



Therapeutic Recreation Services FALL 2025



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.

Scan here for
online website



3901 Landis Street

San Diego, CA 92105

Office | (619) 525-8247

Email | trsnewsletter@sandiego.gov

www.sandiego.gov/therapeuticrecreationservices



THERAPEUTIC RECREATION SERVICES (TRS)

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

STAFF DIRECTORY

District Manager

Kristi Fenick, CTRS

KFenick@sandiego.gov

Supervising Therapeutic Recreation Specialists

Gerald Cunanan, CTRS

GCunanan@sandiego.gov

Julie Gregg, CTRS

JGregg@sandiego.gov

Therapeutic Recreation Specialists

Taylor Askil, CTRS

TAskil@sandiego.gov

Nick Hurd

NHurd@sandiego.gov

Angela Lightner, MS, CTRS

ALightner@sandiego.gov

Haley Marshall

HEMarshall@sandiego.gov

Michael Rodriguez

MichaelR@sandiego.gov

Therapeutic Recreation Leaders/Aides/Interns

- Hunter Akin • Mandy Altura • Alicia Bianchi, CTRS
- Brianna Boggs, CTRS • Addison Bullard
- Kaleena Christensen • Emily Donahue • Janet Estrada
- Erlinda Fuentecila • Jon Garibay • Annalise Gutkowski
- Rosey Heilmann, CTRS • Sienna Huber • Nicole Jones
- Jennifer Moff • Michael Naccarato • Denise Nuno, RTC
- Monica Olivan • Victor Ortiz • Cheryl Pawlak, CTRS/RTC
- Jacqueline Romero • Alex Sandejas
- Jennifer Stevenson • Alexia Torres-Kulek
- Alex Valencia • Judy Wang

AgeWell Services Staff/Interns

- Patrick Ball • Carmen Coutee • Lauren Davis
- Morgan Furr • Karina Gutierrez
- Tyler Harris • Mai Kawaguchi
- April Jackson • Irma Lara • Sean Lee
- Skyler Lemire • Mark Leo • Sharon Moninger, CTRS
- Rafael Padilla • Kristen Olson • James Rao
- Loretta Roiz • Yulonda Seaton
- Jolee Nieberding - Swanberg • Angel Jose Segura

PDLC Gymnasium Staff/Interns

- Gustavo Carranza • Joseph Cuevas • Joe Henry
- Clarence Hill • Dajasia Morales • Sal Partida
- Mauro Ramirez • Lilyana Theus • James Williams

TABLE OF CONTENTS

General Information

3. Where to Start/Online Registration
4. Staff Spotlight/Staff Updates
5. PDLC Community Park

TRS Programs & Events

6. Harvest Ball and Dances
7. Garden Programs
- 8-9. Special Events
- 10-11. Park de la Cruz Weekly Programs
- 12-13. Kid Zone (3-12 years)/Inclusion Support
14. Kick Back Club (13-17 years)
15. Social Motion Club (18+ years)

16. Independent Club (21+ years)
17. Leisure Seekers (18+ years)
18. CVA/TBI
19. Adaptive Sports (8+ years)

Community Information

20. Co-Sponsored Programs
21. Beach Wheelchair Program
22. Volunteer Corner
23. DSAC Corner/Donor Appreciation
- 24-25. Community Events & Programs
- 26-27. Calendar

Where to Start/Online Registration

Fall Registration starts **August 16** at 10:00am

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 5 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.

Staff Spotlight

Rosey Heilmann



Why did you want to work at TRS?

I wanted to work for TRS to be part of an environment where participants can build community, explore new activities, gain independence, and enhance their overall quality of life. Sharing these experiences with the participants is truly a joy!

What has been your favorite moment?

One of my favorite moments with TRS has been working at kids camp and going on outings, seeing the happiness it brings to the participants. Camp offers not only fun activities but also opportunities for learning and building independence. Spending the week with the kids and watching them grow has been incredibly rewarding.

Favorite hobby outside of work?

I enjoy traveling in my free time and exploring new countries and cultures!

Farewell, Kira!



2012 Volunteer Spotlight

From starting out as a TRS volunteer to working as a Therapeutic Recreation Leader, Kira has done so much for our participants and has worked to better our programs. We wish her all the best in her future endeavors and thank her for an amazing 15 years of service!

Thank you, Stephanie!

Thank you, to our summer intern, Stephanie, for her hard work this past summer. She helped out immensely with all the TRS summer programs, including our 3 summer camps, and took on planning our LS Luau. She was a great addition to the team and we wish her all the best!



Meet our newest Therapeutic Recreation Leaders

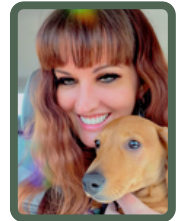
Erlinda Fuentesilla



I graduated from UCSD with a BA in Sociology. I am passionate about empowering youth and supporting families in underserved communities. I strive to promote holistic well-being through fitness, mental health awareness, and community engagement.

Kaleena Christensen

I'm Kaleena and this is my service dog, Egwene (Eggy for short). I lived in Sacramento most my life and am new to San Diego. I work here, at Caltrans, am starting a fellowship at San Diego State University, and am a missionary to help the homeless. I'm so excited to be here and look forward to meeting everyone!



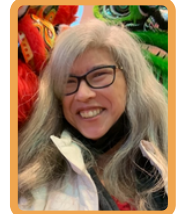
Michael Naccarato



I'm like a plant, I love the sun and water. Skateboarding, soccer, good music on vinyl and using my energy to help people are my main interests! If you see me around, say hi and lets chat, I'm a yapper.

Jennifer Moff

I have been working in the school setting with children for many years. I'm a lifelong learner who enjoys making arts and crafts, hiking, paddling and walking around San Diego, as well as spending time sharing stories with friends and family.



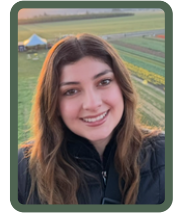
Alexia Torres-Kulek



Creating is a big passion of mine, so you'll always find me either cooking, baking, painting, writing, you name it!

Denise Nuno, RTC

Hello, I'm Denise! When I'm not working, you can find me doing aerial yoga, Pilates, or trying something new on ClassPass. I also have a habit of saving ideas for "one day" — whether or not I ever go back to them!



