

Therapeutic Recreation Services (TRS)



SUMMER 2022 | June, July, August



Scan here for
online website

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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Therapeutic Recreation Leaders

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Therapeutic Recreation Specialists

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(ages 8+)

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Where to Start/Online Registration

Summer Registration starts May 14, 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 7 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

Staff Spotlight: Maria Horan

Why did you want to work at TRS?

When I started volunteering at the TRS summer camps, I saw how many people truly enjoyed being at their work and I wanted to be part of that.

What has been your favorite TRS moment?

Going through Haunted Trails with all the participants.



Favorite hobby outside of work?

I love to crochet. I make blankets, clothes, and more.

Fun fact about yourself?

I can play *Take Me Home, Country Roads* on the harmonica.

Meet our Summer Intern



Kim is a former Army Captain with the Wisconsin National Guard. She has an undergrad degree from UW-Lacrosse in Therapeutic Recreation and is a CTRS. She is looking forward to this wonderful

opportunity and experience in completing her summer internship with the TRS department to earn her Master's Degree in Recreation Therapy. A few interesting things about her is that she grew up on a dairy farm in Wisconsin, has four sisters and two brothers and is a combat veteran.

Donor Appreciation: Hervey donation

Therapeutic Recreation Services (TRS) in conjunction with Disabled Services Advisory Council (DSAC) thanks the Hervey Family Non-endowment Fund at the San Diego Foundation for their generous \$5,000 donation. Their 2022 donation will benefit thousands of participants, via scholarships, summer camp expenses and the soon-to-come Program Garden at Park de la Cruz. The Hervey family have been long time supporters of Disabled Services Advisory Council, Inc. and Therapeutic Recreation Services. Their generosity is very much appreciated.



Please contact Kristi Fenick at kfenick@sandiego.gov or (619) 533-6333 for sponsorship and/or donation inquiries.

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 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: Alex Sandejas

Alex is currently attending CSUSM. He loves to play guitar, games (i.e. billiards), and also loves to learn new things, especially when it comes to socializing, which is the reason why he was interested in volunteering with TRS. He loves to interact with the participants during programs and assist the team leader in facilitating activities. One of Alex's memorable moments was during a program called "Creativity for Fun". As always, the beginning period is an adjustment, but as soon he started interacting more with participants, he began to feel more comfortable. This interaction led him to be more actively involved with other programs.



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. DSAC 2022 elections were held in February with the following results: Dallin Young, Chairperson; Betty Templeton, Vice Chairperson; Jeanette Alden, Secretary; Eleanor Tamayo, Treasurer; Board members include Meagan Nunez and Vanessa Onstad; General member is Richard Gilbert.

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!

Park de la Cruz Community Park

Community Center Hours

3901 Landis Street, 92105

Phone: (619) 525-8247

[Therapeutic Recreation Services | Parks & Recreation | City of San Diego Official Website](#)

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

[Park de la Cruz Gymnasium | Parks & Recreation | City of San Diego Official Website](#)

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

Park de la Cruz Community Center and Gymnasium will be closed **July 4, 2022** in observance of the City Holiday.

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 community center hours.

COST: \$15.00 for the quarter

CODE: 101407

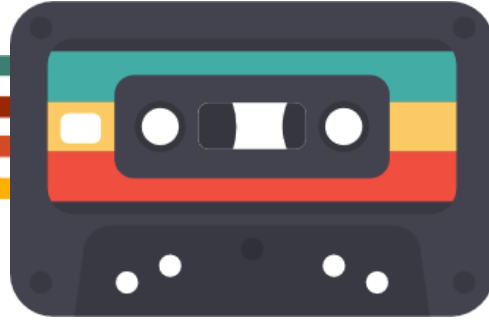
Serving Seniors Meal Program

Monday– Friday | 12:00 - 1:00 pm

Serving Seniors and AgeWell Services hosts 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 information call (619) 525-8247.

SPECIAL EVENTS

Therapeutic Recreation Services **50TH ANNIVERSARY BASH**



Join the TRS staff to celebrate its 50th year serving the City of San Diego. There will be fun activities for the whole family to enjoy! This is a family and friends event, no direct supervision is provided.



