

Therapeutic Recreation Services (TRS)

Winter 2020–2021 | December, January, February

VIRTUAL Programs



3901 Landis Street, San Diego, CA 92105

Office | (619) 525-8247

Email | trsnewsletter@sandiego.gov

www.sandiego.gov/therapeuticrecreationsservices

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.

CONTACT INFORMATION

District Manager

Kristi Fenick, CTRS

Supervising Therapeutic

Recreation Specialists

Julie Gregg, CTRS

Jon Richards, CTRS

Therapeutic Recreation Leaders

Alicia Bianchi, CTRS • Michael Bichler • 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

Therapeutic Recreation Specialists

Gerald Cunanan (ages 3-18)
(619) 236-7756
gcunanan@sandiego.gov

Nick Hurd (ages 8+)
(619) 236-7772
nhurd@sandiego.gov

Sharon Moninger (ages 18+)
(619) 236-7753
smoninger@sandiego.gov

Juan Razo (all ages)
(619) 236-7771
jrazo@sandiego.gov

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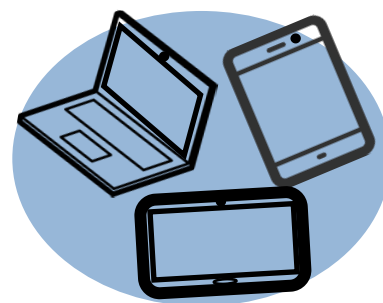
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Program Updates

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 ZOOM programs this winter season!



Steps to Join Our Programs

- 1 Register online at sdreconnect.com.
- 2 Make sure 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.
- 3 Call our office at (619) 525-8247 if you need assistance!

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.

ANNOUNCEMENTS

TRS Interns

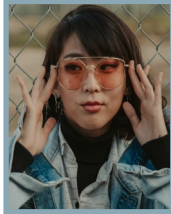
Goodbye!



Welcome to our new interns starting in January!

Lydia

Lydia, our Fall intern, is a senior at CSU Long Beach graduating with a degree in Therapeutic Recreation. Good luck, Lydia.



Koa

My name is Ko'akea, but call me Koa. I'm from Sacramento State University graduating in Recreational Therapy. I like to be outdoors and spending time with my family.



Kassandra

I'm from CSU Long Beach majoring in Recreation Therapy. I enjoy time with my family, cooking, swimming, and taking drives down the coast.



Anette

I'm from CSULB. I love trying new recipes. My passion is working with older adults and my dream is to own my own cat.



STAFF UPDATES

Summer Super Star ★ Victor Ortiz

Congratulations to our Summer Super Star, Victor! He has been working hard at the convention center as a lead staff with the homeless shelter, leading and planning virtual programs for TRS and AWS, assisting in the office, and is always willing to assist with whatever is needed! Victor was selected for this award due to his work ethic, charismatic personality, and overall dedication to our programs. Great job Victor!



Announcements



Jane Fyer, an extraordinary person, advocate, and a friend, died on September 29, 2020, at the age of 81 years old. Jane's advocacy for persons with mental illness was her lifelong passion. She served as a community mental health activist in San Diego County for more than four decades. She was most proud of being part of Schizophrenics in Transition-AMI (NAMI-SIT), Creative Arts Consortium, Copper Hill Independent Living and Learning Center, North Coastal NAMI, San Diego County Psychiatric Hospital Auxiliary, Mental Health Recognition Dinner, and San Diego Coalition for Mental Health. In recognition of her outstanding

commitment, she was awarded the County of San Diego's Mental Health Person of the Year in 1991. Jane served as a mentor, leading by example with compassion. She will be missed.

DSAC Corner

Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation and AgeWell Services. Their purpose is to offer support and promotion of quality activities, provide public relations and fundraising/scholarship support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested individuals. Meetings will be moved to Park de la Cruz (3901 Landis Street, 92105) upon opening of the community center.

