



Therapeutic Recreation Services (TRS)

SPRING 2022 | March, April, May



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.

TRS STAFF

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Supervising Therapeutic Recreation Specialists

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Therapeutic Recreation Specialists

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(ages 8+)

(619) 236-7772

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(ages 3-18)

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Sharon Moninger

(ages 18+)

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(all ages)

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Where to Start/Online Registration

Spring Registration starts February 12, 2022 at 10:00 am and **Summer Camp** registration begins April 16, 2022 at 10:00 am.

Steps to register on SD Rec Connect

First Time users: Create an online profile, using the Activity Registration System, **SDRecConnect.com**. 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 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 link. Note: this email may go to your "spam" folder. To avoid duplication, be sure to let others in your household know you've set up the account. ****Important:** If you are registering a child for an activity, do not use the child's information when creating a New Account. You can add them as a family member after the account is created.

Returning Customers: for returning customers, click the "Sign In" or "My Account" button. Enter your login (email address) and password.

Payment Process

Payments can be done online at SDRecConnect.com or at Park de la Cruz Community Center (3901 Landis St). See page 16 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 Park de la Cruz (PDLC) or on the Disabled Service Advisory Council's (DSAC) website www.dsacsd.org. Submit completed applications to PDLC. DSAC will review and approve partial scholarships to those demonstrating a need.

ANNOUNCEMENTS

Community Parks II

Award Recipients:

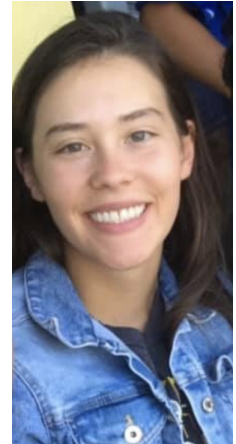
Alicia Bianchi | Mark Leo | Nick Hurd

Congratulations to this years Community Parks II Award recipients. These awards are given to hourly and full time staff who have made an impact on those we serve and provide exceptional customer service to participants, families and the public.



Welcome

Welcome Taylor, TRS intern, from Fresno State. She enjoys sports, the beach, and taking her dog on walks. She is excited to start her new adventure at TRS!



Congratulations, Kaitlyn and Taylor on the completion of your internships and becoming part of the TRS team as our new TR Leaders.

Staff Spotlight: Alex Valencia



Why did you want to work at TRS?

I had heard a lot of great things about the program. I heard the people we work with are truly caring individuals and the population we serve is amazing.

What has been your favorite TRS moment?

My favorite TRS moment was when we took a group of kids to Legoland and on the way back after a draining day my participant leaned over and rested his head on my shoulder and fell asleep.

Favorite hobby outside of work?

It would have to be going to the gym because my second best hobby is to eat. I love finding new places to try food.

Fun fact about yourself?

I love shoes. I have over 100 pairs.

VOLUNTEER CORNER

TRS is proud to offer a wide variety of volunteer opportunities for anyone **13 years and older** 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
- Provide proof of vaccination status or have an approved exemption application
- 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 and safety of participants and provide hands on assistance with individuals with disabilities during activities
- Set-up equipment for activities and events
- Help prepare meals



If you are interested in becoming a volunteer, please contact Sharon Moninger at (619) 236-7753 or e-mail SMoninger@san Diego.gov

Volunteer of the Quarter Addison Bullard

Addison has been part of the TRS family for many years, and has now become a volunteer. She is grateful to be able to help assist the programs TRS offers, and learn through doing so. She enjoys math competitions, geology classes, and playing tennis. Her favorite part of volunteering with TRS is being able to meet new people, help provide resources for those with special needs, and the connections she's made with participants.



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

Special thanks to these sponsors



Donations received through GoFundMe will be used to purchase recreation equipment.

<https://gofund.me/2ef2e56c>

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!

Special Events

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

Spring Fling Dance

March 18 | 10:00 am - 1:00 pm

LEADER: Michael

Located at the Balboa Park Club (2144 Pan American Rd. W., 92101). **Direct supervision is not provided. You must be 16 years or older to attend.** Lunch is not provided. Snacks available for purchase.

