



October-December 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 an Intake form and verify eligibility by providing proof of being an adult with a severe disability by a Medical Doctor or Licensed Counselor with license #. 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, intellectual disability; 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.**

***No Classes Veteran's Day, November 11, 2019 or Thanksgiving Week, November 25-30, 2019 ***

Fitness Fanatics Gym Class

Location: Norman Park Senior Center
270 F Street
Mondays, 4:00 – 5:30pm
September 30 - December 16, 2019
(No Class Monday, November 11)



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

Musical Theater

Location: Heritage Community Center
1381 E. Palomar Street
Tuesdays, 3:30 - 4:30pm
October 1 - December 10, 2019



Ages: 18+ Cost: Free

Casting all men and women! Students will explore FUN acting exercises, improv games, theatrical dance and an introduction to singing. Students will learn songs, acting lines, and dance choreography from a popular musical. Great for building self confidence and independence!

Instructor: Rec Staff

Stretch Fusion

Location: Heritage Community Center
1381 E. Palomar Street
Tuesdays, 5:00 – 6:30pm
October 1 - December 10, 2019



Ages: 18+ Cost: Free

This is a hybrid class focused on Buti Fusion dance/yoga. You will learn a gentle rhythmic dance with tribal sounds, hymns and music followed by relaxing total body stretching. Healing for mind, body and soul!

Instructor: Rec Staff

Cardio Pop Fun & Fitness

Location: Parkway Community Center
373 Park Way
Wednesdays, 5:00-6:00pm
October 2– December 11, 2019



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

Wake Up & Tone Up

Location: Heritage Community Center
1381 E. Palomar Street
Thursdays, 10:30-11:30am
October 3– December 12, 2019



Ages: 18+ **Cost:** Free

Wake Up and Tone Up and get healthy? Join us for some fitness fun! We start with stretching, followed by a variety of exercises using resistance bands, balance balls and other materials. We complete our workout with a 20-25 minute walk around Heritage Park!

Instructor: Rec Staff

Halloween Party

Location: Heritage Community Center
1381 E. Palomar Street
Friday, October 11, 2019,
6:00pm - 8:00pm

When:
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! Make sure to wear your costumes!



Culinary Creations

Location: Heritage Community Center
373 Park Way
Friday, November 15, 2019,
10:00am - Noon

When:
Come out and join us for a fun new cooking class. Participants will have an opportunity to cook a tasty meal that is easy to make at home. Make sure to register so we have enough to participate in this morning of fun!

Winter Wonderland

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

Good friends & good cheer, it's that time of year!
Lets Jingle and mingle at our winter wonderland!
Participate in a gingerbread house competition while sipping on some hot cocoa!



REMINDER:

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

Contact: Carmel Wilson, CTRS, Recreation Supervisor III, cwilson@chulavistaca.gov (619) 409-5439
Office: Heritage Park & Community Center, 1381 E. Palomar Street, Chula Vista, CA 91913

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