

The City of
SAN DIEGO
Parks and Recreation Department



Therapeutic Recreation Services

Winter 2025-2026

DECEMBER | JANUARY | FEBRUARY



The City of San Diego does not necessarily endorse the services offered by the advertisements and community-sponsored activities listed in this newsletter.

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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.

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- 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

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Where to Start/Online Registration

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Winter registration starts **November 15** 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) or Cathy Hopper (see page 9).

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) or Cathy Hopper (4425 Bannock Ave., 92117). Application can be submitted with a recreation center staff at PDLC.

2025 scholarships expire after February 2026 and are not accepted for Spring 2026 registration. Renew your scholarship starting January 1, 2026.

Staff Spotlight

Hunter Akin



Why did you want to work at TRS?

I am a firm believer in having fun and learning through activities. TRS is a great place to try something new and discover new hobbies and interests.

What has been your favorite moment?

Being a part of the Adaptive Golf Tournament in 2024. It was so cool to see the world's best adaptive golfers in one place and witnessing first-hand how a perceived "disability" doesn't need to slow anyone down.

Favorite hobby outside of work?

Surfing and traveling. Sometimes I get really lucky and I can do both things together! I have been on surf trips to Australia, Indonesia and Fiji but one of my favorite places to surf is right here in Ocean Beach, San Diego.

Farewell, Judy and Annalise!



We are so grateful to have had Judy and Annalise on our TRS team! They have made such a positive impact on our programs, and we will miss them both. We wish them all the best on their future endeavors!



Meet our newest team members!



Jackie Romero

Hi! I'm Jackie! I love road trips & traveling to new destinations with my family. I like to make life memorable & take lots of pictures to soak in the moment. You can catch me hiking, reading, journaling, crafting or having a laugh.



Tino Mayo

A fun fact about me would be that I'm a passionate skateboarder and have even hosted a skateboarding event in San Diego. I always look forward to opportunities where I can make a difference and leave positive impacts, especially since I find myself constantly learning and growing as an individual. Besides skateboarding, I also enjoy finger-boarding, filming and editing. I'm no pro at filming nor editing, but being able to express myself creatively has always been important to me and keeps life colorful.



Park de la Cruz Community Park

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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

Closed December 25, January 1 and 19, and February 16 in observance of City Holidays.

Recreation Room

You can check out a variety of recreation equipment including basketballs, 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.

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 Navigators (see page 20). For more information, call (619) 525-8247.

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

Sensory Room Reservations

Mondays, Wednesdays, & Thursdays: 9:00am - 6:00pm
Tuesdays & Fridays: 9:00am - 1:00pm
Saturdays: 10:00am - 2:00pm

Participant must have an assessment on file, an orientation, and a reservation prior to use.

Call (619) 525-8247 to make a reservation at least one day in advance. Same-day reservations may not be accepted. Subject to availability.

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.

PDLC 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.

SPECIAL EVENTS/OUTINGS

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. 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. RSVP by calling (619) 525-8247 by December 1st.

REGISTRATION: Pay \$5 cash at the door.



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.** RSVP by calling (619) 525-8247 by December 1st.

REGISTRATION: Pay \$5 cash at the door.

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 (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

Dinner & Starlight Circle

Thursday, December 18 5:30 - 8:00pm
Led by Alicia

Bring money for dinner at Round Table Pizza (9824 N. Magnolia Ave., Santee, 92071). After dinner, we will stroll through the neighborhood known as "Starlight Circle" to enjoy beautifully decorated holiday houses. **This is a family and friends' event. No direct supervision provided.**

REGISTRATION: FREE

CODE: 127509

Disney on Ice

Saturday, January 24 6:30 - 9:30pm

We encourage you to eat before the show (no food can be brought into the arena), or food can be purchased at the arena with credit card only. Tickets are limited. Please register under one person's name and select how many tickets you want. **This is a family and friends' event that will not be staffed. Register by January 16, 2025.**

REGISTRATION: \$32

CODE: 127420

Big Bear Village & Ski Trip

Thursday, February 26 5:00am - 8:00pm
Led by Michael

Limited spots will be available for adaptive skiers. Others can enjoy the sights of Big Bear Village. **Registration only covers the bus. If you're skiing, you must pay to ski day-of.** For more information, please email Michael Rodriguez at MichaelR@sandiego.gov. Meet at Park de la Cruz.

