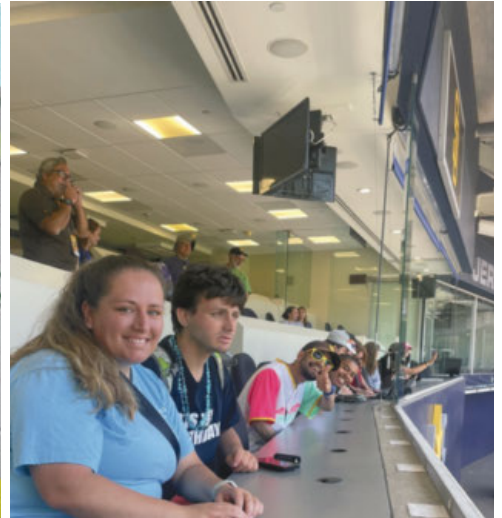




Therapeutic Recreation Services (TRS) FALL 2023

SEPTEMBER | OCTOBER | NOVEMBER



The City of San Diego does not necessarily endorse the services offered by the advertisements and community-sponsored activities listed in this newsletter.

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 online website



3901 Landis Street

San Diego, CA 92105

Office | (619) 525-8247

Email | trsnewsletter@sandiego.gov

www.sandiego.gov/therapeuticrecreationservices



THERAPEUTIC RECREATION SERVICES (TRS)

The City of San Diego, Parks and Recreation Department, Therapeutic Recreation Services, provides therapeutic recreation programs for children and adults with any type of disability. Certified Therapeutic Recreation Specialists (CTRS) work with participants on social and recreational skill development, leisure education, appropriate behavior, and recreation participation in inclusive environments.

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PDLC Gymnasium Staff

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

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Where to Start/Online Registration

Fall Registration starts **August 19, 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

Note from District Manager: We're hoping that everyone enjoyed summer and is ready for fall. TRS staff are excited to announce some new opportunities available at Park de la Cruz (PDLC), such as new weekly programs, additional hours for usage of the Sensory Room (page 6), as well as available computers in the Computer Room (page 6). If you haven't see the PDLC garden, you must stop by to check it out (see page 7 for Garden Ribbon Cutting event on September 16th).

Lastly, we want to hear from you regarding your preference of activities offered, locations, and days/time of week, so please be on the lookout for a survey via email. If we don't have your email, please call (619) 525-8247 to ask for a survey to be mailed to you. We appreciate your feedback.

Kristi Fenick

Farewell Paola, Maria H., Clarence and Kim.

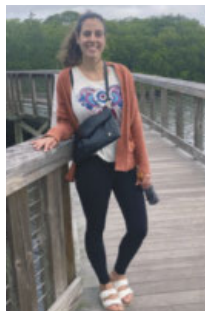
Welcome New Staff



Welcome to TRS's newest Therapeutic Recreation Leaders. They come to us with various backgrounds such as degrees in Recreation Therapy, previous work experience with individuals with disabilities and volunteer experience with TRS.

Above: Rosey, Lelaina, Maria and Judy

To The Right: Gabriella



Meet the RT Fall Interns

James is finishing his degree for Recreation Therapy (a minor in Psychology) at California State University, Chico. He likes to read the Bible, hang out with family, and play basketball and video games.



Kai is a Recreation Therapy major at California State University, East Bay. Her favorite activities include dance, arts and crafts, games, camping and the beach.

Staff Spotlight: Nancy Griffin

Why did you want to work at TRS?

I wanted to work with a variety of individuals with different needs in a variety of fun and exciting activities.

What has been your favorite moment?

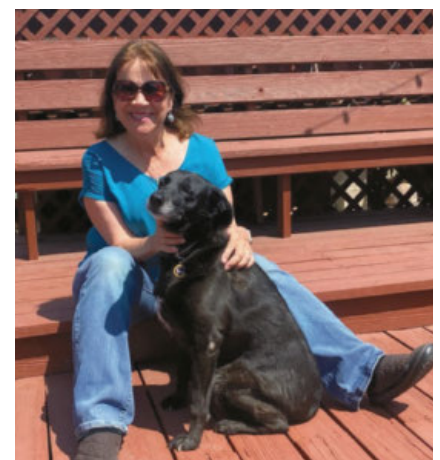
My favorite moments have been seeing the look of sheer joy on the faces of participants during camps and other events and activities.

Favorite hobby outside of work?

Taking walks with my dog, Bella and gardening.

Fun fact about yourself?

I went skydiving when I was 19!



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 Micheal Rodriguez at (619) 236-7755 or MichaelR@sandiego.gov



Volunteer of the Quarter:

Daphne

Daphne started volunteering with Therapeutic Recreation Services at the Wet N' Wild summer camp 2022. Her favorite memory while working with TRS was having the opportunity to establish a garden class at Park de la Cruz. She was able to plan activities and lead classes for 8 weeks. She has enjoyed the memories and is excited to make more! A fun fact about Daphne is that she loves cats and as has 4 at home.

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 - 8:00 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

Closed **September 4th, November 10th, 11th and 23rd** in observance of City Holidays.

