



Therapeutic Recreation Services (TRS)

Summer 2021 | June, July, August



3901 Landis Street, San Diego, CA 92105

Office | (619) 525-8247

Email | trsnewsletter@sandiego.gov

www.sandiego.gov/therapeuticrecreationservices

Please see page 3 for an announcement regarding in-person programming.

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 Specialist

Julie Gregg, 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 • Jennifer Stevenson • Nikki Tajima, CTRS • 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

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Where to Start/Get Involved!

Program Updates

As of print date for this newsletter, we have not been given an official re-opening date for in-person programs. Once in-person programs are allowed, the **highlighted** programs will be held in-person (dates and times may change) at Park de la Cruz Community Center (3901 Landis Street, 92105), as well as virtually. All COVID precautions will be taken for in-person programs. Additional information will be sent once in-person programs resume.

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

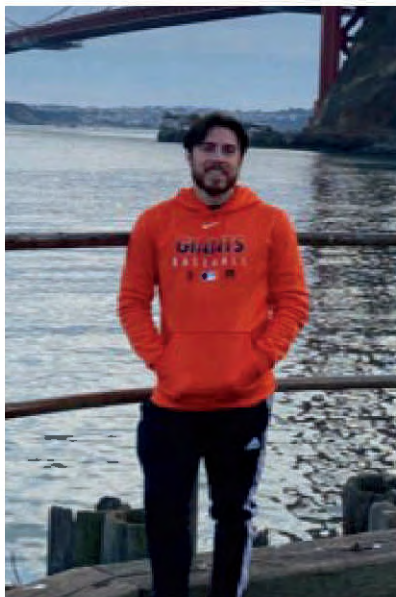
Create an online profile using the Activity Registration System. Log on at **SDRecConnect.com**. **First Time Online Registration:** Click "Create an Account". Fill out "New Account Request" form completely for the primary responsible person, a parent or head of household, including all required fields, 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/ Announcements

Staff Spotlight: **Michael Rodriguez**



Why did you want to work at TRS?

I did my internship here and I made connections with the amazing staff and participants. TRS offers so many programs and activities for our participants to learn from and I love being a part of it.

What was your favorite TRS moment?

My favorite TRS moments were when we had our summer camps! I can't wait to be able to go back to the bay and work the summer camp programs again.

Favorite hobby outside of work?

I enjoy riding around to new places on my Onewheel.

Fun fact about yourself?

I love to read comic books!

Goodbye: **Jon Richards**



Jon recently accepted a position with the Parks and Recreation Training Department. Jon has been with TRS for 8 years as a Supervising Therapeutic Recreation Specialist, supervising a variety of programs. We congratulate Jon on his new position and we wish him much success.

Farewell and best wishes to our Therapeutic Recreation Leaders who are moving on to other opportunities. **Sarali Saulog, Shannel Turner and Lauren Turner** were dedicated, hard working team members! Stay tuned to see what new faces we will welcome this summer!

Welcome: **Barre McKee**



Barre (pronounced Berry) will be interning this summer with AgeWell Services. She is a Recreation Therapy Major at California State University East Bay. Barre has a passion for helping others. She is a big fan of nature and outdoor activities that include her Golden Retriever, Bear.

DSAC/ Donations

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

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!

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 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!

ALL Programs

13 years +

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

Art Class

*See page 3 for in-person information

Tuesdays | 3:30 - 4:30 pm

LEADER: Sharon

Calling all artists! Join us for a weekly art class, where we will learn different styles and add to our toolbox of art techniques.

COST: FREE

CODE: [90631](#)



Virtual Zumba

Wednesdays | 9:00-10:00 am

LEADER: Staff

Zumba is an easy-to-follow program that lets you move at your own speed. Wear comfortable clothes, have water handy and dance to Zumba videos! Geared towards all ability levels.

