COME OUT & PLAY
YPCE CLASSES, PROGRAMS, AND EVENTS

REDISCOVER RECREATION | APRIL - JUNE 2021
Want to register for a program?  
Ongoing Spring registration is now open.

There are multiple ways to register:

**Online** visit
https://apm.activecommunities.com/cityofsacparksandrec

**Mail** completed registration form and fees to:
Registration
4623 T Street, Ste. B
Sacramento, CA 95819

**In Person** at any of our Community Centers!
Please call individual Center for hours of operation and types of payment accepted.

The City of Sacramento Department of Youth, Parks, and Community Enrichment offers three convenient ways to enroll in programs! Registrations are not accepted at program sites and are at a first come, first serve basis. So please login, mail in, or come in and see us to register now.

**Contact Us**

<table>
<thead>
<tr>
<th>General Department Information</th>
<th>916-808-5200</th>
<th>915 I Street, Third Floor</th>
<th>Sacramento, CA 95814</th>
</tr>
</thead>
<tbody>
<tr>
<td>Park Permits &amp; Reservations</td>
<td>916-808-6060</td>
<td>4623 T Street, Suite B</td>
<td>Sacramento, CA 95819</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:sacrecreation@cityofsacramento.org">sacrecreation@cityofsacramento.org</a></td>
<td><a href="http://www.cityofsacramento.org/YPCE/Permits">www.cityofsacramento.org/YPCE/Permits</a></td>
</tr>
</tbody>
</table>

This publication is the seasonal program directory of the Department of Youth, Parks, and Community Enrichment. Although this publication was prepared on the basis of the best information available at the time, all information including locations, dates, times, fees, etc. are subject to change without notice.

**YPCE Executive Team**

<table>
<thead>
<tr>
<th>Mario Lara</th>
<th>Director</th>
<th>Mayoral</th>
<th>Rita Gallardo Good</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shannon Brown</td>
<td>Assistant Director</td>
<td>District 1</td>
<td>Sumit Mehta</td>
</tr>
<tr>
<td>Tony Ulep</td>
<td>Interim Park</td>
<td>District 2</td>
<td>Eugene Loew</td>
</tr>
<tr>
<td>Raymond Costantino</td>
<td>Maintenance</td>
<td>District 3</td>
<td>David Guerrero</td>
</tr>
<tr>
<td>Jackie Beecham</td>
<td>Community</td>
<td>District 4</td>
<td>Kai Hermann</td>
</tr>
<tr>
<td>Monica Bianco</td>
<td>Division Manager</td>
<td>District 5</td>
<td>Joe Flores</td>
</tr>
</tbody>
</table>

**Parks and Community Enrichment Commission**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>District 6</th>
<th>Tyler Aguilar</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>District 7</td>
<td>Devin Lavelle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>District 8</td>
<td>Vacant</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mayor Asst.</td>
<td>Rita Gallardo Good</td>
</tr>
<tr>
<td></td>
<td></td>
<td>At large</td>
<td>Jason Law</td>
</tr>
<tr>
<td></td>
<td></td>
<td>At large</td>
<td>Terri Kletzman</td>
</tr>
</tbody>
</table>

**Access for All**

The City of Sacramento Department of Youth, Parks, and Community Enrichment believes that all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability. We welcome people with disabilities into our recreation programs through specialized programs and inclusion opportunities. We will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination of programs, services, and activities for individuals with disabilities. In order to best accommodate your individual needs we ask that you let us know of any accommodations needed at the time of registration and/or at least 48 hours in advance of a program. For further information on accommodation requests contact Jenny Yarrow, jyarrow@cityofsacramento.org, 916-808-6017. 711 California Relay Service (which is also capable of handling TTY calls) is also available. The 711 service is available for those calling from within California.
Table of Contents

Access Leisure .................. 11-12
Aquatics - Pools Map .......... 6-7
Community Centers .......... 4-5

Belle Coolede CC......................... 4
Coloma CC ................................. 4
Evelyn Morre CC......................... 4
Southside CH ............................. 4
George Sim CC............................ 5
Joe Mims Jr. Hagginwood CC.......... 5
Oak Park CC ............................... 5
Sam and Bonnie Pannell CC .......... 5
South Natomas CC ..................... 5

Older Adult Services ........ 13-15
Hart Senior Center Courses .... 13-14
Triple – R Adult Day Center ......... 15

Parks Map .............................. 5-7
Youth and Teens ................. 8-10
COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

SPR/SUM. 2021

COMMUNITY CENTERS

COLOMA COMMUNITY CENTER
4623 T St.
Sacramento, CA 95819
(916) 808-6060

Hours of Operation:
M-F 9am-8pm
Sa 10am-3pm
(open until 9pm for Leisure Enrichment Classes)

Reservation Office Hours: M-F 9am-4pm
Coloma Community Center is a beautiful two-story, tile-roofed brick building that was converted from the old Coloma Elementary School. The building has five meeting rooms, one dance room, and a full performance auditorium with stage for various activities. The Coloma Community Center can host intimate meetings of 25 persons or accommodate large events.