REGISTRATION: \$60

CODE: 128387

Strikeforce Bowling League

Select Saturdays 9:30 - 11:30am



Feb. 28 | Mar. 7, 21, 28 | Apr. 11, 18 | May 2, 16, 30
Jun. 13, 27 (Banquet)

Led by Michael

Join us at Parkway Bowl (1280 Fletcher Parkway, 92020). Cost includes shoe rental, 2 games per date, and an awards banquet for team members (extra for guests). Individuals are welcome. We will place you on a team. Ages 16 and older.

REGISTRATION: \$85

CODE: 127480

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

DANCES

page 7



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 St., 92105). Cost includes dance admission, light dinner, and DJ entertainment. **You must be 18 years or older to attend. No direct supervision provided.**

RSVP by calling (619) 525-8247 by December 8th.
Pay \$8 cash at the door.



Valentine's Dance

Saturday, February 14 5:30 - 8:30pm
Led by Angela



Dance the night away with friends, music, & good vibes at the Valentine's Dance! Fun is in the air at Park de la Cruz Gymnasium (3911 Landis St., 92105). Cost includes dance admission, light dinner, and DJ entertainment. **You must be 18 years or older to attend. No direct supervision provided.**

Call (619) 525-8247 to RSVP by February 9th.
This is a cash only event, no online registration.
Pay \$10 cash at the door.

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Disabled Services Advisory Council-City of San Diego Therapeutic Recreation Services

A 4C 05-1323

GARDEN PROGRAMS

Garden to Table Meals

Select Tuesdays 9:30 - 11:30am

Session 1: Dec. 9 | Jan. 6 | Feb. 3 OR Session 2: Dec. 16 | Jan. 20 | Feb. 17
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.** Please register for one session to allow more people to join the program.

REGISTRATION: \$20 for the quarter

CODE: 127421



Green Thumb Club

Select Thursdays 10:00 - 11:00am
Dec. 11 | Jan. 15 | Feb. 12



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

REGISTRATION: FREE

CODE: 127424



Interested in donating to support our garden?

Scan this QR code or visit <https://dsacs.org/get-involved/>.



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

Donate any seeds you don't want to our program garden. Drop the seed packets off with our front desk staff at Park de la Cruz. Call (619) 525-8247 for more information.

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CATHY HOPPER ONGOING PROGRAMS

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4425 Bannock Ave., 92117. See program description for age.



Art in Action - North

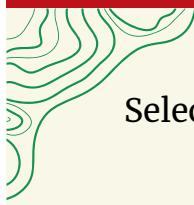
Select Wednesdays 3:00 - 4:00pm
Jan. 7, 21 | Feb. 4, 18

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 for the quarter

CODE: 127923



Elements of Art

Select Thursdays 4:15 - 5:15pm
Jan. 15, 29 | Feb. 12, 26

Led by Jennifer



Practice and discover Elements of Art, including line, shape, color, value, texture, form, and space. **This activity is for ages 16 and older. No direct supervision is provided.**

REGISTRATION: \$10 for the quarter

CODE: 127925

Cake Boss

Select Thursdays 3:00 - 4:00pm
Jan. 8, 22 | Feb. 5, 19

Led by Alexia

Learn and practice the fundamentals of cake decorating while working on your creative expression, social skills, and fine motor skills. **This activity is for ages 16 and older. No direct supervision is provided.**

REGISTRATION: \$20 for the quarter

CODE: 127924

Sit Fit Bingo - North

Select Thursdays 3:00 - 4:00pm
Jan. 15, 29 | Feb. 12, 26

Led by Nick



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: \$10 for the quarter

CODE: 127926

SOCIAL MOTION CLUB (SMC) - NORTH Ages 18+

Nick Hurd

(619) 236-7771 • NHurd@sandiego.gov

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.

