

Starting December 2026, TRS
newsletters will no longer be mailed.

We apologize for any inconvenience.

Therapeutic Recreation Services (TRS) FALL 2026

SEPTEMBER | OCTOBER | NOVEMBER



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

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.

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- Jackie Romero • Alex Sandejas • Sophie Snider
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- Irma Lara • Sean Lee • Mark Leo
- Sharon Moninger, CTRS • Rafael Padilla
- Kristen Olson • Niko Rodriguez • Loretta Roiz
- Yulonda Seaton • Jolee Nieberding - Swanberg
- Angel Jose Segura • Elise Whitworth

PDLC Gymnasium Staff/Interns

- 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. 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 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 with proper ID and 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 (CH). Application can be submitted with a recreation center staff at PDLC or CH.

San Diego Regional Center Patrons

If you wish to have City of San Diego Parks & Recreation programs or camps covered by SD Regional Center, TRS is 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

Michael Naccarato



Why did you want to work at TRS?

I live in City Heights and wanted to serve and become more engaged with my community!

What has been your favorite moment?

Working the Karaoke Nights program, for sure. Everyone is always singing, smiling, and laughing together. It's a beautiful display of togetherness and fun.

Favorite hobby outside of work?

I enjoy playing in Sunday morning soccer games. I play on a team with friends and it's my favorite thing!

Farewell, Alex and Monica!



Both Alex and Monica have done so much for TRS over the years, and they will be greatly missed by. We wish them all the best on their future endeavors!



Meet our newest Therapeutic Recreation Leaders

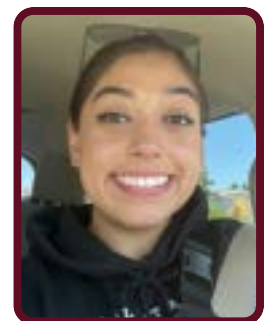


Darryl Rawls

I'm a lifelong learner from Pittsburgh Pennsylvania. I have taught grades three through graduate school. I love to cook, watch movies, and play lots of tennis!

Andrea Cavazos

I am a San Diego Native, and currently attending California State University San Marcos as a Sociology major. I also volunteer coach basketball in my spare time, and enjoy reading and hiking on my days off. I'm excited to be here and meet everyone!



Community Center Hours

3901 Landis Street, 92105

Phone: (619) 525-8247

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

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 September 7th and November 11th, 26th, and 27th in observance of City Holidays.

Recreation Room

You can check out a variety of recreation equipment including basketballs, pool, 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.

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.

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.
COST:

\$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 Navigator (see page 20). For more information, call (619) 525-8247.

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.

PDLG Gymnasium Open Play Sports

Pickleball

Tuesdays 12:30 - 2:30pm

Thursdays 10:00am - 12:00pm

COST: FREE

Drop-in program

Futsal

Thursdays 6:00 - 8:30pm

COST: FREE

Drop-in program

Walk-ins welcome! For more program information, visit the gym website (listed above) or call (619) 516-3141.

40th Annual Harvest Ball

A Night at the Masquerade Ball



Saturday, November 7, 2026
6:00 - 10:00pm

Bahia Resort Hotel
998 W Mission Bay Dr., 92109

*This evening of dinner and dancing is for participants 18 and older.
(No direct supervision provided)*

Register by October 24, 2026. Cost is \$85 per person. Code: 132382

DANCES

Halloween Dance

Saturday, October 24 5:30 - 8:30pm
Led by Angela

Get ready to BOO-gie! Join us for a spine-tingling night of music, costumes, and spooky good vibes at Park de la Cruz Gymnasium (3911 Landis Street, 92105). Cost includes dance admission, dinner, and DJ entertainment. **Program for ages 18 and up. No direct supervision provided.** RSVP by calling (619) 525-8247 by October 19th.

COST: \$10, CASH ONLY AT THE DOOR

Monster Ball

Friday, October 30 11:00am - 2:00pm
Led by Taylor

Please join us for our annual Monster Ball at the Balboa Park Club (2150 Pan American Way, 92101). Bring your own sack lunch. Snacks will be available for purchase. **Program for ages 16 and up. No direct supervision provided.** RSVP by calling (619) 525-8247 by October 26th.

