

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, County Executive

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

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



RETURN SERVICE REQUESTED



TRS 2023 November and December In-person programs

Programs designed for individuals with disabilities ages 14 & up.

Check out the programs that TRS is offering during November & December 2023. 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









November

- | | | | | |
|--------------------------|-------------------|-------|---------|------------|
| 1. _____ Bunco: | Thursday, Nov 2 | \$20x | # _____ | = \$ _____ |
| 2. _____ Apple Hill: | Friday, Nov 10 | \$50x | # _____ | = \$ _____ |
| 3. _____ Cooking Class: | Tuesday, Nov 14 | \$30x | # _____ | = \$ _____ |
| 4. _____ Friendsgiving: | Friday, Nov 17 | \$30x | # _____ | = \$ _____ |
| 5. _____ Gift-a-palooza: | Wednesday, Nov 29 | \$10x | # _____ | = \$ _____ |

December

- | | | | | |
|----------------------------------------------------------------------|-------------------|-------|---------|------------|
| 1. _____ Holiday Shopping: | Friday, Dec 1 | \$30x | # _____ | = \$ _____ |
| 2. _____ Holiday Bike Tour: | Thursday, Dec 14 | \$55x | # _____ | = \$ _____ |
| 3. _____ Jingle Bell Rock Dance: | Friday, Dec 15 | \$10x | # _____ | = \$ _____ |
| 4. _____ Movie & Lunch: | Saturday, Dec 16 | \$15x | # _____ | = \$ _____ |
| 5. _____ Twinkle Tour: | Wednesday, Dec 20 | \$35x | # _____ | = \$ _____ |
| Choose one: Group A [] 5pm—7pm or Group B [] 7pm—9pm | | | | |
| 6. _____ Grinch: | Wednesday, Dec 27 | \$55x | # _____ | = \$ _____ |

TOTAL AMOUNT ENCLOSED: \$ _____


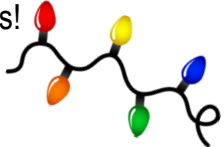



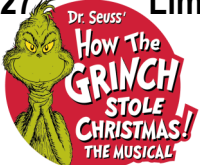
November In-person Programs:	Date:	Cost:	Where:	Time:
Bunco Night— Who's ready to play our favorite dice game?! Come roll the dice and try to make it to the head table! We will play as many rounds as we can, and enjoy delicious pizza for dinner.	Thursday, November 2 	\$20 *Cost includes pizza dinner	Gibbons Park 4701 Gibbons Dr. Carmichael, 95608 	Drop-off: 6:00pm Pick-up: 8:00pm
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 together and visit some fun farms.	Friday, November 10 	\$50 Limit: 30 *Bring \$20 for food + extra for treats/ shopping	La Sierra Community Center Front Parking Lot 5325 Engle Rd. Carmichael, 95608	Drop-off: 9:00am Pick-up: 4:00pm
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.	Tuesday, November 14 	\$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
Friendsgiving— Gather 'round the table to give thanks with your friends! We'll provide gobble-good turkey, mashed potatoes, stuffing, and delicious pie!	Friday, November 17 	\$30 Limit: 30	La Sierra Community Center John Smith Hall 5325 Engle Rd. Carmichael, 95608 	Drop-off: 6:00pm Pick-up: 8:30pm
Gift-a-palooza— Let's do a fun gift exchange to kick-off this holiday season! In order to play, each person needs to bring a wrapped gift to exchange during the game. To make sure everyone receives something fun and a little personal, we are requesting the gift to be a \$10 gift card attached to your favorite snack. Get creative!	Wednesday, November 29 	\$10 Limit: 35 *Holiday treats will be included.	La Sierra Community Center Cypress Rm (810) Near TRS Office 5325 Engle Rd. Carmichael, 95608	Drop-off: 6:30pm Pick-up: 8:30pm

- 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!




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

December In-person Programs:	Date:	Cost:	Where:	Time:
Holiday Shopping— Looking for the perfect gift? We'll have lunch on the town, help you shop, and then return to La Sierra to wrap up the presents so they are ready for the tree! This is about the gift of giving to those you love!	 Friday, December 1	\$30 Limit: 20 *Bring at least \$20 for lunch, and money for the gifts	La Sierra Community Center Cypress Rm (810) 5325 Engle Rd. Carmichael, 95608	Drop-off: 11:00am Pick-up: 5:00pm
Holiday Lights Bike Tour— Come pedal as a group on a decorated Brew Bike as we ride through the beautifully lit streets in the Fab 40's! This is a 90-minute pedal tour while singing Carols and sipping hot cocoa! We'll have dinner at Round Table before heading over to our bike tour.	 Thursday, December 14	\$55 Limit: 12 *Each person will need to be able to pedal most of the 90 minutes.	Drop-off: Round Table Pizza 5101 Folsom Blvd. Sacramento, 95819 Pick-up: 48th and Folsom St. Sacramento, 95819	Drop-off: 6:00pm Pick-up: 9:00pm
Jingle Bell Rock Dance— Come celebrate the holidays with a night of festive music, dancing, special goodies and hanging out with friends! It's going to be a merry 'ole time!	 Friday, December 15	\$10	La Sierra Community Center John Smith Hall 5325 Engle Rd. Carmichael, 95608	Drop-off: 6:30pm Pick-up: 8:30pm
Movie & Lunch— Let's check out <i>Wonka</i> , the new movie of young Willy Wonka and how he began his chocolate dreams! We can snack on movie treats during the movie, and then we will head to lunch afterwards.	 Saturday, December 16	\$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
Twinkle Tour— Hop aboard and tour the city listening to our favorite carols, and looking at the best holiday light displays in town! There are two different time slots to choose from. We will also gather for cocoa and cookies!	 Wednesday, December 20	\$35	La Sierra Community Center Cypress Rm (810) 5325 Engle Rd. Carmichael, 95608	Group A: 5pm-7pm Group B: 7pm-9pm
How The Grinch Stole Christmas— The Grinch is now a musical!! Come see how the Grinch stole Christmas in the town of Whoville live and on stage! Max the Dog narrates this Broadway sensation with hit songs and amazing costumes!	 Wednesday, December 27	\$55 Limit: 22	SAFE Credit Union Performing Arts Center 1301 L St. Sacramento, 95814	Drop-off: 7:00pm Pick-up: TBD

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