Recreation Room

You can check out a variety of recreation equipment including basketballs, pool, ping-pong, board games and more. Individuals age 13 and older will need a picture ID (School, driver license, etc.). Children under the age of 13 must have parent or guardian present. No supervision provided. Recreation room open during community center hours.

Fitness Center

The fitness center has various free weights, cardio machines, and adaptable equipment. **Must be 18 years and older. No direct supervision provided.** Fitness center is open during community center hours.

Register onsite.

**COST: \$15 for TRS & AWS Participants
\$25 per quarter Community Members**

Serving Seniors

Monday– Friday | 12:00 - 1:00 pm

Serving Seniors provides hot, nutritious lunch to seniors age 60+ at Park de la Cruz (3901 Landis St., 92105). Meals are provided at no cost to individuals age 60 and over; however, contributions of are accepted. For those under 60 years of age, there is a \$4 fee.

Sensory Room

Sensory room reservations available
Tuesdays 9:00am – 1:00 pm, Wednesdays 10:00 am – 4:00 pm, Thursdays 12:00 pm - 5:00 pm, and Saturdays 10:00 am - 3:00 pm.
Must have an assessment and orientation prior to use. Call (619) 525-8247 for more information. Room limitation may apply.

Computer Room

There are 5 desktop computers at Park de la Cruz available for the public. The computers are available when the community center is open, except during scheduled technology classes and Digital Navigator (see page 20). For more information, call (619) 525-8247.

PDLC Gymnasium Fall Programs

Programs include: Youth flag football, skateboard class, and cooking class. Teen weight training class, teen center, and Fern Street Circus. Adult open play futsal and volleyball. For more information please visit the Gym website (listed above) or call (619) 516-3141.

Gymnasium Open Play Pickleball

Tuesdays | 12:30 - 2:30 pm

Thursdays | 10:00 am - 12:00 pm

COST: FREE

CODE: 109885

SPECIAL EVENTS



Garden Grand Opening Food, Festivities, and Fun



All ages welcome!

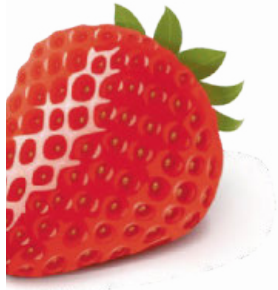
Saturday, September 16, 2023 from 9:30am - 12:00pm

9:30am - 10:00am:

Garden Ribbon Cutting and light refreshments

10:00am - 12:00pm:

Enjoy gardening, virtual technology, line dancing, music, corn hole, pickleball, bingo and crafts



Park de la Cruz Community Center

3901 Landis Street, San Diego CA 92105

Please RSVP via SDRecConnect with code # 109516
or call (619) 525-8247 by **September 11, 2023.**



No direct supervision will be provided.

Contact Michael at (619) 236-7755 or MichaelR@sandiego.gov for volunteer opportunities.

NEVER MISS OUR NEWSLETTER!

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emailed to you.



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SPECIAL EVENTS

Family Campfire

September 30 | 5:30 - 8:30 pm

Led by Alicia

Enjoy a night under the stars at our Family Campfire. We will have crafts, s'mores, cocoa, skits, songs and stargazing. Meet at Fiesta Island Amphitheater (address and directions will be sent prior to program date). All ages welcome. **This is a friends and family event, minors and participants requiring extra assistance must be accompanied by a parent/guardian. Direct supervision is not provided. Must register by September 25th. Every family member must register individually.**

COST: \$5 per person

CODE: [109726](#)

Football Clinic

Date TBD | 11:00 am - 3:00 pm

Professional football players will hold a football skills and drills clinic, followed by a flag football game. More information to come. Call (619) 525-8247 if interested.

Monster Ball

October 20 | 11:00 am - 2:00 pm

Led by Taylor

It's the Monster Ball mash at the Balboa Park Club (2150 Pan American way, 92101). *Bring your own sack lunch!* Snacks available for purchase. **You must be 16 years or older, no direct supervision provided.** RSVP by calling (619) 525-8247 or register online at [SDRecConnect.com](#) by October 16th.

COST: \$2

CODE: [109693](#)

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

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Brett Reineck

breineck@lpicommunities.com

(800) 950-9952 x2511

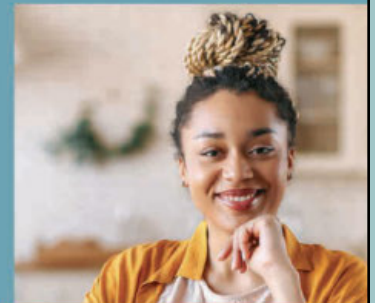
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SPECIAL EVENTS

Fall Festival

October 28 | 1:30 - 4:00pm

Led by Haley

We will have carnival games, a costume contest, and an opportunity drawing! This event is fun for the whole family and all-inclusive. Participation in the costume contest is for all ages and split into age groups. For more information please call (619) 525-8247. **This is a family and friends' event; no direct supervision provided.**

COST: FREE

CODE: 109752

*For participants staying for the Halloween Dance, the dining and recreation room will be available from 4:00 - 5:30 pm, and pizza will be provided for \$5. Must register using **Code: 109859**. No supervision provided.*

Halloween Dance

October 28 | 5:30 - 8:30 pm

Led by Taylor

A wicked good time awaits you at our annual Halloween dance at Park de la Cruz Gymnasium (3911 Landis Street, 92105). Cost includes dance admission, refreshments and DJ entertainment. **You must be 18 years or older to attend. Direct supervision is not provided at this event.** Register online by October 23rd. If you need assistance, please call the office at (619) 525-8247.