COST: \$5, CASH ONLY AT THE DOOR

Holiday Dance

Saturday, December 12 5:30 - 8:30pm
Led by Angela

Light up your holiday spirit and wrap up the year in style at Park de la Cruz Gymnasium (3911 Landis Street, 92105). Cost includes dance admission, dinner, and DJ entertainment. **Program for ages 18 and up. No direct supervision provided.** RSVP by calling (619) 525-8247 by December 7th.

COST: \$10, CASH ONLY AT THE DOOR

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

Zen Garden Club



Select Tuesdays 9:30 - 10:30am
Sept. 15 | Oct. 13 | Nov. 10

Led by Haley

Spend time and unwind with us using our garden space for various meditative and mindful activities. **Program for ages 13 and up. No direct supervision provided.**

COST: FREE

CODE: 135604

Green Thumb Club

Select Thursdays 10:00 - 11:00am
Sept. 17 | Oct. 29 | Nov. 19

Led by Haley

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

COST: FREE

CODE: 135602



Garden to Table Meals

Select Tuesdays 9:30 - 11:30am
Sept. 29 | Oct. 27 | Nov. 24

Led by Haley

Let's use our garden harvest to make a meal to share! **Program for all ages. No direct supervision provided.**

COST: \$20 for the quarter

CODE: 135605

Caterpillar Chow Gardens Tour

Saturday, October 3 9:30am - 12:00pm

Led by Haley

Check out a local garden this fall! Bring a lunch to enjoy following the garden tour. Meet at 11470 Posthill Pl, Lakeside, CA 92040. **Program for all ages. No direct supervision provided.**

COST: FREE

CODE: 135603



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SPECIAL EVENTS



Family Campfire

Saturday, September 26 5:30 – 8:30pm

Led by Alicia

Enjoy a night under the stars. We will have crafts, hotdogs, s'mores, cocoa, skits, songs, and a flag retirement ceremony. All ages welcome. This is a friends and family event. **Minors and participants requiring extra assistance must be accompanied by a parent/guardian. Direct supervision is not provided.** Every family member wanting to attend must register individually no later than September 21st. Meet at the SD Youth Aquatic Center (1750 Fiesta Island Rd, 92109) on Fiesta Island.

COST: \$10

CODE: 136161

Turkey Trot-a-Thon

Saturday, November 14 8:30 – 11:00am

Led by Nick

Trot with your family before you feast for Thanksgiving. Roll, walk, trot, or run with us at the Park de la Cruz facilities. Meet near the Park de la Cruz Softball Field. **This is a family and friends' event. No direct supervision provided.**

COST: \$10

CODE: 136073



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SPECIAL EVENTS

page 9

Intergenerational Cooking

Saturday, October 10 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.

COST: \$10

CODE: 135601

Fall Festival

Friday, October 23 5:30 – 7:00pm

Led by Michael

Start the holiday season with carnival games, a pie eating contest, and an opportunity drawing! This event is fun for the whole family. Participation in the pie eating contest is for all ages and split into age groups. For more information, please call (619) 525-8247. **This is a family and friends' event. No direct supervision provided.**

COST: FREE

CODE: 136162

Spooky Movie Night

Friday, October 23 7:00 – 9:00pm*

*Program ends when movie ends.

Led by Haley

Come, if you dare, for a showing of a Halloween movie in our gymnasium (3911 Landis St., 92105). Event is for all ages. **This is a family and friends' activity. No direct supervision provided.** Movie selection TBA. Pizza slices available for purchase.

COST: FREE

CODE: 135606



Holiday Cookie Baking

Wednesday, December 2 4:00 – 5:30pm

Led by Haley

Enjoy an afternoon of cookie baking in preparation for our Winter Carnival event. Participants will assist with rolling and cutting out sugar cookies. **Program for all ages. No direct supervision provided.** This is a drop-in program, so do not plan to stay for the entire 1.5 hours. Light refreshments provided.

COST: \$10

CODE: 135608

Holiday Fair

Friday, December 4 11:30am – 2:00pm

Led by Angela

There's no place like TRS for the holidays! Gather your friends for an afternoon of games, crafts, and music at Park de la Cruz. **Program for ages 16 and up. No direct supervision provided.** Bring a sack lunch.

