

# 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**

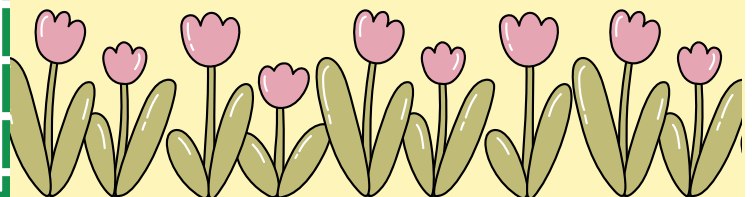
**May 29: World Cup Night**      **CODE: 129840**

**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.