



Therapeutic Recreation Services (TRS) WINTER 2023-2024

DECEMBER | JANUARY | FEBRUARY



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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.

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Where to Start/Online Registration

Winter Registration starts **November 18, 2023** at 10:00 am

Steps to register on SD Rec Connect

First Time users: Create an online profile, using the Activity Registration System, **SDRecConnect.com**. Click "Create an Account". Fill out "New Account Request" form completely for the primary responsible person, a parent or guardian, including all required fields, and click Submit (or Submit and Add Family Member to add family members). Upon completion, a confirmation email with a first-time activation link will be sent to the email address provided. You will not be able to use your new account until you've used this link. Note: this email may go to your "spam" folder. To avoid duplication, be sure to let others in your household know you've set up the account. ****Important:** If you are registering a child for an activity, do not use the child's information when creating a New Account. You can add them as a family member after the account is created.

Returning Customers: for returning customers, click the "Sign In" or "My Account" button. Enter your login (email address) and password.

Payment Process

Payments can be made online at SDRecConnect.com or at Park de la Cruz Community Center (3901 Landis St., 92105). See page 6 for center hours.

A parent or legal guardian must register participants under the age of 18 years. Cash or paper check is NOT accepted when paying in advance. **Acceptable payment methods include: electronic check– proper ID with proof of checking account (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 3.56% processing fee.

Refund Policy

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy:

Refund policy exclusions: 3.56% 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 will not be refunded. No refunds for requests submitted less than 20 business days prior to the activity. Refunds will take 4-8 weeks, depending on payment method. Payments made by credit card will be refunded to the credit card.

Scholarship Procedure

For information on applying for the City of San Diego low income fee waiver or the Disabled Service Advisory Council (DSAC) scholarship, please call (619) 525-8247 or stop by the Park de la Cruz (PDLC) office (3901 Landis St., 92105). Application can be submitted with a recreation center staff at PDLCL

ANNOUNCEMENTS

Park de la Cruz Garden Grand Opening

If you missed Park de la Cruz's Garden Ribbon Cutting event on September 16, we missed you, but you are welcome to stop by Monday through Friday between 10:00 am and 2:00 pm to enjoy the tranquil space by reading a book, bringing a sack lunch, or just relaxing. In addition, check out pages 10-12 for the Zen Garden Club, Green Thumb Club, and/or Little Sprouts & Blooms programs. The garden is thriving thanks to numerous donations and volunteer support. Contact Michael at MichaelR@sandiego.gov or (619) 236-7755 or if you are interested in being a garden volunteer.



Summer Superstar: Eric Grube

Congratulations to our Summer Super Star, Eric! Eric assisted TRS by leading groups at all three TRS summer camps, working inclusion support, beach wheelchair accessible program, and leading a weekly fitness program. Eric is hardworking and dedicated to helping to improve the quality of programs TRS offers. Thank you for all you do!

Eric's favorite memory from summer was surfing during Camp Wet and Wild!



Staff Spotlight: Alexander Sandejas

Why did you want to work at TRS?

My experience volunteering with TRS was very enjoyable and I learned a lot from those experiences that I decided to pursue a position within the TRS field.

What has been your favorite moment?

I really enjoy working our summer camps. You can't beat the scenic beach/bay side and watching participants enjoy the week long activities!

Favorite hobby outside of work?

My favorite hobbies include hanging out with friends, playing video games, navigating photoshop, and learning new languages.

Fun fact about yourself?

I am learning three new languages: Norwegian, Finnish, and Shetland Nynorn. I hope to be intermediate with Norwegian by the end of the year!



VOLUNTEER CORNER

TRS is proud to offer a wide variety of volunteer opportunities for anyone **13 years and older** to get involved. We rely heavily on volunteers to help provide quality programming to enrich the lives of individuals with disabilities.

Requirements

- At least 13 years old
- Attend a volunteer orientation
- Clear a background check
- Commit to two or more activities each month

Qualifications

- Patient
- Enjoy working with people
- Dependable
- Desire to work with a diverse population
- Energetic, enthusiastic, and eager to have fun!

Volunteer Opportunities

- Assist with supervision and safety of participants and provide hands on assistance with individuals with disabilities during activities
- Garden assistance
- Kitchen volunteers
- Biking Program volunteers



If you are interested in becoming a volunteer, please contact Michael Rodriguez at (619) 236-7755 or MichaelR@sandiego.gov



Volunteers of the Quarter: Maddy and Jack

Maddy got involved with TRS two years ago. One of Maddy's favorite memories is from this summer's bowling outing. One of the participants was jumping up and down with excitement after bowling a strike, the smile and joy was priceless. Fun fact about her is that she loves jigsaw puzzles!

Jack got into TRS when his sister, Maddy, recommended it to him. Jack's favorite memory was watching a participant overcome their fear of waterslides. Fun facts about Jack, are that he is a freshman in High School, plays water polo, and enjoys cooking in his free time!

Park de la Cruz Community Park

Community Center Hours

3901 Landis Street, 92105

Phone: (619) 525-8247

sandiego.gov/park-and-recreation/activities/trs

Monday	8:30 am - 8:00 pm
Tuesday	8:30 am - 8:00 pm
Wednesday	8:30 am - 8:00 pm
Thursday	8:30 am - 8:00 pm
Friday	8:30 am - 5:00 pm
Saturday	10:00 am - 3:00 pm
Sunday	Closed

Gymnasium Hours

3911 Landis Street, 92105

Phone: (619) 516-3141

sandiego.gov/park-and-recreation/centers/recctr/parkdelacruzgym

Monday	10:00 am - 8:30 pm
Tuesday	10:00 am - 8:30 pm
Wednesday	10:00 am - 8:30 pm
Thursday	10:00 am - 8:30 pm
Friday	10:00 am - 8:30 pm
Saturday	9:30 am - 5:00 pm
Sunday	Closed

Closed **Dec. 25th, Jan. 1st, 15th and Feb. 19th** in observance of City Holidays.

