Want to register for a program?
Ongoing Fall registration opens 8:00AM
Friday, September 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!

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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**

<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>
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<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>

**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.

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“Like” us on Facebook!
www.facebook.com/YouthParksCommunityEnrichment/
# Recreational Programs

## Community Centers
- Belle Cooledge CC
- Coloma CC
- Evelyn Moore CC
- George Sim CC
- Joe Mims Jr. Hagginwood CC
- Oak Park CC
- Sam and Bonnie Pannell CC
- South Natomas CC
- Southside Clubhouse

## Older Adult Services
- Hart Senior Center
- Triple – R At Home

## Parks Map

## Trips and Tours

## Youth and Teens
- Pickleball - all ages
- Rec Express
- Soccer
- Softball Batting Practice
- Tai Chi
- Teen Scene
- Tennis
- Youth Civic Engagement
- Youth Workforce Development
- Zumba

## YPCE News
- Access Leisure
- Aquatics
- Camp Sacramento
- Community Centers
- Employee Spotlight
- Older Adult Services
- Park Maintenance Division
- Park Planning & Development Services
- Youth Division
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 superhero 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!
Youth Division, continued

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

he 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.
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 9thand 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.
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 irrigation systems to water them.
July is Parks and Recreation Month. This is an opportunity to recognize and honor the tremendous value that dedicated park and recreation professionals bring to their communities. The City of Sacramento’s Youth, Parks, and Community Enrichment (YPCE) department is filled with many such outstanding and dedicated individuals. It is my distinct honor and pleasure to serve as the Director of the YPCE team alongside so many creative and hardworking professionals. Few would argue that the last few months have been some of the most challenging for parks and recreation professionals. Therefore, I would like to take an opportunity to highlight and thank the YPCE management team for their outstanding leadership during the past few months as well as to thank all the YPCE heroes who have been working tirelessly during the pandemic and social challenges to provide a safe space for families and youth to relax, destress, exercise, socialize (even if 6 feet apart), and continue to grow and learn.

**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.
Community Enrichment Division

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 - 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,
Community Enrichment Division, continued

Camp Sacramento

Camp Sacramento was prepared to celebrate its 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 Horsemen 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 weekend 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 Horsemen 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 of 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, 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”.

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 12-5pm
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.

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.

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.
Get off the couch! Join City of Sacramento YPCE's

Virtual Turkey Trot

As a way of celebrating Thanksgiving this year, trot around with us virtually in your neighborhood, a local park, or anywhere! Although COVID-19 has impacted our ability to gather with friends and family, let's come together as a community and celebrate Thanksgiving through movement. Registration is required. See link below. Registration deadline is Nov 14, 2020.

November 21 - 29, 2020

For more info call 916-808-1571

To sign up: http://bit.ly/YPCETurkeyTrot

For contest details please visit:
https://www.facebook.com/events/387244215970242/

COSTUME CONTEST!
### Parks

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<tr>
<th>Parks</th>
<th>Days of Operation</th>
<th>Hours of Operation</th>
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<tr>
<td>1. 28th and B Skate Park at Sutter's Landing Regional Park</td>
<td>Mon-Fri</td>
<td>9:00 AM - 5:00 PM</td>
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<td>2. Argonaut Park</td>
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<td>3. East Portal Park</td>
<td>Mon-Fri</td>
<td>9:00 AM - 5:00 PM</td>
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<td>4. George Sim Park</td>
<td>Mon-Fri</td>
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<td>5. Grant Park</td>
<td>Mon-Fri</td>
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### Aquatics

