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

MARCH 2022

These programs require registration. Participants can access these Zoom opportunities for $25.00 for the full month. For more information, email HKopt@cityofsacramento.org. Thank you!

<table>
<thead>
<tr>
<th>Program</th>
<th>Date &amp; Time</th>
<th>Program Details</th>
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<tbody>
<tr>
<td>Welcome &amp; Social</td>
<td>Wednesday, March 2\textsuperscript{nd} 5:00pm – 6:00pm</td>
<td>This session will be all about socializing with new and longtime friends on Zoom. Staff will review Zoom etiquette and expectations. Most of this session will be all about FUN! 😊</td>
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<tr>
<td>Fitness Friday</td>
<td>Friday, March 4\textsuperscript{th} &amp; 18\textsuperscript{th} 11:00am – 11:30am</td>
<td>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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| Step by Step Drawing            | Monday, March 7\textsuperscript{th} 4:00pm – 5:00pm | Staff will guide participants through various step by step drawing activities.  
**Recommended supplies:** 4-5 pieces of paper and something to draw and/or color with. Great for all abilities. We will all have unique drawings by the end of this hour 😊 |
| Get Fit                         | Tuesday, March 8\textsuperscript{th}, 15\textsuperscript{th}, 22\textsuperscript{nd}, & 29\textsuperscript{th} 5:30pm – 6:00pm | March 8\textsuperscript{th}: Cardio fun  
March 15\textsuperscript{th}: Strength conditioning  
March 22\textsuperscript{nd}: All about the weights (and movement)  
March 29\textsuperscript{th}: Tai Chi & meditative exercise |
| Spring Social & Lip Sync Fun    | Friday, March 11\textsuperscript{th} 5:00pm – 6:00pm | We will socialize and play some music related games as a group. This is a great time to get to know new friends and spend time with old friends… virtually! |
| Yoga                            | Monday, March 14\textsuperscript{th} 4:00pm – 4:45pm | This basic yoga session is great for all experience levels! You may participate while seated or standing. Mats are awesome too! |
| Art & Wellness                  | Wednesday, March 23\textsuperscript{rd} 10:00am – 11:00am | Topic: Welcome Spring!  
**Supplies:** 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. You can always log-in without supplies to follow along and socialize. 😊 |
| Dance Party!                    | Friday, March 25\textsuperscript{th} 5:00pm – 6:00pm | 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. |
Movie Monday
Grab the popcorn, let’s watch a movie together from home!

Monday, March 28th
6:00pm – 8:00pm
Feel free to bring along some tasty snacks… or dinner! Please plan to be “muted” for most of this activity. Our theme this month will be “nature” to celebrate the beginning of Spring. The movie selection will be announced the day of the event.

Spanish Basics & Cesar Chavez Holiday History
Let’s learn together!

Tuesday, March 29th
3:00pm – 4:00pm
Staff will guide participants through some Spanish basics. We will also take time to learn about Cesar Chavez Day ahead of the holiday.

Champion Group
This group is for parents, guardians, care providers, and family members only. Thank you!

Stay tuned for the April 2022 Champion Group date. We will be skipping our monthly meeting in March, thank you!

For parents, guardians, care providers, and family members only, thank you! Topics and conversations will vary monthly based on group needs and interest.

We are hopeful that as many of you as possible will sign up for monthly programming. If $25 for the full month of Zoom programs is problematic for you financially, please call or email us and we will work with you to find a solution.

For assistance, contact Heather: (916) 808-7970 or hkopf@cityofsacramento.org

March Zoom fee = $25 per participant (this fee will give you access to ALL of the Zoom activities in the calendar).

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 #: 18873
Registration window: 2/17/22 – 3/25/22
Register online: City of Sac | YPCE Online Services (activecommunities.com)
Register over the phone: Heather, (916) 808-7970
Cash and checks are not accepted for virtual programs 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.

Be sure to check out additional in-person activities (indoor and outdoor options), by visiting our website: Calendar - City of Sacramento

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!

What you will need: internet connection + a Zoom account + a smart phone, laptop, tablet, or a desktop computer.

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 your confirmation email and weekly email reminders).
- 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.

All program end times are approximate and vary based on participation. Thank you!