



# Therapeutic Recreation Services (TRS)

## WINTER 2022-2023

### DECEMBER | JANUARY | FEBRUARY

Winter Registration starts November 19, 2022 at 10:00 am



Scan here for  
online website

**3901 Landis Street, San Diego, CA 92105**

**Office | (619) 525-8247**

**Email | [trsnewsletter@sandiego.gov](mailto:trsnewsletter@sandiego.gov)**

**[www.sandiego.gov/therapeuticrecreationservices](http://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.

## **STAFF DIRECTORY**

### **District Manager**

**Kristi Fenick, CTRS**

Kfenick@sandiego.gov

### **Supervising Therapeutic Recreation Specialists**

**Jessica Battaglia, CTRS**

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### **Therapeutic Recreation Specialists**

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**Michael Rodriguez**

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### **Therapeutic Recreation Leaders/Aides**

Taylor Askil • Alicia Bianchi, CTRS • Michael Bichler • Kira Duffett • Janet Estrada • Jon Garibay • Nancy Griffin • Eric Grube • Taylor Harrison • Kaitlyn Herron, CTRS • Maria Horan, CTRS • Lucia Montiano, CTRS • Paola Ochoa • Monica Olivan • Victor Ortiz • Cheryl Pawlak, CTRS/RTC • Alex Sandejas • Jennifer Stevenson • Kim Thomas, CTRS • Alex Valencia

### **AgeWell Services Staff**

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

### **PDLC Gymnasium Staff**

Gustavo Carranza • Joe Henry • Anthony Le • David Mena • Dajasia Morales • Sal Partida • Mauro Ramirez • Robert Titus

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# Where to Start/Online Registration

## Steps to register on SD Rec Connect

**First Time users:** Create an online profile, using the Activity Registration System, [SDRecConnect.com](http://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 made online at [SDRecConnect.com](http://SDRecConnect.com) or at Park de la Cruz Community Center (3901 Landis St., 92105). See page 8 for center hours.**

A parent or legal guardian must 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

For information on applying for The City of San Diego Low income fee waiver or the Disabled Service Advisory Council (DSAC) scholarship, please call (619) 525-8247 or stop by the Park de la Cruz (PDLC) office (3901 Landis St., 92105). Application can be submitted with a recreation center staff at PDLC.

# ANNOUNCEMENTS

## Welcome to TRS!

### Kim

#### Therapeutic Recreation Leader



Kim was fortunate to get hired after she completed her Masters in Therapeutic Recreation from Indiana University and her internship with AWS and TRS. She is a native of Wisconsin, with 17 years in the military. She is very excited with this new chapter of her life, working with wonderful staff and participants at TRS.

### Jon

#### Therapeutic Recreation Leader

Jon recently joined the TRS team. He plans to obtain his certification in Recreation Therapy soon. Jon loves



hosting events, activities, and connecting to new and fun things to do. He also loves watersports, especially kayaking and stand up paddle boarding.

### Leilani

#### Therapeutic Recreation Intern

Leilani grew up in a military family, but California is where she calls home. She is a current Sacramento State student majoring in Recreation Therapy. Leilani enjoys going to the movies, the beach, and loves to travel.



## Staff Spotlight: Anthony Le

Assistant Recreation Center Director



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

I always tell people I have the best job in the world, being a mentor to youth and promoting positivity and leisure as my career is rewarding in itself.

### What has been your favorite moment?

Being the one to present PDLC's Coaching Excellence award to Ricardo Guerrero. Thank you Ricardo for all you do for us!

### Favorite hobby outside of work?

I often take day trips up to Orange County with my friends for fun and recently began weightlifting.

### Fun fact about yourself?

I have a Miniature Pinscher and Doxon mix named Apollo.

# 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.

## 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!

## Volunteer Opportunities

- Assist with supervision and safety of participants and provide hands on assistance with individuals with disabilities during activities
- Garden assistance
- Kitchen volunteers



If you are interested in becoming a volunteer, please contact Sharon Moninger at (619) 236-7753 or e-mail [SMoninger@sandiego.gov](mailto:SMoninger@sandiego.gov)



**Mike Turner's Code**

- I will view success by my own standards
- I will never give up on anything
- I will practice a life of principle
- I will be different than anybody
- I will never turn down a friend in need
- I will do good without anyone knowing it was me
- I will be better than my parents

## Volunteer of the Quarter: Michael Turner

Michael has been volunteering with Therapeutic Recreation Services and AgeWell Services (AWS) for 30 years. He was first introduced to programs by his sister-in-law, and has loved coming ever since. He says it's the best thing in his life and enjoys making connections. He currently leads a Self-Expression Art class on Fridays, among other volunteer positions. Michael loves that the art class has both TRS and AWS participants. It is focusing on expressing your inner emotions in any medium. For more information on the Self-Expression Art class, see page 8.