Recreation Room

You can check out a variety of recreation equipment including basketballs, pool, ping-pong, board games and more. Individuals age 13 and older will need a picture ID (school, driver license, etc.). Children under the age of 13 must have parent or guardian present. No supervision provided. Recreation room open during community center hours.

Fitness Center

The fitness center has various free weights, cardio machines, and adaptable equipment. **Must be 18 years and older. No direct supervision provided.** Fitness center is open during community center hours. Register onsite.

**COST: \$15 for TRS & AWS Participants
\$25 per quarter Community Members**

Serving Seniors

Monday– Friday | 12:00 - 1:00 pm

Serving Seniors provides hot, nutritious lunch to seniors age 60+ at Park de la Cruz (3901 Landis St., 92105). Meals are provided at no cost to individuals age 60 and over; however, contributions are accepted. There is a \$4 fee for those under 60 years of age.

Sensory Room

Sensory room reservations are available Mondays, Wednesdays, and Thursdays from 9:00 am - 4:00 pm, Tuesdays and Fridays from 9:00 am - 1:00 pm, and Saturdays from 10:00 am - 3:00 pm. Must have an assessment and orientation prior to use. Call (619) 525-8247 for more information. Room limitation may apply.

Computer Lab

There are 5 desktop computers at Park de la Cruz available for the public. The computers are available when the community center is open, except during scheduled technology classes and Digital Navigator (see page 20). For more information, call (619) 525-8247.

PDLC Gymnasium Open Play Sports Pickleball

Tuesdays | 12:30 - 2:00 pm

Thursdays | 10:00 am - 12:00 pm

COST: FREE

CODE: 111383

Futsal

Thursdays | 5:45 - 8:30 pm

COST: FREE

CODE: 110862

For gymnasium program information, visit the Gym website (listed above) or call (619) 516-3141.

DANCES



Holiday Dance

December 16 | 5:30 - 8:30 pm

Led by Taylor

Jingle Bell Rock your way to our annual Holiday Dance at Park de la Cruz Gymnasium. Cost includes dance admission, refreshments, and DJ entertainment. **You must be 18 years or older to attend. Direct supervision is not provided for this event.** Register online by December 11th. Call (619) 525-8247 for registration assistance.

COST: \$5

CODE: 109765

Valentine's Dance

February 10 | 5:30 - 8:30 pm

Led by Taylor

Come boogie your hearts out at our annual Valentine's Dance at Park de la Cruz Gymnasium. Cost includes admission, refreshments, and DJ entertainment. **Direct supervision will not be provided for this event. Must be 18 years or older to attend.** Register online by February 7th. Call (619) 525-8247 for registration assistance.

COST: \$5

CODE: 111139



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

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SPECIAL EVENTS

Holiday Fair

December 8 | 10:00 am - 1:00 pm

Led by Taylor

There's no place like TRS for the holidays. Gather your friends for an afternoon of games, crafts, and music at Park de la Cruz.

Lunch is not provided, bring a sack lunch.

No direct supervision provided. Must be 16

years or older to attend. RSVP by calling

(619) 525-8247 or register online by

Wednesday, December 6th.

COST: \$2

CODE: 109764



Winter Carnival

December 9 | 11:30 am - 2:30 pm

Led by Haley

Enjoy brunch (while supplies last) with us as we ring in the holiday spirit! We will have fun games and activities for everyone at Park de la Cruz. **This is a family and friends event.**

No direct supervision provided. Please register by December 2nd.

COST: FREE

CODE: 109823

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

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KBC/SMC/IND EVENTS & OUTINGS

These programs are for teens and adults with cognitive or developmental impairments. They are designed to increase leisure opportunities, community functioning, and build social skills through experiential opportunities within the community. **Register early, space is limited. Must have assessment on file. For ages 13 and older.**

Holiday Shopping

December 1 | 6:00 – 9:00 pm

Led by Nick and Taylor

Get your shopping list ready! Come hang out with friends while you “shop ‘til you drop”! After shopping, we will wrap presents together and enjoy dinner. Drop-off/pick-up at Mission Valley Mall in-between Nordstrom Rack and Tender Greens (1640 Camino Del Rio North, 92108). Bring money for gifts and a list. **Register using the code that is appropriate for your group (see pages 14-16).**

Kick Back Club

CODE: 109822

Ages 13-17

Social Motion Club

CODE: 109824

Ages 18+

Independent Club

CODE: 109824

Ages 21+

COST: \$5

Holiday Cookie Party

December 15 | 5:30 – 8:00 pm

Led by Taylor

It's that time of the year when the best cookies are made! We'll make holiday cookies to take home and share with your family. Dinner will be provided. Program takes place at Park de la Cruz. **Register by December 12th using the code that is appropriate for your group (see pages 14-16).**

Kick Back Club

CODE: 111130

Ages 13-17

Social Motion Club

CODE: 111167

Ages 18+

Independent Club

CODE: 111744

Ages 21+

COST: \$10



San Diego Gulls Hockey Game

January 13 | 5:00 – 9:00 pm

Led by Michael R. and Taylor

Cheer on the San Diego Gulls as they take on the Iowa Wild on “Country Night” with a bobble head give-away! Drop-off and pick-up at the plaza on 3340 Sports Arena Blvd., 92110. We will walk to the Arena from there. Please bring a debit/credit card to purchase food and drinks. **NO CASH VENUE. Register using the code that is appropriate for your group (see pages 14-16).**

