

# 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 front desk.

REGISTRATION: \$15 CODE: [110799](#)



## Monday Movie Magic

Select Mondays 5:30 - 7:30pm  
Mar. 9 | Apr. 13 | May 11  
Led by Alicia

Enjoy a movie night with your friends at PDLC. Program is for ages 13 and up. No direct supervision provided. Depending on movie choice, some PG-13 movie material may include moderate violence, suggestive content, or strong language.

REGISTRATION: FREE CODE : [129829](#)



## Art in Action

Select Tuesdays 10:30 - 11:30am  
Mar. 3, 17 | Apr. 14, 28 | May 12, 26  
Led by Jennifer

Let's act together by creating recycled, upcycled, or community art. Program is for individuals ages 16 and older. No direct supervision is provided.

REGISTRATION: \$10 for the quarter  
CODE: [129830](#)



## Sit Fit Bingo



Select Wednesdays 10:30 - 11:30am  
Mar. 11, 25 | Apr. 8, 22 | May 13, 27  
Led by Jennifer

Complete fun fitness challenges, mark your bingo card, and compete for awesome prizes all while building strength and boosting stamina! Program is for ages 16 and older. No direct supervision provided.

REGISTRATION: \$10 for the quarter  
CODE: [129295](#)



## Yummy Meals



Select Wednesdays 4:00 - 6:30pm  
Mar. 11, 25 | Apr. 8, 22 | May 13, 27  
Led by Alexia

Come experience different foods from around the world while practicing kitchen skills and safety. Program is for individuals 16 years and older. No direct supervision is provided. The second Wednesday of every month we will be cooking for the Disabled Services Advisory Council.

REGISTRATION: \$30 for the quarter  
CODE: [129831](#)

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

Mar. 18 | Apr. 29 | May 20

Led by Alicia

Sing your heart out at Park de le Cruz! Dinner will be provided. **Program is for ages 18 and older. No direct supervision provided.**

**REGISTRATION: \$15 for the quarter**

**CODE: [129832](#)**



## Community Service & Lunch

Select Saturdays 10:30am – 1:00pm

Mar. 28 | Apr. 18 | May 23

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: [129835](#)**



## Famous Artist Factory

Select Saturdays 1:30 – 2:30pm

Mar. 28 | Apr. 18 | May 23

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 supervision provided.**

**REGISTRATION: \$10 for the quarter**

**CODE: [129836](#)**



## 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: [129833](#)**

## Sports Talk

Select Fridays 3:30 – 5:00pm

Mar. 20, 27 | Apr. 3, 17 | May 1, 15, 29

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: [129834](#)**



## Strikeforce Bowling League

Select Saturdays 9:30 – 11:30am

Feb. 28 | Mar. 7, 21, 28 | Apr. 11, 18 | May 2, 16, 30

June 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 (\$10 for guests). **Ages 16 and older. Currently full.** **Call (619) 236-7755 for waitlist.**

**REGISTRATION: \$85**

**CODE: [127480](#)**



**REGISTRATION: \$10**

**CODE: [129807](#)**

## Intergenerational Cooking

Saturday, April 25 1:00 – 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.**

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