COST: \$5

CODE: 109696

Turkey Trot

November 18 | 8:30 - 11:00 am

Led by Taylor and Sharon

The family that trots together, stays together! Come roll, walk, trot or run with us for our first Turkey Trot event! There will be activity booths and awards ceremony. Meet at Park de la Cruz Gymnasium (3911 Landis Street, 92105). **All ages welcome. This is a family and friends event, direct supervision is not provided.** Must register by November 9th.

COST: \$10

CODE: 109712

SAVE THE DATE

Winter Registration begins November 18th

Holiday Fair

December 8 | 11:00 am - 2:00 pm

Led by Taylor

There's no place like TRS for the holidays. 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 Wednesday, December 6th.

COST: \$2

CODE: 109764

Winter Carnival

December 9 | 11:30 am - 2:30 pm

Led by Haley

Enjoy a brunch with us as we ring in the holiday spirit! We will have fun games and activities for everyone at Park de la Cruz (3901 Landis Street, 92105). **Gifts will be provided for registered children ages 3-12 only. Participating families must register by November 1st. This is a family and friends event. No direct supervision provided.**

COST: FREE

CODE: 109823

Holiday Dance

December 16 | 5:30 - 8:30 pm

Led by Taylor

Jingle Bell Rock your way to our annual Holiday Dance at Park de la Cruz Gymnasium (3911 Landis Street, 92105). Cost includes dance admission, refreshments, and DJ entertainment. **You must be 18 years or older to attend. Direct supervision is not provided for this event.** Register online by December 11th. If you need assistance call (619) 525-8247.

COST: \$5

CODE: 109765

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

Park de la Cruz Weekly Programs

3901 Landis Street, 92105. See program description for age.

Game Night

Every Monday | 3:30 - 5:00 pm

Led by TRS and Gym Staff

Start your week off playing fun games with friends! Enjoy ping-pong, billiards, video games, table games and socializing! **Must be 12 years or older to attend. No direct supervision provided.**

COST: FREE

CODE: [109686](#)

Yummy Meals on a Budget

Select Tuesdays | 4:00-5:30 pm

Select Thursdays | 4:00-6:00 pm

Led by Maria

September 5, 7, 19, 21

October 10, 12, 24, 26

November 7, 9, 28, 30

Learn to plan and make budget friendly meals while practicing kitchen safety. **Must be 16 years or older to attend. No direct supervision is provided.** Come ready to share family cooking traditions and meal ideas on Tuesdays! Thursdays, be prepared to cook your meal and enjoy dinner together! Virtual option available.

COST: \$30 (in-person)

CODE: [109681](#)

COST: FREE (virtual)

CODE: [109753](#)

Reduce, Reuse, Recycle

Select Tuesdays | 4:00 - 5:00 pm

Led by Kai

October 3, 17, 31

November 14, 21

Find creative ways to make something new out of something old. Participants will learn how to fix, save, or replace elements on clothes to make them last longer, and more. **For participants ages 16 and older. No direct staff supervision.**

COST:

CODE: [109832](#)

Art in Action

Select Wednesdays | 3:30 - 4:30 pm

Led by Nancy and Maria

September 6, 13, 27

October 4, 11, 18

November 1, 15, 22

Make art for yourself, as a gift, and to sell at the Winter Carnival on December 9th. **For individuals ages 16 and older. No direct supervision.**

COST: \$10

CODE: [109692](#)

Keeping it Reel

Select Wednesdays | 5:30 - 7:30 pm

Led by Judy

September 13, 27

October 11, 25

November 15, 29

Enjoy a movie night with friends and family. All ages welcome! Popcorn and light refreshments available. **No direct supervision.** Movies to be announced.

COST: FREE

CODE: [109679](#)

Musical Biographies

Select Thursdays | 2:00 - 4:00 pm

Contractor Led by Villa Musica

October 5, 12, 19, 26

November 2, 9

This workshop brings people together in a multi-sensorial experience that centers around art and music. **For participants ages 13 and older, no direct supervision.**

COST: \$40

CODE: [109760](#)

Fun with Sports

Select Thursdays | 10:30 - 11:30 am

Sept 7, 21 | Oct 5, 19, Nov 2, 16

Led by James

Learn how to play sports and fun! **For participants 13 years and older. No supervision provided.** Dates on page 26-27.

COST: FREE

CODE: [109869](#)

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

Park de la Cruz Weekly Programs

3901 Landis Street, 92105. See program description for age.

Laugh Hour

Every Thursday | 11:00 am – 12:00 pm

Volunteer Led by Alicia S.

Scientific studies show that laughter reduces pain, fights depression and more! **All ages and families welcome.** Zoom link will be sent to registered participants before class.