Reservation Information:
Looking for a premier location for your event? Look no further. Call (916) 808-6060 for details.

BELLE COOLEIDGE COMMUNITY CENTER
5699 S. Land Park Dr.
Sacramento, CA 95822
(916) 808-5610

Hours of Operation:
Tu Th F 12am-5pm

The Belle Cooledge Community Center offers several classes, workshops and programs to meet your leisure needs. Learn something new, improve a skill, meet new people, or enjoy friendly competition. Classes include Multi-Level Aerobics, Youth Dance and Gymnastics, Tai Chi, and Ballroom Dance.

SOUTHSIDE CLUBHOUSE
2051 6th St.
Sacramento, CA 95818

Hours of Operation:
M-W, F 9am-1pm
Tu, Th 2pm-8pm
Sa 9am-1pm
Closed City Holidays

Southside Clubhouse is in one of Sacramento's oldest neighborhoods. In the heart of Southside Park, the Clubhouse brings together the community to connect with one another, learn new skills, and explore the community. The Clubhouse includes two meeting rooms and a Little Library sponsored by the Southside Park Neighborhood Association. Enjoy a walk around Southside Park to visit the large natural pond, locally designed sculptures, an amphitheater, an inclusive playground, and the Southside Pool.

EVELYN MOORE COMMUNITY CENTER
1402 Dickson St.
Sacramento, CA 95822
(916) 808-5610

Hours of Operation:
Call for details

Reservation information
Evelyn Moore Community Center is a quaint, one-room activity building suitable for small parties, gatherings or meetings. Call (916) 808-6060 for details.

Programs
The Evelyn Moore Community Center offers several classes, workshops, and programs to meet your leisure needs. Learn something new, improve a skill, meet new people, or enjoy friendly competition.
COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

SPR/SUM. 2021

JOE MIMS JR. HAGGINWOOD COMMUNITY CENTER
3271 Marysville Blvd.
Sacramento, CA 95815
(916) 808-6439

Hours of Operation:
M-F 9:00am-8:00pm
Sa 9am-5pm

SOUTH NATOMAS COMMUNITY CENTER
2921 Truxel Rd.
Sacramento, CA 95833
(916) 808-1571

Hours of Operation:
M-F 8:30am-8:00pm
Sa 9am-4pm

OAK PARK COMMUNITY CENTER
3425 Martin Luther King, Jr. Blvd.
Sacramento, CA 95817
(916) 808-6151

Hours of Operation:
M-F 10:00am-8:00pm
Sa 9am-3pm

GEORGE SIM COMMUNITY CENTER
6207 Logan St
Sacramento, CA 95824
(916) 808-3761

Hours of Operation:
M-F 9:00am-9:00pm
Sa 10am-2pm

SOUTH NATOMAS COMMUNITY CENTER
2921 Truxel Rd.
Sacramento, CA 95833
(916) 808-1571

Hours of Operation:
M-F 8:30am-8:00pm
(Now open Fridays!)
Sa 9am-4pm

Reservation Information
Evelyn Moore Community Center is a quaint, one – room activity building suitable for small parties, gatherings or meetings. Call (916) 808-6060 for details.

South Natomas Community Center is located at the front of South Natomas Community Park. We are adjacent to the South Natomas Library and South Natomas Rose Garden. The Center includes a weight room, teen room, computer lab, and meeting rooms available for rental that can accommodate up to 50 quests. We also have a variety of programs and classes to meet your needs.
## Aquatics

<table>
<thead>
<tr>
<th></th>
<th><strong>City Operated Swimming Pools</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Bertha Henschel Wading Pool</td>
</tr>
<tr>
<td>2</td>
<td>Cabrillo Pool</td>
</tr>
<tr>
<td>3</td>
<td>Clunie Pool</td>
</tr>
<tr>
<td>4</td>
<td>Colonial Wading Pool</td>
</tr>
<tr>
<td>5</td>
<td>Doyle Pool</td>
</tr>
<tr>
<td>6</td>
<td>Glenn Hall Pool</td>
</tr>
<tr>
<td>7</td>
<td>Johnston Pool</td>
</tr>
<tr>
<td>8</td>
<td>Mangan Pool</td>
</tr>
<tr>
<td>9</td>
<td>McClatchy Pool</td>
</tr>
<tr>
<td>10</td>
<td>Natomas High School Pool</td>
</tr>
<tr>
<td>11</td>
<td>Oki Pool</td>
</tr>
<tr>
<td>12</td>
<td>Pannell Meadowview Pool</td>
</tr>
<tr>
<td>13</td>
<td>Robertson Wading Pool</td>
</tr>
<tr>
<td>14</td>
<td>George Sim Pool</td>
</tr>
<tr>
<td>15</td>
<td>Southside Pool</td>
</tr>
<tr>
<td>16</td>
<td>Tahoe Park Pool</td>
</tr>
<tr>
<td>17</td>
<td>William Land Park Wading Pool</td>
</tr>
</tbody>
</table>