Kick Back Club

CODE: 111147

Ages 13-17

Social Motion Club

CODE: 111026

Ages 18+

Independent Club

CODE: 111745

Ages 21+

COST: \$25

Big Bear Ski Trip

February 26 | 5:00 am – 8:00 pm

Led by Nick

Let's hit the slopes! Join us for our annual Big Bear Ski Trip. Limited spots will be available for adaptive skiers. For more information, please email Nick Hurd at NHurd@sandiego.gov. **Must be 16 years or older to attend.**

COST: TBD

CODE: 111149

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

Park de la Cruz Weekly Programs

3901 Landis Street, 92105. See program description for age.

Zen Garden Club

Select Tuesdays | 10:30 - 11:30 am
Led by TRS Staff

December 12 | January 9 | February 20

Come spend some time and unwind with us. This program will consist of using our garden space for various meditative and mindful activities. **This program is for participants 13 years and older. No direct staff supervision.**

COST: FREE

CODE: 111006



Virtual Reality (VR)

Tuesdays | 3:30-6:00 pm

Led by Jon

Try out Virtual Reality (VR) for a variety of applications. Travel virtually to anywhere in the world, try a virtual spacewalk, roller coaster, or play some VR games! Perfect for anyone who is new to VR or is interested in trying new applications. **This activity is for ages 13 and older. No direct staff supervision.**

COST: FREE

CODE: 111070

Relax, Refresh, Rejuvenate

Select Wednesdays | 1:00 - 2:00 pm

Led by Maria

January 3, 10, 17, 24, 31 | February 7

Get relaxed and refreshed by enjoying meditation, light stretching, and breath work. **Must be 16 years or older to participate. No direct staff supervision.**

COST: FREE

CODE: 111133

Paint n' Sip

Select Wednesdays | 4:00 - 5:00 pm

Led by Lelaina

December 13, 27 | January 10, 24

February 7, 21

Enjoy a fun refreshment while you tap into your painting skills! **For participants ages 13 and older. No direct staff supervision.**

COST: \$15 for 6 sessions

CODE: 111192

Learn to Play Pickleball

Thursdays | 8:45 - 10:00 am

Led by Jon

Enjoy this fun, social and friendly game! Whether you are a beginner or an experienced player, this activity is for you. Program takes place at Park de la Cruz Gymnasium. **This program is for participants 18 years and older. No direct staff supervision.**

COST: FREE

CODE: 111068

Laugh Hour

Thursdays | 11:00 am - 12:00 pm

Volunteer Led by Alicia S.

Scientific studies show that laughter reduces pain, fights depression and more! **All ages and families welcome.** Zoom link will be sent to registered participants before program.

COST: FREE

CODE: 107915

Green Thumb Club

Select Thursdays | 11:00 am - 12:00 pm

Led by Haley

December 7, 21 | January 4, 18

February 1, 15, 29

Learn about gardening techniques in the Green Thumb Club and then put what we learn into practice. This activity is for ages 3 years and older. **No direct staff supervision provided. Parent/guardian must attend if participants are under 16 years of age.**

COST: \$5

CODE: 111005

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

Park de la Cruz Weekly Programs

3901 Landis Street, 92105. See program description for age.

Self-Expression Through Art

Fridays | 2:00 – 4:00 pm

Volunteer Led by Michael T., Joan and Ray

Express images hidden within, using paints, colored pencils, markers, or other media without judgement. **This activity is for ages 18 and older. No staff supervision.**

COST: FREE

CODE: 107918

Sports Talk

Fridays | 3:30 – 5:00 pm

Led by Michael R.

If you like sports, this program is for you! There will be various sports topics along with keeping up to date on current news.

Program is for individuals age 16 and older.

No direct supervision provided. Attend either virtually or in-person. Zoom link will be sent to registered participants before program. **No meeting on December 1st.**

COST: FREE

CODE: 111066

Walking Club

Select Saturdays | 10:00 – 11:00 am

Led by Lelaina

January 13 | February 24

Start your day by strutting along a path for a morning walk! Meeting location will be announced week of program. **This activity is for ages 16 and older. No direct supervision.**

COST: FREE

CODE: 111191

Shake it up on Saturdays

Select Saturdays | 12:30 – 1:30 pm

Led by Maria

January 6, 20 | February 3, 24

Let's shake our way into the weekend! Learn new dances to improve coordination and practice team building skills. **Must be 13 years or older to attend. No direct supervision.**

COST: FREE

CODE: 111129

Strikeforce Bowling

Select Saturdays | 9:30 – 11:30 am

Led by Michael R.

February 24 | March 9, 23 | April 6, 20
May 4, 18 | June 1, 15, 29 | July 13 (Banquet)

Calling all Strikeforce players! **(Ages 16 & up)** Join us for our 10-week bowling league adapted for all skill levels at Parkway Bowl (1280 Fletcher Parkway, 92020). Cost includes shoe rental, 2 games per date, and an awards banquet for team members (extra for guests). Individuals are welcome, we will place you on a team.

COST: \$85

CODE: 111065

Community Service & Lunch

January 27 | 10:30 am – 1:00 pm

Led by Alicia

Help make our neighborhood a more beautiful place and then enjoy lunch at a local eatery. **Bring money for lunch. For participants ages 13 and older. No direct staff supervision.** Must RSVP by January 24th.