COST: FREE

CODE: [89949](#)

Weekend Workout

*See page 3 for in-person information

Saturdays | 11:15 am-12:15 pm

LEADER: Nick

This interactive 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 is needed to join.

COST: FREE

CODE: [89951](#)

Mindful Mornings

*See page 3 for in-person information

Wednesdays | 10:00-11:00 am

LEADER: Nick

All disabilities and ages are welcome to join. This program will involve meditation, stretching and other practices to relax the body and mind and help reduce stress to improve daily living skills.

COST: FREE

CODE: [89954](#)

Virtual Dance Party

Monthly | 5:00- 6:00 pm

June 18th | July 16th | August 20th

LEADER: Victor

Life is simple...eat, dance, sleep!

COST: FREE

CODE: [90628](#)

Virtual Cooking

Monthly | 1:00-2:00 pm

June 12th | July 10th | August 14th

LEADER: Michael B.

Learn fun facts about cooking. A list of ingredients will be sent a week prior to the class. The group will go over all the measurements and recipe during the program to work on independent functioning skills.

COST: FREE

CODE: [89953](#)

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

See page 3 for an update on in-person programs and sign up instructions.

Zoom links 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 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: [89940](#)

Virtual Sports Talk

Thursdays | 12:00-1:00 pm

LEADER: Juan

If you like sports, this is the program for you.
There will be a different topic each meeting, along with keeping up to date with current sports news.

COST: FREE

CODE: [81025](#)

Let's get Active!

*See page 3 for in-person information
Fridays | 12:00-1:00 pm

LEADER: Juan

Take advantage of our beautiful facility and enjoy a variety of sports instruction and recreation activities.

COST: FREE

CODE: [90749](#)



Trivia

*See page 3 for in-person information
Monthly | 6:30-7:30 pm

June 4th | July 2nd | August 6th

LEADER: Michael B.

Join us for some mind boggling questions.

COST: FREE

CODE: [90639](#)

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

See page 3 for an update on in-person programs and sign up instructions.

Zoom links will be sent prior to start of programs.

Kid Zone

Ages 3-12

Gerald Cunanan

(619) 236-7756

gcunanan@sandiego.gov

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

Workouts & Socials

*See page 3 for in-person information
Thursdays | 4:00 - 5:00 pm

Join us as we alternate between workouts and socials every Thursday. Come ready to break a sweat or socialize with friends about different topics.

COST: FREE

CODE: [90614](#)

Virtual Choose Your Adventure

Bi-weekly Tuesdays | 4:00 - 5:00 pm
June 8th | July 6th | August 3rd

LEADER: Victor

Join us as we create our own story by choosing your own character, place, and event.

COST: FREE

CODE: [90613](#)

Recreation Days

*See page 3 for in-person information
Sundays | 1:00 - 2:00 pm
COST: FREE

Sensory Sundays

June 6th | July 25th

Join us as we make slime, play-doh, and other sensory activities.

***COST: \$5**

CODE: [90601](#)

*Scholarship application available upon request.

Game Day

June 27th | August 15th

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

CODE: [90605](#)

Story Time

July 11th | August 22nd

Come listen as we adventure into some popular novels.

CODE: [90606](#)

Talent Show

July 18th | August 29th

Get ready to show off your talent! Children and teens are more than welcome to attend even if they wish not to perform.

CODE: [90607](#)

Show and Tell

June 13th | August 1st

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

CODE: [90603](#)

Magic Fun

June 20th | August 8th

Let's get together and learn some magic tricks

CODE: [90604](#)

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

See page 3 for an update on in-person programs and sign up instructions.

Zoom links 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.

Recreation Days

*See page 3 for in-person information

Sundays | 11:00 am - 12:00 pm

COST: FREE

Charades/Pictionary

June 6th | July 25th

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

CODE: [90608](#)

Bingo

June 13th | August 1st

Join in on the fun for your chance to win a prize!