Recreation Nights

5:30 - 8:00pm

Good people, games & more at Cathy Hopper!
Dinner provided. **RSVP by the Wednesday before the program.**

Jan. 30: Superbowl Night

CODE: 127927

Feb. 27: Science Night

CODE: 127928

REGISTRATION: \$10 per meeting


See pages 6-8 for more opportunities, including special events, dances, & garden programs.



For SMC group outings, please see page 15.

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

PARK DE LA CRUZ ONGOING PROGRAMS

3901 Landis Street, 92105. See program description for age.



IND Club Snack Bar

Open Tuesdays, Thursdays & Fridays
10:00am - 1:00pm



Buy a Snack Bar Punch Card! Each card comes with 10 punches, and each punch is good for 1 snack item. All proceeds benefit the Independent Club. Punch cards can be purchased at Park de la Cruz.

REGISTRATION: \$15

CODE: 110799

Healing Soul



Select Mondays 10:00 - 11:00am
Jan. 12, 26 | Feb. 9, 23

Led by Sienna

Destress and relax in a safe space. We will be learning new ways to calm ourselves in stressful situations. **Program is for individuals ages 16 years and older. No direct supervision provided.**

REGISTRATION: \$10 for the quarter

CODE: 127478



Monday Movie Magic

Select Mondays 5:30 - 7:30pm
Dec. 8 | Jan. 12 | Feb. 9

Led by Alicia and Jon

Enjoy a movie night with your friends at PDLC. **This program is for ages 13 and up. No direct supervision provided.**

REGISTRATION: FREE

CODE : 127474



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



Art in Action - PDLC

Select Tuesdays 10:30 - 11:30am
Jan. 13, 27 | Feb. 10, 24

Led by Jennifer

Let's get creative! Our goal is to send you home with personalized creations. **Program is for individuals ages 16 and older. No direct supervision provided.**

REGISTRATION: \$10 for the quarter

CODE: 127479



Sit Fit Bingo - PDLC

Select Wednesdays 10:30 - 11:30am
Dec. 10 | Jan. 7, 21 | Feb. 4, 18



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 provided.**

REGISTRATION: \$10 for the quarter

CODE: 127482

Yummy Meals

Select Wednesdays 4:00 - 6:30pm
Dec. 10 | Jan. 14, 28 | Feb. 11, 25



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 for the quarter

CODE: 127477

PARK DE LA CRUZ ONGOING PROGRAMS

3901 Landis Street, 92105. See program description for age.

Karaoke Nights

Select Wednesdays 5:30 - 8:00pm

Jan. 21 | Feb. 18

Led by Alicia

 Sing your heart out at PDLC! Bring food to enjoy for dinner. **This activity is for ages 18 and older. No direct supervision provided.**

REGISTRATION: FREE

CODE: 127475

The Hiking Circle

Select Thursdays 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. Locations TBA.**

REGISTRATION: \$6 for the quarter

CODE: 125922

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: 127476

Sports Talk



Select Fridays 3:30 - 5:00pm

Dec. 5, 12 | Jan. 9, 23 | Feb. 6, 20

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: 127481

PDLC Walking Group

Select Saturdays 10:00 - 11:00am

Dec. 13 | Jan. 24 | Feb. 7

Led by Jennifer

 Enjoy the fellowship of others while walking at your own pace. Tracking milestones to stay motivated will be celebrated. **Program is for individuals ages 16 years and older. No direct supervision provided.**

REGISTRATION: FREE

CODE: 127864

Community Service & Lunch

Select Saturdays 10:30am - 1:00pm

Dec. 20 | Jan. 10 | Feb. 14

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: 127472

Famous Artist Factory

Select Saturdays 1:30 - 2:30pm

Dec. 20 | Jan. 10 | Feb. 14

 Learn about a famous artist and then feel famous too when you create artwork that looks like theirs. **Program is for participants ages 13 and older. No direct staff supervision.**

REGISTRATION: \$10 for the quarter

CODE: 127473

Intergenerational Cooking

Saturday, January 17 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: 127419

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.**

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

Jan. 11: Cats vs. Dogs Playday **CODE: 127425**

Feb. 22: Bon Appétit Playday **CODE: 127426**

REGISTRATION: \$10 per playday

See pages 6, 8 and 11 for more opportunities that include special events and garden programs.