COST: FREE

CODE: 109761

Famous Artist Factory

January 27 | 1:30 – 2:30 pm

Led by Alicia

Learn about a famous artist and then feel famous too when you create artwork that looks like theirs. **For participants ages 13 and older. No direct staff supervision.** Must RSVP by January 24th.

COST: \$5

CODE: 109762



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

KID ZONE (KZ)

Haley Marshall

(619) 525-8248

HEMarshall@sandiego.gov

This group is designed to foster social skills, increase cognitive, physical, emotional, communicative, and creative abilities through play and recreation. **First time participants must be accompanied by a parent/guardian and have an assessment on file prior to registering. Register early, space limited.**

Playdays

Have fun with games, crafts, art and more!
Drop-off and pick-up at Park de la Cruz's back outdoor basketball court (3911 Landis Street, 92105). We encourage dressing up to fit the themes! **Please register for one session per date (session A OR B). No day of registration. No cash accepted, card only.**

***No December playday**—see Winter Adventure

January 28 | Around the World Playday

Session A— 10:00 am – 12:30 pm

CODE: 110995

Session B— 1:15 pm – 3:45 pm

CODE: 110996

February 25 | Pirate Playday

Session A— 10:00 am – 12:30 pm

CODE: 110997

Session B— 1:15 pm – 3:45 pm

CODE: 110998

COST: \$7 per playday



Little Sprouts & Blooms

KZ Family Gardening

Select Saturdays | 11:00 am – 12:30 pm

Led by Lelaina

December 2 | January 6 | February 3

Get ready for some family gardening fun in our Therapeutic Garden! **This is a non-supervised activity. Parents/guardians are required to attend.** Please bring your own lunch to enjoy in the garden! Program takes place at Park de la Cruz.

COST: \$5 for the quarter

CODE: 111193

Winter Adventure

Day 1-Birch Aquarium

December 20 | 10:00 am – 3:00 pm

Kick off winter break with a trolley ride to visit The Birch Aquarium! Wear comfortable walking shoes and bring a lunch. Drop-off and pick-up at Washington Square (2767 San Diego Ave, San Diego, 92110) within Old Town.

COST: \$20

CODE: 110999

Day 2-San Diego Zoo

December 22 | 10:00 am – 3:00 pm

Bring out your wild side! Wear comfortable walking shoes and bring sunscreen and a lunch. Drop-off and pick-up at the big lion statue outside the zoo entrance (2920 Zoo Dr., 92101).

COST: \$30 (no zoo pass)

CODE: 111000

COST: \$15 (zoo pass)

CODE: 111509

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

KIDS' OUTINGS

Haley Marshall

Ages 3-12

Disney on Ice

January 20 | 6:00 - 9:30 pm

Get ready to watch your favorite Disney characters come to life on the ice! **This is a family and friends' event that will not be staffed.** When registering your child, select how many total seats you would like for accompanying adults/siblings. Tickets will be emailed to those registered ahead of time. We encourage you to eat before the show (no food can be brought into the arena), or food can be purchased at the arena with **credit card only**. Tickets are limited.

COST: \$30

CODE: 111002

Save the date: Spring Adventure

Registration begins February 10th

Day 1: April 3rd

Day 2: April 10th

See page 8 for Special Event programs.

Mesa Rim Climbing

February 10 | 9:00 am - 12:00 pm

Reach new heights with Kid Zone! Please bring a sack lunch and wear comfortable clothes. Drop off and pick-up at Mesa Rim Mission Valley (405 Camino del Rio S, 92116).

COST: \$30

CODE: 111004



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KICK BACK CLUB (KBC)

Ages 13-17

Taylor Askil

(619) 236-7771

TAskil@sandiego.gov

This group for teens is designed to foster social skills, increase leisure opportunities, and create friendships in an age-appropriate environment, while enhancing developmental needs. **Register early, space is limited. Must have an assessment on file.**

See pages 7-11 for many more opportunities that include special events, dances, outings, and weekly programs.

Meetings

We will have games, crafts, and more! Meetings are held at Park de la Cruz Community Center (3901 Landis Street, 92105). **No cash accepted, card only.**

5:30 - 8:00 pm

***No December-see Holiday Cookie Party**
Details on page 9.

January 12 | Marvel vs. DC

CODE: 111142

February 9 | Around the World

CODE: 111143

COST: \$10 per meeting



Mission Trails Hike

February 17 | 11:00 am - 2:00 pm

Learn about various animals and natural habitats in San Diego. Wear comfortable clothes and closed-toed shoes. Bring a sack lunch and water. Drop-off and pick-up at Mission Trails Visitor Center (1 Father Junipero Serra Trail, 92119).

COST: \$5

CODE: 111146



Winter Break Zoo Outing

December 21 | 2:00 - 7:00 pm

Get ready to enjoy the holiday lights and see some cool animals! Bring a sack lunch and wear your sunscreen. Drop-off and pick-up at the lion statue at the zoo entrance (2920 Zoo Dr., 92101).

COST: \$30 (no zoo pass)

CODE: 111144

\$15 (zoo pass)

CODE: 111743



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

SOCIAL MOTION CLUB (SMC)

Ages 18+

This group is for adults with a cognitive impairment. It is designed to increase leisure independence, community functioning and build social skills through experiential opportunities within the community and at recreation centers. **Register early, space is limited. Must have an assessment on file prior to attending.**

See pages 7-11 for many more opportunities that include special events, dances, outings, and weekly programs.

