

The City of  
**SAN DIEGO**  
Parks and Recreation Department



# Therapeutic Recreation Services Spring 2026

MARCH | APRIL | MAY



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

Scan here for  
online website



**3901 Landis Street**

**San Diego, CA 92105**

**Office | (619) 525-8247**

**Email | [trsnewsletter@sandiego.gov](mailto:trsnewsletter@sandiego.gov)**

**[www.sandiego.gov/therapeuticrecreationservices](http://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.

### STAFF DIRECTORY

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- Jon Garibay • Rosey Heilmann, CTRS • Sienna Huber
- Nicole Jones • Tino Mayo • Jennifer Moff
- Michael Naccarato • Denise Nuno, RTC
- Monica Olivan • Victor Ortiz
- Cheryl Pawlak, CTRS/RTC • Jackie Romero
- Alex Sandejas • Jennifer Stevenson
- Alexia Torres-Kulek • Alex Valencia

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- Patrick Ball • Carmen Coutee • Lauren Davis
- Morgan Furr • Tyler Harris • April Jackson
- Mai Kawaguchi • Irma Lara • Sean Lee
- Skyler Lemire • Mark Leo • Sharon Moninger, CTRS
- Rafael Padilla • Kristen Olson • James Rao
- Niko Rodriguez • Loretta Roiz • Yulonda Seaton
- 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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## Steps to register on SD Rec Connect

**First Time users:** Create an online profile at [SDRecConnect.com](http://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](http://SDRecConnect.com) or at Park de la Cruz Community Center or Cathy Hopper.**

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 or Cathy Hopper. Application can be submitted with a recreation center staff at PDLC.

### San Diego Regional Center Patrons

If you wish to have City of San Diego Parks & Recreation programs or camps covered by SD Regional Center, we are now a part of the Purchase Reimbursement program. **You must FIRST confirm with your Service Coordinator if you can receive reimbursement for programs before registering**, otherwise you may not be reimbursed. You will need to pay for program costs up front. Please contact your Service Coordinator with any questions.

# Staff Spotlight

## Why did you want to work at TRS?

I organized community events at San Diego State, which gave me an appreciation for what communities can do for individuals. Being a part of TRS has given me a wonderful opportunity to meet people with different backgrounds, and I always enjoy my time working here.

### Mandy Altura



## What has been your favorite moment?

My favorite moments of the year are the summer camps. Since those are our biggest programs, we get to see a lot of our staff and participants interact with one another and enjoy a lot of different activities. It's also very fun to see how a big community can come together.

## Favorite hobby outside of work?

Watching sports, specifically, I am a big fan of the New York Jets. I enjoy watching their games, listening to their podcasts, and checking out their social media. I am also a fan of the Indiana Pacers and the San Diego Padres. I actually also work at Petco Park, so if you see me while you're at a game, come say hi!

## Congrats and Welcome Back, Bri!

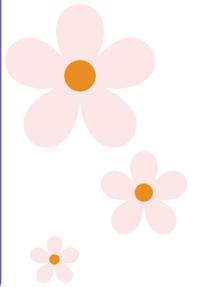
## Goodbye, Addison!



Sending a very warm welcome to Evelyn, the cutest new addition to Bri's family. We hope she had a wonderful maternity leave and are so happy to have her back!



We were so grateful to have had Addison on our TRS team. She has been nothing short of amazing, and we will miss her. We wish her all the best on her future endeavors!



## Our Condolences to the Sullivan Family



Robin first started attending TRS programs 26 years ago when she joined the Kick Back Club. Robin's favorite activities were anything holiday themed (especially Halloween), but most of all, her favorite was Harvest Ball. Her smile, sweet personality, and presence will be greatly missed.



## Community Center Hours

3901 Landis Street, 92105

Phone: (619) 525-8247

[sandiego.gov/park-and-recreation/activities/trs](http://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           |

## Gymnasium Hours

3911 Landis Street, 92105

Phone: (619) 516-3141

[sandiego.gov/park-and-recreation/centers/recctr/parkdelacruzgym](http://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           |

Closed March 31 and May 25 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.