# Park de la Cruz Community Park

## Community Center Hours

3901 Landis Street, 92105

Phone: (619) 525-8247

[sandiego.gov/park-and-recreation/activities/trs](http://sandiego.gov/park-and-recreation/activities/trs)

Monday	8:30 am - 8:00 pm
Tuesday	8:30 am - 8:00 pm
Wednesday	8:30 am - 8:00 pm
Thursday	8:30 am - 5:00 pm
Friday	8:30 am - 5:00 pm
Saturday	10:00 am - 3:00 pm
Sunday	Closed

## Gymnasium Hours

3911 Landis Street, 92105

Phone: (619) 516-3141

[sandiego.gov/park-and-recreation/centers/recctr/parkdelacruzgym](http://sandiego.gov/park-and-recreation/centers/recctr/parkdelacruzgym)

Monday	10:00 am - 8:30 pm
Tuesday	10:00 am - 8:30 pm
Wednesday	10:00 am - 8:30 pm
Thursday	10:00 am - 8:30 pm
Friday	10:00 am - 8:30 pm
Saturday	9:30 am - 5:00 pm
Sunday	Closed

Park de la Cruz Community Center and Gymnasium will be closed **December 26th, 2022, January 2nd and 16th, and February 20th, 2023** 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 is a fully adaptable fitness room that holds various free weights and cardio machines for your workout needs. **Must be 18 years and older. No supervision provided.**

Caretakers/aides will be free of charge to use the fitness center while accompanying a participant. Fitness center is open during community center hours. **Pay at Park de la Cruz.**

**COST: \$15 for TRS and AgeWell participants/ \$25 for general public per quarter**

## 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 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 Winter Programs and Events

Programs include: Futsal Winter Tournament, Fern Street Circus, Kids to Canyon, Basketball leagues, PDLC Teen lounge and Futsal. For more information please visit the Gym website (located above) or contact staff at (619) 516-3141. **Gym will be closed first week of January.**

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

# Park de la Cruz Community Park

## Sensory Room

We are excited to welcome you to our new Sensory Room! A parent/guardian must be present when using the Sensory Room. Call (619) 525-8247 for room open hours and details.

## Computer Room

Thank you to the *San Diego Futures Foundation* for donating 5 desktop computers for Park de la Cruz Computer Room. The computers, along with Access 4 All Wi-Fi, will be available for community use in the near future (see page 19 for Technology classes). Call (619) 525-8247 for more information.

## Program Garden

The Garden is currently under construction and will hopefully be ready for programming opportunities in late Winter/early Spring. Contact Sharon at [SMoninger@sandiego.gov](mailto:SMoninger@sandiego.gov) if interested in volunteering at the garden.

## SPECIAL EVENTS

### Holiday Fair

December 9 | 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. **No direct supervision provided. Must be 16 years or older to attend.** RSVP by calling (619) 525-8247 or register online by December 7th.

**COST: \$2**

**CODE: 103157**

### Brunch with Santa

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

Come and have a delicious brunch as we ring in the holiday spirit! We will have fun games and activities for everyone at Park de la Cruz Community Center (3901 Landis St., 92105), as well as a special guest appearance from Santa! **Gifts will be provided for registered children ages 3-12 only.** This is a family and friends' event.

**Anyone wanting to participate must register by December 1. No supervision provided.**

**COST: FREE**

**CODE: 102337**

### Holiday Dance

December 17 | 5:30 - 8:30 pm

Celebrate the holiday season by dancing and socializing with friends at Park de la Cruz (3911 Landis St., 92105). There will be snacks and beverages served throughout the dance. **Direct supervision is not provided.**

**You must be 18 years or older to attend.**

Families are welcome. Register online by December 15th. If you need assistance registering call (619) 525-8247.

**COST: \$5**

**CODE: 102977**

### Valentine's Dance

February 11 | 5:30 - 8:30 pm

Join us for our annual Valentine's Dance at Park de la Cruz Community Center (3911 Landis Street, 92105). Cost includes dance admission, refreshments, and entertainment.

**You must be 18 years or older to attend.**

**Direct supervision is NOT provided.** Register online by February 8th. If you need assistance registering, please call (619) 525-8247.

**COST: \$5**

**CODE: 104223**

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

# ALL PARTICIPANTS

Programs are for participants, age 13 and older, unless stated differently.

