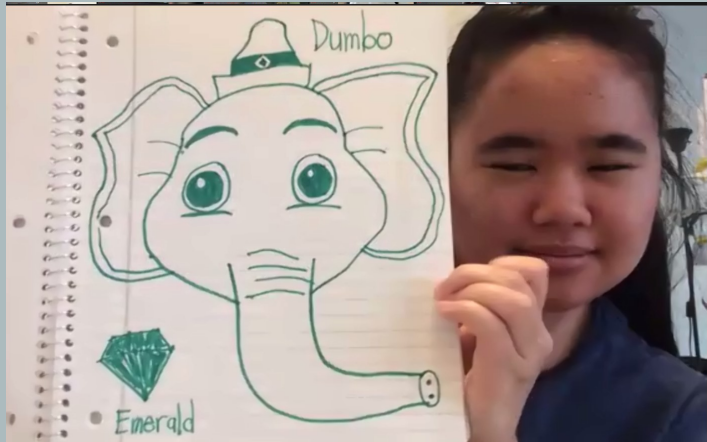


Therapeutic Recreation Services



Fall 2021 | September, October, November



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

Gerald Cunanan

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 • Jennifer Stevenson • Nikki Tajima, CTRS • Alex Valencia

Therapeutic Recreation Specialists

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

Michael Rodriguez (ages 18+)
(619) 236-7755
michaelr@sandiego.gov

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Where to Start/Get Involved!

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.

Payment Process

Payments can be done online at SDRecConnect.com or at Park de la Cruz Community Center (3901 Landis St), Monday – Saturday, see page 4 for office hours.

Only a parent or legal guardian can register participants under the age of 18 years • Cash or paper check is NOT accepted when paying in advance • **Acceptable payments 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% processing fee.

Refund Policy

Refund is based on the date that the written application was submitted, using the Refund Application, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy.

Refund policy exclusions: 3% 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 \$10.00 will not be refunded • No refunds for requests submitted less than 20 business days prior to the activity • Refunds will take up to 6-8 weeks • Payments made by credit card will be refunded to the credit card.

Scholarship Procedure

Scholarship applications are available at the TRS office or on the Disabled Service Advisory Council's website www.dsacsd.org. Submit completed applications to the TRS office. DSAC will review and approve partial scholarship to those demonstrating a need.

Community Center Information

Park de la Cruz Community Center

3901 Landis Street, San Diego CA 92105

Tel: (619) 525-8247

Hours of Operation

Monday	8:30 am-6:00 pm
Tuesday	8:30 am-6:00 pm
Wednesday	8:30 am-6:00 pm
Thursday	8:30 am-1:00 pm
Friday	8:30 am-1:00 pm
Saturday	9:30 am-2:30 pm
Sunday	Closed

Center Holiday Closures

Labor Day	September 6, 2021
Veterans Day	November 11, 2021
Thanksgiving	November 25, 2021

****At the time of newsletter printing, masks are optional for fully vaccinated patrons. Changes may be made depending on updated county guidelines.****

Equipment Check Out

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.

Park de la Cruz Community Park

GRAND OPENING

NEIGHBORHOOD BLOCK PARTY

3901 Landis Street, 92105

September 25 | 11:00 am – 4:00 pm

FAMILY MAGAZINE DAY OF PLAY & RESOURCE FAIR

www.snrfsd.org

ENTERTAINMENT

GIVEAWAYS

TOURS

ACTIVITIES

Therapeutic Recreation
Services

AgeWell Services

Gymnasium

Skate Park

Staff Updates

New Supervising Therapeutic Recreation Specialist: Gerald Cunanan



Gerald started his career with TRS as a Therapeutic Recreation Leader in 2015. For the past 5 years he was the leader in charge of the Kid Zone and Kick Back Club programs. He enjoys playing basketball, running, eating at new restaurants, and deep sea fishing.

Newest Therapeutic Recreation Specialist : **Michael Rodriguez**



Michael began working as a Therapeutic Recreation Leader with TRS after his internship in 2019. He enjoys spending time with friends and family and exploring San Diego. He will lead the Social Motion and Independent Club groups.

Congratulations Nikki!

Nikki will be getting married in September! Sadly for us (but lucky for her), she will be moving to Italy and hopes to continue her career in Recreation Therapy. Best Wishes!