We can't wait to welcome all of you to the brand new Park de la Cruz Community Center! We look forward to introducing you to our weight room, recreation room and much more. Any donations received through GoFundMe will be used to purchase recreation equipment.

www.gofundme.com/Winter-office-fundraiser

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

Easy ways to Donate

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

Amazon Smile Fundraiser

Amazon will donate 0.5% of eligible purchases to DSAC when you shop at smile.amazon.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 into www.food4less.com or www.ralphs.com and click "sign in"
2. Enter your email address and password, then click on "my account" in the top right-hand corner
3. Link your card to your organization by clicking on:
 - a. Community rewards
 - b. Edit community rewards program & follow the instructions
 - c. Click the circle to the left of your organizations name,

Disabled Services Advisory Council

Remember to update after September first each year!

ALL Programs

13 years +

Programs found on this page are for people with any disability age 13 and over.

Virtual Art Class

Tuesdays | 3:30 - 4:30 pm

December 1, 8, 15, 22

January 5, 12, 19, 26

February 2, 9, 16, 23

Art can be done anywhere! Let's practice our skills and take occasional virtual art museum tours.

COST: FREE

CODE: [80825](#)

Walk Across San Diego

Virtual Challenge

Tuesday | 4:45 - 5:30 pm

February 23

This virtual challenge takes you along the coast from San Onofre State Beach down to Border Field State Park. You will have 3 months to walk, jog, or bike a total of 75 miles. Participants receive a log to record your miles and certificate of completion.

Join us at the end of the quarter for an awards ceremony as we check the miles leader board and view our accomplishments for this epic challenge.

COST: FREE

CODE: [80826](#)

Virtual Scavenger Hunt with Alicia

Tuesday December 29 | 2:00-3:00 pm

The hunt is on! We will be participating in a variety of different scavenger hunts and then sharing our experiences.

COST: FREE

CODE: [81026](#)

Virtual Zumba with Dang

Fridays | 9:00-10:00 am

Open to individuals of all abilities.

Instructional program only.

COST: FREE

CODE: [81033](#)

Virtual Weekend Workout with Nick

Saturdays | 11:15 am-12:15 pm

Workouts are adapted for all abilities, with warm-ups and cool-downs. This class will **NOT** meet December 26th or January 2nd.

COST: FREE

CODE: [81302](#)

Virtual Cooking/Baking with Michael

Saturdays | 1:00-2:00 pm

December 12, January 16, February 13

A list of ingredients will be emailed a week prior to the class. The group will measure ingredients during the program to work on independent skills.

COST: FREE

CODE: [81304](#)

Virtual Sign Language with Michael

Saturdays; Bi-weekly | 1:00-2:00 pm

December 5, 19

January 9, 23

February 6, 20

This introduction to American Sign Language (ASL) will assist in learning basic signs to communicate in new ways.

COST: FREE

CODE: [81303](#)

All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 3 for sign up instructions. Zoom codes will be sent prior to start of programs.

ALL Programs

18 years +

Programs found on this page are for people with any disability age 18 and over.

Virtual Dance Class

Wednesdays | 12:00-1:00 pm

Learn different dance styles each month. Our instructor Victor breaks down the dances and makes them easy to learn.

*No Class on December 23rd

COST: FREE

CODE: [76242](#)

Virtual Trivia

Fridays | 6:30-7:30 pm

December 4, 18

January 8, 22

February 5, 19

Join Michael B. for some mind boggling questions. Login by 6:30 p.m. Anyone logging in after 6:35 pm will NOT be let into the game.

Virtual Laugh Hour

Thursdays | 11:00 am-12:00 pm

Scientific studies show that laughter may reduce pain, can aid digestion, lower stress, fights depression, lowers fear, reduces anger, improves the immune system and more!

