










Program:	Date:	Cost:	Where:	Time:
<b>Sports Shuffle Dance</b> – Come dressed in your favorite sport or team attire for a night of music, dancing and friends.	<b>Friday, Sept. 19</b>	\$8 	<b>La Sierra Community Center</b> 5325 Engle Rd. Carmichael, 95608	7:00pm - 9:00pm
<b>Santa Cruz Beach Boardwalk</b> - Let's say "so long" to summer with a trip to our favorite beach/boardwalk! Enjoy the rides, eat good food & shop with your TRS friends!	<b>Saturday, Sept. 20</b>	\$60 *Bring at least \$20 for snacks, meals and souvenirs. 	<b>La Sierra Community Center</b> 5325 Engle Rd. Carmichael, 95608	Drop-off: 7:30am Pick-up: 8:00pm
<b>Ridin' on the River</b> - Grab your bike / helmet and come on out for a fun ride along the American River with some friends!	<b>Saturday, Sept. 27</b>	\$10 *Bring a bike, helmet, snack and water 	<b>William Pond Park</b> 5700 Arden Way Carmichael, 95608	2:00pm - 4:00pm
<b>Make-Your-Own Night</b> —Pizza, Tie Dye t-shirt & ice cream sundae! Hang out with friends and make things the way you want them!	<b>Tuesday, Sept. 30</b>	\$20 Please bring your own white t-shirt to Tie Dye 	<b>La Sierra Community Center</b> 5325 Engle Rd. Carmichael, 95608 (Rm. 810 next to TRS office)	6:00pm - 8:00pm
<b>Apple Hill</b> - Let's go check out this year's harvest while we search for the perfect apple snack, cider or slice of pie!	<b>Saturday, Oct. 4</b>	\$40 *Bring a sack lunch or at least \$20 for lunch, goodies and souvenirs 	<b>La Sierra Community Center</b> 5325 Engle Rd. Carmichael, 95608	Drop-off: 9:00am Pick-up: 3:30pm
<b>Monster Mini Golf &amp; Dinner</b> - What better month to go golfing with glow-in-the-dark monsters than October?? First we will get dinner at the Old Spaghetti Factory	<b>Thursday, Oct. 9</b>	\$15 *Bring at least \$25 for dinner at the Old Spaghetti Factory 	<b>Inside the Nimbus Winery</b> 12401 Folsom Blvd. (Hazel & Hwy 50) Rancho Cordova, 95670	5:30pm - 8:00pm
<b>Monster Mash Bash</b> - Dress up in your silliest, scariest, most unique costume and dance, dance, dance!!! 	<b>Friday, Oct. 24</b>	\$8 	<b>La Sierra Community Center</b> 5325 Engle Rd. Carmichael, 95608	7:00pm - 9:00pm
<b>B.Y.O.P (Bring Your own Pumpkin) Night</b> - We'll carve pumpkins, make "Boolicious" snacks and have some scary surprises!	<b>Tuesday, Oct. 28</b>	\$15 	<b>La Sierra Community Center</b> 5325 Engle Rd. Carmichael, 95608	6:30pm - 8:30pm

### Sacramento Co. Chargers Information

- ◆ **Sunday, September 14, 2014**  
**VIP Soccer Tourney at Sequoia Elementary**
- ◆ **Saturday, October 18, 2014**  
**Special Olympics Soccer Tournament**  
**Sierra Gardens Park, Roseville**
- ◆ **Special Olympics Floor Hockey will start Sunday, October 19. If you are interested in receiving a practice schedule, please call 916/484-0244**  
**or email [TRS@SacCounty.net](mailto:TRS@SacCounty.net).**

### PLEASE NOTE:

#### To register for programs:

- By mail: Please send completed form, along check/money order/TRS credit made payable to: **Sacramento County** to: TRS, 5325 Engle Road #810, Carmichael, CA 95608
- By phone: call us at (916) 484-2044 to pay with a credit card.
- In person: Office is open W - F, 10:00am - 4:00pm. Please make sure you have the exact amount as we do not have change. (Our office is located next to room 810) Thank you!
- Per Sacramento County, there will be a \$42 fee for all returned checks.
- Please list full names of all people who will be attending programs; no initials please.
- **For all TRS dances, there will be no at-the-door registration. The deadline to sign-up is the Thursday before the dance.**

To register for TRS programs, please completely fill out this portion legibly with full names, accurate phone numbers and submit with your payment. Thank you!

Name(s) \_\_\_\_\_ Age \_\_\_\_\_ M/F # Attending Member # \_\_\_\_\_  
 If you need more room to list full names, please attach a separate piece of paper.  
 Care Home/Facility (if applicable) \_\_\_\_\_ E-mail \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_  
 Phone # \_\_\_\_\_ Cell # \_\_\_\_\_ Emergency# \_\_\_\_\_  
 Special Needs (wheelchair, meds., dietary, etc.) \_\_\_\_\_  
 1. \_\_\_\_\_ Sports Shuffle Dance: Fri., Sept. 19 \$8x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 2. \_\_\_\_\_ Santa Cruz Beach Boardwalk: Sat., Sept. 20 \$60x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 3. \_\_\_\_\_ Ridin' on the River: Sat., Sept. 27 \$10x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 4. \_\_\_\_\_ Make-You-Own Night: Tues, Sept 30 \$20x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 5. \_\_\_\_\_ Apple Hill: Sat., Oct. 4 \$40x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 6. \_\_\_\_\_ Monster Mini Golf: Thurs, Oct. 9 \$15x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 7. \_\_\_\_\_ Monster Mash Bash: Fri., Oct. 24 \$8x # \_\_\_\_\_ = \$ \_\_\_\_\_  
 8. \_\_\_\_\_ B.Y.O.P (Pumpkin Carving): Tues, Oct. 28 \$15x # \_\_\_\_\_ = \$ \_\_\_\_\_



TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_



**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!
- If you cannot attend a program, please call 916.484.2044 at least two days 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 sign for the program(s) of your choice.
- Some programs have limited space and are on a first come first served basis.

**Board of Supervisors**  
 Phil Serna, District 1  
 Jimmie Yee, District 2  
 Susan Peters, District 3  
 Roberta MacGlashan, District 4  
 Don Nottoli, District 5  
 Brad Hudson, County Executive



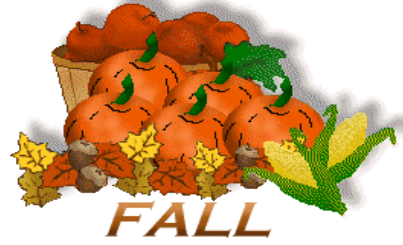
**Therapeutic Recreation Services**  
 5325 Engle Rd. #810  
 Carmichael, CA 95608

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

RETURN SERVICE REQUESTED



**TRS 2014 TRS  
 Friends, Fun & Fall  
 September & October**



Programs designed for individuals with disabilities ages 14 & up.

**Check out the programs that TRS has to offer for Sept/Oct. Please use the registration form to sign up for the programs of your choice!**

County of Sac, Dept of Reg. Parks  
 Therapeutic Recreation Services  
 5325 Engle Rd. #810, Carm, CA 95608  
 916.484.2044 FAX: 916.484.2041  
 TTY thru CRS 800.735.2929  
[www.regionalparks.sacparks.net](http://www.regionalparks.sacparks.net)  
[TRS@saccounty.net](mailto:TRS@saccounty.net)