70s Costume Contest



Music and Dancing



Celebratory Proclamation



Crafts and Activities



Photo Booth



Facility Tours



AgeWell Services Photo Exhibit



Light Refreshments

SATURDAY, JUNE 18, 2022

PARK DE LA CRUZ COMMUNITY CENTER

3901 LANDIS STREET, 92105

2:00 - 5:00 PM

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.



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

SPECIAL EVENTS



Harvest Ball 35th Anniversary

Saturday, August 27, 2022

5:00 - 9:00 pm

Balboa Park Club

2144 Pan American Way

San Diego, CA 92101

◀◀ **Music | Dancing | Dinner |** ▶▶
Photo Booth

You must be 18 years or older to attend. Register early as space is limited. Last day to register is August 12, 2022.
No direct supervision provided.

COST: \$50

CODE: 101265

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

SUMMER CAMPS

Camp registration opened April 16th and is limited to one camp per participant. Due to limited space, if a camp is full or you would like to add a second camp please join the waitlist. Participants will be pulled from the 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.

Camp Near the Bay

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, field trips to SeaWorld, the Plunge 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, unless specified otherwise.

COST: \$210

CODE: 99476

Kid Zone Adventure Camp

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), unless specified otherwise.

COST: \$210

CODE: 99619



Camp Wet n' Wild

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).

COST: \$210

CODE: 99612



Junior Adaptive Sports Camp

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 SDRcConnect.**

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

SUMMER NIGHTS

Register early! Space is limited for ALL events. Summer Nights outings are for Kick Back Club (ages 13-18), Social Motion Club (ages 18+) and Independent Club (ages 21+). No Recreation Nights June, July and August. If you are a new member, please set up an assessment by calling (619) 525-8247.

Pizza and Bowling

June 9 | 5:30 - 9:00 pm

It's not how you bowl, it's how you roll! Come join your friends for a night of pizza and bowling. We will be bowling at Aztec Lanes at SDSU located in the Student Union building. Drop-off and pick-up behind the Jack in the Box across the street (5155 College Ave., 92115).

COST: \$25

SMC/IND CODE: 101257

KBC CODE: 101256

Harbor Cruise

July 21 | 2:15 - 6:00 pm

The best way to see San Diego Bay is on Hornblower's Harbor Cruise. Drop-off and pick-up at Waterfront Park near the restrooms and playground (1230 Pacific Hwy., 92101). We will walk to the ticket booth and board the ship at 3:00 pm. Outside food and beverages are not allowed on the ship. Dinner will be provided after the cruise.

COST: \$20

SMC/IND CODE: 101262

KBC: 101254

Volleyball and Bonfire

June 23 | 6:00 - 9:00 pm

Join us for an evening at South Mission Beach! Put your best game face on to kick off with some beach volleyball drills and get into some games. Bring blankets, lawn chairs, and warm clothes to hang out around the bonfire. Drop-off and pick-up at South Mission Beach (339 N. Jetty Rd., 92109). Dinner will be provided.

COST: \$10

SMC/IND: CODE: 101259

KBC: 101231

Movie in the Park *

August 5 | 6:00 - 9:30 pm

Every night should be movie night! We will be watching Disney's Luca across the street at Cherokee Park. Dinner and popcorn will be provided. Drop-off and pick-up at Park de la Cruz Community Center (3901 Landis St., 92105). ***Program is on a Friday.**

COST: \$10

SMC/IND CODE: 101263

KBC CODE: 101258

Karaoke

July 7 | 5:00 - 8:00 pm

Come sing the night away! Meet at Spot KTV Karaoke (7327 Clairemont Mesa Blvd., 92111). Bring extra money for dinner at the karaoke restaurant or the taco shop next door.

COST: \$15

SMC/IND CODE: 101261

KBC: 101255

Pool Party

August 18 | 5:00 - 8:00 pm

Let's make a splash to celebrate the summertime! Join us poolside for food, activities, and some sun! Drop-off and pick-up at Bud Kearns Memorial Pool (2229 Morley Field Dr., 92104).

COST: \$20

SMC/IND CODE: 101264

KBC CODE: 101260

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

ALL PARTICIPANTS

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

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. SDFF will conduct weekly trainings. Host Q&A, and distribute information about how to purchase low-cost devices to individuals who qualify. **This program is for independent participants age 55 years or older.** Call (619) 525-8247 for more information.