Chollas Lake Day

Sunday, January 25 9:30am - 12:30pm

Explore the great outdoors of Chollas Lake! Please bring a sack lunch and wear comfortable walking shoes and clothing. Drop-off and pick-up at 6350 College Grove Dr, 92115.

REGISTRATION: \$10

CODE: 127428

Winter Adventure

Day 1 - Winter Wonders at Liberty Station



Tuesday, December 23 10:00am - 3:00pm
Join us for a magical day filled with festive fun, holiday treats, and winter cheer! Bring a lunch or money to buy food. Drop-off and pick-up at Ingram Plaza (2751 Dewey Rd, 92106).

REGISTRATION: \$35 **CODE: 127431**

Day 2 - SD Safari Park

Tuesday, December 30 9:30am - 3:30pm
Bring out your wild side at the San Diego Safari Park! Wear comfortable walking shoes and bring sunscreen, water and a lunch. Drop-off and pick-up at the Safari Park Entrance (15500 San Pasqual Valley Road, Escondido, 92027).

REGISTRATION: \$35 (without pass) **Code: 127429**
REGISTRATION: \$15 (with pass) **Code: 127430**

Skateworld Sensory Friendly Morning

Sunday, February 1 9:30am - 12:00pm

Lace up your skates for a fun morning with your friends! Cost includes admission and skate rental. Please bring a sack lunch and wear comfortable clothes. Drop-off and pick-up at Skateworld (6907 Linda Vista Rd., 92111). Learn more about their sensory friendly skate at <https://www.skateworld.com/>.

REGISTRATION: \$12

CODE: 127427



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

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

**SAVE THE DATE:
SPRING
ADVENTURE**
April 2 & 9. More
information to come.



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

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KICK BACK CLUB (KBC)

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.

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

Dec. 19: Jingle & Mingle Holiday Bash **CODE: 127581**

Jan. 23: Kickstart 2026 **CODE: 127583**

Feb. 20: Winter Wind Down **CODE: 127584**

REGISTRATION: \$10 per meeting



Holiday Shopping

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

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

REGISTRATION: \$5 **CODE: 125900**



San Diego Rodeo

Sunday, January 18 2:00 - 5:30pm*

*Time subject to change

Saddle up for an unforgettable experience! This experience brings together top athletes competing in classic rodeo events such as barrel racing, saddle bronc riding, bull riding, roping and more! Drop-off and pick-up at 401 K St, San Diego, 92101. Please bring a card for food, no cash. Outside food is prohibited.

REGISTRATION: \$40 **CODE: 127591**

Ages 13-17

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

✿ * Winter Adventure *

Day 1 - Winter Wonders at Liberty Station

Tuesday, December 23 10:00am - 3:00pm
Join us for a magical day filled with festive fun, holiday treats, and winter cheer! Bring a lunch or money to buy food. Drop-off and pick-up at Ingram Plaza (2751 Dewey Rd, 92106).

REGISTRATION: \$35 **CODE: 127453**

Day 2 - SD Safari Park

Tuesday, December 30 9:30am - 3:30pm
Bring out your wild side at the San Diego Safari Park! Wear comfortable walking shoes and bring sunscreen, water and a lunch. Drop-off and pick-up at the Safari Park Entrance (15500 San Pasqual Valley Road, Escondido, 92027).

REGISTRATION: \$35 (without pass) **Code: 127454**

REGISTRATION: \$15 (with pass) **Code: 127455**

Lunar New Year Festival

Saturday, February 21 1:00 - 3:30pm

Join us at Balboa Park to celebrate the Year of the Horse! Experience vibrant performances, delicious food, and fun cultural activities as we welcome a year of strength and energy. Drop-off and pick-up at the Puppet Theater (2130 Pan American Plaza, 92101). Bring a lunch or money to buy food.

REGISTRATION: \$10 **CODE: 127592**

SAVE THE DATE: SPRING ADVENTURE

April 2 & 9. More information to come.

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, including special events, dances, weekly programs, and garden programs.