### 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.

# SUMMER CAMPS

## Summer camp registration begins March 7 at 10:00am

Registration must be done at Park de la Cruz Community Center during office hours (see page 5) or online (see "Online Registration" on page 3). **Enrollment is limited to one camp per participant. If you are interested in attending a second camp, or camp is full, please call (619) 525-8247 to join the waitlist.** Participants will be pulled from the waitlist if spots become available. Camp forms and information will be mailed upon registration. Partial scholarships for all TRS camps are available to those who demonstrate a need (see "Scholarships" on page 3). 2026 scholarship forms must be on file with TRS. Camper must have a current assessment completed prior to the first day of camp. Camp refund policy: full refund (minus 3.56% processing fee) of the registration fee will be given with at least 10 calendar days prior to the first day of camp. 50% of the registration fee will be given for applications submitted less than 10 calendar days prior to the first day of camp. No refund for less than 48 hours from the start of camp.



### Kid Zone Adventure Camp

June 22 - 26 | 9:00am-3:00pm

Led by Haley



Campers ages 6 to 12 with any disability, siblings, and friends join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, admission to field trips and transportation costs. Camp meets at Park de la Cruz Community Center, unless specified otherwise. **We will have a field trip to Cinepolis in Vista on the Wednesday of camp. If your child is unable to remain inside the theater, we offer a four-day camp option (M, T, Th, F) at a lower cost when registering.**

**REGISTRATION: \$275 (5-Day)  
\$220 (4-Day)**

**CODE: 129945**



### Camp Wet n' Wild

July 27 - 31 | 9:00am - 3:00pm

Led by Taylor



Campers ages 13 to adult, with any disability, siblings and friends will enjoy surfing, games, crafts, and more. Meet at Mission Point Park (2600 Bayside Lane, 92109).

**REGISTRATION: \$210**

**CODE: 129950**



### Camp at the Bay

July 6 - 10 | 9:00am-3:00pm

Led by Michael



Campers ages 13 to adult, with any disability, will experience adaptive water activities, crafts and more. Siblings and friends are welcome to attend. Camp meets at Bonita Cove (1100 W Mission Bay Dr, 92109).

**REGISTRATION: \$210**

**CODE: 129949**



**See page 3 for information regarding SD Regional Center.**

# SPECIAL EVENTS/DANCES

page 7

## Spring Fling Dance - Friday, March 13 11:00am - 2:00pm

Located at Balboa Park Club (2150 Pan American way, 92101). Lunch not provided. Snacks available for purchase (\$2 each). **Program is for ages 16 and older. No direct supervision provided.** RSVP by calling the main office at (619) 525-8247 (**this does not guarantee a table**). **\$2.00 at the door, cash only.**

## Egg Hunt - Saturday, March 28 11:00am - 1:00pm

Held at the Park de la Cruz softball field (3911 Landis St, 92105). **This is a family and friends' event.**

**No direct supervision provided.**

**REGISTRATION: FREE**

**Code: 129821**

## Wizard of Oz Sing-A-Long - Saturday, April 4 5:30 - 8:30pm

Enjoy themed treats, costume contest, and sing with the original Wizard of Oz movie. Held at the Park de la Cruz gym (3911 Landis St., 92105). **This is a family and friends' event. No direct supervision provided.**

**REGISTRATION: \$10**

**Code: 129822**

## Talent Show - Saturday, April 18 5:00 - 8:00pm

Sign-up to perform or cheer on your friends at Park de la Cruz gym (3911 Landis St., 92105). Light refreshments will be provided. Performers, please contact Taylor Askil at TAskil@sandiego.gov or call (619) 525-8347 to RSVP by April 10th. **You must be 13 years or older to perform. No direct supervision provided.** Performers do not need to pay. **\$5.00 at the door, cash only.**

## Movie in the Park - Friday, May 8 6:45 - 9:00pm

Held at the Cherokee Elementary Field (3735 38 St., 92105). Movie choice TBD. Please bring lawn chairs or blankets to sit on. **This is a family and friends' event. No direct supervision provided.**

**REGISTRATION: FREE**

**Code: 129828**

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# GARDEN PROGRAMS

## Garden to Table Meals

Select Tuesdays 9:30 - 11:30am

Session 1: Mar. 10 | Apr. 7 | May 5 OR Session 2: Mar. 24 | Apr. 21 | May 19

Led by Haley

Let's use our garden harvest to make a meal to share! Program 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: 129811

## Green Thumb Club

Select Thursdays 10:00 - 11:00am

Mar. 19 | Apr. 30 | May 14

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

REGISTRATION: FREE

CODE: 129809



Interested in donating to support our garden?

Scan this QR code or visit <https://dsacsd.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.

