

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
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Pat Hume, District 5
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**FREE MATTER FOR
THE BLIND AND
PHYSICALLY DISABLED**

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



RETURN SERVICE REQUESTED



Programs designed for individuals with disabilities ages 14 & up.

Check out the programs that TRS is offering during March & April 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
 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. _____ Color Me Mine: | Wednesday, March 5 | \$15x # _____ = \$ _____ |
| 2. _____ Talent Show: | Friday, March 7 | \$20x # _____ = \$ _____ |
| 3. _____ Beginner Cooking: | Tuesday, March 11 | \$30x # _____ = \$ _____ |
| 4. _____ Pizza & Basketball Lovers: | Thursday, March 13 | \$20x # _____ = \$ _____ |
| 5. _____ Footloose: | Tuesday, March 25 | \$65x # _____ = \$ _____ |

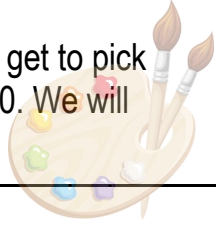



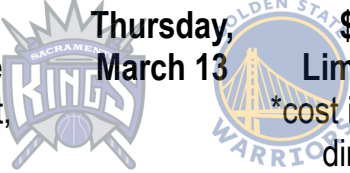

*Snowshoeing—Choose days of the week you tend to be available (check all that apply)

[] Mon [] Tues [] Wed [] Thurs [] Fri [] Sat [] Sun \$55x # _____ = \$ _____

April

- | | | |
|---------------------------------|--------------------|--------------------------|
| 1. _____ SF Transportation Day: | Saturday, April 5 | \$60x # _____ = \$ _____ |
| 2. _____ Moonlight Magic Prom: | Friday, April 11 | \$10x # _____ = \$ _____ |
| 3. _____ Bingo Night | Tuesday, April 15 | \$20x # _____ = \$ _____ |
| 4. _____ Spring Carnival: | Saturday, April 19 | \$25x # _____ = \$ _____ |
| 5. _____ Intermediate Cooking: | Tuesday, April 22 | \$30x # _____ = \$ _____ |





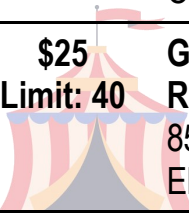



TOTAL AMOUNT ENCLOSED: \$ _____

March In-person Programs:	Date:	Cost:	Where:	Time:
<p>Color Me Mine Night— Join us to paint ceramics at Color Me Mine! Everyone will get to pick out their own pottery pieces to paint, ranging from \$20-\$40. We will socialize while we paint our pieces together.</p> 	<p>Wed. March 5</p>	<p>\$15 Limit: 40 *please bring cash for your pottery</p>	<p>Color Me Mine –Natomas 3581 Truxel Rd #3 Sacramento, 95834 (Near Regal Cinema)</p>	<p>Drop-off: 6:15pm Pick-up: 8:45pm</p>
<p>Talent 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! All talents need to be sent in for approval by Wed. March 5 for anyone that wants to perform (limited to one performance per person).</p>	<p>Friday, March 7</p> 	<p>\$20</p>	<p>La Sierra Community Center—John Smith Hall 5325 Engle Rd. 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>Tuesday, March 11</p>	<p>\$30 Limit: 25 *Food will be packaged to be sent home.</p>	<p>La Sierra Community Center—Big kitchen 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>Pizza & Basketball Lovers SLAM DUNK! Who's ready to watch the Sacramento Kings vs. the Golden State Warriors game while munching on some yummy, hot, and cheeeeesy pizza?! We may even have a basketball pool!</p> 	<p>Thursday, March 13</p>	<p>\$20 Limit: 50 *cost includes dinner</p>	<p>La Sierra Community Center—Cypress Room 5325 Engle Rd. Carmichael, 95608</p>	<p>Drop-off: 7:00pm Pick-up: About 9pm</p>
<p>Footloose— Join your TRS friends to see this adaptation of <i>Footloose</i> live on stage! Ren McCormack is in shock when he discovers the small Midwestern town he now calls home has made dancing and rock music illegal.</p> 	<p>Tuesday, March 25</p>	<p>\$65 Limit: 20</p>	<p>UC Davis Health Pavilion 1419 H Street Sacramento, 95814</p>	<p>Drop-off: 7:00pm Pick-up: 10:00pm</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.



April In-person Programs:	Date:	Cost:	Where:	Time:
SF Transportation Day — Sometimes the best part about “getting away” is the journey! So we are going to experience several different kinds of ways to travel on this fun-filled day in the City by the Bay! Join us to ride a ferry, a cable car and the historic F-line trolleys as we explore the city!	Saturday, April 5 	\$60 Limit: 15 <small>*bring at least \$30 for lunch and snacks</small>	La Sierra Community Center—Front Parking Lot 5325 Engle Rd. Carmichael, 95608 	Drop-off: 8:00am Pick-up: 7:30pm
Moonlight Magic Prom — Put on your snazzy, 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 11 	\$10	La Sierra Community Center—John Smith Hall 5325 Engle Rd. Carmichael, 95608	Drop-off: 6:30pm Pick-up: 8:30pm
Bingo Night — Come join us for a night of bingo! We will have a delicious pizza dinner followed by some fun different variations of Bingo!	Tuesday, April 15 	\$20 Limit: 50 <small>*cost includes dinner</small>	La Sierra Community Center—Cypress Room 5325 Engle Rd. Carmichael, 95608	Drop-off: 6:00pm Pick-up: 8:00pm
Spring Carnival — Let's celebrate Spring with a TRS Carnival! Test your luck at a variety of games, make a craft or two, and enjoy some fun snacks down at the ranch!	Saturday, April 19 	\$25 Limit: 40	Gibson Ranch Regional Park Ranch House 8556 Gibson Ranch Park Rd Elverta, 95626	Drop-off: 1:00pm Pick-up: 3:00pm
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.	Tuesday, April 22 	\$30 Limit: 25 <small>*Food will be packaged to be sent home.</small>	La Sierra Community Center—Big kitchen 5325 Engle Rd. Carmichael, 95608	Drop-off: 6:00pm Pick-up: 8:00pm
<p style="text-align: center;">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>				
Snowshoeing — TRS wants to do an other snowshoe trip with the hope of avoiding the chaos of weather planning. If you are interested please let us know and we will be reaching out with a plan.	Date weather dependent 	\$55 Limit: 15	La Sierra Community Center—Front Parking Lot 5325 Engle Rd. Carmichael, 95608 	Drop-off: 9:30am Pick-up: 3:30pm

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