

Therapeutic Recreation Services (TRS)



FALL 2022

September, October, November



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.

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AgeWell Services Staff

MariaRosa Cenicerros • Marla Davis, CTRS • Krysta Donaldson • Mai Kawaguchi • April Jackson • Mark Leo • Caitlin Weston

PDLC Gymnasium Staff

Gustavo Carranza • Jo Henry • Anthony Le • David Mena • Dajasia Morales • Sal Partida • Robert Titus

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Where to Start/Online Registration

FALL Registration starts August 13, 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 8 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 scholarships to those demonstrating a need.

ANNOUNCEMENTS

Welcome to TRS!

Nancy

Therapeutic Recreation Leader

Nancy recently retired from Chula Vista Elementary School District where she taught preschoolers with special needs. She is excited for this next chapter in her life which allows her to continue working with children and community members. She has two daughters, two grandsons and a black Labrador-mix named Bella.



Eric

Therapeutic Recreation Leader

Eric has volunteered for TRS for 5 years. He enjoyed working summer camps like Wet n' Wild and Kids Zone. In his free time he likes to play video games and listen to music. He hopes to start a business in the future, but is looking forward to awesome new opportunities and programs



Taylor H

Therapeutic Recreation Leader

Taylor recently completed her internship with TRS, and has jumped onboard as a Therapeutic Recreation Leader. She enjoys sports, the beach and taking her dog on walks.



Alex S

TRS Recreation Aide

Alex graduated from CSUSM and will go for his masters in the near future. He loves to play the guitar, games, and learning new things.



Kyndall

Therapeutic Recreation Intern

Kyndall is a San Diego native. She currently attends Grambling State University in Louisiana, where she is majoring in Therapeutic Recreation with a focus in Leisure Studies. Kyndall has a twin sister and enjoys anything to do with the outdoors!



Staff Spotlight: Sal Partida

Center Director at PDLG Gymnasium



Why did you want to work at City of San Diego, Parks and Recreation Department?

I always liked to be involved in my community and help. Plus, it's a fun and rewarding job that allows you to be outdoors.

What has been your favorite moment?

Coaching and teaching the youth, because you can help fulfill their goals and dreams.

Favorite hobby outside of work?

I enjoy mixing music, incorporating graphic arts-video and putting it into a whole concept.

Fun fact about yourself?

I had a pet Koala.

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 COVID 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@sandiego.gov



Volunteer of the Quarter: Alicia Sacks

Trained and certified as a Laugh Leader, Alicia has been leading a weekly laugh class since 2013. A feeling of well-being and overall happiness is usually the result of laughing for almost everyone. Laughter is so very vital to physical, mental and emotional health. Alicia finds this to be a most rewarding activity that keeps everyone laughing & smiling, even, and especially, during stressful times.

If you love laughing, hardly ever laugh, or even think it's silly, see page 10 for Virtual Laugh Hour class information.

DSAC/ FUNDRAISER

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.

Easy ways to Donate

GoFund Me

Donations received through GoFundMe will be used to purchase recreation equipment. Please help with sharing the link, and telling your friends & family to get involved!

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



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** 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:

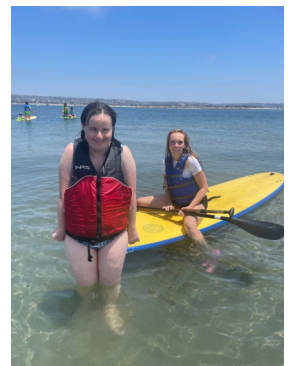
1. Log into www.food4less.com or www.ralphs.com and click "sign in"
2. Enter your email address and password, then click on "my account" in the top right-hand corner
3. Link your card to your organization by clicking on:
 - a. Community rewards
 - b. Edit community rewards program & follow the instructions
 - c. Click the circle to the left of your organizations name

Disabled Services Advisory Council

Remember to update after September first each year!



Donor Appreciation: MADCAPS



Every summer, TRS welcomes an incoming class of MADCAPS' members, a mother-daughter philanthropic group. Thank you to the class of 2026, who volunteered this past summer. In addition to volunteering, MADCAPS has financially supported TRS with generous donations throughout the years. Donations will be utilized to keep program costs low, provide partial scholarships and purchase specialized equipment.



