

Therapeutic Recreation Services (TRS) SPRING 2024

MARCH | APRIL | MAY



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San Diego, CA 92105

Office | (619) 525-8247

Email | trsnewsletter@sandiego.gov

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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PDLC Gymnasium Staff/Interns

Gustavo Carranza • Joseph Cuevas • Joe Henry • Anthony Le • Delia Garcia • Dajasia Morales • Sal Partida • Mauro Ramirez • Lilyana Theus • Robert Titus • James Williams

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Where to Start/Online Registration

Spring Registration starts **February 10, 2024** 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 5 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 PDLC.

ANNOUNCEMENTS

The Grinch who visited Park De la Cruz

Park de la Cruz had a very special visitor this holiday season. He appeared at various events such as the Holiday Fair, Winter Carnival, the AgeWell Holiday Dance, and much more! Our participants love him, especially the kids, so we want to give a huge thanks to Mister Grinch! We look forward to his visit every year.



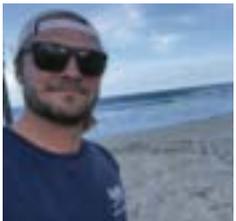
New TRS Staff and Interns!



Brianna Boggs is pursuing her Masters degree in Recreation Therapy at Temple University. Her favorite hobbies are reading, learning new crafts, and finding fun ways to exercise, like paddleboarding.



Courtney Sato is a Recreation Therapy student who loves the outdoors, singing, and playing guitar. On her days off you can find her on the beach, on the trail, or writing a new song.



Hunter Akin is a new Therapeutic Recreation Leader with TRS. His hobbies include surfing, traveling, gardening and meeting new people.

Farewell Eric!

Thank you for all you did with TRS! We will miss you, and we wish you the best of luck.



Congratulations!



Cheryl Pawlak celebrated an amazing 45 years with TRS!



Sharon Moninger received Employee of the Quarter award!



Alex Sandejas was awarded TRS staff of the year and recently promoted to a Therapeutic Recreation Leader.

Staff Spotlight: Jon Garibay

Why did you want to work at TRS?

I have volunteered with Rec Therapy programs for veterans for a few years now and I absolutely love the field. When I found out that TRS existed and everything that they do, I said "that's where I need to be!"

What has been your favorite moment?

My favorite moments are seeing participants have breakthroughs. When someone goes from wanting to quit an activity, to being excited about going forward with it.

Favorite hobby outside of work?

Paddleboarding around Mission Bay or surfing at La Jolla Shores have to be my favorite pastimes, as well as getting fresh fish tacos around San Diego.

Fun fact about yourself?

I'm a watersports instructor for SDSU when I am not working with TRS.



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 **April 1st and May 27th** 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.

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.

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

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.

Serving Seniors

Monday– Friday | 12:00 - 1:00 pm

Serving Seniors provides hot, nutritious lunch to seniors age 60+ at Park de la Cruz. Meals are provided at no cost to individuals age 60 and over; however, donations are accepted.

There is a \$4 fee for those under 60 years of age.

PDLC Gymnasium Open Play Sports Pickleball

Tuesdays | 12:30 - 2:30 pm

Thursdays | 10:00 am - 12:00 pm

COST: FREE

CODE: 112842

Futsal

Thursdays | 6:00 - 8:30 pm

COST: FREE

CODE: 112843

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

SPECIAL EVENTS

Spring Fling Dance

March 15 | 11:00 am - 2:00 pm

Led by Taylor

Spring your way to the dance floor at Balboa Park Club (2150 Pan American Way, 92101)! **Direct supervision is not provided. Must be 16 years or older to attend.** Snacks available for purchase. Register by March 11th online or by calling the office at (619) 525-8247.

COST: \$2

CODE: [112551](#)

SDPD Safety Awareness Presentation

April 5 | 4:00 - 5:00 pm

Presented by Dang Lee of SDPD

Learn how to be aware of potential dangers facing you in the form of scams, abuse, and crime. Safety tips for traveling, walking on the street, and surfing the internet will also be provided. **Must be 18 year or older to attend. Direct supervision is not provided.** Meet at Park de la Cruz.

