COME OUT & PLAY
YPCE CLASSES, PROGRAMS, AND EVENTS

Parks Make Life Better!

City of SACRAMENTO
Youth, Parks, & Community Enrichment

REDISCOVER RECREATION OCT - DEC 2020
Want to register for a program?

Ongoing Spring registration opens 8:00AM Friday, December 4, 2020

There are multiple ways to register:

**Online**
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!

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.

**Contact Us**

| General Department Information | 916-808-5200 | 915 I Street, Third Floor
| | | Sacramento, CA 95814 |
| Park Permits & Reservations | 916-808-6060 | 4623 T Street, Suite B
| | | Sacramento, CA 95819 |
| | | sacrecreation@cityofsacramento.org |
| | | www.cityofsacramento.org/YPCE/Permits |

**YPCE Executive Team**

| Mario Lara | Director |
| Shannon Brown | Assistant Director |
| Tony Ulep | Interim Park Maintenance Manager |
| Raymond Costantino | PPDS Manager |
| Jackie Beecham | Community Enrichment Division Manager |
| Monica Bianco | Interim Youth Division Manager |

| Parks and Community Enrichment Commission |
| District 1 | Sumiti Mehta |
| District 2 | Fatima Malik |
| District 3 | David Guerrero |
| District 4 | Julie Murphy |
| District 5 | Joe Flores |
| District 6 | Tyler Aguilar |
| District 7 | Devin Lavelle |
| District 8 | Chinua Rhodes |
| Mayor Asst. | Rita Gallardo Good |
| At large | Jason Law |
| At large | Terri Kletzman |

**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.

“Like” us on Facebook!
www.facebook.com/YouthParksCommunityEnrichment/
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Youth Division

The summer of 2020 in the Youth Division was anything but traditional. With the COVID – 19 global pandemic among us, staff had to find safe and creative ways to overcome the challenge and provide much needed programming. Young people had been sheltering – in – place since mid – March and needed opportunities to engage with their peers, exercise, learn creatively, and have fun.

Summer offered two different types of options. Face – to – face programs implemented new safety protocols such as social distancing, mask – wearing, and daily health screenings. Programs that could not be delivered face – to – face went virtual using platforms like Zoom and Google Classroom. Both options provided young people opportunities to develop relationships, build skills, and be involved in their communities in meaningful ways.

The Expanded Learning Unit focused on in – person programming and was busy providing the following:

**STEAM Camps**

With six locations around Sacramento, the STEAM Camp experience was specifically designed to help address summer learning loss and offered science, technology, engineering, arts, and math activities. Program offered supervised exploration and interactive fun for 1st – 6th graders. This popular program was featured on Good Day Sacramento and served over 1,000 youth!

**Summer Childcare**

In collaboration with Community Centers, Summer Childcare was available at four community center locations and helped to serve essential worker families. The program offered K – 6th graders social – emotional supports in fun and safe environments. Children were able to engage and participate in fun events such as super – hero day, drive – in movie theaters, and water play. Thanks to our friends from the Sacramento Public Library and the Sacramento Police Department for using virtual platforms to read stories and lead activities with the participants!

**Youth Workforce Development**

Provided both in – person and virtual summer programs that served young people from 13 – 18 years of age and focused on work readiness and work – based learning initiatives. Over 200 young people spent their summer earning money!
Prime Time Teen Virtually Connected

With the challenge of COVID – 19, Prime Time Teen staff redesigned the traditional program and created an eight – week virtual experience. Participants gained skills in 21st century workforce readiness through interactive and engaging activities online via the Zoom platform. Participants created resumes, completed mock interviews, developed individual leadership skills, and implemented small group community service projects. Prime Time Teen is graduating 135 young people and each participant earned a $300 stipend!

WIOA – Workforce Innovation & Opportunity Act

The culmination of the WIOA session was new as the COVID – 19 pandemic required a creative twist. While sheltering – in – place, participants completed various online training courses that focused on critical job skill development that would benefit them in the workplace. Graduating seniors were guided through these training modules and explored their desired career pathways. Once completed, graduates celebrated their achievements by participating in a “drive thru” graduation. WIOA staff proudly handed out completion certificates along with supplies that will benefit the graduates in the future as they move into adulthood and prepare for the workforce and/or college.

Landscape & Learning (L&L)

Fortunately, summer operations resumed working in the field after COVID – 19 had paused Spring program. Youth Aides participated in a variety of virtual training opportunities throughout Spring and were well – prepared for summer operations. Eight crews employing 77 young people, age 14 – 17, were stationed throughout Sacramento. These crews worked at local parks providing general clean up and maintenance such as brush removal, trash pick – up, weeding, and cleaning restrooms. The Sports, Fitness, & Wellness Unit was unable to deliver in – person summer programming due to the public health order. Instead, staff worked with the San Francisco Junior Giants to deliver the Junior Giants at Home virtual program and upgraded activities on social media.

Junior Giants at Home

Three summer seasons that were four – weeks each introduced Junior Giants to the fundamentals of the game along with important lessons in health, education, and character development. The City of Sacramento YPCE Junior Giants participation lead the way in the region having more than 130 young people engaging in twice a week live virtual practice sessions that included skills and drills videos by Giants Manager, Gabe Kapler, his coaching staff, and Giants players. We look forward to getting back on the field next summer season. Go Giants!

Social Media Campaign

The impact of COVID - 19 also hit home with the 28th & B Skate and Urban Art Park closing operations. The Sports and Skate Park staff members realigned their focus began to undertake the creation of social media and video tutorials. The team members have been providing weekly postings to the YPCE social media Instagram and Facebook accounts. The
website upgrade continues to be a work in progress as skateboard tutoring videos are uploaded that will provide individuals various skateboard techniques and maintenance tips. The Sports Team members are continually finding new training activities and challenges to engage young athletes in fitness and wellness. The fall will bring a new chapter of daily virtual activities that will incorporate a variety of fitness and wellness concepts including nutrition, yoga, stretching, and much more!

Civic Engagement Team

The Civic Engagement Team continued their support of the Sacramento Youth Commission and the Summer @ Virtual City Hall – Limited Edition program throughout the summer.

Sacramento Youth Commission (SYC)

Even with the inability to conduct regular business meetings due to COVID – 19, the Sacramento Youth Commission continues to engage in various virtual capacity building workshops allowing them to continue developing skills as commissioners. On June 9, 2020 the first of its kind Zoom joint meeting was held between the SYC and the Sacramento City Council. Discussion focused on the $89 million CARES funding that was awarded to the City of Sacramento because of COVID. During the meeting the Commissioners, Councilmembers, and Mayor engaged in conversations that focused on four “buckets” – Mental Health, Education, Youth Programming and Workforce/Employment Opportunities. The challenges during COVID has hit our young people very hard and additional funds are available to support programs and activities in these areas. The SYC members continued to develop a method of review and provided additional recommendations on which activities to consider be funded. The joint meeting may have been the first, but it will not be the last.

