

CVA/TBI GROUP

Ages 18+

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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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