



**Cycling & Tennis have a soft opening if meet SDC Dept of Health Guidelines. Zoom Workouts at 6pm on weekdays.**

**All other sports practices & tournaments are CANCELLED until further notice.**



858-565-7432

## SPORTS for Exceptional Athletes

www.s4ea.org

~ October 2020 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sports</b> - Basketball (BB) [Zoom] - Cycling (CY) - Soccer (SO) [Zoom] - Tennis (TE)	<b>San Diego Co. Location</b> C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch	<b>Facilities</b> Barnes Tennis Center	<b>S4EA Facemasks</b> S4EA has a limited supply of S4EA Facemasks for \$6 (1 color) & \$8 (multi-color) at S4EA office.	<b>1</b> Zoom Basketball Workout 5:45-7pm Home	<b>2</b>	<b>3</b> S4EA Zoom Scavenger Hunt 6-7:30pm From the Comfort & Safety of Home CY-No Ride
<b>4</b>	<b>5</b> TE-C 6-7 <a href="#">Barnes Tennis Ctr</a> Zoom Exercise Workout 6-6:45pm Home	<b>6</b> Zoom Soccer Workout 5:45-7pm Home	<b>7</b> Zoom Yoga Workout 6-6:45pm Home	<b>8</b> Zoom Basketball Workout 5:45-7pm Home	<b>9</b>	<b>10</b> S4EA Social Distancing Bingo Bash 2:30-4pm North Shores Parking Lot CY 12:30-4:30pm Around the Bay <a href="#">SDC Admin Center-Harbor Dr</a> (take 1pm ferry to Coronado)
<b>11</b>	<b>12</b> Columbus Day TE-C 6-7 <a href="#">Barnes Tennis Ctr</a> Zoom Exercise Workout 6-6:45pm Home	<b>13</b> Zoom Soccer Workout 5:45-7pm Home	<b>14</b> Zoom Yoga Workout 6-6:45pm Home	<b>15</b> Zoom Basketball Workout 5:45-7pm Home	<b>16</b>	<b>17</b> S4EA Zoom Halloween Costume Dance 6-7:30pm From the Comfort & Safety of Home CY 1:15-3:30pm <a href="#">Mission Trails Visitors Center</a> to Santee Lakes
<b>18</b>	<b>19</b> TE-C 6-7 <a href="#">Barnes Tennis Ctr</a> Zoom Exercise Workout 6-6:45pm Home	<b>20</b> Zoom Soccer Workout 5:45-7pm Home	<b>21</b> Zoom Yoga Workout 6-6:45pm Home	<b>22</b> Zoom Basketball Workout 5:45-7pm Home	<b>23</b>	<b>24</b> CY 1:15-3:30pm <a href="#">Liberty Station</a> to Shelter Island and Navy Base Point Loma
<b>25</b>	<b>26</b> TE-C 6-7 <a href="#">Barnes Tennis Ctr</a> Zoom Exercise Workout 6-6:45pm Home	<b>27</b> Zoom Soccer Workout 5:45-7pm Home	<b>28</b> Zoom Yoga Workout 6-6:45pm Home	<b>29</b> Zoom Basketball Workout 5:45-7pm Home	<b>30</b>	<b>31</b> Halloween S4EA Drive-Thru Trunk-or-Treat 3-4pm North Shores Parking Lot CY 1:15-3:30pm <a href="#">De Anza Cove Park</a> around Mission Bay
<b>Stay safe at home during Coronavirus Pandemic. Keep doing Zoom sports workouts, stretching, exercises &amp; walking while maintaining social distancing (6' away from others).</b>	<b>Donate Stocks to S4EA</b> 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.	<b>Vols Needed for Office Projects</b> Volunteers are needed to help with various office projects including mail-outs, newsletters, etc. Call S4EA at 858-565-7432 to help.	<b>Designate S4EA with United Way</b> 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, 9575 Aero Dr #B, SD 92123. Thanks for your support.	<b>Community Giving Program</b> Please contact Clara at <a href="mailto:sds4ea@gmail.com">sds4ea@gmail.com</a> or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program.	<b>Facebook Birthday FR</b> For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info.	<b>Shop Online with AmazonSmile</b> <b>By registering S4EA at <a href="https://smile.amazon.com">smile.amazon.com</a>, Amazon will donate 0.5% of the purchase price to S4EA. You get the same low prices &amp; selection as on Amazon.com.</b>