Welcome to our Fall Intern **Kaitlyn**

Kaitlyn is a Recreation Therapy Major from CSU, Chico. She is excited to start her internship and participate in all the amazing events TRS has planned. Kaitlyn loves being outdoors (especially at the beach) traveling, and listening to music.



Staff Spotlight: Lucia Montiano



Why did you want to work at TRS?

Since first volunteering in 2016, being a part of the TRS family as a Therapeutic Recreation Leader has been the absolute best, and very rewarding.

What was your favorite TRS moment?

At Camp at the Bay, I was buddied up with a participant who had never kayaked before. Together, we conquered fear, laughed, and paddled until we were exhausted!

Favorite hobby outside of work?

I love camping and hiking, any time spent in nature!

Fun fact about yourself?

I have a twin sister!

Dances & Special Events

Monster Ball Dance

October 22 | 11:00 am – 2:00 pm

LEADER: Michael R

Join us for some ghoulish fun at the annual Halloween Day Dance at the Balboa Park Club (2150 Pan American Way, 92101). Bring a sack lunch (lunch will not be provided). **Direct supervision is NOT provided for this event.** Must be 16 years or older to attend.

Please call to RSVP (619) 525-8247.

COST: \$2.00 at the door **CODE: 96724**

Holiday Dance

December 11 | 6:00 – 9:00 pm

LEADER: Juan

Join us for our annual Holiday Dance at Park de la Cruz Gymnasium (3911 Landis St., 92105). Cost includes dance admission, refreshments, and DJ entertainment. You must be 18 years old to attend. **Direct supervision is NOT provided for this event.**

Please call to RSVP (619) 525-8247.

COST: \$5.00 at the door **CODE: 96726**

Halloween Dance

October 23 | 6:00 – 9:00 pm

LEADER: Nick

Join us for our annual Halloween Dance at Park de la Cruz Gymnasium (3911 Landis St., 92105). Cost includes dance admission, refreshments, and DJ entertainment. You must be 18 years old to attend. **Direct supervision is NOT provided for this event.**

Please call to RSVP (619) 525-8247.

COST: \$5.00 at the door **CODE: 96725**

Holiday Fair



December 10 | 11:00 am – 2:00 pm

LEADER: Michael R

'Tis the Season for some holiday fun! Gather your friends for an afternoon of games, crafts and music at Park de la Cruz Community Center (3901 Landis St.)! Bring a sack lunch. Lunch is NOT provided. Call (619) 525-8247 no later than Wednesday, December 8th to register. Pay at the door. **Direct supervision is NOT provided.** Must be 16 years or older to attend.

COST: \$2.00 at the door **CODE: 96727**

Brunch with Santa

December 11 | 11:30 am – 2:30 pm

LEADER: TBD

Enjoy a delicious brunch with your family and meet Santa! We will have face painting, games, and activities for the whole family. Brunch will be served from 11:30 am – 1:00 pm at Park de la Cruz Community Center (3901 Landis St.). Gifts will be provided for each child **ages 3-12 only**. This is a friends and family event. **NO supervision will be provided.**

COST: \$5.00

CODE: 96688



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

ALL Programs

All teens and adults ages 13 and over, with any disability. See activity description for age limits. **Direct supervision is not provided.**

Creativity for Fun

Tuesdays | 10:00 am–12:00 pm
LEADER: MaryLee M. (volunteer)

Come and explore your creative side! We will be making collages, decorating rocks, crafting greeting cards, and more. Everyone 18 years and up is welcome.

COST: FREE **CODE: 96513**

Weekend Workout

Select Saturdays | 11:00 am– 12:00 pm
LEADER: Nick

Workouts are held every Saturday (except the first Saturday of the month) at Park de la Cruz Community Center. Workouts are geared towards all participants, age 13 years and older and are adapted for all abilities. No equipment needed, wear comfortable clothes and closed toed shoes. Bring your own water bottle and sweat towel (if needed).

COST: \$7.00 for the season **CODE: 96503**

Open FUN Play

Saturdays | 12:00– 2:00 pm
LEADER: Nick

Hang out with your friends at Park de la Cruz Community Center following the Weekend Workout program (you may still attend without attending the Weekend Workout). Bring your lunch or snack to have on the patio. Activities will vary each week. Everyone 13 years and older are welcome.

