



Therapeutic Recreation Services (TRS) SUMMER 2024

JUNE | **JULY** | **AUGUST**



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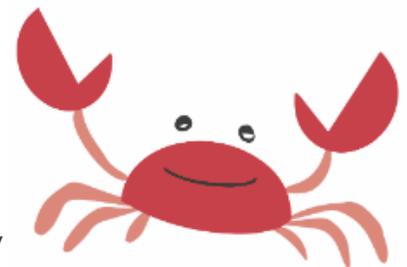
3901 Landis Street

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 • Dajasia Morales • Sal Partida • Mauro Ramirez • Lilyana Theus • Robert Titus • James Williams

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Where to Start/Online Registration

Summer Registration starts **May 11, 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

Welcome new TRS Staff and Interns!

Mandy



Mandy, originally from the Philippines, moved to San Diego for college in 2018. His hobbies include watching sports, reading comic books and going to concerts. Fun fact about Mandy, he is in the process of creating a video game!

Annalise



Annalise is a paralegal student at Cuyamaca College and will be transferring to UC Santa Cruz in the fall. She enjoys hiking, roller skating, and crocheting. She is excited to be a part of TRS programs this summer!

Danielle



Danielle is a graduate student working towards her masters in Recreation Therapy. She has a passion for all things outdoors and sports. Fun fact about Danielle, she has completed two marathons and one triathlon!

Staff Spotlight: Nicole Jones

Why did you want to work at TRS?

I have a passion to work with youth and adults to get them out of their comfort zone and do activities they don't do on a daily basis.

What has been your favorite moment?

My favorite moment would have to be the Talent Show! Seeing the participants get on stage and perform while everyone is cheering each other on.

Favorite hobby outside of work?

Some of my favorite hobbies include traveling with my family, coaching soccer, and visiting the beach.

Fun fact about yourself?

I have been to almost every state in the United States!



Nicole is pictured above, in the striped sweater, with her family.

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 **June 19th and July 4th** 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. 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.

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 - 2:30 pm

Thursdays | 10:00 am - 12:00 pm

COST: FREE

CODE: 114915

Basketball

Mondays & Tuesdays | 10:00 am - 12:30 pm

Wednesdays & Fridays | 10:00 am - 12:30 pm

COST: FREE

Drop-in program

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

GARDEN PROGRAMS at PDLC

Green Thumb Club

Select Thursdays | 9:30 - 10:30 am

Led by Lelaina

June 6, 20 | July 18 | August 1, 15, 29

Get involved and help sustain the garden by maintaining our garden beds and harvesting produce. This program will be earlier during the summer to avoid being in the hot sun. Program is for participants 3 years and older. **No direct staff supervision provided. Parent/guardian must attend if supervision is needed.**

COST: \$5 for the quarter

CODE: 115054



Sprout Buddies

Select Fridays | 4:00 - 5:00 pm

Led by Lily

June 7, 21 | July 5, 19 | August 2, 16, 30

Lend a helping hand with keeping our garden looking great by becoming a Sprout Buddy! All ages 3 years and older are welcome to join. **No direct supervision provided. Parent/guardian must attend if supervision is needed.**

COST: \$5 for the quarter

CODE: 115143



Tabletop Herb Garden

June 26 | 5:30 - 6:30 pm

Volunteer Led by Sommer

This immersive workshop will teach you how to create your very own table-top herb garden. Guided by UC Master Gardener, Sommer Cartier, this hands-on session will teach you the essentials of selecting herbs, potting techniques, and maintaining your garden for year-round enjoyment. Program is for participants 18 years and older. **No direct staff supervision provided.**

COST: \$5

CODE: 115243



Pest Management

Volunteer Led by Sommer

This educational workshop will teach you, through hand-on experience, how to identify and manage insect pests in the garden. Program is for participants 18 years and older. **No direct staff supervision provided.** Call (619) 525-8247 for more information, including date and time.

