



Therapeutic Recreation Services (TRS)

Spring 2021 | March, April, May

VIRTUAL Programs



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.

CONTACT INFORMATION

District Manager

Kristi Fenick, CTRS

Supervising Therapeutic Recreation Specialists

Julie Gregg, CTRS

Jon Richards, CTRS

Therapeutic Recreation Leaders

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

Therapeutic Recreation Specialists

Gerald Cunanan (ages 3-18)

(619) 236-7756

gcunanan@sandiego.gov

Nick Hurd (ages 8+)

(619) 236-7772

nhurd@sandiego.gov

Sharon Moninger (ages 18+)

(619) 236-7753

smoninger@sandiego.gov

Juan Razo (all ages)

(619) 236-7771

jrazo@sandiego.gov

Therapeutic Recreation Interns

Anette Alvarez (AWS)

AnetteA@sandiego.gov

Koakea (Koa) Gabriel (TRS)

Gkoakea@sandiego.gov

Kasandra Ibarra (TRS)

Ibarrak@sandiego.gov

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Where to Start/Get Involved!

Program Updates

We are sad that we can't meet in person at this time, but we can't wait to see you on our online virtual ZOOM programs this Spring season!



Steps to Join Our Programs

- 1 Register online at sdreconnect.com.
- 2 Make sure your email is correct on sdreconnect.com to ensure you receive the link. If not please edit it on 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 assistance!

Steps to register on SD Rec Connect

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

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

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

STAFF UPDATES/ DONATIONS

Staff Spotlight Alicia Bianchi



Why did you want to work at TRS?

I began working at Disabled Services (what TRS was called back then) in 1984 when I was just out of college and it was one of my favorite jobs. A few years back, I wanted to join the amazing staff, volunteers, and participants again.

What was your favorite TRS moment?

Visiting the 2019 Harvest Ball. Fun fact: Alicia started the first Harvest Ball in 1985.

Favorite hobby outside of work?

I can only pick one?! Spending time with friends.

Fun fact about yourself?

I put on a pair of crampons and walked on the Perito Moreno Glacier in Argentina.

Easy ways to Donate

We can't wait to welcome all of you to the brand new Park de la Cruz Community Center! Any donations received through GoFundMe will be used to purchase recreation equipment.

<https://gofund.me/29a5e7c3>

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

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 smile.amazon.com.

Follow these easy steps:

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

Ralphs & Food4Less Fundraiser

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

To add your community rewards program:

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

Disabled Services Advisory Council

Remember to update after September first each year!

DSAC Corner

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

DSAC Announcements

2021 DSAC Board Members

The 2021 DSAC Elections were held on January 13th, with the following results: Dallin Young as Chair, Eleanor Tamayo as Vice Chair, Anita Paredes as Secretary and Betty Templeton as Treasurer. Board Members include Jeanette Alden, Renee Cookson, Abigail Cross and Meagan Nunez, with Richard Gilbert as a General Member.

Farewell and Welcome

TRS would like to thank Peter Ballantyne, Kurt Farrington and Albert Pruitt for their over 35 years of combined service to DSAC. Their presence will be missed at DSAC and TRS, but their contributions are everlasting and very much appreciated. Although we are sad to see these gentleman leave, we are excited to welcome two new board members in 2021, Jeanette Alden and Abigail Cross.

Jeanette

Jeanette is a San Diego native. She has two sisters with intellectual disabilities, with her younger sister who grew up going to events coordinated by Therapeutic Recreation Services. Jeanette worked for 12 years as an Occupational Therapist Assistant in acute and subacute rehabilitation settings. In 2013, she returned to school at SDSU to pursue a nursing degree. Since 2017, she has been a RN at the VA San Diego Medical Center, on the Spinal Cord Injury unit. As well as providing medical/surgical care to acutely ill veterans with chronic spinal cord injuries, the VA also provide rehabilitation to veterans and active duty personnel with newly-acquired injuries.

Abigail

Abigail currently works for the PVA Cal-Diego, where she serves veterans with spinal cord injuries. During her eight years of service with the Marine Corps, she experienced many different perspectives which made her want to create positive, sustainable change in her community. During her transition from military service to civilian living, she completed schooling and volunteered at local nonprofits. She earned her Master of Public Administration to better continue service to her community and was fortunate to find a place in the nonprofit sector of San Diego.