COST: \$5, CASH ONLY AT THE DOOR

Winter Carnival

Saturday, December 5 11:30am – 2:00pm

Led by Haley

Enjoy a light brunch with us as we ring in the holiday spirit! We will have fun games, booths to buy homemade crafts*, and many more activities at Park de la Cruz Community Gymnasium. **This is a family and friends' event. No direct supervision provided.**

Gifts will be provided for registered children ages 12 and under only. Participating families must register by Friday, November 20th.

*If you would like to be a vendor at our craft sale, contact our office at (619) 525-8247.

COST: FREE

CODE: 135607

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

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

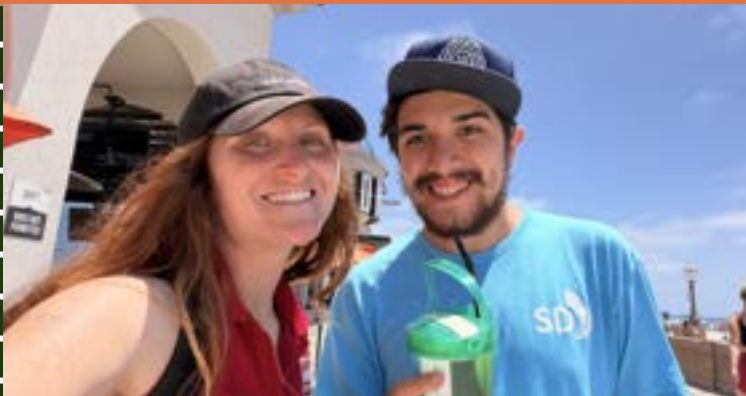
Led by Taylor

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.

Park de la Cruz Ongoing Programs

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

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

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

KID ZONE (KZ)

Haley Marshall, CTRS

(619) 525-8248

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

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

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.**

Select Sundays 11:30am - 2:30pm

Sept. 20: BBQ Cookout CODE: 135609

Oct. 25: Spooktacular CODE: 135610

Nov. 15: Friendsgiving CODE: 135611

COST: \$12 per Playday



Ringling Bros. at Pechanga Arena

Sunday, September 13 10:30am - 3:00pm

Prepare to be amazed! Bring a lunch or money to buy food at Habit Burger prior to the show. Pechanga Arena is cashless and has a clear bag policy. Drop-off and pick-up at Habit Burger (3455 Sports Arena Blvd #104, 92110).

COST: \$32

CODE: 135612



Mr. Jack-o-Lanterns' Pumpkin Patch

Sunday, October 11 10:00am - 12:30pm

Get into the spooky spirit of Halloween at the pumpkin patch! Cost includes games, activities, and a pumpkin. Bring a sack lunch. Drop-off at the pumpkin patch (3901 Clairemont Dr., 92117) and pick-up at South Clairemont Park (3605 Clairemont Dr., 92117).

COST: \$25

CODE: 135616

AirTrack Park SD

Sunday, November 22 10:30am - 1:30pm

Reach new heights this fall at the trampoline park! Bring a sack lunch or send money to buy food at a nearby restaurant. Drop-off at Airtrack Park SD (4863 Shawline St, 92111) and pick-up at Chipotle (7081 Clairemont Mesa Blvd, 92111).

COST: \$25

CODE: 135617

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

KID ZONE (KZ)

Ages 3-12



SAVE THE DATE: WINTER ADVENTURE

December 29th & January 5th.
More information to come.



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 (619) 236-7718 (**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



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

WE APPRECIATE OUR ADVERTISERS

They allow us to
print this publication.
Thank you!



KICK BACK CLUB (KBC)

Ages 13-17

Angela Lightner, CTRS

(619) 525-8247

ALightner@sandiego.gov

This group for teens with disabilities 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.**

Meetings

We've got fun games, awesome crafts, and endless activities waiting for you! Meetings are held at Park de la Cruz Community Center. Lunch provided. **RSVP by the Wednesday before the program.**

Select Saturdays 11:00am - 1:30pm

Sept. 19: Fall Kick-Off CODE: 135642

Oct. 17: Autumn Hangout CODE: 136177

COST: \$12 per meeting



Friendsgiving

Friday, November 13 5:30 - 8:00pm

Eat and be thankful alongside your friends at Park de la Cruz. Dinner provided. Register by November 9th.