## Game Night Social

January 9 - February 27

Mondays | 4:15 - 5:15 pm

Led by TRS Recreation Leader

Start the week off with some fun at Park de la Cruz (3901 Landis St., 92105). Enjoy ping-pong, billiards, video tournaments, table games and socializing. Come early to use the Recreation Room, Fitness Center and Computer Room (pages 6-7). **No direct supervision. No program January 16 and February 20.**

**COST: FREE**

**CODE: 104405**

## Balance Training

Wednesdays | 1:15 - 2:15 pm

December 7 - December 28

This ALL balance training involves doing exercises that strengthen the muscles that help keep you upright, including your legs and core. For participants ages 16 and older of all ability levels, and AgeWell participants. These exercises can improve stability and help prevent falls. Strong muscles keep yourself steady and make all the difference in things you do every day, including walking, getting out of a chair, and tying your shoes.

**COST: FREE**

**CODE: 104222**

## 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: 104288**

## Learn to Play Pickleball

Thursdays | 9:00 - 10:00 am (Drills)

10:00 am - 12:00 pm (Open)

Enjoy this fun, social and friendly game.

**Program is for independent participants ages 18 and older, service members and Agewell participants age 55 and better.**

Whether you are looking for an easy game for beginners or a fast-paced, competitive game for experienced players, this activity is for you. This program will meet at the Park de la Cruz Gymnasium (3911 Landis St., 92105)

**COST: FREE**

**CODE: 104224**

## Archery

Thursdays | 11:00 am - 1:00 pm

February 2 - February 23

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

**Program is for independent participants.**

**COST: \$15**

**CODE: 104402**

## Self-Expression Through Art

Fridays | 2:30 - 4:00 pm

Volunteer Led by Michael T., Joan and Ray

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

**COST: FREE**

**CODE: 104289**

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



# ALL PARTICIPANTS

Programs are for participants, age 13 and older, unless stated differently.

## Sports Talk

Fridays | 3:30 – 5:00 pm

If you like sports, this is the program for you. Join Juan and your friends either in-person or virtually (Zoom link sent prior to program) in different sports topics. Each meeting, we will discuss different topics along with keeping up to date with current news. **No direct supervision.**

**COST: FREE**

**CODE: 102944**

## Strikeforce Bowling

Saturdays | 10:00 am – 12:00 pm

February 11, 25

May 6, 20

March 11, 25

June 3, 17

April 8, 22

June 24 (Banquet)

Calling all Strikeforce players (age 16 and older)! Join us for our 10-week bowling league adapted for all skill levels at Parkways Bowl (1280 Fletcher Parkway, 92020). Cost includes shoe rental, 2 games per date, and awards banquet for team members (extra for guests). Individuals are welcome, we will place you on a team.

**COST: \$85 for the session**      **CODE: 104370**



## TRS Walking Club

Saturdays | 10:00 – 11:00 am

December 3

January 7

February 4

Join us as we walk/stroll or roll our way around San Diego. Locations will be sent a week prior to program date. Walking is low-impact, fun way to meet people, while building strength and endurance. **No direct supervision.**

**COST: FREE**

**CODE: 104407**

## Saturday at PDLC

Led by Alicia B.

Spend your Saturday at your favorite Community Center. **Program is for participants ages 13 and older. Participants who need individualized assistance will need to bring a helper. No direct staff supervision.** Must register by January 11th.

**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.

January 14

**CODE: 104408**

## 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.

January 14

**CODE: 104410**

All codes are directly linked to [SDRecConnect.com](https://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 social skills, increase cognitive, physical, emotional, communicative, and creative abilities through play and recreation. **First time participants must be accompanied by a parent/guardian and have an assessment on file prior to registering. Register early, space limited. See page 19 for Inclusion Support.**

## Playdays

Have fun with games, crafts, art and more! Make sure you bring a sack lunch. Drop-off and pick-up at Park de la Cruz Community Center's back outdoor basketball court (3911 Landis Street, 92105). We encourage dressing up to fit the themes!

**12:00 - 3:00 pm**

**January 8 | Space Playday**      **CODE: 103766**

**February 5 | Bug Playday**      **CODE: 103767**

**COST: \$7 per playday**

## Winter Adventure

### Day 1- Breakfast and Civita Park

**December 19 | 10:00 am - 3:00 pm**

Start your break off with a make-your-own pancake breakfast at Park de la Cruz! After breakfast we will head to Civita Park. Must provide a car seat/booster if your child requires one. Bring a sack lunch, wear your sunscreen and bring a change of clothes (there is a splashpad). Drop-off and pick-up at Park de la Cruz (3901 Landis St., 92105).

**COST: \$10**      **CODE: 102543**

### Day 2- San Diego Zoo

**December 21 | 10:00 am - 3:00 pm**

Get ready for a fun day spent at the San Diego Zoo! Bring a sack lunch and wear your sunscreen! Drop-off and pick-up at the lion statue at zoo entrance (2920 Zoo Dr., 92101).

