**Sailing**

Thursday, August 9, 2018: 4:30-7:00pm  
Mission Bay Aquatic Center  
1001 Santa Clara Place  
San Diego, CA 92109

Join us for a day of adaptive sailing on August 9 at Mission Bay Aquatic Center (MBAC). For directions, call MBAC at 858-488-1000.

This program utilizes Freedom Sailboats that are very stable and designed to increase the freedom of sailors with physical limitations. The Freedom Sailboat is equipped with special equipment that makes sailing easier and less risky. For example, the halyards (ropes) are easier to handle and the boat is counter-balanced with weights so it won’t tip over. Come and try your hand at the till, or just go for a ride.

We will also BBQ throughout the day so sign ups are mandatory. Please note that all participants must sign a waiver. If you are under 18 years old or have a legal guardian, please call and ask us to send you two waivers before the event to get parent or guardian signatures. Adults can sign the waivers at the event.

All participants must pre-register by calling 858-939-3048 or email debra.moore@sharp.com. Leave a message to sign up.

**Sharp sponsors Adaptive Surfing**

Saturday, September 15, 2018  
7:00am-3:00pm  
La Jolla Shores  
8200 Camino del Oro  
La Jolla, CA 92037

Sharp is the sponsor of “Life Rolls On, They Will Surf Again”, and we have reserved 35 spots for individuals with physical limitations to go adaptive surfing on September 15 at La Jolla Shores. The event is sponsored by Sharp Rehabilitation Services.

To secure your Sharp spot email debra.moore@sharp.com by July 17. Then on July 19, you must register at www.liferollson.org and click on “tour dates”. Scroll down to Surf La Jolla Shores California September 15 and click on Athlete Registration. Please note SHARP on the application. Registration opens July 19 at 9:00am and may fill up quickly.
Day on the Bay
Monday, October 8, 2018: 10:00am-2:00pm
Crown Point Shores
3700 Corona Oriente Road
San Diego, CA 92109

Join us for another fun-filled day of adaptive water sports. On October 8, the always popular “Day on the Bay” returns. Mission Bay Aquatic Center's staff will provide kayaking, water skiing, and sailing. San Diego Parks and Recreation, TRS, will provide handcycling. The Torrey Pines Kiwanis have sponsored this program for many years. A complimentary lunch will be provided for all participants. Lunch is sponsored by ABC Medical.

Please note that all participants must sign a waiver. If you are under 18 years old or have a legal guardian, please call and ask us to send you two waivers before the event to get parent or guardian signatures. All participants must pre-register by calling (858) 939-3048. You can leave a message to sign yourself up. We will not call you back unless you ask us to call you. Adults can sign the waivers at the event. The last day to sign up is October 3. Call or email to sign up: debra.moore@sharp.com

COMMUNITY RESOURCES

United Spinal Association Meet & Greet
July 26, 2018
11:30am-1:00pm

This Meet and Greet event is hosted by the Southern California Chapter of the United Spinal Association and Sharp Rehab. This is a great way to talk with friends, meet new friends and build your support network. Lunch will be provided and there will be a guest speaker. This event is open to all.

Please RSVP to Rick Hayden at scchapter2013@gmail.com.

San Diego Women’s Wheelchair Basketball Team

San Diego Black Widows is a women's wheelchair basketball team. Our program is offered through the Adaptive Sports and Rec Association (ASRA) and we are registered with the National Wheelchair Basketball Association (NWBA). We strive to have a positive environment where we support each other and have fun while improving our skills as individuals and as a team. We practice on Saturdays from 2-4 pm at the Muni Gym in Balboa Park: 2111 Pan American Plaza, San Diego, CA 92101. Our players range in age from 13 to 73. We have several extra basketball wheelchairs. If you contact us we can make sure we have one ready for you. We start our practices with drills to learn and reinforce our skills and then, scrimmage at the end.

We start our season in September. We'll still be practicing at the same time, but will be working on getting ready for tournaments. Last year, we competed in Tucson in January, hosted a tournament in February, and went to Nationals in LA in March. We'd like to add another tournament or two this year. During the season, from September to March, ASRA charges $90 for people who just want to practice and $370 for those who want to also compete. The summer is free so new players can try it out. Many athletes apply for grants through the Challenged Athletes Foundation every year to get a personal basketball chair, or for travel or training expenses. It opens in September, is due in December, and the grants come in April.

CAF San Diego Triathlon Challenge
October 21, 2018
La Jolla Cove

For more information, call 858-866-0959 or go to www.challengedathletes.com.

Wheelchair Dancers Organization

Free dance classes at various locations. Go to www.wheelchairdancers.org or contact Beverly Weurding at 619-905-8488 or email dance-whisperer@live.com.
**SHARP COMMUNITY PROGRAMS**

**SPORTS, RECREATION, AND WELLNESS PROGRAMS**

Sharp Rehabilitation Sports, Recreation and Wellness Program is known for integrating physically challenged individuals into the community. These programs are open to anyone with a physical disability and are offered at Sharp Rehabilitation Center, Sharp Grossmont Rehabilitation Center, Sharp Coronado. Please call for enrollment information.