ALL Programs

13 years +

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

Virtual Art Class

Tuesdays | 3:30 - 4:30 pm

LEADER: Sharon

Calling all artists! Join us for a weekly art class, where we will learn about famous artists, styles and add to our toolbox of art techniques. A list of materials will be sent out prior to the program date.

COST: FREE

CODE: [85617](#)

Virtual Field Trips

Thursdays | 12:00-1:00 pm

March 4, 18 | April 15, 29 | May 13, 27

LEADER: Juan

Enjoy virtual trips to fun, exciting and educational places. Learn and laugh with your friends through a virtual experience while in the comfort of your own home.

COST: FREE

CODE: [85625](#)

Virtual Zumba

Wednesdays | 9:00-10:00 am

Zumba is an easy-to-follow program that lets you move at your own speed. Wear comfortable clothes, have water handy and be ready to get your groove on!

COST: FREE

CODE: [85055](#)



Virtual Game Show

Thursdays | 12:00-1:30 pm

LEADER: All TRS Staff

Join the TRS staff as we compete against one another in these popular game shows.

The Price is Right

March 11, 25

CODE: [86000](#)

The Voice

April 8, 22

CODE: [86001](#)

Family Feud

May 6, 20

CODE: [86002](#)

COST: FREE

Dance Party

Fridays; Monthly | 5:00 - 6:00 pm

March 19 | April 16 | May 21

LEADER: Michael R

Time to put on those dancing shoes as we dance the night away.

COST: FREE

CODE: [85784](#)

Virtual Weekend Workout

Saturdays | 11:15 am-12:15 pm

LEADER: Nick

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

COST: FREE

CODE: [85325](#)

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

ALL Programs

13 years +

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

Virtual Intro to Spanish

Saturdays | 2:00–3:00 pm
March 6, 20 | April 3, 17 | May 1, 15

LEADER: Juan

Hola! Join us as we learn the basics of Spanish. You will learn words and phrases that will help you communicate in Spanish with others.

COST: FREE

CODE: [85626](#)



Virtual Cooking

Saturdays | 1:00–2:00 pm
March 13 | April 10 | May 22

LEADER: Michael B.

Learn fun facts about cooking. Ingredients will be sent a week prior to the class. We will go over all the measurements and recipe during the program to work on independent skills.

COST: FREE

CODE: [85326](#)

Virtual San Diego Rocks

Friday, April 30 | 5:00 – 6:00 pm

LEADER: Alicia

Spread a little joy in your neighborhood by painting a rock and leaving it for someone to find. Materials will be emailed prior to program date.

COST: FREE

CODE: [85999](#)

Virtual Movie Night

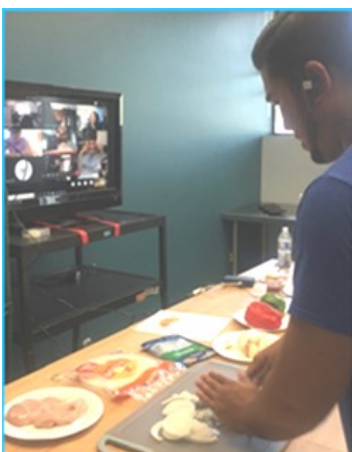
Friday, March 26 | 5:00 – 6:30 pm

LEADER: Michael R.

Get comfy and join us as we watch a movie together.

COST: FREE

CODE: [85641](#)



Virtual Padres Game

Sunday, May 23 | Time TBD

LEADER: Michael R.

Take me out to the ballgame... virtually! Don't miss your chance to receive a special goodie bag to enjoy while watching the Padres take on the Mariners. You will need to make an appointment to come by the center (3901 Landis St., 92105) to pick-up your goodie bags by May 22nd.

COST: FREE

CODE: [85640](#)

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

ALL Programs

18 years +

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

Virtual "How to do it" Tuesdays | 4:30-5:30 pm

LEADER: Koa

Weekly "how to" series learning fun activities to improve your physical strength, knowledge and connecting with friends.

