

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