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<td>2. Cabrillo Pool</td>
<td>Mon-Fri</td>
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<td>3. Clunie Pool</td>
<td>Mon-Fri</td>
<td>9:00 AM - 5:00 PM</td>
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<td>4. Colonial Wading Pool</td>
<td>Mon-Fri</td>
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<td>5. Doyle Pool</td>
<td>Mon-Fri</td>
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<td>6. Glenn Hall Pool</td>
<td>Mon-Fri</td>
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<td>7. Johnston Pool</td>
<td>Mon-Fri</td>
<td>9:00 AM - 5:00 PM</td>
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<td>8. Mangan Pool</td>
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<td>9. McClatchy Pool</td>
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<td>10. Natomas High School Pool</td>
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<td>11. Oki Pool</td>
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<td>12. Pannell Meadowview Pool</td>
<td>Mon-Fri</td>
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<td>13. Robertson Wading Pool</td>
<td>Mon-Fri</td>
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<td>14. George Sim Pool</td>
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<td>15. Southside Pool</td>
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<td>16. Tahoe Park Pool</td>
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<td>17. William Land Park Wading Pool</td>
<td>Mon-Fri</td>
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### Community Centers

<table>
<thead>
<tr>
<th>Community Centers</th>
<th>Days of Operation</th>
<th>Hours of Operation</th>
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<tbody>
<tr>
<td>1. Belle Woodridge Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 5:00 PM</td>
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<tr>
<td>2. Coloma Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 5:00 PM</td>
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<tr>
<td>3. East Portal Clubhouse</td>
<td>Mon-Fri</td>
<td>9:00 AM - 5:00 PM</td>
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<tr>
<td>4. Evelyn Moore Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 5:00 PM</td>
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<tr>
<td>5. George Sim Community Center</td>
<td>Mon-Fri</td>
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<tr>
<td>6. Joe Mims, Jr. Hagginwood Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 5:00 PM</td>
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<tr>
<td>7. Oak Park Community Center</td>
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<tr>
<td>8. Sam &amp; Bonnie Pannell Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 5:00 PM</td>
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<tr>
<td>9. South Natomas Community Center</td>
<td>Mon-Fri</td>
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<tr>
<td>10. Woodlake Clubhouse</td>
<td>Mon-Fri</td>
<td>9:00 AM - 5:00 PM</td>
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<tr>
<td>11. E.M. Hart Senior Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 5:00 PM</td>
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### Legend

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

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**COMES OUT & PLAY**

**CLASSES, PROGRAMS & EVENTS**

**Parks**

28th and B Skate Park at Sutter’s Landing Regional Park
Argonaut Park
East Portal Park
George Sim Park
Grant Park
Marshall Park
Marriott Park
McKinley Park & Tennis Courts
Regency Park
Robla Community Park
Roosevelt Park
Sacramento Softball Complex
Tahoe Park
William Land Park
Cottonwood Park
North Natomas Regional park

**Aquatics**

Bertha Henschel Wading Pool
Cabrillo Pool
Clunie Pool
Colonial Wading Pool
Doyle Pool
Glenn Hall Pool
Johnston Pool
Mangan Pool
McClatchy Pool
Natomas High School Pool
Oki Pool
Pannell Meadowview Pool
Robertson Wading Pool
George Sim Pool
Southside Pool
Tahoe Park Pool
William Land Park Wading Pool

**Community Centers**

Belle Woodridge Community Center
Coloma Community Center
East Portal Clubhouse
Evelyn Moore Community Center
George Sim Community Center
Joe Mims, Jr. Hagginwood Community Center
Oak Park Community Center
Sam & Bonnie Pannell Community Center
South Natomas Community Center
Woodlake Clubhouse
E.M. Hart Senior Center

**Legend**

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

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**CLICK TO REGISTER ONLINE**
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.
Rec Express/HUB:
Youth (grades 1st – 6th) attend this afterschool recreation-based program offering homework help, games, arts and crafts, STEAM activities, sports, snack, and supper. This program is offered at no cost to participants and youth have access to Wi-Fi, technology and social support in a combination of in person and virtual support.