CODE: [90609](#)

Trivia

June 20th | August 8th

Test your knowledge or learn new things about different topics.

CODE: [90610](#)

Virtual Cooking

June 27th | August 15th

Get cooking with Mr. G and friends. List of ingredients will be e-mailed prior to the program.

CODE: [90611](#)

Scavenger Hunt

July 11th | August 22nd

Join us as we go on a scavenger hunt to find specific items.

CODE: [90612](#)

Talent Show

July 18th | August 29th

Get ready to show off your talent! Children and teens are more than welcome to attend even if they wish not to perform.

CODE: [90607](#)

Virtual Choose Your Adventure

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

June 8th | July 6th | August 3rd

LEADER: Victor

Join us as we create our own story by choosing your own character, place, and event.

COST: FREE

CODE: [90613](#)

Workouts & Socials

*See page 3 for in-person information

Thursdays | 4:00 - 5:00 pm

Join us as we alternate between workouts and socials every Thursday. Come ready to break a sweat or socialize with friends about different topics.

COST: FREE

CODE: [90614](#)

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

See page 3 for an update on in-person programs and sign up instructions.

Zoom links will be sent prior to start of programs.

Social Motion Club

Ages 18+

Victor Ortiz (Temporary Assignment)

(619) 525-8247

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

***See page 3 for in-person information**

COST: FREE

Fridays | 5:00–6:00 pm

***See page 3 for in-person information**

COST: FREE

Virtual Cooking

June 7th | July 12th | August 2nd

Let's create delicious memories! List of ingredients will be e-mailed to you one week prior.

CODE: [90620](#)

Game Night

June 11th | July 9th | August 13th

Who's got game? Find out at our monthly game night!

CODE: [90627](#)

Move it Mondays

June 14th | July 19th | August 9th

Let's start the week with some good exercise! Keep active and break a sweat with your friends!

CODE: [90623](#)

Life Hacks

June 21st | July 26th | August 16th

Ever wondered if there was an easier way to do certain things? Here's your chance to make your life just a bit easier with these easy tricks.

CODE: [90625](#)

Improv Acting

June 28th | August 23rd

Learn how to use your imagination and creativity to act out scenes and stories for an audience of your friends.

CODE: [90626](#)

Virtual Dance Party

June 18th | July 16th | August 20th

Life is simple...eat, dance, sleep!

CODE: [90628](#)

Rec Night

June 25th | July 23rd | August 27th

A fun night with good people , games and more

CODE: [90629](#)



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

See page 3 for an update on in-person programs and sign up instructions.

Zoom links will be sent prior to start of programs.

Independent Club

Ages 21+

Victor Ortiz (Temporary Assignment)

(619) 525-8247

This club is for individuals ages 21 and over with cognitive impairments or brain injuries, and is designed to promote independence as members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the "buddy system" on outings.

Minimal staffing is provided at Club functions.

IND Meetings (Club members only)

*See page 3 for in-person information

First Fridays | 5:00-6:00 pm

June 4th | July 2nd | August 6th

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: 90630

Mondays | 4:00-5:00 pm

*See page 3 for in-person information

COST: FREE

Fridays | 5:00-6:00 pm

*See page 3 for in-person information

COST: FREE

Virtual Cooking

June 7th | July 12 | August 2nd

Let's create delicious memories! List of ingredients will be e-mailed to you one week prior.

CODE: 90620

Game Night

June 11th | July 9th | August 13th

Who's got game? Find out at our monthly game night

CODE: 90627

Virtual Dance Party

June 18th | July 16th | August 20th

Life is simple...eat, sleep, dance!

CODE: 90628

Move it Mondays

June 14th | July 19th | August 9th

Let's start the week with some good exercise! Keep active and break a sweat with your friends!

CODE: 90623

Life Hacks

June 21st | July 26th | August 16th

Ever wondered if there was an easier way to do certain things? Here's your chance to make your life just a bit easier with these easy tricks.

