



Therapeutic Recreation

Mission is to enhance the quality of life of individuals with disabilities through meaningful programs. Our goals are to:

1. Provide recreation opportunities in a safe, caring and fun environment.
2. Create self confidence through exposure to new recreation opportunities.
3. Plan and implement activities and programs to enhance motor skills, social interactions, positive self expression and foster independence.

To register or receive a TR Brochure, call 730-7359.

Therapeutic Recreation Programs

Saturday of Experience (18 years and older)

Join us for a morning of activities that include exercise, arts , music, outing and more! Our new location is the Recreation Center, 550 East Remington Drive, Sunnyvale 94087.

Saturdays from 10 am to 12:30 pm

Bowling (18 years and older)

Join your friends for an afternoon of bowling at Homestead Lanes.

Work on your bowling skills, while building sportsmanship teamwork and making new friends.

Thursdays, 3:30 – 5 pm

Cooperative Dances (18 years and older)

Dances are sponsored by the cities of San Jose, Santa Clara and Sunnyvale. Call (408) 730-7359 for more information.

Santa Clara County Special Olympics

Provides year round athletic training and competition. Call (408) 392-0170 for more info.

AYSO (American Youth Soccer Organization)

provides soccer programs for children with disabilities, ages 4-19 years, at no cost. Call (408) 739-ASYO for info.

Community Organizations

All of the organizations listed here provide recreational opportunities for persons with specific interests. If you have a particular interest in any of the wide variety of activities presented below, you are invited to contact the organization’s representative at the phone number shown and obtain information on becoming a member..

Community Groups	Phone
Friends of the Sunnyvale Library	(408) 982-6657
Nova Vista Symphony	(408) 624-1492
Belle Swingers Square Dance Club	(408) 739-3977
Sunnyvale Art Club	(408) 733-1804
Sunnyvale Community Players	(650) 425-7549
Sunnyvale Garden Club	(408) 738-1942
Sunnyvale Historical Society & Museum	(408) 749-0220
Sunnyvale Photographic Club	(408) 475-8101
Sunnyvale Singers	(408) 718-9666
Sunnyvale Squares	(408) 744-1021
Sustainable Community Gardens	(408) 735-8154

Senior Clubs

Bayview Senior Citizens	(408) 736-4453
California Grandmothers’ Club	(408) 409-9769
Sunnyvale Senior Citizens	(408) 736-3119
Unique Boutique	(408) 733-8459

Sports Clubs

Sunnyvale Lawn Bowls Club	(408) 736-4739
Sunnyvale Swim Club	(408) 248-8979

Youth Sports Leagues

Baseball/Softball

Metro Little League	www.sunnyvalemetro.org
National Little League	(408) 720-1809
Serra Little League	serralittleleague.com
Sunnyvale Girls Softball League	(408) 380-1210
Southern Little League	www.sssl.org

Football

POP Warner Football	(408) 799-8860
POP Warner Cheerleading	(408) 505-3566

Soccer

American Youth Soccer Organization	(408) 739-AYSO (2976)
Sunnyvale Alliance Soccer	(408) 372-7210