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

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	1:00 - 8:30 pm
Tuesday	1:00 - 8:30 pm
Wednesday	1:00 - 8:30 pm
Thursday	1:00 - 8:30 pm
Friday	1:00 - 8:30 pm
Saturday	9:30 am - 5:00 pm
Sunday	Closed

Park de la Cruz Community Center and Gymnasium will be closed **September 5, 2022, November 11 & 24, 2022** in observance of the 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 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 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: 102814

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.

Park de la Cruz Gymnasium Fall Programs and Events

Programs include: Flag Football, Fall Carnival, Kids to Canyons, Open Play Basketball, Open Play Futsal, Youth Skills & Conditioning, Teen Lounge and Toys for Tots. For more information please visit the Gym website (located above) or contact staff at (619) 516-3141.

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

SPECIAL EVENTS

Monster Ball

October 21, 2022 | 11:00 am - 2:00 pm

Join us for some ghoulish fun at the annual Halloween Day Dance at the Balboa Park Club (2150 Pan American Way, 92101). Bring a sack lunch! **You must be 16 years or older, no direct supervision provided for this event.** RSVP by calling (619) 525-8247 or register online by October 18th.

COST: \$2

CODE: 103155

Halloween Dance

October 29, 2022 | 5:30 - 8:30 pm

Join us for our annual Halloween Dance at Park de la Cruz Gymnasium (3911 Landis Street, 92105)! Cost includes dance admission, refreshments, and DJ entertainment. **You must be 18 years or older to attend. Direct supervision is NOT provided for this event.** Register online by October 26th. If you need assistance call (619) 525-8247.

COST: \$5

CODE: 102557

Holiday Fair

December 9, 2022 | 11:00 am - 2:00 pm

'Tis the season for some holiday fun! Gather your friends for an afternoon of games, crafts, and music at Park de la Cruz Community Center (3901 Landis Street, 92105). Lunch is NOT provided, bring a sack lunch. Call (619) 525-8247 no later than Wednesday, December 7th to RSVP. Pay at the door. **No direct supervision provided. Must be 16 years or older to attend.**

COST: \$2 CODE: No online registration

Holiday Dance

December 17, 2022 | 5:30 - 8:30 pm

Teens and adults join us for our annual Holiday Dance at Park de la Cruz Community Center (3901 Landis Street, 92105). Cost includes dance admission, refreshments, and DJ entertainment. **You must be 18 years or older to attend. Direct supervision is NOT provided for this event.** Register online by December 16th. If you need assistance call (619) 525-8247

COST: \$5

CODE: 102977

Brunch with Santa

December 10, 2022 | 11:30 am - 2:30 pm

This is a Kid Zone event for participants age 3-12 and their families only. Enjoy a delicious brunch with your family and meet Santa! We will have fun games and activities for everyone to enjoy. Brunch will be served from 11:30 am - 1:00 pm at Park de la Cruz Community Center (3901 Landis Street, 92105). Gifts will be provided for registered children ages 3-12 only. **This is a family and friends' event, NO supervision will be provided. Anyone wanting to participate in the brunch must register online by Thursday, December 1st.**

COST: \$5

CODE: 102337

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

ALL PARTICIPANTS

Family Campfire

November 5 | 6:00 – 8:00 pm

Led by Alicia B.

Enjoy a night under the stars at our Family Campfire. We will have crafts, s'mores, cocoa, skits, songs and stargazing. All ages welcome.

This is a friends and family event, minors and participants requiring extra assistance must be accompanied by a parent/guardian. Direct supervision is not provided. Must register by November 1st.

COST: \$5 for families **CODE: 102941**

COST: \$3 for individuals **CODE: 102942**

Creating a Singing Voice

Wednesdays | 12:30 – 2:00 pm

October 19 – November 23

Volunteer Led by Joni

Yes...Everyone CAN Sing! It doesn't matter if you were NOT born with the same voice as your favorite Pop, Rock, or Opera singer... EVERYONE HAS A VOICE, and everyone can have a good singing voice when they learn how to use it correctly. Class is for 18 and up. Space limited. **No staff supervision.**

COST: FREE **CODE: 102943**

Virtual Laugh Hour

Thursdays | 11:00 am – 12:00 pm

Volunteer Led by Alicia S.

If you love laughing, hardly ever laugh, or even think it's silly, this class is for you. Scientific studies show that laughter reduces pain, fights depression and more! Program is open to participants of all ages and families. Zoom link will be sent to registered participants morning of each class.