Summer @ Virtual City Hall – Limited Edition (S@CH)

The Summer @ Virtual City Hall - Limited Edition program was a five week summer program taught online by credentialed high school teachers with an emphasis on local government, civic engagement, and youth development principles. Students from various high schools engaged in interactive instructional classes along with group project activities to learn about local government structure and how to become an active member in their community. On Tuesday, July 28th the six small group Project City Hall projects were presented to City Council with a Public Service Announcement and billboard highlighting the need to focus on specific issues impacting youth including mental health, access to WiFi, youth resources (Youth Link Sacramento website), affordable housing, and pre - registering to vote at the age of 16. Not only was the experience rewarding for the 55 young people to learn more about their local government and how to amplify their voice but each of the students that completed each of the components of the program received a $350 stipend. Check out the S@CH website to see the PSAs and billboard from this year’s program [http://www.cityofsacramento.org/ParksandRec/Youth-Division/Youth-Civic-Engagement/Summer-at-City-Hall].
Park Maintenance Division

The Park Maintenance Division Staff has been working in our parks and they haven’t stopped during the COVID 19 crisis. This is an unusual year for us in the parks Dept and for the rest of the country. Our parks are open from sunrise to sunset. You are able to walk, jog and exercise in any of our parks and we have plenty of walking trails for your use. If you are missing a little bit of nature then the Rock Garden in Land park is a great place to walk and maybe even photograph the scenery there. The Rock Garden has some interesting plants and is just a nice place to take a break and enjoy the garden. If the heat is too hot and you would like to listen to some history. The Old City Cementery has free virtual tours about some interesting people buried in the Old City.

The Youth, Parks, and Community Enrichment Department (YPCE) is updating its Parks and Recreation Master Plan to guide future recreation services, youth development, and park development in Sacramento. This master plan will address the need for new park and recreation facilities, park maintenance, recreation and youth programming, and will do so in coordination with the City’s 2040 General Plan and the Sacramento Climate Action Plan updates. YPCE will be offering plenty of opportunities for Sacramento residents to voice their opinion on the Parks and Recreation Master Plan in the coming months. Be on the lookout for a new website, an online survey, and numerous virtual engagement activities.

During 2019 – 2020, the City opened three new parks and improved several parks throughout Sacramento. Some improvements in 2019 and 2020 included a new shade structure at LeVar Burton Park, ballfield renovations and new LED lighting at Roosevelt Park, playground improvements at Winner’s Circle Park, new park amenities at Robla Community Park, and a new half basketball court at River Otter Park. Find additional information about each of these projects and many more below.

### Olympians Park

Olympians Park is a new 4 - acre neighborhood park located in the Mill at Broadway development in the Land Park area of Sacramento. The park includes a bike path and bike racks, an event lawn, and a dog park.

### Roosevelt Park Ballfield Renovation

Roosevelt Park is a 2.5 - acre park located at 9th and P Streets, in downtown Sacramento. Renovations consist of upgrading the ballfield lighting with energy - efficient LED lighting, a new 30 - foot high backstop, 20 - foot overthrow fencing, and new dugouts and spectator areas. The renovations also include new concrete flatwork, a reconstructed skinned infield, new team benches, a scorer’s table, and two 4 - row bleachers with a capacity of 100 spectators. There are two drinking fountains with pet bowls, two trash receptacles, four bike racks, signage, and new landscaping and irrigation around three quarters of the park perimeter.
LeVar Burton Park Shade Structure

LeVar Burton Park in the South area recently received a new shade structure. The shade structure is 30 feet by 30 feet and covers the picnic tables and seating area.

Ricardo Favela Park

In February 2020, the City opened Ricardo Favela Park, a 0.13 – acre pocket park located in McKinley Village in East Sacramento. It includes an accessible tiled community table and benches, an art wall, an accessible concrete walkway, and decomposed granite paving. It is landscaped with a small open turf area, tree plantings and has a park name signage wall. It is one of five City parks planned within the new McKinley Village development.

Winner’s Circle Park Improvements

Renovations in January 2020 at Winner’s Circle Park consisted of installing a new fabric shade canopy over the existing playground structure, an ADA swing seat, two spring riders, and benches. The park has trash receptacles, picnic tables, new basketball court striping, and 30 new trees planted throughout the park.

Sutter Park

In early 2020, the City opened a new 0.6 – acre neighborhood park in East Sacramento. Sutter Park includes two custom shade trellises with community tables and reclaimed wood benches. It has a recessed open turf area surrounded by shade trees and seat walls, an enclosed playground, and hedgerow and rose landscaping. There is a new drinking fountain, site furniture, special paving, two rose and perennial sculpture gardens, and whimsical public art.

Show us your favorite park by submitting a drawing your favorite park by taking a photo or scanning it to us. Win a chance to be featured on social media channels and our Parks Master Plan documents.

Park Planning and Development Services Division, continued

McClatchy Park Ballfield Renovations ▼

Two baseball field backstops and infields were renovated at McClatchy Park in Council District 5. New trees were planted. Signage, bullpens, two batting cages, a scoreboard, bleachers, and site furniture were included with the renovations. The park also received chain link fencing and gate improvements, a new accessible walkway, and accessible parking lot striping.

Garcia Bend Park Restroom ▼

The improvements at Garcia Bend Park in the Pocket area include the renovation of a 690 - square foot park restroom. Improvements consist of new stone veneer, masonry, roofing, plumbing, electrical improvements, and concrete flatwork. New security cameras were also installed around the exterior of the restroom.

Robla Community Park Improvements ▲

The improvements at Robla Community Park in Council District 2 consisted of replacing picnic tables, trash receptacles, and benches throughout the park. The swing seats and independent play equipment was replaced, and 40 new trees were planted with bubbler irrigations system to water them.
Park Planning and Development Services Division, continued

River Otter Park Basketball Court
Under this project, a new half basketball court was added to River Otter Park. To install the new basketball court, the existing turf and irrigation was removed. Concrete and asphalt paving was installed and a basketball backboard, a pole, a rim, and basketball net were also added.

Temple Park Playground
The outdated playground at Temple Park has been replaced. Old playground equipment was removed, and repairs were made to the existing playground drains. A large new ADA accessible swing was installed along with standard belt swings and tot swings. The new playground was installed with a built-in shade canopy.