## Parks

<table>
<thead>
<tr>
<th></th>
<th><strong>City Operated Wading Pools</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>28th and B Skate Park at Sutter's Landing Regional Park</td>
</tr>
<tr>
<td>2</td>
<td>Argonaut Park</td>
</tr>
<tr>
<td>3</td>
<td>East Portal Park</td>
</tr>
<tr>
<td>4</td>
<td>George Sim Park</td>
</tr>
<tr>
<td>5</td>
<td>Grant Park</td>
</tr>
<tr>
<td>6</td>
<td>Marshall Park</td>
</tr>
<tr>
<td>7</td>
<td>Marriott Park</td>
</tr>
<tr>
<td>8</td>
<td>McKinley Park &amp; Tennis Courts</td>
</tr>
<tr>
<td>9</td>
<td>Regency Park</td>
</tr>
<tr>
<td>10</td>
<td>Robla Community Park</td>
</tr>
<tr>
<td>11</td>
<td>Roosevelt Park</td>
</tr>
<tr>
<td>12</td>
<td>Sacramento Softball Complex</td>
</tr>
<tr>
<td>13</td>
<td>Tahoe Park</td>
</tr>
<tr>
<td>14</td>
<td>William Land Park</td>
</tr>
<tr>
<td>15</td>
<td>Cottonwood Park</td>
</tr>
<tr>
<td>16</td>
<td>North Natomas Regional Park</td>
</tr>
</tbody>
</table>

### Legend

- **Parks**
- **Community Centers**
- **City Operated Swimming Pools**
- **City Operated Wading Pools**
- **City Leased Swimming Pool**

<table>
<thead>
<tr>
<th>Community Centers</th>
<th>Days of Operation</th>
<th><em>Hours of Operation</em></th>
<th>Meeting Rooms</th>
<th>Multi Purpose Room</th>
<th>Warming Kitchen</th>
<th>Auditorium/Stage</th>
<th>Dance Room</th>
<th>Fitness/Weight Room</th>
<th>Senior Meal</th>
<th>Computer Access</th>
<th>Program Registration Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Belle Cooledge Community Center 5966 S. Land Park Drive</td>
<td>Tue, Thu, &amp; Fri</td>
<td>12:00Noon-5:00PM</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Coloma Community Center 4623 T Street</td>
<td>Mon-Fri</td>
<td>9:00AM-4:00PM</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>East Portal Clubhouse 1120 Rodeo Way</td>
<td>Room available for rental</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Evelyn Moore Community Center 1402 Dickson Street</td>
<td>Room and Kitchen available for rental</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>George Sim Community Center 6207 Logan Street</td>
<td>Mon-Fri</td>
<td>9:00AM-9:00PM</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Joe Mims, Jr. Hagginwood Community Center 3271 Marysville Blvd</td>
<td>Mon-Fri</td>
<td>9:00AM-8:00PM</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Oak Park Community Center 3425 MLK Jr. Blvd</td>
<td>Mon-Fri</td>
<td>9:00AM-9:00PM</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Sam &amp; Bonnie Pannell Community Center 2450 Meadowview Road</td>
<td>Mon-Fri</td>
<td>8:30AM-9:00PM</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>South Natomas Community Center 2921 Truxel Road</td>
<td>Mon-Fri</td>
<td>8:30AM-8:00PM</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Woodlake Clubhouse 500 Arden Way</td>
<td>Room and Kitchen available for rental</td>
<td></td>
<td></td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>E.M. Hart Senior Center 916 27th Street</td>
<td>Mon-Fri</td>
<td>8:30AM-5:00PM</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
COME OUT & PLAY CLASSES, PROGRAMS & EVENTS

SPR/SUM. 2021

COME OUT & PLAY CLASSES, PROGRAMS & EVENTS

Earl Warren Park
Age: 6-12
Location: Earl Warren Park
Fee: $25/week
M - F .... 6/28 - 7/2 ...... 9 am - 2 pm
T - F ...... 7/6 - 7/9 ...... 9 am - 2 pm
M - F ...... 7/12 - 7/16 ...... 9 am - 2 pm
M - F ...... 7/19 - 7/23 ...... 9 am - 2 pm
M - F...... 7/26 - 7/30 ...... 9 am - 2 pm
M - F...... 8/2 - 8/6 ...... 9 am - 2 pm
M - F...... 8/9 - 8/12 ...... 9 am - 2 pm