No direct supervision.

COST: FREE **CODE: 96527**

Movie in the Park

September 10 | 6:00 pm
LEADER: All Staff

Enjoy an end of summer movie in the park with your family and friends. Games and activities will begin at 6:00 pm, followed by the movie starting at sunset. Bring your own chairs and blankets. This is a friends and family event, no direct supervision is provided.

COST: FREE

Raya and the Last Dragon

Virtual Programs

Virtual Art Class

Mondays | 4:00 – 5:00 pm
LEADER: Sharon

Calling all artists 13 years and up! Log on to our virtual art class as we try new skills.

CODE: 96512

Virtual Laugh Hour

Thursdays | 11:00 am– 12:00 pm
LEADER: Volunteer– Alicia

Scientific studies show that laughter reduces pain, fights depression and more! Program is open to participants and their families.

CODE: 96000

Virtual Sports Talk

Thursdays | 12:00– 1:00 pm
LEADER: Juan

There will be a different sports topic each meeting.

CODE: 96713

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

Kid Zone

Ages 3-12

TBD

(619) 525-8247

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

Please note: first time participants must be accompanied by a parent or guardian and have an assessment on file.

Playdays

Join us for games, arts, crafts, and more. Bring a sack lunch. Playdays are held once a month at Park de la Cruz Community Center (3901 Landis St., 92105). Feel free to dress up for the themed playdays.

12:00 - 3:00 pm

September 12 | Disney Playday

CODE: 96339

October 24 | Halloween Playday

CODE: 96341

November 21 | Superhero Playday

CODE: 96343

COST: \$7.00 per playday

Inclusion – 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 assistance, call Julie Gregg at (619) 236-7718 (minimum of three weeks notice). An assessment will be required.

Fleet Science Center

September 19 | 11:00 am – 2:00 pm

Drop-off and pick-up at Fleet Science Center in front of the big fountain (1875 El Prado, 92101). Remember to bring a sack lunch.

COST: \$20.00

CODE: 96338

Boomont Park

October 3 | 11:00 am – 2:00 pm

Enjoy spooky rides with your friends. Drop-off and pick-up at Belmont Park (3146 Mission Blvd., San Diego, 92109) under the roller coaster at the ticket booth. Please bring a sack lunch.

COST: \$20.00

CODE: 96340

Rockin' Jump

November 7 | 11:30 am – 2:30 pm

Bring a sack lunch to enjoy before having a hopping good time! Cost includes 2.5 hour jumper party and socks. Drop-off and pick-up at 8190 Miralani Dr., 92126.

COST: \$20.00

CODE: 96342

Brunch with Santa

See Special Events page 6 for more details.



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

Kick Back Club

Ages 13-18

TBD

(619) 525-8247

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



Haunted Trail

September 26 | 6:00– 8:30 pm

Put on your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Meet in front of the Museum of Art (between the Museum of Man and the Prado Restaurant). Pick-up at the Haunted Trail. Pizza dinner will be provided.

COST: \$5.00

CODE: 96692

Ghost Tours

October 10 | 6:00– 9:00 pm

We will be hopping aboard the Two Trolleys of Doom and ride through El Campo Santo Cemetery and Pioneer Park. Experience and learn about the notorious past of this city. Drop-off at 2510 Juan St., 92110.

CODE: \$30.00

CODE: 96691

Meetings

We will have games, crafts, and more. Meetings are held at Park de la Cruz Community Center (3901 Landis St., 92105).

6:00– 8:30 pm

October 8 | Halloween Meeting

Dress up in your Halloween costume!

CODE: 96347

November 19 | Thanksgiving

Special holiday dinner will be provided

CODE: 96349

COST: \$7.00 per meeting

Torrey Pines Hike

November 14 | 9:30 am– 12:30 pm

Meet at the North Beach Lot located on McGonigle Rd. and Del Mar Scenic Pkwy. for an afternoon hike and beach picnic. Cost includes lunch.

COST: \$7.00

CODE: 96348

Holiday Shopping

December 3 | 6:00– 9:00 pm

Get your shopping list ready and come hang out with friends while you “shop till you drop”. After shopping, we will wrap presents and have dinner. Drop-off at the side in between Target and Outback Steakhouse at Mission Valley Mall. Bring money for gifts.