COST: FREE

CODE: [107915](#)

Self-Expression Through Art

Every 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. **No staff supervision.**

COST: FREE

CODE: [107918](#)

Functional Fitness Friday

Select Fridays | 2:00 – 3:00 pm

Led by Lelaina

September 8, 15, 22, 29
October 6, 13

Learn to keep your body active to improve your daily health and wellness. This 6-week session will focus on how to keep our bodies moving and maintain overall physical health. **For individuals age 18 and older. No direct supervision provided.**

COST: FREE

CODE: [109763](#)

Sports Talk

Every Friday | 3:30 – 5:00 pm

Led by Michael R

If you like sports, this program is for you. There will be various sports topics along with keeping up to date on current news.

Program is for individuals age 16 and older.

No direct supervision provided. Attend either virtually or in-person. Zoom link will be sent to registered participants before class.

COST: FREE

CODE: [107917](#)

Shake it up on Saturdays

Select Saturdays | 12:00 – 1:00 pm

Led by Maria

September 2, 30

October 7, 21

November 4, 18

Let's shake our way into the weekend! Learn new dances to improve coordination and practice team building skills. **Must be 13 years or older to attend. No direct supervision is provided.** Final performance scheduled to be on Friday, December 8th during the Holiday Fair.

COST: FREE

CODE: [109680](#)

Community Service & Lunch

Select Saturdays | 10:30 am – 1:00 pm

Led by Alicia

September 9

October 14

November 4

Help make our neighborhood a more beautiful place and then enjoy lunch at a local eatery. **Bring money for lunch. For participants ages 13 and older. No direct staff supervision.** Must RSVP by the Wednesday before the program.

COST: FREE

CODE: [109761](#)

Famous Artist Factory

Select Saturdays | 1:30 – 2:30 pm

Led by Alicia

September 9

October 14

November 4

Learn about a famous artist and then feel famous too when you create artwork that looks like theirs. **For participants ages 13 and older. No direct staff supervision.** Must RSVP by the Wednesday before the program

COST: \$5

CODE: [109762](#)

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

KID ZONE (KZ)

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!
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!
Please register for one session per date (session A OR B).

September 10 | Sports Playday

Session A- 10:00 am - 12:30 pm

CODE: [109719](#)

Session B- 1:15 pm - 3:45 pm

CODE: [109714](#)

October 8 | Halloween Playday

Session A- 10:00 am - 12:30 pm

CODE: [109724](#)

Session B- 1:15 pm - 3:45 pm

CODE: [109715](#)

November 12 | Thanksgiving Playday

Session A- 10:00 am - 12:30 pm

CODE: [109725](#)

Session B- 1:15 pm - 3:45 pm

CODE: [109716](#)

COST: \$7 per playday



Save the date: Winter Adventure
Registration begins November 18th

10:00 am - 3:00 pm

Day 1: December 20th

Day 2: December 22nd

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 inclusion assistance, call (619) 525-8247 (minimum of three weeks notice). Requests are processed in the order that they are received and according to staff availability. An assessment will be required.

sandiego.gov/park-and-recreation/activities



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

KIDS' OUTINGS

Haley Marshall

Ages 3-12

Fishing Trip

September 16 | 12:30 – 6:00 pm

Join us for our family fishing trip out of H&M Landing! **This event is for kids and teens, ages 6-15, and is a non-supervised activity. Parents/guardians are required to attend.**

Fishing rods and lunch will be provided. **Individuals 16 or older must purchase a fishing license at H&M Fish Landing.** More information will be sent prior to program.

COST: FREE

CODE: 109709

Family Campfire

September 30 | 5:30 pm – 8:30 pm

Join us for a night under the stars for the family campfire on Fiesta Island. Details and registration on page 8.

Pumpkin Patch

October 15 | 11:00 am – 2:00 pm

Cost includes games, activities, and a pumpkin. Bring a sack lunch. Drop-off and pick-up at Starkey Mini Park (6673 Draper Ave., La Jolla, 92037).

COST: \$25

CODE: 109717

Trick-or-Treat on India Street

October 27 | 5:30 pm – 7:30 pm

Dress in your spookiest costume and don't forget to bring a bag or bucket to collect your candy. **This is a family and friends' event, so please feel free to bring siblings along! No direct supervision provided.**

COST: FREE

CODE: 109718

Turkey Trot

November 18 | 8:30 – 11:00 am

Come roll, walk, trot or run with us for our first Turkey Trot! Details and registration on page 9.



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that Support our Community!



KICK BACK CLUB (KBC)

Ages 12-18

Taylor Askil

(619) 236-7771

TAskil@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. Must have an assessment on file.**

Meetings

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

5:30 - 8:00 pm

September 8 | Space Cowboy BBQ

CODE: [109701](#)

October 13 | Friday the 13th

CODE: [109704](#)

November 3 | Friendsgiving

CODE: [109705](#)

COST: \$10 per meeting

Fishing Trip

September 16 | 12:30pm - 6:00pm

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

COST: FREE

CODE: [109709](#)

Padres Game

September 23 | 4:30 - 8:00 pm

Cheer on the San Diego Padres as they take on the St. Louis Cardinals! Drop-off and pick-up in front of the Hilton Hotel at the intersection of 4th Avenue and K Street.

Bring a credit/debit card for food at the ballpark. No cash accepted at venue.

