

Therapeutic Recreation Services (TRS)



Winter 2021-2022 | December, January, February



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

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Supervising Therapeutic Recreation Specialists

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Julie Gregg, CTRS • jgregg@sandiego.gov

Therapeutic Recreation Leaders

Alicia Bianchi, CTRS • Michael Bichler • Krysta Donaldson • Kira Duffett • Janet Estrada • Samantha Greene • Maria Horan, CTRS • Dylan Kiyomura • Mark Leo • Barre McKee • Lucia Montiano, CTRS • Paola Ochoa • Monica Olivan • Victor Ortiz • Cheryl Pawlak, CTRS/RTC • Jennifer Stevenson • Alex Valencia

Therapeutic Recreation Specialists

Nick Hurd (ages 8+)

(619) 236-7772
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Haley Marshall (ages 3-18)

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hemarshall@sandiego.gov

Sharon Moninger (ages 18+)

(619) 236-7753
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Juan Razo (all ages)

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Michael Rodriguez (ages 18+)

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Where to Start/Get Involved!

Steps to register on SD Rec Connect

For online registration, using the Activity Registration System, log on at **SDRecConnect.com**.

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

Returning Customers: For those with an existing account, 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) starting Saturday, November 20th. See page 4 for center 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 payment methods include: electronic check– proper ID with proof of checking account (blank or voided check) or credit, debit, or gift cards issued by qualified card service merchants (Visa, MasterCard, American Express, and Discover only)** • A \$25.00 fee will be charged for declined electronic checks. Customers should verify that bank routing and account numbers are entered correctly • Activities not meeting the minimum enrollment may be cancelled • All registration and reservation fees include a non-refundable 3% 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 scholarships 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 - 4:00 pm
Friday	8:30 am - 4:00 pm
Saturday	9:30 am - 2:30 pm
Sunday	Closed

Center Holiday Closures

■ Holiday Observed	December 24
■ Christmas Day	December 25
■ Holiday Observed	December 31
■ New Years Day	January 1
■ Martin Luther King Jr.	January 17
■ Presidents' Day	February 21

****At the time of newsletter printing, facial coverings are optional for fully vaccinated patrons. Facial coverings are mandatory for non-vaccinated patrons.****

Recreation Room

You can check out a variety of recreation equipment including basketballs, pool, ping-pong, board games and more. Individuals age 13 and older will need a picture ID (School, driver license, etc.). Children under the age of 13 must have parent or guardian present. No direct supervision provided. Recreation room open during community center hours.

Fitness Center

The fitness center has various free weights, cardio machines, and adaptable equipment. Must be 18 years and older. No direct supervision will be provided. Caretakers/ aides will be free of charge to utilize the fitness center while accompanying a participant. Fitness center is open during recreation center hours, except Mondays and Wednesdays (opens at 9:30 am)
COST: \$15.00 for the quarter CODE: 98292



Therapeutic Recreation Services 50th Anniversary Bash

Saturday, February 5, 2022 | 2:00 - 5:00 pm

Park de la Cruz Community Center

3901 Landis St., 92105

Additional details to be announced later. Call (619) 525-8247 if you are interested in attending.



Where it Started

How it's Going

Staff Updates

Welcome to TRS's newest staff members!

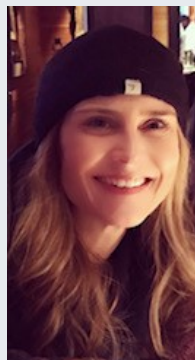
Haley Marshall

Haley is excited to be the new Therapeutic Recreation Specialist for the kids' and teens' groups. She loves camping, backpacking, as well as spending time with her animals and plants. Say hi when you see her around.



Barre McKee

Congratulations, Barre on your recent graduation from CSU East Bay. Barre, pronounced "Barry", completed her internship with AgeWell Services and has joined the TRS team as a Therapeutic Recreation Leader.



