



ALL ACCESS RECREATION

AROUND THE TOWN CLUB

Join us for a night on the town! This social club utilizes community trips to improve socialization, leisure awareness and independent living skills. Past activities have included movies, restaurants, Golfland, bowling and nights at the theatre. The first night of the program will be held at Camden Community Center, location varies thereafter. An event calendar will be passed out the second week of program. Members must be able to participate with minimal assistance. Snacks are provided. Staff ratio is 6 - 1

COOPERATIVE DANCE

Music moves everyone. This class is for individuals with disabilities ages 13 and up who want to express the joy of movement through dance. Co-sponsored and hosted by the Therapeutic Recreation programs of the cities of San Jose, Santa Clara and Sunnyvale. Registration is accepted at the door only. Please call 408-369-6446 for more information or to receive the annual calendar.

CREATIVE MOVEMENT AND DANCE

Come learn some simple dance moves and be creative! This class will incorporate music, movement, games, and fun! Staff will be on hand to assist individuals who need extra help. Please wear comfortable clothes and bring a water bottle to class.

CREATIVE SOCIAL GROUP

Come join us for some arts and crafts, games tournaments, movement and more. Each week we will focus on new activities. This program is geared towards groups of people with disabilities and designed to improve fine and gross motor skills, creativity and social skills. Staff must accompany clients in a 1:3 ratio. Program design is flexible. Please call Darren at 794-7555 to schedule your group.

DANCE FITNESS

This program is a mix of dance, aerobics and fun. We will focus on toning muscles, gaining strength, increasing flexibility while listening to some upbeat music. The class will be geared toward the level of fitness for the group. It's time to get fit and have some fun dancing with new friends. Please bring a water bottle to class and wear comfortable close. Staff Ratio is 1 to 5.

FITNESS FIESTA

Get fit and have fun too! Exercise and have a great time listening to energizing music. Empower yourself through dynamic exercises using yoga balls, therapeutic bands, free weights, dancing DVD's and more. Improve your confidence, flexibility, strength, balance and overall health! Staff ratio is 1 to 5. Class will be geared toward the level of fitness for the group.

ALMADEN CENTER, 6445 CAMDEN AVE. (408) 369-6438

| Class No. | Class Name | Ages | Day(s) | Dates | Time | Instructor | Mtgs. | Res/NonRes |
|------------|------------------|-------|--------|-----------|----------------|-------------|-------|-------------|
| 252.3.4001 | Fun for All | 5-11 | Sa | 1/21-3/17 | 9:30AM-12:30PM | Dept. Staff | 8 | \$105/\$113 |
| 252.3.4004 | Simply Cooking | 16+ | W | 2/1-3/21 | 6:30PM-8:00PM | Dept. Staff | 8 | \$80/\$88 |
| 252.3.4013 | Teen Social Club | 12-17 | F | 1/27-3/23 | 6:00PM-8:00PM | Dept. Staff | 16 | \$65/\$73 |

BERRYESSA CENTER, 3050 BERRYESSA RD. (408) 251-6392

| Class No. | Class Name | Ages | Day(s) | Dates | Time | Instructor | Mtgs. | Res/NonRes |
|------------|-------------|------|--------|-----------|----------------|-------------|-------|-------------|
| 212.3.4001 | Fun For All | 5-11 | Sa | 1/21-3/17 | 10:30AM-1:30PM | Dept. Staff | 8 | \$105/\$113 |

CAMDEN CENTER, 3369 UNION AVE. (408) 559-8553

| Class No. | Class Name | Ages | Day(s) | Dates | Time | Instructor | Mtgs. | Res/NonRes |
|------------|----------------------|------|--------|----------|---------------|-------------|-------|------------|
| 382.3.4000 | Around the Town Club | 18+ | Th | 1/19-3/8 | 7:00PM-9:00PM | Dept. Staff | 8 | \$40/\$48 |
| 382.3.4003 | Leisure Club West | 18+ | W | 1/18-3/7 | 7:00PM-8:30PM | Dept. Staff | 8 | \$56/\$64 |

MAYFAIR CENTER, 2039 KAMMERER AVE. (408) 794-1060

| Class No. | Class Name | Ages | Day(s) | Dates | Time | Instructor | Mtgs. | Res/NonRes |
|------------|-----------------------------|------|--------|-----------|-----------------|-------------|-------|------------|
| 210.3.4012 | Creative Movement And Dance | 6-14 | M | 1/23-3/19 | 4:00PM-4:45PM | Dept. Staff | 8 | \$40/\$48 |
| 210.3.4013 | Dance Fitness | 13+ | M | 1/23-3/19 | 5:30PM-6:30PM | Dept. Staff | 8 | \$50/\$58 |
| 210.3.4051 | Fitness Fiesta | 18+ | Sa | 1/21-2/11 | 1:30PM-2:30PM | Dept. Staff | 4 | \$20/\$24 |
| 210.3.4052 | Fitness Fiesta | 18+ | Sa | 2/25-3/17 | 1:30PM-2:30PM | Dept. Staff | 4 | \$20/\$24 |
| 210.3.4094 | Gardening for Groups | 15+ | M-F | 1/3-3/29 | 9:00AM-12:00PM | Dept. Staff | 61 | \$0/\$0 |
| 210.3.4018 | Group Arts Class | 18+ | Th/F | 1/5-1/27 | 11:00AM-12:00PM | Dept. Staff | 8 | \$6/\$6 |