North Natomas Park
Age: 6-12
Location: North Natomas Park
Fee: $25/week
M - F .... 6/28 - 7/2 ...... 9 am - 2 pm
T - F ...... 7/6 - 7/9 ...... 9 am - 2 pm
M - F ...... 7/12 - 7/16 ...... 9 am - 2 pm
M - F ...... 7/19 - 7/23 ...... 9 am - 2 pm
M - F...... 7/26 - 7/30 ...... 9 am - 2 pm
M - F...... 8/2 - 8/6 ...... 9 am - 2 pm
M - F...... 8/9 - 8/12 ...... 9 am - 2 pm

William Land Park
Age: 6-12
Location: William Land Park
Fee: $25/week
M - F .... 6/28 - 7/2 ...... 9 am - 2 pm
T - F ...... 7/6 - 7/9 ...... 9 am - 2 pm
M - F ...... 7/12 - 7/16 ...... 9 am - 2 pm
M - F ...... 7/19 - 7/23 ...... 9 am - 2 pm
M - F...... 7/26 - 7/30 ...... 9 am - 2 pm
M - F...... 8/2 - 8/6 ...... 9 am - 2 pm
M - F...... 8/9 - 8/12 ...... 9 am - 2 pm

Garcia Bend Park
Age: 6-12
Location: Garcia Bend Park
Fee: $25/week
M - F .... 6/28 - 7/2 ...... 9 am - 2 pm
T - F ...... 7/6 - 7/9 ...... 9 am - 2 pm
M - F ...... 7/12 - 7/16 ...... 9 am - 2 pm
M - F ...... 7/19 - 7/23 ...... 9 am - 2 pm
M - F...... 7/26 - 7/30 ...... 9 am - 2 pm
M - F...... 8/2 - 8/6 ...... 9 am - 2 pm
M - F...... 8/9 - 8/12 ...... 9 am - 2 pm

East Portal Park
Age: 6-12
Location: East Portal Park
Fee: $25/week
M - F .... 6/28 - 7/2 ...... 9 am - 2 pm
T - F ...... 7/6 - 7/9 ...... 9 am - 2 pm
M - F ...... 7/12 - 7/16 ...... 9 am - 2 pm
M - F ...... 7/19 - 7/23 ...... 9 am - 2 pm
M - F...... 7/26 - 7/30 ...... 9 am - 2 pm
M - F...... 8/2 - 8/6 ...... 9 am - 2 pm
M - F...... 8/9 - 8/12 ...... 9 am - 2 pm

SUMMER OASIS

There is a $30 annual registration fee for all Tiny Tot time locations.
Rec Express is a recreational after school program for youth. Staff will facilitate various activities including creating art projects, making STEAM projects, engaging in fun activities, and focusing on social emotional learning. This program is free for all participants. Registration is required prior to attending program.

Southside Clubhouse
3:00pm – 6:00pm .......... 1/11 – 5/28 .......... M – F

South Natomas Community Center
3:00pm – 6:00pm .......... 1/11 – 5/14 .......... M – F

Pannell Meadowview Community Center
3:00pm – 6:00pm .......... 1/11 – 6/11 .......... M – F

Oak Park Community Center
3:00pm – 6:00pm .......... 1/11 – 5/14 .......... M – F

George Sim Community Center
3:00pm – 6:00pm .......... 1/25 - 5/21 .......... M – F

Mims Hagginwood Community Center
3:00pm – 6:00pm .......... 1/11 – 5/14 .......... M – F

Teen Scene is an afterschool program for youth ages. Staff will facilitate various activities including creating art projects, making STEAM projects, engaging in fun activities, and focusing on social emotional learning. Once a month, teens will get to discover new experiences during our Teen Late night event while engaging with their fellow youth. This program is free for all participants. Registration is required prior to attending program.

Southside Clubhouse
3:00pm – 6:00pm .......... 9/21 – 12/18 .......... M – F

South Natomas Community Center
3:00pm – 6:00pm .......... 1/11 – 5/14 .......... M – F

Pannell Meadowview Community Center
3:00pm – 6:00pm .......... 1/11 – 6/11 .......... M – F

Oak Park Community Center
3:00pm – 6:00pm .......... 1/11 – 5/14 .......... M – F

George Sim Community Center
3:00pm – 6:00pm .......... 1/25 - 5/21 .......... M – F

Mims Hagginwood Community Center
3:00pm – 6:00pm .......... 1/11 – 5/14 .......... M – F

Prime Time Teen VIRTUALLY CONNECTED

4th “R”

The Prime Time Teen Virtually Connected program is an eight-week virtual workforce readiness and skill development program available for youth 13-17 years of age. The online program places an emphasis on engaging participants in the development of 21st Century workforce readiness skills and the creation of a small group community service project.

