



Therapeutic Recreation Services (TRS)

SPRING 2023

MARCH | APRIL | MAY



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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.

STAFF DIRECTORY

District Manager

Kristi Fenick, CTRS

KFenick@sandiego.gov

Supervising Therapeutic Recreation Specialists

Jessica Battaglia, CTRS

JMBattaglia@sandiego.gov

Gerald Cunanan, CTRS

GCunanan@sandiego.gov

Julie Gregg, CTRS

JGregg@sandiego.gov

Therapeutic Recreation Specialists

Nick Hurd

NHurd@sandiego.gov

Haley Marshall

HEMarshall@sandiego.gov

Sharon Moninger

SMoninger@sandiego.gov

Michael Rodriguez

MichaelR@sandiego.gov

Therapeutic Recreation Intern

Lelaina Sanchez

Therapeutic Recreation Leaders/Aides

Taylor Askil • Alicia Bianchi, CTRS • Michael Bichler • Kira Duffett • Janet Estrada • Jon Garibay • Nancy Griffin • Eric Grube • Kaitlyn Herron, CTRS • Clarence Hill • 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 Cenicerros • Marla Davis, CTRS • Krysta Donaldson, CTRS • 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 • Kyrie Dixon

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Where to Start/Online Registration

Spring Registration starts February 11, 2023 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 made online at SDRecConnect.com or at Park de la Cruz Community Center (3901 Landis St., 92105). See page 6 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 3.56% processing fee.

Refund Policy

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy:

Refund policy exclusions: 3.56% 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 will not be refunded. No refunds for requests submitted less than 20 business days prior to the activity. Refunds will take 4-8 weeks, depending on payment method. 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!

Clarence

Therapeutic Recreation Leader

Welcome to TRS's newest Therapeutic Recreation Leader. Clarence



transferred from Paradise Hills Recreation Center. In addition to working at TRS, Clarence coaches high school sports, which have included basketball, football, baseball and track and field.

It's not Goodbye, it's see you later!

Congratulations to TRS's Therapeutic Recreation Specialist, Juan Razo, on his recent promotion to Supervising Recreation



Specialist with the Parks and Recreation Department. We thank Juan for all his contributions over the past 10+ years. Juan was in charge of the People in Recovery group and the Sports Leagues.

Staff Spotlight: Taylor Askil



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

I started off working for TRS during my internship, and when my internship ended I knew I wanted to continue working for a department that is so rewarding. I get to work with the most amazing staff and meet the most special individuals from around the community.

What has been your favorite moment?

Being able to meet so many new people. I find it special that I get to connect with our participants at programs and teach them about leisure education and have fun doing it as well! I feel so lucky because my job doesn't feel like a job when I get to do what I love every day.

Favorite hobby outside of work?

I officially have a new roommate, my ESA dog, Lady! I enjoy spending time with her and taking her on adventures with me. So far her favorite trips with me are when we get to go to Target.

Fun fact about yourself?

I love to cook and try new recipes. I recently made homemade mac and cheese!

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

- At least 13 years old
- Attend a volunteer orientation
- Clear a background check
- Commit to two or more activities each month

Qualifications

- 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
- Biking Program volunteers



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: Kelli



Kelli is a kinesiology major at San Diego State University. She learned about TRS through an adaptive sporting event and it sounded like a really fun opportunity to volunteer and get involved in the community! Kelli's favorite memories have been volunteering at the Recreation nights because the participants are always so excited to try out all the fun activities and talk to one another. In her free time she enjoys going to the gym and being active, and in the future she hopes to have a career working with athletes with disabilities.

Park de la Cruz Community Park

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

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 - 7:00 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

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 **March 31, 2023 and May 29, 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 (see above). **Fitness Center will be staffed for equipment usage questions on Thursdays, from 10:00 am - 12:00 pm. Register onsite.**
COST: \$15 for TRS and AgeWell participants OR \$25 for general public per quarter

Sensory Room

We are excited to announce the opening of our new Sensory Room. Must have an assessment on file and room orientation prior to use. Call (619) 525-8247 for more information. Room limitation may apply.

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 21 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 Spring. Contact Sharon at SMoninger@sandiego.gov if interested in volunteering at the garden.