Recreation Nights

Good people, games and more! Dinner provided. **RSVP by the Wednesday before program. No cash accepted, card only.**

5:30 – 8:00 pm

Central

Led by Michael

Park de la Cruz (3901 Landis Street, 92105)

***No December** – see page 9 for Cookie Party

January 5 | Breakfast for Dinner Night

CODE: 111016

February 2 | Paint and Sip Night

COST: \$10 per meeting **CODE: 111017**

South

Led by Sharon

Montgomery-Waller

3020 Coronado Ave., 92154

***No December** – see page 9 for Cookie Party

January 19 | Breakfast for Dinner Night

CODE: 111188

February 16 | Paint and Sip Night

COST: \$10 per meeting **CODE: 111189**

North

Led by Nick

Cathy Hopper (4425 Bannock Ave., 92117)

***No December** – see page 9 for Cookie Party

January 26 | Breakfast for Dinner Night

CODE: 111160

February 23 | Paint and Sip Night

COST: \$10 per meeting **CODE: 111161**



Mission Trails Hike

February 17 | 11:00 am – 2:00 pm

Led by Sharon

Learn about various animals and natural habitats in San Diego! Wear comfortable clothes and closed-toed shoes. Bring a sack lunch and water. Drop-off and pick-up at Mission Trails Visitor Center (1 Father Junipero Serra Trail, 92119).

COST: \$5

CODE: 111031



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

INDEPENDENT CLUB (IND) Ages 21+

Michael Rodriguez

(619) 236-7755

MichaelR@sandiego.gov

This club is for **independent adults with cognitive impairments**. 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. **Minimal staffing is provided. Register early, space is limited. Must have an assessment on file.**

See pages 7-11 for many more opportunities that include special events, dances, outings, and weekly programs.

Meetings

MUST register at least 5 days before program! **No cash accepted, card only.** (Club Members Only). Those wishing to attend these programs MUST be independent, able to utilize the buddy system, AND be pre-approved by a TRS supervisor.

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

5:30 – 8:00 pm

***No December – See page 9 for Cookie Party**

January 5 | Election Night

CODE: 111020

February 2 | Bob Ross Paint Night

CODE: 111021

COST: \$10 per meeting



National Comedy Theatre

February 17 | 6:00 – 9:30 pm

Based on audience suggestions, the cast of the National Comedy Theatre creates a comedy show from scratch. Meet at El Indio Mexican Restaurant and bring money for dinner (3695 India St, 92103). Cost includes comedy show.

COST: \$20

CODE: 111046

Snack Bar Punch Card

Park de la Cruz will no longer be accepting cash for Independent Club snack bar purchases during club meetings. Please purchase a punch card at the front desk the day of meeting (**credit card only**), or in advance online.

COST: \$5 per card

CODE: 110799



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

LEISURE SEEKERS (LS)

Ages 18+

Sharon Moninger

(619) 236-7753

SMoninger@sandiego.gov

This group is for independent adults recovering from a mental or behavioral health diagnosis. It is designed to increase socialization, self-esteem, and leisure skills through recreation opportunities and education. **Direct supervision is not provided. Register early, space limited. Must have an assessment on file prior to attending.**

See pages 7-8 and 10-11 for more opportunities, as well as page 3 for scholarship information.

Social Connection

This is a wonderful opportunity to make new friends and socialize. Socials are held at Park de la Cruz. Activities and food are provided.

Must RSVP by the Tuesday before program date. No cash accepted, card only.

2:00 - 4:30 pm

December 7 | Deck the Halls

CODE: 11181

January 4 | Hello 2024!

CODE: 11182

February 1 | Hollywood Red Carpet

CODE: 11183

COST: \$5 per meeting

A Christmas Carol

December 27 | 10:30 am - 1:30 pm

Enjoy the holiday classic adapted from Charles Dickens's timeless tale of hope and redemption, full of music for a unique storytelling experience. We will be attending the sensory friendly performance. Meet at the Cygnet Theater in Old Town San Diego (4040 Twiggs Street, 92110).

COST: \$17

CODE: 11185

Artful Mind

Volunteer Led by Jessica G.

Artful Mind is a nonprofit that provides free therapeutic art services to adults living with mental health challenges. The goal is to create, have fun, and add to your toolbox for healing. Art classes coming soon to Park de la Cruz.

Harbor Cruise

January 25 | 11:30 am - 2:30 pm

The best way to see San Diego Bay is on Hornblower's two-hour Harbor Cruise! Meet at Hornblower's Ticket Booth (970 North Harbor Drive, 92101). Bring a sack lunch to enjoy before we board the ship at 12:15pm. Outside food and beverages are not allowed on the ship, but can be purchased on board with **credit card only**.

COST: \$21

CODE: 11184

Archery

February 22 | 10:00 am - 12:00 pm

Join us for a morning of archery at Morley Field Archery Range (2221 Morley Field Drive, 92104). All equipment is provided. For more information call (619) 525-8247.

COST: FREE

CODE: 11186

Leisure Seekers Hiking Club

Select Wednesdays | 10:00 am - 12:00 pm

December 20 | January 3, 17, 31

February 14, 28

Lace up those hiking boots as we explore some of San Diego's best walking trails. This group is for all ability levels. Wear closed-toed shoes, athletic attire, and bring water and snacks. Meeting location and route will be emailed to registered participants the week of program.

COST: FREE

CODE: 11187

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

ADAPTIVE SPORTS (ADP)

Ages 8+

Nick Hurd

(619) 236-7772

NHurd@sandiego.gov

Programs are 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. **Register early, space is limited.**

See pages 7-8 and 10-11 for more opportunities, as well as page 3 for scholarship information.

