Want to register for a program?

Registration starts Friday, May 3, 2021

There are multiple ways to register:

- **Online**
  - [https://apm.activecommunities.com/cityofsacparksandrec](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.

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 Annie Desalernos, adesaler@cityofsacramento.org, 916-808-3809. 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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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.

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

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

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.

Reservation Information
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.

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Reservation Information
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.
The Joe Mims Hagginwood Community Center located in the north area of Sacramento. Our facility and park are the focal point of the North Area which provides two buildings for programs and rentals. The main community center has two meeting rooms, front office, lobby space, outdoor patio and a breezeway leading to the historic building. The historic building has a large auditorium & stage, a warming kitchen and two game rooms for youth and teens. The Hagginwood Park has beautiful shade trees, a playground for kids, basketball courts, large grassy areas, picnic areas and The Grantland Johnson all weather, multiuse field.

The Joe Mims Hagginwood Community Center facility can be reserved for community meetings, classes support groups, private events and more. Fees apply for private rentals $35 to $90 plus, insurance, security and deposits. Rooms can hold up to 200 guests. For more information on reserving a room call 916 808-6439. The Grantland Johnson Field is named in honor of Grantland Johnson, a native of Del Paso Heights who served his community in multiple elected positions. The field features synthetic turf and sports field lights. It meets FIFA standards of measurement, sizing up at 60.96m (200ft) by 91.44m (300ft). The field also features regulation soccer goals, nets, perimeter fencing, and onsite restrooms. To reserve this field call Coloma Community Center 916 808-6060.

The Sam & Bonnie Pannell Community Center is situated on a 12 – acre site, which includes an aquatic center, outdoor basketball courts, baseball diamond and a fully accessible sports field – River Cats Independence Field. The Center includes a weight room, teen room, computer lab, and meeting rooms, also a large multipurpose room with a warming kitchen. Rooms for rent range in capacity and size and can accommodate events of many types. The center offers a selection of programs and classes for all ages and interests.

The Oak Park Community Center located in the heart of Oak Park, is a gathering place for people to come together to stretch their recreational horizons, have fun, learn new things and make friends. On location is the multipurpose event center with an indoor basketball court. Outdoor features include a playground, lighted basketball court, UC Davis Health Neighborhood Street Soccer Park, and the Rod Rodriguez, Jr. grass soccer field.

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.
## Community Centers and Facilities

### Parks

1. **28th and B Skate Park at Sutter’s Landing Regional Park**
2. **Argonaut Park**
3. **East Portal Park**
4. **George Sim Park**
5. **Grant Park**
6. **Marshall Park**
7. **Marriott Park**
8. **McKinley Park & Tennis Courts**
9. **Regency Park**
10. **Robla Community Park**
11. **Roosevelt Park**
12. **Sacramento Softball Complex**
13. **Tahoe Park**
14. **William Land Park**
15. **Cottonwood Park**
16. **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**

### Parks and Community Center Map

### Legend

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

### Community Centers

<table>
<thead>
<tr>
<th>Community Centers</th>
<th>Days of Operation</th>
<th><em>Hours of Operation</em></th>
<th>Meeting Rooms</th>
<th>Multi-Purpose Room</th>
<th>Warm Room</th>
<th>Auditors/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>1</td>
<td>Belle Cooledge Community Center</td>
<td>Tue, Thu &amp; Fri</td>
<td>12:00 Noon - 5:00 PM</td>
<td>*</td>
<td>*</td>
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</tr>
<tr>
<td>2</td>
<td>Coloma Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 4:00 PM</td>
<td>*</td>
<td>*</td>
<td>*</td>
<td>*</td>
<td>*</td>
<td>*</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>3</td>
<td>East Portal Clubhouse</td>
<td>Room available for rental</td>
<td>Room and Kitchen available for rental</td>
<td>*</td>
<td>*</td>
<td>*</td>
<td>*</td>
<td>*</td>
<td>*</td>
<td>*</td>
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</tr>
<tr>
<td>4</td>
<td>George Sim Community Center</td>
<td>Mon-Fri</td>
<td>Sat</td>
<td>9:00 AM - 9:00 PM</td>
<td>9:00 AM - 2:00 PM</td>
<td>9:00 AM - 5:00 PM</td>
<td>9:00 AM - 12:00 PM</td>
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<tr>
<td>5</td>
<td>Joe Mims, Jr. Hagginwood Community Center</td>
<td>Mon-Fri</td>
<td>Sat</td>
<td>9:00 AM - 8:00 PM</td>
<td>9:00 AM - 5:00 PM</td>
<td>*</td>
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<tr>
<td>6</td>
<td>Oak Park Community Center</td>
<td>Mon-Fri</td>
<td>Sat</td>
<td>9:00 AM - 9:00 PM</td>
<td>9:00 AM - 5:00 PM</td>
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</tr>
<tr>
<td>7</td>
<td>South Natomas Community Center</td>
<td>Mon-Fri</td>
<td>Sat</td>
<td>8:30 AM - 8:00 PM</td>
<td>9:00 AM - 4:00 PM</td>
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<td>*</td>
<td>*</td>
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<td>*</td>
</tr>
<tr>
<td>8</td>
<td>Woodlake Clubhouse</td>
<td>Room and Kitchen available for rental</td>
<td>Room and Kitchen available for rental</td>
<td>*</td>
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<td>*</td>
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</tr>
<tr>
<td>9</td>
<td>E.M. Hart Senior Center</td>
<td>Mon-Fri</td>
<td>Sat, Sun</td>
<td>9:30 AM - 1:00 PM</td>
<td>9:30 AM - 3:00 PM</td>
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</table>