Dylan Kiyomura

Dylan recently moved to San Diego from Northern California and is excited to be part of the TRS team as a Therapeutic Recreation Leader. He enjoys the outdoors and is looking forward to exploring San Diego.



Intern: Taylor Askil

Taylor is a student at CSU Chico majoring in Recreation Therapy and Events with a minor in Marketing. She enjoys a good book, the

beach, hanging with friends and family and going on new adventures!



Krysta Donaldson

Krysta is a new Therapeutic Recreation Leader. She graduated from Sacramento State with a degree in Recreation Therapy. She enjoys hiking, and going to sporting events. Go Padres!



Maria Horan

Maria has been involved with TRS through volunteering, an internship and now as a new Therapeutic Recreation Leader. She enjoys going to the beach, hiking, cooking and learning new hobbies.



Summer Superstar:



Michael Bichler

Congratulations to our Summer Super Star, Michael! Michael assisted TRS staff by implementing and leading new virtual programs such as cooking, trivia and sign language. Michael is hardworking and dedicated to helping to improve the quality of programs TRS offers. Thank you for all you do!



Paola Ochoa

Paola is happy to be part of the TRS team as a Therapeutic Recreation Leader. She enjoys being able to be part of something beautiful. She likes to be

around nature and her family. Fun fact is she can dance flamenco!



Special Events & Virtual Programs

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! Bring a sack lunch. Lunch is NOT provided. Call (619) 525-8247 no later than Wednesday, December 8th to register. **Direct supervision is NOT provided.** Must be 16 years or older to attend.

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

Valentine's Dance

February 12 | 6:00 – 9:00 pm

LEADER: Haley

Join us as we boogie our hearts out! The dance will be held at Park de la Cruz Gymnasium (3911 Landis St.). Cost includes admission, refreshments, and entertainment. **Direct supervision will NOT be provided for this event.** Must be 18 years or older to attend.

COST: \$5.00

CODE: 98191

Holiday Dance

December 11 | 6:00 – 9:00 pm

LEADER: Juan

Celebrate the holiday season by dancing and socializing with friends and making new ones at Park de la Cruz Gymnasium. There will be snacks and beverages served throughout the dance. **Direct supervision is NOT provided and you must be 18 years or older to attend.**

COST: \$5.00 at the door **CODE: 98399**

Virtual Programs

Virtual Art Class

Mondays | 4:00 – 5:00 pm

LEADER: Sharon

Calling all artists 13 years and up! Log on every Monday (except December 6th and 13th– see virtual cooking class) as we try new skills.

CODE: 96512

Virtual Cooking Class

December 6, 13 | 4:00 – 5:00 pm

LEADER: Kaitlyn, Intern

Join us virtually from your kitchen for food and fun! Recipe and ingredients will be e-mailed a week prior to program date.

CODE: 98458

Virtual Game Night

December 8, 22 | 4:00 – 5:00 pm

LEADER: Taylor, Intern

Log on for a two night special of virtual games. Link will be sent prior to program date.

CODE: 98459

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: 97898

Brunch with Santa

December 11 | 11:30 am – 2:30 pm

LEADER: Haley

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. 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

See activity description for age limits. **Direct supervision is not provided.**

Archery

Wednesdays in January | 12:00 – 2:00 pm
LEADER: Juan

It's back! Beginning in January join us every Wednesday for our Archery program at the Morley Field Archery Range. Space is limited, sign up ASAP.

COST: \$15.00 (4 sessions) CODE: 98402

Learn to Play Pickleball

Thursdays | 9:00 – 10:00 am (Instruction)
10:00 am – 12:00 pm (Open)

Enjoy this fun, social and friendly game.

Program is for all participants **ages 18 and older**. 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 meets at Park de la Cruz Gymnasium (3911 Landis St.)

