

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

Phil Serna, District 1

Patrick Kennedy, District 2

Rich Desmond, District 3

Sue Frost, District 4

Pat Hume, District 5

Ann Edwards/David Villanueva, County Executive



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

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



RETURN SERVICE REQUESTED



TRS January and February 2024 in-person programs

Programs designed for individuals with disabilities ages 14 & up.

Check out the programs that TRS is offering during Jan & Feb 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.sacounty.gov

**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









January

- | | | |
|------------------------------------|------------------|--------------------------|
| 1. _____ Bunco | Thursday, Jan 11 | \$20x # _____ = \$ _____ |
| 2. _____ Casino Night | Friday, Jan 19 | \$25x # _____ = \$ _____ |
| 3. _____ Pizza & Basketball Lovers | Thursday, Jan 25 | \$20x # _____ = \$ _____ |
| 4. _____ Cooking Class | Tuesday, Jan 30 | \$30x # _____ = \$ _____ |

February

- | | | |
|------------------------------------|------------------|--------------------------|
| 1. _____ Cupid Shuffle | Friday, Feb 9 | \$10x # _____ = \$ _____ |
| 2. _____ Some Enchanted Evening | Tuesday, Feb 13 | \$30x # _____ = \$ _____ |
| 3. _____ San Jose Barracuda's Game | Saturday, Feb 24 | \$70x # _____ = \$ _____ |
| 4. _____ Cooking Class | Tuesday, Feb 27 | \$30x # _____ = \$ _____ |

TOTAL AMOUNT ENCLOSED: \$ _____


January In-person Programs:	Date:	Cost:	Where:	Time:
<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, Jan 11</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>
<p>Casino Night— Winner, Winner, Chicken Dinner! Who's ready to press their luck?! Join us for a fun night with many exciting games, tasty snacks, and take home some winning prizes!</p>	<p>Friday, Jan 19</p> 	<p>\$25</p>	<p>La Sierra Community Center—John Smith Hall 5325 Engle Rd. Carmichael, 95608</p> 	<p>Drop-off: 6:30pm Pick-up: 8:30pm</p>
<p>Pizza & Basketball Lovers SLAM DUNK! Who's ready to watch the Sacramento Kings vs. Golden State Warriors game while munching on some yummy, hot, and cheeeeesy pizza?!</p>	<p>Thursday, Jan 25</p> 	<p>\$20 Limit: 20 *Includes dinner</p>	<p>Round Table Pizza 4005 Manzanita Ave. Carmichael, CA 95608 (Next to Bel Air)</p> 	<p>Drop-off: 7:00pm Pick-up: 9:30pm</p>
<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>Tuesday, Jan 30</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>


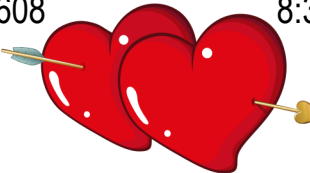




You must register for programs 2 days in advanced. There is no day-of registration for ANY in-person programs.

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!



February In-person Programs:	Date:	Cost:	Where:	Time:
<p>Cupid Shuffle— Keep calm and get your Cupid Shuffle on! Come dance the night away with that special someone, or just enjoy a fun-filled night with good friends & great music!</p>	<p>Friday, Feb 9</p> 	<p>\$10</p>	<p>La Sierra Community Center—John Smith Hall 5325 Engle Rd. Carmichael, 95608</p> 	<p>Drop-off: 6:30pm Pick-up: 8:30pm</p>
<p>Some Enchanted Evening— Enjoy a delicious dinner at <i>Lovin' Spoonful Café</i> (Mission Oaks Community Center). Dine on a delicious spaghetti dinner & watch a romantic comedy movie!</p>	<p>Tuesday, Feb 13</p> 	<p>\$30 Limit: 30</p>	<p>Gibbons Park 4701 Gibbons Dr. Carmichael, 95608</p>	<p>Drop-off: 5:30pm Pick-up: 8:00pm</p>
<p>San Jose Barracuda's Game— Let's head back to San Jose to watch the Barracuda vs. Abbotsford Canucks game. Hopefully the Barracuda's can light the lamp (score a goal) and win! Our group will get to be in tunnel at the beginning of the game to high-five the players as they take the ice!!</p>	<p>Saturday, Feb 24</p> 	<p>\$70 Limit: 25 *Cost includes bus transportation, lower-level center rink seats, and staff supervision.</p>	<p>La Sierra Community Center—front parking lot 5325 Engle Rd. Carmichael, 95608</p>	<p>Drop-off: 10:30am Pick-up: TBD</p>
<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>Tuesday, Feb 27</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>

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