COST: FREE

CODE: 115278

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

INCLUSION SERVICES

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) 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.**

No inclusion requests accepted the weeks of TRS camps: **July 8-12, July 22-26, and August 5-9.**

sandiego.gov/park-and-recreation/activities

See page 10 for Summer Camps and page 16 for Kid Zone Programs.



NEVER MISS OUR NEWSLETTER!

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SPRING HIGHLIGHTS

Tecolote Shores Playground



The City of San Diego is proud to announce the opening of the Tecolote Shores South Playground. This state-of-the-art playground has accessible swings, zipline, merry-go-round, communication board and much more. Make sure to visit this amazing playground (1344 E. Mission Bay Drive, 92109) and register to attend the Tropical Extravaganza on June 23rd **(see page 13)**.



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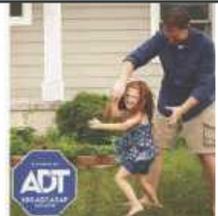
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SPRING HIGHLIGHTS



TRS Strikeforce bowling league.



Lots of pasta was made at the Kid Zone Master Chef playday.



Kick Back Club visited the Comic-Con Museum.



Kid Zone and Kick Back Club Spring Adventure at SeaWorld.



Kid Zone's Knott's Berry Farm Spring Adventure.



Walking Club rockin' the green for a St. Patrick's Day walk.



TRS Titans take on the Race for Autism.



Enjoying the snow during the Big Bear Ski Trip.



Participants learning various cooking skills.



Participants hit the dance floor at the Spring Fling dance.



Robin dressed up for Independent Clubs' Bob Ross Paint Night.



Green Thumb Club harvested an abundance of produce.

SUMMER CAMPS

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). 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), unless specified otherwise. **Camp is full. Please add names to waitlist. Staff will contact participants from the waitlist if spots become available.**

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, unless specified otherwise. **Camp is full. Please add names to waitlist. Staff will contact participants from the waitlist if spots become available.**

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), unless specified otherwise. **Camp is full. Please add names to waitlist. Staff will contact participants from the waitlist if spots become available.**

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.

KBC/SMC/IND SUMMER NIGHTS

Register early! Space is limited for ALL events. **Summer Nights outings are for Kick Back Club, Social Motion Club, and Independent Club.** These programs are designed for ages 13-adult with varying abilities. All participants must have an assessment on file. To schedule an appointment call (619) 525-8247. **No Recreation Nights in June, July, and August.**



Skateworld

June 13 | 5:00 - 8:00 pm



Led by Taylor

Hit the skate rink with friends for a fun-filled evening! Skate rental is included in the cost. Bring money to purchase food and drinks at the snack bar. Drop-off and pick-up at Skateworld (2907 Linda Vista Rd., 92111).

Kick Back Club (Ages 13-17) CODE: [115114](#)

Social Motion Club (Ages 18+) CODE: [115116](#)

Independent Club (Ages 21+) CODE: [115117](#)

COST: \$22



Karaoke

July 18 | 5:00 - 8:00 pm



Led by Taylor and Michael R.

Sing along with us at The Hive (4428 Convoy St., Ste. 100, 92111)! Bring extra money for dinner at the karaoke restaurant or eat before (**no outside food permitted in The Hive**).

Kick Back Club (Ages 13-17) CODE: [115121](#)

Social Motion Club (Ages 18+) CODE: [115122](#)

Independent Club (Ages 21+) CODE: [115123](#)

COST: \$15



Volleyball and Bonfire

June 21 | 5:30 - 8:30 pm



Led by Taylor and Michael R.

Put your best game face on as we get active with some beach volleyball. Bring blankets, lawn chairs, and warm clothes to hang-out around the bonfire after. Drop-off and pick-up at South Mission Beach (339 N Jetty Rd., 92109). Dinner will be provided.

Kick Back Club (Ages 13-17) CODE: [115111](#)

Social Motion Club (Ages 18+) CODE: [115112](#)

Independent Club (Ages 21+) CODE: [115113](#)

COST: \$10



Dinner and a Movie

August 1 | 5:00 - 9:30 pm



Led by Taylor and Michael R.

