



The City of  
**SAN DIEGO**  
Parks and Recreation Department

# Therapeutic Recreation Services (TRS)

## September-November 2020 ~ Virtual Programs

3901 Landis Street, San Diego, CA 92105

Office: (619) 525-8247

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[www.sandiego.gov/therapeuticrecreationservices](http://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.

## District Manager

Kristi Fenick, CTRS

## Supervising Therapeutic Recreation Specialists

Julie Gregg, CTRS

Jon Richards, CTRS

## Therapeutic Recreation Specialists

Gerald Cunanan

Nick Hurd

Aly Larson, CTRS

Sharon Moninger

Juan Razo

## Therapeutic Recreation Leaders

Alicia Bianchi, CTRS • Michael Bichler • Kira Duffett • Janet Estrada • Samantha Greene • Mark Leo • Lucia Montiano, CTRS • Monica Olivan • Victor Ortiz • Cheryl Pawlak, CTRS/RTC • Michael Rodriguez • Sarali Saulog • Jennifer Stevenson • Nikki Tajima, CTRS • Lauren Turner • Shannel Turner • Alex Valencia

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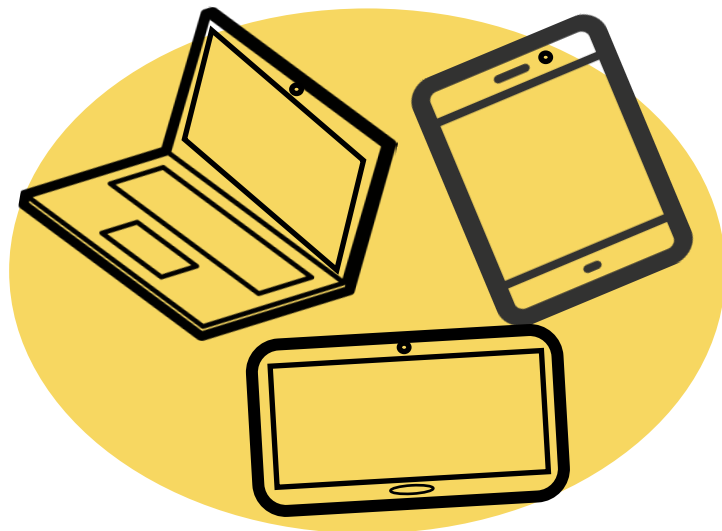
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# Virtual Programs

We are sad that we can't meet in person at this time, but we can't wait to see you on our online virtual programs this Fall season! Let us know how we can help you.



## Steps to Join Our Programs

- 1 Register online at [sdreconnect.com](https://sdreconnect.com).
- 2 Check that your email is correct on [sdreconnect.com](https://sdreconnect.com) to ensure you receive the link. If not, please edit it on your profile, **OR** contact the leader in charge of the program to update your email.
- 3 Call our office at (619) 525-8247 if you need any assistance.

## Steps to register on SD Rec Connect

**Create an online profile** using the Activity Registration System. Log on at [SDRecConnect.com](https://SDRecConnect.com).

**First Time Online Registration:** Click "Create an Account". Fill out "New Account Request" form completely for the primary responsible person, a parent or head of household, including all required fields, and click Submit (or Submit and Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link. Note: it's possible this email will go to your "spam" folder, so check carefully. To avoid duplication, be sure to let others in your household know you've set up the account.

**Returning Customers:** For people who have an existing account online, click the "Sign In" or "My Account" button. Enter your login (email address) and password.

**Important:** If you are registering a child for an activity, please do not use the child's information when completing a New Account. You can add them as a family member after the account is created.

# ANNOUNCEMENTS

## TRS Intern

## Isabel



This Summer we were able to have an amazing intern, Isabel who was with us for six weeks. We are so grateful for her and all she did for TRS! Isabel is a senior at Felician University in Rutherford, NJ. She is graduating this coming Fall with a bachelor's degree in Exercise Science. Isabel enjoys exploring the outdoors and traveling, as well as participating in sports.

# STAFF UPDATES

## Spotlight On

## Alex Valencia, Victor Ortiz, and Jennifer Walsten (AgeWell)

Thank you Alex, Victor, and Jennifer for all your hard work at the San Diego Convention Center's Shelter to Home initiative. Parks and Recreation staff have been assisting at the homeless shelter since the beginning of April 2020 and we are very grateful for all your efforts. Your dedication to serve our community doesn't go unnoticed. Thank you for representing TRS and AWS during this difficult time.