Emily Donahue

I am excited to join this team, and am very much looking forward to making a positive impact in participants' lives in San Diego! I love living in this area and surf as much as I can in my free time.



Park de la Cruz Community Park

page 5

Community Center Hours

3901 Landis Street, 92105

Phone: (619) 525-8247

sandiego.gov/park-and-recreation/activities/trs

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

Gymnasium Hours

3911 Landis Street, 92105

Phone: (619) 516-3141

sandiego.gov/park-and-recreation/centers/recctr/parkdelacruzgym

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

Closed September 1st and November 11th, 27th, and 28th 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.

Sensory Room

Sensory room reservations are available Mondays, Wednesdays, and Thursdays from 9:00am - 4:00pm, Tuesdays and Fridays from 9:00am - 1:00pm, and Saturdays from 10:00am - 3:00pm. **Must have an assessment on file, orientation, and reservation prior to use.** Room is subject to availability. Please call (619) 525-8247 to make a reservation.

Fitness Center

The fitness center has various free weights, cardio machines, and adaptable equipment.

Must be 18 years or older. No direct supervision provided. Fitness center is open during community center hours. Register onsite. **REGISTRATION:**

\$15 for TRS & AWS Participants

\$25 per quarter for Community Members

Computer Lab

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.

Serving Seniors

Monday - Friday 12:00 - 1:00pm

Serving Seniors provides hot, nutritious lunch to seniors age 60+ at Park de la Cruz. Meals are provided at no cost to individuals age 60 and over; however, donations are accepted. There is a \$4 fee for those under 60 years of age.

PDLG Gymnasium Open Play Sports Pickleball

Tuesdays 12:30 - 2:30pm

Thursdays 10:00am - 12:00pm

REGISTRATION: FREE

Drop-in program

Futsal

Thursdays 6:00 - 8:30pm

REGISTRATION: FREE

Drop-in program

Walk-ins welcome! For more program information, visit the gym website (listed above) or call (619) 516-3141.

Harvest Ball

Saturday, November 1, 2025
Bahia Resort Hotel
998 W. Mission Bay Dr., 92109
6:00 – 10:00pm
Doors open at 5:00pm

This evening of dinner and dancing is for participants 18 and older.

No direct supervision provided.

Call Taylor at (619) 827-7010 for more information.

REGISTRATION: \$85

CODE: 125943



Fundraising

*See our GoFundMe to donate to raise funds for this event.
Please share with your friends and family!*

DANCES

Monster Ball

Friday, October 17 11:00am – 2:00pm
Led by Taylor

Please join us for our annual Halloween dance at the Balboa Park Club (2150 Pan American Way, 92101). Bring your own sack lunch. Snacks will be available for purchase. **You must be 16 years or older to attend. No direct supervision provided.** RSVP by calling (619) 525-8247 or register online by October 13th.

REGISTRATION: \$2

CODE: 125847

Halloween Dance

Saturday, October 25 5:30 – 8:30pm
Led by Angela

Get ready to BOO-gie! Join us for a spine-tingling night of music, costumes, and spooky good vibes 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. No direct supervision provided.** Register online by October 20th.

REGISTRATION: \$5

CODE: 125809

Holiday Dance

Saturday, December 13 5:30 – 8:30pm
Led by Angela

Light up your holiday spirit and wrap up the year in style at 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. No direct supervision provided.** Register online by December 7th.

REGISTRATION: \$8

CODE: 125920

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

GARDEN PROGRAMS



Green Thumb Club

Select Thursdays 10:00 - 11:00am

Sept. 11 | Oct. 9 | Nov. 13

Led by Haley

Get involved with our program garden club! This activity is for all ages. **No direct supervision provided.**

REGISTRATION: \$5 for the quarter

CODE: 125665



Garden to Table Meals

Select Tuesdays 9:30 - 11:30am

Sept. 30 | Oct. 28 | Nov. 18

Led by Haley

Let's use our garden harvest to make a meal to share! This activity is for all ages. **No direct supervision provided.**

REGISTRATION: \$15 for the quarter

CODE: 125664

Have too many seeds at home? We'll take them!

Donate any vegetable/herb/flower, etc. seeds you no longer want to our program garden. Drop the seed packets off with our front desk staff at Park de la Cruz Community Center. Call (619) 525 - 8247 for more information.

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

SPECIAL EVENTS



Family Campfire

Saturday, September 27 5:30 - 8:30pm

Led by Alicia

Enjoy a night under the stars. We will have crafts, hotdogs, s'mores, cocoa, skits, songs, and stargazing. All ages welcome. This is a friends and family event. **Minors and participants requiring extra assistance must be accompanied by a parent/guardian. Direct supervision is not provided.** Every family member wanting to attend must register individually no later than September 22. Meet at the SD Youth Aquatic Center (1750 Fiesta Island Rd, 92109) on Fiesta Island.

REGISTRATION: \$6

CODE: 125660

Turkey Trot

Saturday, November 15 8:30 - 11:00am

Led by Nick

Come trot with your family before you feast for Thanksgiving. Roll, walk, trot, or run with us around the Park de la Cruz facilities. Meet at Park de la Cruz Gymnasium (3911 Landis Street, 92105).

REGISTRATION: \$10

CODE: 125849



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Brett Reineck

breineck@lpicommunities.com

(800) 950-9952 x2511

Caring for an adult with developmental disabilities & memory issues?

FREE PERSONALIZED HELP

Offering education, resources, and support to families and professionals caring for those with developmental disabilities and dementia.



Alzheimer's
SAN DIEGO

858.492.4400 • alzsd.org/idd

Services in English + Spanish.

IF YOU LIVE ALONE

MDMedAlert!
At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the HOME YOU LOVE!"
✓ GPS & Fall Alert



800.809.3570

md-medalert.com

STARTING AT
\$19⁹⁵
/mo.



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

833-287-3502

Fall Festival

Friday, October 24 5:30 – 7:00pm

Led by Michael

Join us at Park de la Cruz for the start of the holiday season with carnival games, a costume contest, and a raffle! This event is fun for the whole family. 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.

REGISTRATION: FREE

CODE: 125656

Spooky Movie Night

Friday, October 24 7:00 – 9:00pm

Led by Haley

Come, if you dare, for a showing of a Halloween movie in our gymnasium (3911 Landis St., 92105). Event is for all ages. **This is a family and friends' activity. No direct supervision provided.** Movie selection TBA.