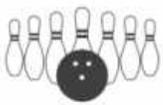
Lights! Camera! Action! Enjoy an evening of good food and a showing of Inside Out 2 with friends. Drop-off at BJs Restaurant (1307 Frazee Rd., 92108) and pick-up at Ultrastar Cinemas (7510 Hazard Center Dr. #100, 92108). Dinner is included. Bring money to purchase concessions at the theater.

Kick Back Club (Ages 13-17) CODE: [115124](#)

Social Motion Club (Ages 18+) CODE: [115125](#)

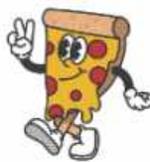
Independent Club (Ages 21+) CODE: [115126](#)

COST: \$35



Pizza and Bowling

July 2 | 5:30 - 9:00 pm



Led by Michael R.

Come roll with your friends at Aztec Lanes located in the SDSU Student Union building. Pizza will be provided. Drop-off and pick-up at 5300 Montezuma Pl., 92115.

Kick Back Club (Ages 13-17) CODE: [115108](#)

Social Motion Club (Ages 18+) CODE: [115109](#)

Independent Club (Ages 21+) CODE: [115110](#)

COST: \$25



Pool Party

August 15 | 6:30 - 9:30 pm



Led by Taylor and Michael R.

Summer's almost over, but that doesn't mean it's too late for a pool party. Let's make a splash to celebrate the end of summer! Drop-off and pick-up at The Plunge in Belmont Park (3115 Ocean Front Walk, 92109). Dinner will be provided.

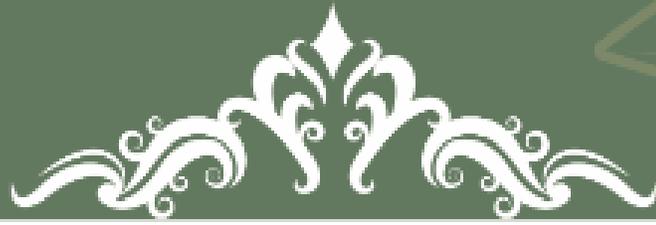
Kick Back Club (Ages 13-17) CODE: [115127](#)

Social Motion Club (Ages 18+) CODE: [115128](#)

Independent Club (Ages 21+) CODE: [115129](#)

COST: \$25

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



HARVEST BALL

Save the Date



SATURDAY, NOVEMBER 9, 2024
BAHIA RESORT HOTEL
998 W. MISSION BAY DR,
SAN DIEGO, CA 92109

We are excited to announce the annual Harvest Ball will be at the beautiful Bahia Resort Hotel! This evening of dinner and dancing is for participants 18 and older. More information to come.

See our GoFundMe link below to donate. The more money raised, the more affordable the price will be to our participants.

Please share with your friends and family!

Contact Taylor Askil at (619) 236-7771 if you have any questions

GoFundMe Link

<https://gofund.me/9a1556e5>



SPECIAL EVENTS

Tropical Extravaganza

June 23 | 11:00 am - 3:00 pm

Led by Courtney

Bring your family and friends to kick-off the summer at Tecolote Shores playground (1344 E. Mission Bay Drive, 92109). We'll have games, food, entertainment, prizes and more! Dress to impress for an Aloha shirt competition. **No direct staff supervision will be provided.** All ages welcome. **Register by June 17th.**

COST: \$5

CODE: [115065](#)

KZ & KBC Art Show

Led by Taylor and Haley

Whether you draw, paint, or take photos, we want to display your talent! Drop-off your art between July 15 - July 27th. **One entry per person.** Art will be displayed at Park de la Cruz from July 30 - August 17th, followed by a **reception on August 17th from 10:00 - 11:30 am. No direct staff supervision will be provided at the art reception.** Contact Haley Marshall at HEMarshall@sandiego.gov or Taylor Askil at TAskil@sandiego.gov for more information.