COST: \$5.00 for the quarter CODE: 98366

Self Expression Art

Fridays | 2:30 – 4:00 pm
LEADER: Volunteer – Michael

Express images hidden within, using paints, colored pencils, markers, or other media without judgment or criticism. Just enjoy! Direct supervision is NOT provided.

COST: FREE CODE: 98457

Sports Talk

Fridays | 3:30 – 5:00 pm
LEADER: Juan

If you like sports, this is the program for you. A new topic and current events will be discussed at each meeting.

COST: FREE CODE: 98398

Balance Training

Fridays (Jan 14– Feb 25) | 2:30 – 3:30 pm
LEADER: Nick

Starting January 14th, this ALL balance training involves doing exercises that strengthen the muscles that help keep you upright, including your legs and core. For all participants **ages 16 and older**. These kinds of exercises can improve stability, 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: \$5.00 for the quarter CODE: 98295

TRS Meetup

Tuesdays (see page 19) | 9:45 – 10:45 am

LEADER: TRS Staff

This program is for ages 18 years and older. **No direct supervision is provided.** Each Tuesday, join TRS for a new and exciting activity. Activities will include, but are not limited to, games, sports, arts and crafts and team building activities.

COST: FREE CODE: 98585

Weekend Workout

Saturdays | 1:00 – 2:30 pm
December 4, 18; January 15, 22, 29
February 19, 26

LEADER: Nick

This 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. Bring your water and comfortable clothes.

COST: \$5.00 for the quarter CODE: 98293

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

Kid Zone

Haley Marshall

(619) 525-8248

HEMarshall@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.

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

Brunch with Santa

December 11 | 11:30 am - 2:30 pm

See Special Events page 6 for more details.



Winter Adventure

Day 1 - Jungle Playday

December 20 | 9:00 am - 3:00 pm

Who said winter had to be cold? Join us for arts, crafts, and games that take us to the jungle! Meet at Park de la Cruz Community Center's back outdoor basketball court (3911 Landis St.). Bring a sack lunch and feel free to dress up in your best safari gear!

COST: \$15.00 **CODE: 98192**

Day 2 - San Diego Zoo

December 21 | 9:00 am - 3:00 pm

Time to bring our jungle fun to life! Get ready for a fun day spent with the animals at the San Diego Zoo. Drop-off and pick-up at the Lion statue near the Zoo entrance (2920 Zoo Dr., 92101). Bring a sack lunch, and don't forget your sunscreen!

COST: \$25/\$10 with pass **CODE: 98193**

Playdays

Have fun with games, crafts, art, and more! Make sure you bring a sack lunch. Drop-off and pick-up at Park de la Cruz Community Center's back outdoor basketball court (3911 Landis St.). We encourage dressing up to fit the themes!

12:00 - 3:00 pm

January 9 | Camping Playday

CODE: 98194

February 6 | Valentine's Playday

CODE: 98195

COST: \$7.00 per playday

Disney on Ice

January 23 | 11:30 am - 4:00 pm

Meet at Chik-fil-a in the Pechanga Arena parking lot (3570 Sports Arena Blvd., 92110). Bring a sack lunch to eat before the show (no outside food allowed in the arena). Family and friends welcome. Tickets are limited.

COST: \$30.00

CODE: 98196

Coaster and Fletcher Cove Park

February 27 | 10:30 am - 2:30 pm

Drop-off and pick-up outside the Metro by T-Mobile attached to Old Town Station (4009 Taylor St., 92110). Bring a sack lunch to enjoy at our park picnic.

COST: \$7.00

CODE: 98198

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

Kick Back Club

Ages 13-18

Haley Marshall

(619) 525-8248

HEMarshall@sandiego.gov

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.

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

Winter Pajama Party

December 17 | 5:30 – 8:00 pm

'Tis the season to be freezin'! Come join us for a Winter Wonderland Recreation Night dressed in your favorite cozy winter pajamas. Spend time with your friends, play games, make crafts, and more! Dinner will be provided. Get ready to have snow much fun!