COST: FREE

CODE: [112983](#)



Egg Hunt

March 30 | 10:00 am - 12:00 pm

Led by Haley

Join us for Park de la Cruz's annual Egg Hunt! Held at Cherokee Field (3735 38th Street, 92105), adjacent to Park de la Cruz. This is a family and friends' event. All ages are welcome to attend. **Direct supervision is not provided.**

COST: FREE

CODE: [112578](#)



Spring Sports & Field Day

April 13 | 11:30 am - 2:30 pm

Led by Taylor, Sharon and Nick

Bring your family and friends to Park de la Cruz for a fun day of sports. Open to all ages. **Direct supervision is not provided.** All ability levels welcome. Lunch will be provided. Come early to check out the Deaf & Hard of Hearing Resource Fair, information below.

COST: \$10

CODE: [112555](#)



Deaf & Hard of Hearing Resource Fair

April 13 | 9:30 am - 12:00 pm

Led by Krysta

Park de la Cruz will be hosting our first-ever resource fair for those in the Deaf and Hard of Hearing communities. Along with resources, there will be fun games and activities for all ages. **No direct supervision will be provided.** Program is held at Park de la Cruz Gymnasium. Want to make a day of it? Stay for the Spring Sports & Field Day.

COST: FREE

CODE: [112581](#)

Talent Show

April 27 | 5:00 - 8:00 pm

Led by Taylor and Sharon

Sign-up to perform or cheer on your friends at Park de la Cruz Gymnasium! Light refreshments provided. **Performers, please contact Sharon at SMoninger@sandiego.gov or call (619) 525-8247 to RSVP by April 15th. No direct supervision will be provided. You must be 13 years or older to perform.**

COST: \$3

CODE: [112964](#)

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

GARDEN PROGRAMS

Tuesdays in the Garden

Select Tuesdays | 10:30 - 11:30 am

Led by Haley

March 5, 19 | April 2, 16 | May 14, 28

Spend some time with us enjoying plant-based activities in the Park de la Cruz garden. **This program is for participants 13 years and older. No direct supervision will be provided.**

COST: \$10 for the quarter **CODE: 112579**

Green Thumb Club

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

Led by Lelaina

March 14, 28 | April 11, 25 | May 9, 23

Learn gardening techniques and 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.** Meet at Park de la Cruz.

COST: \$5 for the quarter **CODE: 112580**

Little Sprouts & Blooms

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

Led by Lelaina

March 2 | April 6 | May 4

Get ready for some family gardening fun in our Therapeutic Garden! We'll plant and harvest produce, as well as create some crafts. **Open for ages 3-12. This is a non-supervised activity.**

Parents/guardians are required to attend.

Program takes place at Park de la Cruz.

COST: \$5 for the quarter **CODE: 112919**

Horticulture Therapy Week

March 18, 20, 22 | 10:30 - 11:30 am

Led by Haley

Celebrate National Horticultural Therapy Week with us! Drop in during the 1-hour time frame for a therapeutic garden-based activity. Open to all ages. **No direct staff supervision provided.**

Program takes place at Park de la Cruz.

COST: FREE **CODE: 113220**

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HARVEST BALL FUNDRAISING



GoFund Me



On **September 21, 2024** we will host the annual "Harvest Ball" event for participants 18 and over with various disabilities. This event will provide individuals the opportunity to enjoy a gourmet meal, socialize, dance, and experience a magical night with their friends. We hope to offer this event at a low cost for our participants to make it possible for all to attend. Many people with special needs are on limited incomes, and as a non-profit organization, we have limited financial resources to help them. The more money raised, the more affordable the price will be to our participants.



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

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SUMMER CAMPS

Summer registration begins March 2, 2024 at 10:00 am

Registration must be done at Park de la Cruz Community Center during office hours (see page 5) or online (see "Online Registration" on page 3). **Space is limited. Enrollment is limited to one camp per participant. If you are interested in attending a second camp, or camp is full, join the waitlist.** Participants will be pulled from the waitlist if spots become available. Camp forms and information will be mailed upon registration. Partial scholarships for all TRS camps are available to those who demonstrate a need (see "Scholarships" on page 3). Scholarship forms must be on file with TRS. Camper must have a current assessment completed prior to the first day of camp. **Camp refund policy**— Full refund of the registration fee will be given with at least 10 calendar days prior to the first day of camp. 50% of the registration fee will be given for applications submitted less than 10 calendar days prior to the first day of camp. No refund for less than 48 hours from the start of camp.

Camp at the Bay

July 8 - 12 | 10:00 am - 3:00 pm

Led by Sharon

Campers, ages 10 to adult, with any disability will experience adaptive water activities, crafts and more. Siblings and friends are welcome to attend. Camp meets at North Crown Point Shores Park (Corner of Moorland Drive & Corona Oriente Road, 92109).