This art show is for **Kid Zone (3-12 years)** and **Kick Back Club participants (13-17 years).**

COST: FREE

CODE: [115073](#)

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



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Park de la Cruz Weekly Programs

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

Couch to 5K

Select Mondays | 9:30 - 10:30 am

Led by Lelaina

June 3, 10, 17, 24 | July 1

This program will help you go from beginner runner to 5K ready! We'll work on building our endurance and strength for the first 4 weeks and then our final meeting (July 1st) will be the day we complete our 5K. Final meeting location will be emailed the week before, otherwise all meetings are held at Park de la Cruz. **This program is for participants 16 years or older. No direct staff supervision provided.**

COST: FREE

CODE: [115137](#)

Summer Salads

Select Mondays | 2:00 - 4:00 pm

Led by Maria

June 3 | July 1 | August 12

Learn to make fun and nutritious salads while utilizing ingredients from our garden. After, enjoy the salad you made with friends while playing games. **This program is for participants 16 years or older. No direct staff supervision provided.**

COST: \$15 for the quarter

CODE: [115148](#)

Just Pickle It!

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

Led by Haley

July 2, 16, 30 | August 13, 27

Who doesn't love a good pickle? Learn different ways to pickle your favorite veggies, and enjoy a pickle party on the last day! All ages welcome (3 years+). **No direct supervision provided. Parent/Guardian must stay if support is needed.**

COST: \$25 for the quarter

CODE: [115053](#)

Relax, Refresh, Rejuvenate

Select Wednesdays | 1:30 - 2:30 pm

Led by Maria

June 5, 12, 26 | July 3

Get relaxed and refreshed through meditation, light stretching, and breath work. **You must be 16 years or older to participate. No direct staff supervision provided.**

COST: FREE

CODE: [115150](#)

Just Dip it

Select Wednesdays | 2:00 - 4:00 pm

Led by Maria

July 17, 31 | August 14, 28

Learn to make fun and delicious dips for the summer utilizing ingredients from our garden. After, enjoy the dip you made with friends while playing games. **This program is for participants 16 years or older. No direct staff supervision provided.**

COST: \$10 for the quarter

CODE: [115149](#)

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](#)

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.



Boxing Fitness

Select Fridays | 9:30 – 10:30 am

Led by Lelaina

June 7, 21 | July 5, 19 | August 2, 16, 30

Float like a butterfly, sting like a bee! This no-contact fitness class utilizes various techniques such as shadowboxing, agility drills, and a heavy punching bag to create a fun exercise experience and get your body moving. **For participants ages 16 and older. No direct staff supervision provided.** Boxing gloves are included in the cost and will be yours to keep.

COST: \$12 for the quarter

CODE: 115135



Community Service & Lunch

Select Saturdays | 10:30 am – 1:00 pm

June 8 | July 20 | August 31

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: 115009

Famous Artist Factory

Select Saturdays | 1:30 – 2:30 pm

June 8 | July 20 | August 31

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: 115010



Sports Talk

Fridays | 3:30 – 5:00 pm

Led by program participants

If you like sports, join this program! Discuss various sports topics along with keeping up to date on current news. **Program is for individuals age 16 and older. No direct staff supervision provided.** Attend either virtually or in-person. Zoom link will be sent to registered participants before program. **No meeting on June 21, July 12, July 26, or August 9.**

COST: FREE

CODE: 111066

Movie in the Park

August 16 | 6:30 – 9:30 pm

Bring your family and friends for a showing of Kung Fu Panda 4! The movie will start at sunset (around 7:30 pm), but arrive early for games, crafts and more! Please bring lawn chairs/blankets to sit on, and feel free to bring snacks. **This is a family and friends' activity. No direct supervision will be provided.** Meet at Cherokee Elementary Field (3735 38th St., 92105).

COST: FREE

CODE: 115052

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.**

No playdays in the summer. We will see you back in the fall.