Tahoe Park Restroom Renovation
Restroom renovations at Tahoe Park in Council District 6 consisted of removing the outside privacy wall and tubular steel gates. The interior of the restroom was painted, and new doors with magnetic locks and panic hardware were installed. There are also new sinks and toilets, baby changing stations, and upgraded LED lighting. Lastly, a storage room at the park was converted to a recreation room for youth programming.

Congratulations to the four finalists of the Parks Master Plan 2040 Photo Contest!
Winning photos were taken at Regency Community Park, Reichmuth Park, Artivio Guerrero Park, and Egret Park. Contestants won gift cards to Best Buy, Target, Safeway, and Starbucks. Qualifying participants will also receive YPCE swag in the coming weeks.
City of Sacramento Parks Master Plan 2040

Photo Contests Winners

2nd Place!

Taken by Lea at Reichmuth Park
Winner of a $50 Safeway gift card and YPCE swag bag!

3rd Place!

Taken by Monique at Artivio Guerrero Park
Winner of a $25 Target gift card and YPCE swag bag!

4th Place!

Taken by Kavita at Egret Park
Winner of a $10 Starbucks gift card and YPCE swag bag!
While COVID – 19 has brought so many unexpected challenges and impacted summer programming that YPCE worked so hard to plan, the Community Enrichment team quickly adapted and have continued to deliver many core, essential services, as well as recreation opportunities in creative new ways. Read on to learn more about what the Community Enrichment Division has been up to, and what is in store for the coming months. While the onset of the pandemic changed our plans, it certainly did not cancel FUN!

Community Centers

YPCE’s Community Center team stepped up to the challenge and played a fundamental role in offering YPCE’s Essential Worker Childcare program across all centers. Additionally, the team moved several programs and opportunities virtual in response to COVID – 19, engaging with people of all ages online. Many virtual offerings are still being offered and can be found on our new Virtual Activities and Resources page, including teen online gaming tournaments, virtual arts and crafts classes, and virtual college and national park tours to name a few.

And while centers haven’t been open to the public, that hasn’t stopped the team from making safe and socially distant connections in – person every chance they get! From Kindness kits to wellness calls and check ins, staff have continued to connect with youth and adults in many ways. Since April 20, 2020, in partnership with Natomas Unified School District, community centers have distributed almost 50,000 meals through drive thru meal distribution for youth 18 and under. The team has also worked with other partners like Crocker Art Museum and Sacramento Public Library to hand out local artist – created coloring books and free books with meals. Meal distribution is continuing through the fall so visit our website for locations and times.

Lastly, the center team has been providing Youth and Teen Summer Camps under state and county public health guidelines at 6 community center locations that will continue through August 21, 2020. Over 425 youth are participating in the FREE recreational based program that includes games, arts and crafts, STEAM activities, and sports. The team will continue to adapt and respond to the ever - changing environment, and looks forward to offering even more opportunities, virtually and even some in – person, this fall. So stay tuned for more details!
Older Adult Services
While our senior facilities have had to close their doors for the safety of our seniors, it has provided the perfect opportunity to have Hart Senior Center renovated. The remodel, with ADA upgrades, has totally transformed the 60-year-old facility into a warm and inviting gathering spot for seniors. Construction will be complete in August and staff look forward to inviting the community back soon. In addition to the renovation, the Older Adult Services section has been very busy helping to support seniors as they shelter safely at home.

Triple-R staff have provided over 400 units of virtual programming on wide ranging, engaging themes for people with dementia and their family caregivers (1 unit = 1 person for 1 hour). They also delivered 60 no-contact care packages with art/craft activities and exercise supplies so seniors are fully equipped to participate in the virtual Zoom sessions – what a great time to get our older adults more engaged in the virtual world! Staff also created an on-demand video library to help older adults with dementia remain active and engaged on their own schedule. One such video explores iconic sites in Sacramento, providing the perfect opportunity for these decades-long residents of our city to reminisce and take stock of the changes they’ve witnessed during their lifetimes. In addition to facilitating virtual programs, Hart Senior Center staff have made thousands of Wellness Calls to seniors to ensure they have access to food, know what to do if they experience COVID symptoms, and to help alleviate loneliness, and supported the Great Plates Deliveries program, bringing thousands of meals to seniors homes each weekday since March. You can expect many of these opportunities to continue through the fall as our team will bring every opportunity and resource possible in the safest space, even if that means over Zoom or the telephone!

Access Leisure
The Access Leisure section has taken on virtual programming with gusto as they support people with physical, intellectual, and/or developmental disabilities staying safely at home. Read on for a short list of the amazing opportunities that are being offered and visit our website for learn more!

- Young people with intellectual and developmental disabilities have been thrilled to learn how to use Zoom and have had a wonderful time connecting with peers and staff. Up to 70 participants attend each Zoom session.
- The focus has been on FUN, with group virtual graduation parties, in-home scavenger hunts, game nights, live baking demonstrations, a talent show, dance parties, step-by-step art demos, movie nights, and more.
- Daily opportunities for engagement and interaction are provided on Facebook,
with at-home activities and video tutorials for recreational experiences at home or in local parks and neighborhoods.

• Participants are encouraged to stay fit by taking part in Access Leisure’s Zoom Yoga and Get Fit exercise classes.

• As a way to mitigate the disappointment of not being able to go away to an Access Leisure summer camp this year, staff have created Camp - in - a - Box, which includes all the supplies needed to participate in a week-long series of camp-themed activities starting August 10.

• Recognizing the stress families are under while sheltering in place, parent/caregiver virtual support groups have been held where strategies are shared for healthy communications and positive behavior management.

In addition, with strict COVID safety protocol in place, Access Leisure’s sports program for people with physical disabilities has resumed on a very limited basis. Tennis as well as cycling on the American River Parkway on recumbent bicycles are now being enjoyed as safe, out-of-doors activities.

Camp Sacramento

Camp Sacramento was prepared to celebrate it’s 100- year anniversary this summer, so while the in-person event will have to wait until Summer 2021, staff still found a way to bring families to Camp by planning a virtual centennial celebration. On August 2, Camp staff streamed live on Facebook and Zoom with a virtual camp tour and ended with a virtual campfire. Families were able to see all the amazing improvements that have been happening up at camp, got to sing along to some camp songs and do a few camp skits.

While regular camp season was postponed for the summer, following county and US Forest Service guidelines, Camp Sac was able to offer a unique camp experience by opening cabins for daily rentals campground-style. Families who were scheduled to visit camp this summer had a chance to enjoy a safe getaway at the beautiful Camp Sac location, explore trails and rivers, relax on the brand new deck, and try their luck at fishing in the surrounding rivers and lakes. For more information on this unique opportunity, visit our website at www.campsac.org. Otherwise we look forward to seeing you in-person at our 100 (plus 1) anniversary in 2021!