### COME OUT & PLAY

**CLASSES, PROGRAMS & EVENTS**

**OCT-DEC 2020**

**CLICK TO REGISTER ONLINE**
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>Location</th>
<th>Time</th>
<th>Age</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belle Cooledge CC</td>
<td>4:30pm - 6:30pm</td>
<td>13-17</td>
<td>Belle Cooledge CC</td>
<td>4:00pm - 6:00pm</td>
</tr>
<tr>
<td>No class 2/15</td>
<td></td>
<td></td>
<td>Tu/Th</td>
<td></td>
</tr>
</tbody>
</table>

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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.

---

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

---

Southside Clubhouse
3:00pm – 6:00pm
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
SUMMER OASIS

SUMMER IS HERE! Redesigned and COVID-safe for 2021. The City of Sacramento is proud to offer an awesome lineup of Summer Educational Enrichment camps across Sacramento!

After months of social distancing, it is essential that we give our youth meaningful and intentional interactions to promote their social and emotional learning and physical health. Mix big summer fun with big summer learning—all at your neighborhood park. The Summer Oasis experience is specially designed to with plenty of individual hands-on activities, supervised exploration, and interactive fun. The perfect way to sharpen your skills and bond with new friends. Program is designed for 1st-6th graders. Campers should be at least six years of age but no more than twelve years old.

Camp will be offered June 28th - August 13th in seven weekly sessions. Capacities for Summer Oasis camps have been limited based on the latest guidance from local, state, and federal public health officials. Campers should bring lunch/snack, water bottle, and sunscreen. For more information, please email Jmarson@cityofsacramento.org

Registration begins April 1st, 2021.

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

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

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

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

East Portal Park
Age: 6 - 12
Location: Earl Warren Park
Fee: $25/week
M - F 6/28 - 7/2 9 am - 2 pm
T - F 7/6 - 7/9 9 am - 2 pm
M - F 7/12 - 7/16 9 am - 2 pm
M - F 7/19 - 7/23 9 am - 2 pm
M - F 7/26 - 7/30 9 am - 2 pm
M - F 8/2 - 8/6 9 am - 2 pm
M - F 8/9 - /12 9 am - 2 pm
After months of social distancing, it is essential that we give our youth meaningful and intentional interactions to promote their social and emotional learning and physical health. Community Centers will provide a safe space for youth to enjoy an array of exciting activities including games, crafts, cooking projects, drama, science, and sports with lunch provided daily.

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

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

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

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

**PASSAGES/ASES AFTER SCHOOL**

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

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

**PRIME TIME TEEN VIRTUALLY CONNECTED**

**Age:** 13 - 17  
**Location:** ZOOM  
**Fee:** FREE

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

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

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

**KIDS CAMP**

**Age:** 6 - 12  
**Location:** Evelyn Moore Community Center  
**Fee:** FREE  
After months of social distancing, it is essential that we give our youth meaningful and intentional interactions to promote their social and emotional learning and physical health. Community Centers will provide a safe space for youth to enjoy an array of exciting activities including games, crafts, cooking projects, drama, science, and sports with lunch provided daily.