COST: \$2 **CODE: No online registration**

Spring Silent Disco

April 30 | 4:00 - 7:00 pm

LEADER: Haley

Get ready for something new...our first ever Silent Disco! Participants are given headphones to dance to music of their choice. For more details call (619) 525-8247. We will be hosting the dance on the field across from Park de la Cruz (3901 Landis St.). Cost covers headphones, entertainment, and refreshments. **For ages 13 and up. No**

direct supervision provided. Online registration is required for anyone attending.

COST: \$8 **CODE: 99368**

Talent Show

April 22 | 6:00 - 9:00 pm

LEADER: Michael

Sign-up to perform or cheer on your friends at Park de la Cruz! Light refreshments provided. **If you wish to perform, please call (619) 525-8247 to register by Friday, April 15th.**

COST: \$3

CODE: 99650

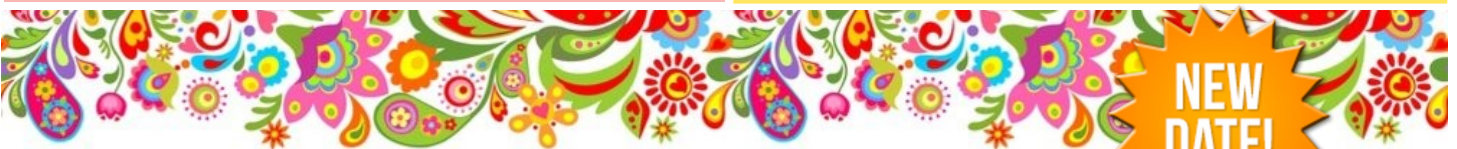
Picnic at the Park & Padres Game

May 8 | 11:00 am - 1:00 pm

Get into the Padres' spirit with fellow participants, family and friends to watch the Padres take on the Miami Marlins. Everyone is welcome! We will meet at the park at 4th and K St. in front of the Hilton Hotel, where we will have games, snacks, and activities. You can pick up your tickets at the Picnic between 11:00 am - 1:00 pm. Game starts at 1:10 pm. **This is a family and friends event, no direct staff supervision provided. No Pedal to the Park option.**

COST: \$25

CODE: 99469



Activities

Therapeutic Recreation Services 50th Anniversary Bash

Light Refreshments

AgeWell Photo Show Exhibit

Saturday, June 18, 2022

FREE Event | 2:00 - 5:00 pm

Facility Tours

Park de la Cruz Community Center

Celebratory Proclamation

3901 Landis St., 92105

Music

Register via SDRecConnect.com by **May 25th** to receive a commemorative gift using the code: **98965** or call the main office at (619) 525-8247. No direct supervision provided.

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

Summer Camps

Registration for summer camps begins SATURDAY APRIL 16, 2022.

Registration may be done online or at Park de la Cruz Community Center during office hours (see page 17). No registration will be taken over the phone. **Enrollment is limited.** If camp is full, join the waitlist. Participants will be pulled from waitlist if spots become available. Camp forms and information will be mailed upon registration. Partial scholarships for all TRS camps are available to those who demonstrate a need. Scholarship forms must be on file with TRS. Camper must have a current assessment completed prior to attending camp. See "Online Registration" on page 3. **Camp refund policy**– Full refund of the registration fee will be given with at least 10 calendar days prior to the first day of camp. 50% of the registration fee will be given for applications submitted less than 10 calendar days prior to the first day of camp. No refunds for less than 48 hours from the start of camp.

Cost for TRS camps is \$210 per camp

Camp at the Bay

CODE: [99476](#)

Monday–Friday, July 11–15 | 9:30 am – 3:00 pm

LEADER: Nick Hurd

Campers, ages 10 to adult, with any disability will experience adaptive water activities, crafts, and more. Siblings and friends are welcome to attend. Camp meets at N. Crown Point Shores Park, Corner of Moorland Dr. & Corona Oriente Rd., 92109.

Kid Zone Adventure Camp

CODE: [99619](#)

Monday– Friday, July 25–29 | 9:00 am – 3:00 pm

LEADER: Haley Marshall

Campers, ages 6 to 12, with any disability, siblings and friends, join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, daily field trips, admission, and transportation costs. Camp meets at Park de la Cruz (3901 Landis Street, 92015).