Participants engage in interactive online group sessions to gain knowledge, insight, and be more prepared when they are seeking employment within the workforce environment and selection of career options.

All instructional programming will be online via ZOOM and/or Google Classroom. Instructional groups sessions are held twice a week, two hours a day, for eight-weeks at two different times with additional individual assignments given weekly to complete.

To receive the $ 300 monetary stipend, a participant is required to attend, participate, and complete online instructional programming group sessions, and community service project activities.

Youth must live within the city limits to participate.

Age 13-17
Location Belle Cooledge CC
Time: 4:30pm - 6:30pm

No class 2/15

Age 13-17
Location Belle Cooledge CC
Time: 4:00pm - 6:00pm

14108 .......... 2/2/21 - 3/25/21 .......... Tu/Th
**ASES EXPANDED LEARNING PROGRAM: START**

Age: K - 12  
Location: Varies  
Dates: 4/12 - 6/18  
Time: 2 pm - 6 pm  
Fee: FREE

Sacramento START is a “FREE” Expanded Learning program for Kindergarten through 6th Grade students with a focus on providing academic support and recreational activities in a safe and caring environment.

For registration information please email Sacramento START- Jmarson@cityofsacramento.org or contact your local Robla School campus.

Programs are available at 5 schools in the Robla School District:

- **Taylor Street Elementary School**  
  (916) 826-9289  
- **Glenwood Elementary School**  
  (916) 825-5838  
- **Main Avenue Elementary School**  
  (916) 825-3528  
- **Robla Elementary School**  
  (916) 825-5850  
- **Bell Avenue Elementary School**  
  (916) 255-7955

**PASSAGES/ASES AFTER SCHOOL**

Age: 7 - 8 grade  
Location: Sam Brannan Middle School  
Dates: 4/2 - 6/17  
Time: 1:15 pm - 6 pm  
Fee: FREE

The Passages / ASES (Teen Services) programs provides a Youth Development based program designed for middle school children. The program allows the students the opportunity to develop enthusiasm for enrichment and recreation through participation in a variety of exciting, challenging, activities such as academic enrichment, sports, visual and performing arts, science and technology, service learning, cooking, multi-cultural activities, life skills education, special events.

**PRIME TIME TEEN VIRTUALLY CONNECTED**

The Prime Time Teen Virtually Connected program is an eight-week virtual workforce readiness and skill development program available for youth 13-17 years of age. The online program places an emphasis on engaging participants in the development of 21st Century workforce readiness skills and the creation of a small group community service project.

Participants engage in interactive online group sessions to gain knowledge, insight, and be more prepared when they are seeking employment within the workforce environment and selection of career options. All instructional programming will be online via ZOOM and/or Google Classroom. Instructional groups sessions are held twice a week, two hours a day, for eight-weeks at two different times with additional individual assignments given weekly to complete.

To receive the $300 monetary stipend, a participant is required to attend, participate, and complete online instructional programming group sessions, community service project activities All youth must be a resident of the City of Sacramento to participate.

M, W .... 4/5 - 5/27 ...... 4:30 pm - 6:30 pm  
Tu, Th...... 4/6 - 5/27 ...... 4 pm - 6 pm

**KIDS CAMP**

Age: K - 12  
Location: Varies  
Dates: 4/12 - 6/18  
Time: 2 pm - 6 pm  
Fee: FREE

After months of social distancing, it is essential that we give our youth meaningful and intentional interactions to promote their social and emotional learning and physical health. Community Centers will provide a safe space for youth to enjoy an array of exciting activities including games, crafts, cooking projects, drama, science, and sports with lunch provided daily.