## LET'S GROW YOUR BUSINESS

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[breineck@lpicommunities.com](mailto:breineck@lpicommunities.com)

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# CATHY HOPPER ONGOING PROGRAMS page 9

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



## Art in Action

Select Wednesdays 3:00 - 4:00pm

Mar. 4, 18 | Apr. 1, 15 | May 6, 20

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: 129837**



## Board Games

Select Fridays 3:00 - 4:00pm

Mar. 6, 27 | Apr. 3, 24 | May 1, 29

Led by Alexia

Board games will be chosen by popular vote from participants attendance. **Program is for ages 16 and older. No direct supervision provided.**

**REGISTRATION: FREE**

**CODE: 130117**



## Fit Friday

Select Fridays 10:00 - 11:00am

Mar. 13, 20 | Apr. 10, 17 | May 15, 22

Led by Jennifer

Join your peers in burning calories and improving mobility with a bi-weekly fitness class. **Program is for ages 16 and older. No direct supervision provided.**

**REGISTRATION: FREE**



**CODE: 130123**

# SOCIAL MOTION CLUB (SMC) - NORTH Ages 18+

Nick Hurd

(619) 235-1113 • [NHurd@sandiego.gov](mailto: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 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.**

**Mar. 27: Karaoke Night**      **CODE: 129838**

**Apr. 24: Garden Night**      **CODE: 129839**

**May 29: World Cup Night**      **CODE: 129840**

**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](http://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 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.

# PARK DE LA CRUZ ONGOING PROGRAMS

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

## 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](#)**



## 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.**

**REGISTRATION: \$10**



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

## 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](#)**



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

# KID ZONE (KZ)

Haley Marshall

(619) 453-3850

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.**

## Ages 3-12



### 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.**

Sunday, May 3 11:30am - 2:30pm

Day in the Park Playday **CODE: 129794**

**REGISTRATION: \$10**

### Day in Poway



Sunday, March 8 10:00am - 1:30pm

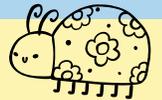
Bring a sack lunch and wear closed-toed shoes. Drop-off at Old Poway Park & Railroad (14134 Midland Rd, 92064) and pick-up at Poway Community Park (13094 Civic Center Dr, 92064).

**REGISTRATION: \$15** **CODE: 129804**



See pages 7-8 and 10-11 for more opportunities that include special events and garden programs.

### Spring Adventure



#### Day 1 - Trolley to Birch Aquarium

Thursday, April 2 10:00am - 3:00pm

Kick-off Spring Break with a trolley ride to visit the Birch Aquarium! Wear comfortable walking shoes and bring a sack lunch. Drop-off and pick-up at Iron Horse Area in Old Town (2728 Congress St, 92110).

**REGISTRATION: \$25**

**CODE: 129795**



#### Day 2 - SeaWorld

Thursday, April 9 9:00am - 3:30pm

Dive into tons of fun at SeaWorld! Please bring a sack lunch (SeaWorld is cashless) and wear comfortable walking shoes. Drop-off and pick-up at SeaWorld's Ride Share drop-off (500 Sea World Dr., 92109).

**REGISTRATION: \$52 (without pass)**

**REGISTRATION: \$20 (with pass)**



**CODE: 129797**

### Fleet Science Center Sensory Friendly Morning

Saturday, May 16 9:00am - 12:00pm

Become a scientist for a day at the Fleet. Please bring a sack lunch. Drop-off at the entrance of the Fleet Science Center (1875 El Prado, 92101) and pick-up at Pepper Grove Park (map included with reminder email).

**REGISTRATION: \$10**

**CODE: 129805**

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

# KID ZONE (KZ)

# Ages 3-12



See page 6 for information on KZ Adventure Camp.



**Registration opens March 7 at 10am.**



## 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 Julie Gregg at (619) 525-8247 **(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](http://sandiego.gov/park-and-recreation/activities)

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



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# KICK BACK CLUB (KBC)

Angela Lightner

(619) 525-8247 • 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.**

See pages 7 - 11 for more opportunities, including special events, dances, weekly programs, and garden programs.

## 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

**Mar. 20:** Kitchen Skills with KBC

CODE: [129290](#)

**Apr. 17:** Growing Together: Gardening Skills

CODE: [129291](#)

**May 15:** Intro to Woodworking

CODE: [129292](#)

**REGISTRATION: \$10 per meeting**

## Grub, Galleries, and Gardens

Saturday, March 14 11:30am - 3:00pm

Start the day with lunch at Habit Burger, then discover cultural history at the Heritage of the Americas Museum, followed by a stroll through the Water Conservation Garden at Cuyamaca College. Drop-off at Habit Burger (2992 Jamacha Rd., El Cajon, 92019) and pick-up at The Water Conservation Garden (12122 Cuyamaca College Drive West, El Cajon, 92109). Bring money or pack a sack lunch. Please register by March 7th.