COST: \$12

CODE: 136178

Ringling Bros. at Pechanga Arena

Sunday, September 13 10:30am - 3:00pm

Prepare to be amazed! Bring a lunch or money to buy food at Habit Burger prior to the show. Pechanga Arena is cashless and has a clear bag policy. Drop-off and pick-up at Habit Burger (3455 Sports Arena Blvd #104, 92110).

COST: \$32

CODE: 136179

See pages 7-11 for more opportunities that include special events, dances, ongoing programs, and garden programs.

Haunted Trail

Sunday, September 27 6:30 - 9:00pm

Grab your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Drop-off and pick-up at the corner of Balboa Dr. and Juniper Rd. Dinner provided.

COST: \$10

CODE: 136360

SD Zoo HalGLOWeen

Saturday, October 10 4:30 - 8:30pm

Glow with the flow this Halloween season! Bring a sack dinner or money to purchase food. Drop-off and pick-up at the Lion Statue (2920 Zoo Dr, 92101).

WITH ZOO PASS: \$15

CODE: 136180

NO ZOO PASS: \$45

CODE: 136181

AirTrack Park SD

Sunday, November 22 10:30am - 1:30pm

Reach new heights this fall at the trampoline park! Bring a sack lunch or money to buy food at a nearby restaurant. Drop-off at Airtrack Park SD (4863 Shawline St, 92111) and pick-up at Chipotle (7081 Clairemont Mesa Blvd, 92111).

COST: \$25

CODE: 136182

SAVE THE DATE: WINTER ADVENTURE

December 29th & January 5th.

More information to come.

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

SOCIAL MOTION CLUB (SMC) Ages 18+

This group is for adults with developmental disabilities that benefit from support from staff and/or aides. It is designed to increase leisure independence and build social skills through experiential opportunities within the community and at recreation centers. **Register early, space is limited. Must have an assessment on file prior to attending.**

Recreation Nights

5:30 - 8:00pm

Good people, games and more! Dinner provided. **RSVP by the Wednesday before the program.**

COST: \$12 per meeting

Central

Led by Angela

Park de la Cruz Community Center
(3901 Landis St., 92105)

Sept. 11: Hollywood Premiere Night
CODE: 135529

Oct. 16: Halloween Party
CODE: 135543

Nov. 13: Friendsgiving
CODE: 135548

North

Led by Nick

Cathy Hopper (4425 Bannock Ave., 92117)

Sept. 25: We Missed You a "Waffle" Lot
CODE: 135776

***No October Recreation Night-** See pg. 9 for Fall Festival & Spooky Movie Night.

***No November Recreation Night-** See above for Friendsgiving at Park de la Cruz.



See pages 6-11 for more opportunities that include special events, dances, ongoing programs, and garden programs.

Haunted Trail

Sunday, September 27 6:30 - 9:00pm

Grab your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Drop-off and pick-up at the corner of Balboa Dr. and Juniper Rd. Dinner provided.

COST: \$10

CODE: 135525

SD Zoo HalGLOWeen

Saturday, October 10 4:30 - 8:30pm

Glow with the flow this Halloween season! Bring a sack dinner or money to purchase food. Drop-off and pick-up at the Lion Statue (2920 Zoo Dr, 92101).

WITH ZOO PASS: \$15

CODE: 135577

NO ZOO PASS: \$45

CODE: 135554

SpongeBob the Musical

Saturday, November 21 1:00 - 4:30pm

From Bikini Bottom to the stage, this nautical adventure is packed with laughs and catchy tunes. We will have a picnic in the park first so bring a sack lunch. Drop-off and pick-up in Old Town at 2454 Heritage Park Row, 92110.

COST: \$30

CODE: 135630

Holiday Shopping

Friday, December 11 6:00 - 9:00pm

Bring a list and money for gifts. We will wrap gifts after shopping. Dinner will be provided. Drop-off and pick-up Westfield Mission Valley Mall (1640 Camino Del Rio North, 92108) between the Nordstrom Rack and Tender Greens Restaurant.

COST: \$10

CODE: 135720

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

INDEPENDENT CLUB (IND)

Ages 18+

Taylor Askil, CTRS

(619) 827-7010 • TAskil@sandiego.gov

This club is for independent adults with developmental disabilities. 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 6-11 for more opportunities that include special events, dances, ongoing programs, and garden programs.

Meetings

MUST register at least 5 days before program! 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 Askil.