COST: \$7.00

CODE: 98201



Meetings

We will have games, crafts, and more!

Meetings are held at Park de la Cruz Community Center (3901 Landis St.). Dinner will be provided.

5:30 – 8:00 pm

January 14 | Game Night Meeting

CODE: 98190

February 25 | Breakfast for Dinner

CODE: 98199

COST: \$7.00 per meeting

Monster Jam

January 16 | 2:00 – 6:30 pm

Get ready for Monster Truck madness! Drop-off and pick-up at 4th and K Street, in front of the Hilton Hotel. This is a loud event, foam earplugs will be provided or you may bring your own. Bring a sack lunch or money for snacks at the stadium. Get your tickets now! Space is limited.

CODE: \$30.00

CODE: 98203

Harlem Globetrotters

February 20 | 11:30 am – 4:00 pm

Don't be a ball hog, come be a team player as we root on the Harlem Globetrotters!

Drop-off and pick-up at the Habit Burger (3555 Sports Arena Blvd.). Bring a sack lunch or money for food. Tickets are limited.

CODE: \$30.00

CODE: 98202

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.).

5:30 – 8:00 pm

December 17 | Winter Pajama Party

'Tis the season to be freezin'! Come join us for a Winter Wonderland Recreation Night dressed in your favorite cozy winter pajamas. Spend time with your friends, play games, make crafts, and more! Dinner will be provided. Get ready to have snow much fun!

CODE: 98183

January 21 | New Year Goals Night

New year, new you! Come make new goals, learn new skills, and learn to be the best version of yourself!

CODE: 98188

February 18 | Movie Night

Get the popcorn poppin'! Bring comfy clothes, pillows, and blankets.

CODE: 98189

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



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

Monster Jam

January 16 | 2:00 – 6:30 pm

Get ready for an action-packed night of Monster Truck madness! Drop-off and pick-up at 4th and K Street, in front of the Hilton Hotel. This is a loud event, foam earplugs will be provided or you may bring your own. Bring a sack lunch or money for snacks.

COST: \$30.00

CODE: 98186

Harlem Globetrotters

February 20 | 11:30 am – 4:00 pm

Don't be a ball hog- come be a team player as we root on the Harlem Globetrotters! Drop-off and pick-up at the Habit Burger (3555 Sports Arena Blvd.). Bring a sack lunch or money for food.

COST: \$30.00

CODE: 98187

Quarterly Membership Includes

Friday Recreation nights, Holiday Dance, Valentine's Dance and Fitness Center (see page 4). Must RSVP at (619) 525-8247 prior to each event.

COST: \$20.00

CODE: 98200

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.**

Club Meetings

First Friday of the month, except the December meeting. (**Club Members only**). Those wishing to attend these programs **MUST** be independent, able to utilize the buddy system, **AND** be pre-approved by a TRS Supervisor.

If you are a new member, please set up an interview appointment prior to meeting by calling the office at (619) 525-8247.

5:30 – 8:00 pm

December 17 | Winter Pajama Party

‘Tis the season to be freezin’! Come join us for a Winter Wonderland Recreation Night dressed in your favorite cozy winter pajamas. Spend time with your friends, play games, make crafts, and more! Dinner will be provided. Get ready to have snow much fun!

CODE: 98183

January 7 | Election Speeches

Get your speeches ready and be prepared to vote and support your peers.

CODE: 98184

February 4 | Valentine’s Day

Come make valentines for your friends and loved ones, eat delicious food, and enjoy a night full of fun and friendship.

CODE: 98185

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



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

Monster Jam

January 16 | 2:00 – 6:30 pm

Get ready for an action-packed night of Monster Truck madness! Drop-off and pick-up at 4th and K Street, in front of the Hilton Hotel. This is a loud event, foam earplugs will be provided or you may bring your own. Bring a sack lunch or money for snacks.

