

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.

**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 & June 2024. 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.saccounty.gov



Board of Supervisors

- Phil Serna, District 1
- Patrick Kennedy, District 2
- Rich Desmond, District 3
- Sue Frost, District 4
- Pat Hume, District 5
- David Villanueva, County Executive

**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, and 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

May

- | | | |
|---------------------|-------------------|-------------------------|
| 1. ____ Safari West | Friday, May 10 | \$150x # ____ = \$ ____ |
| 2. ____ Talent Show | Wednesday, May 15 | \$20x # ____ = \$ ____ |
| 3. ____ Bunco | Thursday, May 30 | \$20x # ____ = \$ ____ |






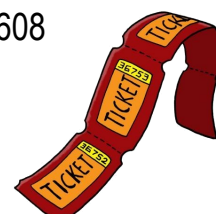


*Cooking Class—Choose one (more info on program description)

- [] Tuesday, May 7 **OR** [] Tuesday, June 4 \$30x # ____ = \$ ____

June

- | | | |
|--------------------------------|--------------------|------------------------|
| 1. ____ Disneyland Day | Friday, June 14 | \$30x # ____ = \$ ____ |
| 2. ____ Saturday at the Movies | Saturday, June 15 | \$15x # ____ = \$ ____ |
| 3. ____ The Spongebob Musical | Wednesday, June 26 | \$65x # ____ = \$ ____ |

TOTAL AMOUNT ENCLOSED: \$ _____


May In-person Programs:	Date:	Cost:	Where:	Time:
<p>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.</p>  <p>Cooking Class will be the same class for both months. Please choose between May <u>OR</u> June's cooking class, not both. This is to accommodate more participants and create a better learning environment!</p>	<p>Tuesday, May 7</p>	<p>\$30 Limit: 25 *Food will be packaged to be sent home.</p>	<p>La Sierra Community Center—Big kitchen up front 5325 Engle Rd. Carmichael, 95608</p> 	<p>Drop-off: 6:00pm Pick-up: 8:00pm</p>
<p>Safari West— Join us on a day trip to the “Sonoma Serengeti” where we will ride in a safari jeep to view the wild animals that live at Safari West. We are excited to share this unique experience in Santa Rosa.</p> 	<p>Friday, May 10</p>	<p>\$150 Limit: *BBQ lunch will be provided by Safari West</p>	<p>La Sierra Community Center—Front Parking Lot 5325 Engle Rd. Carmichael, 95608</p> 	<p>Drop-off: 8:00am Pick-up: TBD</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!</p> <p>All talents need to be sent in for approval by Mon. May 13 for anyone that wants to perform (limited to one performance per person).</p> 	<p>Wednesday, May 15</p>	<p>\$20 Limit: *Cost includes dinner</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>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.</p> 	<p>Thursday, May 30</p>	<p>\$20 *Cost includes a pizza dinner</p>	<p>Gibbons Park 4701 Gibbons Dr. Carmichael, 95608</p> 	<p>Drop-off: 6:00pm Pick-up: 8:00pm</p>





You must register for programs at least 2 days in advance. There is no day-of registration for ANY in-person programs.

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 cover page!



June In-person Programs:	Date:	Cost:	Where:	Time:
<p>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.</p>  <p>Cooking Class will be the same class for both months. Please choose between May <u>OR</u> June's cooking class, not both. This is to accommodate more participants and create a better learning environment!</p>	Tuesday, June 4	\$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
<p>Disneyland Day— Follow along our map of our favorite theme park to play games, create crafts, and eat sweet treats all inspired by the lands of the "Happiest Place on Earth"!. </p>	Friday, June 14	\$30 *Cost includes Disney-inspired treats	Carmichael Clubhouse 5750 Grant Ave. Carmichael, 95608	Drop-off: 6:00pm Pick-up: 8:30pm
<p>Saturday at the Movies— Let's check out <i>Inside Out 2</i>, the story of old friends adapting to new emotions moving into Riley's mind! We can snack on movie treats during the movie, and then we will head to lunch afterwards. </p>	Saturday, June 15	\$15 Limit: 25 *Bring \$20 for lunch and more if you want movie snacks	Country Club Cinemas (Inside Country Club Plaza) 2405 Butano Dr. Sacramento, 95825	Times: TBD once movie times are released
<p>The Spongebob Musical: Live on Stage!— When the citizens of Bikini Bottom discover that a volcano will soon erupt and destroy their humble home, Spongebob and his friends must come together to save the fate of their undersea world! Join us as we plunge into this exciting show together! </p>	Wednesday, June 26	\$65 Limit: 20	UC Davis Health Pavillion 1419 H Street Sacramento, 95814 (formerly known as Music Circus)	Drop-off: 7:00pm Pick-up: TBD

You must register for programs at least 2 days in advance. There is no day-of registration for ANY in-person programs.

- 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 cover page!**

