	23 PIR Picnic at the Park	24 CAC Art SMC Rec Night (TBA))	25 Handcycle 2
26 IND outing KZ Outing	27	28	29 SM Archery Laugh Hour	30	31 CAC Art	

February

sun	mon	tues	wed	thurs	fri	sat
						1 All Tandem KBC/SMC Monster Jam
2 KZ Outing	3	4	5 SM Archery Disneyland Laugh Hour	6 LS Archery	7 CAC Art IND Meeting	8 Handcycle 3 All Bowling 1
9	10	11	12 SM Archery Laugh Hour	13 LS Social Connection IND Club Outing	14 CAC Art SMC Rec Night (CMR) PIR Dance- Amigos Sobrios	15 All Bowling 2 All Valentine Dance
16	17 Holiday- OFFICE CLOSED	18	19 PIR Table Tennis Laugh Hour	20 Big Bear Ski Trip	21 CAC Art KBC Meeting	22 Handcycle 4 All Bowling 3
23 KZ Play Day	24	25	26 Laugh Hour	27	28 CAC Art SMC Meeting (TBA)	29

Therapeutic Recreation Services

War Memorial Building

3325 Zoo Drive

San Diego, CA 92101

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