**REGISTRATION: \$30**  **CODE: [129293](#)**

**For information on summer camps, see page 6.**

# Ages 13-17



## Spring Adventure

**Day 1 - Trolley to Birch Aquarium**

Thursday, April 2 9:00am - 3:00pm

Kick-off Spring Break with a trolley ride to visit the Birch Aquarium! Wear comfortable walking shoes and bring a sack lunch. Drop-off and pick-up at Iron Horse Area in Old Town (2728 Congress St, 92110).

**REGISTRATION: \$25**

**CODE: [129796](#)**

**Day 2 - SeaWorld**

Thursday, April 9 9:00am - 3:30pm

Dive into tons of fun at SeaWorld! Please bring a sack lunch (SeaWorld is cashless) and wear comfortable walking shoes. Drop-off and pick-up at SeaWorld's Ride Share drop-off (500 Sea World Dr., 92109).

**REGISTRATION: \$52 (without pass)**

**REGISTRATION: \$20 (with pass)**



**CODE: [129797](#)**



## Mother's Day Shopping

Saturday, May 2 11:30am - 2:30pm

Join us for a delicious meal at Chipotle before we hit Mission Valley Mall for a fun Mother's Day shopping adventure. Bring money for lunch, shopping, and a stop at Claw Daddy Arcade. Drop-off at Chipotle Mission Valley (1025 Camino De La Reina, 92108) and pick-up at Nordstrom Rack (1640 Camino Del Rio N, 92108). Please register by April 25th.

**REGISTRATION: \$10**

**CODE: [129294](#)**

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

# SOCIAL MOTION CLUB (SMC)

# Ages 18+

## Angela Lightner

(619) 525-8247 • ALightner@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 opportunities within the community and at recreation centers. **Register early, space is limited.**

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

See pages 7 - 11 for more opportunities, including special events, dances, weekly programs, and garden programs.

## Recreation Nights

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)

**Mar. 13: Shamrock Shenanigans**

**5:30 - 8:00pm**

**CODE: [129286](#)**

**Apr. 10: Earth Day Every Day Gathering**

**5:30 - 8:00pm**

**CODE: [129287](#)**

**May 8: Dinner & Movie in the Park**

**6:00 - 9:00pm**

**CODE: [129288](#)**

## North

### Led by Nick

Cathy Hopper (4425 Bannock Ave., 92117)

See page 9 for SMC North Rec Nights.



## Gulls Hockey: Aloha Night

Saturday, March 7 5:00 - 10:00pm



Let's go Gulls! Drop-off and pick-up at Habit Burger (3455 Sports Arena Blvd., 92110) for dinner. Then we will go and cheer on the San Diego Gulls Hockey Team. Bring money for food.

**REGISTRATION: \$32**

**CODE: [129924](#)**



## Hawaii Fluid Art Night

Friday, May 22 5:30 - 8:30pm

Start the evening with a tasty dinner at Five Guys, then get creative and unwind at Hawaii Fluid Art, where you'll make your own colorful masterpieces. Drop-off at Five Guys (2445 Truxtun Rd., 92106) and pick-up at Hawaii Fluid Art, (2750 Historic Decatur Rd Barracks 15, 92106) Bring money for dinner or pack a sack meal. Please register by May 8th.

**REGISTRATION: \$35**

**CODE: [129289](#)**

For information on summer camps, see page 6.

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

# INDEPENDENT CLUB (IND)

## Ages 21+

Taylor Askil

(619) 827-7010 • 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 7 - 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 Taylor.

 Select Fridays 5:30 - 8:00pm 

**Mar. 6: Happy St. Paddy's Day**

CODE: 129934

**Apr. 3: Spring Training**

CODE: 129943

**May 1: Fiesta Night**

CODE: 129944

**REGISTRATION: \$10 per meeting**

 **Gulls Hockey: Aloha Night**   
Saturday, March 7 5:00 - 10:00pm

Let's go Gulls! Drop-off and pick-up at the Habit Burger (3455 Sports Arena Blvd., 92110) for dinner. Then we will go and cheer on the San Diego Gulls Hockey Team. Bring money for food.