REGISTRATION: FREE

CODE: 125657

Intergenerational Cooking

Saturday, October 25 1:30 – 3:00pm

Led by Tyler (AWS)

There is nothing better than sharing the kitchen with friends and family. Learn a fun, simple meal that everyone can help with in the kitchen. Program is for all ages. **No direct supervision provided.**

REGISTRATION: \$5

CODE: 125661

Drive-Thru Trick-or-Treating

Thursday, October 30 5:00 – 6:30pm

Led by Nick

See different Halloween costumes as you drive around the Cathy Hopper Friendship Center (4425 Bannock Ave., 92117) and collect some candy at the end of the drive thru. **This is a family and friends' event. No direct supervision provided.**

REGISTRATION: FREE

CODE: 125850

Holiday Cookie Baking

Wednesday, December 3 4:00 – 5:30pm

Led by Haley

Enjoy an afternoon of cookie baking in preparation for our Winter Carnival event. Participants will assist with rolling and cutting out sugar cookies. This activity is for all ages. **No direct supervision will be provided. Anyone under 16 years must attend with an accompanying parent/guardian.** This is a drop-in program, so do not plan to stay for the entire 1.5 hours.

REGISTRATION: \$5

CODE: 125666

Holiday Fair

Friday, December 5 11:00am – 2:00pm

Led by Angela

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. **No direct supervision provided. Must be 16 years or older to attend.** Register online by December 1st.

REGISTRATION: \$5

CODE: 125902

Winter Carnival

Saturday, December 6 11:30am – 2:00pm

Led by Haley

Enjoy a light brunch with us as we ring in the holiday spirit! We will have fun games, booths to buy homemade crafts*, and many more activities at Park de la Cruz Community Center (3911 Landis St., 92105). This is a family and friends' event. **No direct supervision provided.**

Gifts will be provided for registered children ages 3 – 12 only. Participating families must register by Monday, December 1.

*If you would like to be a vendor at our craft sale, contact Haley at (619) 525-8248.

REGISTRATION: FREE

CODE: 125667

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.

Monday Movie Magic

Select Mondays 5:30 - 7:30pm

Sept. 15 | Oct. 13 | Nov. 17

Led by Alicia and Jon

This program is for ages 13 and up. **No direct supervision provided. Anyone requiring direct supervision must attend with a guardian.**



REGISTRATION: FREE

CODE : 125686

The Hiking Circle

Select Wednesdays 9:00 - 11:00am

Nov. 6, 20 | Dec. 4, 18

Led by Angela

The Hiking Circle is a gentle hiking club for those who love nature, good company, and taking things at a relaxed pace. Fresh air, friendly faces, and peaceful paths. **This activity is for ages 16 and older. No direct supervision provided.**

REGISTRATION: \$6 for all 4 sessions

CODE: 125922

Yummy Meals

Select Wednesdays 4:00 - 6:30pm

Sept. 10, 24 | Oct. 8, 22 | Nov. 12, 19

Led by Alexia

Come learn to plan and make budget friendly meals while practicing kitchen safety.

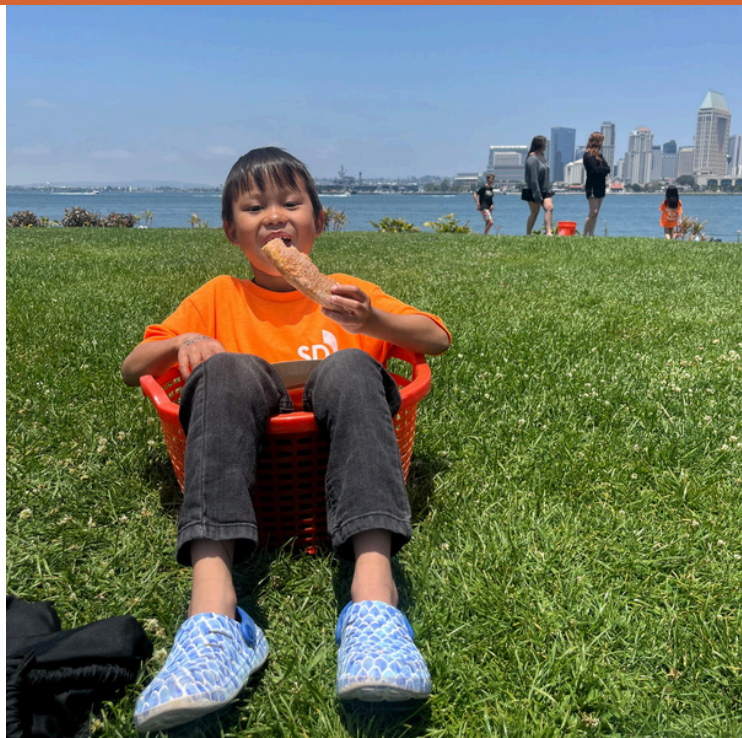
Program is for individuals ages 16 and older.

No direct supervision provided. The second Wednesday of every month we will be cooking for the Disabled Services Advisory Council.



REGISTRATION: \$30

CODE: 125689



Fun with Friends

Select Wednesdays 10:30 - 11:30am

Sept. 3, 17 | Oct. 1, 15 | Nov. 5, 26

Led by CCP

Play games, engage in exciting adaptive sporting activities, and enjoy artistic and social recreation activities with friends old and new! **Program is for individuals ages 16 and older. No direct supervision provided.**

REGISTRATION: FREE

CODE: 125687

Self-Expression Through Art

Fridays 2:00 - 4:00pm

Volunteer Led by Michael T. & Joan

Express images hidden within using paints, colored pencils, markers, or other media without judgement. **Program is for individuals ages 18 and older. No direct supervision provided.**

REGISTRATION: FREE

CODE: 125688

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.

Sports Talk

Select Fridays 3:30 – 5:00pm

Sept. 5, 19 | Oct. 3, 17, 31 | Nov. 7, 21

Led by Michael



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 ages 16 and older. No direct supervision provided.** Attend either virtually or in-person. Zoom link will be sent to registered participants before the program.

