



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.



Board of Supervisors
 Phil Serna, District 1
 Patrick Kennedy, District 2
 Rich Desmond, District 3
 Sue Frost, District 4
 Pat Hume, District 5
 David Villanueva, County Executive



County of Sacramento
 Therapeutic Recreation Services
 5325 Engle Rd. #810
 Carmichael, CA 95608

**FREE MATTER FOR
 THE BLIND AND
 PHYSICALLY DISABLED**



RETURN SERVICE REQUESTED



SEPTEMBER 

and

October 2024
*in-person
 programs*

Programs designed for individuals with disabilities ages 14 & up.

Check out the programs that TRS is offering during September & October 2024. 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

**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



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
 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
September

- | | | | |
|----------------------------------|------------------------|-------|--------------------|
| 1. _____ Beetlejuice Beetlejuice | Friday, September 6 | \$30x | # _____ = \$ _____ |
| 2. _____ Beach Day | Saturday, September 7 | \$40x | # _____ = \$ _____ |
| 3. _____ Beginner Cooking Class | Thursday, September 12 | \$30x | # _____ = \$ _____ |
| 4. _____ Bunco | Tuesday, September 24 | \$20x | # _____ = \$ _____ |

October

- | | | | |
|-------------------------------------|----------------------|-------|--------------------|
| 1. _____ Mrs. Doubtfire | Wednesday, October 9 | \$50x | # _____ = \$ _____ |
| 2. _____ Intermediate Cooking Class | Thursday, October 10 | \$30x | # _____ = \$ _____ |
| 3. _____ Apple Hill | Monday, October 21 | \$50x | # _____ = \$ _____ |
| 4. _____ Monster Mash Bash | Friday, October 25 | \$10x | # _____ = \$ _____ |
| 5. _____ BYOP | Tuesday, October 29 | \$20x | # _____ = \$ _____ |

TOTAL AMOUNT ENCLOSED: \$ _____

September In-person Programs: Date: Cost: Where: Time:

Beetlejuice Beetlejuice—

Join us on opening night for the long awaited premier of *Beetlejuice Beetlejuice!* We cannot wait to watch the original cast bring this sequel back to life with you!

Friday,
September 6



\$30
Limit: 40

*Cost includes popcorn and a drink! Bring extra for additional snacks or dinner

Country Club Cinemas
(Inside Country Club Plaza)
2405 Butano Dr.
Sacramento, 95825

Drop-off:
5:45pm
Pick-up:
8:30pm

Beach Day—

Let's relax on Stinson beach with some of your TRS friends! You can either lay out in the sun, play in the sand, or swim in the ocean with the cool breeze at the beach.

Saturday,
September 7



\$40
Limit: 25

La Sierra Community Center Front Parking Lot
5325 Engle Rd.
Carmichael, 95608



Drop-off:
12:00pm
Pick-up:
evening
Exact time TBD

BEGINNER Cooking Class—

This class is designed for the very beginner; the person nervous with knives, inexperienced in the kitchen, and/or needs a little extra support with basic kitchen skills. While in class we will learn about kitchen safety, confidence with cooking, kitchen tools, food handling, measurements, and healthy alternatives.

Thursday,
September 12



\$30
Limit: 25

*Food will be packaged to be sent home.

La Sierra Community Center—Big Kitchen
5325 Engle Rd.
Carmichael, 95608

Drop-off:
6:00pm
Pick-up:
8:00pm

We will be teaching Cooking Classes at two different levels: beginner and intermediate. Please choose the ONE class level that suits you best, or ask us and we will assign you. (If we feel that you have chosen incorrectly, we will let you know). This is to create a better learning environment for each level.

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.

Tuesday,
September 24



\$20

*Cost includes a pizza dinner

Gibbons Park
4701 Gibbons Dr.
Carmichael, 95608



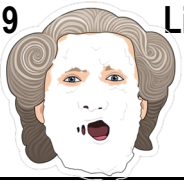
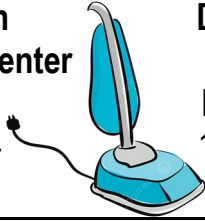






Drop-off:
6:00pm
Pick-up:
8:00pm

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

PROGRAM NOTES:

- Please allow 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 and will be tracked. Repetitive no shows will not be permitted to sign up for programs with limited space.
- 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!

October In-person Programs:	Date:	Cost:	Where:	Time:
<u>Mrs. Doubtfire (the musical)</u> — We've all seen the movie, but now it's time to see it live on the stage! Join us to see the two time Tony Award Nominee, <i>Mrs. Doubtfire: The New Musical Comedy</i> .	Wednesday, October 9 	\$50 Limit: 20	SAFE Credit Union Performing Arts Center 1301 L St. Sacramento, 95814 	Drop-off: 7:00pm Pick-up: 10:00 pm
<u>INTERMEDIATE Cooking Class</u> — This class is meant for the "chef" that is comfortable using the stove, chopping ingredients and basic elements of putting together a recipe. Come explore different types of cooking, foods, and seasonal favorites.	Thursday, October 10 	\$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
We will be teaching Cooking Classes at two different levels: beginner and intermediate. Please choose the ONE class level that suits you best, or ask us and we will assign you. (If we feel that you have chosen incorrectly, we will let you know). This is to create a better learning environment for each level.				
<u>Apple Hill</u> — What would fall be without a trip up the hill for apple pies, apple doughnuts, apple fritters, and more?! We'll drive up together and visit some fun farms.	Monday, October 21 	\$50 Limit: 30 *Bring \$20 for food + extra for treats/ shopping	La Sierra Community Center Front Parking Lot 5325 Engle Rd. Carmichael, 95608 	Drop-off: 9:00am Pick-up: 3:00pm
<u>Monster Mash Bash</u> — Calling all spooky, scary monsters!! It's that time to get dressed up in your creepiest, silliest, and unique costume and do your best zombie dance all night! It's going to be a GHOUL ol' time!	Friday, October 25 	\$10	La Sierra Community Center— John Smith Hall 5325 Engle Rd. Carmichael, 95608	Drop-off: 6:30pm Pick-up: 8:30pm
<u>BYOP (Bring Your Own Pumpkin)</u> — Bring your own pumpkin and join us for a fun evening of pumpkin carving and delicious snacks! Carving tools and candles will be provided.	Tuesday, October 29 	\$20 Limit: 25	Gibbons Park 4701 Gibbons Dr. Carmichael, 95608 	Drop-off: 6:30pm Pick-up: 8:30pm

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