ALL ACCESS RECREATION

FUN FOR ALL

This class focuses on fun with music, games, arts and crafts, movement activities and a field trip. This play program is designed for children with developmental disabilities including those with Autism Spectrum Disorders. The class includes music, games, arts and crafts, movement activities, and field trips. Food will be provided for all cooking projects. Children should bring a sack lunch to class each week. Staff ratio is 2:1

FUNTASTIC YOUTH CLUB

A play program designed for children with developmental disabilities ages 11-14 years old including those with Autism Spectrum Disorders. The class includes music, games, arts and crafts, movement activities, and field trips. Food will be provided for all cooking projects. Children should bring a sack lunch to class each week.

GARDENING FOR GROUPS

Does your group want to work in a Garden? Schools, group homes, community programs can sign up to come out to the garden plot and work in the garden. This is a collective gardening program in which many groups will water, plant, weed, and prune the garden. Harvesting will take place on scheduled days and be divided among the groups or used for cooking projects. Only one group per day to prevent overwatering. Please register at the center with Liz Best. Staff should accompany groups in a 3 to 1 ratio

GROUP ARTS CLASS

Check out the Mayfair Community Center and relax with some arts and crafts. This program is geared towards groups of people with disabilities and designed to improve fine motor skills, creativity and social skills. You will be guided through art projects, gardening and specialty crafts. Staff must accompany clients in a 3:1 ratio. Program design is flexible. Please call Liz at 794-1065 to schedule your group.

HIRLN KARAOKE NIGHT

Head Injury Recreation and Leisure Network is a social club for survivors of head injuries and strokes. Join us for a night Karaoke at the Community Center!

HIRLN PIZZA AND A MOVIE

Head Injury Recreation and Leisure Network is a social club for survivors of head injuries and strokes. Join us for a movie and pizza.

LEISURE CLUB/LEISURE CLUB WEST

This leisure education program is designed to develop leisure awareness interests and social skills for individuals with developmental disabilities. Activities include crafts, games, music, and ice cream socials. Individuals must be able to understand simple directions and require minimal supervision. Snacks are provided. Staff ratio 5:1

MONTHLY SOCIAL

Last Tuesday of the month, come join us for a movie, bingo or other social events. Registration is required.

SIMPLY COOKING

This introductory course for teens & adults with developmental disabilities covers basic kitchen safety, basic menu planning, shopping and preparing simple dishes. Class includes lecture, observation and hands-on preparation. Students will receive instructional materials to take home each week. Class is conducted in a teaching kitchen which utilizes gas burners. Staffing ratio is 4:1.

STORYBOOK COOKING AND ART

Let your Child's imagination run wild! Children will be immersed in the fun and excitement of a themed story and then invited into the wonderful world of cooking. An art project about the story will also be incorporated into the class. Each class will be different and based on a story that they just heard in class. All supplies will be included. Children are encouraged to bring an apron. Please list any dietary restrictions or allergies on registration and let instructor know before the first day of class, we will do our best to accommodate children.

TEAM FITNESS

What is your team waiting for? The time has come to jump start your fitness lifestyle. This program is located at the fully equipped Roosevelt Community Fitness Center, and ages 18 and up are welcome. Stay in shape

MAYFAIR CENTER, 2039 KAMMERER AVE. (408) 794-1060

| Class No. | Class Name | Ages | Day(s) | Dates | Time | Instructor | Mtgs. | Res/NonRes |
|------------|---------------------------|------|--------|-----------|-----------------|-------------|-------|------------|
| 210.3.4019 | Group Arts Class | 18+ | Th/F | 2/2-2/24 | 11:00AM-12:00PM | Dept. Staff | 8 | \$6/\$6 |
| 210.3.4020 | Group Arts Class | 18+ | Th/F | 3/1-3/29 | 11:00AM-12:00PM | Dept. Staff | 9 | \$6/\$6 |
| 210.3.4026 | HIRLN karaoke night | 18+ | Tu | 3/20-3/20 | 6:30PM-8:00PM | Dept. Staff | 1 | \$5/\$5 |
| 210.3.4025 | HIRLN pizza and a movie | 18+ | Tu | 2/21-2/21 | 6:00PM-10:00PM | Dept. Staff | 1 | \$20/\$20 |
| 210.3.4016 | Leisure Club | 18+ | Tu | 1/24-3/13 | 7:00PM-8:30PM | Dept. Staff | 8 | \$56/\$64 |
| 210.3.4031 | Monthly Social | 18+ | Tu | 1/31-1/31 | 6:30PM-8:00PM | Dept. Staff | 1 | \$5/\$5 |
| 210.3.4032 | Monthly Social | 18+ | Tu | 2/28-2/28 | 6:30PM-8:00PM | Dept. Staff | 1 | \$5/\$5 |
| 210.3.4033 | Monthly Social | 18+ | Tu | 3/27-3/27 | 6:30PM-8:00PM | Dept. Staff | 1 | \$5/\$5 |
| 210.3.4002 | Storybook Cooking and Art | 9-12 | W | 1/25-2/29 | 4:00PM-5:30PM | Dept. Staff | 6 | \$60/\$68 |



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using treadmills, exercise bikes, weight machines and much more. This class is especially designed for adult day programs, group homes and other organizations working with adults with cognitive disabilities. You will be guided through an individually tailored workout program specifically designed with your goals, abilities and priorities in mind. Staff from your agency/organization will accompany the group and our fitness staff will design individualized workout plans. Sign up and make an appointment for a series of four sessions or one workshop on your schedule.