Fire Station 2
June 8 | 1:00 - 4:00 pm
Led by Courtney

Stop, drop, and roll! Explore a real fire station and museum with your friends this summer. Bring a lunch and wear closed-toed shoes. Drop-off and pick-up at Waterfront Park Playground (1400 Pacific Hwy, 92101).

COST: \$5

CODE: [115072](#)

Mass Creativity at the New Children's Museum
June 22 | 9:00 am - 3:00 pm

Come to the New Children's Museum (200 West Island Ave., 92101) to celebrate Mass Creativity 2024. Enjoy music, performances, art, and free admission to the museum. **See page 24 for more details.**

Tropical Extravaganza
June 23 | 11:00 am - 3:00 pm
Led by Courtney

Kick-off summer with us at Tecolote Shores playground (1344 E. Mission Bay Drive, 92109). We'll have games, food, and prizes! **See page 13 for more details and the code to register.**

Bring out your artistic side at the KZ & KBC Art Show! **See page 13 for details.**



See page 13 for special events, page 10 for summer camps, and page 6 for garden programs .

Kid Zone Adventure Camp

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

Campers ages 6 to 12 with any disability, siblings and friends, join the adventure this summer visiting fun spots around San Diego.

Camp is full. Please add names to waitlist. Staff will contact participants from the waitlist if spots become available. See page 10 for more details.

Movie in the Park

August 16 | 6:30 - 9:00 pm

Bring your family and friends for a showing of Kung Fu Panda 4 across the street from Park de la Cruz at Cherokee Park. The movie will start at sunset (around 7:30 pm), but arrive early for games, crafts and more! Please bring lawn chairs/blankets to sit on, and feel free to bring snacks. **This is a family and friends' activity. No direct supervision will be provided.** Meet at Cherokee Elementary Field (3735 38th St., 92105).

COST: FREE

CODE: [115052](#)

Aerial Yoga

August 24 | 12:30 - 3:00 pm

Looking to try something new? How about aerial yoga! Drop-off at grassy area next to Greencliff Apartments (4444 Greene St., 92107) and pick-up right behind Pier to Point Wellness & Spa (4166 Voltaire St., 92107). Bring a lunch and wear comfortable clothes.

COST: \$5

CODE: [115050](#)

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.**

No Social Connections in the summer. We will see you in the fall.

See pages 6 and 14-15 for more opportunities, as well as page 3 for scholarship information.

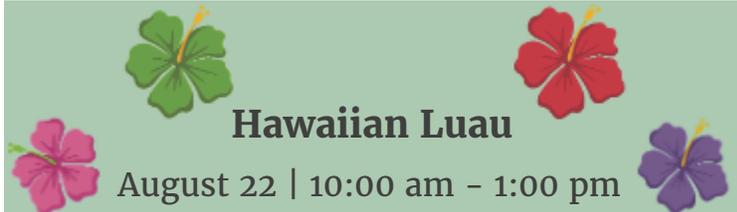
Day at the Bay

June 12 | 10:30 am - 1:30 pm

Enjoy a beautiful day at Mission Bay! We will have water and outdoor activities for you to enjoy while soaking in some vitamin-D. Please bring a sack lunch, water, snacks, sunscreen, and towel. Meet at Santa Clara Recreation Center (1008 Santa Clara Pl, 92109).

COST: \$5

CODE: 114996



Hawaiian Luau

August 22 | 10:00 am - 1:00 pm

Aloha! It's time to bring out the Aloha shirts and grass skirts. There will be fun games, entertainment and authentic Hawaiian food. **Must register online by Friday, August 16th to be guaranteed lunch.** Meet at Ski Beach (1600 Vacation Road, 92109).

COST: \$5

CODE: 115003

Open Rehearsal at the Rady Shell

June 27 | 1:00 - 4:00 pm

Enjoy this unique opportunity to see and hear a professional orchestra at work. Rehearsal times are open to the public. Meet at the Rady Shell in Downtown San Diego (222 Marina Park Way, 92101). Please bring money for food or a sack lunch as Shelter Island is close by to explore.