Recreation Nights

5:30 - 8:00pm

Good people, games & more! Dinner provided.

RSVP by the Wednesday before the program.

REGISTRATION: \$10 per meeting.

Central

Led by Angela

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

Dec. 19: Jingle & Mingle Holiday Bash

CODE: 127593

Jan. 16: New Year, New You! **CODE: 127594**

Feb. 13: Palentine's Day **CODE: 127595**

North

Led by Nick

Cathy Hopper (4425 Bannock Ave., 92117)

Jan. 30: Superbowl Night **CODE: 127927**

Feb. 27: Science Night **CODE: 127928**



Holiday Shopping

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

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

REGISTRATION: \$5

CODE: 125901



San Diego Rodeo

Sunday, January 18 2:00 - 5:30pm*

*Time subject to change

Saddle up for an unforgettable experience! This experience brings together top athletes competing in classic rodeo events such as barrel racing, saddle bronc riding, bull riding, roping and more! Drop-off and pick-up at 401 K St, San Diego, 92101. Please bring a card for food, no cash. Outside food is prohibited.

REGISTRATION: \$40 **CODE: 127668**



Lunar New Year Festival

Saturday, February 21 1:00 - 3:30pm

Join us at Balboa Park to celebrate the Year of the Horse! Experience vibrant performances, delicious food, and fun cultural activities as we welcome a year of strength and energy. Drop-off and pick-up at the Puppet Theater (2130 Pan American Plaza, 92101). Bring a lunch or money to buy food.

REGISTRATION: \$10

CODE: 127669

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

INDEPENDENT CLUB (IND)

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, including special events, dances, weekly programs, and garden programs.

Meetings

MUST register at least 5 days before program! IND 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

Dec. 5: Holiday Party **CODE: [127934](#)**

Jan. 9: Election Night **CODE: [127935](#)**

Feb. 6: Brainiac Bash! **CODE: [127936](#)**

REGISTRATION: \$10 per meeting

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 at Westfield Mission Valley Mall (1640 Camino Del Rio North, 92108) between the Nordstrom Rack and Tender Greens Restaurant.



REGISTRATION: \$5

CODE: [125958](#)

Ages 21+



San Diego Rodeo

Sunday, January 18 2:00 – 5:30pm*

*Time subject to change

Saddle up for an unforgettable experience! This experience brings together top athletes competing in classic rodeo events such as barrel racing, saddle bronc riding, bull riding, roping and more! Drop-off and pick-up at 401 K St, San Diego, 92101. Please bring a card for food, no cash. Outside food is prohibited.



REGISTRATION: \$40

CODE: [127937](#)



Old Town

Luis Max at Fiesta de Reyes

Saturday, February 21 5:00 – 8:00pm

Get ready for an unforgettable musical journey with the talented Luis Max. The event will include live music, delicious food, and more! Drop-off and pick-up in Old Town at 2829 Juan St, San Diego, 92110. Bring money to purchase items and food.



REGISTRATION: FREE

CODE: [127938](#)

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 is limited. Must have an assessment on file prior to attending.**

Social Connection

This is a wonderful opportunity to make new friends and socialize. Socials are held at Park de la Cruz (3901 Landis St., 92105). Activities and refreshments are provided. **Must RSVP by the Tuesday before program date by calling (619) 525-8247 or emailing TAskil@sandiego.gov.**

Select Thursdays 2:00 - 4:30pm

Dec. 4: Holiday Party

Jan. 8: Happy New Year!

Feb. 5: Science

REGISTRATION: \$5 per social - CASH ONLY



San Diego Rodeo

Sunday, January 18 2:00 - 5:30pm*

*Time subject to change

Saddle up for an unforgettable experience! This experience brings together top athletes competing in classic rodeo events such as barrel racing, saddle bronc riding, bull riding, roping and more! Drop-off and pick-up at 401 K St, San Diego, 92101. Please bring a card for food, no cash. Outside food is prohibited.



REGISTRATION: \$40

CODE: [127939](#)

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



Old Town

Luis Max at Fiesta de Reyes

Saturday, February 21 5:00 - 8:00pm

Get ready for an unforgettable musical journey with the talented Luis Max. The event will include live music, delicious food, and more! Drop-off and pick-up in Old Town at 2829 Juan St, San Diego, 92110. Bring money to purchase items and food.