COST: FREE

CODE: [81028](#)

Virtual Sports Talk with Juan

1st and 3rd Thursdays | 12:00-1:00 pm

December 3, 17

January 7, 21

February 4, 18

If you like sports, this is the program for you. Join Juan to discuss different topics and keep up to date with current news.

COST: FREE

CODE: [81025](#)

Dear Social Motion and Independent Club Members and Families,

Thank you for everything!

It is with heavy heart that I will be saying good-bye to my leadership role at TRS. I cannot thank you enough for the impact you all have had on my life. These have been some of the best years of my life! When I came to TRS as an intern in 2016 I did not know what I was getting myself into, but I can truly say that my life has been changed for the better. I will forever cherish the friendships and memories made here, and don't you worry I am not going far! A new opportunity has risen for me and I feel that this will be a great opportunity for my personal growth. I will be back at events and will still be in San Diego so you will see me around, don't worry... You can't get rid of me that easy! Thanks again for everything! I love and will miss you all so much!



Love, Aly

All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 3 for sign up instructions. Zoom codes will be sent prior to start of programs.

Special Events

13 years +

Programs found on this page are for people with any disability age 13 and over.

Virtual Holiday Sweater & PJ Party



Monday, December 21

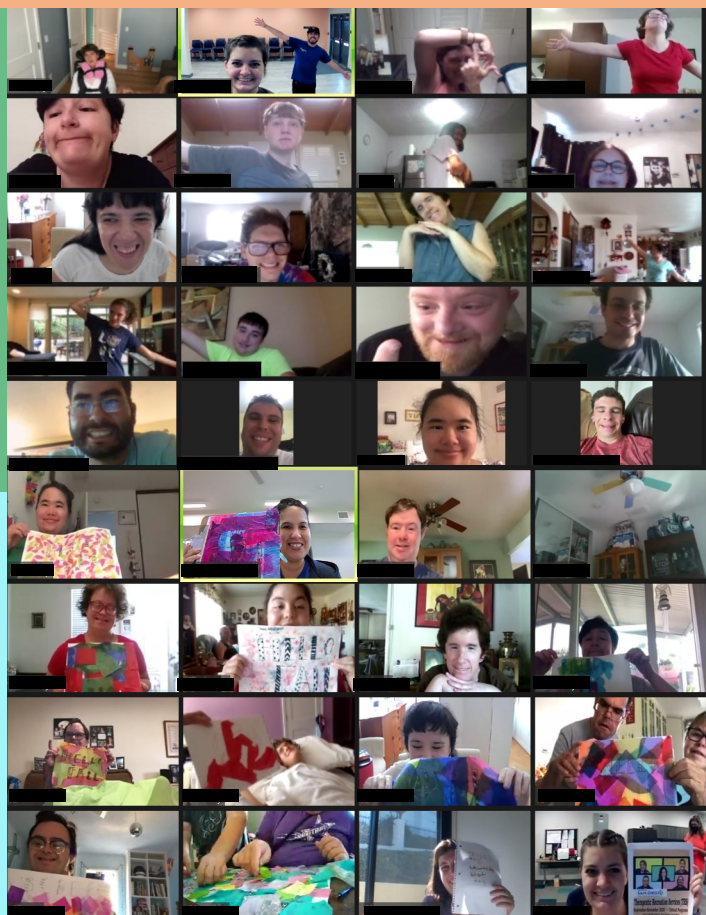
4:00-5:30 pm



Come hang out and enjoy the holiday season. Wear your comfiest holiday PJs, an ugly sweater (or both!) as we play games for prizes and enjoy various holiday themed activities!

COST: FREE

CODE: [81555](#)



Virtual Holiday Dance

Saturday, December 19

5:30-7:30 pm



Celebrate the holiday season from the comfort of your own home. Dance, socialize with your friends, and make new ones. Let's see your festive decorations!