Select Fridays 5:30 – 8:00pm

Sept. 4: Groovy Garden Party CODE: 135702

Oct. 2: Oktoberfest CODE: 135703

COST: \$10 per meeting

Friendsgiving

Friday, November 13 5:30 – 8:00pm

Eat and be thankful alongside your friends at Park de la Cruz. Dinner provided. Register by November 9th.

COST: \$12

CODE: 135704

Ringling Bros. at Pechanga Arena

Sunday, September 13 10:30 – 3:00pm

Bring money for lunch at Chili's prior to the show. Pechanga Arena is cashless and has a clear bag policy. Meet at Chili's (3494 Sports Arena Blvd, 92110).

COST: \$32

CODE: 135705

Haunted Trail

Sunday, September 27 6:30 – 9:00pm

Grab your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Drop-off and pick-up at the corner of Balboa Dr. and Juniper Rd. Dinner provided.

COST: \$10

CODE: 135706

Addams Family Play

Saturday, October 17 4:00 – 8:00pm

Celebrate spooky season with Arms Wide Open's Addams Family play! Meet at Old Town Tequila Factory (2467 Juan St, 92110) and bring money to purchase dinner. Pick-up in front of the Old Town Theater (4040 Twigg St, 92110).

Register by September 1st.

COST: \$20

CODE: 135707

Staycation

Saturday, November 7 – Sunday, November 8

Be a tourist for a night at the Bahia Resort (998 W Mission Bay Dr, 92109). Please arrive at 12:00pm to check-in. Check-out is at 11:00am the next morning. Contact Taylor Askil with any questions. More information to come.

COST: \$50/Shared Room

\$100/Single Room

CODE: 135736

Holiday Shopping

Friday, December 11 6:00 – 9:00pm

Bring a list and money for gifts. We will wrap gifts after shopping. Dinner will be provided. Drop-off and pick-up Westfield Mission Valley Mall (1640 Camino Del Rio North, 92108) between the Nordstrom Rack and Tender Greens.

COST: \$10

CODE: 135719

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

LEISURE SEEKERS

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

Ages 18+

Social Connection

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

Sept. 3: Groovy Garden Party

***No October Social Connection**

See Consumer Luncheon. →

Nov. 5: Friendsgiving

COST: \$5 per social - CASH ONLY



Ringling Bros. at Pechanga Arena

Sunday, September 13 10:30 - 3:00pm

Bring money for lunch at Chili's prior to the show. Pechanga Arena is cashless and has a clear bag policy. Meet at Chili's (3494 Sports Arena Blvd, 92110).

COST: \$32

CODE: 135708

Haunted Trail

Sunday, September 27 6:30 - 9:00pm

Grab your Halloween costume and join your friends as we walk down the spooky trail in Balboa Park. Drop-off and pick-up at the corner of Balboa Dr. and Juniper Rd. Dinner provided.

COST: \$10

CODE: 135709

See pages 6-11 for more opportunities that include special events, dances, ongoing programs, and garden programs.

Consumer Luncheon

Friday, October 9 10:00am - 1:00pm

We are celebrating our 27th annual Consumer Luncheon for World Mental Health Day. This event honors fellow consumers' achievements. Meet at Balboa Park Club (2150 American Rd. 92101). **Must register by October 2nd to be guaranteed lunch.**

COST: FREE

CODE: 135710

Addams Family Play

Saturday, October 17 4:00 - 8:00pm

Celebrate spooky season with Arms Wide Open's Addams Family play! Meet at Old Town Tequila Factory (2467 Juan St, 92110) and bring money to purchase dinner. Pick-up in front of the Old Town Theater (4040 Twigg St, 92110). **Register by September 1st.**

COST: \$20

CODE: 135716

Mission Bay Walk & Picnic

Monday, November 23 10:00am - 12:30pm

Bring a lunch to enjoy picnic-style after a walk along the bay. Meet near restrooms next to Superbloom Coffee (2540 E Mission Bay Dr., 92109).

COST: FREE

CODE: 135717

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!

COST: FREE

CODE: 135718

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

CVA/TBI GROUP

Ages 18+

Alicia Bianchi, CTRS • (619) 525-8247 • ABianchi@san diego.gov OR MichaelR@san diego.gov
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 Michael before attending your first program.**

See pages 6-11 for more opportunities that include special events, dances, ongoing programs, and garden programs.