Camp Wet n' Wild

CODE: [99612](#)

Monday–Friday, August 8–12 | 10:00 am – 3:00 pm

LEADER: Juan Razo

Campers, ages 10 to adult, with any disability, siblings and friends will enjoy kayaking, surfing, games, crafts and more. Meet at Mission Point Park (2600 Bayside Lane, 92109).

Inclusion Support – We can all play Together

Other day camp opportunities are available for children ages 3-12 at the City of San Diego Parks and Recreation centers. Go to www.sandiego.gov/park-and-recreation/centers for a complete listing. Call Julie Gregg at (619) 236-7718 to request inclusion support, if needed. Requests are processed in the order received and according to staff availability (minimum three-week's notice is required).

Junior Adaptive Sports Camp

Monday– Friday, July 25–29 | 9:00 am – 3:30 pm

This TRS co-sponsored camp is for ages 4-18 who have a physical impairment. Enjoy learning various wheelchair sports taught by trained athletes. Additional fees apply for transportation. Please contact ASRA at (619) 336-1806 for camp fees and more information. **Registration for this camp is done through ASRA, not SDRecConnect.**

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

Miscellaneous Programs

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

Model Cars Club

Bi-weekly Wednesdays | 2:00 - 3:30 pm

LEADER: Juan

It's back! This time in person. Starting **March 16th**, join this fun interactive club at Park de la Cruz (3901 Landis St., 92105) where we will build model cars together, share techniques, and socialize with peers. See page 19 for program dates.

COST: \$20 **CODE: 99579**

Self-Expression Art

Fridays | 2:30 - 4:30 pm

LEADER: Volunteer- Michael

Express images hidden within using paints, colored pencils, markers, or other media without judgement or criticism. Just enjoy! Meet at Park de la Cruz.

COST: FREE **CODE: 99468**

Sports Talk

Fridays | 3:30 - 5:00 pm

LEADER: Juan

If you like sports, this is the program for you. Join Juan and your friends in many different topics of sports. Each time we meet, we will have a different topic along with keeping up to date with current news.

COST: Free **CODE: 98398**

TRS Walking Club

Select Saturdays | 10:30 am - 12:00 pm

LEADER: Nick

Join us as we walk/stroll or roll our way through some of San Diego's most beautiful trails.

Walking is a low-impact, fun way to meet people and explore, while building strength and endurance. Must pre-register to receive reminder e-mail with location. See pg 19 for program dates. **No direct supervision.**

COST: Free **CODE: 99616**

Strikeforce Bowling League

Bi-Weekly Saturdays | 9:00 - 11:00 am

February 12 & 26 | March 12 & 26 | April 9 & 23 |
May 7 & 21 | June 4 & 18

LEADER: Juan

Calling all Strikeforce players! It's back! Join us for our 10-week bowling league adapted for all skill levels. Cost includes shoe rental, 2 games per date, and awards banquet for team members (extra for guests). Individuals welcome. We will place you on a team. Meet at Parkway Bowl (1280 Fletcher Pkwy., El Cajon, 92020).

COST: \$80 for season **CODE: 99324**

Virtual Programs

Virtual Art Class

Mondays | 4:00 - 5:00 pm

Calling all artists 13 years and up! Log on every Monday with Sharon and TRS staff (see page 19 for dates) as we explore our creative sides.

CODE: 99460

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 of all ages and their families.

CODE: 99446

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.

Playdays

Have fun with games, crafts, art, and more! 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

April 24 | Earth Day **CODE: 99351**

May 15 | Summer's Coming **CODE: 99352**

COST: \$7 per playday

Spring Adventure

Day 1 - Playday

March 28 | 9:00 am - 3:00 pm

Kick-off Spring Break with a day full of fun at Park de la Cruz (3911 Landis St., 92105)! Get ready for games, crafts and more with your friends! Don't forget to bring a lunch.

COST: \$ 15

CODE: 99355

Day 2 - Whale Watching and Picnic

March 29 | 9:00 am - 3:00 pm

Get ready to set sail! Bring a sack lunch, a light jacket and wear your sunscreen! Drop-off and pick-up at Mission Bay Park (1400 Dana Landing Road).

COST: \$30

CODE: 99356

Play Together (Ages 3-5 only)

Bi-weekly Mondays | 10:00 - 11:00 am

Come play together in our new weekly group for children of all ability levels. We will have fun with games, music, art and more!

