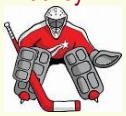
858-565-7432

# SPORTS for Exceptional Athletes

www.s4ea.org

## ~ December 2026 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| Fall Season Sports<br>- Bowling (BO)<br>- Cycling (CY)<br>- Floor Hockey (FH)<br>- Pickleball (PB)<br>- Swimming (SW)<br>- Volleyball (VB) | San Diego Co. Location<br>C - San Diego City<br>EC - East County<br>NC - North County<br>SB - South Bay | Facilities<br>Copley YMCA<br>Kearny Mesa Rec Ctr<br>Lucky Strike Chula Vista<br>Mira Mesa Lanes<br>Park de la Cruz | Donate to S4EA | Donate Stocks to S4EA<br>Tax season has arrived & if you would like to donate appreciated securities, stocks, or real estate to S4EA, call attorney Jerry Harris at 619-282-4415. | Community Giving Program<br>Please contact Clara at sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program | Designate S4EA with United Way<br>United Way & Ca State Employees charitable workplace campaigns start soon. Designate S4EA by giving United Way or Ca St. Emp. our full name & address: S4EA, 8380 Vickers St. #E, SD 92111. Thanks for your support |
| **No Practices or Meets During the Holidays. Enjoy the Holidays with your Family.** | **Noel Noel Musical Concert**<br>**S4EA is receiving a limited # of tickets to Noel Noel Musical Concert on Dec 18 & 20 at the Rady Shell. Call S4EA at 858-565-7432 to reserve tickets.** | **1**<br>Support S4EA GIVING TUESDAY | **2** | **3**<br>~~FH-Jr. 4-5:30pm Kearny~~<br>Go to Mon PDLC instead | **4**<br>SW-C 7-8pm Copley YMCA | **5** S4EA Bowling Tourn - Lucky Strike CV 10am-2pm<br> |
| **6** S4EA Holiday Party - Eagles Aerie 4-6:30pm<br><br><br>BO-C/NC 10:45a-12:20 Mira Mesa | **7**<br>FH-C 6:30-8pm Park de la Cruz<br>PB-C 5:30-7pm Park de la Cruz | **8** | **9** | **10**<br>~~FH-Jr. 4-5:30pm Kearny~~<br>Go to Mon PDLC instead | **11**<br>SW-C 7-8pm Copley YMCA | **12**<br>BO-SB 11am-1pm Lucky Strike |
| **13** S4EA Floor Hockey Tournament- Park de la Cruz 9am-5pm<br> | **14** | **15** | **16** | **17** | **18**<br>SW-C 7-8pm Copley YMCA | **19**<br>BO-SB 11am-1pm Lucky Strike |
| **20**<br>BO-C/NC 10:45a-12:20 Mira Mesa | **21** Winter Begins<br><br> | **22** | **23** | **24** | **25** Christmas<br><br> | **26** Kwanzaa Begins<br><br> |
| **27** | **28** Holiday Bowl Parade -Harbor Dr 9-11:30am<br><br><br>CY 8-11::30am Liberty Station to Co Admin Bldg.-Hol. Bowl Parade | **29** | **30** | **31** New Year's Eve<br><br> | Facebook Birthday FR<br>For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info. | Vols Needed for Office Projects<br>Volunteers are needed to help with various office projects including mail-outs, newsletters, "A Taste 4 SPORTS", etc. Call S4EA at 858-565-7432 to help |