Big Bear Ski Trip

February 26 | 5:00 am - 8:00 pm

Let's hit the slopes! Join us for our annual Big Bear Ski Trip. Limited spots will be available for adaptive skiers. For more information, please email Nick Hurd at NHurd@sandiego.gov. **Must be 16 years or older to attend.**

COST: TBD

CODE: 111149

Wheelchair Dance

Wednesdays | 10:00 am - 12:00 pm

Volunteer Led by Jason and Karma

Here's your chance to learn Ballroom and Latin dance. Wheelchair Dancers Org. (WDO) brings you the best in inclusive dance whether you roll or walk. Meet at Park de la Cruz Gymnasium. All abilities and levels welcome! More classes & workshops at www.wdoinclusivedance.org. **No direct staff supervision.** *Program begins January 3.*

COST: FREE

CODE: 111073

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Disabled Services Advisory Council-City of San Diego Therapeutic Recreation Services

D 4C 05-1323

ADAPTIVE SPORTS (ADP)

Ages 8+

Wheelchair Basketball Open Gym

Wednesdays | 5:30 – 8:30 pm

Select Saturdays | 1:00 – 5:00 pm

Volunteer Led by JT (Roll to Success)

This recreational wheelchair basketball program is designed for participants ages 8 and older with physical disabilities at Park de la Cruz Gymnasium. This program will teach fundamentals and skills and drills of playing wheelchair basketball. The program is suitable from beginner players to advanced players. Please email Nhurd@sandiego.gov two days prior to attending if you will need to borrow a sports wheelchair.

COST: Free

CODE: 11148

Adaptive Archery

Select Thursdays | 1:00 – 3:00 pm

December 7, 14, 21 | January 4

Join us at Park de la Cruz Gymnasium for our Adaptive Sport Archery program.

Equipment will be provided once you register. Space is limited, you must register and pay for this program before attending.

COST: \$5

CODE: 11157

Intro to Adaptive Fishing/Casting

Select Thursdays | 1:00 – 3:00 pm

January 25 | February 1, 8, 15, 22, 29

Join us at Park de la Cruz Gymnasium for our Adaptive Sport Intro to Fishing/Casting program. Equipment will be provided once you register. Space is limited, you must register and pay for this program before attending. For more information, please email Nick at Nhurd@sandiego.gov.

COST: \$5

CODE: 11158

Handcycling

Select Saturdays | 11:00 am – 1:30 pm

January 6, 20 | February 3, 17

Handcycling is a fun way to meet people and explore San Diego, while building strength and endurance. Locations sent to registered participants before program date. Look for the City of San Diego truck, with the wooden gates, as sometimes the set-up area changes.

COST: \$15 for 4 meet-ups

CODE: 11162

CVA/TBI GROUP

Programs are designed for individuals recovering from brain attacks (stroke, brain injury or illness). Programs are provided by TRS in conjunction with SDRI Comebackers Neuro Club, Sharp YESS group, and the San Diego Brain Injury Foundation.

Bowling

January 26 | 11:00 am – 1:30 pm

Led by Alicia B.

Put on a pair of bowling shoes and meet us at Parkway Bowl (1280 Fletcher Parkway, El Cajon, CA 92020) for some fun. Cost includes shoe rental and 2 games of bowling. Bring a sack lunch or bring money to purchase food. Must register by January 19th.

COST: \$7

CODE: 11120

SD Mission Tour

February 23 | 10:30 am – 1:30 pm

Led by Alicia B. and Jon

Learn about San Diego History during our tour of the San Diego Mission (10818 San Diego Mission Rd). The tour is free, donations welcomed. After, meet at Filippi's Pizza Grotto (10330 Friars Rd, 92120) to enjoy lunch together. **Bring money to purchase lunch.** Please register by February 15th.

COST: FREE

CODE: 11121

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

Co-Sponsored Programs & Events

SPORTS for Exceptional Athletes

Volunteer Led by S4EA Coaches

S4EA is a sports program serving athletes with developmental disabilities. A \$20 donation per season to S4EA is requested. For more information contact Walter Jackson at (858) 565-7432 or Sds4ea@gmail.com.

Park de la Cruz– Basketball & Winter Sports

Mondays | 5:30 - 8:30 pm

January 8 – March 11

Ages 5– adults

CODE: 111442

Kearny Mesa– Junior Basketball

Thursdays | 4:00 - 5:30 pm

January 11 – March 14

Ages 5– 18.

CODE: 111443



Strength Training

Mondays | 8:30 - 9:30 am

Wednesdays | 8:30 - 9:30 am

Volunteer Led– RT (Wounded Warriors)

Class offers adaptable and customizable functional movement-based exercises to meet individual needs. Includes dynamic warm-up, body weight, resistance band, kettle bell, and core exercises in combination with cardiovascular activities. Program is for Service Member (active-duty or veterans) and will meet at Park de la Cruz Fitness Center.

Drop-In Program

Deaf Seniors Club

Wednesdays | 10:00 am – 3:00 pm

Volunteer Led by Richard and Cheryl

This club is for seniors who are deaf or hard of hearing. Meet at Park de la Cruz (3901 Landis St., 92105) for social and recreational activities. A \$4 donation is requested by the Deaf Seniors Club. American Sign Language (ASL) is primarily used. Bring a sack lunch or see page 6 for Serving Seniors. Text only (619) 249-2558 or VP (video phone) (619) 357-4536 for more information.