Aquatics

While the pandemic delayed pool openings for summer 2020, water safety has remained a top priority for YPCE and our team worked hard to open four city pools for safe, socially distanced aquatics programs. Pannell Meadowview, Clunie, Doyle and Tahoe Pools all opened in July for modified programs including recreation swim, lap swim, water aerobics and parent-led swim lessons. In the first month of opening, nearly 6,000 swimmers enjoyed Recreation Swim, over 400 youth participated in parent-led swim lessons, and over 800 lap swimmers and water aerobics participants visited the pools. Aquatics programs have been safely expanded throughout the summer and will continue to serve more through Labor Day so visit our website for more information and we hope to see you swimming soon!
Employee Spotlight

COMMUNITY ENRICHMENT

Solomon Silva is an Administrative Analyst under the Fiscal Administration team currently supporting the Community Enrichment Division. He has worked for the City of Sacramento for over 15 years and supported a diversified portfolio of programs within the Youth, Parks and Community Enrichment Department (YPCE). His vast experience and understanding of the various YPCE Divisions, City processes, and procedures makes Solomon a great asset to our team and to the City of Sacramento. Solomon provides exceptional customer service with a great attitude and with a teamwork mentality. He consistently goes above and beyond when completing his work and supporting the Department. He is a valuable member of our team and an amazing employee. We appreciate him for all his contributions to the YPCE Department.

PARKS

We would like to highlight Nick O'Sullivan, a Park Maintenance Worker II for the Del Paso Regional Park Area. This area includes Del Paso Park, Sacramento Horsemens Association trail and the Sacramento Softball Complex. Nick and his crew are responsible for all park maintenance including clearing the horse and walking trails, preparing the softball fields, and maintaining the park. The Sacramento Softball Complex is booked for tournaments 50 weekends a year, as well as weeknight leagues 7 months a year. It is clear to us that Nick's dedication to our community is unwavering. Despite our cancelled leagues and tournaments, Nick is continuing to make sure the Complex is game-ready when our season start again. With COVID, Nick saw this as an opportunity to make major renovations on the fields and continues maintain the Del Paso Park and the Horsemens Association Trails. We proudly deem Nick a superhero staff for his eagerness to step up and take on Mackey Park and 5 Star Park to help out his fellow maintenance workers. He and his crew has also been volunteering to help out in areas where we are currently short staffed. Nick and his staff are extremely dedicated to their craft. If you are visiting any of these locations, be sure to say hi and thank them for their service.

YOUTH

Shout out to our Superhero staff, Crystel Fudala. Crystel is a Program Developer at Sutterville 4th “R”. She continuously goes above and beyond, has a positive spirit, and her love and support for her students and staff is endless! She is giving her time and always asking what she can do to help. On random occasions, Crystel will call staff to sing them a crazy made up song about how they are doing or sing you a birthday song. In these days of uncertainty, she makes time to ask people how they are feeling and assures them she is there for you. If staff are sick or dealing with trauma, rest assured you will have a card in your mailbox. In these past few months, Crystel has been providing care to essential workers. Since COVID has changed the world around us, she has put both feet forward and started planning to provide program activities to our community kids. Crystel has reached outside her normal work zone to create art and craft YouTube videos for those children and family members that are at home. With close to 30 years of service, Crystel has reached outside her normal work zone to create art and craft YouTube videos for those children and family members that are at home. With close to 30 years of service, her passion and dedication to our program and participants runs deep. I guess it is only fitting that her Superhero is Batman and she is ours. Crystel inspires everyone around her to be and do their best and that is why she is our “Superhero".
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.

BELLE COOLEEDGE COMMUNITY CENTER
5699 S Land Park Dr
Sacramento, CA 95822
(916) 808-5610
Hours of Operation:
Tu Th F 12-5pm
The Belle Cooleedge 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
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.
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 guests. We also have a variety of programs and classes to meet your needs.
Holiday Drive-thru Events

While supplies Last!

November 23 - Rolling Apple Hill / 11:00am-1:00pm
Belle Cooledge Community Center

December 3 - Colom-Alone Drive Thru / 5:30-7:00 pm
Coloma Community Center

POSTPONED December 10 - Haggin Pole Drive Thru / 4:30-6:30pm
Joe Mims, Jr. - Hagginwood Community Center

POSTPONED December 16 - Drive-Thru Light Festival / 5:30-7:30pm
Pannell Community Center

POSTPONED December 16 - Drive-Thru Giveaway / 6:00-7:30pm
Oak Park Community Center

POSTPONED December 18 / 6:00pm (while supplies last)
George Sim Community Center

POSTPONED December 18 - Drive-Thru Holiday / 5:30-7:00pm
South Natomas Community Center

POSTPONED December 21 - Lighted Candyland Drive-Thru / 5:30-7:30pm
Belle Cooledge Community Center

Occupants of the car:
- Must be of the same household or living unit
- Must wear face coverings if the windows are open
- Must always remain in the car
- May not linger/socialize with occupants of other cars
# Park, Pool, and Community Center Map

## Parks

<table>
<thead>
<tr>
<th>No.</th>
<th>Park Name</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>28th and B Skate Park at Sutter's Landing Regional Park</td>
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<tr>
<td>2</td>
<td>Argonaut Park</td>
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<td>3</td>
<td>East Portal Park</td>
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<td>4</td>
<td>George Sim Park</td>
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<td>Grant Park</td>
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<td>8</td>
<td>McKinley Park &amp; Tennis Courts</td>
</tr>
<tr>
<td>9</td>
<td>Regency Park</td>
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<td>10</td>
<td>Robla Community Park</td>
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<td>11</td>
<td>Roosevelt Park</td>
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<tr>
<td>12</td>
<td>Sacramento Softball Complex</td>
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<tr>
<td>13</td>
<td>Tahoe Park</td>
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<tr>
<td>14</td>
<td>William Land Park</td>
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<tr>
<td>15</td>
<td>Cottonwood Park</td>
</tr>
<tr>
<td>16</td>
<td>North Natomas Regional Park</td>
</tr>
</tbody>
</table>

## Legend

- Community Centers and Facilities
- City Operated Swimming Pools
- City Operated Wading Pools
- City Leased Swimming Pool
- City Operated Swimming Pools - Open