COST: FREE

CODE: [81283](#)



Virtual Valentine's Dance

Saturday, February 13

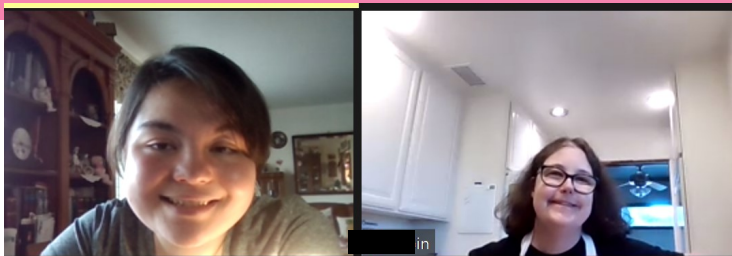
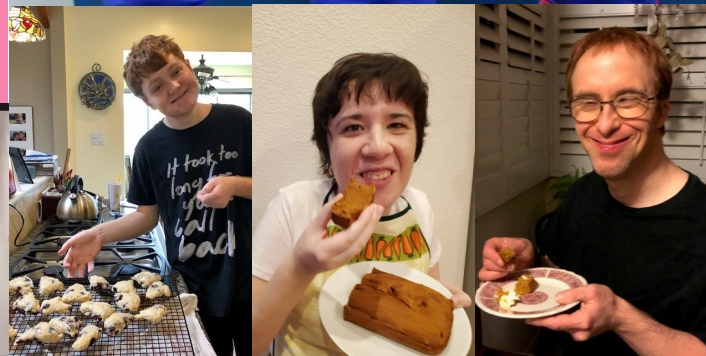
5:30-7:30 pm



Join us for a Virtual Valentine's Dance with friends! Zoom invitations will be emailed days prior to the dance.

COST: FREE

CODE: [81305](#)



All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 3 for sign up instructions. Zoom codes will be sent prior to start of programs.

Kid Zone

Gerald Cunanan

(619) 236-7756

gcunanan@sandiego.gov

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.

KZ Virtual Activities

Sundays | 12:30 - 1:30 pm

Workouts

Get ready to stretch, move, jump, and break a sweat with your friends!

December 6 | January 17 | February 28

COST: FREE

CODE: [80827](#)

Show and Tell

Bring your favorite items (up to 3) to tell your friends all about them.

December 20 | February 7

COST: FREE

CODE: [80829](#)

Game Day

We will play some games and you will have a chance to win a prize!

December 13 | January 24

COST: FREE

CODE: [80828](#)

Story Time

Come listen as we adventure into some popular novels.

January 3 | February 14

COST: FREE

CODE: [80830](#)

Activity Kits

Kits contain arts, crafts, sensory toys, and fun games for your child to do at home. We will have a live demonstration of the activity kits on the specific dates below. Gerald Will e-mail you when activity kit is ready for pick up.

January 10 | February 21

***COST: \$7**

CODE: [80831](#)

*Scholarship application available upon request. See Gerald for information.

Drive-Thru with Santa

December 19 | 12:00-2:00 pm

Pick up your special present from Santa and take home an activity kit. More information to come.

***COST: \$5**

CODE: [80832](#)

*Scholarship application available upon request. See Gerald for information.

All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 3 for sign up instructions. Zoom codes will be sent prior to start of programs.

Kick Back Club

Gerald Cunanan

(619) 236-7756

gcunanan@sandiego.gov

Ages 13–18

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

Virtual Workouts

Thursdays | 4:30 – 5:30 pm

December 3, 10, 17

January 7, 14, 21, 28

February 4, 11, 18, 25

Come break a sweat with your friends.
Exercises are adaptable for all ability levels.

COST: FREE

CODE: [80833](#)



KBC Virtual Activities

Sundays | 10:30 – 11:30 am

Cooking

Get cooking with Mr. G and friends. List of ingredients will be e-mailed prior to program.

December 6 | January 10 | February 14

COST: FREE

CODE: [80834](#)

Charades

Get ready to act, guess, laugh and have fun!