COST: FREE **CODE: [85788](#)**

Virtual Dance Class Wednesdays | 12:00-1:00 pm

LEADER: Victor

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

COST: FREE **CODE: [76242](#)**

Virtual Laugh Hour Thursdays | 11:00 am-12:00 pm

LEADER: Volunteer- Alicia

Scientific studies show that laughter reduces pain, lowers stress, fights depression, reduces anger and more! Program is open to individuals ages 18 and over.

COST: FREE **CODE: [85057](#)**

Virtual Sports Talk Fridays | 1:00-2:00 pm

LEADER: Juan

If you like sports, this is the program for you. Join your friends in talking about different sports topics. There will be a different topic each meeting, along with keeping up to date with current sports news.

COST: FREE **CODE: [81025](#)**

Virtual Trivia

Fridays | 6:30-7:30 pm

March 5, 19 | April 2, 16 | May 7, 21

LEADER: Michael B.

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

COST: FREE **CODE: [85650](#)**

Virtual Concert Series

Sundays | 2:00-3:00 pm

March 7 | April 4 | May 2

LEADER: Sharon

Experience the world's largest outdoor music instrument from the comfort of your own home. Spreckels Organ Society is proud to host a concert webcast & live chat, with music ranging from Broadway to Rock, and everything in between. Artist and link will be sent prior to program date.

COST: FREE **CODE: [85618](#)**

Virtual DIY Weekend Refresh

Sundays | 2:30-3:30 pm

March 21 | April 18 | May 16

LEADER: Sharon

You don't have to be an expert to create beautiful DIY (do-it-yourself) projects to dress up your space. Join us as we do a quick weekend project for your room, home or garden. A list of materials will be sent out prior to program date.

COST: FREE **CODE: [85619](#)**

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

Kid Zone

Gerald Cunanan

(619) 236-7756

gcunanan@sandiego.gov

Ages 3-12

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

Virtual Recreation Days

Sundays | 1:00 - 2:00 pm

COST: FREE

Workouts

March 7 | April 25 | May 23

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

CODE: [85627](#)

Show and Tell

March 14 | May 2

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

CODE: [85628](#)

Game Day

March 21 | May 9

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

CODE: [85629](#)

Story Time

March 28 | May 16

Come listen as we adventure into some popular novels.

CODE: [85630](#)

*Activity Kits

April 11

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

***COST: \$7**

CODE: [85631](#)

Choose Your Own Adventure

Tuesdays | 4:00-5:00 pm

March 16, 30 | April 13, 27 | May 11, 25

LEADER: Victor

Be a part of the story in this "Choose Your Own Adventure" series. You, along with everyone in the group, get to decide how the story unfolds.

COST: FREE

CODE: [85639](#)

Stone Soup & Lunch

Saturday, March 27 | 12:30 - 1:30 pm

LEADER: Alicia

Hear the story of Stone Soup and make your own Soup for lunch (adult assistance required). Ingredients will be sent after registration.

COST: FREE

CODE: [85638](#)

Virtual Spring Carnival

Sunday, April 18 | 1:00 - 2:00 pm

LEADER: Kasandra

Don't miss your chance to pick-up this amazing activity kit! An email will be sent prior to program date with event details and activity kit pick-up information. After you receive your kit, log on for an exciting virtual carnival, with surprise guests and chances to win prizes!

***COST: \$7**

CODE: [86029](#)

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

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

Kick Back Club

Ages 13-18

Gerald Cunanan

(619) 236-7756

gcunanan@sandiego.gov

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

Choose Your Own Adventure

Tuesdays; Bi-weekly | 4:00 - 5:00 pm

March 16, 30 | April 13, 27 | May 11, 25

LEADER: Victor

Be a part of the story in this "Choose Your Own Adventure" series. You, along with everyone in the group, get to decide how the story unfolds.

COST: FREE

CODE: [85639](#)

Virtual Workouts & Socials

Thursdays | 4:30 - 5:30 pm

We will be alternating every Thursday with workouts and socials to get to know one another and break a sweat.

COST: FREE

CODE: [85632](#)

Dance Party

Fridays; Monthly | 5:00 - 6:00 pm

March 19 | April 16 | May 21

LEADER: Michael R

Time to put on those dancing shoes as we dance the night away.