REGISTRATION: \$32

CODE: 129923

**For information on summer camps, see page 6.**

### Staycation

Need a staycation?  
Details are coming soon!



### Museum of Illusions

 Saturday, May 9 10:00am - 1:00pm 

Enter the fascinating world of illusions. Drop-off and pick-up will be in front the museum (665 Fifth Ave, 92101). Please bring money to eat at a restaurant after exploring the museum.

REGISTRATION: \$20

CODE: 129928



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

# LEISURE SEEKERS

## Ages 18+

Taylor Askil

(619) 827-7010 • 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.**

See pages 7 - 11 for more opportunities, including special events, dances, weekly programs, and garden programs.

### Social Connection

This is a wonderful opportunity to make new friends and socialize. Socials are held at Park de la Cruz (3901 Landis St., 92015). 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

Mar. 5: March "Sane-ness"

Apr. 2: Feel-Good Game Day

May 7: May All Your Dreams Be Merry

**REGISTRATION: \$5 per social - CASH ONLY**



### Gulls Hockey: Aloha Night

Saturday, March 7 5:00 - 10:00pm



Let's go Gulls! Drop-off and Pick-up at the Habit Bar and Grill (3455 Sports Arena Blvd., 92110) for dinner. Then we will go and cheer on the San Diego Gulls Hockey Team. Bring money for food.

**REGISTRATION: \$32**

**CODE: [129922](#)**

### Hike and Picnic

Thursday, April 16 10:00am - 1:00pm



Enjoy a beautiful hike along La Jolla's Coast Walk Trail and picnic at Ellen Browning Scripps Park. Bring a lunch to enjoy or money to purchase food at a nearby restaurant. Meet at The Cave Store (1325 Coast Blvd., 92037).

**REGISTRATION: FREE**

**CODE: [129925](#)**



### Museum of Illusions



Saturday, May 9 10:00am - 1:00pm

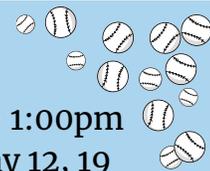
Enter the fascinating world of illusions. Drop-off and pick-up will be in front the museum (665 Fifth Ave, 92101). Please bring money to eat at a restaurant after exploring the museum.

**REGISTRATION: \$20**

**CODE: [129927](#)**



### LS Sports Day



Select Tuesdays 11:00am - 1:00pm

Mar. 10, 17 | Apr. 14, 21 | May 12, 19

Head over to Park de la Cruz to play various sports. The program will consist of stretching, skills, and drills around the sport of the day, then end with a sports game. Please dress appropriately to be active outside. The sport and specific location will be announced prior to the meeting day. Email Nick at [Nhurd@sandiego.gov](mailto:Nhurd@sandiego.gov) if you have any questions.

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

**CODE: [129933](#)**

### 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!

**REGISTRATION: FREE**

**CODE: [129929](#)**

**For information on summer camps, see page 6.**

**All codes are directly linked to [SDRecConnect.com](http://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.**

## Japanese Friendship Garden Tour & Lunch

Friday, March 27 11:00am - 2:30pm

Enjoy the beautiful gardens during our docent-led tour. Afterwards, we will have lunch on their patio. Bring a sack lunch or money to buy lunch. Meet in front of the Japanese Friendship Garden in Balboa Park (2215 Pan American Rd E, 92101).

**REGISTRATION: \$18**  **CODE: 129851**

See pages 7 - 11 for more opportunities, including special events, dances, weekly programs, and garden programs. See page 6 for summer camps.

## Spring Training

Friday, May 22 11:30am - 2:30pm

Join our "Spring Training" event where we will practice stretching exercises, baseball skills, and have a baseball game. Everything will be modified to be safe, successful, and fun! Meet at Park de la Cruz softball field.

**REGISTRATION: FREE** **CODE: 129852**

## Tijuana Estuary Tour & Walk

Friday, April 24 12:30 - 3:00pm

Breathe in the fresh air and learn about the plants and birds during our docent-led talk at the Tijuana Estuary. Bring a sack lunch. Meet at the Visitors Center (301 Caspian Wy, Imperial Beach, CA 91932).

**REGISTRATION: FREE** **CODE: 129841**

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

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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.**

See pages 7 - 11 for more opportunities, including special events, dances, weekly programs, and garden programs. See page 6 for summer camps.