COST: FREE **CODE: 102811**

Padres Game

October 2, 2022 | 12:00 - 4:30 pm

Cheer on the San Diego Padres as they take on the Chicago White Sox! Drop-off and pick-up in the front of the Hilton at the intersection of 4th Avenue and K Street. If you plan on purchasing food at the ballpark, **please know that Petco Park is currently cashless. This event is for ages 13 and up. Space is limited.**

COST: \$35 **KBC CODE: 102577**
SMC/IND CODE: 102961

Sports Talk

Fridays | 3:30 – 5:00 pm

Led by Juan

If you like sports, this is the program for you. Join Juan and your friends, either in-person or virtually, in different topics of sports. Each meeting, we will have a different topic along with keeping up to date with current news. Meet at Park de la Cruz (3901 Landis Street, 92105) or log on to zoom. **No direct supervision. Zoom link sent prior to program.**

COST: FREE **CODE: 102944**

Self-Expression Through Art

Fridays | 2:30 – 4:00 pm

Volunteer Led by Michael T.

Express images hidden within using paints, colored pencils, markers, or other media without judgement or criticism. Just enjoy! Art supplies will be provided for this activity. Meet at Park de la Cruz Community Center (3901 Landis Street, 92105). **No staff supervision.**

COST: FREE **CODE: 102812**

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

ALL PARTICIPANTS

Pickleball Open Gym

Thursdays | 10:00 am – 12:00 pm

September 29 – November 3

Volunteer Led by Sean

Enjoy this fun, social and friendly recreational activity of Pickleball. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This program will meet at the Park de la Cruz Gymnasium (3901 Landis Street, 92105). **No staff supervision.**

COST: FREE

CODE: 102813

Archery

Thursdays | 12:00 – 2:00 pm

October 6 – October 27

Led by Juan

It's back! Join us every Thursday in October for our Archery program at the Morley Field archery range (2221 Morley Field Drive, 92104). Space is limited, sign up ASAP.

COST: \$15

CODE: 102945



TRS Walking Club

Saturdays | 9:00 – 11:00 am

Led by TRS Staff

September 17

October 22

November 19

Join us as we walk/stroll or roll our way through City Heights. Meet at Park de la Cruz (3901 Landis Street, 92105). Walking is low-impact, fun way to meet people, while building strength and endurance. No direct supervision.

COST: FREE

CODE: 102946

Saturdays at PDLC

Led by Alicia B.

Spend your Saturdays at your favorite Community Center. Sign up for 1 or both Saturday activities. Participants who need individualized assistance will need to bring a helper. **No direct staff supervision.** Must register by the Wednesday before the event.

COST: FREE

Community Service & Lunch

11:30 am – 1:00 pm

Help make our neighborhood a more beautiful place and then enjoy lunch at a local eatery. Bring money for lunch.

September 17

CODE: 102971

October 22

CODE: 102972

November 19

CODE: 102973

Famous Artist Factory

1:30 – 2:30 pm

Learn about famous artists and then feel famous too when you create artwork that looks like theirs.

September 17

CODE: 102974

October 22

CODE: 102975

November 19

CODE: 102976

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. **First time participants must be accompanied by a parent or guardian and have an assessment on file prior to registering. Register early, space is limited.**

Playdays

Drop-off and pick-up at Park de la Cruz Community Center's back outdoor basketball court (3911 Landis Street, 92105).

We encourage dressing up to fit the themes!

12:00 - 3:00 pm

September 18 | Science Playday
CODE: 103059

October 9 | Halloween Playday
CODE: 102541

November 6 | Thanksgiving Playday
CODE: 102336

COST: \$7 per playday

Fishing Trip

September 11, 2022 | 11:30 am - 5:00 pm
We will be going fishing on a large fishing boat out of Mission Bay. **Event is for kids and teens, ages 6-15, and is a non-supervised activity. Parent/guardian is required to attend.** Fishing rods and lunch will be provided. Individuals 16 or older must purchase a fishing license at Seaforth Landing. More information will be sent prior to program date.

COST: FREE CODE: 103058

Pumpkin Patch

October 23, 2022 | 11:00 am - 2:00 pm
Get into the spooky spirit of Halloween at Mr. Jack O' Lantern's Pumpkin Patch. Cost includes games, activities, and a pumpkin. Bring a sack lunch. Drop-off and pick-up at Bonita Cove Park (3190 Mission Blvd., 92109).

