

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
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TRS 2022
October



**In-person
Programs**

Programs designed for individuals with disabilities ages 14 & up.

Check out the programs that TRS is offering during October. Please see inside for how we will be connecting with our TRS family!

County of Sacramento
Department of Regional Parks
Therapeutic Recreation Services
5325 Engle Rd. #810, Carm. 95608
916/484-2044
TRS@SacCounty.net
www.regionalparks.saccounty.net

**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, Thurs: 9am—1pm, and 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

1. _____ Artsy Artist Art Show:	Thursday, Sept. 29	\$5x	# _____	= \$ _____
2. _____ Santa Cruz:	Saturday, Oct. 8	\$75x	# _____	= \$ _____
3. _____ Cooking Class:	Tuesday, Oct. 18	\$30x	# _____	= \$ _____
4. _____ Monster Mash Bash:	Friday, Oct. 21	\$10x	# _____	= \$ _____
5. _____ Apple Hill:	Friday, Oct. 28	\$50x	# _____	= \$ _____
6. _____ BYOP:	Sunday, Oct. 30	\$20x	# _____	= \$ _____

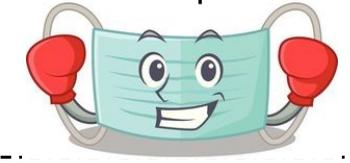
TOTAL AMOUNT ENCLOSED: \$ _____



October In-person Programs:	Date:	Cost:	Where:	Time:	
Artsy Artist Art Show— Come support the TRS Artsy Artists at the Art Show! Everyone worked so hard to create their masterpieces. Friends & family are all welcome to come!	Thursday, Sept. 29	Free *A light snack will be provided	La Sierra Community Center—outside the TRS office 5325 Engle Rd. Carmichael, CA 95608	Drop-in between 5:30pm - 7:00pm	
	Saturday, Oct. 8	\$75 *Bring extra money for shopping and dinner on the boardwalk	La Sierra Community Center—front parking lot 5325 Engle Rd. Carmichael, CA 95608	Drop-off: 9:00am Pick-up: 8:30pm	
Santa Cruz Beach Boardwalk— Let's celebrate Fall with a trip to our favorite beach/boardwalk! Enjoy the rides, eat good food & shop with your TRS friends! *Bring a sack lunch to eat on the way to the Boardwalk!		Tuesday, Oct. 18	\$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
Cooking Class— Come explore different types of cooking, foods, and seasonal favorites. While in class we will learn about kitchen safety, confidence with cooking, kitchen tools, food handling, measurements, and healthy alternatives.		Friday, Oct. 21	\$10	La Sierra Community Center—John Smith Hall 5325 Engle Rd. Carmichael, 95608	Drop-off: 6:30pm Pick-up: 8:30pm
Monster Mash Bash— 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, Oct. 28	\$ 50 Limit: 30 *Bring \$20 for food + extra for treats	La Sierra Community Center—front parking lot 5325 Engle Rd. Carmichael, CA 95608	Drop-off: 9:00am Pick-up: 4:00pm
Apple Hill— What would fall be without a trip up the hill for apple pies, apple doughnuts, apple fritters, and more?! We'll drive up in a bus together, and visit some fun farms.		Sunday, Oct. 30	\$20 Limit: 25	La Sierra Community Center—Grass area outside TRS office 5325 Engle Rd. Carmichael, 95608	Drop-off: 1:00pm Pick-up: 3:00pm
BYOP (Bring Your Own Pumpkin) Bring your own Pumpkin and join us for a fun afternoon of pumpkin carving and delicious snacks! Carving tool and candles will be provided.					

Mask Requirements

TRS will be following the current Sac. County & CDC guidelines and requirements regarding masks at the time of each program. Before each program, a confirmation will go out with details and requirements.



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) of your choice!**

More in-person program information on the front!

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