December 13 | January 17 | February 21

COST: FREE

CODE: [80835](#)

Bingo

Bingo cards will be e-mailed to participants for their chance to win a prize.

December 20 | January 24 | February 28

COST: FREE

CODE: [80836](#)

Virtual Field Trip

Explore new places around the world

January 3 | February 7

COST: FREE

CODE: [80837](#)

**All codes are directly linked to [SDRecConnect.com](https://sdrecconnect.com), so click the code to sign up.
See page 3 for sign up instructions. Zoom codes will be sent prior to start of programs.**

Social Motion Club

Ages 18+

Sharon Moninger

(619) 236-7753

smoninger@sandiego.gov

**All programs
FREE**

Juan Razo

(619) 236-7771

jrazo@sandiego.gov

Please contact Sharon for any questions regarding Monday classes, or Juan regarding and Friday classes *

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

SMC Weekly Virtual Socials

Mondays 4:00-5:00 pm

Yoga-December 7, January 4, 25

February 1, 22

CODE: [**80991**](#)

Join us on Zoom for a relaxing and rejuvenating yoga and mediation session.

Holiday Cookie Decorating- December 14

If you miss baking on Saturday, please have cookies premade.

CODE: [**80994**](#)

New Year Goals Night- January 11

Make this year great!

CODE: [**80996**](#)

Disney Night- February 8

Test your Disney knowledge and wear your ears!

CODE: [**81005**](#)

Fridays- 5:00-6:00 pm

Game Night- December 11

CODE: [**80993**](#)

Dance Party- December 18, January 15, 29,

February 19 Come dance your hearts out!

CODE: [**80988**](#)

Cooking Dinner Together- January 22

List of ingredients will be emailed prior to program.

CODE: [**80999**](#)

Valentine's Tea Party-February 12

Dress your best and enjoy a night of fine dining and banter.

CODE: [**81002**](#)

Lip Sync Battle-February 26

Wear your best Rock Star outfit, practice your best air guitar, and get ready you convince us you ARE the STAR! Just like the TV Show, be the best lip sync singer around!

CODE: [**81008**](#)

All codes are directly linked to [SDRecConnect.com](https://sdrecconnect.com), so click the code to sign up. See page 3 for sign up instructions. Zoom codes will be sent prior to start of programs.

Independent Club

Sharon Moninger

(619) 236-7753

smoninger@sandiego.gov

Ages 21+

Juan Razo

(619) 236-7771

jrazo@sandiego.gov

All programs
FREE

Please contact Sharon for any questions regarding Monday classes, or Juan regarding and Friday classes *

This club is for adults with cognitive impairments. It is designed to promote independence and socialization.

IND Weekly Virtual Socials

Mondays 4:00-5:00 pm

Yoga-December 7, January 4, 25

February 1, 22

CODE: [80991](#)

Join us on Zoom for a relaxing and rejuvenating yoga and mediation session.

Holiday Cookie Decorating- December 14

If you miss baking on Saturday, please have cookies premade.

CODE: [80994](#)

New Year Goals Night- January 11

Make this year great!

CODE: [80996](#)

Disney Night- February 8

Test your Disney knowledge and wear your ears!

CODE: [81005](#)

IND Meetings (club members only)

First Friday of the Month 5:00-6:00 pm

December 4, January 8, February 5

If you aren't able to join via Zoom there is a call in option. There will **NOT** be elections in January, we will keep our officers from 2020.

CODE: [81011](#)

Fridays- 5:00-6:00 pm

Game Night- December 11

CODE: [80993](#)

Dance Party- December 18, January 15, 29, February 19 Come dance your hearts out!

CODE: [80988](#)

Cooking Dinner Together- January 22

List of ingredients will be emailed prior to program.

CODE: [80999](#)

Valentine's Tea Party-February 12

Dress your best and enjoy a night of fine dining and banter.