REGISTRATION: FREE

CODE: [127940](#)



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!

CODE: [127941](#)

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 OR Michael Rodriguez (see pg. 19)

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.**

Bowling

Friday, January 30 11:00am – 2:00pm



Meet at Parkway Bowl (1280 Fletcher Parkway, El Cajon, 92020). Cost includes shoe rental and 2 games of bowling. Bring a sack lunch or bring money to purchase food. Must register by January 18th.

REGISTRATION: \$10

CODE: 127470

Handcycling

Friday, February 27 11:00am – 1:30pm

Try out a handcycle for fitness and fun. Bring a picnic lunch. You are also welcome to bring your own bicycle, scooter, etc. Meet at North Crown Point Shores (3600 Corona Oriente Rd., San Diego, 92109).

REGISTRATION: FREE



CODE: 127471

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



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

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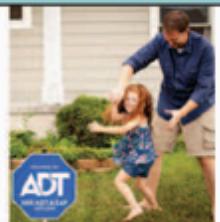
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ADAPTIVE SPORTS (ADP)

Ages 8+

Michael Rodriguez

(619) 236-7755 • MichaelR@sandiego.gov

Programs are designed for individuals with physical disabilities, to promote health, independence & fitness by working on increasing endurance, upper body strength, mobility skills, & leisure participation in a recreation environment. **Register early, space is limited.**

Dynamic Inclusive Dance

Wednesdays 10:00 - 11:00am

Volunteer Led by Jason Rivers

 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: 127520

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 prior to attending if you want to borrow a sports wheelchair.

REGISTRATION: FREE

CODE: 127521



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



Wheels

Select Saturdays 11:00am - 1:30pm

Jan. 3, 17, 31 | Feb. 14

Led by Michael



Bring or borrow numerous wheeled devices to enjoy the day with your peers. Whether you want to ride a handcycle, 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 for the quarter

CODE: 127522



Big Bear Village & Ski Trip



Thursday, February 26 5:00am - 8:00pm

Limited spots will be available for adaptive skiers. Others can enjoy the sights of Big Bear Village.

Registration only covers the bus. If you're skiing, you must pay to ski day-of. For more information, please email Michael Rodriguez at MichaelR@sandiego.gov. Meet at Park de la Cruz.

REGISTRATION: \$60

CODE: 128387

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 - Basketball & Winter Sports

Mondays 5:30 - 8:30pm
Jan. 5 - April 6
Ages 5 - Adults

CODE: 127432

Kearny Mesa Gym - Junior Basketball

Thursdays 4:00 - 5:30pm
Jan. 8 - April 9
Ages 5 - 18 years old

CODE: 127433

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 Members (active-duty or veterans) and will meet at Park de la Cruz Fitness Center.

REGISTRATION: FREE 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.

REGISTRATION: FREE Drop-in program

Access 4 All - Tech on the Go

Mondays 9:30 - 11:30am

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 9:00 - 11:45am*

Thursdays 9:00 - 11:45am*

Volunteer Led at PDLC

*Dates and times subject to change in January.

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.

REGISTRATION: FREE Drop-in program



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

BEACH WHEELCHAIR PROGRAM

page 21

Freedom Trax, beach wheelchairs, Rollator, and Access Trax 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.

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: 11:30am - 3:30pm
- Closed Tuesdays

November - December

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

Due to construction at the Mission Beach Lifeguard Station, the beach wheelchair program has temporarily relocated 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.

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.

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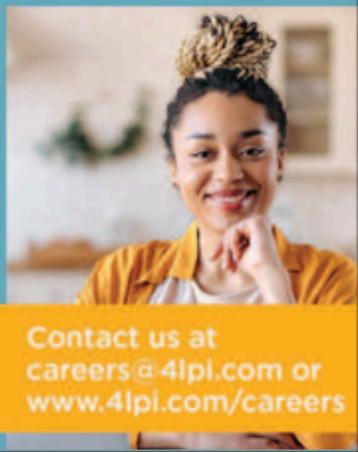
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VOLUNTEER CORNER

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.