**COST: \$30 (no zoo pass)      CODE: 102544**  
**\$15 (with zoo pass)**

## Disney on Ice

**January 22 | 12:00 - 3:30 pm**

Disney on Ice is back! This is a family and friends' event that will not be staffed; contact Haley to register if older than 12 years. Meet at the Habit Burger Grill (3455 Sports Arena Blvd. #104,92110) or tickets can be e-mailed ahead of time. Tickets are limited.

**COST: \$30**

**CODE: 103764**

## Coaster & Fletcher Cove Park

**February 26 | 10:00 am - 1:30 pm**

Drop-off and pick-up at Washington Square (2767 San Diego Ave., 92110) within Old Town. Bring a sack lunch to enjoy at the park!

**COST: \$7**

**CODE: 103765**

## Play Together Sports

**Wednesdays | 3:00 - 3:45 pm**

**January 18 - February 22**

We will have fun focusing on sport activities! For children ages 3 - 6, of all ability levels.

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

**COST: \$10**

**CODE: 104134**

## Save the Date: Spring Adventure

Save the date for these fun Spring Break events. More details in the Spring newsletter.

**March 27 | Dino Playday & Jurassic World**

**March 29 | Liberty Station & Hot Spot Creations**

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

# KICK BACK CLUB

# Ages 12-18

**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. **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**

**January 20 | Luau Meeting**

**CODE: 103770**

**February 17 | Harry Potter Meeting**

**CODE: 103771**

**COST: \$7 per meeting**

## Holiday Shopping

December 2 | 6:00 - 9:00 pm

Get your shopping list ready! Come hang out with friends while you "shop 'til you drop!" After shopping, we will wrap presents together and enjoy dinner. Drop-off at Mission Valley Mall in-between Target and Outback Steakhouse (1640 Camino Del Rio N., 92108). Bring money for gifts and a list.

**COST: \$5**

**CODE: 102549**

## Holiday Lights & Sights Trolley Tour

December 16 | 5:00 - 8:00 pm

Join us for a Holiday Lights Trolley Tour through San Diego! There will be caroling, fun holiday trivia, and a quick stop at Seaport Village for holiday festivities. Meet at 2510 Juan St., 92110. Dinner will be provided.

**COST: \$30**

**CODE: 103924**

## Monster Jam

**January 15 | 1:30 - 5:30 pm**

Get ready for an action-packed night of Monster Truck madness at Snapdragon Stadium (2101 Stadium Wy., 92108). Drop-off and pick-up location is on the north side of the stadium, Gate 1 (Friars Rd. and Mission Village Dr.). This is a loud event. Foam earplugs will be provided, or you may bring your own headphones. No outside food allowed. Eat before program or bring a credit card/debit card to purchase food (cash not accepted).

**COST: \$30**

**CODE: 104284**

## Safari Park

**February 12 | 9:00 am - 2:00 pm**

Join us for an excursion to the Safari Park! Drop-off and pick-up at Park de la Cruz Community Center (3901 Landis St., 92105). Please bring a sack lunch or money for food at the park. Wear sunscreen and good walking shoes!

**COST: \$30 (no Safari pass) CODE: 104202  
\$15 (with pass)**



**All codes are directly linked to [SDRecConnect.com](http://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

Good people, games and more! 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.**

**5:30 - 8:00 pm**

### Disney Night

**January 13 | Carmel Mountain Rec**

**CODE: 104325**

**January 27 | Park de la Cruz**

**CODE: 104326**

### Hollywood Night

**February 10 | Carmel Mountain Rec**

**CODE: 104327**

**February 24 | Park de la Cruz**

**CODE: 104328**

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

## SMC Quarterly Membership

(January | February)

Includes: Friday Recreation Nights' and Fitness Center (see page 6 for hours). **Must RSVP at (619) 525-8247 prior to each program.**

**COST: \$20**

**CODE: 104331**

## Holiday Shopping

December 2 | 6:00 - 9:00 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**

## Holiday Lights & Sights Trolley Tour

December 16 | 5:00 - 8:00 pm

Join us for a Holiday Lights Trolley Tour through San Diego! There will be caroling, fun holiday trivia, and a quick stop at Seaport Village for holiday festivities. Meet at 2501 Juan St., 92110. Dinner will be provided.

**COST: \$30**

**CODE: 104333**

## Monster Jam

January 15 | 1:30 - 5:30 pm

Get ready for an action-packed night of Monster Truck madness at Snapdragon Stadium (2101 Stadium Wy., 92108). Drop-off and pick-up location is on the north side of the stadium. It can be accessed through Friars Rd. and Mission Village Dr. (Gate 1). This is a loud event. Foam earplugs will be provided, or you may bring your own headphones. No outside food allowed. Eat before program or bring a credit/debit card to purchase food (cash not accepted).