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

Balboa Park Tour

Friday, September 25 10:30am - 1:00pm

Meet at the Balboa Park Visitor's Center (1549 El Prado, 92101) for a docent-led tour of beautiful Balboa Park. Bring a picnic lunch or money to buy lunch and wear closed-toed walking shoes.

COST: FREE

CODE: 136174

Chollas Lake

Friday, October 30 10:30am - 1:00pm

Meet at Chollas Lake (6350 College Grove Dr, 92115) for a ranger-led walk and talk. Afterwards, we will have lunch. Bring a picnic lunch and closed-toed walking shoes.

COST: FREE

CODE: 136175

Coaster to Carlsbad

Friday, November 20 11:00am - 4:30pm

Meet at the Old Town Transit Center. Carlsbad Village is just 2 blocks from the train station, where we can enjoy lunch, shopping and strolling. Bring a sack lunch or money to buy lunch. **You will purchase your own coaster ticket at the station. Register by November 16th.**

COST: FREE*

CODE: 136176

***Bring money for lunch and Coaster ticket (\$6.50 senior/disabled or \$13 adult round trip).**

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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 & fitness by working on increasing endurance, upper body strength, mobility skills, & leisure independence in a recreation environment. **Register early, space is limited.**

Dynamic Inclusive Dance

Select Wednesdays 10:00 – 11:00am

Volunteer Led by Jason Rivers

Wednesday 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).

COST: FREE

CODE: 136165

Wheelchair Basketball Open Gym

Wednesdays 5:30 – 8:15pm

Select Saturdays 1:00 – 5:00pm

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 two days prior to attending if you will need to borrow a sports wheelchair.

COST: FREE

CODE: 136166



See pages 6-11 for more opportunities that include special events, dances, ongoing programs, and garden programs.



Archery

Select Thursdays 11:00am – 1:00pm

Sept. 10, 24 | Oct. 8, 22 | Nov. 5, 19

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. **Minors and participants requiring extra assistance must be accompanied by a parent/guardian. Direct supervision is not provided.**

COST: \$15 for the quarter

CODE: 136167

Wheels

Select Saturdays 11:00am – 1:30pm

Sept. 5 | Oct. 3, 31 | Nov. 14, 21

Led by Michael

Bring or borrow numerous wheeled devices to enjoy the day with your peers. Whether you want to ride a handcycle or tandem bike, 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 gates on the back for where the group is located. **Locations TBA.**

COST: \$15 for the quarter

CODE: 136168

All codes are directly linked to 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- Floor Hockey/Volleyball

Mondays 5:30 - 8:30pm

Sept. 14 - Dec. 7

Ages 5 - Adult

CODE: **135.738**

Morely Field Softball Fields - Flag Football

Wednesdays 5:30 - 8:30pm

Sept. 16 - Oct. 21

Ages 5 - Adult

CODE: **135.739**

Kearny Mesa Gym - Floor Hockey

Thursdays 4:00 - 5:30pm

Sept. 17 - Dec. 10

Ages 5 - 18

CODE: **135.740**

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 Member (active-duty or veterans) and will meet at Park de la Cruz Fitness Center.

Drop-in program

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.

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.

Drop-in program

Digital Navigators

Thursdays 9:00 - 11:45am @ PDLCL

Wednesdays 9:00 - 11:45am @ Cathy Hopper

Volunteer Led

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.

Drop-in program

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

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*

September

- Thurs-Sun: 9:30am - 2:30pm
- Closed Mon/Tues/Wed

October-November

- Fri-Sun: 11:30am - 3:30pm
- Closed Mon/Tues/Wed/Thurs



*Hours subject to change due to weather and staff availability.

The beach wheelchair program is located in Mission Beach (3071 Ocean Front Walk, San Diego, CA 92109). Look for the conex box by the public restrooms and parking lot.

Please call (619) 980-1876 during beach hours or (619) 525-8247 during non-beach to make reservations and ensure availability.

Go to: 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

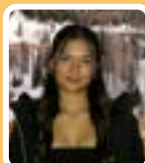
- Patient
- Enjoy working with people
- Dependable
- Desire to work with a diverse population
- Energetic, enthusiastic, and eager to have fun!

Summer Volunteer Spotlights:

Thank you to the following volunteers for going above and beyond at our camps this summer!