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

Park de la Cruz Community Park

Serving Seniors

Monday– Friday | 12:00 – 1:00 pm

Serving Seniors and AgeWell Services hosts a congregate meal program at Park de la Cruz Community Center (3901 Landis Street, 92105) Monday thru Friday. Serving seniors provides hot, nutritious lunch to older adults, age 60+. Meals are provided at no cost to individuals age 60 and over; 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. A \$4 fee is requested for those who are under 60 years of age. Scholarships are available through the Disabled Services Advisory Council Inc. (DSAC) for those on limited incomes (see page 3).

PDLC Gymnasium Spring Programs and Events

Programs include: 12 & Under soccer, Beginners Skateboard I & II, Intermediate Skateboard I & II, Fern Street Circus, Teen Lounge, Futsal, Zumba, and Adult Co-Ed Volleyball. For more information please visit the Gym website (located on page 6) or contact staff at (619) 516-3141.



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SPECIAL EVENTS

St. Patrick's Day Dance

March 17 | 10:00 am - 1:00 pm

Located at the Balboa Park Club (2144 Pan American Road West, 92101). **Direct supervision is not provided. You must be 16 years or older to attend.** Lunch is not provided. Snacks available for purchase. Register by March 15th online or by calling the main office at (619) 525-8247.

COST: \$2

CODE: 106295

Egg Hunt

April 8 | 10:00 am - 12:00 pm

Join us for Park de la Cruz's annual Egg Hunt! Held at the field across the street from Park de la Cruz Community Center's (3901 Landis Street, 92105). This is a family and friends' event. No direct supervision will be provided.

COST: FREE

CODE: 106121

Talent Show

April 22 | 5:00 - 8:00 pm

Sign up to perform or cheer on your friends at Park de la Cruz (3901 Landis Street, 92105)! Light refreshments provided. **Performers, email Michael at MichaelR@sandiego.gov or call (619) 525-8247. Register by April 17th.**

COST: \$3

CODE: 106147

Aztecs Baseball Game

May 20 | 12:00 - 4:30 pm

Get into the Aztec spirit with fellow participants, family, and friends to watch the Aztecs take on the New Mexico Lobos. We will meet at Park Valley Center (1570 Camino De La Reina, 92108) to take the transit to the game and return after the game. Please bring a sack lunch or debit/credit card to purchase food at the stadium.

COST: \$15

CODE: 106154

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SUMMER CAMPS

Summer registration begins March 4, 2023 at 10:00 am

Registration must be done at Park de la Cruz Community Center (3901 Landis Street, 92105) during office hours (see page 6) or online, see "Online Registration on page 3. **Space is limited. Enrollment is limited to one camp per participant. If you are interested in attending a second camp, or camp is full, join the waitlist.** Participants will be pulled from the waitlist if spots become available. Camp forms and information will be mailed upon registration. Partial scholarships for all TRS camps are available to those who demonstrate a need, see "Scholarships" on page 3. Scholarship forms must be on file with TRS. Camper must have a current assessment completed prior to the first day of camp. **Camp refund policy**– Full refund of the registration fee will be given with at least 10 calendar days prior to the first day of camp. 50% of the registration fee will be given for application submitted less than 10 calendar days prior to the first day of camp. No refunds for less than 48 hours from the start of camp.

Camp at the Bay

July 10 – 14 | TBA

Led by Nick

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

COST: \$210

CODE: 106240



Kid Zone Adventure Camp

July 24 – 28 | 10:00 am – 3:00 pm

Led by Haley

Campers, ages 6 to 12, with any disability, siblings and friends, join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, daily field trips, admission and transportation costs. Camp meets at Park de la Cruz Community Center (3901 Landis Street, 92105).

COST: \$210

CODE: 106132

Camp Wet n' Wild

August 7 – 11 | 10:00 am – 3:00 pm

Led by TRS Staff

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

COST: \$210

CODE: 106307

Junior Adaptive Sports Camp

July 24 – 28 | 9:00 am – 3:30 pm

This TRS co-sponsored camp is for ages 4-18 who have a physical impairment. Enjoy learning various wheelchair sports taught by trained athletes. Additional fees apply for transportation. Please contact ASRA at (619) 336-1806 for camp fees and more information. Registration for this camp is done through Adaptive Sports and Recreation Association (ASRA).



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

ALL PARTICIPANTS

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

Game Night

Mondays | 3:15 – 5:15 pm

March 20 – May 8

Led by Jon

Start the week off with some fun at Park de la Cruz (3901 Landis Street, 92105). Enjoy ping-pong, billiards, video games, virtual reality, table games and socializing.