COST: FREE

CODE: [85784](#)

Virtual Recreation Days

Sundays | 11:00 am - 12:00 pm

COST: FREE

Virtual Field Trip

March 7 | April 11 | May 16

Explore new places around the world.

CODE: [85633](#)

Cooking

March 14 | April 25 | May 23

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

CODE: [85634](#)

Charades

March 21 | May 2

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

CODE: [85636](#)

Bingo

March 28 | May 9

Bingo cards will be emailed to participants for their chance to win a

CODE: [85637](#)

Stone Soup & Lunch

Saturday, March 27 | 12:30 - 1:30 pm

LEADER: Alicia

Hear the story of Stone Soup and make your own soup for lunch (adult assistance required). A list of ingredients sent prior to program.

COST: FREE

CODE: [85638](#)

Virtual Spring Carnival

Sunday, April 18 | 1:00 - 2:00 pm

LEADER: Kasandra

Don't miss your chance to pick-up this amazing activity kit! An email will be sent prior to program date with event details and activity kit pick-up information. After you receive your kit, log on for an exciting virtual carnival, with surprise guests and win prizes!

***COST: \$7**

CODE: [86029](#)

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

Social Motion Club

Ages 18+

Michael Rodriguez (Temporary Assignment)

(619) 525-8247

michaelr@sandiego.gov

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.

Mondays | 4:00–5:00 pm

COST: FREE

Cooking

March 1 | April 12 | May 3

Learn a new recipe and skills in the kitchen.

A list of ingredients will be sent prior to program.

CODE: [85651](#)

Achieve Your Goals Through Envisioning

March 8, 22 | April 5, 19

New year, new you! Let's have fun while working on achieving your New Year's goals.

CODE: [85652](#)

Bingo

March 15 | April 26 | May 10

Come try your luck at bingo.

CODE: [85653](#)

Move it Mondays

March 29 | May 17

It's time to move our bodies. Join us for some fun exercises.

CODE: [85654](#)

Check-in with Michael R.

May 24

Join our very own Michael R for a fun social time.

CODE: [85655](#)

Fridays | 5:00–6:00 pm

COST: FREE

Game Night

March 12 | April 9 | May 14

Join us for an exciting night of games.

Dance Party

CODE: [85783](#)

March 19 | April 16 | May 21

Time to put on those dancing shoes as we dance the night away.

CODE: [85784](#)

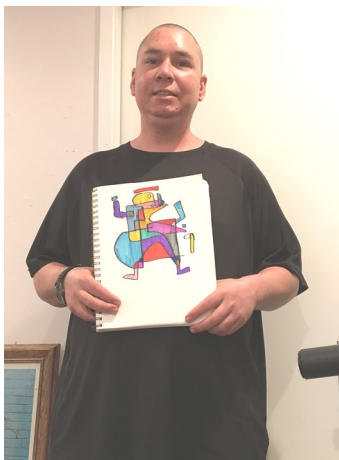
San Diego's Got Talent

April 23

Do you have a special talent? Join us as we cheer on our friends and watch the amazing talent our community has to offer.

CODE: [85785](#)

**See pages 6–8 for more
ALL PROGRAMS**



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

See page 3 for sign up instructions. Zoom codes will be sent prior to start of programs.

Independent Club

Ages 21+

Michael Rodriguez (Temporary Assignment)

(619) 525-8247

michaelr@sandiego.gov

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

IND Meetings (Club members only)

First Fridays | 5:00–6:00 pm

March 5 | April 2 | May 7

If you aren't able to join via Zoom there is a call in option. If you are a new member, please set up an interview appointment prior to meeting by calling the office at (619) 525–8247.

COST: FREE

CODE: [85786](#)

Mondays | 4:00–5:00 pm

COST: FREE

Cooking

March 1 | April 12 | May 3

List of ingredients will be emailed prior to program.

CODE: [85651](#)

Achieve Your Goals Through Envisioning

March 8, 22 | April 5, 19

New year, new you! Let's have fun while working on achieving your New Year's goals.

CODE: [85652](#)

Bingo

March 15 | April 26 | May 10

Come try your luck at bingo.