## Community Centers and Facilities

<table>
<thead>
<tr>
<th>Community Centers</th>
<th>Days of Operation</th>
<th>*Hours of Operation</th>
<th>Meeting Rooms</th>
<th>Multi Purpose Room</th>
<th>Warming Room</th>
<th>Auditorium/Stage</th>
<th>Dance Room</th>
<th>Fire Exit/Weight Room</th>
<th>Senior Meal</th>
<th>Computer Access</th>
<th>Program Registration Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belle Cooledge Community Center</td>
<td>Tue, Thu &amp; Fri</td>
<td>12:00 Noon - 5:00 PM</td>
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<tr>
<td>Coloma Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 4:00 PM</td>
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<tr>
<td>East Portal Clubhouse</td>
<td>Room available for rental</td>
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<tr>
<td>George Sim Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 9:00 PM</td>
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<tr>
<td>Mir Mimi, Jr. Hagginwood Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 8:00 PM</td>
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<tr>
<td>Oak Park Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 9:00 PM</td>
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<tr>
<td>South Natomas Community Center</td>
<td>Mon-Fri</td>
<td>8:30 AM - 8:00 PM</td>
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<tr>
<td>Woodlake Clubhouse</td>
<td>Room and Kitchen available for rental</td>
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<tr>
<td>E.M. Hart Senior Center</td>
<td>Mon-Fri</td>
<td>9:30 AM - 1:00 PM</td>
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</tbody>
</table>

## Aquatics

<table>
<thead>
<tr>
<th>No.</th>
<th>Pool Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Bertha Henshel Wading Pool</td>
</tr>
<tr>
<td>2</td>
<td>Cabrillo Pool</td>
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<tr>
<td>3</td>
<td>Clune Pool</td>
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<tr>
<td>4</td>
<td>Colonial Wading Pool</td>
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<tr>
<td>5</td>
<td>Doyle Pool</td>
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<tr>
<td>6</td>
<td>Glenn Hall Pool</td>
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<tr>
<td>7</td>
<td>Johnston Pool</td>
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<tr>
<td>8</td>
<td>Mangan Pool</td>
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<tr>
<td>9</td>
<td>McClatchy Pool</td>
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<tr>
<td>10</td>
<td>Natomas High School Pool</td>
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<tr>
<td>11</td>
<td>Oki Pool</td>
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<tr>
<td>12</td>
<td>Pannell Meadowview Pool</td>
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<tr>
<td>13</td>
<td>Robertson Wading Pool</td>
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<tr>
<td>14</td>
<td>George Sim Pool</td>
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<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>

## City Operated Swimming Pools - Open

- City Operated Swimming Pools
- City Operated Wading Pools
- City Leased Swimming Pool

## City Operated Swimming Pools

- City Operated Wading Pools

## City Leased Swimming Pool

- City Leased Swimming Pools

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## COME OUT & PLAY

CLASSES, PROGRAMS & EVENTS

OCT-DEC 2020

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2021 City of Sacramento Youth, Parks, & Community Enrichment
Legend

- Parks
- City Operated Swimming Pools - Open
- City Operated Swimming Pools
- City Operated Wading Pools
- City Leased Swimming Pool
- Community Centers and Facilities
- City Boundary

DISCLAIMER:
All maps & data provided are subject to Terms of Use identified in the City of Sacramento Open Data Policy at http://portal.cityofsacramento.org/openData.
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

<table>
<thead>
<tr>
<th>Age</th>
<th>Location</th>
<th>Time:</th>
<th>M/W</th>
<th>Notes</th>
<th>Age</th>
<th>Location</th>
<th>Time:</th>
<th>Notes</th>
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<tbody>
<tr>
<td>13-17</td>
<td>Belle Cooledge CC</td>
<td>4:30pm - 6:30pm</td>
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<td>13-17</td>
<td>Belle Cooledge CC</td>
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<tr>
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<td>2/1/21 - 3/25/21</td>
<td>M/W</td>
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<td>14108</td>
<td>2/2/21 - 3/25/21</td>
<td>Tu/Th</td>
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</tbody>
</table>

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. 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.

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. This program is free for all participants. Registration is required prior to attending program.

**REC EXPRESS**

**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

**PRIME TIME TEEN VIRTUALLY CONNECTED**

**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

**TEEN SCENE**

**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

**COME OUT & PLAY CLASSES, PROGRAMS & EVENTS**

**REC EXPRESS**

**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
WIOA
NOW ACCEPTING APPLICATIONS

The WIOA program provides work readiness training & paid employment opportunities for young people who meet income & eligibility requirements.

*Funding through the Workforce Innovation & Opportunity Act (WIOA)*

**Call the Youth Employment Hotline!**
*(916) 808-1575*

---

**If you are:**
- High school Senior for the 20/21 school year
- Graduating from high school no later than June 2021
- Eligible for a work permit
- Live within the Sacramento city limits
- Low income

**AND meet one or more** of the following barriers:
- Basic skills deficient
- English language learner
- Offender
- Homeless, runaway, or out of home placement
- In/aged out of foster care
- Pregnant or parenting
- Individual with a disability
- School IEP

---

**Effective December 15, 2020**
Application **PICK UP & DROP OFF**
Belle Cooledge CC, 5699 South Land Park Dr, Sac 95822
Tuesday & Wednesday 2:00 - 5:00pm

Completed application must include the following items:
- Copy of your School ID or California ID
- Copy of your Social Security card
- Copy of your most recent school transcripts

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The City of Sacramento is an equal opportunity employer 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. Auxiliary aids and services are available upon request to individuals with disabilities.

*311 Español | 中文 | Tagalog | Tiếng Việt | Hmoob | Русский*
PRIME TIME TEEN VIRTUALLY CONNECTED INFORMATIONAL WORKSHOP

Wed., Dec. 16, 2020
4:45pm - 5:15pm
Register with link:
https://tinyurl.com/YPCE-PTT-Info

Youth must be between the ages of 13-17 and live within the Sacramento city limits

For more info please contact Yer Lee at (916) 205-3743 or ylee@cityofsacramento.org
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 small group community service projects.

All instructional programming sessions will be online via ZOOM and/or Google Classroom.

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

*During the program, participants are allowed no more than two excused/unexcused absences.*

**Pick a session that fits your schedule!**

<table>
<thead>
<tr>
<th>MONDAY/WEDNESDAY</th>
<th>TUESDAY/THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session Options</td>
<td>Session Options</td>
</tr>
<tr>
<td>4:30 PM - 6:30 PM</td>
<td>4:00 PM - 6:00 PM</td>
</tr>
<tr>
<td>Course # 14107</td>
<td>Course # 14108</td>
</tr>
</tbody>
</table>

Register online at [https://apm.activecommunities.com/cityofsacparksandrec/](https://apm.activecommunities.com/cityofsacparksandrec/)

If program is currently full, a waitlist is available for when there are open slots.

Youth **must reside** within the Sacramento city limits to participate in the program.

In order to receive the monetary stipend at the end of the program, participants must complete a W9 & 590 tax form.