COST: \$5.00

CODE: 96687

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

Social Motion Club

Ages 18+

Michael Rodriguez

(619) 236-7755

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.

Recreation Nights

Good people, games, and more! Dinner provided. Recreation Nights are held at Park de la Cruz Community Center (3901 Landis St.).

6:00– 8:30 pm

September 17 | Recreation Night

CODE: 96621

October 15 | Halloween Night

CODE: 96622

November 19 | Thanksgiving Night

Special holiday dinner will be provided.

CODE: 96625

**COST: \$10.00 per meeting or
\$20.00 Quarterly Membership**

Quarterly Membership Includes

Friday Nights, Fall Dances and Fitness Center (Fridays from 3:00-5:00 pm).

Must call (619) 525-8247 prior to each event to let us know if you will be attending.

COST: \$20.00

CODE: 96717

Haunted Trail

September 26 | 6:00– 8:30 pm

LEADER: Michael R & Staff

Beware! Put on your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Meet in front of the Museum of Art (between the Museum of Man and the Prado Restaurant). Pick-up at the Haunted Trail. Pizza will be provided.

COST: \$5.00

CODE: 96345

Open Fitness Center & Rec Room

Fridays | 3:00– 5:00 pm

Fitness and recreation room reserved for Social Motion and Independent Club only. No direct supervision provided. Family welcome to join in on the fun

Ghost Tours

October 10 | 6:00– 9:00 pm

We will be hopping aboard the Two Trolleys of Doom and ride through El Campo Santo Cemetery and Pioneer Park. Experience and learn about the notorious past of this city. Drop-off at 2510 Juan St., 92110.

COST: \$30.00

CODE: 96716

Rockin' Jump

November 12 | 6:30– 9:00 pm

Jump around! Jump-up jump-up and get down at Rockin' Jump Neon Jump Night! Cost includes 2.5 hour jumper party and socks. Drop-off and pick-up at 8190 Miralani Dr., 92126.

COST: \$20.00

CODE: 96627

Holiday Shopping

December 3 | 6:00– 9:00 pm

Get your shopping list ready and come hang out with friends while you "shop till you drop". After shopping, we will wrap presents and have dinner. Drop-off at the side in between Target and Outback Steakhouse at Mission Valley Mall. Bring money for gifts.

COST: \$5.00

CODE: 96647

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

Independent Club

Ages 21+

Michael Rodriguez

(619) 236-7755

MichaelR@sandiego.gov

This club is for adults with cognitive impairments or brain injuries. It is designed to promote independence as members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the "buddy system" on outings. **Minimal staffing is provided.**

Haunted Trail

September 26 | 6:00– 8:30 pm

Put on your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Meet in front of the Museum of Art (between the Museum of Man and the Prado Restaurant). Pick-up at the Haunted Trail. Pizza dinner will be provided.

COST: \$5.00

CODE: 96345

Ghost Tour

October 10 | 6:00– 9:00 pm

We will be hopping aboard the Two Trolleys of Doom and ride through El Campo Santo Cemetery and Pioneer Park. Experience and learn about the notorious past of this city. Drop-off location at 2510 Juan St., 92110.

COST: \$30.00

CODE: 96716

Old Town

November 3 | 5:00– 7:30 pm

Meet in Old Town at the Old Town Tequila Factory Restaurant (2467 Juan Street) for dinner and then a stroll after dinner (Club Members only).

COST: \$15.00

CODE: 96635

Open Fitness Center & Rec Room

Fridays | 3:00– 5:00 pm

Fitness and Recreation room reserved for Social Motion and Independent Club members only. No direct supervision provided. Family welcome to join in on the fun.

Meetings

Those wishing to attend these programs MUST be independent, able to utilize the buddy system, AND be pre-approved by a TRS Supervisor. Meetings are held at Park de La Cruz Community Center (3901 Landis St.).

5:30– 8:00 pm

September 3

CODE: 96629

October 1

CODE: 96630

November 5

CODE: 96631

COST: \$10.00 per meeting or

\$20.00 Quarterly Membership

Quarterly Membership Includes:

Friday Meetings, Fall Dances and Fitness Center (Fridays from 3:00-5:00 pm).