TEEN SOCIAL CLUB

Why sit at home when you could be hanging out at a teen center near you. Play pool, air hockey, foosball, video games and more. Hang out with friends old and new. We'll also do some arts and crafts, maybe a field trip, and some other special events. This club is designed for teens with cognitive disabilities. Staff ratio is 5:1

URBAN EXPLORERS

Get out and explore! Did you know that there are twenty-four unique trail systems and over 50 miles of trails throughout San Jose? Some may already be in your neighborhood! This is a Saturday hike and walking club directed towards teens and young adults with disabilities. Each week, we will meet at the Roosevelt Community Center and travel using public transportation to different trails and walks in the area. San Jose has a lot to offer its urban dwelling explorers. We'll learn about our unique natural and cultural history while meeting new friends and getting a little exercise. Participants must be able to participate in a 5:1 ratio.

ROOSEVELT CENTER, 901 E. SANTA CLARA ST. (408) 794-7555

| Class No. | Class Name | Ages | Day(s) | Dates | Time | Instructor | Mtgs. | Res/NonRes |
|------------|-------------------------|-------|--------|-----------|-----------------|-------------|-------|-------------|
| 234.3.4011 | Creative Social Group | 18+ | M/T | 1/23-2/14 | 10:00AM-11:00AM | Dept. Staff | 8 | \$10/\$18 |
| 234.3.4001 | Fun for All | 3-11 | Sa | 1/21-3/17 | 9:30AM-12:30PM | Dept. Staff | 8 | \$105/\$113 |
| 234.3.4005 | Funtastic Youth Club | 11-14 | Sa | 1/21-3/17 | 9:30AM-12:30PM | Dept. Staff | 8 | \$105/\$113 |
| 234.3.4008 | Team Fitness - February | 14-65 | M-F | 2/1-2/29 | 10:00AM-11:00AM | Dept. Staff | 20 | \$20/\$28 |
| 234.3.4007 | Team Fitness - January | 14-65 | M-F | 1/9-1/31 | 10:00AM-11:00AM | Dept. Staff | 16 | \$20/\$28 |
| 234.3.4009 | Team Fitness - March | 14-65 | M-F | 3/1-3/29 | 10:00AM-11:00AM | Dept. Staff | 21 | \$20/\$28 |
| 234.3.4004 | Urban Explorers | 15-45 | Sa | 1/21-3/17 | 1:30PM-5:30PM | Dept. Staff | 8 | \$80/\$88 |

SEVEN TREES CENTER, 3590 CAS DR. (408) 794-1690

| Class No. | Class Name | Ages | Day(s) | Dates | Time | Instructor | Mtgs. | Res/NonRes |
|------------|-------------------|------|--------|-----------|---------------|-------------|-------|------------|
| 231.3.1120 | Cooperative Dance | 18+ | F | 2/17-2/17 | 7:00PM-9:30PM | Dept. Staff | 1 | \$5/\$5 |

ALL ACCESS CAMPS

PLAYCAMP: PRESIDENT'S WEEK

These camps are designed for children with cognitive disabilities who need a higher level of staff assistance for participation including those with Autism Spectrum disorders. Staff ratio is approximately 1 staff for every 2 children. Activities include arts and crafts, games, circle time, field trips and more.

TWEEN CAMP

This camp is full of fun and games! We will have a wide variety of cool activities for tweens ages 10-14 including crafts, games, music, gross and fine motor activities, and possibly cooking projects. Come have fun during your school break! Staff ratio is 1 to 3.

MAYFAIR CENTER, 2039 KAMMERER AVE. (408) 794-1060

| Class No. | Class Name | Ages | Day(s) | Dates | Time | Instructor | Mtgs | Res/NonRes |
|------------|------------|-------|--------|-----------|----------------|-------------|------|-------------|
| 210.3.4263 | Tween Camp | 10-14 | T-F | 2/21-2/24 | 10:00AM-2:00PM | Dept. Staff | 4 | \$100/\$104 |

ROOSEVELT CENTER, 901 E. SANTA CLARA ST. (408) 794-7555

| Class No. | Class Name | Age | Day(s) | Dates | Time | Instructor | Mtgs | Res/NonRes |
|------------|----------------------------|------|--------|-----------|---------------|-------------|------|------------|
| 234.3.4201 | Playcamp: President's Week | 5-11 | T-F | 2/21-2/24 | 9:30AM-1:30PM | Dept. Staff | 4 | \$85/\$89 |