COST: \$210

CODE: 113225



Kid Zone Adventure Camp

July 22 - 26 | 10:00 am - 3:00 pm

Led by Haley

Campers, ages 6 to 12, with any disability, siblings and friends, join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, daily field trips, admission and transportation costs. Camp meets at Park de la Cruz Community Center.

COST: \$210

CODE: 112918

Camp Wet n' Wild

August 5 - 9 | 10:00 am - 3:00 pm

Led by Nick

Campers, ages 10 to adult, with any disability, siblings and friends will enjoy kayaking, surfing, games, crafts and more. Meet at Mission Point Park (2600 Bayside Lane, 92109).

COST: \$210

CODE: 112566

Junior Adaptive Sports Camp

July 22 - 26 | 9:00 am - 3:30 pm

This TRS co-sponsored camp is for ages 4-18 who have a physical impairment. Enjoy learning various wheelchair sports taught by trained athletes. Please contact Angel City Sports at (319) 331-5448 for camp fees and more information. Registration for this camp is done through Angel City Sports.



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.

Game Night

Mondays | 3:30-6:00 pm

Led by Jon

Spend your evening with us playing table top games, video games, virtual reality, and more! **Must be 13 years or older to participate. No direct supervision provided.**

COST: FREE

CODE: [113148](#)



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: [113151](#)



Art in Action

Select Tuesdays | 10:30 - 11:30 am

Led by Nancy and Maria

March 12, 26 | April 9, 23 | May 7, 21

Let's get creative! Our goal is to send you home with personalized creations and to help us make TRS swag items. **Program is for individuals 16 and older. No direct staff supervision.**

COST: \$10

CODE: [112563](#)

Virtual 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](#)

Yummy Meals on a Budget

Select Wednesdays | 4:00 - 6:30 pm

Led by Maria

March 13, 27 | April 10, 24 | May 8, 22

Learn to plan and make budget friendly meals while practicing kitchen safety. **Must be 16 years or older to attend. No direct supervision provided.** The second Wednesday of every month, we will be cooking for the Disabled Services Advisory Council. Virtual option available.

COST: \$30 (in-person)

CODE: [112560](#)

FREE (virtual)

CODE: [112561](#)

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](#)



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.

Sports Talk

Fridays | 3:30 – 5:00 pm

Led by Michael R.

If you like sports, join this program! 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 April 5th.**

COST: FREE

CODE: [111066](#)

Fun with Friends

Select Fridays | 10:30 – 11:30 am

Volunteer Led by Tina

March 1, 15 | April 5, 19 | May 3, 17

Learn good sportsmanship and camaraderie skills. Program is for individuals age 16 and older. **No direct supervision provided.**

COST: FREE

CODE: [113116](#)



Strikeforce Bowling

Select Saturdays | 9:30 – 11:30 am

Led by Michael R.

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. **No direct supervision.**

COST: \$85

CODE: [111065](#)

Shake it up on Saturdays

Select Saturdays | 12:00 – 1:00 pm

Led by Maria

March 9, 23 | April 6, 13, 20

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 staff supervision.** Final performance at TRS Talent Show on Saturday April 27th.

COST: FREE

CODE: [112562](#)

Community Service & Lunch

Select Saturdays | 10:30 am – 1:00 pm

March 9 | April 20 | May 25

Led by Alicia B.

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.**

COST: FREE

CODE: [113228](#)

Famous Artist Factory

Select Saturdays | 1:30 – 2:30 pm

March 9 | April 20 | May 25

Led by Alicia B.

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.**

COST: \$6 for the quarter

CODE: [113227](#)

Walking Club

Select Sundays | 10:00 – 11:00 am

Led by Lelaina

March 3, 17 | April 7, 28 | May 19

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: [113221](#)

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

KID ZONE (KZ)

Ages 3-12

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.**

March 10 | Master Chef Playday

Session A- 10:00 am - 12:30 pm

CODE: [112574](#)

Session B- 1:15 pm - 3:45 pm

CODE: [112575](#)

*No April Playday - see Spring Adventure

May 5 | Cinco de Mayo Playday

Single session- 11:00 am - 1:30 pm

*Stay for Fern Street Circus starting at 2:00 pm. More details on page 24

COST: \$7 per playday

CODE: [112576](#)



Inclusion Support

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) 236-7718 (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

Spring Adventure

Day 1- Knott's Berry Farm

April 3 | 8:30 am - 7:30 pm

Enjoy a day at Knott's, where fun is always in season! Drop-off and pick-up at Park de la Cruz. Please wear closed-toed shoes, sun protection, and bring a sack lunch. Dinner will be provided. **Knott's is a cashless park.**

COST: \$80

CODE: [112565](#)

Day 2- SeaWorld

April 10 | 9:30 am - 4:00 pm

Dive into tons of fun at SeaWorld for Spring Break! Please bring a sack lunch (**SeaWorld is cashless**) and wear comfortable walking shoes. Drop-off and pick-up at SeaWorld's Ride Share drop-off (500 Sea World Dr., 92109).