Program is for independent participants, age 16 and older. No direct supervision.

COST: FREE

CODE: [106242](#)

TRS Fitness Program

Tuesdays | 10:00 – 11:00 am

Led by Michael R

This fitness program offers adaptable exercises for all ability levels to meet individual needs. Participants will be in a group fitness program geared towards their personal goals. Fitness programs will include a full workout routine utilizing the fitness center equipment. Program is designed for independent participants ages 18 and up.

Limited space available. Must register prior to attending. Meet at Park de la Cruz Fitness Center (3901 Landis Street, 92105).

COST: FREE

CODE: [106163](#)

Balance Training

Bi-Weekly Wednesdays | 1:30 – 2:30 pm

March 15 & 29 | April 12 & 26 | May 10 & 24

Led by Nick

This ALL balance training involves doing exercises that strengthen the muscles that help keep you upright. These exercises can improve stability and help prevent falls. **For participants ages 16 and older of all ability levels, and AgeWell participants. No direct supervision provided.** Meet at Park de la Cruz outdoor basketball court (3901 Landis Street, 92105).

COST: FREE

CODE: [106120](#)

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: [106129](#)

Learn to Play Pickleball

Tuesdays | 12:00 – 2:30 pm (Open Play)

Thursdays | 9:00 – 10:00 am (Drills)

10:00 am – 12:00 pm (Open Play)

Led by Nick

Enjoy this fun, social and friendly game.

Program is for independent participants ages 18 and older.

The first hour will be an instruction period for those new to the sport and want to learn. The last two hours will be open play. This program will meet at the Park de la Cruz Gymnasium (3911 Landis St., 92105)

COST: FREE

CODE: [106237](#)

Sports Talk

Fridays | 3:30 – 5:00 pm

Led by PDLC Gym & TRS Staff

If you like sports, this program is for you. Each meeting, we will have a different topic along with keeping up to date on current news. Attend either virtually or in-person.

COST: FREE

CODE: [106296](#)

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. Meet at Park de la Cruz Community Center (3901 Landis Street, 92105). **No staff supervision.**

COST: FREE

CODE: [106131](#)

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

ALL PARTICIPANTS

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

Strikeforce Bowling

Saturdays | 9:00 – 11:00 am

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 Parkway 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**



Grease Movie Sing-A-Long

April 1 | 7:00 – 9:30 pm

Led by Alicia B.

“You’re the one that I want” to sing and dance the night away at our movie showing of the fun filled Grease Movie. “Drive in” dinner provided. Wear your 50’s style outfit.

For ages 13 and up. Minors must be accompanied by an adult. No direct supervision provided. Participants requiring supervision and/or extra assistance must bring a helper. Meet at War Memorial Building (3325 Zoo Drive, 92101). Caretakers/aides will be free to attend with participant. **Register by March 29th.**

COST: \$10 **CODE: 106300**



Saturday at PDL C

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 the Wednesday before program date.

Community Service & Lunch

10:30 am – 1:00 pm

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

March 25 | April 29 | May 27

COST: FREE

CODE: 106298

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.

March 25 | April 29 | May 27

COST: \$5 per quarter

CODE: 106299

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

KID ZONE

Ages 3-12

Haley Marshall

(619) 525-8248

HEMarshall@sandiego.gov

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.**

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

April 16 | Farm Playday

CODE: 106117

May 7 | Under the Sea Playday

CODE: 106119

COST: \$7 per playday

Spring Adventure

Day 1- Dino Playday & Jurassic World

March 27 | 10:00 am - 3:00 pm

Kick-off Spring Break with a day full of dino-fun! We will be using our city vans to go to the Jurassic World Exhibit. **It is required that you send your child with a booster seat/car seat if they typically use one.** Drop-off and pick-up at Park de la Cruz playground (3901 Landis Street, 92105). Please bring a sack lunch.

COST: \$25

CODE: 106124

Day 2- Hot Spot Creations

March 29 | 10:00 am - 3:00 pm

Get ready to bring your creative side out at Hot Spot Creations in Liberty Station! We will get the opportunity to do pottery painting and candle making to take home. Drop-off and pick-up at Ingram Plaza (2751 Dewey Road, 92106). Please bring a sack lunch.