COST: \$40

CODE: [109669](#)

Haunted Trail

September 24 | 6:30 - 9:00 pm

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

COST: \$5

CODE: [109647](#)

Family Campfire

September 30 | 6:00 - 9:00 pm

Enjoy a night under the stars. We will have crafts, s'mores, cocoa, skits, songs and stargazing. **This is a friends and family events, direct supervision is not provided.**

Meet at Fiesta Island Amphitheater.

COST: \$5 per person

CODE: [109726](#)

Turkey Trot

November 18 | 8:30 - 11:00 am

The family that trots together, stays together! Come roll, walk, trot or run with us for our first Turkey Trot event. Meet at Park de la Cruz Gymnasium (3911 Landis Street, 92105). **No direct supervision provided.**

COST: \$10

CODE: [109712](#)

Holiday Shopping

December 1 | 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 North, 92108). Bring money for gifts and a list.

COST:\$5

CODE: [109822](#)

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

SOCIAL MOTION CLUB (SMC)

Ages 18+

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. Must have an assessment on file prior to attending.**

Recreation Nights

Good people, games and more! Dinner provided. **RSVP by the Wednesday before program. No cash accepted, card only.**

5:30 pm - 8:00 pm

Central

Led by Michael

Park de la Cruz (3901 Landis Street, 92105)

September 1 | Goodbye Summer BBQ

CODE: [109659](#)

October 6 | Halloween Scream Night

CODE: [109660](#)

November 3 | Friendsgiving

CODE: [109661](#)

COST: \$10 per meeting

South

Led by Sharon

Montgomery-Waller Recreation Center
3020 Coronado Avenue, 92154

September 15 | Goodbye Summer BBQ

CODE: [109833](#)

October 20 | Halloween Scream Night

CODE: [109834](#)

November 17 | Friendsgiving

CODE: [109834](#)

COST: \$10 per meeting

North

Led by Nick

Cathy Hopper Center
4425 Bannock Avenue, 92117

September 29 | Goodbye Summer BBQ

CODE: [109860](#)

October 27 | Halloween Scream Night

CODE: [109861](#)

* No November Meeting – Join Central or

COST: \$10 per meeting South

Padres Game

September 23 | 4:30 - 8:00 pm

Cheer on the San Diego Padres as they take on the St. Louis Cardinals! Drop-off and pick-up in front of the Hilton Hotel at the intersection of 4th Avenue and K Street.

Bring a credit/debit card for food at the ballpark. No cash accepted at venue.

COST: \$40

CODE: [109651](#)

Haunted Trail

September 24 | 6:30 - 9:00 pm

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

COST: \$5

CODE: [109647](#)

Turkey Trot

November 18 | 8:30 am - 11:00 am

The family that trots together, stays together! Come roll, walk, trot or run with us for our first Turkey Trot event. Meet at Park de la Cruz Gymnasium (3911 Landis Street, 92105). No direct supervision provided.

COST: \$10

CODE: [109712](#)

Holiday Shopping

December 1 | 6:00 - 9:00 pm

Get your shopping list ready! We will wrap presents after and enjoy dinner. Drop-off at Mission Valley Mall in-between Target and Outback Steakhouse (1640 Camino Del Rio North, 92108). Bring money for gifts and a list.

COST: \$5

CODE: [109824](#)

More programs on the Special Events pages (7-9) and Park de la Cruz pages (10-11).

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

INDEPENDENT CLUB (IND) Ages 21+

Michael Rodriguez

(619) 236-7755

MichaelR@sandiego.gov

This club is for independent adults with cognitive impairments. 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. Must have an assessment on file.**

Meetings

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 a TRS supervisor.

If you are a new member, please set up an interview appointment prior to meeting by calling the office at (619) 525-8247.

5:30 - 8:00 pm

September 1 | Goodbye Summer BBQ

COST: 109648

October 6 | Spooktacular

COST: 109649

November 3 | Friendsgiving

COST: 109650

COST: \$10 per meeting

Padres Outing

September 23 | 4:30 - 8:00 pm

Cheer on the San Diego Padres as they take on the St. Louis Cardinals! Drop-off and pick-up in front of the Hilton at the intersection of 4th Avenue and K Street. **Bring a credit/debit card for food at the ballpark. No cash accepted at venue.**

COST: \$40

COST: 109651

More programs on the Special Events pages (7-9) and the Park de la Cruz pages (10-11).

Haunted Trail

September 24 | 6:30 - 9:00 pm

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

COST: \$5

COST: 109647

Old Town Outing

November 2 | 5:00 - 8:00 pm

Explore Old Town as they celebrate Dia De Los Muertos! Bring extra money for shopping. Drop-off and pick-up at the Old Town Tequila Factory Restaurant (2467 Juan Street, 92110). **No direct supervision.**

COST: \$25

COST: 109656

Holiday Shopping

December 1 | 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 North, 92108). Bring money for gifts and a list.

