

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.

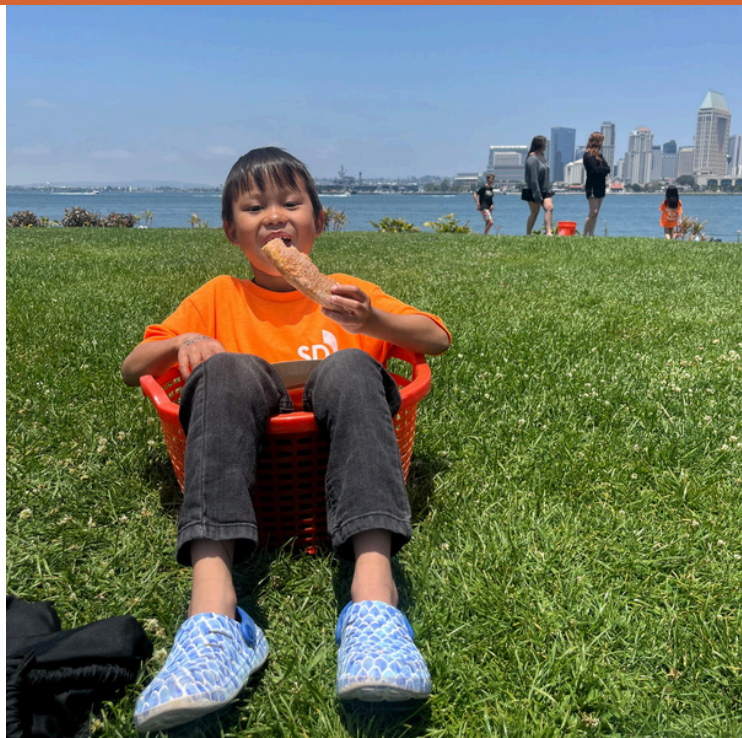
Program is for individuals ages 16 and older.

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.

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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



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