Must call (619) 525-8247 prior to each event to let us know if you will be attending.

COST: \$20.00

CODE: 96649

Holiday Shopping

December 3 | 6:00– 9:00 pm

Get your shopping list ready and come hang out with friends while you "shop til you drop". After shopping, we will wrap presents and have dinner. Drop-off at the side in between Target and Outback Steakhouse at Mission Valley Mall. Bring money for gifts.

COST: \$5.00

CODE: 96647

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

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. Direct supervision is not provided.

Social Connection

We meet the first Thursday of the month. This is a wonderful opportunity to make new friends and socialize. Individuals 18 and over, from day treatment programs, board and care facilities, and drop-in centers are welcome to attend. Socials are held at Park de la Cruz Community Center (3901 Landis St., 92105)

1:30- 3:30 pm

September 2 | Favorite Decade Party

CODE: 96504

October 7 | Oktoberfest

CODE: 96505

November 4 | Friendsgiving

CODE: 96506

COST: FREE

Open Fitness Center & Rec Room

Thursdays | 1:30- 5:00 pm

Fridays | 10:00 am- 3:00 pm

Fitness and Recreation room reserved for Leisure Seekers participants. Thursdays (except first Thursday) and Fridays (Fitness Center opens at 10:00 am, and Rec room opens at 1:00 pm.)

Haunted Trail

September 26 | 6:00- 8:30 pm

Put on your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Meet in front of the Museum of Art (between the Museum of Man and the Prado Restaurant). Pizza dinner will be provided.

COST: \$5.00

CODE: 96690

22nd Annual Consumer Luncheon

October 15 | 10:00 am- 2:00 pm

This event, held at the Balboa Park Club (2150 Pan American Rd. West) will honor fellow consumers' achievements and host a resource fair, featuring an array of community resources.

COST: \$4.00 presale

CODE: 96508

\$6.00 at the door

COST: \$20.00 Resource Table

(Includes 2 tickets) CODE: 96509

7 Bridges Hike

November 18 | 11:00 am- 2:00 pm

We will be going on an "urban hike" around San Diego. Meet at the Inez Grant Parker Memorial Rose Garden (2125 Park Blvd., 92101). Bring water and lunch, or money for food along the way.

COST: FREE

CODE: 96510

Access 4 All

Monday & Wednesday | 9:00 am- 12:00 pm

The Parks and Recreation Department is partnering with the San Diego Futures Foundation (SDFF) who will provide free technology assistance. SDFF will distribute information and provide low-cost devices to individuals (18 and over) who qualify. Start date will be determined later. Please call (619) 525-8247 if you are interested in attending or receiving more information.



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

Leisure Seekers Sports Leagues

Juan Razo

(619) 236-7771

JRazo@sandiego.gov

Softball

Wednesdays | 10:00 am-12:00 pm

September 1, 15, 29

October 13, 27

November 10, 24

Welcome back! Get your team together for practice to get ready for the Spring Softball season. Contact Juan at (619) 525-8247 or JRazo@sandiego.gov if you are interested in scheduling days. Practice will be held at Park de la Cruz Softball Field (3911 Landis St., 92105).

COST: FREE

CODE: 96693

Bowling League

Wednesdays | 10:00 am-12:00 pm

September 8, 22

October 6, 20

November 3, 17

December 1, 15

Get your Strike on! Join us for our yearly bowling league. Sharpen your bowling skills while socializing and making new friends. We meet at Parkway Bowl (1280 Fletcher Parkway). We will have an awards banquet at the end of the season.

COST: \$30.00 for the season

CODE: 96697

People in Recovery

Juan Razo

(619) 236-7771

JRazo@sandiego.gov

This program is designed to increase personal growth, self-esteem, independence and confidence through participation in a variety of recreation activities for individuals 18 and older recovering from drug and alcohol addictions.

Ages 18+



Park de la Cruz Open House

October 22 | 3:00-5:00 pm

It's finally here! Join us as we take a tour of Park de la Cruz (3901 Landis St.) and come together to discuss the opportunities for future programs and events for the recovery community

COST: FREE

CODE: 96714

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

Adaptive Sports

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.