COST: \$60 (without pass)

CODE: [112910](#)

COST: \$25 (with pass)

CODE: [112911](#)

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

KID ZONE (KZ)

Haley Marshall

Ages 3-12

Tecolote Canyon Hike

May 11 | 9:30 am - 12:00 pm

Explore the great outdoors as we hike in Tecolote Canyon and visit their Nature Center! Please bring a sack lunch and wear comfortable walking shoes. Specified drop-off/pick-up location will be emailed to registered participants the week of the program.

COST: \$5

CODE: 112909



See page 6 for Special Events and page 7 for our Garden Programs.



Egg Hunt

March 30 | 10:00 am - 12:00 pm

Join us for Park de la Cruz's annual Egg Hunt, held at Cherokee Field (3735 38th Street, 92105), adjacent to Park de la Cruz. This is a family and friends' event. All ages are welcome to attend. **Direct supervision is not provided.**

COST: FREE

CODE: 112578

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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 6-7 for more opportunities that include special events, dances, and garden programs, page 9 for summer camps, and pages 10-11 for 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

March 8 | Game Night

CODE: [112556](#)

April 12 | Breakfast for Dinner

CODE: [112557](#)

May 10 | Star Wars Night

CODE: [112558](#)

COST: \$10 per meeting



Knott's Berry Farm

April 3 | 8:30 am - 7:30 pm

Enjoy a day at Knott's, where fun is always in season! Drop-off and pick-up at Park de la Cruz. Please wear closed-toed shoes, sun protection, and bring a sack lunch. Dinner will be provided. **Knott's is a cashless park.**

COST: \$80

CODE: [112564](#)

Comic-Con Museum

March 23 | 10:30 am - 3:00 pm

Come immerse yourself in the world of Comic-Con! Drop-off and pick-up at Park de la Cruz. We will be taking public transit to and from the museum. Please bring a sack lunch.

COST: \$12

CODE: [112559](#)



Aztecs Baseball Game

May 12 | 12:00 - 4:30 pm

Led by Sharon & Taylor

Get into the Aztecs spirit with fellow participants, family, and friends to watch the Aztecs take on the Air Force Falcons. We will meet at Park Valley Center (1570 Camino De La Reina, 92108) to take the transit to and from the game. **Please bring a sack lunch or a debit/credit card to purchase food and drinks at the stadium.**

COST: \$12

CODE: [113115](#)

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 6-7 for more opportunities that include special events, dances, and garden programs, page 9 for summer camps, and pages 10-11 for weekly programs.

Recreation Nights

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

Central

Led by Michael R.

Park de la Cruz (3901 Landis Street, 92105)
5:30 - 8:00 pm

March 1 | St. Patrick's Day

CODE: 112944

April 5 | Garden Party Night

CODE: 112957

May 3 | Fiesta Night

COST: \$10 per meeting

CODE: 112958

South

Led by Sharon

Montgomery-Waller (3020 Coronado Ave., 92154)
6:00 - 8:00 pm

March 15 | St. Patrick's Day

CODE: 113218

April 19 | Garden Party Night

CODE: 113219

May 17 | Fiesta Night

COST: \$10 per meeting

CODE: 113222

North

Led by Nick

Cathy Hopper (4425 Bannock Ave., 92117)
5:30 - 8:00 pm

March 29 | St. Patrick's Day

CODE: 112571

April 26 | Garden Party Night

CODE: 112572

May 24 | Fiesta Night

COST: \$10 per meeting

CODE: 112573

Coaster Trip

March 16 | 10:00 am - 2:45 pm

Led by Michael R.

We will be riding up to Solana Beach on the Coaster for lunch at Pizza Port and kite flying at the Fletcher Cove Beach Park. **Please bring at least \$10 (cash/card) for food. Outside food will not be allowed inside the restaurant.** Drop-off/pick-up at Washington Square (2767 San Diego Ave., 92110) within Old Town.

