

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

OCTOBER 2020

Program	Date & Time	Zoom	Important Program Details
<p>Get Fit – Wednesday Virtual Workout! Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.</p>	<p>Wednesday, October 7th, 14th, 21st & 28th 5:30pm – 6:00pm</p>	<p>https://cityofsacramento-org.zoom.us/j/98993932701 Meeting ID: 98993932701 Phone: 1 (669) 900-6833</p>	 <p>Use the Zoom link to log in at 5:30pm. 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!</p>
<p>Fitness Fridays Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.</p>	<p>Friday, October 9th & 23rd 11:00am – 11:30am</p>	<p>https://cityofsacramento-org.zoom.us/j/91382750821 Meeting ID: 91382750821 Phone: 1 (669) 900-6833</p>	<p>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!</p>
<p>Yoga Let's exercise, relax, breathe and learn together with our yoga instructor.</p>	<p>Monday, October 12th & 26th 4:00pm – 4:45pm</p>	<p>https://cityofsacramento-org.zoom.us/j/97960985172 Meeting ID: 97960985172 Phone: 1 (669) 900-6833</p>	 <p>Use the Zoom link to log in at 4:00pm. Our yoga instructor will guide us through some basic yoga. You may participate while seated or standing. Mats are awesome too! Great for all experience levels!</p>
<p>Pictionary Join us for an hour of virtual Pictionary!</p>	<p>Monday, October 5th 4:00pm – 5:00pm</p>	<p>https://cityofsacramento-org.zoom.us/j/91650976076 Meeting ID: 91650976076 Phone: 1 (669) 900-6833</p>	<p>Calling all gamers! Let's get together to play a few rounds of Pictionary... on Zoom! Staff will lead participants through an hour of friendly competition. You will work with a team during this session. Supplies: paper (or something to draw on) and a marker (or something to draw with).</p>
<p>Sharing & Socializing This will be a great opportunity for staff, volunteers and participants to come together to socialize and learn new things.</p>	<p>Thursday, October 15th 5:00pm – 6:00pm</p>	<p>https://cityofsacramento-org.zoom.us/j/99084753682 Meeting ID: 99084753682 Phone: 1 (669) 900-6833</p>	 <p>Let's share and chat! Join us for this adult version of the classic "show & tell." You may remember show & tell from elementary school. Come prepared to this session with something to share that represents who you are. You can choose to share independently or you can email Heather your information ahead of time so that staff can share on your behalf: heverett@cityofsacramento.org. Examples of items to share may include family pictures, vacation souvenirs, your favorite book, etc.</p>

Trivia: Animal Edition! Let's test our knowledge on the animal kingdom.	Friday, October 16 th 4:00pm – 5:00pm	https://cityofsacramento-org.zoom.us/j/96749352652 Meeting ID: 96749352652 Phone: 1(669) 900-6833	This month's Trivia game will be all about animals! You won't want to miss this fun-filled hour. This game will have a great variety of some easier and some more challenging questions.
Freeze Dance Freeze Dance has been a staff and participant favorite, we hope you'll join us for the fun!	Monday, October 19 th 4:00pm – 5:00pm	https://cityofsacramento-org.zoom.us/j/96279816521 Meeting ID: 96279816521 Phone: 1(669) 900-6833	Use the Zoom to log in at 4:00pm. Staff will lead a fun-filled hour of Freeze Dance for all to enjoy! Can't log in? Call in instead.
Morning Meditation Meditation is a great way to start the day, let's practice together.	Tuesday, October 20 th 10:00am – 10:30am	https://cityofsacramento-org.zoom.us/j/96803304301 Meeting ID: 96803304301 Phone: 1(669) 900-6833	Join us for a quiet and calm morning of meditation and mindfulness. <i>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.</i>
Cinema at Home Grab the popcorn, let's watch a movie together from home!	Tuesday, October 27 th 6:00pm – 8:00pm	https://cityofsacramento-org.zoom.us/j/91990673062 Meeting ID: 91990673062 Phone: 1(669) 900-6833	 Use the Zoom to log in at 6:00pm. Feel free to bring along some tasty snacks... or dinner! Please plan to be "muted" for most of this activity. This month's theme... Halloween! The movie selection will be announced the day of the event. See you there!
Halloween Dance Party Let's dance! Join us for an hour of fun music as we get the weekend started!	Friday, October 30 th 6:30pm – 7:30pm	https://cityofsacramento-org.zoom.us/j/96020213542 Meeting ID: 96020213542 Phone: 1(669) 900-6833	Use the Zoom link to log in at 6:30pm. We'll play a variety of fun dancing and Halloween themed music! Can't log in? Call in instead.

Program end times are approximate and subject to change based on the activity.

[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!

YouTube: <https://bit.ly/AccessLeisureHome>

Facebook: <https://www.facebook.com/accessleisure>

We look forward to seeing you all via Zoom! Please see Zoom information below. Email us if you have questions or concerns. This schedule of Zoom programs is free to participants. Please contact us regarding additional Zoom opportunities which require a program fee.

Fee based programs this month:

Thursday, 10/22, 7:00pm – Virtual Paint & Sip

Thursday, 10/29, 6:30pm – Pumpkin Decorating

Please visit our website for more details about fee based programs:

<https://www.cityofsacramento.org/ParksandRec/Recreation/Access-Leisure/Calendar>

Zoom Information:

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.

****Log into your Zoom account utilizing the links provided. We'll see you there!****

Program and Date	Zoom Link/ Meeting ID	Zoom Phone Number
Get Fit – Wednesday Virtual Workouts! – 10/7, 10/14, 10/21 & 10/28	https://cityofsacramento-org.zoom.us/j/98993932701 Meeting ID: 98993932701	Number: 1(669) 900-6833 Meeting ID: 98993932701
Fitness Fridays – 10/9 & 10/23	https://cityofsacramento-org.zoom.us/j/91382750821 Meeting ID: 91382750821	Number: 1(669) 900-6833 Meeting ID: 91382750821
Yoga – 10/12 & 10/26	https://cityofsacramento-org.zoom.us/j/97960985172 Meeting ID: 97960985172	Number: 1(669) 900-6833 Meeting ID: 97960985172
Pictionary – 10/5	https://cityofsacramento-org.zoom.us/j/91650976076 Meeting ID: 91650976076	Number: 1(669) 900-6833 Meeting ID: 91650976076
Sharing & Socializing – 10/15	https://cityofsacramento-org.zoom.us/j/99084753682 Meeting ID: 99084753682	Number: 1(669) 900-6833 Meeting ID: 99084753682
Jeopardy – 10/16	https://cityofsacramento-org.zoom.us/j/96749352652 Meeting ID: 96749352652	Number: 1(669) 900-6833 Meeting ID: 96749352652
Freeze Dance – 10/19	https://cityofsacramento-org.zoom.us/j/96279816521 Meeting ID: 96279816521	Number: 1(669) 900-6833 Meeting ID: 96279816521
Morning Meditation – 10/20	https://cityofsacramento-org.zoom.us/j/96803304301 Meeting ID: 96803304301	Number: 1(669) 900-6833 Meeting ID: 96803304301
Cinema at Home – 10/27	https://cityofsacramento-org.zoom.us/j/91990673062 Meeting ID: 91990673062	Number: 1(669) 900-6833 Meeting ID: 91990673062
Halloween Dance Party – 10/30	https://cityofsacramento-org.zoom.us/j/96020213542 Meeting ID: 96020213542	Number: 1(669) 900-6833 Meeting ID: 96020213542

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.