

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

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

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



RETURN SERVICE REQUESTED

SACRAMENTO
COUNTY



TRS 2025

JANUARY

and

FEBRUARY

In-person programs

Programs designed for individuals with disabilities ages 14 & up.

Check out the programs that TRS is offering during January & February 2025. 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 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





January

- | | | |
|--------------------------|------------------|--------------------------|
| 1. ___ Casino Night: | Friday, Jan 10 | \$25x # _____ = \$ _____ |
| 2. ___ Broomball: | Saturday, Jan 18 | \$25x # _____ = \$ _____ |
| 3. ___ Bunco Night: | Thursday, Jan 23 | \$20x # _____ = \$ _____ |
| 4. ___ Beginner Cooking: | Thursday, Jan 30 | \$30x # _____ = \$ _____ |

February




- | | | |
|------------------------------------|------------------|--------------------------|
| 1. ___ San Jose Barracuda Game: | Saturday, Feb 8 | \$50x # _____ = \$ _____ |
| 2. ___ Cupid Shuffle Dinner/Dance: | Friday, Feb 14 | \$25x # _____ = \$ _____ |
| 3. ___ Intermediate Cooking: | Thursday, Feb 20 | \$30x # _____ = \$ _____ |
| 4. ___ Puzzle Night: | Thursday, Feb 27 | \$20x # _____ = \$ _____ |

TOTAL AMOUNT ENCLOSED: \$ _____

January In-person Programs:	Date:	Cost:	Where:	Time:
<p>Casino Night— Winner, Winner, Chicken Dinner! Who's ready to press their luck?! Join us for a fun night with many exciting games, tasty snacks, and take home some winning prizes!</p>	<p>Friday, Jan 10</p> 	<p>\$25 Limit: 25 *bring \$20 if you would like to join for dinner after</p>	<p>La Sierra Community Center—John Smith Hall 5325 Engle Rd. Carmichael, 95608</p>	<p>Drop-off: 6:30pm Pick-up: 8:30pm</p>
<p>Broomball— Join us for an evening of a learning a new sport on the ice! We will spend an hour on the ice playing broomball and enjoy dinner together at the café afterward. No ice skating required; we will wear our tennis shoes on the ice!</p>	<p>Saturday, Jan 18</p> 	<p>\$20 Limit: 25 *bring \$20 if you would like to join for dinner after</p>	<p>Skatetown Ice Arena 1009 Orlando Ave. Roseville, CA, 95661 (off I-80, near Cirby way)</p>	<p>Drop-off: 5:00pm Pick-up: 7:30pm</p>
<p>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 dinner together.</p>	<p>Thursday, Jan 23</p>	<p>\$20 *Cost includes dinner</p>	<p>Gibbons Park 4701 Gibbons Dr. Carmichael, 95608</p> 	<p>Drop-off: 6:00pm Pick-up: 8:00pm</p>
<p>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.</p>	<p>Thursday, Jan 30</p> 	<p>\$30 Limit: 25 *Food will be packaged to be sent home.</p>	<p>La Sierra Community Center—Big kitchen up front 5325 Engle Rd. Carmichael, 95608</p>	<p>Drop-off: 6:00pm Pick-up: 8:00pm</p>
<p>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.</p>				

- 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 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!**

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

February In-person Programs:	Date:	Cost:	Where:	Time:
<p>San Jose Barracuda's Game— Let's head back to San Jose to watch the Barracuda vs. Tucson Roadrunners hockey game. Hopefully the Barracudas can light the lamp (score a goal) and win! Our group will get to be in the tunnel to high-five the players during the game!!</p>	<p>Saturday, Feb 8</p> 	<p>\$50 Limit: 25</p>	<p>La Sierra Community Center—front parking lot 5325 Engle Rd. Carmichael, 95608</p> 	<p>Drop-off: 11:00am Pick-up: TBD</p>
<p>Cupid Shuffle Dinner/Dance— Celebrate Valentine's Day with your TRS family at the Cupid Shuffle Dance! We will enjoy a sit-down dinner followed by dancing the rest of the night away with our friends.</p>	<p>Friday, Feb 14</p> 	<p>\$25 *Cost includes dinner</p>	<p>La Sierra Community Center— John Smith Hall 5325 Engle Rd. Carmichael, 95608</p>	<p>Drop-off: 6:00pm Pick-up: 8:30pm</p>
<p>INTERMEDIATE Cooking Class— 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.</p>	<p>Thursday, Feb 20</p> 	<p>\$30 Limit:25 *Food will be packaged to be sent home.</p>	<p>La Sierra Community Center—Big kitchen up front 5325 Engle Rd. Carmichael, 95608</p>	<p>Drop-off: 6:00pm Pick-up: 8:00pm</p>
<p>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.</p>				
<p>Puzzle Night— Join us for a fun night of competitive puzzle racing! We will break into teams and compete against each other to finish the puzzle before the clock runs out.</p>	<p>Thursday, Feb 27</p> 	<p>\$20 *Cost includes dinner</p>	<p>Gibbons Park 4701 Gibbons Dr. Carmichael, 95608</p>	<p>Drop-off: 6:00pm Pick-up: 8:00pm</p>

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