COST: \$7

CODE: 112963



Aztecs Baseball Game

May 12 | 12:00 - 4:30 pm

Led by Sharon & Taylor

Get into the Aztecs spirit with fellow participants, family, and friends to watch the Aztecs take on the Air Force Falcons. We will meet at Park Valley Center (1570 Camino De La Reina, 92108) to take the transit to and from the game. **Please bring a sack lunch or a debit/credit card to purchase food and drinks at the stadium.**

COST: \$12

CODE: 112965

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 6-7 for more opportunities that include special events, dances, and garden programs, page 9 for summer camps, and pages 10-11 for 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

March 1 | St. Patrick's Day

CODE: [112971](#)

April 5 | Bloomin' Spring Night

CODE: [112972](#)

May 3 | Fiesta Night

CODE: [112974](#)

COST: \$10 per meeting

Corvette Diner Dinner

March 13 | 5:30 – 8:30 pm

Socialize with your peers at this fun 1950s themed diner. **Bring money for food, drinks, and games.** Drop-off and pick-up at Corvette Diner (2965 Historic Decatur Road).

COST: FREE

CODE: [112978](#)

In Memory of...



Laura Jensen and **Megan Alexander**, our friends who will be greatly missed.

Aztecs Baseball Game

May 12 | 12:00 – 4:30 pm

Led by Sharon & Taylor

Get into the Aztecs spirit with fellow participants, family, and friends to watch the Aztecs take on the Air Force Falcons. We will meet at Park Valley Center (1570 Camino De La Reina, 92108) to take the transit to and from the game. **Please bring a sack lunch or a debit/credit card to purchase food and drinks at the stadium.**

COST: \$12

CODE: [112965](#)

Snack Bar Punch Card

Park de la Cruz no longer accepts 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 6-7 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. Activities and food are provided. **Must RSVP by the Tuesday before program date. No cash accepted, card only.**

2:00 - 4:30 pm

March 7 | Garden Social

CODE: [112917](#)

April 4 | Spring Fling Social

CODE: [112959](#)

May 2 | Fun Fitness Social

CODE: [112966](#)

COST: \$5 per meeting

Softball League

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

March 13, 27 | April 10, 24 | May 8, 22

Bring your team or just yourself to our Softball League at Park de la Cruz Softball Field. Mandatory coaches meeting on the first day of the season. Awards banquet at the end of the season.

COST: \$50 (Team)

CODE: [112976](#)

COST: \$5 (Individual)

CODE: [112970](#)

Coronado Ferry & Picnic

March 21 | 10:30 am - 2:00 pm

Meet at the Broadway Pier (990 North Harbor Dr.) to board the ferry to Coronado. We'll enjoy a picnic in the park and then return by ferry. **Must purchase your own ferry ticket (\$16 roundtrip) at Flagship ticket booth.**

COST: \$16 (Pay at Ticket Booth) CODE: [112967](#)

Stadium Golf

April 8 | 12:00 - 2:00 pm

Meet at Stadium Golf (2990 Murphy Canyon Rd., 92123). Bring water, snacks, and sun protection. All levels are invited to join.

COST: FREE

CODE: [112968](#)

Aztecs Baseball Game

May 12 | 12:00 - 4:30 pm

Meet at Park Valley Center (1570 Camino De La Reina, 92108) to take the transit to and from the game. **Bring a sack lunch or credit card to buy food/drinks at the stadium.**

COST: \$12

CODE: [112969](#)

Journaling for Fun & Self-Awareness

3rd Thursdays | 10:00 am - 12:00 pm

March 21 | April 18 | May 16

Volunteer Led by Mary Lee M.

Learn enjoyable journal-writing techniques, and experience progress towards personal goals in the process! All materials supplied. **No staff supervision.**

COST: FREE

CODE: [112980](#)

Mindful Art

Thursdays | 5:30 pm - 6:30 am

Volunteer Led by Jessica

Mindful Art was born out of a passion for art and the desire to help others. Their goal is to create, have fun, and add to your toolbox for healing. Mindful Art wants to help people realize their potential through art. Join our class to see what it is all about and have fun!

COST: FREE

CODE: [113217](#)

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

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.

Karaoke & Table Games

March 29 | 11:30 am - 1:30 pm

Led by **Alicia B.**

Bring a sack lunch to enjoy with friends, then join in on Karaoke and table games fun at Park de la Cruz Community Center.