**For more information please call (916) 205-3743 or email ylee@cityofsacramento.org.**
Currently, every Tuesday & Thursday at the locations below:

**Coloma Community Center**

Blue Court (Indoor): 8:00am-9:00am or 9:15am-10:15am  
Yellow Court (Outdoor): 8:00am-9:00am or 9:15am-10:15am

**Southside Park**

Blue Court (Outdoor): 6:00pm-7:00pm or 7:15pm-8:15pm  
Yellow Court (Outdoor): 6:00pm-7:00pm or 7:15pm-8:15pm

Starting November 9th, every Monday & Wednesday at the location below:

**Oak Park Community Center**

Court A (Indoor): 8:00am-9:00am or 9:15am-10:15am  
Court B (Indoor): 8:00am-9:00am or 9:15am-10:15am

$15 for a group of 4

To register visit: https://apm.activecommunities.com/cityofsacparksandrec

Scan Me with your phone's camera!

To register visit: https://apm.activecommunities.com/cityofsacparksandrec
Mommy/Daddy & Me Soccer
The fun happens together, so don’t just watch from the sidelines! Here is your chance to join in your toddler’s introduction to the world’s most popular sport. You’ll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. Each week the coach introduces and demonstrates several soccer-themed games over Zoom. Adult participation is required.

Age: at least 2 but less than 3 ½ years

Day  Start - End Date  Start - End Time
Sat 10/10 – 10/31  9:00am – 9:30am
Sat 11/14 – 12/12  9:00am – 9:30am

Tot-Soccer
Learn core skills and develop a soccer foundation, while playing at home with an adult while we coach over Zoom. Our time-tested, age specific curriculum builds confidence and promotes physical development in a safe, supportive and fun environment. Tot-Soccer focuses on helping kids develop their large motor skills through demonstrations and entertaining games like Rainbow Quest! Adult participation is required.

Age: at least 3 ½ but less than 4 years

Day  Start - End Date  Start - End Time
Sat 10/10 – 10/31  9:40am – 10:10am
Sat 11/14 – 12/12  9:40am – 10:10am

Pre-Soccer
Learn core skills and develop a soccer foundation, while playing at home with an adult while we coach over Zoom. Pre-Soccer helps youngsters develop a lifelong love of soccer while we introduce concepts of playing on a team. Our curriculum includes energetic, all-inclusive games that teach young kids the basics about playing with a group. In addition to building their soccer skills, Pre-Soccer kids begin learning the fundamentals of good sportsmanship through sharing and being aware of other players. Adult participation is required.

Age: at least 4 but less than 5 years

Day  Start - End Date  Start - End Time
Sat 10/10 – 10/31  10:20am – 10:50am
Sat 11/14 – 12/12  10:20am – 10:50am

Soccer 1
Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at home, working with our coaches online over Zoom. Concepts of small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. Parents are invited to play along or to watch and cheer from the sidelines.

Age: at least 5 but less than 6 years

Day  Start - End Date  Start - End Time
Sat 10/10 – 10/31  11:00am – 11:30am
Sat 11/14 – 12/12  11:00am – 11:30am

Soccer 2
Soccer 2 teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goaltending. Kids learn concepts necessary to play together as a team. From defense and midfield to forward and goalie...kids get exposure to every position and have a blast doing it. Appropriate for players of varying skill levels. Kids attend from home; classes are taught online over Zoom.

Age: at least 7 but less than 10 years

Day  Start - End Date  Start - End Time
Sat 10/10 – 10/31  11:40am – 12:10pm
Sat 11/14 – 12/12  11:40am – 12:10pm

General Information
Kidz Love Soccer virtual programs are 30-minute classes presented over the Internet. Participants join class using the ZOOM meeting client and connect through any web browser. No equipment is provided or required to participate. To ensure the security of the class, each week families are emailed a secure code they need to log into the class. In the security email they’ll also receive a list of common household items they’ll use in class.

Fee for all classes is $46. All classes run 4 weeks. No class meeting on Nov 28.

Optional Starter Kits Available at: https://kidzlovesoccer.scoresports.com/
For families that want sporting equipment, we have arranged for an optional starter kit available from Score Sports. There is an additional cost for this optional kit and it’s shipping. It is not required to participate in our virtual classes.

Basic Starter Kit $31.18  Deluxe Starter Kit $40.47  Birthday Kit $69.02

Minimum/Maximum Class Size
6 min – 20 max

Kidz Love Soccer Class Status Hotline (888) 372-5803.
To receive Cancellation Notifications on your smartphone, download The Free Kidz Love Soccer app.
Family Fun Tennis
A new approach to family members of different ages and skill levels, together at the same time. Introduction of basic stroke mechanics through drills and games to share with your family members, as well as meeting others. Please bring your own tennis rackets. We will furnish the tennis balls. For more information please call 916-264-8353.

Age: 8 and up
Location: McKinley Park
Instructor: Ken Selby
Fee: $40 per member
13185 10:00am - 11:00am 8/8 - 8/29 Sa
13186 10:00am - 11:00am 9/12 - 10/3 Sa

Junior Beginning Tennis
Designed for the student who has little or no knowledge of the game of tennis and would like to learn. Students will learn the basic mechanics of strokes, scoring and tennis etiquette. Please bring your own tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.

Age: At least 8 but less than 16
Location: McKinley Park
Instructor: Ken Selby
Fee: $64
13160 4:30pm - 5:25pm 8/3 - 8/26 M, W
13161 4:30pm - 5:25pm 9/14 - 10/7 M, W
13165 8:30am - 9:55am 8/8 - 8/29 Sa
13166 8:30am - 9:55am 9/12 - 10/3 Sa

Pee-Wee Junior Tennis I
Through eye-hand activities and games, children can develop a foundation for the basic skills of tennis. An introduction to become acquainted with handling a racquet, seeing balls bounce and having the two actions come together. Fun is the focus and parent participation is encouraged. Tennis balls are provided and racquets available upon request. For more information please call 916-264-8353.

Age: At least 4 but less than 7
Location: McKinley Park
Instructor: Ken Selby
Fee: $40
13175 4:00pm - 4:30pm 8/3 - 8/26 M, W
13176 4:00pm - 4:30pm 9/14 - 10/7 M, W

Private Tennis Lessons
Sign - ups are taken on a continuous basis. Call Ken Selby at 916-264-8353 for an appointment before registering. Lessons offered as Private (1 player), Semi-Private (2-3 players), Small Groups (4-6 players). Private lessons are held at McKinley Park Tennis Courts.

Age: 4 and up
Location: McKinley Park
Fee: $40 Private Lesson $50 Semi-Private (2-3 Players) $60 (4-6 Players) On-going basis year round

Junior Intermediate/ Advanced Tennis
Designed for the student who knows tennis basics or has successfully completed Junior Beginning Tennis. Class time will be spent on review of strokes and proper body mechanics. Consistency and repetition will be emphasized and practiced. Please bring your own tennis racket. We will furnish the tennis balls. For more information call 916-264-8353.