Adult participation required. Meet at Park de La Cruz.

March 7 & 21 **CODE:99358**

April 4 & 18 **CODE:99359**

May 2 & 16 **CODE:99360**

COST: \$5 per month

Children's Museum

***April 9 | 8:00 - 11:00 am**

Explore some hands-on fun at The New Children's Museum! Meet at Children's Park at the corner of Front St. and W. Island Ave. Bring a snack. ***Note: program is on a Saturday**

COST: \$5

CODE: 99353

Egg Hunt

April 16 | 10:00 am - 12:00 pm

We will be hosting an Egg hunt for families, friends and the community! Held at the field across the street from Park de la Cruz (3901 Landis St.). No supervision provided.

COST: FREE

CODE: 99357

Coronado Ferry and Beach Day

May 22 | 9:30 am - 1:00 pm

Grab your swimsuit and sunblock. We're headed to the beach! Meet at Joe's Crab Shack (525 E Harbor Dr., 92101). Bring a lunch, towel, and any other beach supplies you may need.

COST: \$ 7

CODE: 99354

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.

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

March 11 | Blast from the Past

CODE: 99362

April 15 | Earth Day

CODE: 99363

May 20 | Art Night

CODE: 99364

COST: \$7 per meeting

TRS Talent Show

April 22 | 6:00 – 9:00 pm

See page 7 (Special Events) for more details.



Gulls Hockey Game: Star Wars Night

March 12 | 5:00 – 9:30 pm

Let's go Gulls! Meet at the Habit Bar and Grill (3455 Sports Arena Blvd., 92110) for dinner. Then to cheer on the San Diego Gulls Hockey Team and celebrate Star Wars Night. Bring money for food. **Space is limited. Note: at the time of printing, proof of vaccination or negative test required by venue.**

COST: \$25

CODE: 99668

Breakfast and Seaport Village

March 30 | 9:30 am – 2:30 pm

Join us on your Spring Break for breakfast at Richard Walker's Pancake House, then a walk around Seaport Village and some kite flying! Drop-off and pick-up at Children's Park (Corner of Front St. and W. Island Ave.).

COST: \$20

CODE: 99367

Picnic at the Park & Padres Game

May 8 | 11:00 am – 1:00 pm

Get into the Padres' spirit with fellow participants, family and friends to watch Padres take on the Miami Marlins. Everyone is welcome! We will meet at the park at 4th and K St. in front of the Hilton Hotel, where we will have games, snacks, and activities. You can pick up your tickets at the Picnic between 11:00 am - 1:00 pm. Game starts at 1:10 pm. **This is a family and friends event, no**

direct staff supervision provided.

COST: \$25

CODE: 99469

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 held at Carmel Mountain Recreation Center (10152 Rancho Carmel Dr., 92128) on the 2nd Friday of the month and Park de la Cruz (3901 Landis St., 92105) the last Friday of the month.

You can pay per meeting OR purchase a Quarterly

5:30 – 8:00 pm

St. Patrick's Day

March 11 | Carmel Mountain Recreation

CODE: **99842**

March 25 | Park de la Cruz

CODE: **99660**

Music Party

April 8 | Carmel Mountain Recreation

CODE: **99843**

April 29 | Park de la Cruz

CODE: **99661**

Fiesta Night

May 13 | Carmel Mountain Recreation

CODE: **99844**

May 27 | Park de la Cruz

CODE: **99662**

COST: \$10.00 per meeting OR

\$20.00 Quarterly Membership

Spring Quarterly Membership

March | April | May

Includes: Friday Recreation Nights, Spring Fling Dance, Talent Show and Fitness Center (see page 16 for hours). Must RSVP at (619) 525-8247 prior to each program.

COST: \$20

CODE: 99663

Gulls Hockey Game: Star Wars Night

March 12 | 5:00 – 9:30 pm

Let's go Gulls! Meet at the Habit Bar and Grill (3455 Sports Arena Blvd., 92110) for dinner. Then to cheer on the San Diego Gulls Hockey Team. Bring money for food. **Space is limited. Note: at the time of printing, proof of vaccination or negative test required by venue.**

COST: \$25

CODE: 99664

TRS Talent Show

April 22 | 6:00 – 9:00 pm

See page 7 (Special Events) for more details.