CODE: 90625

Improv Acting

June 28th | August 23rd

Learn how to use your imagination and creativity to act out scenes and stories for an audience of your friends.

CODE: 90626

Rec Night

June 25th | July 23rd | August 27th

A fun night with good people, games and more.

CODE: 90629



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

See page 3 for an update on in-person programs and sign up instructions.

Zoom links 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.



Social Connection

***See page 3 for in-person information**

Bi-weekly Thursdays | 2:30-4:30 pm

June 3, 17

July 1, 15

August 5, 19

Join us for a bi-weekly hangout to socialize and enjoy the company of good friends and get to know one another better. Themes and activities will be announced prior to the program date.

COST: FREE

CODE: [90632](#)

Volunteer Corner

Ages 13+

Sharon Moninger

(619) 236-7753

smoninger@sandiego.gov

TRS is proud to offer a wide variety of volunteer opportunities for anyone to get involved. We rely heavily on our volunteers to help us provide quality programming to enrich the lives of individuals with disabilities. We are excited to welcome you to the team.

Thank you to Kendyl from AGAPE for her help during our virtual programs this Spring. Kendyl became the leader of the volunteer group from Point Loma Nazarene University in Fall 2020.

If you are interested in our volunteer program, please contact Sharon Moninger at SMoninger@sandiego.gov for an application.



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

See page 3 for an update on in-person programs and sign up instructions.

Zoom links will be sent prior to start of programs.

Adaptive Sports

Nick Hurd

(619) 236-7772

nhurd@sandiego.gov

Ages 8+

**See pages 6-7 for
ALL programs**

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.

Wheelchair Dance has gone Virtual!



Dancing is for everyone! Whether you already know how or want to learn, this dance class is for you! Wheelchair Dancers provides inclusive dance classes to all abilities, ages, and experience. You'll learn line dancing, cha cha, disco, and more while making amazing new friends and being a part of a great group of people who use a wheelchair, walker, or cane. They provide over 25 live stream classes a month. For a class schedule and to register check their website:

www.wheelchairdancers.org

Service Members

Nick Hurd

(619) 236-7772

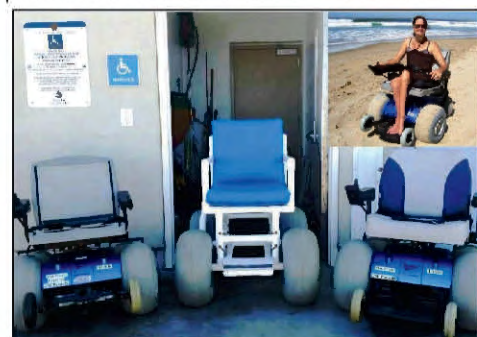
nhurd@sandiego.gov

**See pages 6-7 for
ALL programs**

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

Beach Wheelchair Program

Take a free one-hour ride on our power beach chairs located at Mission Beach. This program is available to individuals with mobility impairments or those who are not otherwise able to walk unaided on the beach. For more information regarding re-opening of this program or to reserve, please call **(619) 525-8247**. You can also visit www.sandiego.gov/park-and-recreation/activities/trs and select "Beach Accessibility and Wheel Chair Program" to find beach and bay accessible locations in San Diego.



Community Events

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

SoCal Special Olympics

Brian Richter | (619) 283-6100

During this time of no in-person events or trainings, SOSOC is committed to helping athletes not only stay in shape for their sport seasons, but help them create a healthy lifestyle year round. To join the Fitness and/or Nutrition live virtual meet-up clubs visit their website. www.sosc.org/sandiego

Stars Acting Workshop

Summer Golden | (619) 647-4958

zgolden1@cox.net

Offers two acting workshops for adults with disabilities. Call or e-mail for more information.

www.northparkvaudeville.com

SPORTS for Exceptional Athletes

Walter Jackson | (858) 565-7432

sds4ea@gmail.com

Sporting opportunities are currently held throughout the week via Zoom. Call or e-mail for more information on how to register.