Age: At least 8 but less than 16
Location: McKinley Park
Instructor: Ken Selby
Fee: $64
13170 4:30pm - 6:00pm 8/4 - 8/27 Tu, Th
13171 4:30pm - 6:00pm 9/15 - 10/8 Tu, Th

Adult Advanced Beginning Tennis
Designed for students who know tennis basics and/or have successfully completed Adult Beginning Tennis. Class time will be devoted to the review of the five basics strokes, court movement, footwork, proper body mechanics and consistency in strokes through drills. Please bring your own tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.

Age: 17 and up
Location: McKinley Park
Fee: $72
13150 6:30pm - 7:25pm 8/3 - 8/26 M, W
13151 6:30pm - 7:25pm 9/14 - 10/7 M, W

Adult Beginning Tennis
Designed for students who have little or no knowledge of the game of tennis and would like to learn! Students will learn the mechanics of five basic strokes, scoring and tennis etiquette. Please bring your own tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.

Age: 17 and up
Location: McKinley Park
Fee: $72
13140 5:30pm - 6:25pm 8/3 - 8/29 M, W
13141 5:30pm - 6:25pm 9/14 - 10/7 M, W
13145 11:00am - 12:30pm 8/8 - 8/29 Sa
13146 11:00am - 12:30pm 9/12 - 10/3 Sa

Adult Intermediate/ Advanced Tennis
Consistency is a must in this class. Players must be able to maintain continuous rallies from all positions of the court. Specialty shots will be taught such as drop shots, types of serves, slice and topspin. Please bring your own racket. We will furnish the tennis balls. For more information please call 916-264-8353.

Age: 17 and up
Location: McKinley Park
Fee: $72
13155 6:30pm - 7:25pm 8/3 - 8/26 M, W
13156 6:30pm - 7:25pm 9/14 - 10/7 M, W

Pee-Wee Junior Tennis II
Designed for the student who has successfully completed Pee-Wee I Tennis and who are looking to learn more fundamentals and mechanics of tennis. Tennis balls are provided and racquets available upon request. For more information please call 916-264-8353.

Age: At least 4 but less than 7
Location: McKinley Park
Instructor: Ken Selby
Fee: $40
TAI CHI CLASS
Coloma Community Center
4623 T Street, Sacramento
9:00 am to 10:00 am
Each Monday & Thursday outside area behind building (picnic area)

Come and join us on a Tai Chi health journey. We’ll start off with breathing exercises (Qigong) and, depending on student’s interest, will advance to forms and application.

For more information, visit us at https://sactc4u.com/ or contact Denny Fong at taichi_4u@yahoo.com

To register
Scan Me with your phone's camera!
Join the Zumbini Party for ages 0-4

- FREE event-Saturday, October 31st, 2020, 12pm-1245pm
- At Coloma Community Center(around back), 4623 T st, Sac 95819
- Bring your little one for a fun day to dance and play
- All musical instruments provided and sanitized
- Safe and fun with social distancing practices
- Your little one is encouraged to wear their favorite costume if they would like; It’s a party!

Why Zumbini?

- Zumbini was created by Zumba Fitness and Baby First.
- Your child will gain development in their motor-skills, social-skills, cognitive skills, and emotional-skills.
- Come dance and play with your little one!

To register for the FREE class, Scan Me with your phone's camera!

Instructed by Corene Marshalek, for additional questions call 916-509-6838
What is ZUMBA Fitness?
Zumba is a fitness program that combines Latin and international music with dance moves. Zumba incorporates interval training (alternating fast and slow rhythms) with resistance training for a total body workout—cardio, muscle conditioning, balance, and flexibility. You will sweat and burn 600+ calories all while having a great time dancing! Bring a towel, water, and wear something flexible to move in.

Instructed by Corene Marshalek
Facebook/Zumba by Corene Questions please call 916.509.6838

COLOMA COMMUNITY CTR
4623 T ST, Sac

SAFE OUTDOORS
6’ APART

REGISTER ONLINE:
https://apm.activecommunities.com/cityofsacparksandrec/Home

STARTING AT
ONLY $25.00 / MONTH

Scan Me with your phone's camera to register!

ADULTS & KIDS 9+

ALL FITNESS LEVELS WELCOME

TUES & THURS 6-7 P.M.
Access Leisure Calendar Virtual Activities

Contact Email: Heather Everett: heverett@cityofsacramento.org or Access Leisure Calendar Online

We are hopeful that as many of you as possible will sign up for monthly programming. If $30 for a month of Zoom programs is problematic for you financially, please call or email us and we will work with you to find a solution.

Fees will not be reduced if you sign up after November has started. However, you are welcome to join us any time during the month once you have registered. Fees will not be reduced if you sign up after the month has started. However, you are welcome to join us any time during the month once you have registered.

Monthly Zoom Activities
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.

Age: 18 and up
Location: Zoom, virtual
Instructor: Heather Everett
Fee: Varies
Course Code: Varies
Time: Varies
Dates: Varies
Day of Week: Varies

Monthly Paint & Sip
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.

Age: 18 and up
Location: Zoom, virtual
Instructor: Heather Everett
Fee: Varies
Course Code: Varies
Time: 7pm
Dates: Varies
Day of Week: Th

Champion Group
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.

Age: Open to parents, family members of Access Leisure participants, and care providers of all ages
Location: Zoom, virtual
Instructor: Heather Everett
Fee: Free
Course Code: N/A
Time: 6pm
Dates: Varies
Day of Week: Varies

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.

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CLICK TO ⬤ ▬ ▬ REGISTER ONLINE
Access Leisure Calendar Virtual Activities continued

Book Club
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.

Age: 18 and up
Location: Zoom, virtual
Instructor: Heather Everett
Fee: $10
Course Code: Varies
Time: 4pm
Dates: Varies
Day of Week: Th

Power Soccer
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.

Age: 10 and up
Location: River Cats Independence Field
Instructor: Kou Yang
Fee: $15
Course Code: Varies
Time: 1pm-4pm
Dates: Varies
Day of Week: S

Virtual Adaptive Recreation and Fitness
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.

Age: All Ages
Location: Zoom, virtual
Instructor: Kou Yang
Fee: Varies
Course Code: Varies
Time: Varies
Dates: Varies
Day of Week: Varies

Adaptive Fitness and Training
Description: Come out and join us at our River Cats Independence Field for our Adaptive Fitness and Training. While staying physically distant from each other, we will go through a variety of skills and drills for you to improve your functioning, health and well-being, fitness, cardio, and strength and conditioning. These drills may reflect skills incorporated in various Paralympic Sports such as wheelchair basketball, wheelchair rugby, cycling, etc. If you would like to learn more, contact Kou Yang, Program Coordinator, at kyang2@cityofsacramento.org.