Start Date & Time
Monday - Friday
September 14th, 3pm-6pm

Locations
• Pannell Meadowview Community Center
• Oak Park Community Center
• George Sim Community Center
• Mims Hagginwood Community Center
  *Starts September 21
• South Natomas Community Center
• Southside Clubhouse *Teen Scene Only

Teen Scene/Hub:
Teen afterschool recreation-based program offering age appropriate homework help, games, arts and crafts, sports, and snack and supper. This program is offered at no cost to participants and youth have access to Wi-Fi, technology and social support in a combination of in person and virtual support. Teen Scene also partners with WIOA and other city youth employment programs to assist teens in job training and resume development support.

Register Online:
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**
9/14 – 12/18  
M – F  
3:00PM – 6:00PM

**Oak Park Community Center**
9/21 – 12/18  
M – F  
3:00PM – 6:00PM

**South Natomas Community Center**
10/19 – 12/18  
M – F  
3:00PM – 6:00PM

**George Sim Community Center**
9/14 – 12/18  
M – F  
3:00PM – 6:00PM

**Pannell Meadowview Community Center**
9/14 – 12/18  
M – F  
3:00PM – 6:00PM

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**
9/21 – 12/18  
M – F  
3:00pm – 6:00pm

**Oak Park Community Center**
9/21 – 12/18  
M – F  
3:00pm – 6:00pm

**Pannell Meadowview Community Center**
9/21 – 12/18  
M – F  
3:00pm – 6:00pm

**Mims Hagginwood Community Center**
9/21 – 12/18  
M – F  
3:00pm – 6:00pm
TEEN SCENE

Starts 9/21/20
Mon - Fri | 3:00pm - 6:00pm
(Online Registration Only)

Oak Park Community Center
3425 Martin Luther King Jr Blvd
Call 916.808.6151 for more Info
7th - 12th grades
Teen Scene
Virtual Programming

Mondays
3 PM TO 4:30 PM
(11/9, 11/16, 11/30, 12/7, 12/14)

Teen Scene is a virtual program for youth ages 13 - 17 or in 7th - 12th grade. Join us via Zoom and take part
- Daily Activities
- Personal Development
- Core Values
- Games
- And More

To Register:

Contact us at SouthsideClubhouse@cityofsacramento.org or (916) 808-1572.
Visit www.cityofsacramento.org/ParksandRec for more information
CDC and County Guidelines are in place to ensure the safety of our participants in our programs.
SACRAMENTO SOFTBALL COMPLEX

BATTING PRACTICE

Monday - Friday (mornings)
8am -9:30 am and 10am - 11:30 am

Monday - Friday (evenings)
6pm -7:30 pm and 8pm - 9:30 pm

Registration starts Wednesday Sep 9th
For more information go to:
www.teamsideline.com/sacramento

Scan Me with your phone's camera to register!
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

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

Scan Me with your phone's camera!
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

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<tr>
<th>Day</th>
<th>Start - End Date</th>
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<tr>
<td>Sat</td>
<td>11/14 - 12/12</td>
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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

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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 4 but less than 5 years

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Soccer 2

Soccer 2 teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goal tending. 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

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<th>Day</th>
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Kidz Love Soccer Class Status Hotline (888) 372-5803.
To receive Cancellation Notifications on your smartphone, download The Free Kidz Love Soccer app.

Optional Starter Kits Available at: [https://kidzlovesoccer.scoresports.com/](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
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

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: $40

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

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

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

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
Instructor: Ken Selby
Fee: $72

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
Instructor: Ken Selby
Fee: $72

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
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
**COLOMA COMMUNITY CTR**
4623 T ST, Sac

SAFE OUTDOORS
6’ APART

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

*Use class codes:
Tuesday: 14933
Thursday: 14934
Tues/Thurs Combo: 14935

STARTING AT
ONLY $25.00 / MONTH

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What is ZUMBA Fitness?
Zumba is a fitness program that combines Latin and international music with dance moves. Zumba incorporate 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

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ADULTS & KIDS 9+
ALL FITNESS LEVELS WELCOME

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Scan Me with your Phone's camera to register!
Morning Meditation
Tuesday, November 3rd & 24th
10:00am – 10:30am
Meditation is a great way to start the day, let’s practice together. Sessions will vary and can include a variety of Tai Chi, guided meditation and solo meditation with nature sounds and peaceful music. Join us for a quiet and calm morning of meditation and mindfulness. Please note that staff will not allow late arrivals from the waiting room after 10:05am in an effort to keep this Zoom session as focused as possible. No prior experience needed.