### Archery



Select Thursdays 11:00am - 1:00pm  
Mar. 12, 26 | Apr. 9, 16 | May 14, 28

Led by Michael

Join us at Morley Field Archery Range (2221 Morley Field Dr., 92104). All equipment is provided. Bring water and snacks. Space is limited. You must register and pay for this program before attending. For more information, call (619) 525-8247.

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

**CODE: 129921**

### Wheels

Select Saturdays 11:00am - 1:30pm  
Mar. 14 | Apr. 4, 25 | May 9, 23

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: 129873**

### 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: 129871**

### Wheelchair Basketball Open Gym



Wednesdays 5:30 - 8:15pm

Saturdays 10:00am - 2:00pm

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: 129872**

### Torrey Pines Adaptive Golf Championship

Tuesday, May 5

More program and registration information will be coming soon. For any inquiries, please contact Michael Rodriguez at (619) 236-7755 or MichaelR@sandiego.gov.



All codes are directly linked to [SDRecConnect.com](https://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 & Pickleball**  
Mondays 5:30 - 8:30pm

**April 13 - May 4**

Learn a variety of skills in basketball and pickleball

**Ages 5 - Adult**

**CODE: 129819**

**Kearny Mesa Gym - Junior Open Sports**

Thursdays 4:00 - 5:30pm

**April 16 - May 7**

Learn a variety of skills in various sports, including basketball, kickball, indoor soccer, lacrosse, pillo polo, volleyball & floor hockey

**Ages 5 - 18 years old**

**CODE: 129820**



## 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 10:00am - 12:00pm

**Led by SDFF staff at Cathy Hopper**

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) 235-1113 for information.

**REGISTRATION: FREE Drop-in program**

## Digital Navigators

Tuesdays 9:00 - 11:45am

Thursdays 9:00 - 11:45am

**Volunteer Led at PDLIC**

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**

## 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**

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

# BEACH WHEELCHAIR PROGRAM

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](http://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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# 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!

## Ariana Olvera



## Volunteer Spotlight:

### How did you first get involved with TRS?

I first got involved with TRS through a college volunteer program.

### What has been your favorite memory so far?

My favorite memory has been all the smiles from employees, other volunteers, and participants.

### Fun fact about you:

I love rock climbing!

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

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# Disabled Services Advisory Council (DSAC) 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.dsacsd.org](http://www.dsacsd.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@saniego.gov](mailto:jgregg@saniego.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.



pier to point  
yoga • spa • wellness



Please contact Julie Gregg at [JGregg@saniego.gov](mailto:JGregg@saniego.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](mailto: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://sandiegocounty.goalball.playerlineup.com>.

## Unified ESL

[Services@unifiedesl.com](mailto: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.unifiedesl.com/>.

## Race for Autism

Saturday, April 11 6:30 - 10:30am

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. Scholarships do not apply to registration fees.**

## Junior Adaptive Sports Camp

July 20 - 24 | 9:00am - 3:30pm

This TRS co-sponsored camp is for ages 4-18 who have a physical impairment. Enjoy learning various wheelchair sports taught by trained athletes. **Please contact Angel City Sports at (319) 331-5448 for camp fees and more information. Registration for this camp is done through Angel City Sports.**

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# COMMUNITY EVENTS & PROGRAMS

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.cividdancearts.org](http://www.cividdancearts.org).

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

**Winter/Spring registration opened**

**Saturday, December 13 at 10:00am.**

**Classes began the week of January 5, 2026.**

**Summer registration opens**

**Saturday, June 20 at 10:00am.**

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](http://SDRecConnect.com) on November 21.

## Stars Acting Workshop

Summer Golden (619) 647-4958

[zgolden1@cox.net](mailto: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](http://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](http://San Diego College of Continuing Education). E-mail [mschaude@sdccd.edu](mailto: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](http://www.sosc.org/region5)