COST: \$30

CODE: 106127

Play Together Sports

Wednesdays | 3:00 - 3:45 pm

Led by Alicia B.

Come Play Together in our weekly group for children ages 3-6, of all ability levels. We will have fun focusing on sport activities! Adult participation required. Meet at Park de la Cruz (3901 Landis Street, 92105).

March 1 - April 12*

* No class March 29

CODE: 106128

April 26 - May 31

CODE: 106130

COST: \$10 per session

(includes 6 meetings)



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

KID ZONE

Ages 3-12

Egg Hunt

April 8 | 10:00 am - 12:00 pm

Join us for Park de la Cruz's annual Egg Hunt! Held at the field across the street from Park de la Cruz Community Center (3901 Landis Street, 92105). This is a family and friends' event. No direct supervision will be provided.

COST: FREE

CODE: 106121



New Children's Museum

Saturday May 13 | 8:00 - 11:00 am

Come and explore some hands-on fun at the New Children's Museum! Meet at Children's Park at the corner of Front Street and West Island Avenue. Feel free to bring a snack to enjoy before going into the museum.

COST: \$5

CODE: 106122

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.

sandiego.gov/park-and-recreation/activities

A person is sitting at a desk, working on a laptop. In the background, there are several cardboard boxes stacked on a table. The person's hands are visible, typing on the laptop keyboard. The scene is brightly lit, suggesting an office or workspace environment.

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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

March 17 | St. Patrick's Day Meeting

CODE: 106134

April 21 | Sports Night Meeting

CODE: 106136

May 19 | Pizza Party Meeting

CODE: 106138

COST: \$10 per meeting

Looking for more programs? Don't forget to look at the ALL Programs on pages 10-11. Check program description for eligible ages and supervision type.



Talent Show

April 22 | 5:00 - 8:00 pm

Sign up to perform or cheer on your friends at Park de la Cruz (3901 Landis Street, 92105)! Light refreshments provided. **Performers, email Michael at MichaelR@sandiego.gov or call (619) 525-8247. Register by April 17th.**

COST: \$3

CODE: 106147

Taco Tuesday

March 28 | 10:45 am - 2:45 pm

Join us for a Coaster ride to Encinitas where we will be celebrating Taco Tuesday at the Taco Stand! Please bring your own money (cash/card) for food. Meet across the street from the Old Town Transit Station (address and image will be included in reminder email for reference).

COST: \$7

CODE: 106139



Aztecs Baseball Game

May 20 | 12:00 - 4:30 pm

Get into the Aztec spirit with fellow participants, family and friends to watch the Aztecs take on the New Mexico Lobos. We will meet at Park Valley Center (1570 Camino De La Reina, 92108) to take the transit to the game and return after the game. Please bring a sack lunch or a debit/credit card to purchase food or drinks at the stadium.

COST: \$15

CODE: 106154

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

Good people, games and more! Dinner provided. Recreation Nights held at Park de la Cruz (3901 Landis Street, 92105) and Carmel Mountain Recreation Center (10152 Rancho Carmel Drive, 92128). **Must RSVP by the Wednesday before program date.**

5:30 - 8:00 pm

St. Patrick's Day

March 10 | Carmel Mountain

CODE: 106133

March 24 | Park de la Cruz

CODE: 106135

PJ's & Movie Night

April 14 | Carmel Mountain

CODE: 106137

April 28 | Park de la Cruz

CODE: 106140

Western Night

May 12 | Carmel Mountain

CODE: 106142

May 26 | Park de la Cruz

CODE: 106143

COST: \$10 per meeting OR

\$20 Quarterly Membership

Looking for more programs? Don't forget to look at the ALL Programs on pages 10-11. Check program description for eligible ages and supervision type.

Rockin' Jump

March 18 | 6:30 - 9:00 pm

Jump around! Jump up, jump up and get down at Rockin' Jump Neon Jump Night! Cost includes a 2-hour jump party, socks, and rock wall. Bring money for food. Drop-off and pick-up at Rockin' Jump (8190 Miralani Drive, 92126).

