Access Leisure: Virtual Activities & Information
Community programs for young adults and adults with disabilities.

**MARCH 2021**

These programs require prior registration. Participants can access these Zoom opportunities for $30.00 for the full month. Details are provided below the calendar. An additional $15 Paint & Sip event is available as well (see row below highlighted in yellow). 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>Welcome &amp; Zoom Guidelines</td>
<td>Tuesday, March 2nd</td>
<td>Staff will review expectations for Zoom sessions for the month. These expectations will include basic Zoom etiquette, running through settings, and more. There will also be time to “get to know” everyone in a casual social meeting session.</td>
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<tr>
<td>Get Fit – Wednesday Virtual Workout!</td>
<td>Wednesday, March 3rd, 10th, 17th, &amp; 24th 5:30pm – 6:00pm</td>
<td>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!</td>
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<tr>
<td>Fitness Fridays</td>
<td>Friday, March 5th &amp; 19th 11:00am – 11:30am</td>
<td>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!</td>
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<tr>
<td>Group Mad Libs</td>
<td>Friday, March 5th 5:00pm – 6:00pm</td>
<td>Staff will use the “share screen” function to share Mad Libs for the group to complete together. Get ready for some laughs, teamwork, and fun! Great for all abilities. Participants of all reading levels are welcome.</td>
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<tr>
<td>Yoga</td>
<td>Monday, March 8th &amp; 29th 4:00pm – 4:45pm</td>
<td>This basic yoga session is great for all experience levels! You may participate while seated or standing. Mats are awesome too!</td>
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<tr>
<td>Morning Meditation</td>
<td>Tuesday, March 9th &amp; 23rd 10:00am – 10:30am</td>
<td>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.</td>
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<tr>
<td>Art &amp; Wellness</td>
<td>Wednesday, March 10th 10:00am – 11:00am</td>
<td>We will focus on a topic of self-care and learn together. March 10th topic: Friendships <strong>Supplies:</strong> For the second half of the activity, you will need paper and something to draw with (if you choose to follow along with the drawing of the day). If you have colored pencils, markers, crayons, or pastels at home – that would be fantastic. That way you can add in some fun colors.</td>
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<tr>
<td><strong>Animal Hour</strong></td>
<td>Monday, March 15th 4:00pm – 5:00pm</td>
<td>Have a pet at home? If they’re able to join you for Zoom, we would love to meet them! In this hour, we will play a couple of games, watch some funny videos, meet pets, and have time to socialize. You are can also bring a picture of a pet or your favorite animal if you would prefer. All are welcome, no pets required! 😊</td>
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<tr>
<td><strong>Cinema at Home</strong></td>
<td>Tuesday, March 16th 6:00pm – 8:00pm</td>
<td>Feel free to bring along some tasty snacks... or dinner! Please plan to be “muted” for most of this activity. This month’s them is all about luck (for St. Patrick’s Day)! The movie selection will be determined the day of the event.</td>
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<tr>
<td><strong>St. Patrick’s Day Art</strong></td>
<td>Wednesday, March 17th 10:00am – 11:30am</td>
<td>Let’s celebrate with some art! We will take a screen break in between activities. If you don’t have access to these materials, you can always follow along with what you have (e.g. markers, crayons, tissue paper balls instead of fruit loops, etc.). You may have to get creative 😊 We will all have a slightly different end result depending on the materials you decide to use. Project #1: Fruit Loop rainbow. <strong>Supplies:</strong> paper (for background), cotton balls (for clouds), fruit loops, and liquid white glue. Project, Part #2: After we make the rainbow, we will add a clover to the bottom of the sheet with heart shapes. <strong>Supplies:</strong> green paper (or plain paper to add green color to), water color paints OR something to color with (e.g. markers, crayons, etc.) and glue (gluestick or white liquid glue).</td>
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<tr>
<td><strong>Dance Party!</strong></td>
<td>Friday, March 26th 5:00pm – 6:00pm</td>
<td>We’ll play a variety of dancing music for all to enjoy. This is a great event to “dress up” for if you would like. It’s Friday night, let’s dance!</td>
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<tr>
<td><strong>Paint &amp; Sip</strong></td>
<td>Monday, March 22nd 7:00pm – 8:30pm</td>
<td><strong>$15 per person includes staff time, a canvas, paintbrushes, and paint for the activity.</strong> For those participants who paid for the Paint &amp; Sip in December, you will not need to register again for this activity. We are rolling your registration over to March due to cancelling our supply pick-up in December. We will contact you directly to see if you plan to join us. Thank you!</td>
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</tbody>
</table>

All program end times are approximate and vary based on participation.
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 everett@cityofsacramento.org

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

Activity #: 15873
Registration window: 2/18/2021-3/26/2021
Register online: https://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/12757
Register over the phone: Heather, (916) 808-7970
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 beginning March 1st. Zoom information will be provided accordingly.

March 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: 3/22/2021 at 7:00pm

Activity #: 15875
Registration window: 2/18/2021-3/17/2021
Register online: https://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/12759
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: Friday, March 19th between 8:00am-9:30am OR Monday, March 22nd between 4:30pm-6:00pm at the Belle Cooledge Community Center (back side of building on the way to the dog park).
5699 S. Land Park Drive, Sacramento, CA 95822.
Access Leisure YouTube & Facebook
Looking for more activities and videos? Access Leisure posts activity suggestions and videos on YouTube and on Facebook. Be sure to follow our pages!
Facebook: https://www.facebook.com/accessleisure

Zoom Information:

All Zoom meeting links, meeting IDs and Zoom phone number will be provided after you have registered for the monthly Zoom sessions. 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.