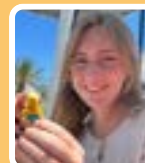
Charlie



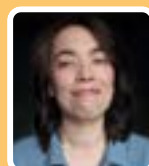
Sabrina



Kayla



Phoebe



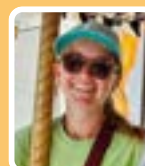
Stephanie



Michelle



Crosby



Allison

If you are interested in becoming a volunteer, please contact Michael Rodriguez at (619) 236-7755 or 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

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@sanidiego.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 Summer events.



Foundation for Developmental Disabilities

Special thank you to the Foundation for Developmental Disabilities (FDD). Their mission is to generate and distribute funds to innovative programs that enhance the quality of life for individuals with IDD in San Diego and Imperial Counties. FDD donated \$13,500 to support TRS programs throughout the year and we are so very grateful to have received the honor of their generous donation.



Every summer, TRS welcomes an incoming freshman class of MADCAPS' members, a mother-daughter philanthropic group. Thank you to the class of 2030 who volunteered numerous hours this past summer. In addition to volunteering, MADCAPS has financially supported TRS with generous donations throughout the years. Donations will be utilized to keep program costs low, provide partial scholarships and purchase recreation supplies.



Mission Bay Yacht Club once again hosted an amazing day of water activities at their club. The members went the extra mile to create a magical day for the Kid Zone Adventure Camp participants. Thank you to Art and the members of the Mission Bay Yacht Club.

Please contact Julie Gregg at JGregg@sanidiego.gov or (619) 525-8247 for sponsorship and/or donation inquiries.

Community Events & Programs



PVA 2026 Rugby Camp

October 9-10, 2026

San Diego Municipal Gym



Paralyzed Veterans of America is excited to announce the 2026 Veterans Rugby Camp in San Diego, California. Camp is open to Veterans of all skill levels, from beginner to high performance. This is the perfect place to learn the sport or hone your skills for the upcoming season.

**Contact Katelynn Johnson
for more information:**

E: KatelynnJ@pva.org

P: (202) 416 - 7637

**Scan here to
register:**



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Community Events & Programs

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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.civildancearts.org.

If you need inclusion for classes, see page 13.

Fall registration opens

Saturday, September 19, at 10:00am.

Classes begin the week of September 28.

Classes at Park de la Cruz (3901 Landis Street, San Diego, 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. Summer dance classes are visible on SDRecConnect.com.

San Diego People First Conference

October 16-17, 2026

Marriott Mission Valley Hotel

8757 Rio San Diego Drive
San Diego, CA 92108

Save the date! This conference is created by self-advocates, for self-advocates, and celebrates leadership, voice, and community. Contact your Regional Center Service Coordinator to get this conference in your IPP. More details coming soon!
<https://scdd.ca.gov/>

Stars Acting Workshop

Summer Golden, (619) 647-4958

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

Infant/Toddler Brain Dance Class

Tuesdays 10:00 - 11:30am

Class includes music-based movement, 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. E-mail mschaude@sdccd.edu for questions.

Unified ESL

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/>.

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. <https://sosc.org/region5/>

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 info.

SEPTEMBER - Healthy Aging Month

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 Digital Nav.- CH DI Dance Deaf Seniors SM Strength Training WC BBall	2 Digital Nav.- PDLC Fresh Air Fitness LS Social Artful Mind	3 Digital Nav.- PDLC Fresh Air Fitness LS Social Artful Mind	4 Fun with Friends Self-Expression Art Sports Talk IND Meeting	5 Wheels Community Service Famous Artist WC BBall
6 Holiday Observed - Office Closed	7 Holiday Observed - Office Closed	8 Digital Nav.- CH DI Dance Deaf Seniors SM Strength Training Yummy Meals WC BBall	9 Digital Nav.- PDLC Archery Artful Mind	10 Digital Nav.- PDLC Archery Artful Mind	11 Self-Expression Art SMC- PDLC	12
13 KZ/KBC/IND/LS- Ringling Bros.	14 SM Strength Training Access 4 All- CH Movie Magic \$4EA	15 Zen Garden	16 Digital Nav.- CH DI Dance Deaf Seniors SM Strength Training WC BBall \$4EA	17 Digital Nav.- PDLC Green Thumb Club Artful Mind \$4EA	18 Fun with Friends Self-Expression Art Sports Talk	19 KBC Meeting
20 KZ Playday	21 SM Strength Training Access 4 All- CH \$4EA	22	23 Digital Nav.- CH DI Dance Deaf Seniors SM Strength Training Yummy Meals WC BBall \$4EA	24 Digital Nav.- PDLC Archery Artful Mind \$4EA	25 CVA/TBI - Balboa Park Self-Expression Art SMC- CH	26 Family Campfire WC BBall
27 KBC/SMC/IND/LS- Haunted Trail	28 SM Strength Training Access 4 All- CH \$4EA	29 Garden to Table	30 Digital Nav.- CH DI Dance SM Strength Training Karaoke Nights WC BBall \$4EA			

