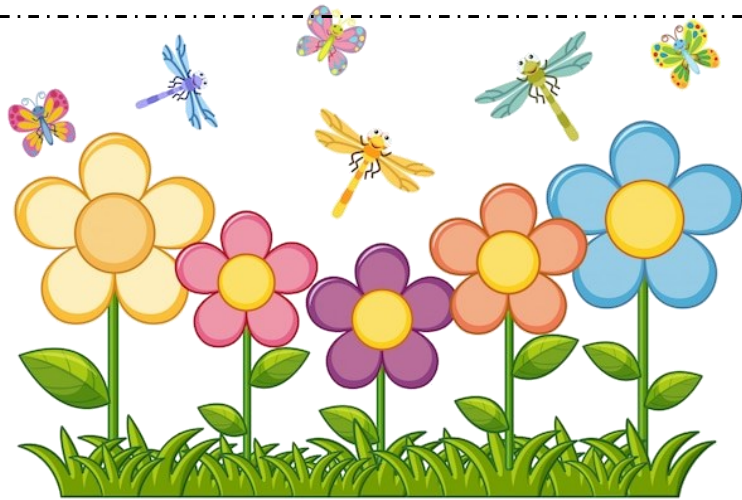


Program Guidelines

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
- David Villanueva, County Executive



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

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



RETURN SERVICE REQUESTED



and



2024
in-person
programs

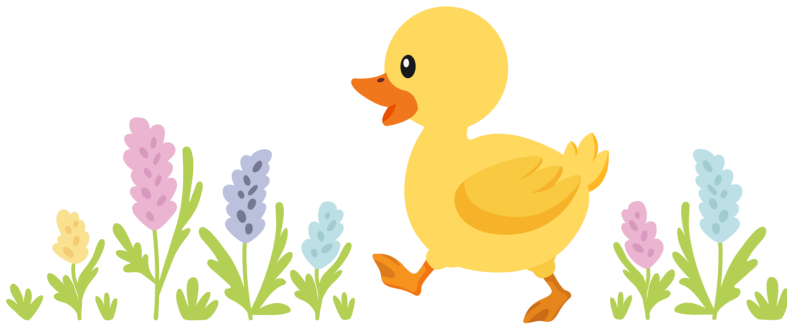
Programs designed for individuals with disabilities ages 14 & up.

Check out the programs that TRS is offering during March & April 2024. 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

**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

March








- | | | |
|-------------------------------------|--------------------|--------------------------|
| 1. _____ Bunco | Thursday, March 7 | \$20x # _____ = \$ _____ |
| 2. _____ Scottish Games | Friday, March 15 | \$30x # _____ = \$ _____ |
| 3. _____ Snowshoeing at Donner Lake | Saturday, March 23 | \$55x # _____ = \$ _____ |

*Cooking Class—Choose one (more info on program description)
 Tuesday, March 26 **OR** Tuesday, April 9 \$30x # _____ = \$ _____

April

- | | | |
|-------------------------------------|-------------------|--------------------------|
| 1. _____ SF Alcatraz | Saturday, April 6 | \$70x # _____ = \$ _____ |
| 2. _____ Prom | Friday, April 12 | \$10x # _____ = \$ _____ |
| 3. _____ Dinner in the Neighborhood | Tuesday, April 23 | \$10x # _____ = \$ _____ |
- Choose location: Carmichael/Arden Sunrise/Citrus Heights Hwy 50/Broadway Corridor

TOTAL AMOUNT ENCLOSED: \$ _____







March In-person Programs:	Date:	Cost:	Where:	Time:
<p>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.</p>	<p>Thursday, March 7</p> 	<p>\$20 *Cost includes a pizza dinner</p>	<p>Gibbons Park 4701 Gibbons Dr. Carmichael, 95608</p> 	<p>Drop-off: 6:00pm Pick-up: 8:00pm</p>
<p>Scottish Games— Celebrate St. Patrick's Day, by joining in on the fun with our very own version of the traditional Scottish Highland Games. Do you have what it takes to complete these fun challenges?! 💪</p>	<p>Friday, March 15</p> 	<p>\$30 Limit: *Includes a semi-traditional Scottish dinner</p>	<p>La Sierra Community Center—John Smith Hall 5325 Engle Rd. Carmichael, 95608</p> 	<p>Drop-off: 6:00pm Pick-up: 8:30pm</p>
<p>Snowshoeing in Donner Lake— Who's up for some snow?! We are so excited to go up to Donner Lake and do some snowshoeing. This will be a great outdoor adventure for first timers or anyone who has done this before. This outing is going to be "snow" much fun!!</p>	<p>Saturday, March 23</p> 	<p>\$55 Limit: 15 *Includes a picnic lunch</p>	<p>La Sierra Community Center—Front Parking Lot 5325 Engle Rd. Carmichael, 95608</p>	<p>Drop-off: 9:30am Pick-up: 3:30pm</p>
<p>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.</p>	<p>Tuesday, March 26</p> 	<p>\$30 Limit: 25 *Food will be packaged to be sent home.</p>	<p>La Sierra Community Center—Big kitchen up front 5325 Engle Rd. Carmichael, 95608</p> 	<p>Drop-off: 6:00pm Pick-up: 8:00pm</p>

Starting in March, Cooking Class will be the same for 2 months. Please choose between March OR April's cooking class, not both. This is to accommodate more participants and create a better learning environment!

- 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 at least 2 days in advance. There is no day-of registration for ANY in-person programs.



April In-person Programs:	Date:	Cost:	Where:	Time:
SF Alcatraz— Take a boat ride out to one of the most famous prisons to explore and learn some history! This trip will include a lot of <u>walking, including hills and long distances</u> . We will have lunch before the Alcatraz tour.	Saturday, April 6 	\$70 *Bring \$30 to pay for lunch and extra money if buying a souvenir	La Sierra Community Center—Front Parking Lot 5325 Engle Rd. Carmichael, 95608	Drop-off: 9:00am Pick-up: Aiming for late afternoon
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. Starting in March, Cooking Class will be the same for 2 months. Please choose between March <u>OR</u> April's cooking class, not both. This is to accommodate more participants and create a better learning environment!	Tuesday, April 9 	\$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
Moonlight Magic Prom— Put on your snazzy, formal attire and dancing shoes for prom night! Come solo, bring a date, or come as a group! It will be a magical night filled with fun music, dancing, and TRS friends!	Friday, April 12 	\$10 <i>Hors D'oeuvres will be generously provided by the Rotary Club of Orangevale!</i>	La Sierra Community Center—John Smith Hall 5325 Engle Rd. Carmichael, 95608 	Drop-off: 6:30pm Pick-up: 8:30pm
Dinner in the Neighborhood—(Taco Tuesday Edition) Dinner in the Neighborhood is back! We are setting up small dinner groups throughout Sacramento to get some delicious tacos. There will be three different areas to choose from on the registration portion. Choose your area and meet some local friends for Taco Tuesday!	Tuesday, April 23 	\$10 Limit: 6-8 per location *Bring \$20 - 30 to pay for dinner	Different areas of Sacramento County *Sign up with your area, and we will let you know a couple days before where to meet your group for dinner.	Drop-off: 5:30pm Pick-up: 7:00pm

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

PROGRAM NOTES:

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More in-person program information on the cover page!