COST: \$30.00

CODE: 98186

Harlem Globetrotters

February 20 | 11:30 am – 4:00 pm

Don’t be a ball hog, come be a team player as we root on the Harlem Globetrotters! Drop-off and pick-up at the Habit Burger (3555 Sports Arena Blvd.). Bring a sack lunch or money for food.

COST: \$30.00

CODE: 98187

Quarterly Membership Includes

Club Meetings, Holiday Dance, Valentine’s Dance, and Fitness Center (see page 4).

Must RSVP at (619) 525-8247 prior to each

COST: \$20.00

CODE: 98197

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

December 2 | Holiday Sweater Party

CODE: [98367](#)

January 6 | Black Tie Event

CODE: [98368](#)

February 3 | Better Together Party

COST: FREE

CODE: [98369](#)

Serving Seniors Meal Program

Starting January | 12:00 - 1:00 pm

Serving Seniors and AgeWell Services will host a congregate meal program at Park de la Cruz Community Center, Monday thru Fridays starting January 3rd. Meals are designed with a registered dietician and accommodate a wide variety of dietary needs. Meals are available to anyone 60+ years of age. Serving seniors asks for a nominal donation, but no one will be sent away if unable to pay. A \$4.00 fee is requested for those who are under 60 years of age. If you are interested, call (619) 525-8247.

Live Music Sunday

December 12 | 12:30 - 3:30 pm

Enjoy an afternoon of music at Liberty Public Market (2820 Historic Decatur Rd., 92106) for their free Live Music Sunday series. Bring a lounge chair or blanket and food or money to purchase food from the local vendors. The cost is free, but you must register by calling (619) 525-8247.

COST: FREE

CODE: [98371](#)

Yoga in Balboa Park

January 23 | 10:30 am - 1:30 pm

Let's begin 2022 recharged with a free vinyasa style yoga class combined with live acoustic music. Everyone is welcome no matter level of experience. Meet in Balboa Park (the corner of 6th and Laurel) for the yoga class followed by a walk in the park. Bring water, sack lunch or money for lunch.

COST: FREE

CODE: [98373](#)

Access for All Tech Program

Monday & Wednesday

9:00 am - 12:00 pm

Join us for a free technology assistance program led by San Diego Futures Foundation (SDFF) staff. SDFF will conduct a workshop, and host Q&A. Please call (619) 525-8247 for information.

COST: FREE

CODE: [98543](#)

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

Leisure Seekers Sports

Juan Razo

(619) 236-7771

JRazo@sandiego.gov



Bowling League

December 1, 15 | 10:00 am - 12:00 pm
Get your Strike on! Join us as we finish out our last two sessions of our yearly bowling league. Sharpen your bowling skills while socializing and making new friends. Meet at Parkway Bowl (1280 Fletcher Parkway). There will be an awards banquet on the last day of the season. Please contact Juan at the main office at (619) 525-8247 for questions.

COST: \$10/2 sessions

CODE: 63928

Softball League

Wednesdays | 10:00 am-1:00 pm

Save the date! Beginning in March, bring your team or just yourself to our Park de la Cruz Softball field. Register online or in person at Park de la Cruz Community Center (3901 Landis St.) by Wednesday, February 23rd. Mandatory coaches meeting on the first day of the season at Park de la Cruz. There will be an awards banquet at the end of the season. Call Juan at (619) 525-8247 for more information and registration code.

COST: \$50 team or \$5 person



Chair Yoga

Fridays (Jan 7-Feb 25) | 12:45 - 1:45 pm

LEADER: Contractor- Jackie G.

Yoga chair classes are gentle, combining both chair and standing postures to incorporate both flexibility and muscular strengthening. We aim for a good stretch, a bit of a workout, and some valuable mind-quiet time, all to help reinforce that ever important connection between your body and your mind. Participate at your appropriate level! Bring water.

COST: \$30.00/8 sessions. Cost includes use of fitness center during open hours.