COST: FREE

CODE: 100995



Digital Navigator

A Digital Navigator will be scheduled at Park de la Cruz in the near future (days/times to be announced at a later date). Digital Navigators offer free assistance with digital inclusion, including literacy, home connectivity, gaining access to devices and more. Languages spoke by Digital Navigators include English, Arabic, Tagalog, Espanol and Francais. **Call (619) 525-8247 if you are interested in this free service.**

Movie in the Park: Luca

August 5 | 6:30 pm

Enjoy a summer movie in the park with your family and friends. Movie screen will be set up at the field across the street from Park de la Cruz and will begin at sunset. Bring your own chairs and blankets. This is a friends and family event, no supervision provided.

COST: FREE

Chair Yoga

Fridays | 12:45 – 1:45 pm

Yoga chair classes are gentle, combining both chair and standing postures to incorporate flexibility and muscular strengthening. We aim for 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.

This program is for independent participants age 55 years or older.

Please call (619) 525-8247 for more information. **No staff supervision.**

COST: \$30 for 8 sessions **CODE: 101001**
July 8– August 26

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 families.

COST: FREE

CODE: 101206

Self-Expression Through Art

Fridays | 2:30 – 4:00 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 Community Center.

COST: FREE

CODE: 101207

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

ALL PARTICIPANTS

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

SPORTS for Exceptional Athletes

S4EA is a San Diego based sports program serving athletes with developmental disabilities. S4EA's offers over 20 sports in 4 sports seasons. Sports practices and tournaments in basketball, bocce, bowling, cycling, soccer, softball, tennis, track, workout exercises & more. The following programs are provided in conjunction with Therapeutic Recreation Services. A \$20 donation per season to S4EA is requested. For more information contact Walter Jackson at (858) 565-7432 or Sds4ea@gmail.com.

Park de la Cruz Soccer Fields

Mondays | 5:30 - 8:00 pm

Learn a variety of skills in soccer. Season is June 20th– August 22nd.

CODE: 101431

Morley Field Bocce Courts

Tuesdays | 5:30 - 7:00 pm

Learn a variety of skills in bocce. Season is July 5th– September 6th.

CODE: 101430

Morley Field Softball Fields

Wednesdays | 5:30 - 8:00 pm

Learn a variety of skills in softball. Season is June 22nd– September 7th.

CODE: 101432



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. Program is at Park de la Cruz Gymnasium (3911 Landis St., 92105). Both courts will be utilized for open play. Program is for independent participants, no direct staff supervision provided. This is a free program, but please register online as that is your waiver to attend City recreation programs.

No program the weeks of TRS Summer Camps (see page 10).

COST: FREE

CODE: 101408

Sports Talk

Fridays | 3:30 – 5:00 pm

LEADER: Juan

If you like sports, this is the program for you. Each meeting, we will have a different topic along with keeping up to date with current news. Meet at Park de la Cruz. **No program the Fridays of camps (see page 10).**

COST: FREE

CODE: 101433

Strikeforce Bowling Banquet

June 25 | 11:00 am - 1:00 pm

LEADER: Juan

The Spring bowling league concludes on June 18th, with a banquet on June 25th. Guests must register online or in person at Park de la Cruz by Friday, June 17th. Come celebrate the season with food, raffle prizes and an awards ceremony with teammates, family and friends.

COST: \$10 for guests

CODE: 101434

FREE for players

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

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

Ages 3-12

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

Playdays

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

June 12 | Reptile Playday

Join us for games, crafts, and a special reptile guest!

COST: \$7

CODE: 101226

50th Anniversary Bash

June 18, 2022 | 2:00 - 5:00 pm

See Special Events on page 8 for more

information. Must register online or call the main office at (619) 525-8247 by May 25th to receive a commemorative gift.



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) 525-8247 to request inclusion support, if needed. Requests are processed in the order received and according to staff availability (minimum three-weeks notice is required).

Kid Zone Adventure Camp

July 25-29, 2022 | 9:00 am - 3:00 pm

See Summer Camp Information on page 10 for more information.

Cabrillo National Monument

August 14, 2022 | 9:00 am - 12:00 pm

Join us as we explore Cabrillo National Monument! We will have fun hiking the trails and exploring the National Monument, all with a beautiful ocean view. Please bring a sack lunch, wear your sunscreen, and make sure you have on your good walking shoes. Drop-off and pick-up at the Visitor's Center inside the park (1800 Cabrillo Monument Drive, 92106).