COST: FREE

CODE: 113229

Water Safety Class

April 26 | 11:00 am - 1:00 pm

Led by **Alicia B. and Sinthya**

Learn how to properly use a life jacket, practice how to get to the side of the pool, practice floating skills, and learn how to help someone in trouble. Meet at Kearny Mesa pool (3170 Armstrong Street, 92111).

Registration limited.

COST: FREE

CODE: 113231



Coaster Ride to Carlsbad Village

May 31 | 10:30 am - 4:00 pm

Led by **Alicia B.**

Take an adventure with us aboard the Coaster! Meet across the street from the Old Town transit center (corner of Congress St. and Telegraph Way). **Bring a sack lunch or money to buy lunch. You must purchase your own Coaster ticket at the station.**

Please register by May 24th.

COST: price range of \$6-\$12 **CODE: 113230**
(Pay at Ticket Booth)

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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 6-7 and pages 9-11 for more opportunities, as well as page 3 for scholarship information.

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.**

Drop-In Program

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 program will teach fundamentals, skills, and drills of playing wheelchair basketball to those 8 years and older with physical disabilities. Meet at Park de la Cruz Gymnasium. Please contact Nick two days prior to attending if you will need to borrow a sports wheelchair.

Drop-In Program

Adaptive Golf Clinic

Select Saturdays | 11:00 - 2:00 pm

March 2, 30 | May 4

Meet at Mission Bay Golf Course to learn, socialize, and improve your golfing skills. Clinics will help improve your golf game and provide a chance to meet more players to golf with in the community. Please email NHurd@sandiego.gov with any questions.

COST: \$15 per meet-up

CODE: 113315

Handcycling

Select Saturdays | 11:00 am - 1:30 pm

March 16, 23 | April 6, 27 | May 11, 18

Handcycling is a fun way to meet people and explore San Diego, while building strength and endurance. Locations are sent to registered participants before program date. Once on-site, please look for the City of San Diego truck with bikes, as sometimes the exact meet up location changes within the park.

COST: \$20 for the quarter

CODE: 113312



Torrey Pines

Adaptive Golf Championship

Thursday, May 2, 2024

Register for the 2nd annual Torrey Pines Adaptive Golf Championship featuring adaptive golfers of various classifications. Limited spots available. Registration includes participant green's fees, range practice balls, lunch, and prizes. For registration or more information, please contact Nick at NHurd@sandiego.gov or at (619) 525-8247. Event is in partnership with the City of San Diego Golf Division and Therapeutic Recreation Services.

COST: \$125

All codes are directly linked to **SDRec-**

Connect.com, so

CO-SPONSORED PROGRAMS

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, Pickleball & Volleyball

Mondays | 5:30 – 8:30 pm
March 18 – May 6
Ages 5– adults

CODE: 113290

Kearny Mesa– Junior Open Sports

Thursdays | 4:00 – 5:30 pm
March 21 – May 9
Ages 5– 18.

CODE: 113291

Mt. Acadia– Baseball

Saturdays | 10:00 am – 12:00 pm
March 2 – May 18
Ages 5– adults

CODE: 113292

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 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

Led by SDFE Staff at PDLC

Free technology program led by San Diego Futures Foundation (SDFE) staff. SDFE 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 PDLC

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

San Diego People First

3rd Fridays | 2:00 – 3:30 pm

Volunteer Led by Debbie Marshall

March 15 | April 19 | May 17

Come and join San Diego People First at Park de la Cruz for a meeting to learn about new events and see if you want to join the team. **For independent participants 21 years or older.** Call (619) 525-8247 for more information.

COST: FREE

CODE: 113143

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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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 of the Quarter:

Eli Kruglick

Eli started participating at TRS with Kid Zone summer camps in 2018. Now, as a teen, he volunteers to help the kids programs. Eli's favorite moments are encouraging the kids to do crafts and play games, like "tag" with them. A fun fact about Eli is that he loves learning new languages. He is on a 1,038 day streak on Duolingo, learning Spanish and Vietnamese!

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

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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 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. The 2024 DSAC election results are as follows: Eleanor Tamayo (Chairperson), Deatriz Cook (Vice Chairperson), Dallin Young (Treasurer), Jeanette Alden (Secretary), Megan Nunez and Betty Templeton (Board Members). 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 and the Parks and Recreation Department, about recreation programs and services for individuals with disabilities and older adults, in addition to providing recommendations on expenditures of TR & AWS Recreation Center Funds.

Contact Kristi Fenick at kfenick@sandiego.gov or (619) 525-8247 for more information.

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 Winter and Spring events.



