



THERAPUTICS

Recreation Programming
for Adults with Disabilities

SUMMER 2022



Join our free classes PG.2

Special Events PG.4

Registration begins May 31, 2022

Classes begin July 25, 2022



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.

The Therapeutics program is working on our grant goals for Therapeutic Recreation with our participants which include functional activities by the participant focusing on independence, socialization, fine and gross motor skills, communication, and activities of daily living. We ask parents and caregivers to wait outside of activity rooms while the participant works on these skills with staff.

If a participant needs an aide to communicate on the participants behalf they will be allowed in and if and when a participant needs assistance with mobility, transitioning, toileting or eating, staff will seek the assistance of the parent/caregiver at that time.

SUMMER CLASSES



SKILLS AND DRILLS

Tuesdays, 3:00pm – 3:50pm
July 26 - September 13, 2022

This program is for players to develop their skills and to gain a true love for the game. During this class we will practice skills and drills for basketball, soccer, kickball, and flag football. Ball handling techniques, passing, dribbling, shooting and team play are covered with an emphasis on sportsmanship.

Location: Heritage Community Center
1381 E. Palomar Street

MAD SCIENCE

Tuesdays, 4:00pm – 4:50pm
July 26 - September 13, 2022

Mad Science is a class that provides materials, instruction and support for those students who are seeking a creative outlet. Each week you will learn a new and fun interactive science or STEM experiment. All science projects and experiments will be creative using different materials.



Location: Heritage Community Center
1381 E. Palomar Street



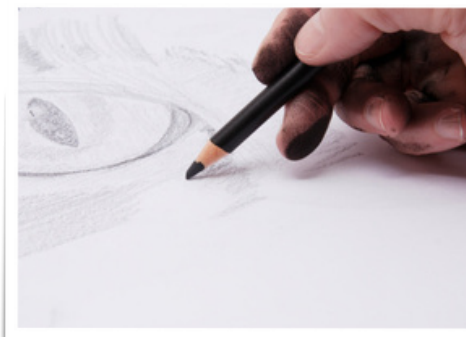
CARDIO CIRCUIT TRAINING

Wednesdays, 3:00pm – 3:50pm
July 27 - September 14, 2022

Join us for some fitness fun. This class will consist of a variety of exercises that you will perform at different stations. Full body, burn calories, and work on different muscle groups all while having fun. Each class will start with a 10 min warm up and end with a 10 min cool down.

Location: Norman Park Senior Center
270 F St.

SUMMER CLASSES



DRAWING 101

Wednesdays, 4:00pm – 4:50pm
July 27 - September 14, 2022

This is a fun-filled beginner drawing class easy-to-follow. Each week we will learn a new drawing skill to build-on and explore. Students will learn new forms of artistic expression and gain confidence in their unique drawing ability, while developing valuable drawing skills and manual dexterity and fine motor skills.

Location: Norman Park Senior Center
270 F St.

TR FRIENDS MEET UP MOVIE NIGHTS

Thursdays, 5:00pm – 7:00pm
July 28 - September 15, 2022

Come hang out with all your friends at Heritage Community Center. Each week we will be playing a family friendly movie and be serving popcorn. Stick around after the movie to enjoy a fun night playing board games and game room activities.



Location: Heritage Community Center
1381 E. Palomar Street





THERAPEUTICS


RECREATION PROGRAMMING FOR ADULTS WITH DISABILITIES

Aloha Luau Party

FRIDAY, AUGUST 12TH, 2022

5:00PM-7:00PM

HERITAGE COMMUNITY CENTER



Join us for a Luau Party! Participants will have a fun night dancing and hangin' out with new friends, playing games, arts & crafts and refreshments will be served. Come dressed in your favorite Luau attire.

Make sure to pre-register for this event, space is limited.

REMINDER: IN ORDER TO PARTICIPATE YOU MUST SUBMIT QUALIFYING DOCUMENT: INTAKE FORM



CONTACT:

CARMEL WILSON, CTRS
RECREATION SUPERVISOR III
CWILSON@CHULAVISTACA.GOV
(619) 409-5439

DAVID RAMIREZ
RECREATION SUPERVISOR I
DRAMIREZ@CHULAVISTACA.GOV
(619)409-5439

HERITAGE PARK & COMMUNITY CENTER
1381 E. PALOMAR STREET, CHULA VISTA, CA 91913
(619) 409-5439

OFFICE HOURS:

MONDAY-THURSDAY: 9AM-12PM / 2PM-8PM
FIRDAY: 9AM-12PM / 1PM-6PM
SATURDAY: 9AM-1PM
SUNDAY: CLOSED

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