REGISTRATION: FREE

CODE: [125685](#)



Sit Fit Bingo

Select Wednesdays 10:30 – 11:30am

Sept. 24 | Oct. 22 | Nov. 19

Led by Angela

Complete fun fitness challenges, mark your bingo card, and compete for awesome prizes all while building strength and boosting stamina! **This activity is for ages 16 and older. No direct supervision is provided.**

Registration: \$5 for the quarter

CODE: [125921](#)



Community Service & Lunch

Select Saturdays 10:30am – 1:00pm

Sept. 6 | Oct. 11 | Nov. 8

Led by Alicia



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

Bring money for lunch. Program is for individuals ages 13 and older. No direct supervision provided.

REGISTRATION: FREE

CODE: [125683](#)

Famous Artist Factory

Select Saturdays 1:30 – 2:30pm

Sept. 6 | Oct. 11 | Nov. 8

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.**

REGISTRATION: \$6 for the quarter

CODE: [125684](#)



Analog Adventures

Select Mondays 10:30 – 11:30am

Sept. 29 | Oct. 27 | Nov. 24

Led by Michael N.



Enjoy disposable camera photography with friends! Learn to express yourself visually while also practicing mindfulness. **This activity is for ages 16 and older. No direct supervision is provided.**

REGISTRATION: \$40

CODE: [125699](#)

Art in Action

Select Tuesdays 10:30 – 11:30am

Sept. 9, 23 | Oct. 7, 21 | Nov. 4

Led by Jennifer

Let's get creative! Our goal is to make unique and personalized art. **Program is for individuals ages 16 and older. No direct supervision provided.**

REGISTRATION: \$10

CODE: [125698](#)



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

KID ZONE (KZ)

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.**

See pages 6-11 for more opportunities that include special events, weekly and garden programs.

Playdays

Have fun with games, crafts, art and more! Drop-off and pick-up at Park de la Cruz's back outdoor basketball court (3911 Landis Street, 92105). **No day-of registration.**

Select Sundays 11:30am - 2:30pm

Sept. 7: Wet 'n' Wild* Playday- CODE: 125637

*Be ready to get wet! Location TBD.

Oct. 12: Halloween Playday- CODE: 125638

Nov. 2: Thanksgiving Playday- CODE: 125639

REGISTRATION: \$10 per playday



New Children's Museum & Park

Saturday, September 20 9:00 - 11:30am

Get ready for some hands-on fun! Meet at Children's Park at the corner of Front Street and West Island Avenue. Bring a lunch to enjoy at the park after visiting the museum.

REGISTRATION: \$5

CODE: 125653

Ages 3-12

Pumpkin Patch

Sunday, October 26 11:00am - 1:30pm

Get into the spooky spirit of Halloween at Mr. Jack O' Lantern's Pumpkin Patch. Cost includes games, activities, and a pumpkin. Bring a sack lunch. Drop-off at South Clairemont Park (3605 Clairemont Dr., 92117) and pick up at the pumpkin patch (3901 Clairemont Dr., 92117).

REGISTRATION: \$25

CODE: 125655

Trick-or-Treat on India Street

Sunday, October 26 3:30 - 7:30pm

Dress in your spookiest costume and bring a bag or bucket to collect your candy in Little Italy. **This event is for all ages.** Parking is very competitive, so get there early or take public transit. Collect your map of the event at the Piazza della Famiglia (555 W Date St, 92101). **This is a family and friends' event and is not staffed by TRS. Parents/Guardians must attend.** Find more information at <https://littleitalysd.com/events/trick-or-treat-on-india-street>.

Free to attend. No registration required.

Play My Way

Sunday, November 23 11:00am - 1:00pm

Explore Mission Valley's new Adaptive Recreation Center. Please bring a sack lunch and wear comfortable clothing. Drop-off and pick-up at Play My Way (7540 Metropolitan Dr. #103, 92108).

REGISTRATION: \$20

CODE: 125654

SAVE THE DATE: WINTER ADVENTURE

December 23rd & 30th. More information to come.

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

KID ZONE (KZ)

Ages 3-12

See pages 8 & 9 for more special events for the whole family, such as the Family Campfire (9/27), Fall Festival (10/24), Turkey Trot (11/15), and Winter Carnival (12/6).



Inclusion Support

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) 236-7718 **(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.

**SUPPORT THE
ADVERTISERS**
that Support our
Community!



KICK BACK CLUB (KBC)

Ages 13-17

Angela Lightner

(619) 236-7753

ALightner@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.

See pages 6-11 for more opportunities that include special events, dances, weekly programs, and garden programs.

Meetings

We've got fun games, awesome crafts, and endless activities waiting for you! Meetings are held at Park de la Cruz Community Center.

Select Fridays 5:30 - 8:00pm

Sept. 19: Back to School! CODE: 125759

Oct. 17: Harvest Hangout CODE: 125760

Nov. 7: Friendsgiving CODE: 125636

REGISTRATION: \$10 per meeting

Haunted Trail

Sunday, September 28 6:30 - 9:00pm

Grab 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 Dr. and Juniper Rd. Dinner provided.

REGISTRATION: \$5 CODE: 125776



Wave Soccer Game

Saturday, October 18 5:30 - 9:30pm

Drop-off and pick-up at the Mission Valley Center Station (1570 Camino De La Reina, San Diego, 92108). We will be taking the trolley to and from the game. Please bring a credit card for snacks or merchandise. The stadium is cashless. **Please register no later than September 10th.**

REGISTRATION: \$35

CODE: 125899

TROLLEY PASS: \$5

CODE: 125945

Hike & Hang

Saturday, November 22 10:00am - 1:00pm

Cool fall days are perfect for a gentle hike with friends. Meet at Morley field where we will enjoy a hike and reward ourselves with lunch after. Pick-up and drop-off in front of Bud Kearns pool (2229 Morley Field Dr, 92104). Bring a sack lunch.

REGISTRATION: \$5

CODE: 125796

Holiday Shopping

Friday, December 12 6:00 - 9:00pm

Bring a list and money for gifts. We will wrap gifts after shopping. Dinner will be provided. Drop-off and pick-up Westfield Mission Valley Mall (1640 Camino Del Rio North, 92108) between the Nordstrom Rack and Tender Greens Restaurant.

REGISTRATION: \$5

CODE: 125900

SAVE THE DATE: WINTER ADVENTURE

December 23rd & 30th

More information to come.

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.**

See pages 6-11 for more opportunities that include special events, dances, weekly programs, and garden programs.

Recreation Nights

5:30 - 8:00pm

Good people, games and more! Dinner provided. **RSVP by the Wednesday before the program.**

REGISTRATION: \$10 per meeting.