**COST: \$30**

**CODE: 104334**

## Mission Trails Hike

February 18 | 10:00 am - 2:00 pm

Come learn about different animals and natural habitats in San Diego! Please wear comfortable clothes and appropriate shoes. Bring a sack lunch and water. Drop-off and pick-up at 1 Father Junipero Serra Trail, 92119.

**COST: \$5**

**CODE: 104354**

**All codes are directly linked to [SDRecConnect.com](http://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.

**5:30 - 8:00 pm**

**January 6 | Election Speeches**

**CODE: 104329**

**February 3 | Blast from the Past**

**CODE: 104330**

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

## IND Club Quarterly Membership

(January | February)

Includes: FridayClub Meetings and Fitness Center (see page 6 for hours). Must RSVP at (619) 525-8247 prior to each program.

**COST: \$20**

**CODE: 104332**

## 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**

## Holiday Lights & Sights Trolley Tour

December 16 | 5:00 - 8:00 pm

Join us for a Holiday Lights Trolley Tour through San Diego! There will be caroling, fun holiday trivia, and a quick stop at Seaport Village for holiday festivities. Meet at 2501 Juan St., 92110. Dinner will be provided.

**COST: \$30**

**CODE: 104333**

## Monster Jam

January 15 | 1:30 - 5:30 pm

Get ready for an action-packed night of Monster Truck madness at Snapdragon Stadium (2101 Stadium Wy., 92108). Drop-off and pick-up location is on the north side of the stadium, Gate 1 (Friars Rd. and Mission Village Dr.). This is a loud event. Foam earplugs will be provided, or you may bring your own headphones. No outside food allowed. Eat before program or bring a credit/debit card to purchase food inside (cash not accepted).

**COST: \$30**

**CODE: 104334**

## Whale Watching

February 16 | 11:30 am - 4:00 pm

Come see whales, dolphins, sea lions and birds, on this 3 hour Whale Watching tour. Onboard staff share endless wildlife facts and educate passengers about the beautiful marine ecosystem San Diego has to offer. Meet at 1617 Quivira Rd., 92109.

**COST: \$12**

**CODE: 104353**

**All codes are directly linked to [SDRecConnect.com](https://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 6 for Serving Seniors meal program.

**1:30 - 3:30 pm**

**December 1 | Winter Wonderland**

**CODE: 104276**

**January 5 | Game Night**

**CODE: 104277**

**February 2 | Art Party**

**CODE: 104279**

**COST: FREE**

### Fitness Class

**Thursdays | 10:30 - 11:30 am**

Our new fitness program offers functional exercises for all levels of experience. Class includes stretching, body and free weight exercises, and cardiovascular movements.

**Program is designed for individuals age 16 and up recovering from mental or behavioral health diagnosis. This is not a supervised program.** Must register prior to attending. Meet at Park de la Cruz (3901 Landis St., 92105). No class on February 16, see LS Whale Watching outing details.

**COST: FREE**

**CODE: 104280**

### A Christmas Carol Play

**December 10 | 2:30 - 6:00 pm**

Enjoy the holiday classic adapted from Charles Dickens' timeless tale of hope and redemption, full of music for a unique storytelling experience. Meet at the Cygnet Theater in Old Town San Diego (4040 Twigg St., 92110). Tickets are limited.

**COST: \$12**

**CODE: 104285**

### Exploration with a Ranger

**January 23 | 1:30 - 4:00 pm**

Join Ranger Najja for an exploration of Chollas Lake Park. Bring your inquisitive mind and wear comfortable walking shoes! The walk will be approximately 2 miles in length. Moderate hills and uneven terrain should be anticipated. Meet at Chollas Lake Park (6350 College Grove Dr., 92105) for a picnic lunch before the walk begins. Bring your own sack lunch.

**COST: FREE**

**CODE: 104286**

### Whale Watching

**February 16, 2022 | 11:30 am - 4:00 pm**

Come see whales, dolphins, sea lions and birds, on this 3 hour Whale Watching tour. Staff share wildlife facts and educate passengers about the beautiful marine ecosystem San Diego has to offer. Meet at 1617 Quivira Rd., 92109. Tickets are limited.

**COST: \$12**

**CODE: 104287**

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



## Softball League

Wednesdays | 10:00 am - 1:00 pm

**Practice begins February 8  
League begins in March**

Play Ball! Bring your team or just yourself to our Softball League at Park de la Cruz Softball Field. You will play three games each day. Practice sessions will begin February 8. League games begin in March, dates will be advertised in the Spring Newsletter. Register online or in person at Park de la Cruz (3901 Landis St., 92105) by Wednesday, February 22 for league play. Mandatory coaches meeting on the first day of the season at Park de la Cruz. There will be an awards banquet at the end of the season. Any questions please contact Juan at (619) 525-8247.