**Dates and Times:**

- M - F 6/28 - 7/2  9 am - 2pm
- T - F 7/6 - 7/9  9 am - 2pm
- M - F 7/12 - 7/16  9 am - 2pm
- M - F 7/19 - 7/23  9 am - 2pm
- M - F 7/26 - 7/30  9 am - 2pm
- M - F 8/2 - 8/6  9 am - 2pm
- M - F 8/9 - 8/12  9 am - 2pm
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. Monthly Zoom fee is $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). Limited in-person programs are now available. Visit our website for details: https://www.cityofsacramento.org/ParksandRec/Recreation/Access-Leisure/Calendar. However, you are welcome to join us any time during the month once you have registered.

Monthly Zoom Activities

**Age:** 18 & up  
**Location:** Zoom, virtual  
**Fee:** $30  
**Instructor:** Heather Everett

Access Leisure provides a variety of monthly Zoom opportunities included but not limited to: weekly Get Fit classes, Yoga, Meditation, Art Activities, 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.

**Monthly Paint & Sip**

**Age:** 18 & up  
**Location:** Zoom, virtual  
**Dates:** Th, 7 pm  
**Fee:** $15  
**Instructor:** Heather Everett

Join Access Leisure peers and staff for an evening of step by step painting and socializing. Supplies are provided and include a canvas, paintbrushes, acrylic paints, and a non-alcoholic beverage. This activity is designed for young adults and adults with intellectual and/or developmental disabilities. Individuals, families, and care providers who are interested in Zoom and in-person activities should email Heather Everett, Program Coordinator, at heverett@cityofsacramento.org for calendar and registration information.

**Champion Group**

**Age:** Open to parents, family members of participants  
**Dates:** 6 pm  
**Fee:** $15  
**Instructor:** Heather Everett

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

**Book Club**

**Age:** 18 & up  
**Location:** Zoom, virtual  
**Dates:** Th, 4 pm  
**Fee:** $10  
**Instructor:** Heather Everett

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

All Zoom meeting links, meeting IDs and Zoom phone number will be provided after you have registered for the monthly Zoom sessions and/or Paint & Sip and Book Club. Staff will check rosters daily and provide Zoom information accordingly.

Please do not share your Zoom links and meeting IDs with anyone. Zoom information is provided only to registered participants. Thank you!

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

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

Register online or over the phone: Heather, (916) 808-7970 or directly to the registration office, (916) 808-6060. Cash and checks are not accepted at this time.
Power Soccer
Age: 10 & up
Location: River Cats Independence Field
Dates: S, Varies
Fee: $15
Instructor: Kou Yang

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

Virtual Adaptive Recreation & Fitness
Age: All Ages
Location: Zoom, virtual
Dates: Varies
Fee: Varies
Instructor: Kou Yang

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

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

Beginning Somatic Muscle Release

Tuesdays and Fridays from 12:30PM-1:30PM (ongoing course)

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

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

Course Registration Fee: FREE

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

Balance Students!

Hart Senior Center seems very quiet these days, especially Monday, Wednesday, and Friday mornings when the center is normally teaming with people who come for Joe Miguel's Strength & Balance class. Joe's hoping his students are finding ways to stay fit, but in case you're having a hard time getting off the couch, we've created a video of Joe going through the regular Strength & Balance routine, in his own unique, down-home style. If you would like a link to the video, send an email to Linda at LThao3@cityofsacramento.org.

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
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.*

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.*

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.*

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.*

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.*

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

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.*
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

**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

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**Mental Health And Caregiver Respite Resources**

**Monthly Online Dementia Caregiver Support Group**

Support group meetings provide education and emotional support so that caregivers do not feel alone, especially during this unprecedented time. Those providing care for their loved ones with dementia have a wealth of experience to share with each other and can also look to each other for support and advice.

During the COVID-19 outbreak, all support group meetings have moved to phone and online check-ins. The monthly support group facilitated by Triple-R Program Coordinator, Chantell Albers, in partnership with the Alzheimer’s Association is now offered by phone. The meeting takes place the second Friday of every month from 11a.m.-12p.m. To register for this free service, please contact Denise Davis at ddavis1@alz.org.

**24/7 Alzheimer’s Association Helpline**

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

**Friendship Line California**

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

**Respite Support**

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