



A newsletter of the Social Recreation sections of the City of San José's Department of Parks, Recreation & Neighborhood Services

3rd Annual Disability Awareness Day—Thursday, October 7, 2010 San José City Hall Plaza

Come out and join us for a great day of entertainment, information and celebration! Disability Awareness Day is a celebration of diversity, awareness and empowerment for persons with differing abilities.



Activities will include free workshops, a resource fair, food vendors, games and activities, sports exhibitions, interactive art displays and demonstrations, and empathy experiences.

For more information, please call 408-369-6438 or visit

www.DAD.sjdistrict1.com.

Staffing Changes Coming Your Way...

There are some recent staffing changes in the City wide section (Camden offices) of Therapeutic Services. Donna Hepp will assume a temporary assignment at Grace Community Center starting August 30, 2010. Lisa Yarn, current program coordinator for the section will assume all of Donna's current responsibilities. So, not to worry, the programs are in very capable hands. You can reach Lisa at lisa.yarn@sanjoseca.gov or at 408-369-6446. Donna should return to her assignment some time in the spring.



Fall & Winter Camp sign ups begin August 14th!

The City of San José's Therapeutic Services has been a long time provider of services for children with Autism Spectrum Disorders. This fall and winter we will offer several opportunities for youth and teens to participate in a camp experience. New this session is a furlough camp at Roosevelt Community Center which will run the week of October 4-8 when San Jose Unified is out of session.



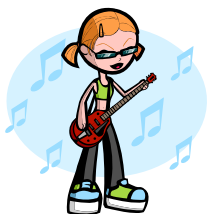
We will offer 4 camps over the December holidays at 3 locations. Sign up early so you don't miss out!

On the tumble track during a summer playcamp fieldtrip



Teen Social Club at Almaden Community Center

Why sit at home when you could be meeting friends at a teen center near you! Play some pool, air hockey, foosball, video games and more. We'll have a wide variety of cool structured activities for teens. We'll do some arts and crafts, some sports, maybe a field trip or two, and so much more. Come out and join in on the fun. Course #263.2.1110.



All Access Recreation Newsletter

All Access Recreation is a section of the City of San José, Parks, Recreation and Neighborhood Services, Therapeutic Services. Our newsletter will be published four times per year and highlight some of our exciting upcoming events and other community activities. In addition, we will include information about our ongoing recreation programs and services for persons with cognitive disabilities. We welcome comments, suggestions for events to include, and personal stories on how our services have impacted your life. Please email Lisa Yarn at Lisa.yarn@sanjoseca.gov.



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Fall 2010 Featured Programs

The following programs are a **small sample** of programs for youth and adults with cognitive disabilities. Suggested program ratios are listed. If you have questions or want more information, contact us at 408-369-6438 or lisa.yarn@sanjoseca.gov.

Urban Explorers:

Get out and explore! Did you know that there are twenty-four unique trails 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 adults with disabilities. Each week, we will travel to different trails and walks in the area to explore all that our city has 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. Ages 15+

Roosevelt Community Center: Saturdays from 1:30-5:30pm. Course #234.2.1216 (9/11-10/30)

Leisure Club:

Come out and meet new friends! Activities include arts, crafts, games, music and special events. Some locations also include field trips. Participants must be able to understand simple directions and require minimal supervision. Snacks are provided each week. Suggested ratio is 5:1.

Camden Community Center: Wednesdays from 7-8:30pm. Course #263.2.1103 (9/22-11/10)

Mayfair Community Center: Mondays from 6-7:30pm Course #210.2.1116 (9/27-10/25), 210.2.1117 (11/1-11/22)

Evergreen Community Center *New Location!* Tuesdays from 7-8:30pm Course #263.2.1102 (9/21-11/9)

Simply Cooking:

This introductory course for teens and adults with developmental disabilities covers basic kitchen safety, menu planning, 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. Participants must be able to participate in a 4:1 ratio. Ages 16+

Almaden Community Center: Wednesdays from 6:30-8:00pm. Course #263.2.1104 (9/29-11/3)

Don't forget—Kinderfun is now Fun For All!!

How to view all of our course offerings:

1. Go to website www.sanjoseca.gov/prns
2. Click on browse activities
3. Select the activity category drop down menu
4. Select *Therapeutic Services/Disability SVCS*
5. You can also sort activities by location, dates offered, and age

Once you find a course you would like to register for, you have several options:

- Create an online account and register via credit card online.
- Walk In Registration—visit your local community center and pay by cash (exact change only), check, or credit card.
- Mail In Registration—complete the form which can be found at www.sanjoseca.gov/prns and mail with payment to your local community center.
- Fax In Registration—complete the form (see above) and fax with credit card payment to your local community center.

All Access Recreation is:

Citywide Therapeutic Services
3369 Union Ave.
San José, CA 95124
Phone: 408-369-6438
Fax: 408-559-1203

Roosevelt Community Center
901 E. Santa Clara St.
San José, CA 95116
Phone: 408-794-7530
Fax: 408-294-7981

Mayfair Community Center
2039 Kammerer Ave.
San José, CA 95116
Phone: 408-794-1065
Fax: 408-347-9732

www.sanjoseca.gov/prns/therapeutic_services