

Program Guidelines

- If you, or anyone in your household, is not feeling well, please stay home! Credits will be issued if needed. Otherwise we are trusting all of us to keep each other healthy!
- 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 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”.



Board of Supervisors
 Phil Serna, District 1
 Patrick Kennedy, District 2
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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 May and June 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 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!
- Please note that while we welcome all interested participants, we reserve the right to limit or refuse registration for programs at our discretion. This policy helps ensure that our programs maintain their quality and meet the needs of all participants. If for any reason your registration is not accepted, we will provide further details or alternatives when applicable.



Send payment & completed registration form to:

TRS, 5325 Engle Rd. #810, Carm., 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 Programs

May

- | | | |
|------------------------|-------------------|------------------------|
| 1. ____ Sunset Safari: | May 19 | \$65x # ____ = \$ ____ |
| 2. ____ Sac Laser Tag: | Wednesday, May 21 | \$45x # ____ = \$ ____ |
| 3. ____ Lilo & Stitch: | Sunday, May 25 | \$20x # ____ = \$ ____ |
| 4. ____ River Cats: | Tuesday, May 27 | \$35x # ____ = \$ ____ |

June

- | | | |
|------------------------------|---------------------|-------------------------|
| 1. ____ Bunco: | Thursday, June 12 | \$20x # ____ = \$ ____ |
| 2. ____ Downtown Dinner Walk | Thursday, June 19 | \$10x # ____ = \$ ____ |
| 3. ____ Reno Rodeo: | Sun-Mon, June 22-23 | \$200x # ____ = \$ ____ |
| 4. ____ Rockin' Mini Golf: | Wednesday, June 25 | \$20x # ____ = \$ ____ |

TOTAL AMOUNT ENCLOSED: \$ _____

Please note that while we welcome all interested participants, we reserve the right to limit or refuse registration for programs at our discretion. This policy helps ensure that our programs maintain their quality and meet the needs of all participants. If for any reason your registration is not accepted, we will provide further details or alternatives when applicable.

May In-person Programs:

Date:

Cost:

Where:

Time:

Sunset Safari @ the Sac Zoo

As the sun begins to set and dusk settles in, many of the zoo animals become more active! Join us on a Sunset Safari to witness interesting animal behaviors while going on a guided tour throughout the zoo and special behind-the-scenes areas! We will meet early for a “happy half-hour” snack at the gate.

May 19

\$65

Limit:30

*cost includes snacks

Sacramento Zoo

3930 W. Land Park Dr.
Sacramento, 95822

Drop-off:

4:00pm

Pick-up:

7:30pm



Sac Laser Tag

Join TRS at a new laser tag location that includes a laser maze and gliding bumper cars! We will enjoy a delicious pizza dinner before getting into some friendly competition.

Wednesday,
May 21

\$45

Limit:25

*cost includes dinner

Sac Laser Tag

9823 Old Winery Pl.
Sacramento, 95827
(off of Bradshaw & Hwy 50)

Drop-off:

6:00pm

Pick-up:

8:30pm

Lilo & Stitch

Let's check out the new live-action *Lilo and Stitch!* The story of a young girl named Lilo and her adventures with her new “dog” Stitch! We can snack on movie treats during the movie, and then we will head to lunch afterwards. We will pre-order lunch options from the Flaming Grill— lunch price TBD during the week of the program.

Sunday,
May 25

\$20

Limit:25

*cash needed for lunch and snacks

Country Club Cinemas
(Inside Country Club Plaza)

2405 Butano Dr.
Sacramento, 95825

Times:

TBD



River Cats Game

Let's go see our local Sacramento team take the field against the El Paso Chihuahuas! It is \$2 hot dog and ice cream night at Sutter Health Park. We will enjoy the game together and call rides during the 7th inning to give a pick-up time.

Tuesday,
May 27

\$35

Limit: 25

*Sutter Health Park is a cash-less facility

Sutter Health Park

400 Ballpark Dr.
West Sacramento, CA 95691

Drop-off:

6:15pm

Pick-up:

TBD



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.

June 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.

*Please note: we no longer give prizes away during bunco. We play to have fun and socialize with friends!



Thursday,
June 12

\$20
*Cost includes
a pizza dinner

Gibbons Comm. Center
4701 Gibbons Dr.
Carmichael, 95608



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

Downtown Dinner and Walkabout

Join us for a lovely summer evening stroll in Sacramento! We will meet at Shake Shack to grab some dinner and walk to the park to enjoy a picnic. After dinner, we will walk back and grab some ice cream to end the night!



Thursday,
June 19

\$10
Limit:20
*Bring at least
\$25 for dinner
& dessert

Shake Shack -Ice Blocks
1710 R Street #190
Sacramento, 95811



Drop-off:
6:00pm
Pick-up:
8:30pm

Reno Rodeo—

Want to jump out of Sacramento and into the Wild West? TRS will be heading overnight to Reno to see the Rodeo! Cost includes the rodeo ticket, hotel with double occupancy for the night, and staff support. Participants will need to bring money for 2 meals and snacks.



Sun—Mon,
June
22—23

\$200
Limit:18

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



Drop-off:
1:00pm
Sun June 22
Pick-up:
12pm
Mon Jun 23

Rockin' Mini Golf—

Who's ready to PAR-TEE?! Join us for some delicious dinner at Rock & Brews followed by a friendly round of mini golf! **We will be pre-ordering dinner and ask that you bring cash to pay for it. We will reach with options and pricing to get your order as we get closer to the program.**



Wednesday,
June 25

\$20
Limit:40
*Bring cash for
dinner, cost will
vary, average
will be \$25

Rock & Brews
1600 Exposition Blvd
Sacramento, 95815



Drop-off:
6:00pm
Pick-up:
8:30pm

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