



County of Sacramento, Department of Regional Parks
Therapeutic Recreation Services
 5325 Engle Rd. #810, Carmichael, CA 95608
 Phone: 916.484.2044 FAX: 916.484.2041
 e-mail: TRS@saccounty.net www.regionalparks.saccounty.net



Learning Leisure

Are you stuck in an entertainment funk? Is your current hobby of choice staring at the walls? Do you just want to get out more? This opportunity may be for you! Express your interest in this chance to learn, explore, and have fun. As a small group we will discuss the importance of leisure and how to incorporate more fun into our lives. Individual opportunities will develop as we move from knowledge to experience.

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

What happens now?

Group and individual meetings will be scheduled throughout July and August based on availability of selected participants! You will be notified upon acceptance by early July.

Why is Leisure important?

- Reduces stress
- Boosts confidence
- Promotes independence
- FUN!!!!



To express interest please send completed form to: TRS, 5325 Engle Road #810, Carm CA 95608

Or Fax to: 916.484.2041 Or email to: TRS@saccounty.net

You will be notified upon acceptance into this program.

Please remember that sending in an application does not guarantee acceptance.

All participants interested in signing up for this class must have a Participant Enrollment Form on file. Please call 916/484-2044 or visit www.regionalparks.saccounty.net to get a form.

Learning Leisure

Name(s) _____ Age _____ M / F
 Care Home/Facility (if applicable) _____ E-mail _____
 Address _____ City _____ Zip _____
 Phone# _____ Emergency# _____
 Special Needs (Wheelchair, Visual Impairment, meds., etc) _____
 What is something you have always wanted to do but never have?: _____
 Please mark your availability (days & time):
 Mon Tues Wed Thurs Fri Sat Sun Any | Morning Afternoon Evening Any



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

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

RETURN SERVICE REQUESTED