CODE: [81002](#)

Lip Sync Battle-February 26

Wear your best Rock Star outfit, practice your best air guitar, and get ready to convince us you ARE the STAR! Just like the TV Show, be the best lip sync singer around!

CODE: [81008](#)

All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 3 for sign up instructions. Zoom codes will be sent prior to start of programs.

Leisure Seekers

Sharon Moninger

(619) 236-7753

smoninger@sandiego.gov

Ages 18+

This group provides recreational opportunities, teaches leisure skills, increases socialization and self-esteem for individuals recovering from mental illness and other behavioral health disorders.

Virtual Social Connections

Thursdays 2:00–3:00 pm

December 3, 10, 17

January 7, 14, 21, 28

February 4, 11, 18, 25

Join us for a weekly virtual hangout to socialize and enjoy the company of good friends. Themes and activities will be announced prior to the program date.

COST: FREE

CODE: [80824](#)



Social Call List

Because human connection makes life better for everyone. Contact us at: (619) 525–8247 or email: trsnewsletter@sandiego.gov to add yourself or a loved one to the list.



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 Department, Therapeutic Recreation Services staff will call you, FREE, MON - FRI, between 9:00 - 11:00 am just to check in and say "Hello".



All codes are directly linked to [SDRecConnect.com](https://sdrecconnect.com), so click the code to sign up. See page 3 for sign up instructions. Zoom codes will be sent prior to start of programs.

Adaptive Sports

Ages 8+

Nick Hurd

(619) 236-7772

nhurd@sandiego.gov

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

Virtual Adaptive Yoga

Wednesdays 2:00–2:30 pm

December 2, 9, 16, 23, 30

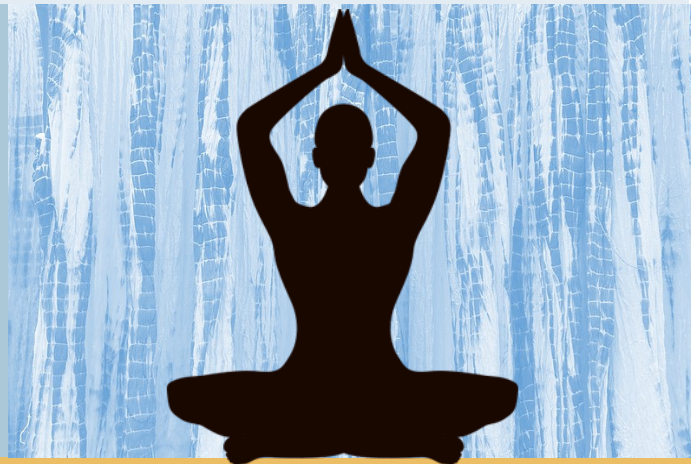
January 6, 13, 20, 27

February 3, 10, 17, 24

This adaptive program will be taught in the seated position for each movement.

COST: FREE

CODE: [81306](#)



Service Members

Nick Hurd

(619) 236-7772

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



Virtual Intro to Tai Chi

Wednesdays 10:00–10:30 am

December 2, 9, 16, 23, 30

January 6, 13, 20, 27

February 3, 10, 17, 24

Join to develop physical, mental, emotional and spiritual health in this introduction to Tai Chi. This is a basic movement program to learn new skills and recreational opportunities.

COST: FREE

CODE: [81307](#)

All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 3 for sign up instructions. Zoom codes will be sent prior to start of programs.