### SHARP ALLISON DEROSE

**REHAB CENTER**

**Adaptive Weight Training & Fitness Class**
Mondays & Wednesdays
4:30-6:00 pm
$25.00 for 3 month session
858-939-3048
debra.moore@sharp.com

**Adaptive Yoga**
Mondays, 4:00-5:00pm
$30.00 for 6 weeks
or $7.00 per class
800-827-4277
www.sharp.com/health-classes/adaptive-yoga-class-1708

**Adaptive Golf Clinic**
Thursdays, 3:00-4:00pm
858-939-3048
bernadette.gore@sharp.com

**Gentle Fitness**
Thursdays 1:00-2:00pm
$30.00 for 6 weeks,
or $5.00 / class
858-939-3048
wendy.pierce@sharp.com

**Tai Chi**
Wednesdays 4:00-5:00pm
$30.00 for 6 weeks,
or $7.00 / class
800-827-4277
jocelin.friedman@sharp.com

For Memorial Programs,
858-939-3048

### SHARP GROSSMONT

**REHAB CENTER**

**Adaptive Aquatics**
Mondays, Wednesdays, Thursdays, Fridays
$60.00 once/week for 8 weeks

**AquaMoves**
Monday thru Saturday
7:00am-7:00pm
$104.00 for 8 weeks-2xweek
$156.00 for 8 weeks-3x per week

**AiChi**
Tuesdays & Thursdays 7:10pm
$104.00 for 8 wk session-2x/wk

**SPLASH2O - Special Kids**
Learn Aquatic Skills in H2O
Mondays, Wednesdays and Saturdays, 10:15am
$60.00 for 8 week session

**Adaptive Golf Clinic**
Saturdays, 9:30-10:30am
619-740-4104

**Gentle Fitness**
Tuesday 9:30-10:30am
$88.00 for 8 weeks - twice/wk
619-740-4104
grace.latimer@sharp.com

For Grossmont Programs,
619-740-4104
elizabeth.clarno@sharp.com

### SHARP CORONADO

**HOSPITAL**

**Gentle Fitness**
Tuesday and Thursday
10:00 and Thursday
10:00-11:00 am

**Qi Gong, Yoga, Fitness, and Tai Chi Classes are also offered.**

For Coronado Programs,
619-522-3798
nicole.dangelo@sharp.com

http://www.sharp.com/hospitals/coronado/sewall-healthy-living-center/calendar.cfm?
utm_source=Print&utm_medium=Vanity&utm_campaign=hlc

### SEASONAL EVENTS

- Ski Trip
- Sharp Quad Rugby
- Day on the Bay
- Adaptive Sailing
- Adaptive Surfing

### STROKE CLUBS

**YESS (Young Enthusiastic Stroke Survivors)**
Days and Times vary
858-939-3048
bernadette.gore@sharp.com

**Communication Group Speech Therapy Dept.**
Thursdays 1:45-2:45 pm
$35.00 per month
619-740-6055
marissa.pabis@sharp.com

For more information about Sharp Rehab Recreation Therapy
http://www.sharp.com/search/?q=recreation+therapy

For G:\Rehab\REC THER\2018 Recreation Therapy - Community Resource List
Sharp Support Groups

**Women on Wheels (WOW)**  
1st Tuesday, 12:30-1:30pm  
Katie Gerhart at 858-939-3153  
katie.gerhart@sharp.com

**Drama and Support Group**  
Every Friday, 3-4:30 pm  
Richard Green at 858-939-3156  
richard.green@sharp.com

**Men with Spinal Cord Injuries Group**  
3rd Monday, 4-5:30 pm  
Richard Green at 858-939-3156  
richard.green@sharp.com

**Gray Matters Brain Injury Support Group**  
1st Tuesday, 5:30-7:30 pm  
Heidi Lerner, M.A.  
www.heidi@graymatters4u.com

**BI/CVA Survivors and Spouse Support Group**  
2nd and 4th Monday, 5:30 pm  
Richard Green at 858-939-3156  
richard.green@sharp.com

**Young Enthusiastic Stroke (and Brain Injury) Survivors (YESS)**  
Days and Times Vary  
Bernadette Gore at 858-939-3048  
bernadette.gore@sharp.com  
or  
Grace Latimer at 619-740-3540  
grace.latimer@sharp.com

**Group for Brain Injury and Stroke Survivors and their Spouses/Partners**  
2nd and 4th Monday, 5:30-7pm.  
Derek Schwartz at 858-373-8495  
or  
Richard Green at 858-939-3156  
richard.green@sharp.com

**Other Sharp Services and Programs**

**Balance/Vestibular Disorder Program**  
Sharp Memorial Rehab Center 858-939-6949  
Sharp Grossmont Rehab Center 619-740-4100  
Sharp Chula Vista Medical Center 619-591-7900  
Sharp Coronado Hospital 619-522-3729

**Community Re-Entry Program**  
858-939-4415

**Driver Evaluation Program**  
858-939-6942

**Equipment/Wheelchair Clinic**  
858-939-6942

**Hand Therapy Program**  
Sharp Memorial Rehab Center 858-939-6966  
Sharp Grossmont Rehab Center 619-740-4100  
Sharp Chula Vista Medical Center 619-591-7900  
Sharp Coronado Hospital 619-522-3729

**Lymphedema Program**  
Sharp Memorial Rehab Center 858-939-6949  
Sharp Chula Vista Medical Center 619-591-7900

**Pain Program**  
858-939-3165

**Vision Program**  
858-939-6940