COST: \$25 CODE: 102550

Model Railroad Museum

November 13, 2022 | 11:00 am - 2:00 pm
Come along with us to explore the world of model trains! Drop-off and pick-up at Bea Evenson Fountain (1549 El Prado, 92101) in Balboa Park. Please bring a sack lunch.

COST: \$5 CODE: 102576

Play Together Sports

Come Play Together in our weekly group for children ages 3 - 5, of all ability levels. We will have fun focusing on sport activities!

Adult participation is required. Meet at Park de la Cruz (3901 Landis Street, 92105).

Wednesdays | 3:00 - 3:45 pm

Session 1: September 7- October 12
CODE: 102334

Session 2: October 19- November 30*
*no class on November 23rd
CODE: 102335

COST: \$10 per session

Winter Adventure Save the Date

Save the date for these fun Kid Zone outings during Winter break. Registration begins November 19, 2022.

December 19 | Breakfast and Civita Park
COST: \$10

December 21 | San Diego Zoo
COST: \$30 (no pass)/ \$15 (with pass)

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

KICK BACK CLUB

Haley Marshall

(619) 525-8248

HEMarshall@sandiego.gov

Ages 12-18

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. **Register early, space is limited.**

Meetings

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

5:30 - 8:00 pm

September 16 | Camp Out Meeting

CODE: 102546

October 21 | Halloween Meeting

CODE: 102547

November 18 | Friendsgiving Fest

CODE: 102548

COST: \$7 per meeting

Padres Game

October 2, 2022 | 12:00 - 4:30 pm

Cheer on the San Diego Padres as they take on the Chicago White Sox! Drop-off and Pick up in the front of the Hilton at the intersection of 4th Avenue and K Street. If you plan on purchasing food at the ballpark, please know that Petco Park is cashless. **Space limited.**

COST: \$35

CODE: 102577

Bonita Pumpkin Farm

October 8, 2022 | 10:00 am - 1:00 pm

Get ready for a Spooktacular pumpkin patch outing with your friends! Choose your pumpkin, walk through the corn maze, and cut your own sunflowers. Bring a sack lunch! Drop-off and pick-up at 5354 Sweetwater Road, 91902.

COST: \$20

CODE: 102579

Fishing Trip

September 11, 2022 | 11:30 am - 5:00 pm

We will be going fishing on a large fishing boat out of Mission Bay. **Event is for kids and teens, ages 6-15, and is a non-supervised activity. Parent/guardian is required to attend.**

Fishing rods and lunch will be provided.

Individuals 16 or older must purchase a fishing license at Seaforth Landing. More information will be sent prior to program date.

COST: FREE

CODE: 103058

Haunted Trail

September 25, 2022 | 6:30 - 9:00 pm

Put on your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Drop-off and pick-up at the corner of Balboa Drive and Juniper Road. Dinner will be provided.

COST: \$5

CODE: 102578

Family Campfire

November 5, 2022 | 6:00 - 8:00 pm

Join us for a family campfire at Fiesta Island. Details and registration on page 10.

Holiday Shopping

December 2, 2022 | 5:30 - 8:30 pm

It's that time of the year again, to "shop 'til you drop". Come hang out with your friends and check off your holiday shopping list! Drop-off and pick-up in between Target and Outback Steakhouse at Mission Valley Mall. Bring money for gifts. Dinner will be provided.

COST: \$5

CODE: 102549

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. **Register early, space is limited.**

Recreation Nights

Recreation Nights held at Carmel Mountain Recreation Center (10152 Rancho Carmel Drive, 92128) and Park de la Cruz (3901 Landis Street, 92105). **Must RSVP by the Wednesday before program date. Cash is no longer accepted at Carmel Mountain, must pay with card or ECT (electronic check transfer).**

You can pay per meeting **OR** purchase a **Quarterly Membership** (details below).

5:30 - 8:00 pm

Autumn Apply Party

September 9 | Carmel Mountain Rec

CODE: 102907

September 30 | Park de la Cruz

CODE: 102904

Halloween Scream Night

October 14 | Carmel Mountain Rec

CODE: 102908

October 28 | Park de la Cruz

CODE: 102905

Thanksgiving Fest

***No November Carmel Valley Rec Night**

November 18 | Park de la Cruz

CODE: 102906

**COST: \$10 per meeting OR
\$20 Quarterly Membership**

SMC Quarterly Membership

September | October | November
Includes: Friday Recreation Nights and Fitness Center (see page 8 for hours). Must RSVP at (619) 525-8247 prior to each program.