COST: \$5

COST: 109824



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

LEISURE SEEKERS (LS)

Ages 18+

Sharon Moninger

(619) 236-7753

SMoninger@sandiego.gov

This group is for independent adults recovering from a mental or 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. Must have an assessment on file prior to attending.**

Social Connection

This is a wonderful opportunity to make new friends and socialize. Socials are held at Park de la Cruz (3901 Landis St., 92105). Activities and light refreshments are provided. **Must RSVP by the Tuesday before program date.**

1:30- 3:30 pm

September 7 | Tailgate Cookoff

CODE: 109644

***No October**— see Consumer Luncheon

November 2 | Friendsgiving

COST: FREE

CODE: 109646

Haunted Trail

September 24 | 6:30 – 9:00 pm

Wear your Halloween costume as we walk down the spooky trail in Balboa Park. Meet at the corner of Balboa Drive and Juniper Road. Dinner will be provided.

COST: \$5

CODE: 109647

7 Bridges Hike

October 26 | 10:30 am – 1:00 pm

Meet at Inez Grant Parker Memorial Rose Garden (2125 Park Blvd, 92101) for a modified urban hike. Bring water, and a lunch.

COST: FREE

CODE: 109655

Free Museum Tuesday

November 21 | 10:00 – 1:00 pm

Meet at the Old Globe Theater (1363 Old Globe Way, 92101). Free museums include: Old Globe tour, San Diego Museum of Art, Japanese Friendship Garden and Mingei International Museum. Bring a sack lunch.

COST: FREE

CODE: 109658

Consumer Luncheon

October 13 | 10:00 am – 1:00 pm

We are celebrating World Mental Health Day. This event honors fellow consumers' achievements and hosts a resource fair. Meet at the Balboa Park Club (2150 Pan American Road, 92101) to enjoy guest speakers, activities, food and more. **Must register by October 6th.** Contact Sharon for sponsorship opportunities at (619) 525-8247.

COST: FREE

CODE: 109663

Art Exhibit

November 13-30 | Art Display

November 30 | Art Reception

Whether you draw, paint, or take photos, we want to display your talent. Art drop off between November 1st and 10th. One entry per person will be displayed at Park de la Cruz (3901 Landis Street, 92105) from November 13th to 30th, followed by a reception on November 30th. Contact Sharon at SMoninger@sandiego.gov for more information.

COST: FREE

CODE: 109665

Bowling League

Wednesdays | 10:00 am – 12:00 pm

Contact Sharon at (619) 525-8247 for dates. Sharpen your bowling skills while socializing and meeting new people. Meet at Parkway Bowl (1280 Fletcher Parkway, 92020). Awards banquet will be at the end of the season.

COST: \$30

CODE: 109667

More programs on the Special Events pages (7-9) and the Park de la Cruz pages (10-11).

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

ADAPTIVE SPORTS (ADP)

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.**

MCAP Pickleball Tournament

September 30 | TBA

Contact Nick Hurd at NHurd@sandiego.gov to be added to an interest list for more information.



Wheelchair Dance

Tuesdays | 10:00 am - 12:00 pm

Volunteer Led by Jason and Karma

Here's your chance to learn Ballroom and Latin dance. Wheelchair Dancers Organization (WDO) brings you the best in inclusive dance whether you roll or walk. Meet at Park de la Cruz Gymnasium (3911 Landis St., 92105). All abilities and levels welcome! Check out our other classes and workshops at www.wdoinclusivedance.org. No direct staff supervision.

COST: FREE

CODE: 109452

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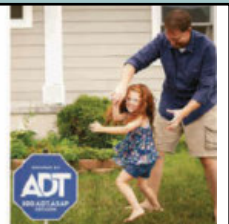
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Disabled Services Advisory Council-City of San Diego Therapeutic Recreation Services

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ADAPTIVE SPORTS (ADP)

Ages 8+

Seated Strength and Conditioning

Thursdays | 2:00 - 3:00 pm

October 5, 12, 19, 26

November 2, 9

Adaptive Athletes! Join us in-person at Park de la Cruz Community Center (3901 Landis Street, 92105) or virtually through Zoom for a seated strength and conditioning program. Meet new friends and socialize in the adaptive community as we work through various seated strength, conditioning and mobility movements.

COST: FREE

CODE: [109535](#)

Handcycling

Select Saturdays | 11:00 am - 1:30 pm

September 2, 9

October 7, 21

November 4

Handcycling is a fun way to meet people and explore San Diego, while building strength and endurance. Locations sent to registered participants before program date. Look for the City of San Diego truck, with the wooden gates, as sometimes the set-up area changes.

COST: \$25 for 5 meet-ups

CODE: [109457](#)

Wheelchair Basketball Open Gym

Wednesdays | 5:30 - 8:15 pm

Saturdays | 1:00 - 5:00 pm

Volunteer Led by JT (Roll to Success)

Everyone is invited to participate in wheelchair basketball. Every skill level is welcome. If you are looking for recreation or competition, we can help. Meet great people while improving your strength and conditioning. Please call prior to reserve a sports wheelchair, if you do not currently have one. Meet at Park de la Cruz Gymnasium (3911 Landis Street, 92105).

Support wheelchair basketball Tournament on November 11th & 12th from 10:00 am - 4:00 pm.

COST: Free

CODE: [109449](#)



CVA/TBI GROUP

Program is designed for individuals recovering from brain attacks (stroke, brain injury or illness). Program is provided by TRS in conjunction with SDRI Comebackers Neuro Club and San Diego Brain Injury Foundation.