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OCTOBER - ADHD Awareness Month

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SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Digital Nav.- PDLC Artful Mind \$4EA	2 Fun with Friends Self-Expression Art Sports Talk IND Meeting	3 Caterpillar Chow Wheels WC BBall
4	5 SM Strength Training Access 4 All- CH \$4EA	6	7 Digital Nav.- CH DI Dance Deaf Seniors SM Strength Training WC BBall \$4EA	8 Digital Nav.- PDLC Archery Artful Mind \$4EA	9 LS Consumer Luncheon Self-Expression Art	10 IG Cooking KBC/SMC- Halgloleen WC BBall
11 KZ Pumpkin Patch	12 SM Strength Training Access 4 All- CH \$4EA	13 Zen Garden	14 Digital Nav.- CH DI Dance Deaf Seniors SM Strength Training Yummy Meals WC BBall \$4EA	15 Digital Nav.- PDLC Fresh Air Fitness Artful Mind \$4EA	16 Fun with Friends Self-Expression Art Sports Talk SMC- PDLC	17 KBC Meeting IND/LS- Addams Family
18	19 SM Strength Training Access 4 All- CH \$4EA	20	21 Digital Nav.- CH DI Dance Deaf Seniors SM Strength Training Karaoke Nights WC BBall \$4EA	22 Digital Nav.- PDLC Archery Artful Mind \$4EA	23 Self-Expression Art Fall Festival Spooky Movie	24 Community Service Famous Artist Factory Halloween Dance
25 KZ Playday	26 SM Strength Training Access 4 All- CH Movie Magic \$4EA	27 Garden to Table	28 Digital Nav.- CH DI Dance Deaf Seniors SM Strength Training Yummy Meals WC BBall	29 Digital Nav.- PDLC Green Thumb Club Artful Mind \$4EA	30 Monster Ball CVA- Chollas Lake Self-Expression Art	31 Wheels WC BBall

NOVEMBER - Epilepsy Awareness Month

SUN	MON	TUES	WED	THURS	FRI	SAT
1 SM Strength Training Access 4 All- CH \$4EA	2	3	4 Digital Nav.- CH DI Dance Deaf Seniors SM Strength Training Yummy Meals WC BBall	5 Digital Nav.- PDLC Archery LS Social Artful Mind \$4EA	6 Fun with Friends Self-Expression Art Sports Talk	7 Harvest Ball IND Staycation WC BBall
8	9 SM Strength Training Access 4 All- CH \$4EA	10 Zen Garden	11 Holiday Observed - Office Closed	12 Digital Nav.- PDLC Fresh Air Fitness Artful Mind \$4EA	13 Self-Expression Art Sports Talk KBC/SMC/IND - Friendsgiving	14 Winter Registration Wheels Turkey Trot WC BBall
15 KZ Playday	16 SM Strength Training Access 4 All- CH \$4EA	17	18 Digital Nav.- CH DI Dance Deaf Seniors SM Strength Training Yummy Meals Karaoke Nights WC BBall	19 Digital Nav.- PDLC Green Thumb Club Archery Artful Mind \$4EA	20 Fun with Friends CVA/TBI- Coaster Self-Expression Art	21 Wheels Community Service Famous Artist Factory WC BBall SMC- SpongeBob the Musical
22 KZ/KBC AirTrack	23 SM Strength Training Access 4 All- CH LS Walk & Picnic Movie Magic \$4EA	24 Garden to Table	25 Digital Nav.- CH WC BBall / Dance SM Strength Training	26 Holiday Observed - Office Closed	27 Office Closed	28 WC BBall
29	30 SM Strength Training Access 4 All- CH \$4EA					

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