Community programs for young adults and adults with intellectual and/or developmental disabilities.

**January 2022**

COVID-19 & Physical Distancing Procedures will be followed. Guidelines will be reviewed with groups at each in-person session. The City will continue to adhere to local health guidelines regarding COVID-19 safety, mask wearing, and physical distancing. As guidelines change, we will keep participants and staff informed to ensure our programs are as safe as possible. We appreciate your understanding. Thank you!

<table>
<thead>
<tr>
<th>Program</th>
<th>Date &amp; Time</th>
<th>Location</th>
<th>Important Program Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yoga &amp; Tai Chi</strong></td>
<td>Wednesday, January 12th 6:30pm – 7:30pm If you are dropping participants off, please plan to stay until the health screen has been completed.</td>
<td>Hart Senior Center 915 27th Street Sacramento, CA 95816</td>
<td>$5.00, <a href="#">Click or tap here to register</a> Last day to register: 1/9/2022 Be sure to bring your water bottle, refills available 😊</td>
</tr>
<tr>
<td><strong>Bingo</strong></td>
<td>Wednesday, January 19th 6:30pm – 8:00pm It’s National Popcorn Day! We will provide a popcorn snack in addition to beverages.</td>
<td>Hart Senior Center 915 27th Street Sacramento, CA 95816</td>
<td>$8.00 per person, <a href="#">click or tap here to register</a> Last day to register: 1/17/2022</td>
</tr>
<tr>
<td><strong>Paint &amp; Sip</strong></td>
<td>Wednesday, January 26th 6:30pm - 8:00pm Participants may arrive at 6:20pm for a health screen with staff. If you are dropping participants off, please plan to stay until the health screen has been completed.</td>
<td>Hart Senior Center 915 27th Street Sacramento, CA 95816</td>
<td>$15.00 per person, <a href="#">click or tap here to register</a> Last day to register: 1/23/2022</td>
</tr>
</tbody>
</table>

MOST City staff are working remotely during this time. Online registration is the most efficient way to register for these programs. The links are in each row listed above (in the 4th column, under “Important Program Details”). Please see next page for registration details as needed.

Be sure to check out the Community Notes on the next page for upcoming camp opportunities 😊.
If you are unable to register online, here are some additional options:
To register, please fill out the following form completely and send it in with your check payment. If the program is full when we receive your check, we will contact you directly to let you know.

*NOTE: If you need more room to list full names, please attach a separate piece of paper.

Name(s)_______________________________________________ Age _____ M/F _____ Number Attending ______
Current Address __________________________________________
Care Home/Facility (if applicable) __________________________ Email __________________________________
Current Phone Numbers:
Home # _______________ Cell # _______________ Emergency # __________
Support Needs (wheelchair, meds, dietary, etc.) __________________________

<table>
<thead>
<tr>
<th>Program and Date</th>
<th>Cost</th>
<th># of People Attending</th>
<th>Total</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga &amp; Tai Chi (1/12)</td>
<td>$5.00</td>
<td>#</td>
<td>= $</td>
<td>17938</td>
</tr>
<tr>
<td>Bingo (1/19)</td>
<td>$8.00</td>
<td>#</td>
<td>= $</td>
<td>17939</td>
</tr>
<tr>
<td>Paint &amp; Sip (1/26)</td>
<td>$15.00</td>
<td>#</td>
<td>= $</td>
<td>17940</td>
</tr>
<tr>
<td>January Monthly Zoom Calendar</td>
<td>$25.00</td>
<td>#</td>
<td>= $</td>
<td>17937</td>
</tr>
</tbody>
</table>

If using a Visa or Mastercard please indicate the following:
Name on Card being used: _____________________________ Visa or Master Card # __________________________ Exp. date __________

Total Amount Enclosed (or Charged) = $ __________

*OFFICE USE ONLY:
Processing Date: __________ Payment Form: __________ Check/MO# __________________ Payment Amount: __________

Make checks payable to: City of Sacramento
Registrations and payments (check & Master Card or Visa) can be sent to:
Coloma Community Center 4623 T Street, Suite B, Sacramento, Ca 95819 Attn: Access Leisure

Registrations must be received 3 days prior to the event date.
1. Be aware that mailing in registrations does not guarantee acceptance into the program.
2. Individuals whose checks bounce will be responsible for the check amount plus associated bank fees.
3. If you are a rider of ParaTransit and you have a pick-up time later than thirty minutes after the scheduled end of the program, we ask you to find an alternative means home.
4. We are unable to administer medication during program hours. Participants must be able to take own meds or have an attendant provided to assist them.
5. Events costing $10 or more, personal assistants will need to cover the program fees.
6. Refund Policy: Full Refund 72 hours prior to event; 50% within 72 hours; No refunds day of & after event.
If you have questions, contact Heather Kopf at (916) 808-7970 or HKopf@cityofsacramento.org.

Community Notes
- Most of our staff (Access Leisure and Youth, Parks, and Community Center staff) continue to work remotely during this time. Although we are on-site for programs, we are working remotely most of the time. As we continue to navigate COVID-19 and its effects on our programming, we will respond to all calls, emails, and mail as soon as we can. We cannot thank you enough for your patience and participation.
- If you have questions about Access Leisure programs, please contact us directly. Various locations such as local bowling alleys, movie theaters, etc., will not have our up-to-date City schedules and/ or Covid-19 policies available. Please contact Access Leisure directly for program information.
- **SNOW Camp 2022 is scheduled for January 22-23, 2022. For more information, email Jenny Yarrow at JYarrow@cityofsacramento.org. Thank you!**
We are so excited to see as many of you as possible this month – both in person and on Zoom! Thank you!