Drop-In Program

Access 4 All– Technology Program

Mondays | 9:30 am – 12:00 pm

Wednesdays | 9:30 am – 12:00 pm

Volunteer Led by SDFP Staff at PDLF

Free technology program led by San Diego Futures Foundation (SDFP) staff. SDFP conduct trainings, Q&A, and provide information on how to purchase low-cost devices to individuals who qualify. **For independent participants age 60 years or older.** Call (619) 525-8247 for information.

COST: FREE

CODE: 110973

Digital Navigators

Tuesdays | 9:00 am – 12:00 pm

Thursdays | 9:00 am – 12:00 pm

Volunteer Led at PDLF

Trained staff provide one on one instruction with basic technical support, assistance using online programs to access education, work, telehealth, government services, and more. They also assist with enrollment into programs that offer free or low cost devices and affordable internet. Call (619) 525-8247 for more information.

Drop-In Program

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

BEACH WHEELCHAIR PROGRAM

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 11:30 am-3:30 pm

May- October

Monday, Wednesday, Thursday, Friday

11:30 am-4:30 pm

Saturday, Sunday 11:30 am-5:30 pm



*Hours subject to change, due to weather and staff availability.

Reserve by calling (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.

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INCLUSION CORNER

Inclusion Support 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 inclusion assistance, call (619) 525-8247 (minimum of three weeks notice). Requests are processed in the order that they are received and according to staff availability. An assessment will be required.

sandiego.gov/park-and-recreation/activities



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Disabled Services Advisory Council (DSAC) Therapeutic Recreation & AgeWell Services' Group (TR & AWS)



DSAC meets on the 2nd Wednesday of each month (excluding July and August) at 6:00 pm at Park de la Cruz (3901 Landis St., 92105).

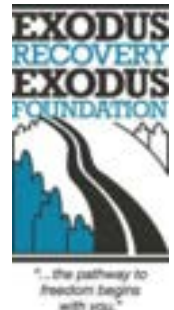
DSAC is a non-profit advisory organization to the TR & AWS Group.

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. www.dsacsd.org

The TR & AWS group meets quarterly on the 2nd Wednesdays immediately following (approximately 6:30 pm) the September, December, March and June DSAC meetings. The role of the TR & AWS group is to make recommendations to City Council, the Parks and Recreation Department, with respect to recreation programs and services for individuals with disabilities and older adults, in addition to providing recommendations on expenditures of TR & AWS Recreation Center Funds.

DONATIONS

Therapeutic Recreation Services, in conjunction with Disabled Services Advisory Council, sends their biggest thanks to all the individual and agency donors. Thanks to this financial assistance, we are able to provide quality programming to enrich the lives of those with disabilities. The following agencies contributed to the success of Fall and Winter events.



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

EASY WAYS TO DONATE

GoFund Me



Donations received through GoFundMe will be used to purchase recreation equipment. Please help with sharing the link, and telling your friends & family to get involved!

<https://gofund.me/2ef2e56c>

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

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Community Events & Programs

The following organizations provide additional recreation and leisure opportunities for all. Don't miss these great events.

Civic Dance...You Can Dance!

Since 1942, The Civic Dance Arts program of the San Diego Parks and Recreation Department has been offering high quality, affordable dance lessons to individuals of all ages and abilities. For more information call the Dance office at (619) 235-5255 or visit www.cividdancearts.org.

If you are in need of inclusion support for classes, please see page 22. Winter registration begins December 9th at 10 am. Classes begin the week of January 8th.

Classes at Park de la Cruz (3901 Landis Street, 92105) are scheduled for Tuesdays from 4:45 - 7:00 pm. Classes include: Pre-Ballet, Beg Ballet 1A, Beg/Adv Beg Ballet 1B/2A, Pre Hip Hop and Beg Tap 1A.

Stars Acting Workshop

Summer Golden | (619) 647-4958
zgolden1@cox.net

STARS is a GB Productions' theater arts program for adults with disabilities. They offer four separate groups, meeting each week to learn and practice acting, directing and other theater skills. Call or e-mail for more information.

www.northparkvaudeville.com

Cygnnet Theatre

Carlos Mendoza | (619) 574-0059

Cygnnet Theatre is pleased to present a Sensory-friendly performance of *A Christmas Carol* on December 27, 2023 at 10:00 am. Sensory-friendly performances are designed to create a welcoming and comfortable arts experience for people with autism, sensory sensitivities, or other social, learning, or cognitive disabilities. Visit their website for more information.

www.cygnnettheatre.com

Infant/Toddler Brain Dance Class

Thursdays | 10:00 am – 12:00 pm

September 7 – January 25

January 31 – June 8

Class includes music-based movement and dance, rhymes and signing. This course meets at Park de la Cruz (3901 Landis St., 92105) and will explore how physical activity supports cognitive learning and social-emotional development in children 0-23 months old. Using multi-sensory props and instruments, students will experience how music and movement promote and sustain early development patterns necessary for building a strong foundation between body and brain. Register at San Diego College of Continuing Education. E-mail mschaude@sdccd.edu for questions.