Picnic at the Park & Padres Game

May 8 | 11:00 am – 1:00 pm

Get into the Padres' spirit with fellow participants, family and friends to watch Padres take on the Miami Marlins. Everyone is welcome! We will meet at the park at 4th and K St. in front of the Hilton Hotel, where we will have games, snacks, and activities. You can pick up your tickets at the Picnic between 11:00 am - 1:00 pm. Game starts at 1:10 pm. **This is a family and friends event.**

no direct staff supervision provided.

COST: \$25

CODE: 99469

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

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.

You can pay per meeting OR purchase a Quarterly Membership (details to the right)

5:30 – 8:00 pm

March 4 | St. Patrick’s Day

CODE: 99667

April 1 | Earth Day

CODE: 99669

May 6 | Star Wars

CODE: 99670

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

Spring Quarterly Membership

March | April | May

Includes: Friday Night Club Meetings, Spring Fling Dance, Talent Show and Fitness Center (see page 16 for hours). Must RSVP at (619) 525-8247 prior to each program.

COST: \$20

CODE: 99671

Gulls Hockey Game: Star Wars Night

March 12 | 5:00 – 9:30 pm

Let’s go Gulls! Meet at the Habit Bar and Grill (3455 Sports Arena Blvd., 92110) for dinner. Then to cheer on the San Diego Gulls Hockey Team. Bring money for food. **Space is limited. Note: at the time of printing, proof of vaccination or negative test required by venue.**

COST: \$25

CODE: 99664

TRS Talent Show

April 22 | 6:00 – 9:00 pm

See page 7 (Special Events) for more

Picnic at the Park & Padres Game

May 8 | 11:00 – 1:00 pm

Get into the Padres’ spirit with fellow participants, family and friends to watch Padres take on the Miami Marlins. Everyone is welcome! We will meet at the park at 4th and K St. in front of the Hilton Hotel, where we will have games, snacks, and activities. You can pick up your tickets at the Picnic between 11:00 am - 1:00 pm. Game starts at 1:10 pm. **This is a family and friends event,**

no direct staff supervision provided.

COST: \$25

CODE: 99469



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 recreation 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

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 (3901 Landis St., 92105). Food is not provided, see page 16 for Serving Seniors meal program. Call (619) 525-8247 if you are interested in registering for the meal program as food is limited.

1:30- 3:30 pm

**March 3 |
Make and Take Party**

COST: FREE **CODE: 99461**

**April 7 |
Earth Day Celebration**

CODE: 99672

**May 5 |
Cinco de Mayo**

CODE: 99465



Leisure Seekers Softball League

Wednesdays | 10:00 am-1:00 pm

March 9 & 23 | April 6 & 20 | May 4 & 18 | June 1 & 15

Play Ball! Bring your team or just yourself to our softball league at Park de la Cruz (3901 Landis St., 92105). Register online or in person at PDLC Community Center by Wednesday, February 23rd. Mandatory coaches meeting at 9:30 am on March 9th at the softball field. The Awards BBQ will be on June 22nd. Details to come in the summer calendar. Any questions please contact Juan at (619) 525-8247.

COST: \$50 team or \$5 person **CODE: 99324**

AMC Movie

March 15 | TBA

Lights, camera, action! Meet at AMC Mission Valley (1640 Camino Del Rio N, 92108) for an afternoon box office experience. Movie and time to be announced. Bring money for snacks.

COST: \$7 **CODE: 99466**

Stadium Golf Driving Range

April 18 | 12:00-2:30 pm

Get your swing on. Meet at Stadium Golf (2990 Murphy Canyon Rd., 92123) to hit a bucket of balls. Bring water, snacks and sun protection. All levels are invited to join.

COST: FREE **CODE: 99467**

Picnic at the Park & Padres Game

May 8 | 11:00 am - 4:00 pm

See page 7 (Special Events) for more information and registration code.

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

Adaptive Sports

Ages 8+

Nick Hurd

(619) 236-7772

NHurd@sandiego.gov

Programs are 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 Sports Open Gym

Wednesdays | 5:30 - 7:30 pm

Program is designed for individuals with physical disabilities. Starting March 16th - May 25th. If you are looking for recreation or competition, we can help. Meet great people while improving strength and conditioning. Please call (619) 525-8247 prior to program date for more information and for use of a sports wheelchair.