COST: \$25

CODE: 106152

Talent Show

April 22 | 5:00 - 8:00 pm

Sign up to perform or cheer on your friends at Park de la Cruz (3901 Landis Street, 92105)! Light refreshments provided. **Performers, email Michael at MichaelR@sandiego.gov or call (619) 525-8247. Register by April 17th.**

COST: \$3

CODE: 106147

Aztecs Baseball Game

May 20 | 12:00 - 4:30 pm

Get into the Aztec spirit with fellow participants, family and friends to watch the Aztecs take on the New Mexico Lobos. We will meet at Park Valley Center (1570 Camino De La Reina, 92108) to take the transit to the game and return after the game. Please bring a sack lunch or a debit/credit card to purchase food and drinks at the stadium.

COST: \$15

CODE: 106154

→ SMC Quarterly Membership

(March | April | May)

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: 106161

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.**

Looking for more programs? Don't forget to look at the ALL Programs on pages 10-11. Check program description for eligible ages and supervision type.

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

March 3 | St. Patrick's Day

COST: 106144

April 7 | Health & Fitness Night

COST: 106145

May 5 | Cinco de Mayo

COST: 106146

COST: \$10 per meeting OR

\$20 Quarterly Membership

➔ IND Club Quarterly Membership

(March | April | May)

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

COST: \$20

COST: 106162

Corvette Diner Dinner

March 15 | 5:30 - 8:30 pm

We will be eating dinner, enjoy games, and socializing with peers. Bring money for food, drinks, and games. Drop-off and pick-up at Corvette Diner (2965 Historic Decatur Road, 92106).

COST: FREE

CODE: 106153



Talent Show

April 22 | 5:00 - 8:00 pm

Sign up to perform or cheer on your friends at Park de la Cruz (3901 Landis Street, 92105)!

Light refreshments provided. **Performers, email Michael at MichaelR@sandiego.gov or call (619) 525-8247. Register by April 17th.**

COST: \$3

CODE: 106147

Aztecs Baseball Game

May 20 | 12:00 - 4:30 pm

Get into the Aztec spirit with fellow participants, family and friends to watch the Aztecs take on the New Mexico Lobos. Meet at Park Valley Center (1570 Camino De La Reina, 92108) to take the transit to the game and return after the game. Please bring a sack lunch or a debit/credit card to purchase food or drinks at the stadium.

COST: \$15

CODE: 106154

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 health and other behavioral health diagnosis. 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.

1:30- 3:30 pm

March 2 | Wildlife Social

CODE: 106301

April 6 | Self-Care Social

CODE: 106302

May 4 | Star Wars Social

CODE: 106303

COST: FREE

LS Group Fitness Class

Thursdays | 11:00 am - 12:00 pm

Class includes stretching, body and free weight exercises, and cardiovascular movements. **Program is for individuals age 16 and up recovering from behavioral health diagnosis. This is not a supervised program.**

Meet at Park de la Cruz (3901 Landis St., 92105).

COST: FREE

CODE: 106304

Stadium Golf

March 20 | 12:00 - 2:00 pm

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

COST: FREE

CODE: 106305

NAMI Walk

April 29 | 8:30 - 11:00 am

Meet at the TRS booth at the resource fair before the walk, and we will walk together for the NAMI walk, #together4MH. We're on the road. Together. Meet at Preble Field in NTC Park at Liberty Station (2455 Cushing Road, 92106). Wear comfortable shoes and bring water.

COST: FREE

CODE: 106306

Aztecs Baseball Game

See page 8 (Special Events) for information and registration code.

Softball League

Bi-Weekly Wednesdays | 10:00 am - 1:00 pm
March 1, 15 & 29 | April 12 & 26 | May 10 & 24
Bring your team or just yourself to our Softball League at Park de la Cruz Softball field.

Register online or in person at Park de la Cruz (3901 Landis Street, 92105) by

Wednesday, February 22. Mandatory coaches meeting on the first day of the season. Awards banquet at the end of the season. Call (619) 525-8247 for information.

COST: \$50 team OR \$5 individual

CODE: 104403

3 on 3 Basketball Tournament

May 18 | 10:00 - 2:00 pm

Ready to hoop it up? We are hosting a 3 on 3 Basketball Tournament. The tournament will be double elimination. There will also be a 3-point contest. If you have any questions, email SMoninger@sandiego.gov.

COST: \$10 per Team

CODE: 106310

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- RT (Wounded Warriors)

Class offers adaptable and customizable functional movement-based exercises to meet individual needs. Includes dynamic warm-up, body weight, resistance band, kettle bell, and core exercises in combination with cardiovascular activities. Program is designed for Service Member (active-duty or veterans) and will meet at Park de la Cruz Fitness Center (3901 Landis Street, 92105).