# March

| SUN  | MON  | TUES  | WED  | THURS   | FRI   | SAT   |
|--|--|---|--|---|---|---|
| 1<br>SM Strength Training<br>Access 4 All - North  | 2<br>SM Strength Training<br>Access 4 All - North                | 3<br>Digital Navigators<br>Art in Action - PDLC                   | 4<br>WC BBall / DI Dance<br>Deaf Seniors<br>SM Strength Training<br>Art in Action - North                    | 5<br>Digital Navigators<br>LS Social<br>Artful Mind         | 6<br>Board Games - North<br>Self-Expression Art<br>IND Meeting  | 7<br>Strikeforce<br>SMC/IND/LS -<br>Gulls Game                  |
| 8<br>KZ Day in Poway                               | 9<br>SM Strength Training<br>Access 4 All - North<br>Movie Magic | 10<br>Digital Navigators<br>Garden to Table 1<br>LS Sports Day    | 11<br>WC BBall / DI Dance<br>Deaf Seniors<br>SM Strength Training<br>Sit Fit Bingo<br>Yummy Meals            | 12<br>Digital Navigators<br>ADP Archery<br>Artful Mind      | 13<br>Fit Friday - North<br>Spring Fling Dance<br>Self-Expression Art<br>SMC - PDLC                                       | 14<br>Wheels<br>KBC Galleries &<br>Gardens                      |
| 15<br>SM Strength Training<br>Access 4 All - North | 16<br>SM Strength Training<br>Access 4 All - North               | 17<br>Digital Navigators<br>Art in Action - PDLC<br>LS Sports Day | 18<br>WC BBall / DI Dance<br>Deaf Seniors<br>SM Strength Training<br>Art in Action - North<br>Karaoke Nights | 19<br>Digital Navigators<br>Green Thumb Club<br>Artful Mind | 20<br>Fit Friday - North<br>Self-Expression Art<br>Sports Talk<br>KBC Mtg.  | 21<br>Strikeforce   |
| 22<br>SM Strength Training<br>Access 4 All - North | 23<br>SM Strength Training<br>Access 4 All - North               | 24<br>Digital Navigators<br>Garden to Table 2                     | 25<br>WC BBall / DI Dance<br>Deaf Seniors<br>SM Strength Training<br>Sit Fit Bingo<br>Yummy Meals            | 26<br>Digital Navigators<br>ADP Archery<br>Artful Mind      | 27<br>Board Games - North<br>CVA/TBI - Japanese<br>Friendship Garden<br>Self-Expression Art<br>Sports Talk<br>SMC - North | 28<br>Strikeforce<br>Egg Hunt<br>Comm. Service<br>Famous Artist |
| 29<br>SM Strength Training<br>Access 4 All - North | 30<br>SM Strength Training<br>Access 4 All - North               | 31<br>Holiday Observed<br>- Office Closed                         |  |   |   |   |

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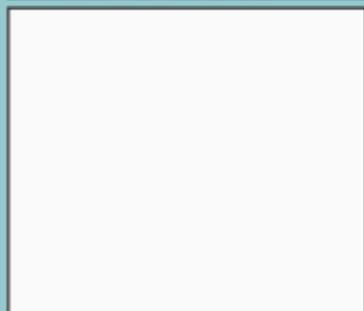
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# APRIL

| SUN   | MON  | TUES   | WED   | THURS  | FRI   | SAT  |
|---|--|--|---|--|---|--|
|   |  |  | 1<br>WC BBall / DI Dance<br>Deaf Seniors<br>SM Strength Training<br>Art in Action- North          | 2<br>Digital Navigators<br>KZ/KBC Spring Adv 1<br>LS Social<br>Artful Mind           | 3<br>Board Games - North<br>Self-Expression Art<br>Sports Talk<br>IND Club              | 4<br>Wheels<br>WC BBall<br>Wizard of Oz  |
| 5<br>SM Strength Training<br>Access 4 All - North                         | 6<br>Digital Navigators<br>Garden to Table 1                     | 7<br>Digital Navigators<br>Garden to Table 1                     | 8<br>WC BBall / DI Dance<br>Deaf Seniors<br>SM Strength Training<br>Sit Fit Bingo<br>Yummy Meals  | 9<br>Digital Navigators<br>KZ/KBC Spring Adv 2<br>ADP Archery<br>Artful Mind         | 10<br>Fit Friday - North<br>Self-Expression Art<br>SMC - PDLC                           | 11<br>Race for Autism<br>Strikeforce   |
| 12<br>SM Strength Training<br>Access 4 All - North<br>Movie Magic<br>S4EA | 13<br>Digital Navigators<br>Art in Action- PDLC<br>LS Sports Day | 14<br>Digital Navigators<br>Art in Action- PDLC<br>LS Sports Day | 15<br>WC BBall / DI Dance<br>SM Strength Training<br>Art in Action - North                        | 16<br>Digital Navigators<br>LS Hike and Picnic<br>ADP Archery<br>Artful Mind<br>S4EA | 17<br>Fit Friday - North<br>Self-Expression Art<br>Sports Talk<br>KBC Mtg.              | 18<br>Strikeforce<br>Comm. Service<br>Famous Artist<br>WC BBall<br>Talent Show |
| 19<br>SM Strength Training<br>Access 4 All - North<br>S4EA                | 20<br>Digital Navigators<br>Garden to Table 2<br>LS Sports Day   | 21<br>Digital Navigators<br>Garden to Table 2<br>LS Sports Day   | 22<br>WC BBall / DI Dance<br>Deaf Seniors<br>SM Strength Training<br>Sit Fit Bingo<br>Yummy Meals | 23<br>Digital Navigators<br>Artful Mind<br>S4EA                                      | 24<br>Board Games - North<br>CVA/TBI - TJ Estuary<br>Self-Expression Art<br>SMC - North | 25<br>Wheels<br>IG Cooking<br>WC BBall   |
| 26<br>SM Strength Training<br>Access 4 All - North<br>S4EA                | 27<br>Digital Navigators<br>Art in Action- PDLC                  | 28<br>Digital Navigators<br>Art in Action- PDLC                  | 29<br>WC BBall / DI Dance<br>Deaf Seniors<br>SM Strength Training<br>Karaoke Nights               | 30<br>Digital Navigators<br>Green Thumb Club<br>Artful Mind<br>S4EA                  |   |  |