COST: FREE

CODE: 115002

San Diego Wave Game

August 24 | 12:30 - 3:00 pm

Cheer on San Diego's very own Wave soccer team as they take on the Orlando Pride. Meet at Snap Dragon Stadium (2102 Stadium Way, 92108). Bring money for snacks. Outside food is not permitted. One sealed water bottle and a clear bag are allowed into the stadium.

COST: \$20

CODE: 114995

Old Town Tour

July 18 | 10:30 am - 1:00 pm

Explore Old Town San Diego with an hour-long guided tour around the community that shaped the town. Meet at Robinson-Rose Visitor Center (4001 Wallace Street, 92110). Please bring water, snacks, sack lunch, comfortable shoes, and sun protection. There will be time after the tour to explore on our own and eat lunch.

COST: FREE

CODE: 115000

Artful Mind

Thursdays | 5:30 - 6:30 pm

Volunteer Led by Jessica

Artful Mind 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. Artful Mind 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: 115004

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.



All Stars Softball Fun

June 28 | 11:30 am - 2:30 pm

Led by Alicia B.

Play ball! Join our "All Stars Softball Fun" event where we will do stretching exercises, FanFest sports skills, and a modified ball game. This program is designed to be safe, successful and fun! Bring a picnic lunch. Meet at grassy area next to the softball field at Park de la Cruz Gymnasium.

COST: FREE

CODE: 115006

Twilight Concert & Picnic

August 13 | 5:00 - 7:30 pm

Led by Alicia B.

Enjoy the beauty of Balboa Park with friends. Bring a picnic dinner. Afterwards, we will move to the sounds of "Classic Buzz Band" at the free organ Pavilion Concert. Meet in front of the Recital Hall (2130 Pan American W Rd., 92102).

COST: FREE

CODE: 115005



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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 page 6 and pages 14-15 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. No meeting on June 19, July 10, July 24 or August 7.**

COST: FREE

CODE: [114923](#)

Wheelchair Basketball Open Gym

Wednesdays | 5:30 - 8:15 pm

Saturdays | 1:00 - 5:00 pm

Volunteer Led by JT (Roll to Success)

Everyone is invited to participate in wheelchair basketball. Every skill level is welcome. If you are looking for recreation or competition, we can help. Meet great people while improving your strength and conditioning. Please call prior to reserve a sport wheelchair if you need one. **No meeting on June 19, July 10, July 24 or August 7.**

COST: FREE

CODE: [114922](#)



Wheelchair Softball

Saturdays | 11:00 am - 1:00 pm

Volunteer Led by JT (Roll to Success)

Learn the fundamentals of wheelchair softball with Tony Rubino, Jaime Baltazar and Shay. Be sure to bring water and a hat since we will be outside for the entire program. Meet at Park de la Cruz outdoor basketball court.

COST: FREE

CODE: [115244](#)

MCAP Adaptive Sports, Recreation, and Resource Fair

June 29 | 2:00 - 6:00 pm

Open to individuals who use a wheelchair for mobility, their families, caregivers, rehab professionals, and anyone interested in seeing what it is all about. Activities include basketball, pickleball, boccia ball, handcycling, fitness, martial arts, paddleboarding, and more. Meet at North Crown Point Shores (Corner of Moorland Dr. & Corona Oriente Rd., 92109). Contact Nick Hurd at NHurd@sandiego.gov for more information or to sign-up for demonstrations.

COST: FREE

Wheelchair Basketball Summer Camp

August 17th and 18th | 12:00 - 8:00 pm

Volunteer Led by JT (Roll to Success)

Practice your skills while getting ready for the upcoming wheelchair basketball season. This two day camp will help you become a better athlete and player for the upcoming season. **To check cost and/or register, visit the website below.**

rolltosuccess.org

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

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 Soccer Field– Soccer

Mondays | 5:45 – 8:30 pm

June 17 – August 19

Ages 5– adult

CODE: 115151

Morley Field Bocce Courts– Bocce

Tuesdays | 4:45 – 7:30 pm

July 9 – September 10

Ages 5– adult

CODE: 115152

Morley Field Softball Fields/Park de la Cruz– Softball

Wednesdays | 10:00 am – 12:00 pm

July 3 – September 4

Ages 5– adult

CODE: 115153

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 Members (active-duty or veterans). 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 SDFP Staff at PDLA