M - F .......... 6/28 - 7/2 ........... 9 am - 2 pm  
T - F .......... 7/6 - 7/9 ........... 9 am - 2 pm  
M - F .......... 7/12 - 7/16 .......... 9 am - 2 pm  
M - F .......... 7/19 - 7/23 .......... 9 am - 2 pm  
M - F .......... 7/26 - 7/30 .......... 9 am - 2 pm  
M - F .......... 8/2 - 8/6 ............ 9 am - 2 pm  
M - F .......... 8/9 - 8/12 ........... 9 am - 2 pm
ACCESS LEISURE

Monthly Zoom Activities
Age: 18 & up  
Location: Zoom, virtual  
Fee: $30  
Instructor: Heather Everett
Access Leisure provides a variety of monthly Zoom opportunities included but not limited to; weekly Get Fit classes, Yoga, Meditation, Art Activities, Group Games, Dance Parties, Holiday Themed Events, Social Hours, and Movie Nights. Activity times, days, and dates vary monthly to provide opportunities for as many individuals as possible. These activities are designed for young adults and adults with intellectual and/or developmental disabilities. Individuals, families, and care providers who are interested in Zoom and in-person activities should email Heather Everett, Program Coordinator, at heverett@cityofsacramento.org for calendar and registration information.  
*Schedule Exceptions: No activities on City Holidays

Monthly Paint & Sip
Age: 18 & up  
Location: Zoom, virtual  
Dates: Th, 7 pm  
Fee: $15  
Instructor: Heather Everett
Join Access Leisure peers and staff for an evening of step by step painting and socializing. Supplies are provided and include a canvas, paintbrushes, acrylic paints, and a non-alcoholic beverage. This activity is designed for young adults and adults with intellectual and/or developmental disabilities. Individuals, families, and care providers who are interested in Zoom and in-person activities should email Heather Everett, Program Coordinator, at heverett@cityofsacramento.org for calendar and registration information.

Champion Group
Age: Open to parents, family members of participants  
Dates: 6 pm  
Fee: $15  
Instructor: Heather Everett
Access Leisure staff meets with parents, family members, and care providers once a month to provide opportunities to discuss various topics, provide resources, and teach new skills. Topics are designed to assist with challenging situations and maintaining health and happiness at home. Examples of topics include self-care tips, coping skills, caregiver fatigue, local resources for individuals with disabilities, and more. Individuals, families, and care providers who are interested in Zoom and in-person activities should email Heather Everett, Program Coordinator, at heverett@cityofsacramento.org for calendar and registration information.

Book Club
Age: 18 & up  
Location: Zoom, virtual  
Dates: Th, 4 pm  
Fee: $10  
Instructor: Heather Everett
This group is great for all abilities. Join staff to listen or to follow along in the designated book. The book club runs weekly until the group has finished the book. In the final meeting, the group will get together on Zoom to watch the movie version of the book and enjoy some social time. Staff will assist with group discussion and content discussion each week. Individuals, families, and care providers who are interested in Zoom and in-person activities should email Heather Everett, Program Coordinator, at heverett@cityofsacramento.org for calendar and registration information.

All Zoom meeting links, meeting IDs and Zoom phone number will be provided after you have registered for the monthly Zoom sessions and/or Paint & Sip and Book Club. Staff will check rosters daily and provide Zoom information accordingly. Please do not share your Zoom links and meeting IDs with anyone. Zoom information is provided only to registered participants. Thank you!

We hope to be able to meet in person for activities and programs soon. In the meantime, virtual programming is a great way to enjoy activities and have some fun while we are apart.

What you will need: internet connection + a Zoom account + a smart phone, laptop, tablet, or a desktop computer. If you do not want to create a Zoom account or do not have access to internet and a device, you can still join these activities by phone.

Register online or over the phone:  
Heather, (916) 808-7970 or directly to the registration office, (916) 808-6060. Cash and checks are not accepted at this time.
Power Soccer

Age: 10 & up
Location: River Cats Independence Field
Dates: S, Varies
Fee: $15
Instructor: Kou Yang

Power soccer isn't just a game. It's a way of life. For the coaches, athletes, staff, and volunteers, power soccer builds lifelong relationships while offering opportunities to compete against some of the best teams in the world. If you're the kind of person that wants to dig deep, fight hard, and prove yourself in the heat of competition, power soccer might just be what you've been looking for. Power soccer is the only sport played competitively by individuals using power wheelchairs for mobility. The Sac Valley Flames is the power soccer team of the greater Sacramento Region and welcomes players of all abilities. If you are interested and would like more information, contact Kou Yang, Program Coordinator, at kyang2@cityofsacramento.org.

Virtual Adaptive Recreation & Fitness

Age: All Ages
Location: Zoom, virtual
Dates: Varies
Fee: Varies
Instructor: Kou Yang

Access Leisure is providing virtual adaptive recreation and fitness which includes but may not be limited to cardio, strength, conditioning, meditation, yoga, and cross-fit training. This program is designed for any person with physical disabilities. We can all participate in physical fitness regardless of age. For more information on this program or the monthly schedule dates, please email Program Coordinator Kou Yang at kyang2@cityofsacramento.org.
ETHEL MACLEOD HART SENIOR CENTER

915 27th Street
Sacramento, CA 95816
(916) 808 – 5462

Hours Of Operation:
M – F 8:00am – 5:00pm
Sa 9:30am – 1:00pm
Su 12:30pm – 3:30pm

Life History Writing Group
Interested in stimulating your memory and preserving the tales of your life for generations to come? Join Life History Writing through Zoom! Members of the class meet to write the stories of their lives. Participants write and share a story each week with the class. Encouragement and constructive advice will be provided to writers. To register, call the Hart Center at 916-808-5462.