COST: \$5

CODE: 101227



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 7 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

June 2 | Derby Days

COST: FREE

CODE: 101422

July 7 | Beat the Heat Summer Social

COST: FREE

CODE: 101423

NO AUGUST SOCIAL CONNECTION

50th Anniversary Bash

June 18, 2022 | 2:00 - 5:00 pm

See Special Events on page 8 for more information. Must register online or call the main office at (619) 525-8247 by May 25th to receive a commemorative gift.

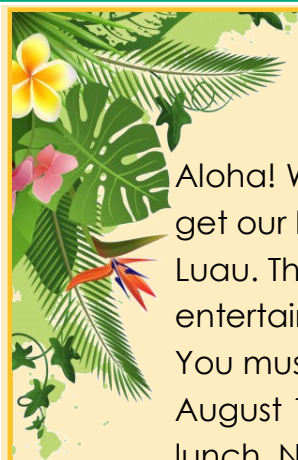
Harbor Cruise

July 21, 2022 | 2:15 - 6:00 pm

The best way to see San Diego Bay is on Hornblower's Harbor Cruise. Meet at Waterfront Park (1230 Pacific Highway, 92101). We will walk to the ticket booth and board the ship at 3:00 pm. Outside food and beverages are not allowed on the ship. Dinner will be provided after the cruise. Register online by Friday, July 15th. Limited tickets available.

COST: \$20

CODE: 101425



Hawaiian Luau

August 25, 2022

11:00 am - 2:00 pm

Aloha! We're back and ready to get our hula on at our Annual Luau. There will be fun games, entertainment and food for all. You must register online by Friday, August 19th to be guaranteed lunch. New location TBA.

**COST: \$4 pre-registration
\$6 at the door**

CODE: 101424

Balboa Park Museum

August 2 | 10:00 am - 1:00 pm

We will be spending the afternoon enjoying Balboa Park and taking advantage of free museum Tuesday. We will meet in front of the Natural History Museum (1788 El Prado, Balboa Park, 92101) for lunch. Bring a bag lunch or money to purchase food. We will then explore the Natural History Museum (ticket does not include film). Must register online by Friday, July 29th.

COST: FREE

CODE: 101426

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

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

LEADER: Volunteer – JT

Program is designed for individuals with physical disabilities. 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: 101437

Wheelchair Dance

Tuesdays | 10:00 am - 12:00 pm

LEADER: Volunteer – Jason & Karma

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. Meet 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. No program the weeks of TRS Summer Camps (see page 10).**

COST: Free

CODE: 101438

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 & Wednesdays | 8:30 - 9:30 am

LEADER: Volunteer – RT

This class offers 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 active-duty and veterans. Meet at Park de la Cruz Fitness Center (3901 Landis St., 92105).

COST: FREE

CODE: 101409



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

Co-Sponsored Events

Resource Fair & Picnic for Adult Survivors of a Brain Attack

June 10 | 10:30 am - 1:30 pm

 Alvarado Hospital Medical Center

Co-sponsored by San Diego Rehabilitation Institute's Comebackers Neuro Club and City of San Diego, Parks and Recreation Department (TRS). Come learn about the recreation resources available at Park De la Cruz (3901 Landis St., 92105) and area programs serving individuals who have suffered brain attack (stroke or traumatic brain injury). Take a tour of the facility, eat lunch and play games and adaptive activities. Register by Wednesday, June 8. For more information call (619) 229-7362.

COST: FREE



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

*Hours subject to change, due to weather and staff availability.

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



Community Events & Programs

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



In San Diego & Imperial Counties, we enrich the lives of almost 3,000 athletes with and without intellectual disabilities and their communities through sports, education and health. Return to in-person activities in Phase 1B began February 15, 2022. Athletes have the opportunity to participate in athletics, basketball, bocce, flag football, and swimming. Visit their website to sign up and learn more.

www.sosc.org/sandiego

Stars Acting Workshop

Summer Golden | (619) 647-4958

zgolden1@cox.net



STARS is a GB Productions' theater arts program for adults with disabilities. They offer four separate groups, meeting each week to learn and practice acting, directing and other theater skills. Call or e-mail for more information.

www.northparkvaudeville.com

New Children's Museum

(619) 233-8792

Accessibility Mornings provides free access for families who would benefit from a sensory friendly experience and quieter setting at the Museum (downtown San Diego location only) an hour before opening to the general public. Join us on the second Saturday of each month in 2022 from 8:30 - 9:30 am.