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 PDLA

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

S4EA Summer Sports Festival

July 13 | 9:00 am – 3:00 pm

Volunteer Led by S4EA Coaches

Athletes with developmental disabilities, families, friends, coaches, and others in the community are invited to play in our festival/picnic. Join in on the fun & games! Meet at Park de la Cruz. For more information, contact Walter Jackson at (858) 565-7432 or Sds4ea@gmail.com.

COST: FREE

CODE: 115154

San Diego People First

Select Fridays | 2:00 – 3:30 pm

Volunteer Led by Debbie Marshall

July 19 | August 16

Come to the San Diego People First meeting at Park de la Cruz 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](https://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**. 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 a 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:

Theodor Baker

Theodor started volunteering with TRS at the Winter Carnival in 2023. His favorite memory so far was helping out with the TRS Strikeforce bowling league. He enjoyed seeing the excitement and camaraderie that all the bowlers had together. A fun fact about Theodor is that he loves to run and he participates in his schools cross county and track team.

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.

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 Spring events.



Men's Basketball & Women's Soccer



Point Loma Nazarene University



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.

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.



Mass Creativity at the New Children's Museum

Saturday, June 22 | 9:00 am - 3:00 pm

Come to the New Children's Museum (200 West Island Ave., 92101) to celebrate Mass Creativity 2024! Enjoy music, performances, art, and free admission to the museum. **This is a family and friends' event and is not staffed by TRS. Parents/Guardians must attend with children.** Find more information at <http://thinkplaycreate.org>.

COST: FREE

No registration required

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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 San Diego Parks and Recreation Departments' Civic Dance Arts program 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 7. Registration opens June 22nd at 10am. Classes begin the week of June 24th.

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.

iCan Bike San Diego

Kim Sullivan | bikecampsd@gmail.com

iCan Bike uses adapted bicycles, a specialized instructional program, and trained staff to enable individuals with disabilities to learn to ride a conventional two-wheel bicycle. This achievement, in turn, creates a gateway of opportunity, helping riders gain assurance and self-reliance in many other aspects of their lives. iCan Bike also seeks out volunteer spotters to run alongside the riders as they learn. Please visit the website for more information on programs and to enroll or volunteer.

www.icanbikesd.org

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

JUNE

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 Strikeforce WC BBall WC Softball
2	3 SM Strength Training Summer Salads Couch to 5K	4	5 WC BBall WC Dance Deaf Seniors SM Strength Training Relax, Refresh, Rejuvenate	6 Laugh Hour Green Thumb Club Artful Mind	7 Self Expression Art Sports Talk Boxing Fitness Sprout Buddies	8 Community Service & Lunch Famous Artist Factory KZ Fire Station Outing WC BBall WC Softball
9	10 SM Strength Training Couch to 5K	11	12 WC BBall WC Dance Deaf Seniors SM Strength Training Relax, Refresh, Rejuvenate LS Bay Outing	13 Laugh Hour Summer Nights— Skateworld Artful Mind	14 Self Expression Art Sports Talk	15 Strikeforce WC BBall WC Softball
16	17 SM Strength Training S4EA PDLC Couch to 5K	18	19 Holiday Observed— Office Closed	20 Laugh Hour Green Thumb Club Artful Mind	21 Self Expression Art Summer Nights— Volleyball & Bonfire Boxing Fitness Sprout Buddies	22 WC BBall WC Softball
23 Tropical Extravaganza	24 SM Strength Training S4EA PDLC Couch to 5K	25	26 WC BBall WC Dance Deaf Seniors SM Strength Training Relax, Refresh, Rejuvenate Tabletop Garden	27 Laugh Hour Artful Mind LS Rady Shell Outing	28 Self Expression Art Sports Talk CVA/TBI All Stars Softball	29 MCAP Resource Fair Strikeforce WC BBall WC Softball
30						