Ages 8+

Adaptive Boxing

Bi-weekly; Wednesday | 5:00–6:00 pm

September 8, 22

October 13, 27

November 10

Want to get into shape while relieving stress and punching objects? Join our bi-weekly adaptive boxing class at Park de la Cruz, where we will be punching off the calories before the holidays.

COST: \$7.00 for the season CODE: 96468

Wheelchair Basketball

Open Gym

Tuesdays | 5:00–7:00 pm

Everyone is invited to participate in wheelchair basketball at Park de la Cruz Gymnasium (3911 Landis St., 92105). 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

COST: FREE

CODE: No online registration

Handcycling

Monthly; Saturdays | 11:00 am–1:00 pm

Join us as we pedal some of San Diego's most beautiful bike trails. Handcycling is a fun way to meet people and explore San Diego, while building strength and endurance. Meeting location is subject to change due to last minute events or races, so please look for the City of San Diego truck with wooden gates on the back.

September 4 | N. Crown Point Shores

3791 Corona Oriente Rd., 92109

(close to the kid's playground)

October 2 | Liberty Station

NTC Park: Corner of Dewey Rd. and Cushing Rd.

Look for the meet-up along Cushing Rd., next to the park.

November 6 | Lake Murray

5540 Kiowa Dr., La Mesa, 91942

COST: \$15.00 for the season CODE: 96471

Open Fitness Center

Tuesdays | 3:00– 6:00 pm

Fitness room reserved for Adapted Sports participants and family only. No direct supervision.

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

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.

Pickleball

Thursdays | 10:00-11:00 am (Skills & Drills)
11:00 am- 12:00 pm (Open Play)

September 30

October 7, 14, 21, 28

November 4

CODE: 96502

Enjoy this fun, social and friendly game. Program is for service members of any age and individuals age 55 and better. Whether you are looking for an easy game for beginners or a fast-paced, competitive game for experienced players, this activity is for you. This program will meet at the Park de la Cruz Gymnasium (3911 Landis St.).

COST: \$6.00 for the season/Free if you have our own equipment



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- February

Friday, Saturday, Sunday 11:30 am-3:30 pm

May- October

Monday, Wednesday, Friday 11:30 am-4:30 pm

Saturday, Sunday 11:30 am-5:30 pm

Reserve by calling (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.



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

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.

Requirements

- Attend a volunteer orientation
- Clear a background check
- Commit to one or more events each month



Qualifications

- At least 13 years old
- Patient
- Enjoy working with people
- Dependable
- Desire to work with a diverse population
- Energetic, enthusiastic, and eager to have fun!

Activities

- Assist with supervision of participants and provide hands on assistance with disabilities during dances, community outings, sporting events, and other activities.
- Set up equipment for activities and events
- Help prepare meals for programs
- Perform various office duties



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

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.

Wheelchair Dance

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



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

SD Wounded Warriors Tennis

Steve Kappes | (619) 948-4596

The San Diego Wounded Warrior Tennis Program will be offering free drop-in tennis clinics every Tuesday starting September 14th from 12:00- 1:30 pm at Balboa Tennis Club for wounded, ill and injured service members and veterans.

www.sdwoundedwarriortennis.org

4th Annual Day of Play

September 25 | 10:00 am – 1:00 pm



SPECIAL NEEDS
RESOURCE FOUNDATION
OF SAN DIEGO

FREE 4th annual All-Inclusive Day of Play & Resource Fair. Kids of all abilities can enjoy activity stations, crafts, games, giveaways and more at this annual event hosted by the Special Needs Resource Foundation of San Diego. Activity stations include Star Wars crafts, Ghostbuster take-home traps and slime, Super Mario Wheelchair course, Playable Candyland Game and more. Park de la Cruz Gymnasium (3911 Landis St., 92105).

www.snrfds.org

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 are held at Park de la Cruz (3901 Landis St.) on the second Wednesday of each month at 6:00 pm.

www.dsacsd.org



On behalf of the City of San Diego, Parks and Recreation Department, Therapeutic Recreation Services and Disabled Services Advisory Council, Inc., thank you to MADCAP's and the Hervey Family Non-endowment Fund at the San Diego Foundation. Both organizations have been long time supporters and their financial and volunteer contributions have positively impacted many lives. Their generous donations will provide scholarships, summer camp expenses and specialized equipment.



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

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!