COST: FREE

CODE: 106311

Stand-Up Paddleboard

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

March 8 & 22 | April 19 | May 3, 17 & 31

This is an excellent opportunity to get out on the water, meet people and have fun. Meet at Santa Clara Recreation Center (1008 Santa Clara Place, 92109). Instruction is provided. After you feel comfortable, you'll set out on a guided tour around Mission Bay. Limited space available. All equipment is provided.

COST: \$5 for quarter

CODE: 106241

(includes 6 sessions)

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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.**

Wheelchair Dance

Tuesdays | 10:30 - 11:30 am

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.wheelchairdancers.org. Be sure to check out our other classes and workshops, too. We have something for everyone!

COST: FREE

CODE: 106238



Handcycling

Bi-Weekly Saturdays | 11:00 am - 1:00 pm

Join us as we pedal some of San Diego's most beautiful bike trails! Handcycling is a fun way to meet people and explore San Diego, while building strength and endurance. Please look for the City of San Diego truck with wooden gates on the back for where the group is located.

March 4 | North Crown Point Shores

March 18 | Liberty Station

April 1 | North Crown Point Shores

April 15 | Coronado (Silver Strand)

May 6 | North Crown Point Shores

May 27 | Liberty Station

COST: \$25 for quarter

CODE: 106239

(includes 6 sessions) OR

\$15 with own bike

Wheelchair Basketball

Wednesdays | 5:30 - 8:30 pm

Saturdays | 2:00 - 5:00 pm

Volunteer Led - JT (Roll to Success)

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 for beginner 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: 106236

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

Co-Sponsored Programs & Events

SPORTS for Exceptional Athletes **Volunteer Led by S4EA Coaches**

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 Pickleball

Mondays | 5:30 – 8:30 pm

March 20 – May 8

Learn a variety of skills in basketball and pickleball (ages 5-adult).

CODE: 106233

Kearny Mesa Gym – Junior Open Sports

Thursdays | 4:00 – 5:30 pm

March 23 – May 11

Learn a variety of skills in kickball, indoor soccer, lacrosse, pillo polo, basketball, volleyball & floor hockey (ages 5-18).

CODE: 106234

Mt. Acadia – Baseball

Saturdays | 10:00 am – 12:00 pm

Wednesdays | 4:30 – 6:00 pm

February 18 – June 3

Learn a variety of skills in floor hockey, basketball and volleyball (ages 5-18).

CODE: 106235

Basketball Tournament

March 18 | 9:00 am – 5:00 pm

Hosted at Park de la Cruz (3901 Landis Street, 92105) and Mid-City Gym (4302 Landis Street, 92105).

Program is sponsored by the Therapeutic Recreation Services and S4EA.

Torrey Pines Adaptive Golf Open

April 6 | 8:00 am

Led by Nick

Attention adaptive Athletes! Register for the Inaugural Torrey Pines Adaptive Open featuring adaptive golfers of various classifications. Limited spots available. Modified Shotgun starts at 8:00 am. Adaptive golfers are recommended to bring their own support caddies (if needed). Registration includes participant green's fees, range balls, lunch and prizes. For registration or more information please contact Nick at NHurd@sandiego.gov or at (619) 525-8247.

Event hosted by City of San Diego Golf Division and Therapeutic Recreation Services.

CVA/ TBI Spring Training

March 10 | 11:30 am – 2:30 pm

Led by Alicia B.

Join our "Spring Training" event where we will do stretching exercises, sports skills and a modified ball game all designed to be safe, successful and fun! This program is designed for individuals recovering from brain attacks (stroke, brain injury or illness).

Please contact Mary Williams at San Diego Rehabilitation Institute to register at (619) 229-7362 or SDRecConnect.

Co-sponsored by San Diego Rehabilitation Institute's Comebackers Neuro Club and Therapeutic Recreation Services. **Lunch is provided to those registered by March 3rd.**

Save the date for the next event: June 9 Handcycling and Picnic.

COST: FREE

CODE: 106095

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 & Wednesdays | 9:30 am - 12:00 pm

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

COST: FREE

CODE: 105571

Digital Navigators

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 more. They also assist with enrollment into programs that offer free or low cost devices and affordable internet. Call (619) 525-8247.