COST: \$20 **CODE: 102947**

Haunted Trail

September 25, 2022 | 6:30 - 9:00 pm

Put on your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Drop-off and pick-up at the corner of Balboa Drive and Juniper Road. Dinner will be provided.

COST: \$5

CODE: 102948

Padres Game

October 2, 2022 | 12:00 - 4:30 pm

Cheer on the San Diego Padres as they take on the Chicago White Sox! Details on page 10.

Bonita Pumpkin Farm

October 8, 2022 | 10:00 am - 1:00 pm

Get ready for a Spooktacular pumpkin patch adventure! Choose your pumpkin, walk through the corn maze, and cut your own sunflowers. Bring a sack lunch! Drop-off and pick-up at 5354 Sweetwater Road, 91902.

COST: \$20

CODE: 102949

Family Campfire

November 5, 2022 | 6:00 - 8:00 pm

Join us for a family campfire at Fiesta Island. Details on page 10.

Holiday Shopping

December 2, 2022 | 5:30 - 8:30 pm

It's time to "shop 'til you drop"! Drop-off and pick-up in between Target and Outback Steakhouse at Mission Valley Mall. Bring money for gifts. Dinner will be provided.

COST: \$5

CODE: 102950

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. **Register early, space is limited.**

Club Meetings

First Friday of the month. MUST register at least 5 days before program! (Club Members only) Those wishing to attend these programs **MUST** be independent, able to utilize the buddy system, **AND** be pre-approved by 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

September 2 | Goodbye Summer BBQ

CODE: 102901

October 7 | Spooktacular

CODE: 102902

November 4 | Friendsgiving

CODE: 102903

**COST: \$10 per meeting OR
\$20 Quarterly Membership**

Haunted Trail

September 25, 2022 | 6:30 - 9:00 pm

Put on your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Drop-off and pick-up at the corner of Balboa Drive and Juniper Road. Dinner will be provided.

COST: \$5

CODE: 102948

IND Club Quarterly Membership

September | October | November

Includes: Friday Night Club Meetings and Fitness Center (see page 8 for hours). Must RSVP at (619) 525-8247 prior to each program.

COST: \$20

CODE: 102951

Padres Game

October 2, 2022 | 12:00 - 4:30 pm

Cheer on the San Diego Padres as they take on the Chicago White Sox! Details on page 10!

Bonita Pumpkin Farm

October 8, 2022 | 10:00 am - 1:00 pm

Get ready for a Spooktacular pumpkin patch outing! Choose your pumpkin, walk through the corn maze, and cut your own sunflowers. Bring a sack lunch! Drop-off and pick-up at 5354 Sweetwater Road,

COST: \$20

CODE: 102949

Old Town Outing

November 2, 2022 | 5:00 - 8:00 pm

Come explore Old Town as they celebrate Dia De Los Muertos! Cost includes dinner, bring extra money for shopping. Drop-off and pick-up at the Old Town Tequila Factory Restaurant (2467 Juan Street, 92110).

COST: \$20

CODE: 102952

Holiday Shopping

December 2, 2022 | 5:30 - 8:30 pm

It's time to "shop 'til you drop"! Drop-off and pick-up in between Target and Outback Steakhouse at Mission Valley Mall. Bring money for gifts. Dinner will be provided.

COST: \$5

CODE: 102950

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 is for adults recovering from mental illness and other behavioral health disorders. It is designed to increase socialization, self-esteem, and leisure skills through recreation opportunities and education. **Direct supervision is not provided. Register early, space limited.**

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

September 1 | Brunch Social

COST: FREE

CODE: 102953

NO OCTOBER SOCIAL

***see Consumer Luncheon on page 17**

November 3 | Friendsgiving

COST: FREE

CODE: 102954

Bowling League

Wednesdays | 10:00 am - 12:00 pm

September 7, 21

October 5, 19

November 2, 16, 30

December 14

Get your Strike on! Join us for our yearly bowling league. Sharpen your bowling skills while socializing and making new friends. We meet at Parkway Bowl (1280 Fletcher Parkway, 92020). We will have an awards banquet at the end of the season.

