

## 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



### **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



*in-person  
programs*

Programs designed for individuals  
with disabilities ages 14 & up.

**Check out the programs that TRS is  
offering during May & June 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](mailto:TRS@SacCounty.gov)  
[www.regionalparks.sacounty.gov](http://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**

**July**

- |                       |                 |       |                    |
|-----------------------|-----------------|-------|--------------------|
| 1. _____ Picnic Night | Friday, July 12 | \$20x | # _____ = \$ _____ |
| 2. _____ Pool Party   | Sunday, July 14 | \$30x | # _____ = \$ _____ |

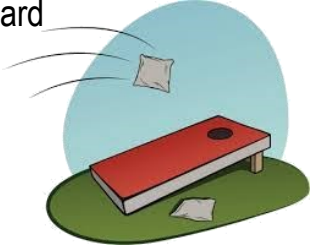



State Fair Monday, July 15 or 22 # \_\_\_\_\_ tickets requested

**August**

- |                                     |                    |       |                    |
|-------------------------------------|--------------------|-------|--------------------|
| 1. _____ Fractured Fairy Tales Show | Monday, August 12  | \$10x | # _____ = \$ _____ |
| 2. _____ Hot August Nights Dance    | Friday, August 16  | \$10x | # _____ = \$ _____ |
| 3. _____ River Cats Game            | Tuesday, August 13 | \$35x | # _____ = \$ _____ |
| 4. _____ Kayak Night                | Monday, August 19  | \$30x | # _____ = \$ _____ |

**TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_**

July may seem light on programming, however, we have a ton going on at TRS, such as walking club, our play program, softball league, and Chargers Sports. For the full picture of July, please see the master visual calendar. <https://docs.google.com/document/d/1V4n4LSIg9VwxUct405uUxyhC5vtxxOC5zSbf9IR3eA4/>



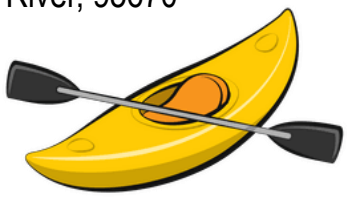
July In-person Programs:	Date:	Cost:	Where:	Time:
<p><b>Picnic in the Park—</b> Enjoy the warm summer evening with us in Ashton Park. There will be fun, friends, food, and yard games!</p> 	Friday, July 12	<p>\$20 Limit: 30 *Cost includes dinner</p>	<p>Ashton Park 4251 Ashton Dr. Sacramento, 95864</p> 	<p>Drop-off: 6:00pm Pick-up: 8:00pm</p>
<p><b>Pool Party—</b> What would summer be without a fun pool Party with all of your friends?! Enjoy some lunch by the pool followed by swimming and hanging out with your TRS friends.</p> 	Sunday, July 14	<p>\$30 Limit: 40 *Cost includes lunch</p>	<p>Cottage Pool 3097 Cottage Way Carmichael, 95608</p>	<p>Drop-off: 11:30am Pick-up: 1:30pm</p>
<p><b>CA State Fair—</b> TRS is unable to take a group this year, however we will be receiving tickets to distribute to our TRS community to go on-your-own without TRS, anytime during the day on the Fun For All Days.</p> 		Free	<p>Cal Expo &amp; State Fair 1600 Exposition Blvd. Sacramento, 95815</p>	<p>Anytime on July 15 or 22</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.
- 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)**

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



<b>August In-person Programs:</b>	<b>Date:</b>	<b>Cost:</b>	<b>Where:</b>	<b>Time:</b>
<b>Fractured Fairy Tales—</b> Join us as an audience member for the performance of <i>Fractured Fairy Tales</i> , put on by our very own TRS family. We will be working through all the details for the show in the next few weeks as we have rehearsals and will keep the audience informed on the show time!	<b>Monday, August 12</b>	<b>\$10</b> 	<b>Gibbons Community Center</b> 4701 Gibbons Drive Carmichael, 95608	<b>Times:</b> TBD as we rehearse
<b>Hot August Nights Dance—</b> Come cool down on this hot night and show us your fire dance moves! There will be summer hits, friends, and a whole lot of dancing you can enjoy. It will be a fun night!	<b>Friday, August 16</b>	<b>\$10</b> 	<b>La Sierra Community Center— John Smith Hall</b> 5325 Engle Rd. Carmichael, 95608	<b>Drop-off:</b> 6:30m <b>Pick-up:</b> 8:30pm
<b>River Cats Game—</b> Let's go see our local Sacramento team take the field! It is \$2 hot dog and ice cream night at Sutter Health Park—see you there!	<b>Tuesday, August 13</b>	<b>\$35</b> <b>Limit: 25</b> *Sutter Health Park is a cashless facility	<b>Sutter Health Park</b> 400 Ballpark Dr. West Sacramento, CA 95691	<b>Drop-off:</b> 6:15pm <b>Pick-up:</b> We will call at the 7th inning
<b>Kayak Night—</b> Enjoy your summer evening with a nice tandem kayak ride with TRS staff on Lake Natoma! If kayaking is not for you, you can relax at the beach area or play in the water.	<b>Monday, August 19</b>	<b>\$30</b> <b>Limit: 20</b> *ID will be required for kayak rental *Cost includes dinner	<b>Sac State Aquatic Center</b> 1901 Hazel Ave. Gold River, 95670 	<b>Drop-off:</b> 5:30pm <b>Pick-up:</b> 8:00pm

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