CODE: 98400

Archery

February 16 | 11:00 am- 1:00 pm

LEADER: Juan

Join us for an afternoon of archery at Morley Field Archery Range (2221 Morley Field Dr., 92104). No previous experience necessary, instruction and equipment will be provided. Registration fills up quickly.

COST: \$2.00

CODE: 98374

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

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.

See ALL Programs on page 7 for Pickleball and Balance activity information.



Wheelchair Basketball

Saturdays* | 10:00 am - 1:00 pm

LEADER: Jaques Theus "J.T.", Volunteer

This recreational basketball program is designed for participants ages 8 and older with physical disabilities and will teach fundamentals and skills and drills of playing wheelchair basketball. Program is suitable from beginner to advanced players. Please e-mail NHurd@sandiego.gov two days prior to attending if you will need to borrow a sports wheelchair. This program is hosted on the outdoor basketball courts at Park de la Cruz Center.

***See page 19 for dates**

COST: FREE

Wheelchair Dance

Tuesdays | 11:00 am-12:00 pm

January 4, 11, 18, 25

February 1, 8, 15, 22

March 1, 8, 15, 22

If you've thought about learning ballroom and Latin dance, here's your chance! Wheelchair Dancers Organization brings you the best in inclusive dance whether you roll or walk. Join WDO's Jason Rivers and Karma LaDonna for a morning of dance instruction on Tuesdays from 11:00 am - 12:00 pm at Park de la Cruz Gymnasium (3911 Landis St.). All abilities and levels welcome! Dance, get some exercise, and meet new people. Register at www.wdoinclusivedance.org. Be sure to check out our other classes and workshops too. We have something for everyone!



All codes are directly linked to 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.

Strength Training

Mondays and Wednesdays | 8:30 - 9:30 am

LEADER: Sarah Newman, Volunteer

This class offers 100% adaptable and customizable functional movement-based exercises to meet individual needs. Class includes dynamic warm-up, body weight, resistance band, kettle bell, and core exercises in combination with cardiovascular activities. Program is designed for Service Member (active-duty or veterans) and will meet at Park de la Cruz Fitness Center (3901 Landis St.).

COST: FREE

CODE: 98510



**See ALL Programs on page 7
for Pickleball and Balance
activity information.**

Beach Wheelchair Program

Take a free ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility impairments or those otherwise unable to walk unaided on the beach. Reservations recommended.

Go to: www.sandiego.gov/park-and-recreation/activities/trs and select "Beach Accessibility and Wheelchair Program" to find other beach accessible locations in San Diego.

Hours of Operation

Closed January- February

March- April/ November- December

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

May- October

Monday, Wednesday, 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

Lynne Allen | (619) 704-3343

During this time of no in-person events or trainings, SOOSC 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

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 from 12:00– 1:30 pm at Balboa Tennis Club (2221 Morley Field Dr., 92104). for wounded, ill and injured service members and veterans.

www.sdwoundedwarriortennis.org



SPORTS for Exceptional Athletes

Walter Jackson | (858) 565-7432

sds4ea@gmail.com

Sporting opportunities are held throughout the week at various City of San Diego Recreation Centers.



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

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!

December

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 LS Bowling SM Strength	2 ALL Pickleball Virtual Laugh Hour LS Social	3 ALL Sports Talk Self-Expression Art KBC/ SMC/IND Holiday Shopping	4 ADP WC Basketball ALL Weekend Workout
5	6 Virtual Cooking SM Strength	7 TRS Meetup	8 LS Softball SM Strength Virtual Game Night	9 Virtual Laugh Hour ALL Pickleball	10 ALL Sports Talk ALL Holiday Fair Self-Expression Art	11 Brunch with Santa Holiday Dance
12 LS Music in the Park	13 Virtual Cooking SM Strength	14 TRS Meetup	15 LS Bowling SM Strength	16 Virtual Laugh Hour ALL Pickleball	17 ALL Sports Talk SMC/KBC/IND Winter Pajama Party Self-Expression Art	18 ADP WC Basketball ALL Weekend Workout
19	20 Virtual Art KZ Winter Adventure– Jungle Playday SM Strength	21 KZ Winter Adventure– San Diego Zoo	22 LS Softball SM Strength Virtual Game Night	23 Virtual Laugh Hour ALL Pickleball	24 HOLIDAY– Office Closed	25 HOLIDAY– Office Closed
26	27 SM Strength	28 TRS Meetup	29 SM Strength	30 Virtual Laugh Hour ALL Pickleball	31 HOLIDAY– Office Closed	