**COST: \$50 team**

**CODE: 104403**

**\$5 Individual**

## 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.

### Open Gym

Fridays | 10:00 am - 12:00 pm

**January 13 - February 24**

Join us every Friday for some pick up basketball at Park de la Cruz Gymnasium (3911 Landis St., 92105). No equipment needed. Space is limited so please contact Juan at (619) 525- 8247 to reserve a spot for your Recovery Home.

**COST: FREE**

**CODE: 104404**



All codes are directly linked to [SDRecConnect.com](http://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. **Register early, space is limited.**

### Big Bear Ski Trip

February 6 | 5:00 am - 8:00 pm

Let's hit the slopes! Join us for our annual Big Bear Ski Trip. Participants will get to choose from adaptive skiing, independent skiing or snow tubing. Bring your own lunch, or money to purchase food. All ability levels are welcome. Space is limited. Contact Nick at (619) 236-7772 or NHurd@sandiego.gov with questions. Cost and additional information available later. **No direct supervision.**

**CODE: 104226**



### Wheelchair Dance

Tuesdays | 10:30 - 11:30 am

January 10 - February 28th

**Volunteer Led by Jason and 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. Join WDO's Jason Rivers and Karma LaDonna for a morning of dance instruction on Tuesdays from 10:30 - 11:30 am at Park de la Cruz Gymnasium (3911 Landis Street, 92105). All abilities and levels welcome! Dance, get some exercise, and meet new people. Register at [www.wdoinclusivedance.org](http://www.wdoinclusivedance.org). Be sure to check out our other classes and workshops, too. We have something for everyone!

**COST: FREE**

**CODE: 104394**

### Wheelchair Basketball

Wednesdays | 5:30 - 8:30 pm

Saturdays | 2:00 - 5:00 pm

**Volunteer led**

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

**COST: Free**

**CODE: 104399**

**All codes are directly linked to [SDRecConnect.com](http://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: 104400**



## Service Member Archery

Wednesdays | 11:00 am - 1:00 pm

January 4 - January 25

Join us at Morley Field Archery Range for our Service Member Archery program. Please bring your own water to this range. Space is limited, you must register for this program before attending. For more information, please e-mail Nick at Nhurd@sandiego.gov.

**COST: \$10**

**CODE: 104225**

## Learn to Play Pickleball

Thursdays | 9:00 - 10:00 am (Drills)

10:00 am - 12:00 pm (Open)

Enjoy this fun, social and friendly game. Program is for all participants ages 18 and older, service members of any age and individuals age 55 and better. Whether you are looking for an easy game for beginners or a fast-paced, competitive game for experienced players, this activity is for you. This program will meet at the Park de la Cruz Gymnasium (3911 Landis Street, 92105).

**COST: FREE**

**CODE: 104224**

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

# Co-Sponsored Programs & Events

## **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 – Basketball and Winter Sports**

Mondays | 5:30 - 8:30 pm

January 9 - March 13

Learn a variety of skills in basketball and winter sports (ages 5-adult) **CODE:104227**

### **Kearny Mesa Gym – Jr Basketball**

Thursdays | 4:00 - 5:30 pm

January 12 - March 16

Learn a variety of skills in basketball (ages 5-18 years old) **CODE: 104228**

## **Early Learner Brain Dance Class**

Thursdays | 9:00 am – 12:00 pm

February 2 – June 8

Class includes music-based movement and dance, rhymes and signing. This course meets at Park de la Cruz (3901 Landis St., 92105) and will explore how physical activity supports cognitive learning and social-emotional development in children between 2-5 years old. Using multi-sensory props and instruments, students will experience how music and movement promote and sustain early development patterns necessary for building a strong foundation between body and brain.

Register at [San Diego College of Continuing Education](#), course number HMDV 586. E-mail [mschaude@sdccd.edu](mailto:mschaude@sdccd.edu) for questions.

## **A New Year. A New You. Day of Play.**

January 13 | 11:30 am – 2:30 pm

Has a brain attack (stroke, traumatic brain injury or other brain impairments) kept you from enjoying former recreational interests? Do you sometimes sit on the side lines wishing to participate?

In 2023 resolve to try “new” ways to have fun! We invite you to the Park de la Cruz Gymnasium (3911 Landis Street, 92105) to enjoy some common, playful sporting activities, using modifications to include all ability levels. Everyone will be encouraged to try a little bit of everything. Prize drawings for participation. Plan to wear comfortable clothes and sneakers (or closed toed shoes). A light lunch will be provided.

**Must pre-register by Wednesday, January 11 to participate. RSVP to (619) 229-7362.**

Co-sponsored by San Diego Rehabilitation Institute’s Comebackers Neuro Club and City of San Diego, Parks and Recreation Department, Therapeutic Recreation Services.

