

LEISURE SEEKERS

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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.**

Ages 18+

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.