

Program Guidelines
for all in person programs

- If you, or anyone in your household, is not feeling well, please stay home! If you have been exposed to anyone diagnosed with Covid in the 5 days before a program, or have had a fever in the week prior, please stay home. We recommend testing 5 days after quarantining, before returning to programs. Credits will be issued if needed. Otherwise we are trusting all of us to keep each other healthy so we can keep doing in-person programming!
- Please do not bring any outside snacks or food to our programs; especially with the intention to share. There are dietary restrictions and other factors that need to be considered when it comes to food.

TRS 2023

MARCH
and
APRIL

In-person programs

Programs designed for individuals with disabilities ages 14 & up.

Check out the programs that TRS is offering during March & April 2023. Please see inside to see the fun programs we have planned!

County of Sacramento
Department of Regional Parks
Therapeutic Recreation Services
5325 Engle Rd. #810, Carm. 95608
916/484-2044
TRS@SacCounty.gov
www.regionalparks.sacounty.gov

Board of Supervisors

Phil Serna, District 1
Patrick Kennedy, District 2
Rich Desmond, District 3
Sue Frost, District 4
Pat Hume, District 5
Ann Edwards, County Executive



**Registration information
for all in person programs**

- There is **no day-of** registration for any in-person programs. Do not wait until the last minute to sign-up; most programs fill up quickly!
- TRS staff are only responsible for any participants during program hours. We are not responsible for the care or supervision of anyone arriving early or picked-up late.
- Rides need to be scheduled for pick-up BY the scheduled end time of each program! If rides are scheduled later, please find an alternate means of transportation. If Paratransit is your transportation, please schedule your ride 15 minutes before the scheduled end time due to their pick-up “window”.



Send payment & completed registration form to:

TRS, 5325 Engle Rd. #810, Carmichael, CA 95608
Per Sacramento County, there will be a \$53 fee for all returned checks.

Payment can also be made over the phone with a credit card during office hours:
Tues & Wed: 9am - 1pm, and Thurs & Fri: 9am - 4pm



To register for TRS programs, please **completely** fill out this form and turn in along with your payment. Please provide your best **email** and **phone number**. It is important to have the right contact information for program reminders and updates!

Name(s)_____ Age_____ M/F # Attending_____
If you need more room to list full names (no initials please), attach a separate piece of paper.
Care Home/Facility (if applicable)_____ E-mail_____
Address_____ City_____ Zip_____
Best contact # _____ Emergency #_____
Special Needs (wheelchair, meds, dietary, etc.)_____

If you are interested in applying for a Pathways scholarship, please write “SCH” by the program you are interested in & check here: ☐ We will send you an application.

In-Person Program








March

1. _____ Bunco:	Thursday, March 2	\$20x #_____ = \$_____
2. _____ Cooking Class:	Tuesday, March 7	\$30x #_____ = \$_____
3. _____ Dinner & a Show:	Friday, March 10	\$25x #_____ = \$_____
4. _____ SF Bus Tour:	Saturday, March 25	\$80x #_____ = \$_____

April

1. _____ Horse Races:	Saturday, April 1	\$65 #_____ = \$_____
2. _____ Moonlight Magic:	Friday, April 14	\$10x #_____ = \$_____
3. _____ Cooking Class:	Tuesday, April 18	\$30x #_____ = \$_____
4. _____ Spring Spectacular:	Tuesday, April 25	\$35x #_____ = \$_____