The Conway Family



We especially would like to thank the San Diego Festival of the Arts Foundation for contributing \$5000 in scholarship funding and thank you to Dana Cariss for hosting a basketball fundraiser in September 2023 and raising \$1,000 in funds to be used for scholarships for TRS.

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

Community Events & Programs

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

Race for Autism

Saturday, April 6, 2024

Join the Race for Autism Superhero 5k fun run/walk with your friends and family! Find race info and registration online at <https://www.raceforautism.org>. Join our team when registering with team name: TRS Titans. **No direct supervision provided by TRS staff. This is not a TRS event, so scholarships**

Fern Street Circus Cinco De Mayo

Sunday, May 5, 2024 | 12:00 - 4:00 pm

Fern Street Circus will be performing at Park de la Cruz. This is a free event and will have pre-event activities and vendors from 12:00 - 4:00 pm. Performance begins at 2:00 pm. Call (619) 320-2055 for more information.

San Diego People First Conference

June 7-8, 2024

SELF ADVOCATES



The theme of this year's 2-day, in-person conference is "Self Advocates Take Charge and Bee the Change." This conference takes place at the San Diego Marriott Hotel Mission Valley (8757 Rio San Diego Drive, 92108). For more information and registration details, email Debbie Marshall at debbie.marshall@scdd.ca.gov.

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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.civicedancearts.org.

If you are in need of inclusion support for classes, please see page 12. Classes are held from January 8th to May 19th.

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

Driving Simulator

Ryan F. | (619) 704-2430

Getting a driving license is one of the most significant milestones in a person's life. It means freedom, independence, adventure, and responsibility. The goal of the driving simulator is to make getting a driver's license a fun experience while learning the road rules of defensive driving skills. Call for more information.

Infant/Toddler Brain Dance Class

Mondays | 10:00 am – 12:00 pm

February 5 - June 3

Class includes music-based movement and dance, rhymes and signing. This course meets at Park de la Cruz 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

MARCH						
SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Self Expression Art Sports Talk SMC Rec Night— PDLC IND Club Meeting Fun with Friends	2 Little Sprouts & Blooms S4EA Mt. Acadia ADP Golf Clinic Summer Camp Registration Begins
3 Walking Club	4 SM Strength Training Game Night	5 Tuesdays in the Garden	6 WC BBall Open Gym WC Dance Deaf Seniors SM Strength Training	7 Learn Pickleball Laugh Hour LS Social Mindful Art	8 Self Expression Art Sports Talk KBC Meeting	9 Strikeforce Community Service & Lunch Famous Artist Factory S4EA Mt. Acadia Shake it Up
10 KZ Playday	11 SM Strength Training Game Night	12 Art in Action	13 WC BBall Open Gym WC Dance Deaf Seniors SM Strength Training IND Club Outing LS Softball Yummy Meals	14 Learn Pickleball Laugh Hour Green Thumb Club Mindful Art	15 Self Expression Art Sports Talk SMC South Rec Night—Montgomery Waller Spring Fling Dance Fun with Friends SD People First	16 Handcycling SMC Coaster Outing S4EA MT. Acadia
17 Walking Club	18 SM Strength Training Game Night Hort. Therapy Week S4EA PDLC	19 Tuesdays in the Garden	20 WC BBall Open Gym WC Dance Deaf Seniors SM Strength Training Hort. Therapy Week	21 Learn Pickleball Laugh Hour LS Ferry Outing S4EA Kearny Mesa Journaling for Fun Mindful Art	22 Self Expression Art Sports Talk Hort. Therapy Week	23 KBC Outing Strikeforce Handcycling S4EA Mt. Acadia Shake it Up
24	25 SM Strength Training Game Night S4EA PDLC	26 Art in Action	27 WC BBall Open Gym WC Dance Deaf Seniors SM Strength Training LS Softball Yummy Meals	28 Learn Pickleball Laugh Hour Green Thumb Club S4EA Kearny Mesa Mindful Art	29 Self Expression Art Sports Talk SMC North—Cathy Hopper CVA/TBI Karaoke	30 TRS Egg Hunt S4EA Mt. Acadia ADP Golf Clinic
31						



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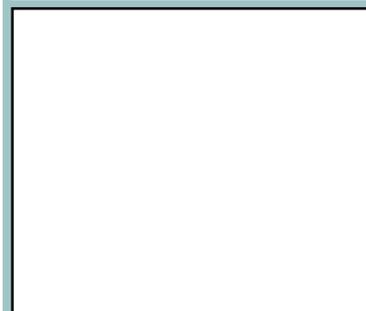
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APRIL