**COST: FREE**

## **Deaf Seniors Club**

Wednesdays | 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. A \$4 donation is requested by the Deaf Seniors Club. American Sign Language (ASL) is primarily used. Bring a sack lunch. See page 6 for Serving Seniors. Text only (619) 249-2558 or VP (video phone) (619) 357-4536 for more information.

**COST: FREE**

**CODE: 104291**

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

## Access 4 All– Technology Program

Mondays & Wednesdays | 9:30 am – 12:00 pm

Free technology assistance program led by San Diego Futures Foundation (SDFF) staff. SDFF hosts weekly trainings, Q&A, and distributes information on how to purchase low-cost devices to individuals who qualify. **Program is for independent participants age 55 years or older.** Call (619) 525-8247 for more information.

**COST: FREE**

**CODE: 103739**

## Digital Navigator

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

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

## 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.



# 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](http://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, Thursday, 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](http://SDRecConnect.com), so click the code to sign up.

# 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](http://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](http://smile.amazon.com).

Follow these easy steps:

1. Shop under your normal Amazon account at [smile.amazon.com](http://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](http://www.food4less.com) or [www.ralphs.com](http://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

Therapeutic Recreation Services, in conjunction with Disabled Services Advisory Council, sends their biggest thanks to all individual and agency donors. Thanks to this financial assistance, we are able to provide quality programming to enrich the lives of those with disabilities.

We are looking forward to the opening of the Park de la Cruz Program Garden (late winter/early spring) and would like to thank the **San Diego Parks Foundation**, **James Hervey Johnson Foundation**, **AARP**, **Sycuan Band of the Kumeyaay Nation** and the **County of San Diego** for their financial and in-kind donations. Thank you to **Mission Bay Yacht Club** for hosting a fabulous summer camp day and **Friends of Rollo** for an afternoon Deep Sea fishing trip. Approximately 300 participants attended the annual Harvest Ball dinner/dance event, in which TRS thanks **Ranch Catering** and **Classic Buzz** for their contributions to a wonderful evening. Over 200 participants had a Spooktacular time during the Halloween festivities thanks to **The Haunted Trail**, **The Scream Zone** and **Trader Joe's**. All of the attendees at the Leisure Seekers Luau enjoyed crafts compliments of **Atkins Plumeria**, a catered meal from **Da Kine's**, entertainment by **Heali'i's Polynesian Revue** and **Joseph Cofran Music**. Thank you to **Tobey Geise Healing Works** for their support of the Consumer Recognition Luncheon, where consumers were recognized for their contributions, attended break-out sessions, toured Park de la Cruz, socialized and enjoyed lunch. Fundraising efforts from **Dallin Young**, DSAC chairperson, and contributions from **SDGE** and the **San Diego Foundation** have provided numerous scholarships to those demonstrating a need. Please join us in thanking these individuals and organizations for their support.



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

# Community Events & Programs

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](mailto: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](http://www.northparkvaudeville.com)

## 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. 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](http://www.sosc.org/sandiego)

## Civic Dance...You Can Dance!

Since 1942, The Civic Dance Arts program of the San Diego Parks and Recreation Department has been offering high quality, affordable dance lessons to individuals of all ages and abilities. For more information call the Dance office at (619) 235-5255 or visit [www.cividdancearts.org](http://www.cividdancearts.org).

**Registration opens December 10 at 10:00am.**

**Classes begin the week of January 9.**

Classes at Park de la Cruz Community Center are Tuesdays from 4:45 pm – 7:00 pm and include: Pre Ballet, Beg Ballet 1A, Beg/Adv Beginning Ballet 1B/2A, Beginning Tap 1A, Hip Hop 1A, and Pre Hip Hop.

**If you are in need of inclusion support for classes, please see page 19.**

## Park Ranger Led Walks

Join a Park Ranger for an exciting journey and learn about unique wildlife, native plants and interesting geology. Bring water, sun protection and sturdy shoes. Contact Sr. Ranger Goldstein for more information at [cgoldsein@sandiego.gov](mailto:cgoldsein@sandiego.gov).

**Wheelchair – Accessible Botanical Tour**  
December 10 | January 28 | February 25  
11:00 am

Charles Lewis III Memorial Park: 4639 Home Avenue, San Diego 92105.

**Exploration with a Ranger**  
December 19 | January 23 | February 20  
2:00 pm

Chollas Lake Park: 6350 College Grove Drive, San Diego 92115.

**Chollas Lake Wildlife Walk**  
December 31 | 1:00 pm

Chollas Lake Park: 6350 College Grove Drive, San Diego 92115.

**Kumeyaay Ethnobotany Walk**  
January 14 | 1:00 pm

Chollas Lake Park: 6350 College Grove Drive, San Diego 92115.

**Chollas Lake History Hike with a Ranger**  
February 11 | 1:00 pm

Chollas Lake Park: 6350 College Grove Drive, San Diego 92115.