COST: Free **CODE: No online registration**



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.

Stand-up Paddle Boarding

Wednesdays | 9:00 - 10:30 am

March 9 & 23 | April 6 & 20 | May 4 & 18

This is an excellent opportunity to get out on the water, meet people and have fun. Meet at Santa Clara Recreation Center (1008 Santa Clara Pl., 92109). Instruction is provided. After you feel comfortable, you'll set out on a guided tour around Mission Bay. Must register for this program by e-mailing NHurd@sandiego.gov. Limited space available. All equipment is provided.

COST: \$5/ for 6 sessions **CODE: 99617**

Strength Training

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

This class offers 100% adaptable and customizable functional movement-based exercises to meet individuals 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 Street, 92105).

COST: FREE **CODE: No online registration**

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

Park de la Cruz Community Park

****At the time of newsletter printing, facial coverings are required for all patrons indoors regardless of vaccination status.****

Community Center Hours
3901 Landis Street, 92105
Phone: (619) 525-8247

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

Gymnasium Hours
3911 Landis Street, 92105
Phone: (619) 516-3141

Monday	1:30 - 9:00 pm
Tuesday	1:30 - 9:00 pm
Wednesday	1:30 - 9:00 pm
Thursday	1:30 - 9:00 pm
Friday	1:30 - 9:00 pm
Saturday	9:30 am - 5:00 pm
Sunday	Closed

Therapeutic Recreation Services will be closed March 31st, and May 30th in observance of City Holidays

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:99477

Serving Seniors Meal Program

Monday– Friday | 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 Friday. Serving Seniors provides hot, nutritious lunch to older adults, age 60+. Meals are provided at no cost to seniors; however, contributions are accepted. For seniors 60 years and over we suggest a contribution of \$1. Your contribution is voluntary. No eligible senior will be denied a meal due to failure or inability to contribute. For all guests under the age of 60, we charge \$4, starting at 1pm, while supplies last. For general information call (619) 525-8247.

Park de la Cruz Community Park

Access 4 All – Technology Program

Mondays & Wednesdays | 9:00 am – 12:00 pm

Join us for a free technology assistance program led by San Diego Futures Foundation (SDFF) staff. **This program is for independent participants age 55 years or older.** Please call (619) 525-8247 for more information. **No staff supervision.**

COST: FREE

CODE:99386

Wheelchair Dance

Tuesdays | 10:00 am – 12:00 pm

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 at Park de la Cruz Gymnasium (3911 Landis St., 92105). 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! **No direct staff supervision.**

Pickleball Open Gym

Thursdays | 10:00 am – 12:00 pm

Enjoy this fun, social and friendly activity. The rules are simple, and the game is easy for beginners, but can develop into a quick, competitive game for experienced players. Meets at the Park de la Cruz Gymnasium (3911 Landis St., 92105). Two courts will be for open play. The second hour, both courts will be open play. **Program is for independent participants. No direct staff supervision.**

COST: FREE

CODE: No online registration

Chair Yoga

Fridays | 12:45 – 1:45 pm

Starting March 18th, Chair Yoga classes are gently, combining both chair and standing postures to incorporate flexibility and muscular strength. 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 own level! Bring Water. **Program is for independent participants age 55 years and older. No staff supervision. See page 19 for program dates.**

COST: \$30/8 sessions.

Cost includes fitness center during open hours.

CODE:99407

Community Events

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

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



SoCal Special Olympics

Lynne Allen | (619) 704-3343

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

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.

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.