SoCal Special Olympics

Lynne Allen | (619) 704-3343

We enrich the lives of almost 3,000 athletes with and without intellectual disabilities through sports, education and health. Athletes have the opportunity to participate in athletics, basketball, bocce, flag football, and swimming. Visit the website to sign up and learn more.

www.sosc.org/sandiego

St. Madeleine Sophie's Center

(619) 442-5129

St. Madeleine Sophie's Center educates and empowers individuals with intellectual and developmental disabilities to realize their full potential. They specialize in Adaptive Computer Training, Aquatics, Culinary Arts, Linguistics, Garden and Sophie's Gallery. Visit their website for more information and upcoming events such as 'Gotta Have Heart' and 'Morning Glory Brunch'.

www.stmsc.org

DECEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Self Expression Art ALL Holiday Shopping	2 KZ Garden S4EA Tournament
3	4 SM Strength Training	5 Virtual Reality	6 WC BBall Deaf Seniors SM Strength Training LS Bowling	7 Learn Pickleball Laugh Hour ADP Archery Green Thumb LS Social	8 Self Expression Art Sports Talk Holiday Fair	9 Winter Carnival
10	11 SM Strength Training	12 Virtual Reality Zen Garden	13 WC BBall Deaf Seniors SM Strength Training Paint n' Sip	14 Learn Pickleball Laugh Hour ADP Archery	15 Self Expression Art Sports Talk ALL Holiday Cookie Party	16 Holiday Dance
17	18 SM Strength Training	19 Virtual Reality	20 WC BBall Deaf Seniors SM Strength Training KZ Winter Adventure LS Hiking Club	21 Learn Pickleball Laugh Hour ADP Archery Green Thumb KBC Zoo Outing	22 Self Expression Art Sports Talk KZ Winter Adventure	23
24	25 Holiday Observed— Office Closed	26 Virtual Reality	27 WC BBall Deaf Seniors SM Strength Training Paint n' Sip LS Christmas Carol Outing	28 Learn Pickleball Laugh Hour	29 Self Expression Art Sports Talk	30
31						



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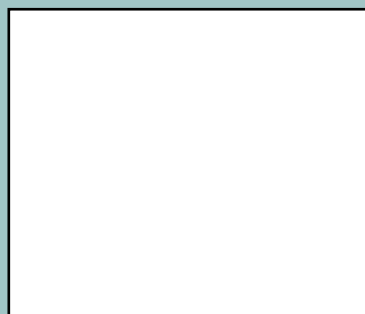


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JANUARY

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Holiday Observed— Office Closed	2 Virtual Reality	3 WC BBall WC Dance Relax, Refresh LS Hiking Club Deaf Seniors SM Strength Training	4 Learn Pickleball Laugh Hour ADP Archery LS Social Green Thumb	5 Self Expression Art Sports Talk SMC Rec Night— PDLC IND Club Meeting	6 KZ Garden Handcycling Shake it Up Dance
7	8 SM Strength Training S4EA PDLC	9 Virtual Reality Zen Garden	10 WC BBall WC Dance Relax, Refresh Paint n' Sip Deaf Seniors SM Strength Training	11 Learn Pickleball Laugh Hour S4EA Kearny Mesa	12 Self Expression Art Sports Talk KBC Meeting	13 Walking Club ALL Gulls Game Outing
14	15 Holiday Observed— Office Closed	16 Virtual Reality	17 WC BBall WC Dance Relax, Refresh LS Hiking Club Deaf Seniors SM Strength Training	18 Learn Pickleball Laugh Hour S4EA Kearny Mesa Green Thumb	19 Self Expression Art Sports Talk SMC South Rec Night— Montgomery W.	20 KZ Disney on Ice Handcycling Shake it Up Dance
21	22 SM Strength Training S4EA PDLC	23 Virtual Reality	24 WC BBall WC Dance Relax, Refresh Paint n' Sip Deaf Seniors SM Strength Training	25 ADP Fishing Learn Pickleball Laugh Hour S4EA Kearny Mesa LS Harbor Cruise	26 Self Expression Art Sports Talk SMC North Rec Night—Cathy Hopper CVA/TBI Group	27 Community Service & Lunch Famous Artist Factory
28 KZ Playday	29 SM Strength Training S4EA PDLC	30 Virtual Reality	31 WC BBall WC Dance Relax, Refresh LS Hiking Club Deaf Seniors SM Strength Training			

FEBRUARY

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 ADP Fishing Learn Pickleball Laugh Hour S4EA Kearny Mesa LS Social Green Thumb	2 Self Expression Art Sports Talk SMC Rec Night— PDLC IND Club Meeting	3 KZ Garden WC BBall Tournament Handcycling Shake it Up Dance
4 WC BBall Tournament	5 SM Strength Training S4EA PDLC	6 Virtual Reality	7 WC BBall WC Dance Deaf Seniors Relax, Refresh Paint n' Sip SM Strength Training	8 ADP Fishing Learn Pickleball Laugh Hour S4EA Kearny Mesa	9 Self Expression Art Sports Talk KBC Meeting	10 KZ Climbing Outing Valentine's Dance
11	12 SM Strength Training S4EA PDLC	13 Virtual Reality	14 WC BBall WC Dance Deaf Seniors LS Hiking Club SM Strength Training	15 ADP Fishing Learn Pickleball Laugh Hour S4EA Kearny Mesa Green Thumb	16 Self Expression Art Sports Talk SMC South Rec Night— Montgomery W.	17 SMC/KBC Hike IND Comedy Outing Handcycling
18	19 Holiday Observed— Office Closed	20 Virtual Reality Zen Garden	21 WC BBall WC Dance Deaf Seniors Paint n' Sip SM Strength Training	22 ADP Fishing Learn Pickleball Laugh Hour S4EA Kearny Mesa LS Archery Outing	23 Self Expression Art Sports Talk CVA/TBI Group SMC North Rec Night—Cathy Hopper	24 Walking Club Strikeforce Bowling Shake it Up Dance
25 KZ Playday	26 SM Strength Training S4EA PDLC Big Bear Ski Trip	27 Virtual Reality	28 WC BBall WC Dance Deaf Seniors LS Hiking Club SM Strength Training	29 ADP Fishing Learn Pickleball Laugh Hour S4EA Kearny Mesa Green Thumb		



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