



January-March 2020

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 MLK Day - January 20, 2020 ***

Fitness Fanatics Gym Class

Location: Norman Park Senior Center
270 F Street
Mondays, 4:00 – 5:30pm
January 6 - March 16
(No Class 1/20)



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
January 7 - March 10



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
January 7– March 10



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
January 8– March 11



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 welcomed!
Instructor: Rec Staff

Wake Up & Tone Up

Location: Heritage Community Center
1381 E. Palomar Street
Thursdays, 10:30-11:30am
January 9– March 12



Ages: 18+ Cost: Free

Wake Up, Tone Up & 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

Welcome to the New Year!

Location: Heritage Community Center
1381 E. Palomar Street
Friday, January 24, 2020
6:00pm - 8:00pm

When: Come join us for a “New Year’s” dance. It will be a fun evening of dancing to your favorite music to kick off 2020! Refreshments will be served.



Valentine’s Red Heart Social

Location: Heritage Community Center
1381 E. Palomar Street
Friday, February 21, 2020
6:00pm - 8:00pm

When: Participants will have a fun night dancing and hangin’ out with new friends, playing games, and arts & crafts. Refreshments will be served. Make sure to register so we have enough to participate in this evening of fun! Come dressed in Red.

St. Patrick’s Day Party

Location: Heritage Community Center
1381 E. Palomar Street
When: Friday, March 13, 2020
6:00pm - 8:00 pm

Join us for a night of dancing, fun and games. Participants will enjoy a bit of Blarney and fun Shenanigans! Refreshments will be served! Make sure you’re wearing Green!



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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