# CONGRATULATIONS!

As some of you may know, TRS has a new baby in town! Congratulations to our Therapeutic Recreation Specialist, Sharon Moninger on the birth of her baby girl, Gianna on May 7th. We are so excited for you, but even more excited to have you back in the office with us this Fall! We missed you!





# Shout Outs / Donations



Thank you to all the girl scout troops from Rancho Foothills Service Unit who participated in helping donate approximately 700 books to the City of San Diego, Therapeutic Recreation Services. The books will be distributed to children who attend Therapeutic Recreation Services' program and provide reading opportunities in the children's room at Park de la Cruz Community Center. Please call our office if you are interested in receiving a book.

In addition, thank you to Boy Scout Troop 362 for a \$100 donation which will be utilized to purchase recreation supplies for PDLC.



Thank you to our amazing Therapeutic Recreation Leader, Alicia Bianchi and former intern, Chrystina Bello, for taking time to make and donate masks for staff to create a safe working environment.

Alicia also arranged the Girl Scout book donation. Way to go Alicia!

Once again, Therapeutic Recreation Services thanks the Hervey Family Non-Endowment Fund at the San Diego Foundation for their generous donation. Their 2020 donation will benefit thousands of participants, via partial scholarships, future camp expenses, and recreation supplies. The Hervey family have been long time supporters of Disabled Services Advisory Council, Inc. and Therapeutic Recreation Services. Their generosity is very much appreciated!



Every summer, TRS welcomes an incoming class of ninth grade MADCAP's, a mother daughter philanthropic group. Although this summer was vastly different and we didn't have the opportunity to have in person programs, the girls were ready and eager to volunteer! Thank you to the class of 2023, who volunteered close to 1550 hours in the summer of 2019. In addition to volunteering, MADCAP's has financially supported TRS with generous donations throughout the years. MADCAP's 2020 donation will be utilized to keep programs at a low cost, provide partial scholarships and purchase specialized equipment. We look forward to working with the class of 2024. We appreciate your flexibility and understanding this past summer!





# THANK YOU Public Works & Planning Department!

Thank you to the City of San Diego's Public Works and Planning Departments who spent a hot August morning, alongside TRS staff and PDLC's Grounds Maintenance crew beautifying the landscaping in front of PDLC. Many weeds were pulled, the area was mulched and plants were planted, resulting in a beautiful entrance to PDLC. We can't wait for you to see for yourself. Thank you to everyone who assisted with this project.



# Contact Information

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

(ages 3+)



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

(all ages)



**Aly Larson** (619) 236-7755  
**allarson@sandiego.gov**

(ages 18+)



**Sharon Moninger** (619) 236-7753  
**smoninger@sandiego.gov**

(ages 18+)



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

(all ages)



**Halloween Dance**  
**Friday, October 30**  
**5:30-7:30 pm**  
**Ages 18 +**



**Wear your best costume and join TRS staff for the spookiest dance of the year!**  
**Although we won't be in person, the music NEVER stops! Grab those dancing shoes and clear a dance floor at home. Let's see your best moves!!!**

**Leader: Gerald**

**CODE: 76329**



# ALL- Programs

**Ages 8+**

Programs found on this page are for people with any disability age 8 and over.



This program is created for TRS participants to complete 10 self betterment projects at home, independently or with family members.

**Challenge:** Complete 10 self betterment projects that interest you.

**Reward:** Self improvement, healthy living, have fun while at home and receive an award! Awards vary by amount of projects completed in packet. Awards range from TRS swag to a TRS QuarantEN T-Shirt.

Project packet will be available on our TRS Google “classroom” for easy access at home, can be mailed, or emailed. Please call the office (619) 525-8247 to let us know how you would like to receive your packet. Let’s do this thing!!!

**CODE: 75934**

## Talent Show

Friday October 23, 4:30-7:30 pm

Since we missed our live show in April, join us for a virtual talent show! Register online to receive the link to the show. You must also call the office by October 9th to sign-up for an act. Spots are limited and all acts must be no longer than three minutes. **Your microphone will be muted if you go over.** You will only be allowed to sign-up for one act, however, if time permits, you may be able to do another.