Deaf Seniors Club

Wednesdays | 10:00 am - 3:00 pm

Volunteer Led by Richard and Cheryl

This club is for seniors who are deaf or hard of hearing. Meet at Park de la Cruz (3901 Landis St., 92105) for social and recreational activities. A \$4 donation is requested by the Deaf Seniors Club. American Sign Language (ASL) is primarily used. Bring a sack lunch. See page 7 for Serving Seniors. Text only (619) 249-2558 or VP (video phone) (619) 357-4536 for more information.

COST: FREE

CODE:106312



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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, 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.

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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.

FUNDRAISING

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>

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



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

DONATIONS

Therapeutic Recreation Services, in conjunction with Disabled Services Advisory Council, sends their biggest thanks to all the individual and agency donors. Thanks to this financial assistance, we are able to provide quality programming to enrich the lives of those with disabilities. The following agencies contributed to the success of Brunch with Santa in December 2022. A big thank you to Santa for his many years of supporting TRS events.



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Community Events & Programs

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

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.

If you are in need of inclusion support for classes, please see page 13. Spring classes will run from January 9 - May 21 (10+ classes).

Classes at Park de la Cruz (3901 Landis Street, 92105) are scheduled for Tuesdays from 4:45 - 7:00 pm. Classes include: Pre-Ballet, Beg Ballet 1A, Beg/Adv Beg Ballet 1B/2A, Pre Hip Hop and Beg Tap 1A.

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

Challenged Sailors San Diego

(760) 690-6594

info@challengedsailors.org

Challenged Sailors San Diego's adaptive sailing program is designed to minimize mobility restrictions and enhance independence for our sailors. Learning the skills to maneuver a boat on San Diego Bay provides a sense of confidence, autonomy, and accomplishment that can have a significant positive effect on sailors' lives.

www.ChallengedSailors.org

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 for questions.

SoCal Special Olympics

Lynne Allen | (619) 704-3343

We enrich the lives of almost 3,000 athletes with and without intellectual disabilities 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 to learn more.

www.sosc.org/sandiego

St. Madeline Sophie Center

(619) 442-5129

St. Madeline Sophie's Center educates and empowers individuals with intellectual and developmental disabilities to realize their full potential. They specialize in Adaptive Computer Training, Aquatics, Culinary Arts, Linguistics, Garden and Sophie's Gallery. Visit their website for more information and upcoming events such as 'Gotta Have Heart' and 'Morning Glory Brunch'.

www.stmsc.org

MARCH

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors KZ Play Together LS Softball	2 LS Social Laugh Hour All Pickleball LS Group Fitness	3 IND Club Meeting Self-Expression Art Sports Talk	4 WC Basketball ADP Handcycling S4EA Mt. Acadia
5	6 SM Strength	7 TRS Fitness WC Dance Open Pickleball	8 SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors SM SUP KZ Play Together	9 Laugh Hour ALL Pickleball LS Group Fitness	10 SMC Rec Night -CMR Self-Expression Art CVA/TBI Spring Training Sports Talk	11 ALL Bowling WC Basketball S4EA Mt. Acadia
12	13 SM Strength	14 TRS Fitness WC Dance Open Pickleball	15 IND Outing SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors KZ Play Together ALL Balance Training LS Softball	16 Laugh Hour ALL Pickleball	17 Self-Expression Art St. Patrick's Day Dance KBC Meeting Sports Talk	18 SMC Rockin Jump ADP Handcycling S4EA Mt. Acadia S4EA Tournament
19	20 SM Strength S4EA PDLC Game Night LS Golf Outing	21 TRS Fitness WC Dance Open Pickleball	22 SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors SM SUP KZ Play Together	23 Laugh Hour ALL Pickleball S4EA Kearny Mesa LS Group Fitness	24 SMC Rec Night- PDLC Self-Expression Art Sports Talk	25 ALL Bowling WC Basketball Saturdays at PDLC S4EA Mt. Acadia
26	27 KZ Spring Adventure SM Strength S4EA PDLC Game Night	28 TRS Fitness WC Dance KBC Spring Break Outing Open Pickleball	29 SM Strength KZ Spring Adventure WC Basketball S4EA Mt. Acadia Deaf Seniors ALL Balance Training LS Softball	30 Laugh Hour ALL Pickleball S4EA Kearny Mesa LS Group Fitness	31 Holiday Observed Office Closed	