Get Fit – Wednesday
Virtual Workout!
Wednesday, November 4th, 18th & 25th
5:30pm – 6:00pm
Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning. Use the Zoom link to log in at 5:30pm. All exercises can be taken at your own pace and can be completed while standing, seated on a mat, seated in a chair… or all the above! Our goal is to provide some time for socializing, movement, and fun!

Yoga
Monday, November 9th & 30th
4:00pm – 4:45pm
Let’s exercise, relax, breathe and learn together with our yoga instructor.
Our yoga instructor will guide us through some basic yoga. You may participate while seated or standing. Mats are awesome too! Great for all experience levels!

All of these activities are included in $30 monthly ZOOM fee!

Access Leisure Calendar Virtual Activities November
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.

November monthly Zoom fee = $30 per participant (this fee will give you access to ALL of the Zoom activities listed below - except for Paint & Sip and Book Club and which requires a separate fee).

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. 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.

November monthly Zoom fee = $30 per participant (this fee will give you access to ALL of the Zoom activities listed below - except for Paint & Sip and Book Club and which requires a separate fee).
Access Leisure Calendar Virtual Activities continued

**Fitness Fridays**
Friday, November 13th & 20th
11:00am – 11:30am
Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning. These Friday morning exercise sessions will review similar workouts to the Wednesday Get Fit sessions. Each session will be unique based on the strengths of the attendees. Exercises can be completed while seated or standing... or both!

**Name that Tune**
Thursday, November 5th
4:00pm – 5:00pm
This month’s Name that Tune will feature a wide variety of songs from the 70s, 80s, 90s and today!
Join us for a fun and competitive hour of Name that Tune! Staff will lead teams of participants through an awesome hour of groovy tunes! Guess the song title or band name correctly to earn a point for your team!

**Cinema at Home**
Tuesday, November 10th
6:00pm – 8:00pm
Grab the popcorn, let’s watch a movie together from home! Feel free to bring along some tasty snacks... or dinner! Please plan to be “muted” for most of this activity. This month’s theme... friendship! The movie selection will be determined the day of the event.

**Dance Party!**
Friday, November 13th
5:00pm – 6:00pm
Let’s dance! Join us for an hour of fun music as we get the weekend started! Use the Zoom link to log in at 5:00pm. We’ll play a variety of fun dancing music.

**Registration window: 10/13/2020 - 11/25/2020**
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.

**Jokes, Poetry & Art**
Monday, November 16th 3:30pm – 4:30pm
Be sure to bring along your favorite non-alcoholic beverage to enjoy while we share our favorite jokes, poetry, and art. Join us to share your favorite jokes, poetry and/ or art! You can choose to share something original or one of your favorites that has been created by someone else. If you would like to share jokes, poetry or art, please email Heather by Friday, November 13th. All shared pieces must be preapproved. Email: heverett@cityofsacramento.org. In addition to sharing, we will take some time to create our own acrostic poems. Supplies needed: paper or something to draw on and something to draw with (pencils, markers, pens, crayons, etc.). Technological devices may be utilized in place of paper/ art supplies.

All of these activities are included in $30 monthly ZOOM fee!

**SOCIAL MEDIA**
Looking for more activities and videos? Access Leisure posts activity suggestions and videos on YouTube and on Facebook.
Be sure to follow our pages!

Click icon to visit our YouTube Channel
Click icon to visit our Facebook Page
Access Leisure Calendar Virtual Activities continued

**Separate Payment Event 1**
*This event requires separate registration.*
Participants can access this Zoom opportunity for $15.00.