Call the Hart Senior Center to register.
Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.*

Registration Link:
http://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/12582

Virtual Zumba Toning with Kelly
Tuesdays from 10AM-11AM
(contact the Hart Senior Center for monthly registration link)
This virtual class incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more. Join us on Zoom to discover how easy and fun losing weight, toning your muscles, and getting in shape can be! Beginners are always welcome; this class is for all levels and shapes.

Call the Hart Senior Center to register.
Course Registration fee: $25 for 5 classes
Class instructions for Zoom will be provided to registrants the day before class starts.
Registration Link for Dec 22nd-Jan19th:
https://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/12633

Life History Writing Group
Tuesdays from 10:30AM-12Noon
(ongoing course)
Interested in stimulating your memory and preserving the tales of your life for generations to come? Join Life History Writing through Zoom! Members of the class meet to write the stories of their lives. Participants write and share a story each week with the class. Encouragement and constructive advice will be provided to writers. To register, call the Hart Center at 916-808-5462.

Course Registration Fee: FREE

Registration Link:
http://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/12582

Beginning Somatic Muscle Release
Tuesdays and Fridays from 12:30PM-1:30PM
(ongoing course)
Beginning Somatic Muscle Release is a form of movement designed to reverse the effects of aging. By making our unconscious movement patterns conscious, we can begin to reverse years of stress and trauma held in the body. All movements are gentle and easeful, done lying on a yoga mat or blanket. Come to re-experience the deliciousness of your own natural movement!

Linda Eisenman has studied meditation and yoga for over 30 years, and in 2020 studied Hanna Somatic through the Novato Institute. She is endlessly fascinated with the movement of the human body. Her goal is to see every senior citizen supple and conscious in their movements.

Call the Hart Senior Center to register for free.
Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.*

Registration Link:
http://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/11899

A Special Treat For Strength & Balance Students!
Hart Senior Center seems very quiet these days, especially Monday, Wednesday, and Friday mornings when the center is normally teaming with people who come for Joe Miguel’s Strength & Balance class. Joe’s hoping his students are finding ways to stay fit, but in case you’re having a hard time getting off the couch, we’ve created a video of Joe going through the regular Strength & Balance routine, in his own unique, down-home style. If you would like a link to the video, send an email to Linda at LThao3@cityofsacramento.org
POETRY WRITING WORKSHOP
Tuesdays 2PM-3:30PM
Join the Poetry Writing Workshop through Zoom for some poetic inspiration and motivation! The workshop is facilitated by Olga Blau Browne, Sue Dalby, and Joyce Odam. Members are encouraged to share an original poem each week and receive positive comments from others.

Call the Hart Senior Center to register for free.
Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.

VIRTUAL BINGO FOR SENIORS
Thursdays from 11:30AM to 1PM (ongoing course)
Join us on Zoom for a fun afternoon of Bingo while you stay safe at home! Zoom is an audio and video application that works on smart phones, tablets, and computers. Never used Zoom? We will send you everything you need to know after you sign up to play. Winners will receive prizes.
To sign up, email Laura Argueta, largueta@cityofsacramento.org.
Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.

CREATIVE IMPROV WRITING GROUP
Thursdays from 3:30PM to 5PM
Creative Improv is writing group that focuses on creative writing using the fine mix of imagination and experience. This type of writing responds to various conceptions of genre, audience, voice, arrangement, and style. This offering prompts its participants to dive into their knowledge about new media literacies, rich rhetorical situations, and the multiple perspectives that are inherent in any writing activity. Come join us through Zoom on Thursdays to share, explore and build on your creative writing! Materials are provided. Call the Hart Senior Center to register for free.
Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.

BOOKS WITH HART
First Fridays of the Month, 10AM-11:30AM (ongoing course)
Books with Hart discussions are held on the first Fridays of the month, but with a twist: virtual meetings! Please email contact@saclibrary.org for more information on meeting access and to borrow a copy of the book each month.
Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.

