

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.

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.950.9952

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

833-287-3502

SUPPORT OUR ADVERTISERS!