



Therapeutic Recreation Services (TRS)

July - August 2020 ~ Virtual Programs

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www.sandiego.gov/therapeuticrecreationservices

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.

Virtual Programs

We are sad that we can't meet in person at this time, but we can't wait to see you on our online virtual programs coming July and August!



Steps to Join Our Programs

- 1 Register online at sdreconnect.com.
We will be utilizing Microsoft Teams for the virtual programs. For each program you are signed up for, you will receive links through your email. Please be sure to have an account set-up and ready to go. Please visit this link for step-by-step instructions on how to use Teams:
<https://biz30.timedoctor.com/how-to-use-microsoft-teams/>
- 2
- 3 Check that your email is correct on sdreconnect.com to ensure you receive the link. If not please edit it on you profile, or contact the leader in charge of the program to update your email.
- 4 Call our office if you need any assistance! (619) 525-8247

Steps to register on SD Rec Connect

Create an online profile using the Activity Registration System. Log on 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. You can add them as a family member after the account is created.

We moved to PDLc!



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

Playdays

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

For these special playdays, you will pick-up an activity kit on the dates listed below. Activity kits contain arts, crafts, sensory toys, and fun games for your child to do at home. On the day of the program, you can log in with your code that you will receive through email and Gerald will explain the contents of the box with you and your child. Otherwise, you can have fun with your activity kit any time you wish.

July 13th Science Playday (**register by July 8th, space is limited**) code: [72145](#)

Pick-up your science kit from PDLC on Saturday, July 11th from 9am-2pm.

August 10th Nature Playday (**register by August 5th, space is limited**) code: [72147](#)

Pick-up the nature kit from PDLC on Saturday, August 8th from 9am-2pm.

Art with Puppet Friends

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

Log on to watch and interact with this special live art class.

July 27th Puppet Art Class #1 code: [72146](#)

August 24st Puppet Art Class #2 code: [72148](#)

All codes are directly linked to [SDRecConnect.com](https://sdrecconnect.com), so click the code to sign up!

See page 2 for sign up instructions!

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.



All events
are **FREE!**

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

Cooking and Working Out!

Wednesdays 4:30-5:30 p.m.

July 8th	Workout #1	code: 72141
July 15th	Cooking #1	code: 72135
July 22nd	Workout #2	code: 72142
August 5th	Cooking #2	code: 72136
August 12th	Workout #3	code: 72143
August 19th	Cooking #3	code: 72144
August 26th	Workout #4	code: 72138

* A list of needed ingredients will be sent through your email prior to the day of the Cooking Class.

All codes are directly linked to [SDRecConnect.com](https://sdrecconnect.com), so click the code to sign up!

See page 2 for sign up instructions!

Social Motion Club **Ages 18+**

This group is for adults with a cognitive impairment. It is designed to increase leisure independence and build social skills through experiential opportunities.



**All events
are FREE!**

Aly Larson

(619) 236-7755

allarson@san Diego.gov

Thursdays with Aly from 10-11 a.m.

July 16th Catch up and Yoga **Code** [72690](#)

July 30th Drawing Class **Code** [72693](#)

August 13th Blind Folded Sculpting **Code** [72697](#)

August 27th Workout Class **Code** [72700](#)

All codes are directly linked to SDRecConnect.com, so click the code to sign up!

See page 2 for sign up instructions!

Independent Club

Ages 21+

This club is for adults with cognitive impairments or brain injuries. It is designed to promote independence and socialize appropriately.



**All events
are FREE!**

Aly Larson

(619) 236-7755

allarson@sandiego.gov

Thursdays with Aly from 10-11 a.m.

July 9th Catch up and Yoga [Code 72687](#)

July 23rd Drawing Class [Code 72692](#)

August 6th Blind Folded Sculpting [Code 72695](#)

August 20th Workout Class [Code 72699](#)

All codes are directly linked to SDRecConnect.com, so click the code to sign up!

See page 2 for sign up instructions!

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.



**All events
are FREE!**

Juan Razo (619) 236-7771

jrazo@san Diego.gov

Dance Class Wednesdays 12:00-1:00p.m.

4 week session ----- **Code [72823](#)**

July 8th	Class #1- Merengue
July 15th	Class #2- Bachata
July 22nd	Class #3- Salsa
July 29th	Class #4- Cha Cha

Virtual Field Trips Thursdays 2:00-3:00 pm

4 week session ----- **Code [72824](#)**

August 6th	Trip #1
August 13th	Trip #2
August 20th	Trip #3
August 27th	Trip #4

All codes are directly linked to SDRecConnect.com, so click the code to sign up!

See page 2 for sign up instructions!

Adaptive Sports

Ages 8+

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



**All events
are FREE!**

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

Workout Wednesdays 10:00–11:00 a.m.

July 8th	Workout # 1	Code <u>72131</u>
July 22nd	Workout #2	Code <u>72132</u>
August 5th	Workout #3	Code <u>72133</u>

All codes are directly linked to SDRecConnect.com, so click the code to sign up!

See page 2 for sign up instructions!

Service Members

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



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

**All events
are FREE!**

Mindful Mondays

July 13th	Intro to Meditation	Code: 72137
July 27th	Breathing Techniques	Code: 72139
August 10th	Stretching Exercises	Code: 72140

All codes are directly linked to SDRecConnect.com, so click the code to sign up!

See page 2 for sign up instructions!



We Are All In This...Together.

For many people, a compassionate voice in their lives can make a powerful difference especially during these unprecedented times. **The City of San Diego Parks & Recreation, Therapeutic Recreation Services** staff will call you, FREE, MON. – FRI., between 9am – 11am just to check in and say "Hello". If you would like to add yourself or a loved one to the Therapeutic Recreation Services Social Call List, **contact us at: 619-525-8247 or email: trsnewsletter@sandiego.gov**

**Because human connection
makes life better for everyone.**

The City of
SAN DIEGO
Therapeutic Recreation Services

