



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, golf, bowling and nights at the theatre. The first night of the program will be held at 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 may be provided on certain nights. Staff ratio is 6 - 1

COOPERATIVE DANCE

These dances for individuals with disabilities ages 13 and up are co-sponsored and hosted by the Therapeutic Recreation programs of the cities of San José, Santa Clara, Sunnyvale and Cupertino. Registration is accepted at the door only. Please call 408-794-1690 for more information or to receive the annual calendar.

CREATIVE MOVEMENT & 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.

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

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs.	Res/NonRes
252.4.4001	Fun for All	5-11	Sa	4/14-6/2	9:30AM-12:30PM	Staff	7	\$105/\$113
252.4.4004	Simply Cooking	16+	W	4/11-5/30	6:30PM-8:00PM	Staff	8	\$80/\$88
252.4.4013	Teen Social Club	12-17	F	4/13-6/1	6:00PM-8:00PM	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
212.4.4001	Fun For All	5-11	Sa	4/14-6/16	9:30AM-12:30PM	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
382.4.4000	Around the Town Club	18+	Th	4/5-5/24	7:00PM-9:00PM	Staff	8	\$40/\$48
382.4.4003	Leisure Club West	18+	W	4/4-5/23	7:00PM-8:30PM	Staff	8	\$56/\$64

EVERGREEN CENTER, 4860 SAN FELIPE RD. (408) 270-2220

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs.	Res/NonRes
210.4.4017	Leisure Club	18+	T	4/3-5/22	7:00PM-8:30PM	Staff	8	\$56/\$64

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 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 clothes. 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 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.

FUN FOR ALL

A play program 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.

FUNTASTIC YOUTH CLUB

Come enjoy some structured activities, including arts and crafts, maybe a cooking project or even a field trip. This program is designed for individuals that have grown out of Fun for All but not quite ready for Teen Social Club ages 11-14 with cognitive disabilities. Please bring a light lunch to program each day. Staff ratio is 1:4.



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GROUP ARTS CLASS

This program is geared towards groups of people with disabilities. Come check out the Mayfair Community Center and relax with some arts and crafts. This program is 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 to 1 ratio. Program design is flexible.

Please call 794-1065 to schedule your group.

HIRLN DRIVING RANGE

Head Injury Recreation and Leisure Network is a social club for survivors of head injuries and strokes. Please call 794-1065 to receive a flyer or with any questions.

HIRLN OUTING TO WIX

Head Injury Recreation and Leisure Network is a social club for survivors of head injuries and strokes. Join us at Wix in Los Gatos to make candles and soap. We will have a choice of a few designs to make. Some light snacks will be provided. Please call 794-1065 to receive a flyer or with any questions.

LEISURE CLUB

Come out and meet new friends! This club develops interests and social skills for individuals with developmental disabilities. Activities include arts, crafts, games, music and special events. Participants must be able to understand simple directions and require minimal supervision. Snacks provided.

MONTHLY SOCIAL

Come join us on the last Tuesday of the month for some fun! Each month will have a different theme or activity. Examples include Bingo, holiday parties, playing in the game room, arts and crafts, etc.

SIMPLY COOKING

This introductory course for adults with developmental disabilities covers basic kitchen safety, basic menu planning, and preparing simple dishes. Menus will include breakfast, lunch, dinners, and deserts. 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. Please bring a container to class each week for leftovers. Staffing ratio is approximately 1 to 4.

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 jumpstart your fitness lifestyle. This program is located at the fully equipped Roosevelt Community Fitness Center and Seven Trees Community Fitness Center, and is meant for people ages 18 and up. Stay in shape 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 workout programs specifically designed with the team's abilities in mind during this 8 week program. The team's first class will focus on group assessment and introduction to the workout area, the next 6 class meeting will focus on specific training that will help the team reach their fitness goal, and the final class meeting will be an overview of what the team has accomplished throughout the session. Staff from your agency/organization will accompany the team, and our fitness staff will design individualized workout plans that will help the team reach new goals each session. Sign up and make an appointment for a series of 8 classes.

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

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs.	Res/NonRes
210.4.4016	Creative Movement And Dance	6-14	M	4/2-5/21	4:00PM-4:45PM	Staff	8	\$40/\$48
210.4.4013	Dance Fitness	13+	M	4/2-5/21	5:30PM-6:30PM	Staff	8	\$50/\$58
210.4.4052	Fitness Fiesta	18+	Sa	4/14-5/5	1:30PM-2:30PM	Staff	4	\$20/\$24
210.4.4053	Fitness Fiesta	18+	Sa	5/12-6/9	1:30PM-2:30PM	Staff	3	\$20/\$24
210.4.4018	Group Arts Class	18+	Th/F	4/5-4/27	11:00AM-12:00PM	Staff	8	\$6/\$6
210.4.4019	Group Arts Class	18+	Th/F	5/3-5/31	11:00AM-12:00PM	Staff	9	\$6/\$6
210.4.4020	Group Arts Class	18+	Th/F	6/1-6/29	11:00AM-12:00PM	Staff		\$6/\$6
210.4.4025	HIRLN Driving Range	18+	T	5/1-5/1	6:00PM-7:30PM	Staff	1	\$7/\$7
210.4.4026	HIRLN outing to Wix	18+	T	6/5-6/5	6:30PM-8:00PM	Staff	1	\$25/\$25
210.4.4031	Monthly Social	18+	T	4/24-4/24	6:30PM-8:00PM	Staff	1	\$7/\$7
210.4.4032	Monthly Social	18+	T	5/29-5/29	6:30PM-8:00PM	Staff	1	\$7/\$7
210.4.4033	Monthly Social	18+	T	6/26-6/26	6:30PM-8:00PM	Staff	1	\$7/\$7
210.4.4002	Storybook Cooking and Art	9-12	W	4/11-5/16	4:00PM-5:30PM	Staff	6	\$60/\$68



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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 and some other special events. This club is designed for teens with cognitive disabilities. ; Teens must be able to function in a 1 to 5 staff ratio.

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. Ages 15+

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

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs.	Res/NonRes
234.4.4011	Creative Social Group	18+	M/T	4/2-4/24	10:00AM-11:00AM	Staff	8	\$20/\$28
234.4.4001	Fun for All	3-11	Sa	4/14-6/9	9:30AM-12:30PM	Staff	8	\$105/\$113
234.4.4005	Funtastic Youth Club	11-14	Sa	4/14-6/9	9:30AM-12:30PM	Staff	8	\$105/\$113
234.4.4008	Team Fitness - April	14-65	M-F	4/2-4/30	10:00AM-11:00AM	Staff	21	\$20/\$28
234.4.4009	Team Fitness - June	14-65	M-F	6/1-6/29	10:00AM-11:00AM	Staff	21	\$20/\$28
234.4.4007	Team Fitness - May	14-65	M-F	5/1-5/31	10:00AM-11:00AM	Staff	22	\$20/\$28
234.4.4004	Urban Explorers	15-45	Sa	4/14-6/9	1:30PM-5:30PM	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
263.4.4035	Cooperative Dance	13+	F	4/13-4/13	7:00PM-9:30PM	Staff	1	\$5/\$5

ALL ACCESS CAMPS

PLAYCAMP

These day camps are for children with disabilities. These camps are designed to serve children who need higher level of staff assistance for participation. Staff ratio is approx. 1 to 3. Activities will include arts and crafts; games circle time, a field trip and more.

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

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Res/NonRes
210.4.4227	Playcamp	6-11	M-F	4/9-4/13	10:00AM-2:00PM	Staff	5	\$100/\$104