

Park de la Cruz Ongoing Programs

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

Monday Movie Magic

Select Mondays 5:30 - 7:30pm

Sept. 14 | Oct. 26 | Nov. 23

Led by Alicia

Enjoy movie nights with your friends. **Program for ages 13 and older. No direct supervision provided.**



COST: FREE

CODE : 136169



Yummy Meals

Select Wednesdays 4:00 - 6:30pm

Sept. 9, 23 | Oct. 14, 28 | Nov. 4, 18

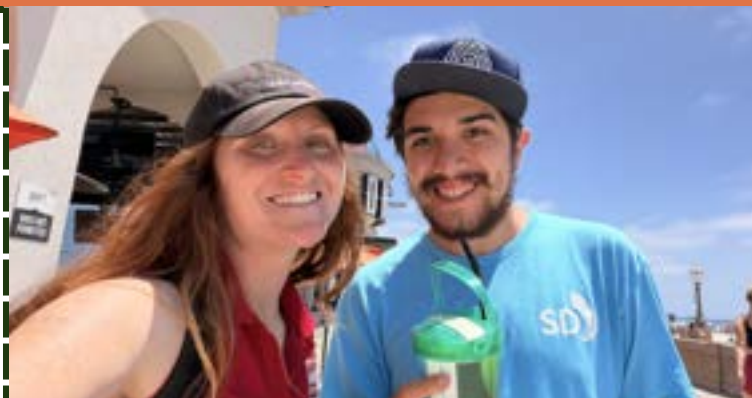
Led by Taylor

Come experience different foods from around the world while practicing kitchen skills and safety. **Program 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.



COST: \$30 for the quarter

CODE: 135737



Karaoke Nights



Select Wednesdays 5:30 - 7:30pm

Sept. 30 | Oct. 21 | Nov. 18

Led by Alicia

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

COST: \$15 for the quarter

CODE: 136170



Fresh Air Fitness



Select Thursdays 10:00 - 11:00am

Sept. 3 | Oct. 15 | Nov. 12

Led by Michael

Run through adaptive exercises focused on strength, balance, and functional fitness while enjoying fresh air. Locations TBA.

Program for individuals ages 16 and up. No direct supervision provided.

COST: FREE

CODE: 136171

All codes are directly linked to SDRecConnect.com, so click the code to sign up.

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Fun with Friends

Select Fridays 10:30 – 11:30am
Sept. 4, 18 | Oct. 2, 16 | Nov. 6, 20

Led by CCP

Engage with friends old and new at Park de la Cruz! Each day we will try a new activity.

Program for ages 16 and up. No direct supervision provided.

COST: FREE

CODE: 136072



Self-Expression Through Art

Fridays 2:00 – 4:00pm

Volunteer Led by Joan

Express images hidden within using paints, colored pencils, markers, or other media without judgement. **Program for individuals ages 18 and older. No direct supervision provided.**

COST: \$10 for the quarter

CODE: 136163



Sports Talk

Select Fridays 3:30 – 5:00pm
Sept. 4, 18 | Oct. 2, 16 | Nov. 6, 13

Led by Michael

Enjoy discussing various sports topics along with keeping up to date on current news. **Program 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.

COST: FREE

CODE: 136164



Community Service & Lunch

Select Saturdays 10:30am – 1:00pm
Sept. 5 | Oct. 24 | Nov. 21

Led by Alicia

Help make our neighborhood a more beautiful place and then enjoy lunch at a local eatery. Bring money for lunch. **Program for individuals ages 13 and older. No direct supervision provided.**

COST: FREE

CODE: 136172



Famous Artist Factory



Select Saturdays 1:30 – 2:30pm
Sept. 5 | Oct. 24 | Nov. 21

Learn about a famous artist and then feel famous too when you create artwork that looks like theirs. **Program is for individuals ages 13 and older. No direct supervision provided.**

COST: \$10 for the quarter

CODE: 136173

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