**Paint & Sip**
Thursday, November 19th
7:00pm – 8:30pm
$15 per person includes staff time, a canvas, paintbrushes, and paint for the activity.
November Virtual Paint & Sip fee = $15 per participant (this fee is separate from the monthly Zoom fee and includes a canvas, paintbrushes, and paints for the activity).
Activity date & time: 11/19/2020 at 7:00pm
Register online or over the phone: Heather, (916) 808-7970 or directly to the registration office, (916) 808-6060

**Separate Payment Event 2**
**Parent and Care Provider Champion Group: Gratitude and Flow**
Monday, November 9th
6:00pm – 7:00pm
Zoom Link: https://cityofsacramento-org.zoom.us/j/92513979668
Meeting ID: 92513979668
Phone: (669) 900-6833

Purpose: While we all navigate these challenging times; Access Leisure staff would like to provide time for parents, family members and care providers of Access Leisure participants to come together to discuss topics as needed. These sessions are meant to be an open discussion and a time to discuss any challenges you are having as well as a time for us to assist you in finding the resources you and your family may need to continue to be healthy at home.

This month we will focus on gratitude and flow. The session will have time for open discussion, questions and collective brainstorming to work on challenges and to share resources.

Note: these sessions are truly meant for families, parents, and care providers. Please avoid bringing your children or participants into these sessions if possible. We are hopeful that this will be a “safe space” of expression. Conversations will not be recorded and will remain confidential amongst those in attendance. Thank you for your understanding and participation.

Registration can be taken over the phone (with a credit or debit card). Please call the Heather Everett (Program Coordinator) between 9:00am-5:00pm, Monday-Friday (916) 808-7970. If you are unable to reach Heather, please call Jenny Yarrow (Program Supervisor) between 9:00am-5:00pm, Monday-Friday (916) 808-6017. Please leave a message with your name and phone number if you are directed to voicemail.

**Separate Payment Event 3**
*This program requires prior registration.*
Participants can access this Zoom opportunity for $10.00 for the duration of the sessions.

**Book Club**
*Wonder, by R.J. Palacio*
Thursdays from 4:00pm - 4:45pm
First date: Thursday, December 3rd
(We will skip 12/24 & 12/31 and come back on 1/7/2021)
The final week will be a two hour session to accommodate the full movie version of the book. Anticipated last date of this session: 1/28/2021.

Program Details:
Wonder is a novel about a young boy who is not only navigating childhood, family and friend drama and the ups and downs of school...he lives with a facial difference called Treacher collins syndrome (TCS). This book is said to be a “page turner” and it is full of amazing life lessons and laughs. The movie version of this book features Julia Roberts, Owen Wilson, and Jacob Tremblay.

This group is great for all abilities. Join us just to listen or to follow along in the book with us. We are publicizing this group early in hopes that everyone who would like to get a copy of the book has time to do so. Audio books and eBooks are also great!

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.*
**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

**Virtual Bingo for Seniors**

Dates: Every Thursday
Time: 1 pm
Location: Online - Zoom (link will be provided)

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'll 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.

**Virtual Bingo for Seniors**

**AARP Tax Assistance**

The tax return filing deadline for both Federal and California State returns has been extended to July 15th, 2020.

For people who had a tax prep appointment at the Hart Center in March or early April that was cancelled due to the COVID 19, AARP Foundation Tax – Aide is offering online options to assist taxpayers affected by the suspension of in-person services:
A self-prep option, providing free access to software so you can prepare taxes on your own, is available at aarpfoundation.org/taxaide. Click on the “Get Help With Tax Prep” link.

If you would like help completing your own taxes, you can request the assistance of a volunteer to coach you through the process via phone or computer screen – sharing. Visit aarpfoundation.org/taxaide and click on the “Online Tax Assistance” link.

**Staying Cool During COVID 19**

Sacramento’s typical summer weather is here, and staying cool becomes one of each day’s priorities. This year, of course, brings a new challenge since typical strategies such as going to a cool shopping center or movie theater aren’t advised due to COVID 19 risks.

