

CVA/TBI GROUP

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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).**

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