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Holiday Observed— Office Closed	2 Tuesdays in the Garden	3 WC Dance WC Bball Open Gym Deaf Seniors KZ Spring Adventure KBC Spring Adventure SM Strength Training	4 Learn Pickleball Laugh Hour LS Social S4EA Kearny Mesa Mindful Art	5 Self Expression Art SMC Rec Night— PDLC IND Club Meeting SDPD Safety Presentation Fun with Friends	6 Little Sprouts & Blooms Handcycling Strikeforce S4EA Mt. Acadia Shake it Up
7 Walking Club	8 SM Strength Training Game Night S4EA PDLC LS Golf Outing	9 Art in Action	10 WC Dance WC Bball Open Gym Deaf Seniors LS Softball KZ Spring Adventure Yummy Meals SM Strength Training	11 Learn Pickleball Laugh Hour S4EA Kearny Mesa Green Thumb Club Mindful Art	12 Self Expression Art Sports Talk KBC Meeting	13 Spring Field Day S4EA Mt. Acadia Shake it Up Deaf and Hard of Hearing Resource Fair
14	15 SM Strength Training Game Night S4EA PDLC	16 Tuesdays in the Garden	17 WC Dance WC Bball Open Gym Deaf Seniors SM Strength Training	18 Learn Pickleball Laugh Hour S4EA Kearny Mesa Journaling for Fun Mindful Art	19 Self Expression Art Sports Talk SMC South Rec Night— Montgomery Waller Fun with Friends SD People First	20 Community Service & Lunch Famous Artist Factory Strikeforce S4EA Mt. Acadia Shake it Up
21	22 SM Strength Training Game Night S4EA PDLC	23 Art in Action	24 WC Dance WC Bball Open Gym Deaf Seniors LS Softball Yummy Meals SM Strength Training	25 Learn Pickleball Laugh Hour Green Thumb Club S4EA Kearny Mesa Mindful Art	26 Self Expression Art Sports Talk SMC North Rec Night—Cathy Hopper CVA/TBI Water Safety	27 Handcycling TRS Talent Show S4EA Mt. Acadia
28 Walking Club	29 SM Strength Training Game Night S4EA PDLC	30				

MAY

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 WC Bball Open Gym WC Dance Deaf Seniors SM Strength Training	2 Learn Pickleball Torrey Pines Adaptive Golf Championship Laugh Hour S4EA Kearny Mesa LS Social Mindful Art	3 Self Expression Art Sports Talk SMC Rec Night— PDLC IND Club Meeting Fun with Friends	4 Little Sprouts & Blooms Strikeforce S4EA Mt. Acadia ADP Golf Clinic
5 KZ Playday	6 SM Strength Training Game Night S4EA PDLC	7 Art in Action	8 WC Bball Open Gym WC Dance Deaf Seniors LS Softball Yummy Meals SM Strength Training	9 Learn Pickleball Laugh Hour Green Thumb Club S4EA Kearny Mesa Mindful Art	10 Self Expression Art Sports Talk KBC Meeting	11 Handcycling KZ Hike Outing S4EA Mt. Acadia
12 ALL Aztecs Outing	13 SM Strength Training Game Night	14 Tuesdays in the Garden	15 WC Bball Open Gym WC Dance Deaf Seniors SM Strength Training	16 Learn Pickleball Laugh Hour Journaling for Fun Mindful Art	17 Self Expression Art Sports Talk SMC South Rec Night—Montgomery Waller Fun with Friends SD People First	18 Handcycling Strikeforce S4EA Mt. Acadia
19 Walking Club	20 SM Strength Training Game Night	21 Art in Action	22 WC Bball Open Gym WC Dance Deaf Seniors LS Softball Yummy Meals SM Strength Training	23 Learn Pickleball Laugh Hour Green Thumb Club Mindful Art	24 Self Expression Art Sports Talk SMC North Rec Night—Cathy Hopper	25 Community Service & Lunch Famous Artist Factory
26	27 Holiday Observed— Office Closed	28 Tuesdays in the Garden	29 WC Bball Open Gym WC Dance Deaf Seniors SM Strength Training	30 Learn Pickleball Laugh Hour Mindful Art	31 Self Expression Art Sports Talk CVA/TBI Coaster & Carlsbad Village	



Therapeutic Recreation Services
Parks and Recreation Department
3901 Landis Street, MS 38
San Diego, CA 92105



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