QI GONG MEDITATION AND MOVEMENT
Saturdays from 12Noon to 1PM
Sheng Zhen Qi Gong is a form of gentle Sitting and Standing Movements practiced for thousands of years to exercise joints & muscles which increase core strength & balance. The Meditations facilitate a state of wellbeing & oneness with the universe. The online Zoom conference will be led by, Jan Polin, a Beijing certified instructor. All levels are welcome. Classes will resume in January. To register, please call the Hart Center at (916) 808-5462.
Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.
Registration Link:
http://apm.activecommunities.com/cityofsacparksandrec/activity_search/11431

TECHCONNECTIONS
Need Technology Help?
Sheltering at home during the COVID pandemic can make for some very lonely days. Not being able to get out to see family and friends is no fun! During this tough time, many people have learned that technology – smart phones, tablets, and computers – can be a lifesaver. Zoom meetups with friends and family and online art classes, book clubs or bingo can all bring a little joy into a long day at home. The possibilities are endless!

But we all know that technology has its challenges. Perhaps you have had a tough time getting your tech devices to do what you would like them to do. Or maybe you would like to try Zoom but are not sure how to get started. If so, the staff at Ethel Hart Senior Center would like to help! Call Hart Senior Center at 808-5462.

Simply tell us what issues with technology you are having, or what you’d like to do with your tech devices at home. We will ask a few basic questions then link you up with a staff person to provide some help over the phone. We look forward to hearing from you!
Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.

FOLK ART @ HOME SERIES: LOVES ME … LOVES ME NOT
Fridays through Email Subscription
Nothing says love like a handmade Valentine! On four consecutive Fridays in January the Valentine Express will deliver step-by-step instructions and ideas on how to make Valentines for everyone on your list – delivered by email. Call Hart Center today to sign up for these free art lessons. 916-808-5462.
Registration Link:
https://apm.activecommunities.com/cityofsacparksandrec/activity_search/11837
Fun Online Social Activities And Exercise For People With Dementia

While we are all at home, Triple-R has a safe and fun way to connect with others online. Come experience the camaraderie of Triple-R by participating in our virtual meetups where we play games, laugh, exercise and have fun together.

The City of Sacramento’s Older Adult Services division operates Triple-R Adult Day Centers which provide socialization, recreation, and personal care for seniors with dementia while their family caregivers take a break or go to work. In response to the COVID-19 pandemic, Triple-R has moved its social activities online, providing both live and “on demand” virtual opportunities for people with dementia.

Live Classes Via Zoom Monday-Friday
11:00am - 12:00pm via Zoom (plus “on demand” videos to be watched anytime)

Fee: First session free after brief orientation, $40 per month, provides access to all sessions. Brought to you in the comfort of your own home! All activities are appropriate for people with dementia. See below for Caregiver Connection activities on Wednesdays and Fridays. For more information on how to participate, please contact Misa Takagi at mtakagi@cityofsacramento.org.

Mental Health And Caregiver Respite Resources

Monthly Online Dementia Caregiver Support Group
Support group meetings provide education and emotional support so that caregivers do not feel alone, especially during this unprecedented time. Those providing care for their loved ones with dementia have a wealth of experience to share with each other and can also look to each other for support and advice. During the COVID-19 outbreak, all support group meetings have moved to phone and online check-ins. The monthly support group facilitated by Triple-R Program Coordinator, Chantell Albers, in partnership with the Alzheimer’s Association is now offered by phone. The meeting takes place the second Friday of every month from 11a.m.-12p.m. To register for this free service, please contact Denise Davis at ddavis1@alz.org.

24/7 Alzheimer’s Association Helpline
The Alzheimer’s Association 24/7 Helpline (800-272-3900) is available around the clock, 365 days a year. Through this free service, specialists and master’s-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

Friendship Line California
This is a toll-free line that provides emotional support to older Californians facing loneliness, isolation and anxiety. The number is 1-888-670-1360.

Respite Support
If you need in-home respite, please contact our community partner, Del Oro Caregiver Resource Center at (916) 728-9333 for more information about how you can receive additional help while you are providing care for a loved one at home.

Dementia Education

We are now several months into staying at home due to COVID-19. If you are finding it frustrating to communicate with loved one, need some tips on how to make things easier at home or just want to talk to other people who are in the same situation as you are, we have resources for you!

Caregiver Education

Del Oro Caregiver Resource Center: Joyful Moments Series- starts October 9th
When caring for an older adult, especially one who has a chronic condition or memory impairment, how do you keep them stimulated and keep their spirits up? As the pandemic limits opportunities to go outside of the house, how do you attend to your own well-being as you care for your loved one? In this seven-week series, join activity specialists from the Hummingbird Project as they teach you tips and tricks for engaging your loved one in a variety of hands-on activities that promote socialization, physical and spiritual wellness, and creative expression. Not only will your loved one benefit from these guided sessions, but you will, too! As part of this program, you will receive your own set of Joyful Moments cards with detailed instructions for each activity along with specially curated supplies. Rediscover the joy of being together as you build some beautiful memories.

Sign up now as space is limited: https://tinyurl.com/yyg2hd4j