

Recreation Programming for Adults with Disabilities



This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and therefore requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e))]. These funds were granted to provide services rendered to Low/Moderate Income Special Needs/Disabled Adults (HUD Eligibility Matrix Code 05B - Handicapped Services) by the City of Chula Vista Recreation Department.

In order to be eligible for this program, you will be required to fill out an Intake form and verify eligibility by providing proof of being an adult with a severe disability by a Medical Doctor or Licensed Counselor with license #. A severe disability are described by the following: Use a wheel chair or another special aid for 6 months or longer; Are unable to perform one or more functional activities (seeing, hearing, having one's speech understood, lifting and carrying, walking up a flight of stairs and walking); Need assistance with activities of daily living (getting around inside the home, getting in or out of bed or a chair, bathing, dressing, eating and toileting) or instrumental activities of daily living (going outside the home, keeping track of money or bills, preparing meals, doing light housework and using the telephone); Are prevented from working at a job or doing housework; Have a selected condition including autism, cerebral palsy, developmental disorders, intellectual disability; or are under 65 years of age and covered by Medicare or receive Supplemental Security Income (SSI). *We are not able to provide assistance with toileting, medications or transfers.

ACE OF GAMES

Come hang out with all your friends at Heritage Community Center in our game room. This will be the ultimate gamers paradise and a great time to work on communication skills, cognition, socialization skills, and meet new friends. Each week will be fun and exciting as we play a variety of different card games, board games, tabletop games, and more!

Thursdays, October 3rd- December 12th
Location: Heritage Community Center
Time: 4:00pm - 4:50pm

REGISTER TODAY FOR OUR FREE CLASSES

LET'S PLAY FLAG FOOTBALL!

Looking for a new and fun sport to learn? Join us as we learn the fundamentals of Flag Football! In this beginner friendly class, we'll be teaching you the basics from learning the field, skills and drills, and more. This class is a great way to increase one's coordination, muscle strength, and sportsmanship all while having fun.

Tuesdays, October 1st - December 10th
Location: Heritage Community Center
Time: 3:00pm - 3:50pm

THE CRAFT WORKSHOP

Come and get creative with us in this craft class where participants will work on their creativity, hand-eye coordination, and fine motor skills. Types of crafts will include: paper crafts, mosaics, and upcycling crafts.

Tuesdays, October 1st - December 10th
Location: Heritage Community Center
Time: 4:00pm - 4:50pm

FEARLESS FITNESS

Join us for some Fearless Fitness! In this beginner friendly fitness class, participants will work on their different muscle groups from a variety of different exercises from stretching, light workout bands, and workout balls all while having fun. This class is designed for both ambulatory and wheelchair levels.

Thursdays, October 3rd- December 12th
Location: Heritage Community Center
Time: 3:00pm - 3:50pm



SCAN HERE TO REGISTER
OR VIEW CLASSES
ONLINE. CLASSES BEGIN
THE WEEK OCTOBER 1,
2024.



SPECIAL EVENTS

MISCHIEVOUS MASQUERADE

Friday, October 25th, 2024
5:00pm-7:00pm



It's time to get spooky and scary! Participants will have a ghostly night dancing and hangin' out with new friends, playing games, and arts & crafts. Refreshments will be served. Make sure to pre-register for this event. Space is limited.

Location: Heritage Community Center
1381 E. Palomar Street



TURKEY BOWLING PARTY

Friday, November 15th, 2024
5:00pm-7:00pm



Gobble your way down the bowling lane with us! We will also have dancing, arts and crafts, and a free slice of pie for all participants. Make sure to pre-register for this event. Space is limited.

Location: Heritage Community Center
1381 E. Palomar Street

JOLLY JAMBOREE

Friday, December 20th, 2024
5:00pm-7:00pm



Join the jolly party! Participants will enjoy dancing to their favorite music, arts & crafts, and games. Refreshments will be served. Make sure to reserve your spot today. Space is limited.

Location: Heritage Community Center
1381 E. Palomar Street



REMINDER:

**In order to participate you must submit
qualifying document: Intake Form**

The Therapeutics program is working on our grant goals for Therapeutic Recreation with our participants which include functional activities by the participant focusing on independence, socialization, fine and gross motor skills, communication, and activities of daily living. We recommend parents and caregivers to wait outside of activity rooms while the participant works on these skills with staff, however, if parents or caregivers are uncomfortable not being in the room or at the table with the student, we will make arrangements.

If a participant needs a parent/caregiver to assist on their behalf for speech impairments this will be permitted. If a participant needs assistance with mobility, transitioning, toileting, eating, or language translation the staff will seek the assistance of the parent/caregiver at that time.

Contact Us: (619)409-5439

Office: Heritage Park & Community Center, 1381 E. Palomar Street, Chula Vista, CA 91913