# Community programs for young adults and adults with disabilities.

## NOVEMBER 2020

These programs require prior registration. Participants can access these Zoom opportunities for $30.00 for the full month. Details are provided below the calendar.

Thank you!

<table>
<thead>
<tr>
<th>Program</th>
<th>Date &amp; Time</th>
<th>Program Details</th>
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</thead>
<tbody>
<tr>
<td><strong>Morning Meditation</strong></td>
<td>Tuesday, November 3rd &amp; 24th</td>
<td>10:00am – 10:30am</td>
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<tr>
<td>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.</td>
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<tr>
<td><strong>Get Fit – Wednesday Virtual Workout!</strong></td>
<td>Wednesday, November 4th, 18th &amp; 25th</td>
<td>5:30pm – 6:00pm</td>
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<tr>
<td>Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.</td>
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<tr>
<td><strong>Fitness Fridays</strong></td>
<td>Friday, November 13th &amp; 20th</td>
<td>11:00am – 11:30am</td>
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<tr>
<td>Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.</td>
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<tr>
<td><strong>Name that Tune</strong></td>
<td>Thursday, November 5th</td>
<td>4:00pm – 5:00pm</td>
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<tr>
<td>This month’s Name that Tune will feature a wide variety of songs from the 70s, 80s, 90s and today!</td>
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<tr>
<td><strong>Cinema at Home</strong></td>
<td>Tuesday, November 10th</td>
<td>6:00pm – 8:00pm</td>
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<td>Grab the popcorn, let’s watch a movie together from home!</td>
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<tr>
<td><strong>Dance Party!</strong></td>
<td>Friday, November 13th</td>
<td>5:00pm – 6:00pm</td>
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<tr>
<td>Let’s dance! Join us for an hour of fun music as we get the weekend started!</td>
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</tbody>
</table>
### Jokes, Poetry & Art

Be sure to bring along your favorite non-alcoholic beverage to enjoy while we share our favorite jokes, poetry, and art.

Monday, November 16th 3:30pm – 4:30pm

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.

### Paint & Sip

**This event requires separate registration.**

Details are on the next page of this document.

**$15 per person includes staff time, a canvas, paintbrushes, and paint for the activity.**

Thursday, November 19th 7:00pm – 8:30pm

**This event requires separate registration.** Details are on the next page of this document.

$15 per person includes staff time, a canvas, paintbrushes, and paint for the activity.

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.

### Registration Information:

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.

(916) 808-7970 or heverett@cityofsacramento.org

**November monthly Zoom fee = $30 per participant** (this fee will give you access to ALL of the Zoom activities in the calendar above - except for Paint & Sip 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.

Activity #: 14972

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

Register online: https://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/11856

Register 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.

Most City staff are working remotely. If you are unable to reach us directly, please leave a voicemail with your name, phone number and reason for your call and we will get back to you as soon as possible.

Staff will check roster signups every business day. Zoom information will be provided accordingly.
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  
**Activity #:** 14971  
**Registration window:** 10/13/2020 - 11/16/2020  
**Register online:**  
https://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/11855  
**Register 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.  
Most City staff are working remotely. If you are unable to reach us directly, please leave a voicemail with your name, phone number and reason for your call and we will get back to you as soon as possible.  
Staff will check roster signups every business day. Zoom information will be provided accordingly.  
**Supply pick-up:** Thursday, 11/19/2020 between 8:00am-10:00am OR between 5:00pm-6:00pm at the Belle Coolidge Community Center (back side of building on the way to the dog park). 5699 S. Land Park Drive, Sacramento, CA 95822.

**Zoom 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. 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.**

To create a Zoom account, go to this link: https://zoom.us/  
- In the top right-hand corner of the screen, click “Sign Up for Free.” Follow the prompts, and you will be all set!  
- Find the programs/ activities on these pages that you are interested in. Enter the meeting link into your device, and you will be ready to go! 😊 Depending on how you log in, you may also need the meeting ID (provided in the Zoom Link columns on the previous and next pages).  
- Zoom activities will start on time. We will have casual “hang out” time for the first 3-5 minutes of each session to be sure everyone has logged in.

**Having trouble getting Zoom on your tablet, laptop, phone, or home computer and still want to participate? You can also choose to call in to each session by utilizing the phone number provided for each activity in the table above.**  
If you would like additional assistance setting up your Zoom account, you may email Heather at heverett@cityofsacramento.org.