**Leaders: Aly / Nick**

**CODE: 75935**

## Weekend Workout with Nick

Saturdays, 11:15 am-12:15 pm

September 12, 19, 26

October 3, 10, 17, 24, 31

November 7, 14, 21

This interactive home workout program is geared towards all participants, any age and disability welcome to join. Workouts are adapted for all abilities, with warm-ups and cool-downs. No equipment needed.

**CODE: 75913**



# ALL- Programs

**Ages 13+**

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

## Dance Party with Aly

Mondays 4:30-5:30 pm

September 14, October 5, November 2

Show off your moves or follow along with Aly. Let's Dance!

[CODE: 75924](#)

## Model Car Club with Juan

Tuesdays 4:00-5:00 pm \*Cost: \$25

November 3, 10, 17, 24

*\*Partial scholarships available upon approval.*

Build a model car! Once registered, pick-up a model car kit at Park de la Cruz.

[CODE: 76241](#)

## Yoga with Aly

Mondays 4:30-5:30 pm

September 21, October 12, November 9

Learn to meditate and stretch to center your mind.

[CODE: 75925](#)

## Dancing with Victor

Wednesdays 12:00-1:00 pm

September-Bachata 2, 9, 16, 23, 30

October-Salsa 7, 14, 21, 28

November-Cha Cha 4, 18, 25

Learn various moves and steps to show off to friends.

[CODE: 76242](#)

## Baking Class with Aly

Mondays 4:30-5:30 pm

September 28, October 19, November 16

List of ingredients will be emailed to you one week prior.

[CODE: 75926](#)

## Archery with Juan

Thursdays 12:00-1:00 pm

October 1, 8, 15, 22

Learn to build a practice bow and work on your technique. Once registered, pick-up supplies at Park de la Cruz by appointment.

[CODE: 76240](#)

## Art with Sharon and Friends

Tuesdays 3:00-4:00 pm

September: 1, 8, 15, 22, 29

October: 6, 13, 20, 27

November: 3, 10, 17, 24

Join staff and guest artists in art tutorials for all skill levels.

[CODE: 76335](#)

## Cooking Class with Michael B.

Saturdays 1:00-2:00 pm

September 12, October 10, November 14

Learn fun facts about cooking. List of ingredients will be emailed to you one week prior.

[CODE: 75944](#)

# ALL- Programs

**Ages 18+**

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

## **Pumpkin Decorating with Aly**

Monday, October 26, 4:30-5:30 pm

Be creative and decorate your pumpkin however you desire! You can paint, carve; you choose. You will need to purchase your own pumpkin and supplies. **CODE: 75927**

## **Softball with Juan**

Thursdays 10:00-11:00 am

September 3, 10, 17, 24

Learn new drills and skills. Practice makes perfect! **CODE: 76090**

## **Zumba with Dang**

Fridays 9:00-10:00 am

September 4, 11, 18, 25

October 2, 9, 16, 23, 30

November 6, 13, 20

Get your groove on while burning those calories! **CODE: 75570**

## **Friday Workout with Aly**

4:15-5:15 pm

September 18, October 16, November 20

Start your weekend out right and keep moving! Workouts will vary; be sure to have water available. **CODE: 75930**

## **Trivia Night with Michael B.**

Fridays 5:30-7:00 pm

September 4, 18

October 2, 16

November 6, 20

Join Michael B. for some mind boggling questions. Login by 5:30, anyone logging in after 6pm will NOT be let into the game. **CODE: 75945**

## **Game Night with Aly**

Fridays 4:15-5:15 pm or 5:30-6:30 pm (pick one)

September 11, October 9, November 13

Game options and supplies will be emailed prior to the program. Two sessions have been created to include all participants. **Choose only one session!**

**Codes: 4:15 pm #75929 / 5:30 pm #76337**

## **Karaoke with Aly**

Friday, September 25, 4:15-5:15 pm or 5:30-6:30 pm (pick one)

Email your top three song choices to Aly by Tuesday **September 22nd** for approval (allarson@sandiego.gov). Two sessions have been created to include all participants. **Choose only one session!**