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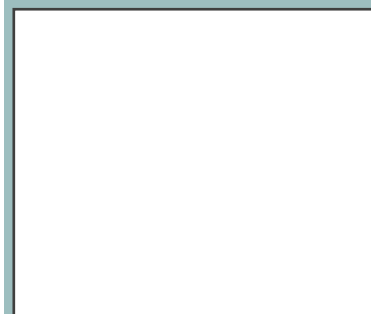
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APRIL

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 ALL Grease ADP Handcycling S4EA Mt. Acadia WC Basketball
2	3 SM Strength S4EA PDLC Game Night	4 TRS Fitness WC Dance Open Pickleball	5 SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors KZ Play Together	6 LS Social Laugh Hour S4EA Kearny Mesa LS Group Fitness Golf Tournament	7 IND Club Meeting Self-Expression Art Sports Talk	8 ALL Bowling WC Basketball Egg Hunt S4EA Mt. Acadia
9	10 SM Strength S4EA PDLC Game Night	11 TRS Fitness WC Dance Open Pickleball	12 SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors KZ Play Together ALL Balance Training LS Softball	13 Laugh Hour ALL Pickleball S4EA Kearny Mesa LS Group Fitness	14 SMC Rec Night- CMR Self-Expression Art Sports Talk	15 WC Basketball ADP Handcycling S4EA Mt. Acadia
16 KZ Playday	17 SM Strength S4EA PDLC Game Night	18 TRS Fitness WC Dance Open Pickleball	19 SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors SM SUP	20 Laugh Hour ALL Pickleball S4EA Kearny Mesa LS Group Fitness	21 Self-Expression Art KBC Meeting Sports Talk	22 ALL Bowling WC Basketball ALL Talent Show S4EA Mt. Acadia
23	24 SM Strength S4EA PDLC Game Night	25 TRS Fitness WC Dance Open Pickleball	26 SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors ALL Balance KZ Play Together LS Softball	27 Laugh Hour ALL Pickleball S4EA Kearny Mesa LS Group Fitness	28 SMC Rec Night- PDLC Self-Expression Art Sports Talk	29 LS NAMI Walk WC Basketball Saturdays at PDLC S4EA Mt. Acadia
30						

MAY

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 SM Strength S4EA PDLC Game Night	2 TRS Fitness WC Dance Open Pickleball	3 SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors SM SUP KZ Play Together	4 LS Social Laugh Hour ALL Pickleball S4EA Kearny Mesa LS Group Fitness	5 IND Club Meeting Self-Expression Art Sports Talk	6 ALL Bowling WC Basketball ADP Handcycling S4EA Mt. Acadia
7 KZ Playday	8 SM Strength S4EA PDLC Game Night	9 TRS Fitness WC Dance Open Pickleball	10 SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors KZ Play Together ALL Balance Training LS Softball	11 Laugh Hour ALL Pickleball S4EA Kearny Mesa LS Group Fitness	12 SMC Rec Night- CMR Self-Expression Art Sports Talk	13 WC Basketball S4EA Tournament KZ Outing S4EA Mt. Acadia
14	15 SM Strength	16 TRS Fitness WC Dance Open Pickleball	17 SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors SM SUP KZ Play Together	18 LS 3 on 3 Basketball Laugh Hour ALL Pickleball LS Group Fitness	19 Self-Expression Art KBC Meeting Sports Talk	20 ALL Bowling WC Basketball S4EA Mt. Acadia ALL Aztecs Baseball Game
21	22 SM Strength	23 TRS Fitness WC Dance Open Pickleball	24 SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors ALL Balance Training KZ Play Together LS Softball	25 Laugh Hour ALL Pickleball LS Group Fitness	26 SMC Rec Night- PDLC Self-Expression Art Sports Talk	27 WC Basketball Saturdays at PDLC S4EA Mt. Acadia ADP Handcycling
28	29 Holiday Observed- Office Closed	30 TRS Fitness WC Dance Open Pickleball	31 SM Strength WC Basketball S4EA Mt. Acadia Deaf Seniors KZ Play Together SM SUP			



Therapeutic Recreation Services
Parks and Recreation Department
3901 Landis Street, MS 38
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