## New Children's Museum

(619) 233-8792

Provides free access for families who would benefit from a sensory friendly experience 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 from 8:30 - 9:30 am.

**[Sensory Accommodations | San Diego](#)**

DECEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Pickleball LS Social LS Fitness Class Virtual Laugh Hour S4EA	2 Sports Talk Self-Expression Art Holiday Shopping	3 TRS Walking Club
4	5 S4EA SM Strength	6	7 ALL Balance Deaf Seniors WC Basketball SM Strength	8 Pickleball LS Fitness Class Virtual Laugh Hour S4EA	9 Sports Talk Self-Expression Art Holiday Fair	10 LS Christmas Carol Brunch with Santa
11	12 SM Strength	13	14 ALL Balance LS Bowling Deaf Seniors WC Basketball SM Strength	15 Pickleball LS Fitness Class Virtual Laugh Hour	16 Sports Talk Self-Expression Art Holiday Lights & Sights Trolley Tour	17 Holiday Dance
18	19 KZ Winter Adventure SM Strength	20	21 ALL Balance Deaf Seniors KZ Winter Adventure WC Basketball SM Strength	22 Pickleball LS Fitness Class Virtual Laugh Hour	23 Sports Talk Self-Expression Art	24
25	26 Holiday Observed- Office Closed	27	28 ALL Balance Deaf Seniors WC Basketball SM Strength	29 Pickleball LS Fitness Class Virtual Laugh Hour	30 Sports Talk Self-Expression Art	31

JANUARY

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 Holiday Observed- Office Closed	3	4 SM Archery Deaf Seniors SM Strength	5 Pickleball LS Social LS Fitness Class Virtual Laugh Hour	6 Sports Talk Self-Expression Art IND Club Meeting	7 TRS Walking Club
8 KZ Space Playday	9 Game Night S4EA SM Strength	10 WC Dance	11 SM Archery Deaf Seniors WC Basketball SM Strength	12 Pickleball LS Fitness Class Virtual Laugh Hour S4EA	13 Sports Talk Self-Expression Art Day of Play PIR Open Gym SMC Rec Night- CMR	14 WC Basketball Saturdays at PDLC
15 Monster Jam	16 Holiday Observed- Office Closed	17 WC Dance	18 SM Archery Deaf Seniors KZ Play Together WC Basketball SM Strength	19 Pickleball LS Fitness Class Virtual Laugh Hour S4EA	20 Sports Talk Self-Expression Art PIR Open Gym KBC Luau Meeting	21 WC Basketball
22 KZ Disney on Ice	23 Game Night S4EA LS Exploration with a Ranger SM Strength	24 WC Dance	25 SM Archery Deaf Seniors KZ Play Together WC Basketball SM Strength	26 Pickleball LS Fitness Class Virtual Laugh Hour S4EA	27 Sports Talk Self-Expression Art PIR Open Gym SMC Rec Night- PDLC	28 WC Basketball
29	30 S4EA Game Night SM Strength	31 WC Dance				

FEBRUARY

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Deaf Seniors KZ Play Together WC Basketball SM Strength	2 Pickleball LS Social ALL Archery Virtual Laugh Hour S4EA LS Fitness	3 Sports Talk Self-Expression Art PIR Open Gym IND Club Meeting	4 TRS Walking Club
5 KZ Bug Playday	6 S4EA SM Strength Big Bear Ski Trip Game Night	7 WC Dance	8 LS Soffball Deaf Seniors KZ Play Together WC Basketball SM Strength	9 Pickleball ALL Archery Virtual Laugh Hour S4EA LS Fitness	10 Sports Talk Self-Expression Art PIR Open Gym SMC Rec Night- CMR	11 Valentine's Dance WC Basketball Bowling
12 KBC Safari Park	13 S4EA SM Strength Game Night	14 WC Dance	15 LS Soffball Deaf Seniors KZ Play Together WC Basketball SM Strength	16 Pickleball Whale Watching ALL Archery Virtual Laugh Hour S4EA	17 Sports Talk Self-Expression Art PIR Open Gym KBC Harry Potter Meeting	18 WC Basketball SMC Mission Trails Hike
19	20 Holiday Observed- Office Closed	21 WC Dance	22 LS Soffball Deaf Seniors KZ Play Together WC Basketball SM Strength	23 Pickleball ALL Archery Virtual Laugh Hour S4EA LS Fitness	24 Sports Talk Self-Expression Art PIR Open Gym SMC Rec Night- PDLC	25 WC Basketball Bowling
26 KZ Coaster and Fletcher Cove	27 Game Night S4EA SM Strength	28 WC Dance				



Parks and Recreation Department

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



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Email [trsnewsletter@sandiego.gov](mailto: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.