**CODES: 4:15 pm #75932 / 5:30 pm #76338**

## **Quarantine Fun Facts From Staff**

**During quarantine I have had many intense water fights with my daughters.**

**-Juan**

**My favorite part of the quarantine was having my baby, then spending time with her everyday.**

**-Sharon**

**My favorite thing to do these past few months was experiment with new recipes.**

**-Julie**

**Lately I have tried to go camping as much as possible.**

**-Jon**

**I went for many walks, hikes, and a vacation to Big Bear.**

**-Cheryl**

**My favorite food to eat during quarantine is Peanut Butter, Banana and Nutella Sandwiches.**

**-Aly**

**During this quarantine, I got a new neighbor who happens to be a TRS participant!**

**-Nick**

**Lately, I've been catching up on movies I've never seen.**

**-Gerald**

**I went on many walks with my family and explored our neighborhood.**

**-Kristi**

**I purchased a new bike and have been biking all through Mission Trails.**

**-Janet**

**I discovered how much I enjoy playing Virtual Bingo and Trivia with AgeWell Services.**

**-Mark**

**WHAT DID YOU DO?**



# Kid Zone

Ages 3-12

This group is designed to foster socialization and social skills, increase cognitive, physical, communicative, emotional, and creative abilities through play and recreation.

**Gerald Cunanan** (619) 236-7756

[gcunanan@sandiego.gov](mailto:gcunanan@sandiego.gov)

## Sunday Playdays -12:30-1:30 pm

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

**September 13**      **Superhero Playday**      \* Cost \$7.00      CODE: 75915

**October 11**      **Animal Playday**      \* Cost \$7.00      CODE: 75916

**November 15**      **Disney Playday**      \* Cost \$7.00      CODE: 75918

\*Scholarships available upon request, see Gerald for information.

## Sunday Show and Tell 12:30-1:30 pm

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

**September 20, October 18, November 15**      Cost FREE      CODE: 75919

## Sunday Field Trip Sundays 12:30-1:30 pm

Explore new places around the world virtually with our friends.

**September 27, October 25, November 22**      Cost FREE      CODE: 75920

**[See Page 8 for more activities for children 8+](#)**

### Campfire with Alicia

Saturday, September 12, October 10,  
November 7      6:30-7:30 pm

Join our virtual campfire from the comfort of your own home! List of supplies needed will be emailed to you prior to program.

CODE: 76398

### Home Obstacle Course with Alicia

Tuesday, September 8      4:30-5:30 pm

Learn to make your own obstacle course at home. List of supplies needed will be emailed to you prior to the program. Call the office with questions.

CODE: 76330

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

See page 3 for sign up instructions!

# Kick Back Club Ages 13-18

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

**Gerald Cunanan**

(619) 236-7756

gcunanan@sandiego.gov



## Thursday Club Hangouts -4:30-5:30 pm

**Cooking-** September 3, September 24, October 15, November 5

Get cooking with Mr. G and friends. List of ingredients will be sent after registration.

[CODE: 75922](#)

**Social-** September 10, October 1, October 22, November 12

Catch-up with friends and share what you've been up to.

[CODE: 75928](#)

**Game Night-** September 17, October 8, October 29, November 19

Join your friends for some fun and games.

[CODE: 75931](#)

## Sunday Weekend Workouts 10:30-11:30 am

September 13, 20, 27, October 11, 18, 25, November 8, 15, 22 [CODE: 75921](#)

[See Pages 8-9 for more activities](#)

### Virtual Campfire with Alicia

Saturday, September 12, October 10,  
November 7 6:30-7:30 pm

Join our virtual campfire from the comfort of your own home! List of supplies needed will be emailed to you prior to program.

[CODE: 76398](#)

### Home Obstacle Course with Alicia

Tuesday, September 8, 4:30-5:30 pm

Learn to make your own obstacle course at home. List of supplies needed will be emailed to you prior to the program. Call the office with questions.

[CODE: 76330](#)

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

See page 3 for sign up instructions!

# Social Motion Club Ages 18+

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



All events  
are FREE!

Aly Larson (619) 236-7755  
allarson@sandiego.gov

**SMC Social** - Mondays 4:00-4:30 pm (before activity sessions)

For Social Motion Club Members ONLY (18+ years old)

**CODE: 75923**

## **Activity Sessions - Mondays 4:30-5:30 pm**

Dance Party - September 14, October 5, November 2

**CODE: 75924**

Yoga - September 21, October 12, November 9

**CODE: 75925**

Baking - September 28, October 19, November 16

**CODE: 75926**

Pumpkin Painting / Carving - October 26

**CODE: 75927**

## **Activity Sessions - Fridays**

\*Game Night - September 11, October 9, November 13

4:15-5:15 pm - **CODE: 75929** or 5:30-6:30 pm - **CODE: 76337**

\*Karaoke Night - September 25th

4:15-5:15 pm - **CODE: 75932** or 5:30-6:30 pm - **CODE: 76338**

\*Two sessions have been created to include all participants. **Choose only one session!\***

Workout - September 18, October 16, November 20 4:15-5:15 pm - **CODE: 75930**

**See Pages 8-10 for more activities**

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

See page 3 for sign up instructions!