Balboa Park Discovery Walk

September 22 | 10:30 am - 1:30 pm

Led by Alicia B.

We will join a free guided tour of beautiful Balboa Park and also explore the park with a scavenger hunt. Meet at the Balboa Park Visitors Center (1549 El Prado, 92101). Bring your own lunch or money to purchase lunch at one of the Balboa Park eateries.

COST: FREE

CODE: [109837](#)

Grateful for Gentle Fitness

November 3 | 11:30 am - 2:00 pm

Led by Alicia B.

Let's be grateful for the little things in life, like gentle fitness, tasty food and good friends. Meet at Park de la Cruz (3901 Landis Street, 92105) for fun and friends. Please wear closed toed shoes for safety. Bring your own sack lunch.

COST: FREE

CODE: [109838](#)

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. 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 – Floor Hockey/ Volleyball

Mondays | 5:30 – 8:30 pm

September 18 – November 27

Ages 5– adults

CODE: [109773](#)

Morley Field – Flag Football

Wednesdays | 5:30 – 8:30 pm

September 13 – October 18

Ages 5– adults

CODE: [109774](#)

Kearny Mesa – Floor Hockey

Thursdays | 4:00 – 5:30 pm

September 21 – November 30

Ages 5– 18.

CODE: [109775](#)

Strength Training

Mondays | 8:30 – 9:30 am

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 for Service Member (active-duty or veterans) and will meet at Park de la Cruz Fitness Center (3901 Landis St. 92105).

COST: FREE

CODE: [107942](#)

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 or see page 6 for Serving Seniors. Text only (619) 249-2558 or VP (video phone) (619) 357-4536 for more information.

COST: FREE

CODE: [106312](#)

Access 4 All – Technology Program

Mondays | 9:30 am – 12:00 pm

Wednesdays | 9:30 am – 12:00 pm

Volunteer Led by SDFP Staff at PDLF

Free technology program led by San Diego Futures Foundation (SDFP) staff. SDFP conduct trainings, Q&A, and provide 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 | 9:00 am – 12:00 pm

Thursdays | 9:00 am – 12:00 pm

Volunteer Led at PDLF

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 for more information.

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

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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Disabled Services Advisory Council (DSAC) Therapeutic Recreation & AgeWell Services' Group (TRS & AWS)

 DSAC meets on the 2nd Wednesday of each month (excluding July and August) at 6:00 pm at Park de la Cruz (3901 Landis St., 92105). DSAC is a non-profit advisory organization to the TR & AWS Group. 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. www.dsacsd.org

The TRS & AWS group meets quarterly on the 2nd Wednesdays immediately following (approximately 6:30 pm) the September, December, March and June DSAC meetings. The role of the TR & AWS group is to make recommendations to City Council, the Parks and Recreation Department, with respect to recreation programs and services for individuals with disabilities and older adults, in addition to providing recommendations on expenditures of TR & AWS Recreation Center Funds.

Contact Kristi Fenick at kfenick@sandiego.gov or (619) 525-8247 for more information.

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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 Summer and Fall events.



LIVE WELL
SAN DIEGO



Once again, Therapeutic Recreation Services thanks the Hervey Family Non-endowment Fund at the San Diego Foundation for their generous \$5,000 donation.

Their 2023 donation will benefit thousands of participants, via partial scholarships, summer camp expenses and recreation supplies. The Hervey family have been long time supporters of Disabled Services Advisory Council, Inc. and Therapeutic Recreation Services. Their generosity is greatly appreciated.



Every summer, TRS welcomes an incoming class of MADCAPS' members, a mother-daughter philanthropic group. Thank you to the class of 2027 who volunteered over 1,000 hours this past summer. In addition to volunteering, MADCAPS has financially supported TRS with generous donations throughout the years. Donations will be utilized to keep costs low, provide partial scholarships and purchase specialized equipment.



Mission Bay Yacht Club once again hosted an amazing day of water activities at their club. The members went the extra mile to create a magical day for the Kid Zone Adventure Camp participants. Thank you to Art and the members of the Mission Bay Yacht Club.



Please contact Kristi Fenick at kfenick@sandiego.gov or (619) 525-8247 for sponsorship and/or donation inquiries.

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

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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. Fall registration begins September 16 at 10 am. Classes begin the week of September 25.

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.

Infant/Toddler Brain Dance Class

Thursdays | 10:00 am – 12:00 pm
September 7– January 5

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 0-23 months 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.