Sensory Accommodations | San Diego



June

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 LS Softball WC Sports SM Strength Training	2 LS Social Virtual Laugh Hour Pickleball	3 ALL Sports Talk Self-Expression Art	4 ALL Bowling
5	6 SM Strength Training	7 WC Dance	8 WC Sports SM Strength Training	9 Summer Nights: Pizza & Bowling Virtual Laugh Hour Pickleball	10 ALL Sports Talk Self-Expression Art Resource Fair & Picnic for Adult Survivors of Brain Attack	11
12 KZ Reptile Playday	13 SM Strength Training	14 WC Dance	15 LS Softball WC Sports SM Strength Training	16 Virtual Laugh Hour Pickleball	17 ALL Sports Talk Self Expression Art	18 TRS 50th Anniversary ALL Bowling
19	20 SM Strength Training S4EA Soccer	21 WC Dance	22 WC Sports SM Strength Training S4EA Softball	23 Pickleball Summer Nights: Bonfire & Volleyball Virtual Laugh Hour	24 ALL Sports Talk Self Expression Art	25 ALL Bowling Banquet
26	27 SM Strength Training S4EA Soccer	28 WC Dance	29 S4EA Softball WC Sports SM Strength Training	30 Virtual Laugh Hour Pickleball		

July

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 ALL Sports Talk Self-Expression Art	2
3	4 Holiday Observed- Office Closed	5 WC Dance S4EA Bocce	6 WC Sports SM Strength Training S4EA Softball	7 Pickleball LS Social Summer Nights: Karaoke Virtual Laugh Hour	8 ALL Sports Talk Self-Expression Art Chair Yoga	9
10	11 SM Strength Training S4EA Soccer	12 S4EA Bocce	13 SM Strength Training S4EA Softball	14 Virtual Laugh Hour	15 Self-Expression Art Chair Yoga	16
17	18 SM Strength Training S4EA Soccer	19 WC Dance S4EA Bocce	20 S4EA Softball WC Sports SM Strength Training	21 Pickleball Summer Nights: Harbor Cruise Virtual Laugh Hour	22 ALL Sports Talk Self-Expression Art Chair Yoga	23
24	25 SM Strength Training S4EA Soccer	26 S4EA Bocce	27 SM Strength Training S4EA Softball	28 Virtual Laugh Hour	29 Self-Expression Art Chair Yoga	30
31						

August

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 SM Strength Training S4EA Soccer	2 S4EA Bocce LS Outing: Natural History Museum WC Dance	3 WC Sports SM Strength Training S4EA Softball	4 Virtual Laugh Hour Pickleball	5 Chair Yoga Summer Nights: Movie in the Park ALL Sports Talk Self-Expression Art	6
7	8 SM Strength Training S4EA Soccer	9 S4EA Bocce	10 SM Strength Training S4EA Softball	11 Virtual Laugh Hour Pickleball	12 Self-Expression Art Chair Yoga	13
14 KZ Outing: Cabrillo National	15 SM Strength Training S4EA Soccer	16 WC Dance S4EA Bocce	17 S4EA Softball WC Sports SM Strength Training	18 Pickleball Summer Nights: Pool Party Virtual Laugh Hour	19 ALL Sports Talk Self-Expression Art Chair Yoga	20
21	22 S4EA Soccer SM Strength Training	23 WC Dance S4EA Bocce	24 WC Sports SM Strength Training S4EA Softball	25 Pickleball LS Hawaiian Luau Virtual Laugh Hour	26 Chair Yoga ALL Sports Talk Self-Expression Art	27 Harvest Ball
28	29 SM Strength Training	30 WC Dance S4EA Bocce	31 WC Sports SM Strength Training S4EA Softball			



Parks and Recreation Department

Therapeutic Recreation Services

Parks and Recreation Department

3901 Landis Street, MS 38

San Diego, CA 92105

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Parks and Recreation Department

“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.