December

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 ALL Art	2 SM Tai Chi ALL Dance ADP Chair Yoga	3 ALL Sports Talk LS Social KBC Workout All Laugh Hour	4 ALL Zumba ND Club Meeting ALL Trivia	5 ALL Workout ALL ASL
6 KBC Cooking KZ Workout	7 SMC IND Yoga	8 ALL Art- Holiday - Card Making	9 SM Tai Chi ALL Dance ADP Chair Yoga	10 LS Social KBC Workout All laugh Hour	11 ALL Zumba SMC/ IND Holiday Game Night	12 ALL Workout ALL Cooking
13 KBC Charades KZ Games	14 SMC IND Cookie Decorating	15 ALL Art	16 SM Tai Chi ALL Dance ADP Chair Yoga	17 ALL Sports Talk LS Social KBC Workout All Laugh Hour	18 ALL Zumba SMC/ IND Dance Party ALL Trivia	19 Drive Thru Brunch w/ Santa ALL workout All ASL Holiday Dance
20 KBC Bingo KZ Show & Tell	21 ALL Sweater and PJ Party	22 ALL Art	23 SM Tai Chi ADP Chair Yoga	24	25 Office Closed- Holiday	26
27	28	29 All Scavenger Hunt	30 SM Tai Chi ALL Dance ADP Chair Yoga	31		

January

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Office Closed- Holiday	2
3 KBC Field Trip KZ Story Time	4 SMC IND Yoga	5 ALL Art	6 SM Tai Chi ALL Dance ADP Chair Yoga	7 ALL Sports Talk LS Social KBC Workout All Laugh Hour	8 ALL Zumba IND Club Meeting ALL Trivia	9 ALL Workout ALL ASL
10 KBC Cooking KZ Activity Kit	11 SMC IND New Years Goals	12 ALL Art	13 SM Tai Chi ALL Dance ADP Chair Yoga	14 LS Social KBC Workout All Laugh Hour	15 ALL Zumba SMC/IND New Years Glo Dance Party	16 ALL Workout ALL Cooking
17 KBC Charades KZ Workout	18 Office Closed - Holiday	19 ALL Art	20 SM Tai Chi ALL Dance ADP Chair Yoga	21 ALL Sports Talk LS Social KBC Workout All Laugh Hour	22 ALL Zumba SMC/IND Cooking ALL Trivia	23 ALL Workout ALL ASL
24 KBC Bingo KZ Games 31	25 SMC IND Yoga	26 ALL Art	27 SM Tai Chi ALL Dance ADP Chair Yoga	28 LS Social KBC Workout All Laugh Hour	29 ALL Zumba SMC/ IND Dance Party	30 All Workout

February

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 SMC IND Yoga	2 ALL Art	3 SM Tai Chi All Dance ADP Chair Yoga	4 ALL Sports Talk LS Social KBC Workout All Laugh Hour	5 IALL Zumba ND Club Meeting ALL Trivia	6 ALL Workout ALL ASL
7 KBC Field Trip KZ Show & Tell	8 SMC IND Disney Night	9 ALL Art	10 SM Tai Chi ALL Dance ADP Chair Yoga	11 LS Social KBC Workout All Laugh Hour	12 ALL Zumba SMC/IND Tea Party	13 ALL Workout ALL Cooking Valentines Dance
14 KBC Cooking KZ Story Time	15 Office Closed- Holiday	16 ALL Art	17 SM Tai Chi ALL Dance ADP Chair Yoga	18 ALL Sports Talk LS Social KBC Workout All Laugh Hour	19 ALL Zumba SMC/ IND Dance Party ALL Trivia	20 ALL Workout ALL ASL
21 KBC Charades KZ Activity Kit	22 SMC IND Yoga	23 ALL Art Virtual Walk Awards	24 SM Tai Chi ALL Dance ADP Chair Yoga	25 LS Social KBC Workout All Laugh Hour	26 ALL Zumba SMC/IND Lip Sync Battle	27 ALL Workout
28 KBC Bingo KZ Workout						

The City of
SAN DIEGO
Parks and Recreation Department
Therapeutic Recreation Services
Park De La Cruz
3901 Landis Street
San Diego, CA 92105



Would you rather receive our newsletter via e-mail?
Email trsnewsletter@sandiego.gov
and you'll receive the next newsletter digitally.

“Enriching lives through quality parks and programs.”

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN, OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARKS AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER [619] 525-8247 OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240). THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.