Central

Led by Angela

Park de la Cruz Community Center
(3901 Landis St., 92105)

Sept. 12: Apple-y Ever After CODE: 125761

Oct. 10: Oktoberfest CODE: 125774

Nov. 7: Friendsgiving CODE: 125775

North

Led by Nick

Cathy Hopper (4425 Bannock Ave., 92117)

Sept. 26: Welcome Back! CODE: 125859

Oct. 24: Halloween CODE: 125858

Nov. 21: Thanksgiving CODE: 125857

Haunted Trail

Sunday, September 28 6:30 - 9:00pm

Grab 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 Dr. and Juniper Rd. Dinner provided.

REGISTRATION: \$5

CODE: 125777

Wave Soccer Game

Saturday, October 18 5:30 - 9:30pm

Drop-off and pick-up at the Mission Valley Center Station (1570 Camino De La Reina, San Diego, 92108). We will be taking the trolley to and from the game. Please bring a credit card for snacks or merchandise. The stadium is cashless. **Please register no later than September 10th.**

REGISTRATION: \$35

CODE: 125792

TROLLEY PASS: \$5

CODE: 125945

Hike & Hang

Saturday, November 22 10:00am - 1:00pm

Cool fall days are perfect for a gentle hike with friends. Meet at Morley field where we will enjoy a hike and reward ourselves with lunch after. Pick-up and drop-off in front of Bud Kearns pool (2229 Morley Field Dr, 92104). Bring a sack lunch.

REGISTRATION: \$5

CODE: 125800

Holiday Shopping

Friday, December 12 6:00 - 9:00pm

Bring a list and money for gifts. We will wrap gifts after shopping. Dinner will be provided. Drop-off and pick-up Westfield Mission Valley Mall (1640 Camino Del Rio North, 92108) between the Nordstrom Rack and Tender Greens Restaurant.

REGISTRATION: \$5

CODE: 125901



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

INDEPENDENT CLUB (IND)

Ages 21+

Taylor Askil

(619) 236-7771 • TAskil@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.**

See pages 6-11 for more opportunities that include special events, dances, weekly programs, and garden programs.

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 wish to become a new member, please set-up an interview appointment prior to meeting by calling (619) 525-8247.

Select Fridays 5:30 - 8:00pm

Sept. 5: Mocktail Party CODE: 125861

Oct. 3: Oktoberfest CODE: 125862

Nov. 7: Friendsgiving CODE: 125860

REGISTRATION: \$10 per meeting



Haunted Trail

Sunday, September 28 6:30 - 9:00pm

Grab 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 Dr. and Juniper Rd. Dinner provided.

REGISTRATION: \$5 CODE: 125877

Wave Soccer Game

Saturday, October 18 5:30 - 9:30pm

Drop-off and pick-up at the Mission Valley Center Station (1570 Camino De La Reina, San Diego, 92108). We will be taking the trolley to and from the game. Please bring a card for purchasing snacks as the stadium is cashless.

Please register no later than September 10th.

REGISTRATION: \$35 CODE: 125880

TROLLEY PASS: \$5 CODE: 125945

AMC Movie Night

Wednesday, November 26 4:00 - 8:00pm*

Meet at Mission Valley Mall (1640 Camino Del Rio North, 92108) between the Nordstrom Rack and Tender Greens Restaurant. Bring money for dinner or eat beforehand. Restaurant and movie selection to be voted on at October meeting. *Program ends when movie ends.

REGISTRATION: \$18 CODE: 125903

Holiday Shopping

Friday, December 12 6:00 - 9:00pm

Bring a list and money for gifts. We will wrap gifts after shopping. Dinner will be provided. Drop-off and pick-up Westfield Mission Valley Mall (1640 Camino Del Rio North, 92108) between the Nordstrom Rack and Tender Greens Restaurant.

REGISTRATION: \$5 CODE: 125958

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

LEISURE SEEKERS

Taylor Askil • (619) 236-7771 • TAskil@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.**

See pages 6-11 for more opportunities that include special events, dances, weekly programs, and garden programs.

Social Connection

This is a wonderful opportunity to make new friends and socialize. Socials are held at Park de la Cruz (3901 Landis St., 92015). Activities and refreshments are provided. Must RSVP by the Tuesday before program date.

Select Thursdays 2:00 - 4:30pm

Sept. 4: Cake Boss **CODE: 125891**

***No October Social Connection**

See Consumer Luncheon below.

Nov. 6: Friendsgiving **CODE: 125892**

REGISTRATION: \$5 per social

Haunted Trail

Sunday, September 28 6:30 - 9:00pm

Grab 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 Dr. and Juniper Rd. Dinner provided.

REGISTRATION: \$5 CODE: 125878

Consumer Luncheon

Friday, October 10 10:00am - 1:00pm

We are celebrating our 26th annual Consumer Luncheon for World Mental Health Day. This event honors fellow consumers' achievements. Meet at Balboa Park Club (2150 American Rd. 92101) to enjoy guest speakers, activities, food, resource fair and more. **Must register by October 3rd to be guaranteed lunch.**

REGISTRATION: FREE CODE: 125883

Wave Soccer Game

Saturday, October 18 5:30 - 9:30pm

Drop-off and pick-up at the Mission Valley Center Station (1570 Camino De La Reina, San Diego, 92108). We will be taking the trolley to and from the game. Please bring a card for purchasing snacks as the stadium is cashless.

REGISTRATION: \$35

CODE: 125879

TROLLEY PASS: \$5

CODE: 125945

AMC Movie Night

Wednesday, November 26 4:00 - 8:00pm*

Meet at Mission Valley Mall (1640 Camino Del Rio North, 92108) between the Nordstrom Rack and Tender Greens Restaurant. Bring money for dinner or eat beforehand. Restaurant and movie selection TBA. ***Program ends when movie ends.**

REGISTRATION: \$18

CODE: 125882

LS Bowling League

Select Fridays 12:00 - 2:00pm

Sept. 5, 19 | Oct. 3, 17, 31 | Nov. 14

Led by Nick

Sharpen your bowling skills while socializing and meeting new people. Meet at Mira Mesa Lanes (8210 Mira Mesa Blvd., 92126).

REGISTRATION: \$30

CODE: 125889

Artful Mind

Thursdays 6:00 - 7:00pm

Volunteer Led by Jessica



Come create, have fun, and add to your toolbox for healing. Artful Mind wants to help people realize their potential through art. Join our class to see what it is all about and have fun!