TOTAL AMOUNT ENCLOSED: \$_____








March In-person Programs:	Date:	Cost:	Where:	Time:
Bunco Night— Who's ready to play our favorite dice game?! Come roll the dice and try to make it to the head table! We will play as many rounds as we can, and enjoy delicious pizza for dinner.	Thursday, March 2 	\$20 *Cost includes a pizza dinner	Gibbons Park 4701 Gibbons Dr. Carmichael, 95608 	Drop-off: 6:00pm Pick-up: 8:00pm
Cooking Class— Come explore different types of cooking, foods, and seasonal favorites. While in class we will learn about kitchen safety, confidence with cooking, kitchen tools, food handling, measurements, and healthy alternatives.	Tuesday, March 7 	\$30 Limit: 25 *Food will be packaged to be sent home	La Sierra Community Center—Big kitchen up front 5325 Engle Rd. Carmichael, 95608 	Drop-off: 6:00pm Pick-up: 8:00pm
Dinner & a Show— Come showcase your talent and/or watch your friend's performances! Talents can be anything from singing, acting, dancing, art show, etc. There will be a delicious dinner provided during the show! <i>All talents need to be sent in for approval by Wed. March 8 for anyone that wants to perform.</i>	Friday, March 10 	\$25 *Cost includes a catered dinner	La Sierra Community Center—John Smith Hall 5325 Engle Rd. Carmichael, 95608	Drop-off: 6:00pm Pick-up: 8:30pm
SF Bus Tour— It's tourist season! Join us for a fun-filled adventure in San Francisco. We'll be hopping on and off a tour bus exploring the city and seeing SF's gems. At one of the stops, we'll enjoy a delicious lunch together! Cost includes bus transportation, admission to bus tour, and staff supervision.	Saturday, March 25 	\$80 Limit: 25 *Bring money or lunch and any souvenirs	La Sierra Community Center—front parking lot 5325 Engle Rd. Carmichael, 95608 	Drop-off: 9:00am Pick-up: TBD

You must register for programs 2 days in advanced. There is no day-of registration for ANY in-person programs.

Mask Requirements
 TRS will be following the current Sac. County & CDC guidelines and requirements regarding masks at the time of each program. Before each program, a confirmation will go out with details and requirements.



- PROGRAM NOTES:**
- Please give yourself ample time to arrive at programs. If you are late, we CANNOT wait more than 10 minutes as we have prompt schedules for all programs. Thank you!
 - When signing up, please provide contact information that can be used in case there are any last minute changes. We ask to please check and respond to emails that are sent leading up to programs relating to time, location, or cancellations. If you cannot attend a program, please call **916.484.2044** at least one day prior to the scheduled event. No-shows will not receive a credit.
 - In general, TRS programs are designed for participants who are able to function in a 1:6 staff-to-participant ratio. Attendants may be able to be accommodated.
 - **Programs listed here will not be on any other upcoming flyers, so sign up today for the program(s) of your choice!**
- More in-person program information on the cover page!**

April In-person Programs:	Date:	Cost:	Where:	Time:
Horse Races— Place your bets! We're off to Golden Gate Fields to watch some horse races, and if you feel like it, bet a few dollars on your favorite!	Saturday, April 1 	\$65 Limit: 25 *Bring money for lunch & extra for betting	La Sierra Community Center Front Parking Lot 5325 Engle Rd. Carmichael, 95608	Drop-off: 11:00am Pick-up: 7:00pm
Moonlight Magic Prom— Put on your snazzy and formal attire and dancing shoes for prom night! Come solo, bring a date, or come as a group! It will be a magical night filled with fun music, dancing, and TRS friends!	Friday, April 14 	\$10	La Sierra Community Center—John Smith Hall 5325 Engle Rd. Carmichael, 95608 	Drop off: 6:30pm Pick up: 8:30pm
Cooking Class— Come explore different types of cooking, foods, and seasonal favorites. While in class we will learn about kitchen safety, confidence with cooking, kitchen tools, food handling, measurements, and healthy alternatives.	Tuesday, April 18 	\$30 Limit: 25 *Food will be packaged to be sent home.	La Sierra Community Center—Big kitchen up front 5325 Engle Rd. Carmichael, 95608 	Drop-off: 6:00pm Pick-up: 8:00pm
Spring Spectacular— Anyone have Spring-fever?! Let's celebrate Spring season with your friends by making fun projects, spring snacks, and playing awesome games!	Tuesday, April 25 	\$35	Carmichael Park—Community Clubhouse 5750 Grant Ave. Carmichael, 95608 	Drop off: 6:30pm Pick up: 8:30pm
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