COST: \$30 for the season

CODE: 102958

Del Mar Horse Races

September 9, 2022 | 12:00 - 2:00 pm

Meet us "where the turf meets the surf" at the Del Mar Racetrack (2260 Jimmy Durante Blvd., 92014) to enjoy an afternoon of thoroughbred horse racing. Cost includes admission. Please bring money if you would like to purchase refreshments.

COST: \$10

CODE: 102955

Day at the Bay

October 5, 2022 | 11:00 am - 1:00 pm

Let's enjoy a beautiful day at Mission Bay! We will have many water and outdoor activities for you to enjoy while you soak up the sunny San Diego weather. Activities include: paddle boarding, bike riding, ice cream making and more! Lunch will NOT be provided, please bring your own lunch.

Register by September 30th.

COST: \$3

CODE: 102956

Mission Trails Hike

November 17, 2022 | 11:00 am-1:30 pm

Join us for a guided nature walk at Mission Trails Regional Park. Meet in front of the Visitor Center (1 Father Junipero Serra Trail, 92119). Bring a sack lunch as we will eat at the outdoor amphitheater before we begin our walk at noon. Please remember your water, hats, sunscreen, etc. You must register prior to this event so we know how many people will be in attendance.

COST: FREE

CODE: 102957

23rd Annual Consumer Recognition

October 14, 2022 | 10:00 am - 2:00 pm

We are celebrating World Mental Health Day. This event will honor fellow consumers' achievements and host a resource fair, featuring an array of community resources. We will meet at Park de la Cruz Community Center (3901 Landis Street, 92105). Enjoy listening to guest speakers, activities, food and more. **You must register no later than October 7th. Lunch is not guaranteed to those who show up without registering. Call (619) 525-8247 for more information.**

**COST: \$4 presale
\$6 at the door**

CODE: 102959

**Resource Fair Table
COST: \$20 (includes admission for 2)**

CODE: 102960



PEOPLE IN RECOVERY

Ages 18+

Juan Razo

(619) 236-7771

JRazo@sandiego.gov

This program is designed for individuals recovering from drug and alcohol addictions. It is designed to increase personal growth, self-esteem, independence, and confidence through participation in a variety of recreational activities. **Register early, space is limited.**

Open House

October 20, 2022 | 5:00 - 6:30 pm

Welcome back! We are excited to renew our collaboration with the Recovery community. We look forward to showcasing our new facility and begin planning activities and events that best serve everyone. Your feedback and input are greatly appreciated and fundamental in the success of the program. Refreshments will be provided. Register by October 14th.

COST: FREE

CODE: 102963



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. Register early, space is limited.



Handcycling

Saturdays | 11:00 am - 1:00 pm

Led by Nick

September 3

October 1, 15

November 26

Handcycling is a fun way to meet people and explore San Diego, while building strength and endurance. Join us at North Crown Point Shores (3791 Corona Oriente 92109- close to the kids playground). Sometimes we set up equipment in different areas due to last minute events or races. Please look for the City of San Diego truck with wooden gates on the back for where the group is located.

**COST: \$20 for
4 sessions**

CODE: 102965

Wheelchair Basketball

Wednesdays | 5:30 - 8:30 pm

Saturdays | 2:00 - 5:00 pm

Volunteer led by JT

Everyone is invited to participate in wheelchair basketball. Every skill level is welcome. If you are looking for recreation or competition, we can help. Meet great people while improving your strength and conditioning. Please call prior to reserve a sport wheelchair, if you do not currently have one. Meet at Park de la Cruz Gymnasium (3911 Landis Street, 92105). **No staff supervision.**

COST: Free

CODE: 102964



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. Register early, space is limited.

Strength Training

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

Volunteer Led by 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 Street, 92105).

COST: FREE

CODE: 102966



Stand-up Paddle Boarding

Wednesdays | 9:00 - 10:30 am

September 7 - October 12

Led by Taylor H

Stand-up paddle boarding is an excellent opportunity to get out on the water, meet people and have fun. Instruction is provided. After you feel comfortable on the water, you'll set out on a guided tour around Mission Bay. You must pre-register for this program. Limited space available. All equipment is provided. Be sure to wear appropriate attire. You could get wet during this program. Contact Nick Hurd at NHurd@sandiego.gov for locations.