March

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 ADP WC Dance	2 SM Strength	3 SM Pickleball LS Social Connection Virtual Laugh Hour	4 ALL Sports Talk IND Club Meeting Self-Expression Art	5 ALL Walking Club - N Crown Pt Shore PIR Spaghetti Dinner
6	7 Virtual Art Class KZ Play Together SM Strength	8 ADP WC Dance	9 SM Strength LS Softball Stand-up Paddle Board	10 Virtual Laugh Hour SM Pickleball	11 Self-Expression Art ALL Sports Talk KBC Meeting SMC Rec Night- CMR	12 ALL Walking Club- Balboa Park Outing- Gulls ALL Bowling
13	14 Virtual Art Class SM Strength	15 ADP WC Dance LS Outing- AMC Movie	16 SM Strength ALL Model Car Club WC Sports	17 SM Pickleball Virtual Laugh Hour	18 Chair Yoga ALL Sports Talk Spring Fling Dance Self-Expression Art	19 ALL Walking Club- Liberty Station
20	21 Virtual Art Class KZ Play Together SM Strength	22 ADP WC Dance	23 WC Sports LS Softball Stand-up Paddle Board SM Strength	24 SM Pickleball Virtual Laugh Hour	25 Chair Yoga ALL Sports Talk SMC Rec Night- PDLC Self-Expression Art	26 ALL Bowling
27	28 KZ Spring Adventure SM Strength	29 ADP WC Dance KZ Spring Adventure	30 WC Sports ALL Model Car Club KBC Outing SM Strength	31 Holiday- Office Closed		

April

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 IND Club Meeting Self-Expression Art ALL Sports Talk	2 ALL Walking Club- Spanish Landings (west)
3	4 Virtual Art Class KZ Play Together SM Strength	5 ADP WC Dance	6 SM Strength LS Softball Stand-up Paddle Board WC Sports	7 SM Pickleball LS Social Connection Virtual Laugh Hour	8 Chair Yoga Self-Expression Art ALL Sports Talk SMC Rec Night- CMR	9 ALL Walking Club - Shelter Island ALL Bowling KZ Outing- Children's Museum
10	11 Virtual Art Class SM Strength	12 ADP WC Dance	13 WC Sports ALL Model Car Club SM Strength	14 SM Pickleball Virtual Laugh Hour	15 ALL Sports Talk KBC Meeting Self-Expression Art Chair Yoga	16 Egg Hunt ALL Walking Club- Spanish Landing
17	18 Virtual Art Class KZ Play Together LS Outing- Golf SM Strength	19 ADP WC Dance	20 WC Sports LS Softball Stand-up Paddle Board SM Strength	21 SM Pickleball Virtual Laugh Hour	22 ALL Talent Show Self-Expression Art ALL Sports Talk Chair Yoga	23 ALL Bowling
24 KZ Playday	25 Virtual Art Class SM Strength	26 ADP WC Dance	27 SM Strength ALL Model Car Club WC Sports	28 SM Pickleball Virtual Laugh Hour	29 Rec Night-PDLC Self-Expression Art ALL Sports Talk Chair Yoga	30 ALL Silent Spring Dance

May

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 Virtual Art Class KZ Play Together SM Strength	3 ADP WC Dance	4 SM Strength LS Softball Stand-up Paddle Board WC Sports	5 SM Pickleball LS Social Connection Virtual Laugh Hour	6 Chair Yoga IND Club Meeting ALL Sports Talk Self-Expression Art	7 ALL Bowling ALL Walking Club- Liberty Station
8 ALL- Picnic at the Park	9 Virtual Art Class SM Strength	10 ADP WC Dance	11 SM Strength ALL Model Cars Club WC Sports	12 SM Pickleball Virtual Laugh Hour	13 Chair Yoga ALL Sports Talk Self-Expression Art SMC Rec Night- CMR	14 ALL Walking Club- Shelter Island
15 KZ Playday	16 Virtual Art Class KZ Play Together SM Strength	17 ADP WC Dance	18 WC Sports LS Softball Stand-up Paddle Board SM Strength	19 SM Pickleball Virtual Laugh Hour	20 KBC Meeting ALL Sports Talk Self-Expression Art	21 ALL Walking Club- N. Crown Pt Shores ALL Bowling
22 KZ Outing- Ferry	23 Virtual Art Class SM Strength	24 ADP WC Dance	25 SM Strength ALL Model Cars Club WC Sports	26 SM Pickleball Virtual Laugh Hour	27 SMC Rec Night- PDLC ALL Sports Talk Self-Expression Art	28
29	30 Holiday- Office Closed	31 ADP WC Dance				



Parks and Recreation Department

Therapeutic Recreation Services

Park De La Cruz

3901 Landis Street

San Diego, CA 92105

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