CODE: [85653](#)

Move it Mondays

March 29 | May 17

It's time to move our bodies, join us for some fun exercises.

CODE: [85654](#)

Check-in with Michael R.

May 24

Join our very own Michael R for a fun social.

CODE: [85655](#)

Fridays | 5:00–6:00 pm

COST: FREE

Game Night

March 12 | April 9 | May 14

Join us for an interactive game night.

CODE: [85783](#)

Dance Party

March 19 | April 16 | May 21

Time to put on those dancing shoes as we dance the night away.

CODE: [85784](#)

San Diego's Got Talent

April 23

Do you have a special talent? Join us as we cheer on our friends and watch the amazing talent our community has to offer.

CODE: [85785](#)

**See pages 6–8 for more
ALL PROGRAMS**

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See page 3 for sign up instructions. Zoom codes will be sent prior to start of programs.**

Leisure Seekers

Ages 18+

Sharon Moninger

(619) 236-7753

smoninger@sandiego.gov

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



Virtual Social Connections

Thursdays | 2:30-3:30 pm

March 4, 11, 18, 25

April 1, 8, 15, 22, 29

May 13, 20, 27

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

COST: FREE

CODE: [85620](#)

Social Call Program

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

For many people, a compassionate voice in their lives can make a powerful difference especially during these unprecedented times. The City of San Diego Parks & Recreation Department, Therapeutic Recreation Services' staff will call you once a week (Monday-Friday), between 9:00 - 11:00 am just to check in and say "Hello".



We Are All In This...Together.

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Adaptive Sports

Ages 8+

Nick Hurd

(619) 236-7772

nhurd@sandiego.gov

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



Virtual Adaptive Boxing Class

Wednesdays | 2:00-2:30 pm

March 3, 10, 17, 24

April 7, 14, 21, 28

May 5, 12, 19, 26

Stuck at home and want to workout or relieve some stress? Join our weekly adaptive boxing class where we will be punching off the calories for the New year.

COST: FREE

CODE: [85327](#)

Service Members

Nick Hurd

(619) 236-7772

nhurd@sandiego.gov

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

Virtual Balance Class

Wednesdays | 10:00-10:30 am

March 3, 10, 17, 24

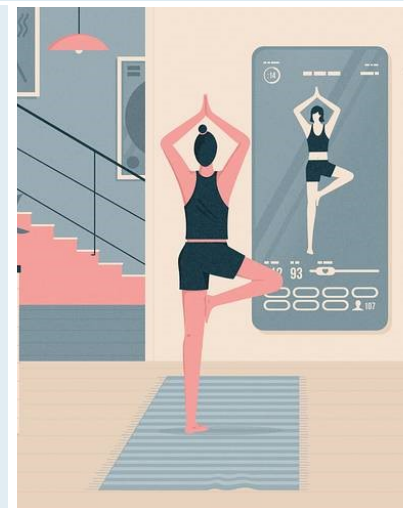
April 7, 14, 21, 28

May 5, 12, 19, 26

Balance training involves doing exercises that strengthen the muscles that help keep you upright, including your legs and core. These kinds of exercises can improve stability and help prevent falls. Strong muscles and being able to keep yourself steady make all the difference in things you do every day, including walking, getting out of a chair, and leaning over to tie your shoes.

COST: FREE

CODE: [85328](#)