# MAY

| SUN   | MON  | TUES   | WED   | THURS  | FRI   | SAT  |
|---|--|--|---|--|---|--|
|   |  |  |   |  | 1<br>Board Games - North<br>Self-Expression Art<br>Sports Talk<br>IND Club                        | 2<br>Strikeforce<br>WC BBall<br>KBC Shopping                     |
| 3<br>KZ Playday   | 4<br>SM Strength Training<br>Access 4 All - North<br>S4EA        | 5<br>ADP Golf Champ.<br>Digital Navigators<br>Garden to Table 1  | 6<br>WC BBall / DI Dance<br>Deaf Seniors<br>SM Strength Training<br>Art in Action - North                   | 7<br>Digital Navigators<br>LS Social<br>Artful Mind<br>S4EA                | 8<br>Self-Expression Art<br>SMC - PDLC<br>Movie in the Park                                       | 9<br>Wheels<br>IND/LS - Museum<br>WC BBall<br>City Fix-It Clinic |
| 10<br>SM Strength Training<br>Access 4 All - North<br>Movie Magic | 11<br>Digital Navigators<br>Art in Action- PDLC<br>LS Sports Day | 12<br>Digital Navigators<br>Art in Action- PDLC<br>LS Sports Day | 13<br>WC BBall / DI Dance<br>Deaf Seniors<br>SM Strength Training<br>Sit Fit Bingo<br>Yummy Meals           | 14<br>Digital Navigators<br>Green Thumb Club<br>ADP Archery<br>Artful Mind | 15<br>Fit Friday - North<br>Self-Expression Art<br>Sports Talk<br>KBC Mtg.                        | 16<br>Strikeforce<br>WC BBall<br>KZ Fleet Science                |
| 17<br>SM Strength Training<br>Access 4 All - North                | 18<br>Digital Navigators<br>Garden to Table 2<br>LS Sports Day   | 19<br>Digital Navigators<br>Garden to Table 2<br>LS Sports Day   | 20<br>WC BBall / DI Dance<br>Deaf Seniors<br>SM Strength Training<br>Art in Action- North<br>Karaoke Nights | 21<br>Digital Navigators<br>Artful Mind                                    | 22<br>Fit Friday - North<br>CVA/TBI- Spring Train.<br>Self-Expression Art<br>SMC Hawaii Fluid Art | 23<br>Wheels<br>Comm. Service<br>Famous Artist<br>WC BBall       |
| 24<br>Holiday Observed<br>- Office Closed                         | 25<br>Digital Navigators<br>Art in Action- PDLC                  | 26<br>Digital Navigators<br>Art in Action- PDLC                  | 27<br>WC BBall / DI Dance<br>Deaf Seniors<br>SM Strength Training<br>Sit Fit Bingo<br>Yummy Meals           | 28<br>Digital Navigators<br>ADP Archery<br>Artful Mind                     | 29<br>Board Games - North<br>Self-Expression Art<br>Sports Talk<br>SMC North                      | 30<br>Strikeforce<br>WC BBall                                    |
| 31  |  |  |   |  |   |  |



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