Social Calls

We Are All In This...Together.

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, 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

Because human connection makes life better for everyone.

The City of
SAN DIEGO
Therapeutic Recreation Services



June

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 ALL Art	2 ALL Zumba Mindful Mornings ALL Dance	3 Laugh Hour Sports Talk LS Social KBC/KZ Workout	4 Let's get Active IND Club Meeting ALL Trivia	5 Weekend Workout
6 KBC Charades KZ Sensory Sunday	7 SMC/IND Cooking	8 ALL Art KZ/KBC Adventure	9 ALL Zumba Mindful Mornings ALL Dance	10 Laugh Hour Sports Talk KBC/KZ Social	11 Let's get Active SMC/IND Game Night	12 Weekend Workout ALL Cooking
13 KBC Bingo KZ Show & Tell	14 SMC/IND Move it Mondays	15 ALL Art	16 ALL Zumba Mindful Mornings ALL Dance	17 Laugh Hour Sports Talk LS Social KBC/KZ Workout	18 Let's get Active SMC/IND Dance Party	19
20 KBC Field Trip KZ Magic Fun	21 SMC/IND Life Hacks	22 ALL Art	23 ALL Zumba Mindful Mornings ALL Dance	24 Laugh Hour Sports Talk KBC/KZ Social	25 Let's get Active SMC/IND Rec Night	26 Weekend Workout
27 KBC Cooking KZ Game Day	28 SMC/IND Improv Yourself	29 ALL Art	30 ALL Zumba Mindful Mornings ALL Dance			

July

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Laugh Hour Sports Talk LS Social KBC/KZ Workout	2 Let's get Active IND Club Meeting ALL Trivia	3
4 HOLIDAY- OFFICE CLOSED	5	6 ALL Art KZ/KBC Adventure	7 ALL Zumba Mindful Mornings ALL Dance	8 Laugh Hour Sports Talk KBC/KZ Social	9 Let's get Active SMC/IND Game Night	10 Weekend Workout ALL Cooking
11 KBC Scavenger Hunt KZ Story Time	12 SMC/IND Cooking	13 ALL Art	14 ALL Zumba Mindful Mornings ALL Dance	15 Laugh Hour Sports Talk LS Social KBC/KZ Workout	16 Let's get Active SMC/IND Dance Party	17 Weekend Workout
18 KZ/KBC Talent Show	19 SMC/IND Move it Mondays	20 ALL Art	21 ALL Zumba Mindful Mornings ALL Dance	22 Laugh Hour Sports Talk KBC/KZ Social	23 Let's get Active SMC/IND Rec Night	24 Weekend Workout
25 KBC Charades KZ Sensory Sunday	26 SMC/IND Life Hacks	27 ALL Art	28 ALL Zumba ALL Dance	29 Laugh Hour Sports Talk KBC/KZ Workout	30	31

August

SUN	MON	TUES	WED	THURS	FRI	SAT
1 KBC Bingo KZ Show & Tell	2 SMC/IND Cooking	3 ALL Art KZ/KBC Adventure	4 ALL Zumba Mindful Mornings ALL Dance	5 Laugh Hour Sports Talk LS Social KBC/KZ Social	6 Let's get Active IND Club Meeting ALL Trivia	7 Weekend Workout
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29 KZ/KBC Talent Show	30	31 ALL Art				



Parks and Recreation Department

Therapeutic Recreation Services

Park De La Cruz

3901 Landis Street

San Diego, CA 92105

PRESORTED
STANDARD

U.S. POSTAGE
PAID

PERMIT NO 134

Would you rather receive our newsletter via email?

Email trsnewsletter@sandiego.gov

and you'll receive the next newsletter digitally.

“Enriching lives through quality parks and programs.”

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN, OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A 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.