Age: 18 and up
Location: River Cats Independence Field
Instructor: Kou Yang
Fee: Varies
Course Code: Varies
Time: 10am-12pm
Dates: Varies
Day of Week: 5, Su

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.

Looking for more activities and videos? Access Leisure posts activity suggestions and videos on YouTube and on Facebook.

Be sure to follow our pages!
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

*Zoom Meeting Link will be provided the day before class.*

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 graceful, 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

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

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 teeming 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.

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.

Course Registration Fee: FREE

*Zoom Meeting Link will be provided the day before class.*
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 Blu Browne, Sue Daly, 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.*

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
TRIPLE-R AT HOME

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.

Caregiver Connection
Weekly Wednesdays and Fridays, time varies depending on activity via Zoom
Triple-R recognizes that caregivers are also in need of relaxation. Whether you choose to learn origami, play Bunco, join our Nature Group or just chat with other caregivers at our online Caregiver Café, you are sure to enjoy the company of others and have some fun.

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](https://tinyurl.com/yyg2hd4j)

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 davis1@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.
TOURS AND TRIPS LOOKING FORWARD TO 2021

February - A Day in Reno
Enjoy a beautiful get-away to the Mountains. Perhaps Mother Nature will drape the landscape with glistening white snow. A casino bonus will be included for everyone.

March - Santa Cruz Rain Forest Tree
On Saturdays or Sundays in March: Learn about California’s own rain forest, aboard a 100 year old steam train, as it journeys through an ancient Coastal Redwood Forest. Along the journey, hear fascinating information about the coastal redwoods and their ecosystems from docent specialists.

March - Safari West in Santa Clara
Discover Africa in heart of wine country on this adventure. Arrive in Santa Rosa area to begin the adventure. Go in search of herds of wildebeest, romping rhinos and towering giraffes. From ring-tailed lemurs to dazzling zebras, over 1,000 animals call the 400 acres preserve home. Instead of viewing the animals from the outside of their enclosures, climb aboard the special safari vehicles with a guide and drive among the animals. Walk through the aviary to see many types of colorful birds and stroll along the lakeside to see the shades of red and pink of the flamingos. A delicious BBQ lunch is included.

April - San Francisco Cherry Blossom Festival
This annual festival is one of the most popular ones in San Francisco; over 200,000 people typically attend, but don’t be scared off! It is the largest celebration of Asian traditions and the largest on the West Coast. The Cherry Blossom Festival is lots of fun, and family-friendly; plenty to see, free entertainment, and tasty food to try. you can watch the drummers, martial artists and traditional music and dance performances there.

The Sakura stage, where contemporary Japanese culture will be celebrated with song, dance, anime, fashion, and games. The rest of the events will be at various locations throughout Japan town. You can see displays of origami, bonsai trees, tea ceremonies, traditional doll-making, flower arranging, and more. Even "mochi pounding"!

May - Exploring Mare Island
Historic Mare Island was in operation for over 142 years and an important part of our country’s defense. Meet a local guide to visit the Mansions of Officer's Row, the museum, the fascinating cemetery and many other historic sites. The highlight is St. Peter’s Chapel with incredible Tiffany stained glass windows. Lunch is included.

June - San Francisco Bay Lighthouse Cruise
Not only does the Bay have some of the most interesting lighthouses in the country, it also has the greatest density of them on the West Coast. The development of the West Coast began here, depending on water traffic with the East Coast; hence, several of the first lighthouses on the West Coast were built here. On this cruise, you will see nearly all the historic lighthouses of central San Francisco Bay and learn all their individual histories. Lunch is included.

July - Luncheon Cruise in Emerald Bay on North Lake Tahoe
Take a break from the summer heat and have lunch in Emerald Bay!
Relax with a cruise over the crystal-clear waters of Lake Tahoe to the pristine Emerald Bay. Lunch is included as you listen to our captain’s live educational narration, which touches on historical and ecological issues of the Tahoe basin. Some of the spectacular sites on this tour include Ehrman Mansion at Sugar Pine Point, Rubicon Point, Fanette Island, Vikingsholm Castle and an occasional sighting of ospreys and bald eagles. Unwind and enjoy this Lake Tahoe Emerald Bay Cruise with friends!

FIND OUT MORE AND REGISTER AT
https://www.cityofsacramento.org/ParksandRec/Recreation/Trips-and-Tours/Registration
The Benefits of Golf

Playing golf is great fun, but also offers a wide range of mental and physical benefits, some of which are highlighted below:

**Mental Well-Being**

The game of golf is wonderful for the psyche. It keeps the mind alert and provides vital human contact, along with several other benefits to mental health.

**Being Social!**

Playing golf is a great social activity. The golf course is a wonderful venue for socializing while in a safe environment, meeting people with a variety of lifestyles and making new friends.

**Reducing Stress and Anxiety**

Just a good walk in the fresh air does wonders for endorphin and serotonin levels, leading to improved mood and reduced levels of stress and anxiety. Coupled with an escape from the hassles of day-to-day life, the game provides great relaxation.

**Easy to Learn, Fun to Improve**

Getting started in golf is straightforward and inexpensive. Golf clubs, lessons and equipment can be had for reasonable prices. The challenge of the sport and setting goals are extremely fun to work toward, especially when doing so with friends and family!

**Maintaining Mental Alertness**

Weighing up the risk / reward elements of a particular shot, staying focused during your shot, totaling up scores and the other various facets of the game all aid in keeping the mind sharp.

**Physical Fitness**

Aside from mental health considerations, a round of golf can form a superb part of a physical fitness program, for players of all ages!

Morton Golf / Northern California Institute of Golf is located at the City of Sacramento golf facilities (Bing Maloney, Haggin Oaks, Bartley Cavanaugh & William Land Golf Courses). We are here to help fulfill your enjoyment and needs within golf. Please contact the Golf Concierge at (916) 808-2531 or go online to [www.hagginoaks.com](http://www.hagginoaks.com) for information today!
The Landscape & Learning Program is a paid work experience program for young people. Youth are trained to support landscape maintenance and general clean-up in city parks.

Applicants must be:
- Between the age of 14-17 by February 6, 2021
- Live within the Sacramento city limits
- Eligible to obtain work permit

Join us to learn more about this youth employment program.

How do I apply?
What is the hiring process?
How are applicants selected?

Friday, Dec. 11th & 18th
4:00 - 5:00 pm

https://tinyurl.com/YPCE-LL-Info

For additional information contact: David Gaines 916-808-8929 or dgaines@cityofsacramento.org