

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.