REGISTRATION: FREE

CODE: 125890

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

CVA/TBI GROUP

Alicia Bianchi • (619) 525-8247 • ABianchi@sandiego.gov

Programs are designed for individuals recovering from brain attacks (stroke, brain injury or illness). Programs are provided by TRS in conjunction with UCSD Health Comebackers Neuro Club, and Sharp YESS group. **Please contact our office before attending first program.**

For scholarship, registration, and building information, see pages 3 and 5.

See pages 7-11 for more opportunities that include special events, dances, weekly and garden programs.

Karaoke and Table Games

Friday, September 26 11:30am - 1:30pm

Bring a sack lunch to enjoy with friends, then join in on Karaoke and table game fun at the Park de la Cruz Community Center.

REGISTRATION: FREE

CODE: 125700

SeaWorld

Friday, November 21 10:30am - 4:00pm

Spend the day at SeaWorld enjoying shows, exhibits and some wild rides (for those adventure seekers!). Meet at the main entrance. Bring money for food and/or souvenirs. **Register by November 17.** If you have a SeaWorld pass, call our office at (619) 525-8247.

REGISTRATION: \$48

CODE: 125881

Coaster to Carlsbad

Friday, October 24 11:00am - 4:30pm

Board the SD Coaster Train for an adventure to Carlsbad. Meet at the Old Town Transit Center. Carlsbad Village is just 2 blocks from the train station, where we can enjoy lunch, shopping and strolling. Bring a sack lunch or money to buy lunch. **You will purchase your own coaster ticket at the station. Register by October 21.**

REGISTRATION: FREE

CODE: 125702

***Bring money for lunch and Coaster ticket (\$6.50 senior/disabled or \$13 adult round trip).**

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE



CALL 800.950.9952

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized Provider

SafeStreets

833-287-3502

SUPPORT OUR ADVERTISERS!



ADAPTIVE SPORTS (ADP)

Ages 8+

Michael Rodriguez

(619) 236-7755 • MichaelR@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.**

Dynamic Inclusive Dance

Select Wednesdays 10:00 - 11:00am

Volunteer Led by Jason Rivers

Wednesday dance class sessions are open to standing and seated people of all abilities. Come learn the basics of a variety of dance styles including the Cha Cha, Rumba and Foxtrot. When time permits, line dancing is included. We have customized wheelchairs for those using a walker, cane or power wheelchair. Nothing should stop someone from learning the joy of dance. Meet at PDLC Gymnasium (3911 Landis St., 92105).

REGISTRATION: FREE

CODE: 125893

Wheelchair Basketball Open Gym

Wednesdays 5:30 - 8:15pm

Saturdays 1:00 - 5:00pm

Volunteer Led by JT (Roll to Success)

This program will teach fundamentals, skills, and drills of playing wheelchair basketball to those 8 years and older with physical disabilities. Meet at Park de la Cruz Gymnasium. Please contact Michael two days prior to attending if you will need to borrow a sports wheelchair.

REGISTRATION: FREE

CODE: 125895

Adaptive Fitness

Tuesdays & Thursdays 1:00 - 2:30pm

Volunteer Led by Jaime (Roll to Success)

This program is **for individuals with a physical impairment with intermediate gym knowledge**. This is a **non-supervised program**. Anyone requiring support must bring an aide. Ages 16 and up at PDLC Gymnasium. (3911 Landis St., 92105).

REGISTRATION: FREE

CODE: 125894

See pages 6-11 for more opportunities that include special events, dances, weekly programs, and garden programs.



Wheels

Select Saturdays 11:00am - 1:30pm

Sept. 6, 20 | Oct. 25 | Nov. 1, 8, 15

Led by Michael

Bring or borrow numerous wheeled devices to enjoy the day with your peers. Whether you want to ride a handcycle or tandem bike, if you have roller skates, a skateboard, or even if you want to roll with your wheelchair, come enjoy the outdoors on a safe and secure bike path. The Wheels program is a fun way to meet people and explore San Diego, while building strength and endurance. Look for the City of San Diego truck with wooden gates on the back for where the group is located. **Locations TBA.**

REGISTRATION: \$15

CODE: 125896

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

CO-SPONSORED PROGRAMS

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 Gym- Floor Hockey/Volleyball

Mondays 5:30 - 8:30pm

Sept. 15 - Dec. 8

Ages 5 - Adults

CODE: 126512

Morely Field - Flag Football

Wednesdays 5:30 - 8:30pm

Sept. 10 - Oct. 15

Ages 5 - Adults

CODE: 126513

Kearny Mesa Gym - Floor Hockey

Thursdays 4:00 - 5:30pm

Sept. 18 - Dec. 11

Ages 5 - 18

CODE: 126514

Strength Training

Mondays 8:30 - 9:30am

Wednesdays 8:30 - 9:30am

Volunteer Led by 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.

Drop-in program

Deaf Seniors Club

Wednesdays 10:00am - 3:00pm

Volunteer Led by Richard and Cheryl

Seniors who are deaf or hard of hearing or children of deaf adults are invited to join this social group! American Sign Language (ASL) is primarily used. Text (619) 851-0850 or video call (619) 259-5049 for more information.

Drop-in program

Access 4 All - Technology Program

Mondays 9:30am - 12:00pm

Led by Sdff staff at PDLc

Free technology program led by San Diego Futures Foundation (Sdff) staff. Sdff conduct trainings, Q&A, and provide information on how to purchase low-cost devices to individuals who qualify. For independent participants age 18 years or older. Call (619) 525-8247 for information.

REGISTRATION: FREE Drop-in program

Digital Navigators

Tuesdays 9:00am - 12:00pm

Thursdays 9:00am - 12:00pm

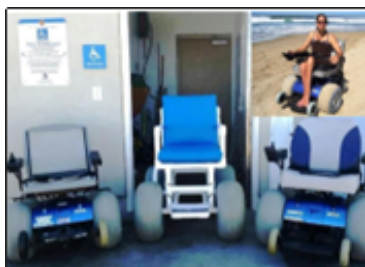
Volunteer Led at PDLc

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.