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

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

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

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

SEPTEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Self Expression Art Sports Talk SMC Rec Night—PDL IND Club Meeting	2 ALL Dance Class Handcycling WC Basketball
3	4 Holiday Observed Office Closed	5 WC Dance Cooking	6 SM Strength Training WC Basketball Art in Action Deaf Seniors	7 Fun with Sports Laugh Hour LS Social Cooking	8 Self Expression Art Sports Talk Functional Friday KBC Meeting	9 Saturdays at PDL WC Basketball Handcycling
10 Kid Zone Playday	11 SM Strength Training Game Night	12 WC Dance	13 SM Strength Training WC Basketball Art in Action Keeping it Reel S4EA Morley Field Deaf Seniors	14 Laugh Hour LS Wellness	15 Self Expression Art Sports Talk Functional Friday SMC Rec Night— Montgomery W.	16 KBC/KZ Fishing Trip Garden Grand Opening WC Basketball
17	18 SM Strength Training Game Night S4EA PDL	19 WC Dance Cooking	20 SM Strength Training WC Basketball Art in Action S4EA Morley Field Deaf Seniors	21 Fun with Sports Laugh Hour Cooking S4EA Kearny Mesa	22 Self Expression Art Sports Talk Functional Friday CVA/TBI Balboa Park	23 KBC/SMC/IND Padre Game WC Basketball
24 ALL Haunted Trail	25 SM Strength Training Game Night S4EA PDL	26 WC Dance	27 SM Strength Training WC Basketball Art in Action Keeping it Reel S4EA Morley Field Deaf Seniors	28 Laugh Hour LS Wellness S4EA Kearny Mesa	29 Self Expression Art Sports Talk Functional Friday SMC Rec Night— Cathy Hopper	30 Family Campfire ALL Dance Class WC Basketball MCAP Tournament

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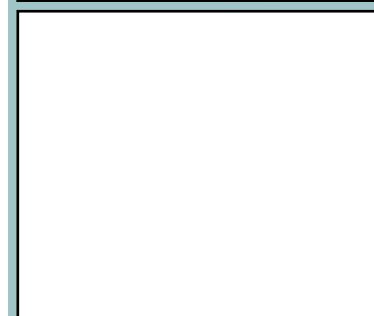
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OCTOBER

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 SM Strength Training Game Night S4EA PDLC	3 WC Dance Reduce, Reuse, Recycle	4 SM Strength Training WC Basketball Art in Action S4EA Morley Field Deaf Seniors	5 Laugh Hour Fun with Sports Seated Strength Musical Bio S4EA Kearny Mesa	6 Self Expression Art Functional Friday Sports Talk SMC Rec Night— PDLC IND Club Meeting	7 ALL Dance Class Handcycling WC Basketball
8 Kid Zone Playday	9 SM Strength Training Game Night S4EA PDLC	10 WC Dance Cooking	11 SM Strength Training WC Basketball Art in Action S4EA Morley Field Deaf Seniors	12 Laugh Hour Cooking Seated Strength Musical Bio S4EA Kearny Mesa	13 Self Expression Art LS Consumer Luncheon Functional Friday KBC Meeting	14 Saturdays at PDLC WC Basketball
15 KZ Pumpkin Patch	16 SM Strength Training Game Night S4EA PDLC	17 WC Dance Reduce, Reuse, Recycle	18 SM Strength Training WC Basketball Art in Action S4EA Morley Field Deaf Seniors	19 Laugh Hour Fun with Sports Seated Strength Musical Bio S4EA Kearny Mesa	20 Self Expression Art Sports Talk Monster Ball	21 ALL Dance Class Handcycling WC Basketball
22	23 SM Strength Training Game Night S4EA PDLC	24 WC Dance Cooking	25 SM Strength Training WC Basketball Deaf Seniors	26 Laugh Hour LS Hike Cooking Seated Strength Musical Bio S4EA Kearny Mesa	27 Self Expression Art KZ/Kinder Trick-or- Treat SMC Rec Night— Cathy Hopper	28 Halloween Dance Fall Festival
29	30 SM Strength Training Game Night S4EA PDLC	31 WC Dance Reduce, Reuse, Recycle				

NOVEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 SM Strength Training WC Basketball Deaf Seniors	2 Laugh Hour Fun with Sports LS Social Seated Strength Musical Bio S4EA Kearny Mesa Ind Old Town	3 Self Expression Art CVA/TBI Gentle Fitness Sports Talk IND Club Meeting SMC Rec Night— PDLC	4 Saturdays at PDLC ALL Dance Class Handcycling WC Basketball
5	6 SM Strength Training Game Night S4EA PDLC	7 WC Dance Cooking	8 SM Strength Training WC Basketball Deaf Seniors	9 Laugh Hour Cooking Seated Strength Musical Bio S4EA Kearny Mesa	10 Holiday Observed Office Closed	11 Holiday Observed Office Closed WC Basketball Tournament
12 Kid Zone Playday WC Basketball Tournament	13 SM Strength Training Game Night S4EA PDLC	14 WC Dance Reduce, Reuse, Recycle	15 SM Strength Training WC Basketball Deaf Seniors	16 Laugh Hour Fun with Sports S4EA Kearny Mesa	17 Self Expression Art Sports Talk SMC Rec Night— Montgomery	18 Turkey Trot ALL Dance Class WC Basketball
19	20 SM Strength Training Game Night S4EA PDLC	21 WC Dance LS Museum Reduce, Reuse, Recycle	22 SM Strength Training WC Basketball Deaf Seniors	23 Holiday Observed Office Closed	24 Self Expression Art Sports Talk	25 WC Basketball
26	27 SM Strength Training Game Night S4EA PDLC	28 WC Dance Cooking	29 SM Strength Training WC Basketball Deaf Seniors	30 Laugh Hour Cooking S4EA Kearny Mesa LS Art Reception		



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



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