

April- June 2019

Therapeutic Recreation Programming for Adults with Disabilities

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and therefore requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e)]. These funds were granted to provide services rendered to Low/Moderate Income Special Needs/Disabled Adults (HUD Eligibility Matrix Code 05B - Handicapped Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of being an adult with a severe disability by a medical doctor. A severe disability are described by the following: Use a wheel chair or another special aid for 6 months or longer; Are unable to perform one or more functional activities (seeing , hearing, having one's speech understood, lifting and carrying, walking up a flight of stairs and walking); Need assistance with activities of daily living (getting around inside the home, getting in or out of bed or a chair, bathing, dressing, eating and toileting) or instrumental activities of daily living (going outside the home, keeping track of money or bills, preparing meals, doing light housework and using the telephone); Are prevented from working at a job or doing housework; Have a selected condition including autism, cerebral palsy, developmental disorders; mental retardation; or are under 65 years of age and covered by Medicare or receive Supplemental Security Income (SSI). We are not able to provide assistance with toileting, medications or transfers.

CLASSES are free, but require grant documents and doctor's letter *** No classes MEMORIAL DAY. May 27, 2019

Let's Stretch

Location: Otay Recreation Center
3554 Main Street
Mondays, 10:30-11:30am
April 8 - June 17 (No Class Memorial Day)



Ages: 18+ Cost: Free

Do you need to relax and take some time to yourself? Come relax your body, mind and soul with our stretching class! Learn stretches, poses, and breathing exercises to help increase body strength. Stretching is good for everyone.

Instructor: Rec Staff

Shape Up Fitness

Location: Norman Park Senior Center
270 F Street
Mondays, 3:30-5:00pm
April 8 - June 17 (No Class Memorial Day)



Ages: 18+ Cost: Free

Come work out and get in shape on Mondays! This class will consist of warm ups, walks, light work out with bands, free weights, treadmills, and recumbent bikes. This is a great chance to meet new friends while getting in shape.

Instructor: Rec Staff

Badminton

Location: Heritage Community Center
1381 E. Palomar Street
Tuesdays, 4:00 -5:00pm
April 2 - June 4



Ages: 18+ Cost: Free

Come learn the fundamentals of badminton. Improve hand eye coordination, gross motor skills and the basics of the game of badminton.

Instructor: Rec Staff

Cardio Pop Fun & Fitness

Location: Parkway Community Center
373 Park Way
Wednesdays, 4:00-5:00pm
April 3 - June 5



Ages: 18+ Cost: Free

Cardio Pop is the hottest new dance fitness craze that feels like a party and workout all at the same time. This class will combine easy to follow dance moves for a total body exercise! Come and follow along, no dance experience required, all levels welcome.

Instructor: Rec Staff

Belly Dancin'

Location: Parkway Community Center
373 Park Way
Wednesdays, 5:00 – 6:00pm
April 3 - June 5



Ages: 18+ Cost: Free
Get Ready to move your hips, twist, and shimmy your way to a fitter you! We will combine dance cardio and belly dance moves to get an ultimate workout. Follow along no dance experience required all levels welcome!
Instructor: Rec Staff

Shopping Smarties

Location: Heritage Community Center
1381 E. Palomar Street
Thursdays, 10:00 – 11:00am
April 4 - June 6



Ages: 18+ Cost: Free
Come learn the value of money handling with coins, bills credit cards and checks! We will practice real life shopping scenarios. At the end of session the class will be going to a local store to put our learning into action.
Instructor: Rec Staff

Musical Theater

Location: Heritage Community Center
1381 E. Palomar Street
Saturdays, 9:30 - 10:30am
April 6- June 8



Ages: 18+ Cost: Free
Casting all men and women! Students will explore FUN acting exercises, improv games, dance for musical theater and an introduction to singing. Students will learn songs, acting lines, and dance choreography from a popular musical. Great for building confidence!
Instructor: Rec Staff



Meet Us For A Nature Walk

Location: Rice Canyon Trail Chula Vista
S. Rancho Del Rey Parkway, Chula Vista, 91910
When: Saturday, April 20, 2019, 9:30 - 11:30am

We will hike this beautiful trail and enjoy a nature walk. Participants will enjoy the beautiful trail, exercise and take in the peaceful surroundings! Staff will meet you at the entrance of Rice Canyon Trail.

Spring Fling Dance

Location: Heritage Community Center
1381 E. Palomar Street
When: Friday, May 10, 2019, 6:00 - 8:00pm

Participants will have a fun night dancing and hangin' out with new friends, playing games, arts & crafts and refreshments will be served. Make sure to register so we have enough to participate in this evening of fun!



REMINDER:

In order to participate you must submit qualifying documents: Signed Doctor's Note and Intake Form.

Contact: Carmel Wilson, CTRS, Recreation Supervisor III, cwilson@chulavistaca.gov (619) 409-5439

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