# Independent Club

Ages 21+

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



Aly Larson (619) 236-7755  
allarson@sandiego.gov

**IND Meetings** - First Fridays 4:15-5:15 pm- Independent Club Members ONLY! (21+)

September 4, October 2, November 6

CODE: 75933

## Activity Sessions- Mondays 4:30-5:30 pm

Dance Party - September 14, October 5, November 2

CODE: 75924

Yoga - September 21, October 12, November 9

CODE: 75925

Baking - September 28, October 19, November 16

CODE: 75926

Pumpkin Painting / Carving - October 26

CODE: 75927

## Activity Sessions- Fridays

\***Game Night** - September 11, October 9, November 13

4:15-5:15 pm - CODE: 75929 or 5:30-6:30 pm - CODE: 76337

\***Karaoke Night** - September 25

4:15-5:15 pm - CODE: 75932 or 5:30-6:30 pm - CODE: 76338

\*Two sessions have been created to include all participants. **Choose only one session!**\*

**Workout** - September 18, October 16, November 20

4:15-5:15 pm - CODE: 75930

## See Pages 8-10 for more activities

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

See page 3 for sign up instructions!

# Leisure Seekers

**Ages 18+**

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



**Sharon Moninger** (619) 236-7753  
smoninger@sandiego.gov

## Social Connections

Thursdays 2:00-3:00 pm

**September 3, 10, 17, 24**

**October 1, 8, 15, 22, 29**

**November 5, 12, 19**

Join us weekly for a virtual hangout to socialize and enjoy the good company of friends. Once registered, themes and activities will be emailed prior to the date of the programs. Get ready to get back together and have a great time!

**CODE: 76244**

**See Pages 8-10 for more activities**

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

See page 3 for sign up instructions!

# Adaptive Sports

**Ages 8+**

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



**All events  
are FREE!**

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

## **Ab Workout for Mobility Impairments**

**Every other Wednesday 4:00-4:45 pm**

**September 9, 23**

**October 7, 21**

**November 4, 18**

Join peers for an interactive, home workout geared towards participants with mobility impairments, ages 8 and above. Workouts include ab exercises to strengthen your core, with warm-ups and cool-downs. No equipment needed.

**CODE: 75917**

**[See Pages 8-10 for more activities](#)**

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

**See page 3 for sign up instructions!**



# Service Members

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



**All events  
are FREE!**

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

## Mindful Mornings

Wednesdays 10:00-11:00 am

September 2, 9, 16, 23, 30

October 7, 14, 21, 28

November 4, 18

Spending too much time planning, problem-solving, daydreaming, or thinking negative thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Learn mindfulness exercises to help direct your attention away from this kind of thinking and engage with the world around you. The program will consist of stretching, meditation and breathing techniques.

**[CODE:75914](#)**

**[See Pages 8-10 for more activities](#)**

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

See page 3 for sign up instructions!



# We Are All In This... Together.

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

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

The City of  
**SAN DIEGO**  
Therapeutic Recreation Services



**DSAC**

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

Funds from DSAC's GoFundMe page will be utilized to purchase items that are listed in the GoFundMe comments section. We are asking your help in giving ideas of wish-list items you would like at Park de la Cruz. Please leave ideas in the comment section of what pieces of equipment or items that you would like to see being provided or offered. Donate at:

[www.gofundme.com/Winter-office-fundraiser](http://www.gofundme.com/Winter-office-fundraiser)

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

**Easy  
ways  
to  
DONATE**

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

### **Amazon Smile Fundraiser**

Amazon will donate 5% of eligible purchases to DSAC when you shop at [AmazonSmile.com](http://AmazonSmile.com).

Follow these easy steps:

1. Shop under your normal Amazon account at [smile.amazon.com](http://smile.amazon.com)
2. When prompted to choose an organization to donate to, select **Disabled Services Advisory Council, Inc in San Diego CA** and shop away!

