

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

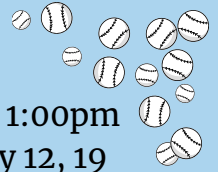
Enter the fascinating world of illusions. Drop-off and pick-up will be in front the museum (665 Fifth Ave, 92101). Please bring money to eat at a restaurant after exploring the museum.

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 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, so click the code to sign up.