As older adults, we need to be more careful of overheating and heat stroke because our bodies can’t adjust to high temperatures as well as younger bodies can. And older adults are more likely to be dehydrated, which increases the risk. To help keep you safe and comfortable, we’ve rounded up 10 practical ways to help stay cool indoors.

1. Drink plenty of cool water throughout the day (don’t wait until you feel thirsty) and avoid alcohol and caffeine.
2. Eat cooling snacks like popsicle (Tip: catch drips with a cupcake liner), or slightly frozen grapes.
3. Eat light, cold meals like salad or chicken instead of heavy, hot dishes like roast and potatoes.
4. Do outdoor activities like gardening and exercising early in the morning.
5. Place a cool washcloth on the back of your neck and a pan of cool water close by to periodically re-cool the towel.
6. Sit with feet in a pan of cool (but not too cold) water.
7. Keep the house as cool as possible by keeping shades closed during the hottest part of the day and turning on the AC before the house warms up too much.
8. Wear layers of lightweight clothing in light colored cotton so it’s easy to adjust to the temperature throughout the day by removing or adding layers.
9. Take a cool shower, bath, or washcloth wipe – down. For maximum cooling, keep the water just below body temperature.
10. If you’re feeling unwell, reach out to your doctor for advice.
FUN ONLINE SOCIAL ACTIVITIES AND EXERCISE FOR PEOPLE WITH DEMENTIA

Staying at home is getting old for everyone! Do you have a family member with dementia who could benefit from a little more fun? Help is on its way! 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. Because of COVID-19, Triple-R has moved its social activities online, providing both live and “on demand” virtual opportunities for people with dementia. It’s a way for people to engage with other community members, have some fun and get some exercise, all in the comfort and safety of their own home or assisted living facility.

Come experience the camaraderie of Triple-R by participating in our virtual meetups where we play games, laugh, exercise and have fun together. To see a sample of the type of activities offered, view the schedule for September 2020 below.

For more information on how to participate, please contact Stephanie Wilson at smwilson@cityofsacramento.org.

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.

Exercise Classes
10/5- Bust-a-move Dancing
10/12- Yoga Stretches
10/19- Dumbbell Workout
10/26- Resistance Bands

Bingo!
Every Friday in October

Music
10/8- Places Playlist- Let the music transport you to another place or time
10/20- Greatest Classical Music Pieces- Enjoy music that has stood the test of time

Special Events
10/1- International Coffee Day- Learn more about the history of coffee
10/6- Mad Hatter Day- Wear a festive head-topper to the tea party
10/13- Navy Birthday- Celebrate those who have been “Forged by the Sea”
10/15- World Food Day- We will be creating a recipe book!
10/22- National Art Day- A discussion of some of the most celebrated paintings
10/27- National Storytelling Day- Friends read fun stories and create new tales
10/28- Movie Screening (movie TBA)
10/29- Spooky Places Tour- Wear a costume for a day of virtually exploring haunted locales

Caregiver Connection
Caregivers need to have fun too!
10/7 - Beginning Origami- All skill levels welcome
10/9 - Support Group (for details see below under Mental Health and Caregiver Resources)
10/21- Caregiver Café- Meetup with folks who understand

Nature Journaling and Discussion
10/9, 10/23, 10/30
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.

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.

https://tinyurl.com/yyg2hd4j
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
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

Application PICKED UP & DROPPED OFF
Belle Cooledge CC, 5699 South Land Park Dr, Sac 95822
Tuesday & Thursday 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

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.

Español  |  中文  |  Tagalog  |  Tiếng Việt  |  Hmoob  |  Русский
The RydeFreeRT program offers fare-free transit for eligible youth on the entire SacRT network. The program is available all day, any day of the week, and all year during regular SacRT service hours.

Youth/students can ride SacRT with a RydeFreeRT sticker on their valid student ID. For students and youth not attending a participating school, check with your local library.

To learn more, visit RYDEFreeRT.com or call 916.321.BUSS (2877)