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

March

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 SMC/IND Cooking	2 ALL Art ALL How to do it?	3 ALL Zumba SM Balance ALL Dance ADP Boxing	4 Laugh Hour ALL Field Trip LS Social	5 ALL Sports Talk IND Meeting SMC/IND Trivia	6 ALL Workout ALL Spanish
7 KBC Field Trip KZ Workout ALL Concert	8 SMC/IND Achieve your Goals	9 ALL Art ALL How to do it?	10 ALL Zumba SM Balance ALL Dance ADP Boxing	11 Laugh Hour ALL Game Show LS Social KBC Workout	12 ALL Sports Talk SMC/IND Games	13 ALL Workout ALL Cooking
14 KBC Cooking KZ Show & Tell	15 SMC/IND Bingo	16 ALL Art KZ/KBC Adventure ALL How to do it?	17 ALL Zumba SM Balance ALL Dance ADP Boxing	18 Laugh Hour ALL Field Trip LS Social KBC Social	19 ALL Sports Talk SMC/IND Dance SMC/IND Trivia	20 ALL Workout ALL Spanish
21 KBC Charades KZ Game Day ALL DIY Weekend	22 SMC/IND Achieve your Goals	23 ALL Art ALL How to do it?	24 ALL Zumba SM Balance ALL Dance ADP Boxing	25 Laugh Hour ALL Game Show LS Social KBC Workout	26 ALL Sports Talk SMC/IND Movie	27 ALL Workout KZ/KBC Stone Soup Lunch
28 KBC Bingo KZ Story Time	29 SMC/IND Move if Monday	30 ALL Art KZ/KBC Adventure ALL How to do it?	31 Office Closed- Holiday			

April

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Laugh Hour LS Social	2 ALL Sports Talk IND Meeting SMC/IND Trivia	3 ALL Workout ALL Spanish
4 ALL Concert	5 SMC/IND Achieve your Goals	6 ALL Art ALL How to do it?	7 ALL Zumba SM Balance ALL Dance ADP Boxing	8 Laugh Hour ALL Game Show LS Social KBC Workout	9 ALL Sports Talk SMC/IND Games	10 ALL Workout ALL Cooking
11 KBC Field Trip KZ Activity Kit	12 SMC/IND Cooking	13 ALL Art KZ/ KBC Adventure ALL How to do it?	14 ALL Zumba SM Balance ALL Dance ADP Boxing	15 Laugh Hour ALL Field Trip LS Social KBC Social	16 ALL Sports Talk SMC/IND Dance SMC/IND Trivia	17 ALL Workout ALL Spanish
18 KZ/KBC Spring Carnival ALL DIY Weekend	19 SMC/IND Achieve your Goals	20 ALL Art ALL How to do it?	21 ALL Zumba SM Balance ALL Dance ADP Boxing	22 Laugh Hour ALL Game Show LS Social KBC Workout	23 ALL Sports Talk SMC/IND Karaoke	24 ALL Workout
25 KBC Cooking KZ Workout	26 SMC/IND Bingo	27 ALL Art KZ/KBC Adventure ALL How to do it?	28 ALL Zumba SM Balance ALL Dance ADP Boxing	29 Laugh Hour ALL Field Trip LS Social KBC Social	30 ALL Sports Talk SMC/IND SD Rocks	

May

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 ALL Workout ALL Spanish
2 KBC Charades KZ Show & Tell ALL Concert	3 SMC/IND Cooking	4 ALL Art	5 ALL Zumba SM Balance ALL Dance ADP Boxing	6 Laugh Hour ALL Game Show KBC Workout	7 ALL Sports Talk IND Meeting SMC/IND Trivia	8 ALL Workout
9 KBC Bingo KZ Game Day	10 SMC/IND Bingo	11 ALL Art KZ/KBC Adventure	12 ALL Zumba SM Balance ALL Dance ADP Boxing	13 Laugh Hour ALL Field Trip LS Social KBC Social	14 ALL Sports Talk SMC/IND Games	15 ALL Workout ALL Spanish
16 KBC Field Trip KZ Story Time ALL DIY Weekend	17 SMC/IND Move if Mondays	18 ALL Art	19 ALL Zumba SM Balance ALL Dance ADP Boxing	20 Laugh Hour ALL Game Show LS Social KBC Workout	21 ALL Sports Talk SMC/IND Dance SMC/IND Trivia	22 ALL Workout ALL Cooking
23 KBC Cooking ALL- Padres Game KZ Workout	24 SMC/IND Check -in w/ Michael R	25 ALL Art KZ/KBC Adventure	26 ALL Zumba SM Balance ALL Dance ADP Boxing	27 Laugh Hour ALL Field Trip LS Social KBC Social	28 ALL Sports Talk	29 ALL Workout
30	31 Office Closed					



Parks and Recreation Department

Therapeutic Recreation Services

Park De La Cruz

3901 Landis Street

San Diego, CA 92105

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COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARKS AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER [619] 525-8247 OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240).

THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.