












Program:	Date:	Cost:	Where:	Time:
<b>Fish Derby</b> – Come out for a day of fishing with the California Fly Fisherman Unlimited. They will provide pole and instruction, as needed. Lunch will also be provided by the Sacramento Kiwanis.	<b>Saturday, Sept. 7</b> 	<b>FREE</b> *Includes instruction, poles and lunch	<b>Gibson Ranch Park</b> Picnic area 1A, near the pond 8556 Gibson Ranch Park Rd Elverta, CA 95626	9:00am 1:00pm
<b>Sports Shuffle</b> - It's game on! Dance the night away in your favorite sports attire for a touchdown of a good time!	<b>Friday, Sept. 20</b> 	<b>\$8</b> 	<b>La Sierra Community Center</b> 5325 Engle Rd. Carmichael, CA 95608	7:00pm 9:00pm
<b>Indiana Jones Challenge</b> - Experience the world of Indiana Jones come to life with your friends in this night of archeological adventure!	<b>Tuesday, Sept. 24</b> 	<b>\$20</b> <b>Limit 30</b> *Dinner will be provided	<b>La Sierra Community Center</b> Lawn near to TRS office 5325 Engle Rd. Carmichael, CA 95608	5:30pm 7:30pm
<b>Santa Cruz Beach Boardwalk</b> - Let's say "so long" to summer with a trip to our favorite beach/boardwalk! Enjoy the rides, eat good food & shop with your TRS friends!	<b>Saturday, Sept. 28</b> 	<b>\$60</b> <b>Limit 40</b> *Bring \$30 for meals + extra for goodies	<b>La Sierra Community Center</b> <b>Front Parking Lot</b> 5325 Engle Rd. Carmichael, CA 95608	Drop-off: 7:30am Pick-up: 8:00pm
<b>Monster Mini Golf</b> - Werewolves, mummies and ghosts, oh my! We will grab dinner first at the Old Spaghetti Factory next door.	<b>Wednesday, Oct. 2</b> 	<b>\$20</b> <b>Limit 25</b> *Bring \$25 for dinner	<b>Nimbus Winery (inside by the Old Spaghetti Factory)</b> 12401 Folsom Blvd. (near Hazel) Rancho Cordova, CA 95742	6:00pm 8:30pm
<b>Movie Night</b> - What's a better family for a Halloween movie than the Addmas Family??!! Come check out the latest animated version of this creepy and kooky family with some friends!	<b>Wednesday, Oct. 16</b> 	<b>\$15</b> <b>Limit 25</b> *Bring at least \$20 for dinner and snacks	<b>Location TBD</b> 	Drop-off: 6:00pm Pick-up: TBD
<b>Monster Mash Bash</b> - Put on your silliest, scariest, most unique costume and dance, dance, dance the night away!!!	<b>Friday, Oct. 25</b> 	<b>\$8</b> 	<b>La Sierra Community Center</b> 5325 Engle Rd. Carmichael, CA 95608	7:00pm 9:00pm
<b>B.Y.O.P (Bring Your own Pumpkin) Night</b> - We'll carve pumpkins, make "Boolicious" snacks and have some scary fun!	<b>Monday, Oct. 30</b> 	<b>\$15</b> <b>Limit 30</b>	<b>La Sierra Community Center</b> <b>Rm 810 (next to TRS office)</b> 5325 Engle Rd. Carmichael, CA 95608	6:30pm 8:30pm

### Sacramento Co. Chargers Information

- ◆ **Chargers Bowling practices will start Saturday, September 21, 2019**
- ◆ **VIP Soccer Tourney Sunday, September 22, 2019**
- ◆ **Chargers Floor Hockey practices will start Sunday, October 13, 2019**
- ◆ **Special Olympics Soccer Tournament Sunday, October 19, 2019**

**If you are interested in receiving practice schedules, please call or email TRS.**

### PLEASE NOTE:

#### To register for programs:

- By mail: Please send completed form, along check/money order/TRS credit made payable to: **Sacramento County** to: TRS, 5325 Engle Road #810, Carmichael, CA 95608
- By phone: call us at (916) 484-2044 to pay with a credit card.
- In person: Office is open W - F, 10:00am - 4:00pm. Please make sure you have the exact amount as we do not have change. (Our office is located next to room 810) Thank you!
- Per Sacramento County, there will be a \$53 fee for all returned checks.
- Please list full names of all people who will be attending programs; no initials please.
- For all TRS dances, there will be no at-the-door registration. The deadline to sign-up is the Thursday before the dance.

To register, please completely fill out this form & send in with your payment. Thank you!

Name(s) \_\_\_\_\_ Age \_\_\_\_\_ M/F # Attending \_\_\_\_\_  
 If you need more room to list full names, please attach a separate piece of paper.  
 Care Home/Facility (if applicable) \_\_\_\_\_ E-mail \_\_\_\_\_  
 Phone # \_\_\_\_\_ Cell # \_\_\_\_\_ Emergency# \_\_\_\_\_  
 Special Needs (wheelchair, meds., dietary, etc.) \_\_\_\_\_  
 Can we include your picture on social media?  Yes  No  
 1. \_\_\_\_\_ Fish Derby, Sat, Sept 7 \$Free # \_\_\_\_\_ = \$ \_\_\_\_\_  
 2. \_\_\_\_\_ Sports Shuffle, Fri., Sept. 20 \$8x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 3. \_\_\_\_\_ Indiana Jones Challenge, Tues, Sept 24 \$20x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 4. \_\_\_\_\_ Santa Cruz Beach Boardwalk, Sat., Sept. 28 \$60x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 5. \_\_\_\_\_ Monster Mini Golf, Wed., Oct. 2 \$20x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 6. \_\_\_\_\_ Movie Night, Wed., Oct 16 \$15x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 7. \_\_\_\_\_ Monster Mash Bash, Fri., Oct. 25 \$8x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 8. \_\_\_\_\_ B.Y.O.P (Pumpkin Carving), Mon., Oct. 30 \$15x # \_\_\_\_\_ = \$ \_\_\_\_\_

If you are interested in a Pathways scholarship check here . Write "SCH" next to program. We will send you an application.

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

- PROGRAM NOTES:**
- Please do not arrive early for programs. TRS staff are working to get programs ready and are unable to provide supervision for anyone dropped off earlier than the scheduled start time.
  - For programs requiring transportation, please arrive on time for departure. We CANNOT wait more than 10 minutes as we have prompt schedules. Thank you!
  - If you cannot attend a program, please call **916.484.2044** at least two days prior to the scheduled event. No-shows cannot 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!**

**Board of Supervisors**  
 Phil Serna, District 1  
 Patrick Kennedy, District 2  
 Susan Peters, District 3  
 Sue Frost, District 4  
 Don Nottoli, District 5  
 Nav Gill, County Executive



**Therapeutic Recreation Services**  
 5325 Engle Rd. #810  
 Carmichael, CA 95608

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

**RETURN SERVICE REQUESTED**



Programs designed for individuals with disabilities ages 14 & up.

**Check out the programs that TRS has to offer for Sept/Oct. Please use the registration form to sign up for the programs of your choice!**

County of Sac, Dept of Reg. Parks  
 Therapeutic Recreation Services  
 5325 Engle Rd. #810, Carm, CA 95608  
 916.484.2044 FAX: 916.484.2041  
 TTY thru CRS 800.735.2929  
[www.regionalparks.saccounty.net](http://www.regionalparks.saccounty.net)  
[TRS@saccounty.net](mailto:TRS@saccounty.net)