











Program:	Date:	Cost:	Where:	Time:
<b>Fish Derby</b> – Come out for a day of fishing with the California Fly Fisherman Unlimited. They will provide pole and instruction, as needed. Lunch will also be provided by the Sacramento Kiwanis.	<b>Saturday, Sept. 15</b> 	<b>FREE</b> *Includes instruction, poles and lunch	<b>Hagan Community Park</b> Picnic area B4, near the pond 2197 Chase Dr. Rancho Cordova, CA 95670	9:00am 1:00pm
<b>Hootenanny Hoedown</b> - It's an ol' fashioned hoedown. Don't forget your cowboy hat & your boots! It's going to be a boot scootin' time! <b>Optional line dancing instruction at 6:30pm</b>	<b>Friday, Sept. 21</b> 	<b>\$8</b>	<b>La Sierra Community Center</b> 5325 Engle Rd. Carmichael, CA 95608	7:00pm 9:00pm
<b>Bunco Night</b> - Join us for a night of our favorite game! Roll your way to the top while enjoying a pizza dinner with your friends.	<b>Tuesday, Sept. 25</b> 	<b>\$15</b> *Cost includes dinner <b>Limit: 30</b>	<b>La Sierra Community Center</b> <b>Rm 810 (next to TRS office)</b> 5325 Engle Rd. Carmichael, CA 95608	6:00pm 8:00pm
<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. 29</b> 	<b>\$60</b> *Bring lunch or \$30 for meals, + extra for goodies <b>Limit: 40</b>	<b>La Sierra Community Center</b> <b>Front Parking Lot</b> 5325 Engle Rd. Carmichael, CA 95608	Drop-off: 7:30am Pick-up: 8:00pm
<b>Movie Night</b> - Come watch a Yeti find a mythical creature in Smallfoot! We will be eating dinner together before the "big" movie.	<b>Wednesday, Oct. 3</b> 	<b>\$15</b> *Bring \$20 for dinner and snacks <b>Limit: 25</b>	<b>Location TBD</b>	 Drop-off: 6:00pm Pick-up: TBD
<b>Monster Mini Golf</b> - Werewolves, mummies and ghosts, oh my! We will grab dinner first at the Old Spaghetti Factory next door.	<b>Wednesday, Oct. 17</b> 	<b>\$20</b> *Bring at least \$20 for dinner	<b>Nimbus Winery (inside)</b> 12401 Folsom Blvd. (near Hazel) Rancho Cordova, CA 95742	6:00pm 8:30pm
<b>Monster Mash Bash</b> - Put on your silliest, scariest, most unique costume and dance, dance, dance!!! 	<b>Friday, Oct. 26</b> 	<b>\$8</b>	<b>La Sierra Community Center</b> 5325 Engle Rd. Carmichael, CA 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 fun!	<b>Monday, Oct. 29</b> 	<b>\$15</b> <b>Limit: 30</b>	<b>La Sierra Community Center</b> <b>Rm 810 (next to TRS office)</b> 5325 Engle Rd. Carmichael, CA 95608	6:30pm 8:30pm

### Sacramento Co. Chargers Information

- ◆ **Chargers Bowling practices will start Saturday, September 15, 2018**
  - ◆ **VIP Soccer Tourney Sunday, September 23, 2018**
  - ◆ **Special Olympics Soccer Tournament Sunday, October 14, 2018**
  - ◆ **Chargers Floor Hockey practices will start Sunday, October 7, 2018**
- If you are interested in receiving a practice schedule, please call or email TRS.**

### 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 \$45 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, please completely fill out this form & send in with your payment. Thank you!

Name(s) \_\_\_\_\_ Age \_\_\_\_\_ M/F # Attending \_\_\_\_\_

If you need more room to list full names, please attach a separate piece of paper.

Care Home/Facility (if applicable) \_\_\_\_\_ E-mail \_\_\_\_\_

Phone # \_\_\_\_\_ Cell # \_\_\_\_\_ Emergency# \_\_\_\_\_

Special Needs (wheelchair, meds., dietary, etc.) \_\_\_\_\_

Can we include your picture on social media?  Yes  No

- |          |  |        |         |            |
|----------|--|--------|---------|------------|
| 1. _____ | Fish Derby, Sat, Sept 15                   | \$Free | # _____ | = \$ _____ |
| 2. _____ | Hootenanny Hoedown, Fri., Sept. 21         | \$8x   | # _____ | = \$ _____ |
| 3. _____ | Bunco Night, Tues, Sept 25                 | \$15   | # _____ | = \$ _____ |
| 4. _____ | Santa Cruz Beach Boardwalk, Sat., Sept. 29 | \$60x  | # _____ | = \$ _____ |
| 5. _____ | Movie Night, Wed., Oct. 3                  | \$15x  | # _____ | = \$ _____ |
| 6. _____ | Monster Mini Golf, Wed., Oct 17            | \$20x  | # _____ | = \$ _____ |
| 7. _____ | Monster Mash Bash, Fri., Oct. 26           | \$8x   | # _____ | = \$ _____ |
| 8. _____ | B.Y.O.P (Pumpkin Carving), Mon., Oct. 29   | \$15x  | # _____ | = \$ _____ |

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

If you are interested in a Pathways scholarship check here . Write "SCH" next to program. We will send you an application.



### 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 cannot 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!**

**Board of Supervisors**  
 Phil Serna, District 1  
 Patrick Kennedy, District 2  
 Susan Peters, District 3  
 Sue Frost, District 4  
 Don Nottoli, District 5  
 Nav Gill, County Executive



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

RETURN SERVICE REQUESTED

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



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.saccounty.net](http://www.regionalparks.saccounty.net)  
[TRS@saccounty.net](mailto:TRS@saccounty.net)