COST: \$15 for 6 sessions CODE: 102967



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

Co-Sponsored Programs & Events

Access 4 All– Technology Program

Mondays | 9:30 am – 12:00 pm

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: 102276

Digital Navigator

Tuesdays & Thursdays | 9:00 am – 12:00 pm

Saturdays | 10:00 am – 2:00 pm

Digital Navigators are trained staff that provide one on one instruction with basic technical support, assistance with using online programs to access education, work, telehealth, government services, and housing assistance. The navigators also assist with enrollment into programs that offer free or low cost devices and affordable internet. Call (619) 525-8247 for languages offered and more information.

Chair Yoga

Fridays | 12:45 – 1:45 pm

September 16 – November 4

Chair Yoga combines chair and standing postures to incorporate flexibility and muscular strengthening. Participate at your own level.

This program is for independent participants age 55 years or older. Please call (619) 525-8247 for more information. **Contractor led, no staff supervision.** Cost includes: fitness center.

COST: \$30 for 8 sessions

CODE: 102281

SPORTS for Exceptional Athletes

S4EA is a sports program serving athletes with developmental disabilities. S4EA offers over 20 sports in 4 sports seasons. 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 Gym– Floor Hockey/ Volleyball

Mondays | 5:30 - 8:30 pm

September 12 - December 5

Learn a variety of skills in floor hockey and volleyball (ages 5-adult).

CODE: 102968

Morley Field– Flag Football

Wednesdays | 5:30 - 8:30 pm

September 14 - October 19

Learn a variety of skills in flag football (ages 5-adult)

CODE: 102969

Kearny Mesa Gym– Floor Hockey

Thursdays | 4:00 - 5:30 pm

September 15 - December 8

Learn a variety of skills in floor hockey (ages 5-18 years old).

CODE: 102970

Deaf Seniors Club

Thursdays | 10:00 am – 3:00 pm

This club, for seniors who are deaf or hard of hearing, meets at Park de la Cruz Community Center (3901 Landis Street, 92105) for social and recreational activities, along with fellowship. American Sign Language (ASL) is primarily used. bring a sack lunch. Text only (619) 249-2558 or VP (video phone) (619) 357-4536 for more information. See page 8 for Serving Seniors.

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

Civic Dance...You Can Dance!

The Civic Dance Arts program of the San Diego Parks and Recreation Department offers high quality, affordable dance lessons to individuals of all ages and abilities. For more information call (619) 235-5255 or visit www.cividdancearts.org.

Registration opens September 17th at 10:00am Classes begin the week of September 27th.

Classes at Park de la Cruz Community Center are scheduled for Tuesdays from 4:45 pm – 7:00 pm and include: Pre Ballet (3-6 year old), Beg Ballet 1A (7-17 years old), Beg/Adv Beginning Ballet 1B/2A (7-17 years old), Beginning Tap 1A (6-17 years old), Hip Hop 1A (8-17 years old), and Pre Hip Hop (5-7 years old).

If you are in need of inclusion support for classes, please see details to the right.

Inclusion Support We can all Play Together

The City of San Diego, Parks and Recreation Department is committed to offering activities that include ALL individuals. Call your local recreation center to see what activities are offered. If your child has special needs and you would like to request assistance, call (619) 525-8247 (minimum of three weeks notice). An assessment will be required.

Wheelchair – Accessible Botanical Tour

August 27, 2022 | 11:00 am – 12:30 pm

October 22, 2022 | 11:00 am – 12:30 pm

Join a Park Ranger for an exciting journey through a lesser known botanical treasure. This easy, 1/4 mile trail is wheelchair and stroller accessible. Bring water and sun protection. Meet near the playground at Charles Lewis III Memorial Park (4639 Home Avenue, 92105). Contact Sr. Ranger Goldstein for more information at cgoldsein@sandiego.gov

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.



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

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



SEPTEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Laugh Hour LS Social Deaf Seniors	2 IND Club Meeting Sports Talk Self-Expression Art	3 Handcycling WC Sports
4	5 Holiday Observed- Office Closed	6	7 SM Strength Play Together Wheelchair BBall SUP LS Bowling	8 Laugh Hour Deaf Seniors	9 SMC Rec Night- CMR Sports Talk Self-Expression Art LS Outing	10 WC Sports
11 KZ/ KBC Fishing Trip	12 SM Strength S4EA Floor Hockey/ Volleyball	13	14 SM Strength Play Together Wheelchair BBall SUP S4EA Flag Football	15 Laugh Hour Deaf Seniors S4EA Floor Hockey	16 KBC Meeting Sports Talk Self-Expression Art Chair Yoga	17 TRS Walking Club Saturdays at PDLC WC Sports
18 KZ Science Playday	19 SM Strength S4EA Floor Hockey/ Volleyball	20	21 SM Strength Play Together Wheelchair BBall SUP LS Bowling S4EA Flag Football	22 Laugh Hour Deaf Seniors S4EA Floor Hockey	23 Sports Talk Self-Expression Art Chair Yoga	24 WC Sports
25 KBC/ SMC Haunted Trail	26 SM Strength S4EA Floor Hockey/ Volleyball	27	28 SM Strength Play Together Wheelchair BBall SUP S4EA Flag Football	29 Open Pickleball Laugh Hour Deaf Seniors S4EA Floor Hockey	30 SMC Rec Night- PDLC Sports Talk Self-Expression Art Chair Yoga	