Drop-in program



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



Freedom Trax, beach wheelchairs, and Access Mats are available at no charge to individuals with mobility impairments or those otherwise unable to walk unaided on the beach. Freedom Trax allows users to use their own personal wheelchair on the beach. Access Trax are durable, lightweight, and portable mats that allow easier access throughout 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 *

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

January - February: (CLOSED)

March - April

- Fri, Sat, Sun: 11:30am - 3:30pm

May - October

- Mon-Sun, Closed Tuesdays:
11:30am - 3:30pm

November - December

- Fri, Sat, Sun: 11:30am - 3:30pm



Due to construction at the Mission Beach Lifeguard Station, the beach wheelchair program will temporarily be relocating to the South Mission Beach Lifeguard Tower (339 N Jetty Rd, 92109). Please call (619) 980 - 1876 during beach hours or (619) 525-8247 during non-beach hours for the current location of the beach wheelchair program and/or to make reservations. Reservations recommended.

ADVERTISE HERE
to reach your community



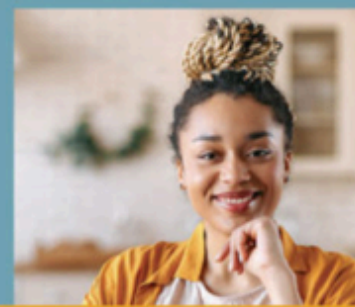
Call 800-950-9952

WE'RE HIRING!
AD SALES EXECUTIVES



**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE



CALL 800.950.9952



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 volunteers to help provide quality programming to enrich the lives of individuals with disabilities.

Summer Volunteer Spotlights:

Thank you to the following volunteers for going above and beyond at our camps this summer!

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!



Joanna



Bennett



Juliet



Ellie

Aiden

If you are interested in becoming a volunteer, please contact Michael Rodriguez at (619) 236-7755 or MichaelR@sandiego.gov

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

Disabled Services Advisory Council (DSAC)

Therapeutic Recreation & AgeWell Services' Group (TR & 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 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. www.dsacsd.org

Scan QR Code
to donate to DSAC:



The TR & AWS group meets quarterly on the 2nd Wednesdays immediately following (approximately 6:45pm) the September, December, March, and June DSAC meetings. The role of the TR & AWS group is to make recommendations to City Council and the Parks and Recreation Department, about 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 Julie Gregg at jgregg@sanidiego.gov or (619) 525-8247 for more information.

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 events.

The Hervey Family Fund

Once again, Therapeutic Recreation Services thanks the Hervey Family Non-Endowment Fund at the San Diego Foundation for their generous \$5,000 donation. Their 2025 donation will benefit thousands of participants, via partial scholarships, summer camp expenses and specialized equipment. 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 freshman class of MADCAPS' members, a mother-daughter philanthropic group. Thank you to the class of 2029 who volunteered numerous 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 program costs low, provide partial scholarships and purchase recreation supplies.



ACTION BOUNCE COMPANY



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.



OPTIONS
FOR ALL

Thank you to Luby Rosochacova and Options for All for their amazing donation of \$10,000! Options for All supports opportunities for adults with IDD in making choices to live, work, and love life in their community with dignity and respect.



Saigon

Sandwiches & Deli



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

Community Events & Programs



PVA 2025 Rugby Camp

September 25-27, 2025
San Diego Municipal Gym



Paralyzed Veterans of America is excited to announce the 2025 Veterans Rugby Camp in San Diego, California. Camp is open to Veterans of all skill levels, from beginner to high performance. This is the perfect place to learn the sport or hone your skills for the upcoming season.

**Contact Katelynn Johnson
for more information:**

E: KatelynnJ@pva.org

P: (202) 416 - 7637

**Scan here to
register:**



**Place Your Ad Here and
Support our Community!**

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Brett Reineck

breineck@lpicommunities.com

(800) 950-9952 x2511

SUPPORT OUR ADVERTISERS!



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 San Diego Parks and Recreation Department's Civic Dance Arts program 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.

Registration opens

Saturday, September 13 at 10:00am.

Classes begin the week of September 22.

Classes at Park de la Cruz (3901 Landis Street, 92105) are scheduled for Tuesdays from 4:45 - 7:15pm. Classes include: Pre-Ballet, Beg Ballet 1A, Beg/Adv Beg Ballet 1B/2A, Pre Hip Hop and Beg Tap 1A. Fall dance classes are visible on SDRcConnect.com on August 18.

Stars Acting Workshop

Summer Golden (619) 647-4958

zgolder1@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

Driving Simulator

Ryan F. (619) 704-2430

Getting a driving license is one of the most significant milestones in a person's life. It means freedom, independence, adventure, and responsibility. The goal of the driving simulator is to make getting a driver's license a fun experience while learning the road rules of defensive driving skills. Call for more information.

Infant/Toddler Brain Dance Class

Tuesdays 10:00 - 11:30am

Class includes music-based movement and dance, rhymes and singing. This course meets at Park de la Cruz 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. 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 the website to sign up and learn more.

www.sosc.org/sandiego


iCan Bike San Diego

Kim Sullivan bikecampsd@gmail.com

iCan Bike uses adapted bicycles, a specialized instructional program, and trained staff to enable individuals with disabilities to learn to ride a conventional two-wheel bicycle. This achievement, in turn, creates a gateway of opportunity, helping riders gain assurance and self-reliance in many other aspects of their lives. Please visit the website for more information on programs and to enroll or volunteer.

www.icanbikesd.org

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Holiday Observed - Office Closed	2 Digital Navigators Adaptive Fitness	3 WC BBall / Dance Deaf Seniors SM Strength Training Fun with Friends	4 Digital Navigators Adaptive Fitness LS Social Artful Mind	5 LS Bowling Self-Expression Art Sports Talk IND Meeting	6 Wheels Comm. Service Famous Artist WC BBall
7 KZ Playday	8 SM Strength Training Access 4 All	9 Digital Navigators Art in Action Adaptive Fitness	10 WC BBall / Dance Deaf Seniors SM Strength Training Yummy Meals \$4EA	11 Digital Navigators Green Thumb Club Adaptive Fitness Artful Mind	12 Self-Expression Art SMC - PDLC	13 WC BBall- 3 on 3
14	15 SM Strength Training Access 4 All Movie Magic \$4EA	16 Digital Navigators Adaptive Fitness	17 WC BBall / Dance Deaf Seniors SM Strength Training Fun with Friends \$4EA	18 Digital Navigators Adaptive Fitness Artful Mind \$4EA	19 LS Bowling Self-Expression Art Sports Talk KBC Meeting	20 Wheels KZ New Children's Museum WC BBall
21	22 SM Strength Training Access 4 All \$4EA	23 Digital Navigators Art in Action Adaptive Fitness	24 WC BBall / Dance Deaf Seniors SM Strength Training Sit Fit Bingo Yummy Meals \$4EA	25 Digital Navigators Adaptive Fitness Artful Mind \$4EA	26 CVA/TBI - Karaoke Self-Expression Art SMC - Cathy Hopper	27 Family Campfire WC BBall
28 KBC/SMC/IND/LS- Haunted Trail	29 SM Strength Training Access 4 All Analog Adventures \$4EA	30 Digital Navigators Adaptive Fitness Garden to Table				



