

February 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Enrichment Program Bowling
3	4	5	6	7	8	9 Enrichment Program Mesa Rim
10	11	12	13	14	15	16 Enrichment Program Movie & Munchies
17	18	19	20	21	22	23 Enrichment Program
24	25	26	27	28 Aladdin		

Leisure Express Local

February '19

How to Sign-Up for an Activity:

First, fill out the enclosed priority form, place an "X" on the appropriate line indicating your transportation plans. Email, fax, or mail (with a self-addressed stamped envelope) the completed form and payment to The Arc of San Diego by:

Thursday, January 24th, 2019

You will receive confirmation via email or by mail **after January 24th 2018** indicating the activities you are confirmed for. This will also include drop off and pick up times. A few days before the activity, you will receive a reminder phone call or email.

For all events, please mail a check to: "The Arc of San Diego - Leisure Express" with your priority **including transportation costs**. There are no refunds for activities.

Each activity has a maximum capacity based on several factors including transportation, tickets, and staffing availability. While we try to get you into every activity you sign-up for, it is not always possible.

Please be at the designated pick-up place early! We only wait **5 minutes** after the indicated time before we must leave. Call or email with any questions.



Starting February 2nd we are offering a 7 week Wellness Enrichment Program at North Shores Vocational Center.
Every Saturday from 9:00-12:30pm.
Services include: Yoga, Zumba, Nutrition, Art, Music & Fitness.

Program Membership Includes: Access to comprehensive wellness classes for 7 weeks, Our Place Wellness Center Shirt & Hat.

Cost: \$25 per person

All registration forms and payments due by January 15

For more information, contact Justin Umpierre at (619) 685-1175, ext. 246 or via email : jumpierre@arc-sd.com

COMING UP

- ◆ Japanese Friendship Garden
- ◆ Whale & Dolphin Watching
- ◆ St. Patrick's Day

The Sulpizio Family Center
3030 Market Street
San Diego, CA 92102
Phone: 619-685-1175, ext. 222
Fax: 619-234-3759
Email: ejunge@arc-sd.com
Website: www.arc-sd.com/recreation

FEBRUARY 2019 ACTIVITIES



Join us bowling for an afternoon of bowling with friends! We will be bowling at the Kearny Mesa Bowl for 2 hours.

When: Saturday, February 2nd, 2019

1:30 pm-3:30 pm

Where: 7585 Clairemont Mesa Blvd.

San Diego, CA 92111

Cost: **PRE-PAY ACTIVITY**
\$15.00 per person

Transportation provided.

Transportation is provided from Arc North Shores and El Cajon.



Its time to get active! Come join us for a 2 hour adaptive rock climbing clinic at Mesa Rim Climbing & Fitness Center.

*Food is not included.

When: Saturday, February 9th, 2019

2:30pm-4:30pm

Where: 405 Camino del Rio S.

San Diego, CA 92108

Cost: **PRE-PAY ACTIVITY**
\$25.00 per person

Transportation provided.

Transportation is provided from Arc North Shores and El Cajon.



Come and enjoy a Movie & Munchies at our North Shores location. We haven't decided which movie so you can help us by voting on your priority form! Our 3 options are:

- The Sandlot
- E.T the Extra-Terrestrial
- The Lion King

Popcorn provided

When: Saturday, February 16th, 2019

1:00 pm– 3:00 pm

Where: 9575 Aero Dr. San Diego, CA 92123

Cost: **PRE-PAY ACTIVITY**
\$6.00 per person

Transportation will NOT be provided.



Discover a whole new world at Disney's **ALADDIN**, the hit Broadway musical.

Come join us to watch this, theatrical event where one lamp and three wishes make the possibilities infinite!

When: Thursday, February 28th, 2019

7:30pm–10:30pm

Where: 1100 Third Ave
San Diego, CA 92101

Cost: **PRE-PAY ACTIVITY**
\$55.00 per person

Transportation provided.

Transportation is provided from Arc San Diego and El Cajon.

Transportation Locations

Arc San Diego
The Sulpizio Family Center
3030 Market Street
San Diego, CA 92102

El Cajon
Petco
540 N 2nd Street
El Cajon, CA 92021

Arc North County
North County Training
Center
1336 Rancheros Drive
San Marcos, CA 92036

Arc North Shores
North Shores
vocational Center
9575 Aero Drive
San Diego, CA 92123