September

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 LS Softball	2 WC Dance ALL Laugh Hour ALL Sports Talk LS Social	3 LS Fitness Center IND Meeting	4 ADP Handcycling- N. Crown Point
5	6 HOLIDAY- OFFICE CLOSED	7 ADP Fitness Creativity for Fun ADP WC Basketball	8 LS Bowling ADP Boxing	9 WC Dance ALL Laugh Hour ALL Sports Talk LS Fitness Center	10 LS Fitness Center Movie in the Park	11 ALL Weekend Workout ALL Open Play
12 KZ Disney Playday	13 Virtual Art	14 ADP Fitness Creativity for Fun ADP WC Basketball	15 LS Softball	16 WC Dance ALL Laugh Hour All Sports Talk LS Fitness Center	17 LS Fitness Center SMC Rec Night	18 ALL Weekend Workout ALL Open Play
19 KZ Outing- Fleet Science Museum	20 Virtual Art	21 ADP Fitness Creativity for Fun ADP WC Basketball	22 LS Bowling ADP Boxing	23 WC Dance ALL Laugh Hour ALL Sports Talk LS Fitness Center	24 LS Fitness Center	25 PDL.C. Grand Opening Celebration
26 ALL Haunted Trail	27 Virtual Art	28 ADP Fitness Creativity for Fun ADP WC Basketball	29 LS Softball	30 Laugh Hour ALL Sports Talk ALL Pickleball LS Fitness Center		

October

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 LS Fitness Center IND Meeting	2 ADP Handcycling- Liberty Station
3 KZ Boomont Park	4 Virtual Art	5 ADP Fitness Creativity for Fun ADP WC Basketball	6 LS Bowling	7 Laugh Hour ALL Sports Talk LS Social ALL Pickleball	8 LS Fitness Center KBC Halloween Meeting	9 ALL Weekend Workout ALL Open Play
10 KBC/ SMC/ IND Ghost Tours	11 Virtual Art	12 ADP Fitness Creativity for Fun ADP WC Basketball	13 LS Softball ADP Boxing	14 Laugh Hour ALL Sports Talk ALL Pickleball LS Fitness Center	15 Consumer Recognition SMC Recreation Night	16 ALL Weekend Workout ALL Open Play
17	18 Virtual Art	19 ADP Fitness Creativity for Fun ADP WC Basketball	20 LS Bowling	21 Laugh Hour ALL Sports Talk ALL Pickleball LS Fitness Center	22 PIR Open House Monster Ball LS Fitness Center	23 ALL Weekend Workout ALL Open Play Halloween Dance
24 KZ Halloween Playday	25 Virtual Art	26 ADP Fitness Creativity for Fun ADP WC Basketball	27 LS Softball ADP Boxing	28 Laugh Hour ALL Sports Talk ALL Pickleball LS Fitness Center	29 LS Fitness Center	30 ALL Weekend Workout ALL Open Play
31						

November

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Virtual Art	2 ADP Fitness Creativity for Fun ADP Wheelchair Basketball	3 IND Old Town	4 Laugh Hour ALL Sports Talk LS Social ALL Pickleball	5 LS Fitness Center IND Meeting	6 ADP Handcycling- Lake Murray
7 KZ Rockin' Jump	8 Virtual Art	9 ADP Fitness Creativity for Fun ADP WC Basketball	10 ADP Boxing	11 HOLIDAY- OFFICE CLOSED	12 LS Fitness Center SMC Rockin' Jump	13 ALL Weekend Workout ALL Open Play
14 KBC Torrey Pines Hike	15 Virtual Art	16 ADP Fitness Creativity for Fun ADP WC Basketball	17	18 Laugh Hour ALL Sports Talk LS Urban Hike LS Fitness Center	19 LS Fitness Center KBC/SMC Thanksgiving	20 ALL Weekend Workout ALL Open Play
21 KZ Superhero Playday	22 Virtual Art	23 ADP Fitness Creativity for Fun ADP WC Basketball	24	25 HOLIDAY- OFFICE CLOSED	26	27 ALL Weekend Workout ALL Open Play
28	29 Virtual Art	30 ADP Fitness Creativity for Fun ADP WC Basketball				



Parks and Recreation Department

Therapeutic Recreation Services

Park De La Cruz

3901 Landis Street

San Diego, CA 92105

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“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.