### **Ralphs & Food4Less Fundraiser**

Sign up online and every time you shop, a percentage of your purchase will be donated to DSAC. These rewards can be used for your fuel purchases too!

To add your community rewards program:

1. Log into [www.food4less.com](http://www.food4less.com) or [www.ralphs.com](http://www.ralphs.com) and click "sign in"
2. Enter your email address and password, then click on "my account" in the top right-hand corner
3. Link your card to your organization by clicking on:
  - a. Community rewards
  - b. Edit community rewards program & follow the instructions
  - c. Click the circle to the left of your organizations name,

**Disabled Services Advisory Council**

**Remember to update after September first each year!**

# September

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 ALL-Art	2 SM-Mindful ALL-Dance	3 ALL- Softball LS- Social KBC-Cooking	4 ALL-Zumba IND-Mtg ALL-Trivia	5
6	7 Office Closed Holiday	8 KZ/KBC-Obstacle Course ALL-Art	9 SM-Mindful ALL-Dance ADP-Workout	10 ALL-Softball LS- Social KBC-Social	11 ALL-Zumba ALL-Game Night	12 ALL-Workout ALL-Cooking ALL-Campfire
13 KBC-Workout KZ-Playday	14 SMC- Social ALL-Dance Party	15 ALL-Art	16 SM-Mindful ALL-Dance	17 ALL-Softball LS- Social KBC-Game Night	18 ALL-Zumba ALL-Workout ALL-Trivia	19 ALL-Workout
20 KBC-Workout KZ-Show & Tell	21 SMC-Social ALL-Yoga	22 ALL-Art	23 SM-Mindful ALL-Dance ADP-Workout	24 ALL-Softball LS- Social KBC-Cooking	25 ALL-Zumba ALL-Karaoke	26 ALL-Workout
27 KBC-Workout KZ-Field Trip	28 SMC- Social ALL-Baking	29 ALL-Art	30 SM-Mindful ALL-Dance			

# October

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 ALL-Archery LS- Social KBC-Social	2 ALL-Zumba IND-Mtg ALL-Trivia	3 ALL-Workout
4	5 SMC- Social ALL-Dance Party	6 ALL-Art	7 SM-Mindful ALL-Dance ADP-Workout	8 ALL-Archery LS- Social KBC-Game Night	9 ALL-Zumba ALL-Game Night	10 ALL-Workout ALL-Cooking ALL-Campfire
11 KBC-Workout KZ-Playday	12 SMC- Social ALL-Yoga	13 ALL-Art	14 SM-Mindful ALL-Dance	15 ALL-Archery LS- Social KBC-Cooking	16 ALL-Zumba ALL-Workout ALL-Trivia	17 ALL-Workout
18 KBC-Workout KZ-Show & Tell	19 SMC- Social ALL-Baking	20 ALL-Art	21 SM-Mindful ALL-Dance ADP-Workout	22 ALL-Archery LS- Social KBC-Social	23 ALL-Zumba ALL-Virtual Talent Show	24 ALL-Workout
25 KBC-Workout KZ-Field Trip	26 SMC-Social ALL-Pumpkin Decorating	27 ALL-Art	28 SM-Mindful ALL-Dance	29 ALL- Archery LS- Social KBC- Game Night	30 ALL-Zumba Halloween Dance	31 ALL- Workout

# November

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 SMC- Social ALL-Dance Party	3 ALL-Model Cars ALL-Art	4 SM-Mindful ALL-Dance ADP-Workout	5 LS- Social KBC-Cooking	6 ALL-Zumba IND-Mtg ALL-Trivia	7 ALL-Workout ALL-Campfire
8 KBC-Workout KZ-Playday	9 SMC- Social ALL-Yoga	10 ALL-Model Cars ALL-Art	11 Office Closed Holiday	12 LS- Social KBC-Social	13 ALL-Zumba ALL-Game Night	14 ALL-Workout ALL-Cooking
15 KBC-Workout KZ-Show & Tell	16 SMC- Social ALL- aking	17 ALL-Model Cars ALL-Art	18 SM-Mindful ALL-Dance ADP-Workout	19 LS- Social KBC-Game Night	20 ALL-Zumba ALL-Workout ALL-Trivia	21 ALL-Workout
22 KBC-Workout KZ-Field Trip	23	24 ALL-Model Cars ALL-Art	25 ALL-Dance	26 Office Closed Holiday	27	28
29	30					