OCTOBER

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 Handcycling WC Sports
2 Padres Outing	3 SM Strength S4EA Floor Hockey/ Volleyball	4	5 Play Together Wheelchair BBall SUP LS Bowling SM Strength S4EA Flag Football	6 Open Pickleball Archery Laugh Hour Deaf Seniors S4EA Floor Hockey	7 Sports Talk Self-Expression Art IND Club Meeting Chair Yoga	8 KBC/SMC Bonita Pumpkin Farm WC Sports
9 KZ Halloween Playday	10 SM Strength S4EA Floor Hockey/ Volleyball	11	12 Play Together Wheelchair BBall SUP SM Strength S4EA Flag Football LS Outing	13 S4EA Floor Hockey Open Pickleball Archery Laugh Hour Deaf Seniors	14 LS Consumer Luncheon SMC Rec Night- CMR Sports Talk Self-Expression Art Chair Yoga	15 Handcycling WC Sports
16	17 SM Strength S4EA Floor Hockey/ Volleyball	18	19 Singing Class Play Together Wheelchair BBall LS Bowling SM Strength S4EA Flag Football	20 Laugh Hour Open Pickleball Archery PIR Open House Deaf Seniors S4EA Floor Hockey	21 KBC Meeting Monster Ball Sports Talk Self-Expression Art Chair Yoga	22 TRS Walking Club Saturdays at PDLC WC Sports
23 KZ Pumpkin Patch	24 SM Strength S4EA Floor Hockey/ Volleyball	25	26 Play Together Wheelchair BBall Singing Class SM Strength	27 Deaf Seniors Laugh Hour Open Pickleball Archery S4EA Floor Hockey	28 Chair Yoga SMC Rec Night- PDLC Sports Talk Self-Expression Art	29 Halloween Dance WC Sports
30	31 SM Strength S4EA Floor Hockey					

NOVEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2 Singing Class Play Together Wheelchair BBall LS Bowling IND Outing SM Strength	3 LS Social Open Pickleball Laugh Hour Deaf Seniors S4EA Floor Hockey	4 Sports Talk Self-Expression Art IND Club Meeting Chair Yoga	5 Family Campfire WC Sports
6 KZ Thanksgiving Playday	7 SM Strength S4EA Floor Hockey/ Volleyball	8	9 Play Together Wheelchair BBall Singing Class SM Strength	10 Laugh Hour Deaf Seniors S4EA Floor Hockey	11 Holiday Observed- Office Closed	12 WC Sports
13 KZ Model Railroad Museum	14 SM Strength S4EA Floor Hockey/ Volleyball	15	16 Singing Class Play Together Wheelchair BBall LS Bowling SM Strength	17 LS Outing Laugh Hour Deaf Seniors S4EA Floor Hockey	18 SMC/KBC Rec Night- PDLC Sports Talk Self-Expression Art	19 TRS Walking Club Saturdays at PDLC WC Sports
20	21 SM Strength S4EA Floor Hockey/ Volleyball	22	23 SM Strength Wheelchair BBall Singing Class	24 Holiday Observed Office Closed	25 Sports Talk Self-Expression Art	26 Handcycling WC Sports
27	28 SM Strength S4EA Floor Hockey/ Volleyball	29	30 Play Together Wheelchair BBall LS Bowling SM Strength			



Parks and Recreation Department

Therapeutic Recreation Services
Parks and Recreation Department
3901 Landis Street, MS 38
San Diego, CA 92105



Return Service Requested

Would you rather receive our newsletter via email?

Email trsnewsletter@sandiego.gov

and you'll receive the next newsletter digitally.



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.