

# 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**



## 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**

All codes are directly linked to [SDRecConnect.com](http://SDRecConnect.com), so click the code to sign up.

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## 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**

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