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JULY

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Summer Salads Couch to 5K S4EA PDLC SM Strength Training	2 Just Pickle It! Summer Nights—Pizza & Bowling	3 WC BBall WC Dance Deaf Seniors SM Strength Training S4EA PDLC Relax, Refresh, Rejuvenate	4 Holiday Observed— Office Closed	5 Self Expression Art Boxing Fitness Sprout Buddies Sports Talk	6 WC BBall WC Softball
7	8 Camp at the Bay SM Strength Training S4EA PDLC	9 Camp at the Bay S4EA Morley Fld	10 Camp at the Bay Deaf Seniors SM Strength Training S4EA PDLC	11 Camp at the Bay Laugh Hour Artful Mind	12 Camp at the Bay Self Expression Art	13 Strikeforce Banquet S4EA Sports Festival WC BBall WC Softball
14	15 SM Strength Training S4EA PDLC	16 Just Pickle It! S4EA Morley Fld	17 WC Dance WC BBall Deaf Seniors SM Strength Training Just Dip It S4EA PDLC	18 Laugh Hour Green Thumb Club Summer Nights— Karaoke LS Old Town Outing Artful Mind	19 Self Expression Art Sports Talk Boxing Fitness Sprout Buddies SD People First	20 Community Service & Lunch Famous Artist Factory WC BBall WC Softball
21	22 KZ Adventure Camp SM Strength Training S4EA PDLC	23 KZ Adventure Camp S4EA Morley Fld	24 KZ Adventure Camp Deaf Seniors SM Strength Training S4EA PDLC	25 KZ Adventure Camp Laugh Hour Artful Mind	26 KZ Adventure Camp Self Expression Art	27 WC BBall WC Softball
28	29 SM Strength Training S4EA PDLC	30 Just Pickle It! S4EA Morley Fld	31 WC BBall WC Dance Deaf Seniors SM Strength Training Just Dip It S4EA PDLC			

AUGUST

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Laugh Hour Green Thumb Club Summer Nights— Dinner and a Movie Artful Mind	2 Self Expression Art Sports Talk Boxing Fitness Sprout Buddies	3 WC BBall WC Softball
4	5 Camp Wet n Wild SM Strength Training S4EA PDLC	6 Camp Wet n Wild S4EA Morley Fld	7 Camp Wet n Wild Deaf Seniors SM Strength Training S4EA PDLC	8 Camp Wet n Wild Laugh Hour Artful Mind	9 Camp Wet n Wild Self Expression Art	10 WC BBall WC Softball
11	12 SM Strength Training Summer Salads S4EA PDLC	13 Just Pickle It! CVA/TBI Concert in the Park S4EA Morley Fld	14 WC BBall WC Dance Deaf Seniors SM Strength Training Just Dip It S4EA PDLC	15 Laugh Hour Green Thumb Club Summer Nights—Pool Party Artful Mind	16 Self Expression Art Sports Talk Movie in the Park Boxing Fitness Sprout Buddies SD People First	17 KZ & KBC Art Reception WC BBall Camp WC Softball
18 WC BBall Camp	19 SM Strength Training S4EA PDLC	20 S4EA Morley Fld	21 WC BBall WC Dance Deaf Seniors SM Strength Training S4EA Morley Fld	22 Laugh Hour LS Luau Artful Mind	23 Self Expression Art Sports Talk	24 KZ Aerial Yoga Outing LS Wave Outing WC BBall WC Softball
25	26 SM Strength Training	27 Just Pickle It! S4EA Morley Fld	28 WC BBall WC Dance Deaf Seniors SM Strength Training Just Dip It S4EA Morley Fld	29 Laugh Hour Green Thumb Club Artful Mind	30 Self Expression Art Sports Talk Boxing Fitness Sprout Buddies	31 Community Service & Lunch Famous Artist Factory WC BBall WC Softball

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