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!

Volunteer Spotlight:

Thank you to Didier for going above and beyond with caring for our birds in our program garden!



Why did you want to get involved with our garden?

I saw it as a good outlet for my time and energy.

What do you enjoy most about volunteering?

I enjoy getting to spend time with and feed the birds, and watering the plants.

Fun fact about you?

I ride a Harley!

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

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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.dsacs.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@sandiego.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 Fall events.



The Hervey Family Fund



Sue Hervey

Please help us in thanking the Hervey Family Non-Endowment Fund at the San Diego Foundation for their very generous donation to DSAC. Since the late 1990's the Hervey Family has contributed over \$130,000 to support Therapeutic Recreation Services' (TRS) programs and services, in addition to numerous scholarships, allowing participants who couldn't afford program fees the chance to attend events and recreate alongside their peers. Due to moving, Sue Hervey hasn't attended TRS programs in awhile, but she was an Independent Club member for approximately 35 years. We are very appreciative of Sue and her families' generosity, which has made a positive impact for numerous families.

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

COMMUNITY EVENTS & PROGRAMS

The following organizations provide additional recreation and leisure opportunities for all. Don't miss these great events.

San Diego Goalball

Lori Meyers lorimeyers444@gmail.com

San Diego Goalball is a competitive and recreational paralympic sport designed for the visually impaired and blind, although anyone is welcome to play. The San Diego Goalball league meets twice a month usually on Sundays at gyms in San Diego & Carlsbad. For more information, go to <https://sandiegocountygoalball.playerlineup.com>.

Unified ESL

Services@unifiedesl.com

A gaming and technology education program that provides social and emotional growth for the IDD community. We are an approved San Diego Regional Center vendor. Find more info online at <https://www.playmywaysd.com/>.

Race for Autism

Saturday, April 11 6:30 – 10:30am

Join the Race for Autism Superhero 5k run/walk with your friends and family! Find race info and register online at <https://www.raceforautism.org>. Join our team when registering with team name: TRS Titans. No direct supervision provided by TRS staff. This is not a TRS event, so scholarships do not apply to registration fees.



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COMMUNITY EVENTS & PROGRAMS

page 25

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.civicdancearts.org.

If you are in need of inclusion support for classes, please see page 13.

Registration opens

Saturday, December 13 at 10:00am.

Classes begin the week of January 5, 2026.

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. Winter/Spring dance classes are visible on SDRecConnect.com on November 21.

Stars Acting Workshop

Summer Golden (619) 647-4958

zgolden1@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/region5



DECEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 SM Strength Training Access 4 All	2 Digital Navigators	3 WC BBall / Dance SM Strength Training Cookie Baking	4 Digital Navigators Hiking Circle LS Social Artful Mind	5 Holiday Fair Self-Expression Art Sports Talk IND Meeting	6 Winter Carnival
7 SM Strength Training Access 4 All Movie Magic	8 Digital Navigators Garden to Table 1	9 WC BBall / Dance Deaf Seniors SM Strength Training Sit Fit Bingo - PDLC Yummy Meals	10 Digital Navigators Green Thumb Club Artful Mind	11 Self-Expression Art Sports Talk Holiday Shopping	12 Walking Club Holiday Dance	13
14 SM Strength Training Access 4 All	15 Digital Navigators Garden to Table 2	16 Deaf Seniors SM Strength Training	17 Digital Navigators Hiking Circle Artful Mind Starlight Circle	18 Self-Expression Art KBC/SMC Holiday Bash	19 Comm. Service Famous Artist WC BBall	20
21 SM Strength Training Access 4 All	22 Digital Navigators KZ/KBC- Winter Adv. Day 1	23 Deaf Seniors SM Strength Training	24 Holiday Observed - Office Closed	25	26 WC BBall	27
28 SM Strength Training Access 4 All	29 Digital Navigators KZ/KBC- Winter Adv. Day 2	30 SM Strength Training	31			