**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

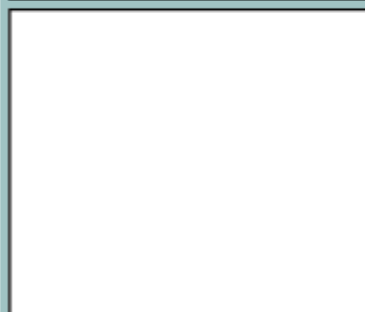
To advertise here
visit [lpicommunities.com
/adcreator](http://lpicommunities.com/adcreator)

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
emailed to you.

Visit www.mycommunityonline.com

**THRIVE
LOCALLY**



**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | **833-287-3502**



SUPPORT OUR ADVERTISERS!

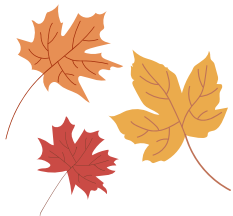
OCTOBER							page 27
SUN	MON	TUES	WED	THURS	FRI	SAT	
			1 WC BBall / Dance Deaf Seniors SM Strength Training Fun with Friends \$4EA	2 Digital Navigators Adaptive Fitness Artful Mind \$4EA	3 LS Bowling Self-Expression Art Sports Talk IND Meeting	4 WC BBall	
5	6 SM Strength Training Access 4 All \$4EA	7 Digital Navigators Art in Action Adaptive Fitness	8 WC BBall / Dance Deaf Seniors SM Strength Training Yummy Meals \$4EA	9 Digital Navigators Green Thumb Club Adaptive Fitness Artful Mind \$4EA	10 LS Consumer Luncheon Self-Expression Art SMC - PDLC	11 Comm. Service Famous Artist WC BBall	
12 KZ Playday	13 SM Strength Training Access 4 All Movie Magic \$4EA	14 Digital Navigators Adaptive Fitness	15 WC BBall / Dance Deaf Seniors SM Strength Training Fun with Friends \$4EA	16 Digital Navigators Adaptive Fitness Artful Mind \$4EA	17 LS Bowling Monster Ball Self-Expression Art Sports Talk KBC Meeting	18 KBC/SMC/IND/LS - SD Wave WC BBall	
19	20 SM Strength Training Access 4 All \$4EA	21 Digital Navigators Art in Action Adaptive Fitness	22 WC BBall / Dance Deaf Seniors SM Strength Training Sit Fit Bingo Yummy Meals	23 Digital Navigators Adaptive Fitness Artful Mind \$4EA	24 CVA/TBI - Coaster Self-Expression Art Fall Festival Spooky Movie SMC - Cathy Hopper	25 Wheels IG Cooking Halloween Dance WC BBall	
26 KZ Pumpkin Patch Trick-or-Treat on India Street	27 SM Strength Training Access 4 All Analog Adventures \$4EA	28 Digital Navigators Adaptive Fitness Garden to Table	29 WC BBall / Dance Deaf Seniors SM Strength Training	30 Digital Navigators Adaptive Fitness Artful Mind Cathy Hopper - Trunk or Treat \$4EA	31 LS Bowling Self-Expression Art Sports Talk		
NOVEMBER							
SUN	MON	TUES	WED	THURS	FRI	SAT	
						1 Wheels Harvest Ball WC BBall	
2 KZ Playday	3 SM Strength Training Access 4 All \$4EA	4 Digital Navigators Art in Action Adaptive Fitness	5 WC BBall / Dance Deaf Seniors SM Strength Training Fun with Friends	6 Digital Navigators The Hiking Circle Adaptive Fitness LS Social Artful Mind \$4EA	7 Self-Expression Art Sports Talk KBC/SMC/IND - Friendsgiving	8 Wheels Comm. Service Famous Artist WC BBall	
9	10 SM Strength Training Access 4 All \$4EA	11 Holiday Observed - Office Closed	12 WC BBall / Dance Deaf Seniors SM Strength Training Yummy Meals	13 Digital Navigators Green Thumb Club Adaptive Fitness Artful Mind \$4EA	14 LS Bowling Self-Expression Art	15 Wheels Turkey Trot WC BBall	
16	17 SM Strength Training Access 4 All Movie Magic \$4EA	18 Digital Navigators Adaptive Fitness Garden to Table	19 WC BBall / Dance Deaf Seniors SM Strength Training Sit Fit Bingo Yummy Meals	20 Digital Navigators The Hiking Circle Adaptive Fitness Artful Mind \$4EA	21 CVA/TBI - SeaWorld Self-Expression Art Sports Talk SMC - Cathy Hopper	22 KBC/SMC - Hike WC BBall Tourn.	
23 KZ Play My Way WC BBall Tourn.	24 SM Strength Training Access 4 All Analog Adventures \$4EA	25 Digital Navigators Adaptive Fitness	26 WC BBall / Dance Deaf Seniors SM Strength Training Fun with Friends IND/LS - AMC Movie	27 Holiday Observed - Office Closed	28 Office Closed	29	
30							

The City of
SAN DIEGO
Parks and Recreation Department
Therapeutic Recreation Services
Parks and Recreation Department
3901 Landis Street, MS 38
San Diego, CA 92105

**PRESORTED
STANDARD**

U.S. POSTAGE
PAID
PERMIT NO 134
SAN DIEGO, CA

Return Service Requested



Scan here!



To receive the printed newsletter, please email, call us or scan the above QR code to provide your current mailing address.

To receive the newsletter faster, sign up to receive a digital copy.

Email: trsnewsletter@sandiego.gov

Phone: (619) 525 - 8247

“Enriching lives through quality parks and programs.”

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619) 525-8247, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.