January

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 HOLIDAY– Office Closed
2	3 Virtual Art SM Strength	4 TRS Meetup ADP Wheelchair Dance	5 LS Softball SM Strength ALL Archery	6 ALL Pickleball Virtual Laugh Hour LS Social	7 ALL Sports Talk Self-Expression Art IND Club Meeting Chair Yoga	8 ADP WC Basketball
9 KZ Camping Playday	10 Virtual Art SM Strength	11 TRS Meetup ADP Wheelchair Dance	12 LS Softball SM Strength ALL Archery	13 ALL Pickleball Virtual Laugh Hour	14 ALL Balance Self-Expression Art ALL Sports Talk KBC Game Night Chair Yoga	15 ADP WC Basketball ALL Weekend Workout
16 KBC/SMC/IND Monster Jam	17 HOLIDAY– Office Closed	18 TRS Meetup ADP Wheelchair Dance	19 LS Softball SM Strength ALL Archery	20 ALL Pickleball Virtual Laugh Hour	21 ALL Sports Talk Self-Expression Art SMC Rec Night Chair Yoga ALL Balance	22 ADP WC Basketball ALL Weekend Workout
23 LS Yoga KZ Disney on Ice	24 Virtual Art SM Strength	25 TRS Meetup ADP Wheelchair Dance	26 LS Softball SM Strength ALL Archery	27 ALL Pickleball Virtual Laugh Hour	28 ALL Sports Talk Self-Expression Art Chair Yoga ALL Balance	29 ADP WC Basketball ALL Weekend Workout
30	31 SM Strength					

February

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 TRS Meetup ADP Wheelchair Dance	2 LS Softball SM Strength	3 ALL Pickleball Virtual Laugh Hour LS Social	4 ALL Sports Talk Self Expression Art IND Club Meeting Chair Yoga ALL Balance	5 50th Anniversary
6 KZ Valentine's Playday	7 Virtual Art SM Strength	8 TRS Meetup ADP Wheelchair Dance	9 LS Softball SM Strength	10 ALL Pickleball Virtual Laugh Hour	11 ALL Sports Talk Self-Expression Art Chair Yoga	12 Valentine's Dance ADP WC Basketball
13	14 Virtual Art SM Strength	15 TRS Meetup ADP Wheelchair Dance	16 LS Softball SM Strength LS Archery	17 ALL Pickleball Virtual Laugh Hour	18 ALL Sports Talk Self-Expression Art SMC Rec Night Chair Yoga ALL Balance	19 ADP WC Basketball ALL Weekend Workout
20 KBC/SMC/IND Harlem Globetrotters	21 HOLIDAY– Office Closed	22 TRS Meetup ADP Wheelchair Dance	23 LS Softball SM Strength	24 ALL Pickleball Virtual Laugh Hour	25 ALL Balance Self-Expression Art KBC Breakfast for Dinner Meeting Chair Yoga	26 ADP WC Basketball ALL Weekend Workout
27 KZ Coaster and Fletcher Cove Park	28 Virtual Art					



Parks and Recreation Department

Therapeutic Recreation Services

Park De La Cruz

3901 Landis Street

San Diego, CA 92105

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and you'll receive the next newsletter digitally.

“Enriching lives through quality parks and programs.”

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619) 533-6333, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.