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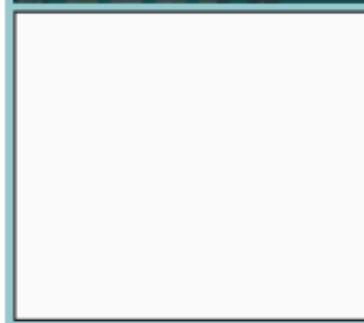
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JANUARY

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Holiday Observed - Office Closed	2	3 Wheels WC BBall
4 KZ Playday	5 SM Strength Training Access 4 All S4EA	6 Digital Navigators Garden to Table 1	7 WC BBall / Dance Deaf Seniors SM Strength Training Sit Fit Bingo - PDLC Art in Action- North	8 Digital Navigators LS Social Cake Boss- North Artful Mind S4EA	9 Self-Expression Art Sports Talk IND Club	10 Comm. Service Famous Artist WC BBall
11 KZ Playday	12 SM Strength Training Access 4 All Healing Soul Movie Magic S4EA	13 Digital Navigators Art in Action- PDLC	14 WC BBall / Dance Deaf Seniors SM Strength Training Yummy Meals	15 Digital Navigators Green Thumb Club Sit Fit Bingo - North Elem. of Art - North Artful Mind S4EA	16 Self-Expression Art SMC PDLC	17 Wheels IG Cooking WC BBall
18 KBC/SMC/IND/LS- SD Rodeo	19 Holiday Observed - Office Closed	20 Digital Navigators Garden to Table 2	21 WC BBall / Dance Deaf Seniors SM Strength Training Sit Fit Bingo - PDLC Art in Action- North Karaoke Nights	22 Digital Navigators Cake Boss- North Artful Mind S4EA	23 Self-Expression Art Sports Talk KBC Mtg.	24 Walking Club WC BBall Tourn. ALL Disney on Ice
25 WC BBall Tourn. KZ Hike	26 SM Strength Training Access 4 All Healing Soul S4EA	27 Digital Navigators Art in Action- PDLC	28 WC BBall / Dance Deaf Seniors SM Strength Training Yummy Meals	29 Digital Navigators Sit Fit Bingo - North Elem. of Art - North Artful Mind S4EA	30 Self-Expression Art CVA/TBI- Bowling SMC North	31 Wheels WC BBall

FEBRUARY

SUN	MON	TUES	WED	THURS	FRI	SAT
1 KZ Skateworld	2 SM Strength Training Access 4 All S4EA	3 Digital Navigators Garden to Table 1	4 WC BBall / Dance Deaf Seniors SM Strength Training Sit Fit Bingo- PDLC Art in Action- North	5 Digital Navigators LS Social Cake Boss- North Artful Mind S4EA	6 Self-Expression Art Sports Talk IND Club	7 Walking Club WC BBall
8 KZ Playday	9 SM Strength Training Access 4 All Healing Soul Movie Magic S4EA	10 Digital Navigators Art in Action- PDLC	11 WC BBall / Dance Deaf Seniors SM Strength Training Yummy Meals	12 Digital Navigators Green Thumb Club Sit Fit Bingo - North Elem. of Art - North Artful Mind S4EA	13 Self-Expression Art SMC PDLC	14 Comm. Service Famous Artist Wheels Valentines Dance
15 KZ Playday	16 Holiday Observed - Office Closed	17 Digital Navigators Garden to Table 2	18 WC BBall / Dance Deaf Seniors SM Strength Training Sit Fit Bingo- PDLC Art in Action- North Karaoke Nights	19 Digital Navigators Cake Boss- North Artful Mind S4EA	20 Self-Expression Art Sports Talk KBC Mtg.	21 KBC/SMC- Lunar New Year IND/LS- Old Town
22 KZ Playday	23 SM Strength Training Access 4 All Healing Soul S4EA	24 Digital Navigators Art in Action- PDLC	25 WC BBall / Dance Deaf Seniors SM Strength Training Yummy Meals	26 Big Bear Trip Digital Navigators Sit Fit Bingo - North Elem. of Art - North Artful Mind S4EA	27 Self-Expression Art CVA/TBI- Handcycling SMC North	28 WC BBall Strikeforce

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

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